

PHOTO TECHNOLOGY PRINT SALE, Nov. 12-13

THE NAIT NUGGET

Thursday, November 8, 2012
Volume 50, Issue 10



Please recycle this newspaper when you are finished with it.

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

NET GETS BOOST

NAITSA contributes toward campus Internet upgrade, page 3

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Photo by Hannah Merkosky

PRINT SPRINT

Barbra Rudosky, a Photographic Technology student, leaps for joy after her print was one of two judged most favourite at NAIT's recent Open House. Photo students will be having a sale of their work in the South Lobby on Nov. 12-13.



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NEWS & FEATURES

What's up with the donations?



DAVID ADOMAKO-ANSAH
Issues Editor

"This is bad. Very bad."

— Guardian Bob, ReBoot
(Computer-animated TV series)

Those might be the words that a certain Edmonton Oilers owner may be mumbling under his breath these days.

That's right, everyone's favourite hockey owner with the boyish haircut is back in the news.

Come to think of it, he and Bob the Guardian kind of share the same hairstyle, but I'm getting off track.

Politicians, taxpayers and hockey fans alike

are up in arms about a \$430,000 cheque that Daryl Katz and his affiliates allegedly wrote to the Conservative Party of Alberta during the recent election campaign.

People are questioning the donation for two reasons. First, the maximum amount of money someone can donate – in a "single source donation" – is \$30,000. It was originally reported Katz, relatives and business associates had donated \$300,000 to Premier Allison Redford's campaign.

Opposition leader and Wildrose Party leader Danielle Smith was the first to file a complaint with Elections Alberta.

Spokespeople from both the Redford camp and the Katz group haven't responded. Redford has said she will make the donation investigation results available to the public.

Second, there's the downtown arena. Personally, I'm tired of talking about it and I'm sure most people are tired of hearing about it.

Katz is reportedly worth \$2 billion. He's been ranked the 16th wealthiest Canadian by *Forbes* magazine.

It's been an ongoing battle between Katz

and the City of Edmonton to get a deal done to build the arena – who is going to own it, who should pay for it, etc. At the last meeting, Katz didn't even show up.

So you can understand why diehard Oiler fans are upset when they hear that Katz is raising money questions about building an arena for their beloved hockey team, but has cash to spend on the Conservative Party's campaign.

About \$430,000 has since been linked in media reports to Katz and his associates.

I don't know about you, but hearing and reading about such things annoys me.

So what's up? What's really going on between the Katz group and the Conservatives?

Why would the government accept such a huge cheque, knowing that it might exceed the maximum amount allowable?

Right now, we can only speculate what the



Bob the Guardian

story is and wait for the results to be published.

In the meantime, maybe Katz can spend some money on a new haircut.

Upgrade better late than never



CONNOR CORSARO
Assistant Issues Editor

With a history like the one Highway 63 has, it's amazing that the plans they have now have not taken place sooner.

Twinning the highway is a big job but it's gotten to the point where it needs to be done. In fact, it has been at that point for years.

I have the opportunity to work and chat

with a lot of people who drive up to Fort McMurray because I have a friend who was a radio host up there.

Also, I work by the airport, so we get a lot of people heading up there coming in. Let's just say I have never heard a good thing about Highway 63.

I discussed the highway with a good friend of mine and NAIT graduate Graham Mosimann some time ago and he described the highway as the "scariest drive of my life," which is true in most cases.

On this two lane highway, people zip by at 150 km/h, passing people driving the limit and causing people to get frustrated. These people trying to pass

who aren't aware of the other lane always end up causing problems.

Between 2001 and 2005, there were 1,000 accidents on Highway 63, resulting in 25 fatalities. So why haven't we done anything about this sooner?

Why is it that only now are we making a move to change the road? Well, we have been committed to the plan since 2006, but it is an expensive project, costing the government more than \$1 billion.

Since it is such a long highway, the estimated time of completion is understandable, but a little bothersome.

Estimated to be complete in 2016, the highway only becomes more of a death

trap for people who are reckless drivers and the construction workers leading up to the completion.

The five-hour trek from Edmonton to Fort Mac is bad enough without major accidents happening every few months. My biggest question is, what took so long?

In reality, I suppose the biggest issue was it wasn't a very travelled road before the oil sands got booming, which makes sense. But this should have been a project that went alongside that.

You don't buy a surround sound speaker system if you don't have something to hook it up to.

This is a project that should have been started back in the early 2000s, at least.

I guess all we can do is thank our lucky stars it's happening.



Avoid accidents, be prepared

By ALLISON MULLOCK

Winter is here, which means so is accident season.

With all the slipping and sliding happening on the roads it can be a very risky activity.

Being a safe and successful winter driver is something that comes with practice.

A necessity when driving in these conditions is snow tires. Not being prepared with snow tires is not a good idea. You must also be prepared with other "just in case" supplies.

NAIT student Allison Warick said that "an emergency kit when driving during the winter is something that I will always keep in my trunk. I

was taught to carry a shovel, rope, blanket, gloves, matches and a flash light."

This advice is something that people should take seriously. It could get you out of a sticky situation or potentially be life-saving.

Make sure you are cautious of the drivers who have minimal winter driving experience. Most accidents happen because you are so focused on driving perfectly that you become unaware of the others driving around you.

Be cautious, because chances are there is somebody less experienced than you out there.

"When it comes to driving in the snow I know all the precautions to take but it scares me that most

people don't!" said student Hannah Gahler.

Warick also agreed, saying, "People take it too casually most the time, and those are the people who end up in a pickle. Be prepared, people!"

Something else to take into consideration when venturing onto the icy streets of Edmonton is the fact that it is also rather time consuming. You have to take the time to get your car ready to drive.

This could involve brushing the snow off, scraping the ice away, warming it up, possibly having to plug it in to get it started and, worst of all, it takes you extra time to get anywhere.

Five tips for safe and successful winter driving are:

1. Make sure you winterize your car. Winter tires and proper washer fluid are two things you need to change on your car so you are prepared.

2. Drive cautiously and be aware of all your surroundings. Don't drive passively.

3. Be prepared in case you run into trouble. Don't learn the hard way, pack yourself an emergency kit!

4. Adjust your summer driving habits and create some winter ones. Give yourself enough time to get to places so there is no need to rush.

5. Be more active with your mirrors. Make sure you pay attention to the driver behind you in case he or she starts to slide.



Photo by Jacqueline Irwin

NAITSA MAKES INTERNET DONATION

The Internet is running faster at NAIT now after the system was upgraded by NAIT with help from a \$25,000 donation from the NAIT Students' Association. The improved service affects the speed and capacity of wireless as well. "Being students we have first-hand experience with the Internet quality on campus," says Jonathan Bilodeau, NAITSA VP of Student Services. "The costs of expanding the bandwidth are substantial and

NAITSA is proud to partner with NAIT in order to deliver better services for students." Shown at the NAITSA cheque presentation are from left to right: Ray Block, NAIT CFO and VP Administration; Miranda Holman, NAITSA VP External; Paula Burns, NAIT Provost and VP Academic; Teagan Gahler, NAITSA President; Glenn Feltham, NAIT president and CEO and Jonathan Bilodeau, NAITSA VP Student Services.

A senate for students

By NICOLE MURPHY

NAIT's Student Senate is organized to give students a democratic voice throughout the school, but with only a six per cent voter turnout, why aren't the students taking hold of this opportunity?

James Head, the only returning student senator, answered some important questions about the Senate and student involvement. Head is in his third year of a BBA degree in Management and has enjoyed being a part of the Senate.

"It's a great opportunity to be involved with the Students' Association, but on a level where you have knowledge and a certain level of influence over what happens in the organization. For example, I sat on the finance sub-committee last year, and it was really reassuring to see exactly where our NAITSA fees are going," said Head.

"We meet 12 times during the school year, approximately every two weeks. Meetings range in length depending on the content, but are typically about an hour

to an hour-and-a-half. We spend a lot of time keeping the members of the Executive Council directly accountable to the students."

The Senate members are there for the students. They are the voice of the students and want to represent their wants and needs accordingly. But with only a six per cent voter turnout how is this possible?

NAITSA is continuing to improve marketing strategies and voter turnout is expected to improve but it is up to you to take some time out and get involved.

Health Sciences had the highest voter turnout at 25 per cent of its constituency.

When asked what the senate does and how it affects the average student, Head explained, "We approve NAITSA's annual budget, various financial statements, etc., and spend time evaluating and revising bylaws to ensure the organization is properly regulated. The decisions we make affect NAITSA operations, which indirectly, but significantly impact the NAIT experience of virtu-

ally every student.

"I take the responsibility that comes with it (Senate) very seriously, and want to make the best decisions for my fellow NAIT students."

Being a part of the NAIT Senate gives students an opportunity to develop skills and the formalities of a senate.

"Toward the end of the year last year, I was much more confident to speak up and take charge on behalf of my constituents, and now I am absolutely ready to step up and make sure the duties of the Senate are being fulfilled," Head said.

The Senate offers experience that can transfer into other life opportunities.

If you are interested in getting involved and being a voice for the students, visit the NAITSA office at the beginning of the school year for details. Also keep your eyes and ears open for your right to vote!

Congratulations to all new senate members: Quintin Poole - Building Construction and Design, Karen Wong - Building Construction and Design, Amanda Aldrich - Business and Administration, Joslyn Black - Culinary and Hospitality, Aditya Gurupalli - Environmental Management, Jordi Cocks - Health Sciences, Kris Johnson - Health Sciences, Jacqui Fraser - Information Technology and Electronics, Dean McLaren - Information Technology and Electronics.

Thank you for stepping up to represent the school.



James Head

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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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

Paper upgrade at NAIT

By SARAH STILWELL

As NAIT students, we are future career leaders who are fed a very specialized education.

We work hard all semester long, and we deserve the best.

It was only a matter of time before the NAIT staff realized that NAIT students are better than one-ply paper towel. Our new stuff isn't Bounty, but it's not bad either.

About 25 per cent of our population goes to school or college every day, AND in our case here at NAIT most people are here Monday to Friday every week.

We share door handles and water fountains with one another and it only takes one person to be sick and spread germs onto all the amenities we enjoy as a population here at NAIT.

Before you know it, everyone in your class is sick.

Our new dispensers from Kimberly-Clark Professional reduce

those germs as best they can and help NAIT maintain a hygienic institute.

The bathrooms are a great place for NAIT to display what we have to offer our future students.

At the NAIT Open House, 100 per cent of attendees felt the urge to go to the washroom at least once. Why? Because it is a basic human need.

This is why the bathrooms are potentially the best place to garner prospective students.

At the Open House, our potential future students might not have seen the Business Tower or taken a tour into Culinary Arts, but there is a very great chance that they used the washrooms at NAIT.

And what did they wipe their hands on? An easy-to-tear-away, never-gets-jammed-in-the-machine piece of paper towel.

That's right, everybody. No more fighting with the machine to get paper towel. All you have to do

is roll the side and it rips off pretty easily.

The thickness of the new paper towels makes it seem like you're getting a larger sheet. It seems like you're getting a bigger bang for your buck, but you're actually being more environmentally conscious.

When I wipe my hands on that new, rather thick, and not cardboard-textured paper towel, it almost feels like NAIT is saying "thank you. We realize that our students are the best, and they deserve the best for wiping their hands."

From the bottom of my heart, thank you. Thank you for realizing that I do not enjoy wiping my hands on what feels like loose-leaf paper. If I wanted to do that, I would have ripped a page out of my notebook.

With the paper towel upgrade, I hope we make the same upgrade to our toilet paper.

Better paper towel? Check. Next step, two-ply toilet paper.



Photo by Josie Baerg

Sandy left a path of destruction

By AMOR DARDOURI

Superstorm Sandy was the biggest Atlantic hurricane on record.

Before the October hurricane moved to the Southeastern and Midwestern U.S. states and Eastern Canada, it strongly impacted the Caribbean.

The storm struck New York City, flooding many streets, subway lines and tunnels.

Sandy cut off electricity and left severe damage in New Jersey, particularly along the Jersey Shore. The number of lives lost and families shattered from the cyclone climbed to more than 110 deaths reported with 48 in New York and 24 in New Jersey.

Sandy caused an estimated \$50 billion damage in property and business in the Northeast. That would make it the second-costliest storm in U.S. history after Hurricane Katrina.

The Canadian Red Cross is asking for donations to help people and communities affected by superstorm Sandy in the Caribbean and the United States.

"Our primary focus is to make sure the affected people have safe shelter, water, meals and snacks," says Traci Moore, communication manager with Red Cross in Edmonton.

During superstorm Sandy, some flights were cancelled at Edmonton International Airport. They affected passengers who had to

transfer through Toronto airport to U.S. cities.

"We did have an emergency plan if there is a significant delay. The storm didn't affect us. We only have some minor delay," said Traci Bednard, a vice-president with Edmonton International Airport (EIA).

Life started to slowly return to something close to normal in New York during the week-end as millions of people returned to work and public transit started operating.

In fact, 60 per cent of power was restored in the Manhattan area and one million meals are expected to be distributed to people in need.

New York Governor Andrew Cuomo announced a more than \$27 million federal

grant to hire workers to clean up communities affected by Sandy.

"This federal grant will provide funds to hire much-needed extra workers to help clean up and recover communities impacted by Hurricane Sandy and put unemployed New Yorkers back to work," Gov. Cuomo said.

There are some signs of progress. Fuel is becoming the main priority for people who use their cars for their livelihoods as gas stations have run out of gas, are closed or lack electricity to run their pumps.

Nearly a week after Sandy hit, over two million New Jersey customers are still without power and temperatures are beginning to fall.

Halloween is big business

By SARAH STILWELL

I understand that there is a rather large market for Halloween, from decorations to parties, and especially the horror film industry.

I can't think of a movie genre apart from horror that could pump out movie titles with numbers four, five, or six in them and still be successful.

What baffles me the most about Halloween,

however, is that Halloween-specific stores pop up from out of nowhere, kick around for two months and then vanish.

There are several factors as to why these stores can be profitable within their first year or two, which is not often seen in the business world. It usually takes around five years before businesses are profitable.



thesavingsmomma.com

Kids costumes are a big item for retailers at Halloween.

Halloween Express, a Halloween chain store in the United States, sold \$70 million in merchandise in 2007. Since then, they have grown to about 100 stores, with average sales of \$500,000 each.

They often pay a higher amount for rent, about \$100,000 a month for a 20,000-square-foot spaces, which for the two months would total \$200,000.

Still, with approximately \$300,000 in profits, they must pay their workers, which isn't very expensive for them. The cashiers make minimum wage and they don't have to pay out benefits since they are only employed for two months.

The total profit after wages and rent is around \$120,400, which isn't bad for only being in business for two months.

Even though Halloween Express is an American company, Americans and Canadians are very similar with their spending.

Americans spend about \$79 a year on Halloween compared with \$75 for Canadians. Last year, Canadians spent \$1.5 billion on Halloween.

Costumes are the most profitable for Halloween retailers. The costumes are usually made of cheap fabric and materials and the prices start at

around \$25 going up to around \$180 for more elaborate outfits.

The more "revealing" costumes for adults are usually around \$70-\$90 and are very popular.

Though there is undoubtedly a large market for adults, children are the primary market for Halloween, says Surjit Rai, the associate chair of NAIT's Bachelor of Business Administration program.

"The consumers would be the kids but the customer (the person who pays) would be the parent," said Rai. "That said, candy and toy companies market toward the kids in the hope that they 'bug' their parents enough that they make the purchase."

Retailers must keep tabs on what they believe the "hot" costumes are going to be for the year and order them according to the trends.

Best sellers for this year were anything superhero-related, much as the box-office was this year with Batman, The Avengers and Spider-Man all having movie installments out this summer.

Though Halloween isn't quite as profitable as Christmas, the attraction for the annual October event certainly enables it to do well in a short amount of time.

Lest we forget ...

By NICOLE MURPHY

When I volunteered to write the Veterans Week article, I did not know what to expect. What I discovered was truly moving.

I found that everywhere I turned someone wanted to tell their story. People truly do remember the individuals that have directly or indirectly been affected by war.

In writing this story, I began to feel overwhelmed with the responsibility of attempting to express the genuine emotion and love in the four stories I was privileged to hear. The following are the accounts of four pieces of a big puzzle that we have labelled "War."

Michael Yuki Hayakaze

Michael Yuki Hayakaze was born and raised in Edmonton. He died in Afghanistan March 3, 2008 at the age of 25.

I had the opportunity to sit down with his long-time friend, Ian Kingdon, to hear this local hero's story.

Kingdon explained that Hayakaze was actually injured a week before his death. Due to a superior's injuries that exceeded his own, Hayakaze insisted he stay and finish a mission before being discharged. This would be his last mission.

He was ahead of everyone in an armored tank when he hit a road side bomb.

The shock shattered the bones in his body. His death wasn't without cause, however, the rest of his fellow troops were left unharmed.

Kingdon reacquainted Hayakaze's decision years earlier to join the army. The Christmas before he deployed they spent all night talking.

Kingdon remembers hearing a voice that said, "this is going to end tragically, but Mikey has to do it."

Kingdon remembers Hayakaze as, "a loving, spiritual individual."

Kingdon was not surprised to hear of his friend's heroic death but it did not make the pain any easier.

"Even though a lot of us weren't army supporters before we knew Mikey, we were afterwards," Kingdon said. "He changed a lot of our opinions about what was happening."

Yuki translates to "snow" and Hayakaze to "fast wind."

When the fallen soldier's body was shipped home, Ian Kingdon remembers a snowy blizzard that hit Edmonton. He



Michael Yuki Hayakaze

felt this was due to the presence of his friend "Mikey."

Ian Kingdon met Michael Yuki Hayakaze as a young boy and had the privilege to know this kind soul until his untimely death as a young man.

Although Remembrance Day is a time of mourning this loss, Ian Kingdon also remembers all the good times spent together as well.

John Evans

When given the choice at age 17 to either go into the army or go to jail, John Evans made a decision that would change his life forever.

Growing up, Evans was loose cannon with a temper problem, but the army shaped his anger and taught him respect.

He served around the world, and learned first-hand that "complacency breeds contempt and contempt kills."

He explains the brotherhood formed in the army.

"You develop a friendship closer than a husband and

wife, and it is scary to think about it sometimes, but you actually would give your life for your fellow man," he said. "If I had to put it into words... you can't, unless you have been there you can't describe it to someone, the words just don't do it, they honestly don't."

Evans tears up talking of the men he served with and of the veterans that served before.

"I have been to veterans' Remembrance Days in almost every province and all around the world, and you see these guys and literally you can look at them and say he has nightmares, or he has bad dreams," he said.

Evans is frustrated at the idea the government is considering cut backs to veterans benefits.

He is passionate about the brotherhood that saved his life and to this day insists, "I believe in this country no matter how many faults I see in it, or how many faults I have myself. As a veteran still to this day, if I were asked and had to I would put a uniform back on and pick up a gun again, because I do believe in this country."

Reginald Stilwell

Reginald Stilwell, who insisted I call him "Reg," served in the Second World War in the Navy. He was 17 years old.

Having four older brothers already enlisted, he joined suit with the consent of his parents. The Stilwell brothers served throughout the war and all came home alive.

Stilwell was involved in convoy duty from the East Coast to Europe.

He lost friends along the way, but insisted, "others had it so much worse."

Stilwell made me promise I would tell the story of the women who flew unprotected planes across the Atlantic.

He exclaimed, "Brave souls those girls were!"

Stilwell was so persistent that this story be told more, giving these women the respect they deserve.

I found the selflessness of his words beautiful. I then asked him what Remembrance Day meant to him he replied "it meant so much many years ago, it was the war to end all wars, but Nicole, look at us now? Isn't it a mess I mean there is fighting on all over the place."

In that moment I was overwhelmed with emotion, his words were gentle but held so much power.

I then asked what he wants our generation to remember, he answered, "I just hope that they remember and read how many lives were lost and how severe the pain and suffering was. I want the people to remember those who didn't make it back, they were kids, they gave their lives so we that we could have a life to live and they did a damn good job! So you kids get a chance, a chance in life so take advantage of it."

Stilwell then added, "Don't forget those women pilots!"

For more information on the female pilots Stilwell saw from his ship looking into the skies during World War II search



Peter Biollo

women: air force service pilots on Wikipedia.

Peter Biollo

Peter Biollo was the oldest of nine siblings. He was eager in 1939 to sign up for service when war broke out, but at only 16, his parents would not give consent, so he waited until 18 to enlist.

He was then trained as an air bomber and sent into battle.

On July 29, 1944 on his way back from his 17th mission, he was shot down over a small town in France named Chaumousey. No details of his death were released until years later.

Carolyn Kincade, a NAIT alumnus, told me of the great uncle she never had a chance to meet.

Kincade belongs to a family of around 360 people and only seven living members ever met Peter Biollo, but his story has lasted throughout time.

While in war, Kincade explained, Biollo took the time to write letters to all of his younger siblings, giving advice to his sisters on boys and letters of love to his parents. Letters that still remain.

Every four years there is a family reunion filled with silliness, laughter and unavoidably tears for Peter Biollo.

Although most of the family have never met him there is a connection that runs deep in the memories that are as real as life.

Through his words and how he treated others while living, he left an everlasting imprint on those who knew him. Enough so that who he was is shared to this day with passion and love.

Kincade explained, "he's a hero, not necessarily because he went to war, it was who he was. So it is not really the death and the war part, that is a side note, but it's the fact that the world lost so many people like that in the war. For me it's not remembering the dates and the facts that went down, it's the individual people who went down in the war."

At every chance they get, Carolyn Kincade's family share the story of their beloved Peter. Kincade expanded, "The point of Remembrance Day is everyone needs to continue sharing their individual stories."

I was profoundly moved in my research for this article and only scratched the surface in my writings, but I learned something Carolyn Kincade said simply, "you have to break it down into the individuals to understand the big picture," and for that I am grateful.

'The point of Remembrance Day is everyone needs to continue sharing their individual stories.'

– NAIT alumnus Carolyn Kincade

WHAT'S GOING ON AROUND CAMPUS

- WHO** DMS 2013
WHAT Hot Chocolate Sale
WHEN November 8/9; 7:30am
WHERE Outside HP Centre
- WHO** Full Frame 47 (FF47)
WHAT Print Display and Sale
WHEN November 12 & 13; 8:00am – 4:00pm
WHERE South Lobby (Main Campus)
- WHO** EDSS
WHAT Beer Garden
WHEN November 16; 3:00pm
WHERE Annex Dock
- WHO** Anime Club
WHAT General Meeting
WHEN Thursdays, 4:30 – 7:00pm
WHERE Room X-107
- WHO** IntoNAIT Toastmasters Club
WHAT General Meeting
WHEN Mondays, 4:45pm
WHERE Room H-003
- WHO** Latter Day Saints Student Society
WHAT General Meeting
WHEN Thursdays, 11:15am – 1:10pm
WHERE Room WA-212
- WHO** Christian Club
WHAT General Meeting
WHEN Tuesdays, 11:15am – 1:10pm
WHERE Room H-005
- WHO** Paintball & Airsoft Sports
WHAT General Meeting
WHEN 2nd Wednesday monthly, 4:30 – 6:00pm
WHERE Room X-203
- WHO** Gamers of Dungeons & Dragons
WHAT General Meeting
WHEN Thursdays; 4:15 9:15pm
WHERE Room WC-312
- WHO** LGBTech
WHAT General Meeting
WHEN Every 2nd Monday starting Oct 1; 12:20 – 1:00pm
WHERE Room H-005
- WHO** Investment Club
WHAT General Meeting
WHEN Every Monday; 3:15 – 5:15pm
WHERE Room T-601

CAMPUS CLUBS NEWS

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

ANIMAL HEALTH TECH CLASS OF 2014 PRESENTS:

PET PHOTOS WITH SANTA

NOVEMBER 30: 5-9 PM
DECEMBER 1: 9 AM-3 PM
 @NAIT CLINIC X100



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THE ADVANTAGE PART 1

What sets you apart?

This is a presentation from local industry professionals that will help set you apart from the crowd. Learn how to:

- Build your resume
- Find your professional image
- Set personal goals (featuring the fashion guy, John Chery)

WHEN: Thursday, November 8th 2012
TIME: 6pm - 8pm (doors open @ 5:30pm)
WHERE: Show Theatre, NAIT Main Campus (across from the Bookstore)
PRICE: Free of charge for all business students!
 Please bring \$15 to purchase your ticket to Part 2.
 *Part 2 ticket gets you a special interview with an industry professional, and light refreshments @ The Nest.
 Only 90 spots available!

PRESENTED BY:
 Business Connex of NAIT & the Accounting Club of NAIT

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LOGO CONTEST

CIVIL ENGINEERING TECHNOLOGY



WINNING DESIGN GETS \$100.00 CASH & FREE SWAG!

Contest entries can be submitted in Room L137 to Connie O'Leary

All Entries must be submitted by 4:00PM November 19th, 2012

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And one sweet design opportunity.

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

YOU choose the colours.
 YOU choose the look.
 YOU choose the vibe.
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 HE STEPS UP AND LEADS WITH A CONFIDENCE OF BOTH HIMSELF AND HIS SURROUNDINGS
 HE IS SELFLESS AND BELIEVES LOOKING OUT FOR YOUR MATE IS SOMETHING YOU DO NOT SOMETHING YOU MUST DO
 HE IS ONLY CONTENT WHEN ALL ARE CONTENT
 HE APPRECIATES THE CUDDEY AND QUALITY OF CRAFTSMANSHIP
 HE WOULD RATHER HAVE ONE UNIQUE HANDMADE PIECE THAN ONE HUNDRED MASS PRODUCED ITEMS
 HE IS DEDICATED AND TRUE TO THE CAUSE OF MOUSTACHERY
 AWARE OF HIS RESPONSIBILITY TO HONOR THE MOUSTACHE HE LEADS A VALIANT LIFE WHETHER IT BE A SOLD ADVENTURE INTO THE WILD OR A SIMPLE BOG WITH FRIENDS
 HE EXTRACTS AND REVELS IN WHAT LIFE HAS TO OFFER
 A MAN WHO GROWS A MO KNOWS HOW TO ROCK
 WHEN THAT TIME COMES HE LIKES HIS GOOD TIMES GREAT

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OPINION

— Editorial —

Memories of rodeos



CLAIRE THEOBALD
Editor-in-Chief

Generally speaking, I could never really understand the sports fanatic.

You know who they are. They are the ones out there braving sub-zero temperatures bare-chested with their buddies just so they can support their team or favourite player by painting letters on their beer inflated bellies.

They are the ones who scream bloody murder from the stands during the playoffs only to break down in tears if their team loses.

For the most part, I can't understand how someone can love a sport or a team with such passion without being on the field or having the farm on the line.

That being said, I do have a dirty little secret.

I lose my mind

Put me arena-side at a rodeo and I'll go nuts.

Normally, my support for sports is fairly subdued. I'll cheer good plays and I'll clap when an injured player gets up, but I'm not emotionally invested.

It doesn't affect me if one side wins over the other.

But for events like the bareback ride or barrel racing, I lose my shi- I mean mind, I lose my mind ...

I try to keep my Prairie upbringing under wraps, trying to conceal my rural drawl under more cosmopolitan mannerisms.

For the most part, I get along just fine, but the moment I get a whiff of the dirt in the air my heart starts racing.

My "jolly goods" get replaced with "get up there!" and "whaddaya doin'?" punctuated with yips, hoots and hollers.

While most sports pit one man against the other, rodeo celebrates man's struggle for dominion over nature. Seeing a 200-pound man tossed like a rag doll by thousands of pounds of raw muscle in a ring invokes a kind of primal pleasure and reconnects you with your own fragile state.

Whenever rodeos like the CFR come to town, I think back to when my old friend used to take me along with her for her 4-H rodeos to lend her a hand.

Sunup to sundown

I remember getting up at the crack of dawn and loading the truck, getting Gal (her prized little cattle horse) into the trailer, and she never, ever made it easy.

The first day you would work from sunup to sundown loading and unloading, hauling equipment and supplies and looking after the horses and other livestock. I remember being beyond the point of exhaustion at the end of the night, but you can't quit until the job is done.

While Gal got comfortable in her stall, we'd set up our sleeping bags in the same trailer we hauled the horses in.

I learned how to fall asleep hard and fast, because as soon as you laid your head down you'd be up to start all over again.

While she worked with Gal to get her ready for her events (Gal was born to race barrels) I would spend my days helping out wherever I could.

It was dirty, hard and dangerous work. But through all of the dirt my smile beamed through.

My reward would be watching Gal race.

All of the blood, sweat and tears, all of your efforts would be put to the test and on the line as she walked up to the starting line.

She would get the signal and Gal would be off. My heart was in my throat, "C'mon Gal! Get up there! Show 'em! Get up!"

In a matter of seconds it was over. One shot, that's all you get.

It was at these events that I really learned to understand country culture. The camaraderie and generosity shared by these people came from an understanding that you need each other, you depend on each other, otherwise you didn't stand a chance.

Anything you had, you'd share. Any time someone needed a hand, they had yours.

When I watch rodeo, I remember how I felt when Gal would hit the turf, four hooves flying. Everything led up to that moment.

I feel that way now every time I see someone else enter the arena.

I still feel the pull, seeing the years of hard work and self-sacrifice that went into getting that one shot. The pain, the determination, there's nothing like it. You can feel it in the air.

So if you stumble across me at any local rodeo (the Tofield Sodbuster and the events run out of Olds are personal favourites) grab a slab next to me and prepare to experience the mayhem.

You won't be disappointed.



Photo by Bob Young, ride.vcmhc.com

Barrel racing



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SPORTS

SOCCER

NAIT's women 'relentless'



EVAN DEGENHARDT
Sports Editor

Last weekend, NAIT's women's soccer team proved that they were the best in the ACAC, bringing back another conference title to our campus.

However, for the Oaks, the real test of their season is about to start.

From Nov. 7-10, our women's soccer team will make the cross-country trip to Charlottetown, P.E.I. for the 2012 Canadian Collegiate Athletic Association National Championships.

After finishing runner-up at last year's Nationals, the Oaks are definitely looking for some revenge this year.

Before the team left for Prince Edward Island, the *Nugget* had a chance to catch up with women's soccer head coach Carole Holt.

First item on the list for discussion was how coach Holt felt her team fared in the ACAC conference championships. As expected, coach Holt was proud of her team's championship performance, but was also impressed with the competition level within the ACAC itself.

"We were disappointed when we didn't finish first in the league, because that meant we had to play three games in three days, if we wanted to make it to the final," Holt said. "However, I think the number of games ended up being an advantage for us

in the long run. The two games we played before our final against Concordia really got us ready and prepared us for what we needed to do."

Because of the level of competition, there's no doubt that the ACAC produces some serious soccer teams.

But at the Nationals, that same competition can be on a completely different level.

When asked about how her team matched up against the other eight teams competing for the national title, coach Holt spoke with confidence.

"Both teams representing Alberta this year are among the top teams making an appearance in P.E.I. this year. Both us and Concordia are very strong," Holt said.

"However, that being said, there are six other teams from across the country that also won an opportunity to represent

their conferences. So we know that we will be facing some serious competition and difficult games ahead of us at Nationals."

One challenge coach Holt knows the team will be faced with is their short roster.

"We are taking a roster of 16 with us on the trip, so that right there is an obstacle before Nationals even start," commented Holt.

"But this isn't something that we've had to deal with recently. There have been roster issues all season. Our last two injuries came fairly late in the season, so the girls have already been playing with this 16 roster setup for the last six games."

In taking a shorter roster to Nationals, coach Holt is looking for her entire team to step up. To her, it all comes down to great leadership.

"We've got a really good group of core veteran players. All of our players work exceptionally hard, but because the leader-

ship has been so strong, our newer players are adapting to the game at a faster pace, and they're stepping up in games as well," Holt said.

"Combine these factors in with a great work ethic and I think we have a very good team heading to Nationals."

There are a number of players on the Oaks roster who experienced defeat at last year's Nationals. To Holt, this creates a hunger to win that will be hard to stop.

"The players who have been there before are familiar with a lot of the teams that will be at Nationals this year. This will be advantageous for us," Holt said.

"That being said, nerves always play a big part in a championship of this calibre. We've been given another opportunity and for those players who experienced defeat over the last two seasons, it will only fuel their hunger to win that much more."

Although many players on NAIT's roster have experience at the national level, this is coach Holt's first time taking a team to compete at the championships. When asked about how she was preparing herself for the experience, coach Holt noted she wasn't changing anything.

"I'm preparing the same way I've done it all season," Holt said. "Our game plan is not complicated. We've got 16 players that can be moved into a variety of positions and be successful, so that's really nice for me as a coach. As a coaching staff, we've set standards for our team all year long and those expectations haven't changed since the



Carole Holt

beginning of the season."

Finally, coach Holt was asked what message she would give to her group before they embarked on the cross-Canada trek to Nationals.

Holt's message was simple.

"We're relentless. It doesn't matter who we're playing against. We're a very hard-working team with skillful players and I think that makes us really hard to play against."

To stay connected with our Oaks as they try to bring home a national championship, check out www.ccaa.ca.



Men off to B.C. in search of gold

By MATT INGLIS

The 2012 CCAA National men's soccer championship is underway at Douglas College in New Westminster, British Col-



umbia. The NAIT Oaks men's soccer team locked up a spot at Nationals after a dominating regular season that saw them finish with nine wins and only one loss.

The Oaks' regular season success carried on into the ACAC men's soccer playoffs, where NAIT thrashed the hosting Red Deer College Kings 7-4 in the first game, only to fall just short in overtime in the gold medal game against the SAIT Trojans.

As the runner-up team in the ACAC finals, NAIT received an invitation to the Nationals because the ACAC hosted the national championships last year and therefore gets to send two teams.

The National Championship opened up on Wednesday, Nov. 7, with the sixth ranked NAIT Oaks taking on the third ranked hosting team, the Douglas College Royals. The winner of the game between Douglas College and NAIT goes on to play at 5:30 p.m. on Thursday, while the loser plays earlier in the day,

at 12:30 p.m.

NAIT is no stranger to provincial and national championships, and although they are coming into Nationals ranked No. 6, the Oaks will be a force to be reckoned with at the tournament.

The Oaks closed out last season in the ACAC with a gold medal at the provincial level, and gold at Nationals, hosted by Collège François-Xavier-Garneau in Baillairgé, Quebec.

Looking to defend their national title, the Oaks offence is spearheaded by the ACAC's regular season leading scorer, Monty Haines, who netted an impressive 13 goals in 10 games played for NAIT this season.

The championship tournament runs through Saturday, Nov. 10. Every game will be live streamed on the Internet at <http://ccaa.ca/menssoccer2012/>. Check out the website to stay updated on all of the Nationals updates throughout this week.



A NAIT Ook player stays ahead of a pursuing MacEwan opponent during a game Friday, Nov. 2 at NAIT arena. The Oaks won 5-0.

Photo by Sara Tetz

WOMEN'S HOCKEY

MacEwan no match

By AVRY LEWIS-McDOUGALL

This past weekend the women's hockey Oaks swept their series against their 106 Street rivals, the Grant MacEwan Griffins.

It was some nice revenge as the Griffins were the team who knocked the Oaks out of the ACAC playoffs last season.

NAIT won their first game in dominating fashion, beating MacEwan 5-0.

Danielle Brown scored two goals on the night with Karli Reeve, Jana Fialova and Michelle Pochapsky netting the helpers.

The second game of the series at Grant MacEwan was a bit closer as the Griffins were able to get one goal past Emma Cooley. Cooley had a 31 save performance, helping NAIT to a 3-1 victory.

Brown, Nicole Gregoire and Sherri Bowles would get the markers for the Oaks.

With that being said, it's been an interesting start to the season for the women's team.

Deanna Iwanicka's group is now 4-1-1 after starting the year with a split a series against SAIT and Red Deer.

Despite the slower start, the women's hockey team really has to be feeling good right now as they achieved a nice series sweep against their longtime rivals, Grant MacEwan this weekend.

Taking a look at NAIT's progress so far this year, the Oaks have an offensive core to be proud of.

NAIT has been led offensively by Danielle Brown, Michelle Pochapsky and Sherri Bowles. These three are all on top of the ACAC

point totals so far this season. The only non-NAIT player in the top four is Red Deer's own, Gillian Althiem, who leads the ACAC with 10 points on the season (five goals and five assists).

First year Ook Vanessa Klimpke has also made her mark early on in the season, causing a ton of trouble in front of the opposition's net.

Bowles has been the story for the Oaks with five goals and three assists so far this season and has helped the team ignite a serious offensive spark as of late.

NAIT has also has seen a goaltending shakeup in net with Emma Cooley getting most of the starts so far this season over resident starter Jill Diachuck.

Head coach Deanna Iwanicka has credited the play of Cooley to having a rookie spark but also mentioned that Diachuck has to still find her game.

The only real speed bump for the Oaks so far came against Red Deer in a series in which the Oaks did win the first game but suffered their worst loss of the year in the second game of the series, falling to an ugly score of 9-3 at the NAIT Arena.

Cooley, so far, has a record of 2-2 in five games played and a GAA of 3.17.

On the other hand, the veteran puck stopper Diachuck has a record of 1-0 and a GAA of 2.47, so far this season.

Coming up, the Oaks now have a few weeks off and are set to play next on Nov. 23 and 24 against the SAIT Trojans.



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MEN'S HOCKEY

Loss and a tie vs Augustana

By MATT INGLIS

Last weekend, the NAIT Oaks went head-to-head against the defending ACAC gold medal champions in men's hockey, the Augustana Vikings.

The two teams met for the first time since the final round of playoffs at the end of last season, when the Oaks walked away with a silver medal.

NAIT visited Augustana last Thursday in a tight game that needed extra time to be decided.

In the end, the Vikings came out on top with a 2-1 overtime win.

NAIT's lone goal on Thursday came off the hands of winger Josh Koper.

Saturday's matchup saw the Oaks control the pace of the game, peppering the Augustana net with 44 shots, resulting in

goals by forward Kyle Harris, and defenceman Andy Willigar.

The Vikings managed 24 shots and two goals of their own, resulting in a 2-2 tie.

Ooks goaltender Kristopher Moore stepped in for NAIT's regular starter Shannon Szabados and faced 55 shots in total over the two games.

NAIT head coach Serge Lajoie was impressed with how the Oaks played throughout the weekend, despite the loss.

"We had a really good weekend. Obviously the outcome wasn't in our favour, but we played well against the best team in the league," Lajoie said.

"Over the course of the weekend, we showed that we can play and set the pace of the game."

Although the Oaks didn't get a win in either of the two games against the Vikings, coach Lajoie is confident the team was performing at an elite level.

"We didn't get frustrated, we didn't deviate from the game plan. We were creating chances and getting shots."

The Oaks came into the weekend sitting atop the league standings, riding a six-game winning streak.

Coach Lajoie thinks that his team can take positives out of last weekend's games, and carry some momentum and a solid level of play moving forward.

"We were there this weekend. It's a matter of maintaining."

Lajoie also mentioned that throughout the weekend, Oaks defencemen Dante Borrelli put forward an outstanding effort.

"He'll give you everything he's got. He definitely led by example."

Lajoie also mentioned that NAIT's increase in their veteran intensity was key to the Oaks strong play against Augustana.

The Oaks' next matchup comes in the form of a home and away set starting this Friday against the struggling Grant MacEwan Griffins. The Griffins are coming into NAIT with a 0-8 record this season.



Photo by Sara Tetz

Kevin Carthy takes a shot against Augustana last Saturday at NAIT arena.

You're ruining my experience

By AUTUMN McDOWELL
The Carillon
(University of Regina)

REGINA (CUP) – If there is one thing that can surely ruin my experience during a live sporting event – whether my team is winning or losing – it's the fans.

No matter what sporting event I attend, it is almost always a guarantee that I will be annoyed by at least three fans throughout the game. I'm not sure if everyone feels this way or if I just have terrible luck and always get stuck sitting next to the loud-mouthed, horn-blowing idiot who makes me wish that I was watching the game from the comfort of my own living room instead of with this jackass.

Every time I go to a game, it's like I forget how annoying the other fans can be from one time to the next. Now, every fan is relatively aggravating in one way or another – especially if they are cheering for the oppos-

ing team – but in general, there are usually three categories of fans that most people will fall into.

First off, there is the dreaded armchair quarterback. This is the fan that thinks they know what's best for the team far better than the head coach, even though they barely know the rules of the game.

This is also the fan who thinks that they could play the game much better than the current players, even though they are roughly two and a half times their age, have beer guts easily three times larger, and the only exercise when it was announced that hotdogs were only \$2 for the next three minutes – I have never seen someone run so fast in my entire life.

These fans – though loud – are slightly tolerable, because every once in a while they will yell something so outlandish that you have to laugh.

The next category of annoying fans is the overactive small children. These kids are often

seen running up and down the concrete stairs – it always amazes me that they don't wipe out – or flailing around and generally making their parent's lives hell, not to mention everyone's lives around them.

Perhaps I should blame the idiotic parents who decided to bring their rambunctious five-year-old to the game knowing full well that their kid would only be quiet or pay attention for a maximum of one period, and that's only if they are extremely lucky or the kid is asleep.

Parents say that they want to get their kids involved in the game early and that is why they bring their kids. That's great and all but these little tykes are paying far more attention to the blimp flying around than what's going on in the game – I fucking hate that blimp.

Finally, everyone's favourite fan category, the drunks. If you are one of the drunken fans during the game then you think that everyone around you is having a riot and that everyone is

finding your stupid behavior hilarious and you are, in general, the reason that everyone is having a great time.

However, if the other fans that are around you and your drunken buddies haven't also tipped a few tall ones back, they utterly hate life right now.

I'm sure that some people are reading this and thinking, if you are lucky enough to get to go to the games live then you shouldn't be complaining. Well, I'm sorry, but these fans have ruined so many of my game experiences that I had to say something.

Also, I feel obligated to call out the old man that felt it was necessary to kiss my hand during the Pats game on Wednesday; that was out of line.

As ironic and unfortunate as it sounds, in order to deal with the armchair quarterbacks, the overactive children or, God forbid, the strange old men, you have no choice but to be the drunken fan.

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Athlete Profile



Player: Sebastian Cava

Sport: Basketball

Position: Guard

Program: Business

By ALLISON MULLOCK

What was your most exciting moment as an athlete? – In 2007, I was 14 and I got the chance to represent my country (Peru) in the U-16 and U-17 South American tournament. Another one would have to be in 2006, when I got named most valuable player in the South American tournament for schools or in 2011 when I got named Edmonton Public Schools MVP.

Who or what is your biggest idol/inspiration? – I would say my parents are my biggest inspiration because even though I don't live with them, they have always supported me with whatever and I know I can count on them all the time.

Do you have a pre-game ritual? – Sometimes I do and sometimes I don't. It depends on if it works or not. My rituals always kind of change.

Which position is the most important on a basketball team? – For me, point guard is the most important position in basketball because the point guard is the one that runs the team and organizes it. It's like the setter in volleyball.

What is your favourite NBA team and

why? – The Lakers are my favourite team in the NBA and they have been my favourite team since I started playing basketball. I guess they are my favourite because when I started playing basketball they won the first of their three NBA titles with Shaq and Kobe. Those two guys are my favourite players.

What is your favorite sport to watch on TV? – Basketball and soccer are my favourite sports to watch. Usually I watch sports news right before I go to sleep or if there is a game going on I try to watch it.

What is the best advice you have ever received? – To never give up on my dreams and keep going no matter what happens. If you fall down just get up and continue.

What is your biggest strength and weakness on the court? – My biggest strength I would say is passing and my ability to attack the basket. My biggest weakness is playing defence and using my right hand.

Winter in Edmonton is here. What's your favourite activity in the snow? – I'm not big into skiing or snowboarding, but I do occasionally enjoy tobogganing. To be honest, I'm not a big fan of the snow.

Athletes of the week

Oct. 29-Nov. 4

Danielle Brown
Hockey



Danielle was instrumental in the NAIT Oaks women's hockey team's first sweep of the season over the MacEwan Griffins. Brown scored the opening and closing goals in Friday's 5-0 win at home, then added another goal and assist Saturday to lead her team to a 3-1 win on the road. "Brown is not only an on-ice leader. Her off-ice role and leadership on the team is admired by all," said head coach Deanna Iwanicka. "She is respected by everyone and has earned the right to be confident. She certainly is a cornerstone to the Oaks hockey team and program as a whole." Brown is currently second in the ACAC in scoring. She is a third year Personal Fitness Training student from Cold Lake.

Dante Borrelli
Hockey



Dante was all over the ice for the NAIT Oaks men's hockey team in a two-game set with the Augustana Vikings. Borrelli's effort helped the Oaks earn a point in a 2-1 overtime loss Thursday and in a 2-2 tie Saturday at home. "Dante's tireless and unselfish play this past weekend versus Augustana was instrumental in allowing the men's hockey team to out-battle their opponent on the ice throughout both games," said head coach Serge Lajoie. "His contributions to the successful weekend cannot be reflected on the score sheet. Dante led our team with his hard work, tenacity and focused attitude." Dante is a first year Academic Upgrading student from Edmonton.

BASKETBALL

Women trounce Red Deer

By KEVIN MARTIN

The women's basketball team travelled to Red Deer for a showdown against the Kings this past weekend.

The Oaks (2-0) and the Kings (0-3) have had opposite starts to their seasons. On paper, this game looked like it would be a major blowout.

The Oaks are the best offensive team in the ACAC with 83 points per game. The Kings are 12th with 48 points per game. NAIT has the second best defence in the ACAC with an average of 48 points against per game. And the Kings are ninth in defence as they have been allowing 65 points a game.

It should have been an easy night for the Oaks but Red Deer gave them everything they could handle.

The Kings came out strong as they were backed by their energetic fans. Red Deer played a strong physical defence underneath the basket, which was also a key for Kings early on, forcing the Oaks to take some ugly three-point shots.

The Kings had all the momentum but missed their chance to gain a lead early in the game. The first quarter ended with the teams in a 14-14 tie.

The second quarter featured more of the same. The Oaks remained in an offensive funk but were able to keep it close with their defence. Red Deer couldn't capitalize

on NAIT's inefficient offence because of all the turnovers they committed.

However, the underdog Kings had every reason to feel great about their first-half performance as they went into half time with a 31-29 lead.

The home court fans were pumped about their team's success in the first half while the Oaks were determined to turn the game around.

Whatever head coach Todd Warnick said at half-time worked.

The Oaks came out and demolished the Kings in the second half. Everything that the Kings did right in the first half dissolved and the Oaks took their third win of the season 76-49.

Coach Warnick says that the team's ability to create turnovers was the reason they held on and eventually won.

"The turnover differential is one of our metrics of success," said Warnick. "We strive to achieve a positive edge in this through consistent ball pressure for 40 minutes and high pace of play and that leads to a large number of

shot attempts. This helps to keep our turnovers down."

Some eyebrows were raised after the victory, concerning P.J. Wells.

Wells lead the ACAC in scoring the first three games but had a unimpressive stat line verses Red Deer.

Only five points and 16 minutes on the floor caused Oak supporters to question if Wells was injured early in the game. Warnick says that there is nothing to worry about and that Wells's limited court time only complements the depth of the team.

"As for P.J.'s numbers versus Red Deer, it speaks more to the composition and the strength of our team than P.J. herself," Warnick said. "Our greatest strength this season is our depth. We are very capable of playing 10-12 players significant minutes against every opponent on our schedule."

"This means that we have a number of players who can create offence on any given night and have the ability to contribute big games each week-

end and not rely on the performance of any one individual."

The women's basketball team will welcome SAIT for a home game on Saturday. The game gets underway at 6 p.m.

NAIT's men's basketball team also travelled south this past weekend to face Red Deer College.

It's early in the season but it was a critical matchup for the Oaks, as they looked to upset the Kings who are still undefeated on the season.

Unfortunately, the optimism for the Oaks fell flat early in the game and they never got any momentum going.

The Kings got a few early points in transition and took a 23-14 lead into the second quarter. Red Deer expanded on their nine-point lead as the Oaks struggled.

Red Deer's intense defence meant that the Oaks couldn't move the ball like they wanted to on offence.

NAIT only made 31 per cent of their shots throughout the evening.

A 47-34 lead for the Kings soon turned into blowout status as Red Deer collected the majority of the rebounds and won the game 101-67.

To the Oaks misfortune, the Kings kept their undefeated status in a dominating way. NAIT will now try to rebound against SAIT on Saturday.

Tip-off is at 8 p.m. in NAIT's main gym.



Todd Warnick

VOLLEYBALL

Women sweep, men swept

By LAUREN FINK

Volleyball season is in full swing here at NAIT, with the second week of the season over.

The women's volleyball team was impressive this weekend, keeping up their winning streak with two wins against Augustana. The men, on the other hand, didn't fare as well.

Let's start things off with the women.

After facing injuries last week, most of the girls, excluding Heather Voight, were back in action.

They took to the court in Augustana Thursday night for their second away game of the year. Augustana may have had the home court advantage but that didn't faze the Oaks.

NAIT was able to take the match in three straight sets, 25-17, 25-23, and 25-13 respectively.

Ook's backup setter, Ali Mullock, weighed in on her team's efforts after the match.

"We played very consistently," she said. "Although I feel like there is always room for improvement."

The defensive effort and set decisions of Kelsey Bleier, awarded her the player of the game honours.

Rookie left-side hitter, Hannah Gahler commented on Bleier's efforts and what they meant to the team's victory.

"Not only were Kelsey's sets on fire, but her defence made a huge impact on the winning outcome of our match," Gahler said.

On Saturday, the women faced Augustana

again, this time with the home court advantage. Ashlyn Skaley was player of the game due to her solid attacks, and positive outlook.

The Oaks took another straight three-set victory against the Vikings, winning 25-12, 25-15 and 25-16 respectively.

Despite winning both of their games on the weekend, the Oaks have begun preparation for their games against SAIT this upcoming weekend.

Mullock is definitely looking forward to their match up against SAIT.

"This upcoming week we are going to have to practise hard so we can have another successful weekend," said Mullock.

"SAIT will be a tougher match, but we should still come out with two wins."

The men were also at it this weekend. They played in Augustana against the Vikings Thursday, but couldn't match the women's record and came home with a straight three-set loss, 25-21, 26-24 and 25-19.

They hoped to redeem themselves Saturday night at home, but also lost that match in three straight sets, 25-23, 25-18 and 25-19.

Looking forward, the men's team hopes to put wins on the board against the number sixth ranked Trojans.

NAIT students get free admission to home games, so make sure you check out your Oaks this Friday night.

The women play the SAIT Trojans at 6 p.m., and the men also take on the Trojans at 8 p.m.

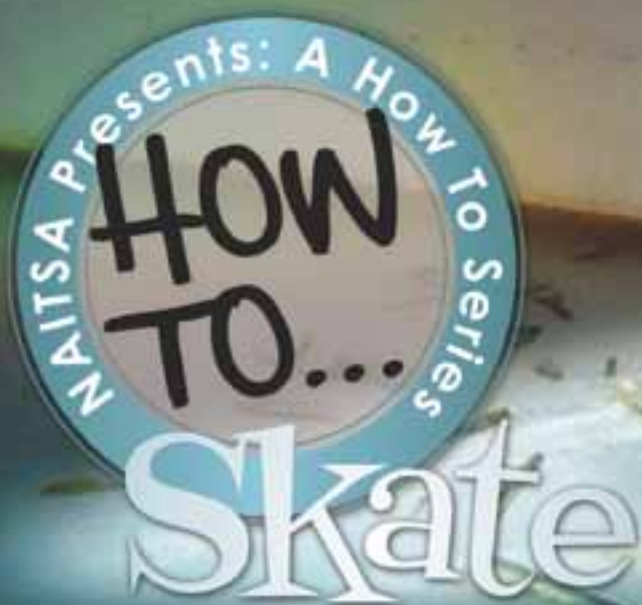


Photo by Josie Baerg

NAIT Ook Alison Warick spikes the ball during a game against the Augustana Vikings at NAIT gym Saturday Nov. 3. The Oaks won the match 3-0 to sweep the Vikings in their home and home series.

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ENTERTAINMENT

Simons sets up in Edmonton



ANIKA NOTTVEIT
Entertainment Editor

Simons opened in West Edmonton Mall this past week, and it is a store that will blow your mind. It blew mine on opening day, Oct. 31.

Of eight stores in the chain, it is the first to be opened outside of Quebec. Edmonton should feel special.

The architecture and interior design make this store, which features men's, women's and home fashions, really unique.

The store is huge. At 115,000 square feet, it's almost like a mini mall. Fitting rooms are easily accessible.

They are at various locations so you don't have to walk too far to find one. It's perfect when you want to try something on quickly.

The coolest change rooms are the ones that come down from the ceiling. Round tent structures are seen around the store suspended in the

air. You just press a button and it comes down.

It goes really slowly, which is sort of annoying and a test of shopping patience. If it went up and down really fast though, you might be in fear of getting peeked at.

These mobile changing rooms aren't the only cool aspect. Simons says, "take a picture!"

A photo booth snaps three photos at a time and prints them out for you, free of charge.

The photo star area is a lot of fun. The idea is take a picture of your outfits and send them to

friends for advice. The photos are also e-mailed to you.

It's a genius idea, because we all do that with our phones. I wonder how many people will venture out of the change room to pose in public.

The type of service and staff is really important to management.

"We really worked hard on recruiting them," says CEO Peter Simons. "We're a family company so we're a values based organization. It's not a public

company, we're not just trying to be the biggest, we're trying to build a unique place to work. We really tried to seek out people that had our own values."

The business has been in the family five generations, since 1840.

A lot of thought is put into choosing the men's and women's fashions. They have a lot of street brands or clothing they've developed.

"A lot of it is discovering brands that we find in London, Milan, Paris, when we're travelling ... And the whole thing is topped off with a high end designer collection by Paul Smith ... and a number of names you'll know and not know. It's a curated assortment. It's the same for the men's," says Simons.

There store still isn't finished. A big titanium structure in the shape of a wave is in the making. Supposedly it will give you the allusion that it is moving. It sounds like a mystery to me.

To fully comprehend it, I think you have to see it for yourself. This will be possible in December, when it's completely finished.

This store offers more than products, it offers a shopping experience. It's an entrepreneurial wonder and not the kind of place you pop in and out of.

It's a one-stop shop, the kind of place you set aside time for. The prices are varied and the styles accommodate many ages.

"You could come with your Mother and she would find her place and you would find your place and you would both feel at ease in the same atmosphere," Simons says.

It's worth checking out, especially if you love to shop. It's located on the second level on Europa Boulevard.



canadianbusiness.com

Peter Simons, CEO

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By CAYLA ELLSWORTH

Earlier this week it was announced that Bon Jovi will be coming to town in the spring for a gig April 3 at Rexall Place. Bon Jovi also announced they are releasing a new album in Spring 2013 entitled *What About Now*.

The band is one of several veteran acts who have been around for 30 years or so releasing new albums in recent months. KISS released *Monster* a few weeks ago and Aerosmith is releasing *Music from Another Dimension* this week. Here's a mix of some classic rock tunes to keep you rocking all winter long.

1. Rock and Roll All Nite – KISS
2. It's My Life – Bon Jovi
3. Thunderstruck – AC/DC
4. Hit Me With Your Best Shot – Pat Benatar
5. I Love Rock and Roll – Joan Jett
6. Walk this Way – Aerosmith
7. Livin' On A Prayer – Bon Jovi
8. Sweet Emotion – Aerosmith
9. Rock of Ages – Def Leppard
10. Heartbreaker – Pat Benatar
11. Mr. Roboto – STYX
12. Don't Stop Believin' – Journey



billboard.com

VIRAL VIDEO

Tell – a thriller, for short

By KODY DAVIDSON

In the spirit of Halloween I thought I would recommend a short film for the end of the festivities. More specifically a horror/thriller called *Tell* by Ryan Connolly.

This short film is highly inspired by Edgar Allan Poe's *The Tell-Tale Heart*.

Tell brings you into the shoes of Taylor (played by Todd Bruno) as he deals with the fear of possible repercussions and is tortured by the guilt of his violent actions.

Taylor, avoiding the guilt, attempts to hide his sins and hopes that his actions will simply become an unnoticed, dirty little secret.

Taylor's plans fall apart rapidly when he begins to see menacing visions and lines

between reality and paranoia soon become blurred. Is everything a hallucination or can the dead truly take revenge? It is up to you to decide for yourself.

Tell starts off with a concussive blast of tension and doesn't loosen its throat-clenching grip. It throws you right in and tells you (no pun intended) that you're going to love it! Connolly's striking camera movements and strong cinematography keep the plot development interesting.

The sound is equally as good, if not better, than the visuals. A long shot near the beginning is particularly impressive in its combination of craft and suspense that would impress Alfred Hitchcock himself.

Connolly's do-it-yourself pragmatism is written all over the film with a single location, a small cast and no showy visual/special effects.

This is classic B-movie mentality played to perfection, relying on classic methods of suspense to grasp the audience and hold them till the end. With an eerie score by UK based composer Daniel James.

Tell might be a little long for some, running at 32 minutes. However, with the perfectly paced scenes, great cinematography, and superb sound design this a must watch for all aspiring filmmakers.

Ryan Connolly is the host of *Film Riot*, produced by Revision3.com, the popular Internet show that offers tips and tricks on filmmaking.



Connolly even gave an in-depth look on how he made *Tell* on his show, in a five-part series.

Tell currently has 218,895 views on YouTube at <http://www.youtube.com/watch?v=PGgRH7-Qs9g>.

That being said, as a work of suspense it's something special.

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MOVIE REVIEW

Captivating political thriller

By LUCAS ANDERS

Argo is the definition of what a political thriller should be.

The new film *Argo* stars Ben Affleck as CIA government operative Tony Mendez who, with the co-operation the Canadian government, has to find a way to bring his countrymen home.

This true story is set in Tehran, Iran on Nov. 4, 1979. The revolution in Iran has reached crisis proportions, with Iranians breaking through the gates of the American Embassy.

Once they break through the gates, the Iranians take 52 American hostages. During the attack, six Americans escape to safety and seek

refuge at the Canadian ambassador's home.

The emotionally gripping film is sure to draw in any moviegoer. It highlights a government that overcomes closed mindedness when it takes a chance on Mendez, a young CIA operative.

"It was a great testament to government thinking outside the box and taking a chance on someone," said filmgoer Stephan Sutcliffe.

Affleck has always had depth to his film making and he proves it once again in this gut-wrenching film. The film is sure to create some Oscar buzz in the land of Hollywood. Ever since appearing in the disastrous 2003 movie *Gigli*, he has been choosing his film roles very carefully.

Affleck has chosen wisely, directing and starring as the CIA agent who hatches a plan to get the six Americans out of the country by going to Hollywood to make a Canadian film called *Argo*.

His idea is to create a cover story where the six American fugitives pose as a film crew, scouting Iran as location for the filming of their fake movie.

The movie does a great job of displaying the tension that existed in Iran.

Once the embassy was compromised, hostages had little time to destroy sensitive documents. It becomes a race against time to prevent the discovery of the six Americans in the

Canadian embassy.

The movie also stars notable actors John Goodman as makeup artist John Chambers and Alan Arkin as film producer Lester Siegel.

The two of them help build the cover by producing the publicity and art work for the fake movie, *Argo*. Arkin and Goodman are scene stealers with truly comedic and captivating performances from both on-screen legends.

What makes this film special is how Canadians are seen in this film. It's a defining moment of co-operation between the United States and Canada with Canadians playing a prominent role in the operation.

Although it does focus more heavily on the American operation, it is nice to see a Hollywood film that recognizes Canada as a major player in the international community.

Canadian Ambassador Ken Taylor is also played by a Canadian actor (Victor Garber). Pretty cool, eh?

This film is bound to leave you captivated. It is a movie that does a great job of recreating a sense of the times and the great deal of political tension that existed during that time.

Be sure to check out this amazing film and see a fascinating part of American and Canadian history come to life.

★★★★★



Celebrate winter

By LYNDSEY COWAN

"Ugggh winter sucks. Its cold, there's shovelling to do and I have to scrape off my car! Maybe I should just drop out of school and hibernate."

If I just read your mind, it's time for a reality check! Sure all those things suck and it's freezing outside, but winter's actually the best season. If you disagree, prepare to have your mind blown.

We're in college, which means you probably attend parties.

In the summer, you're either stuck hauling a cooler around or you get to indulge in refreshing warm beer! Not cool.

In the winter, you can call dibs on a section of the yard and toss your drinks in the snow. It's free and way easier than carrying around ice packs or fighting for a spot in the fridge.

Whether you're a seasoned hockey player or it's your first time on skates, the outdoor rink is a win! The players get to partake in a game for free, with completely random people. That's awesome and only happens during winter.

Families can enjoy it, too. Go to the smaller rinks or go in the morning when it's not busy. Watching a little kid skate for the first time is awesome ... and you can't argue with the cute factor. (This argument also applies to skiing and snowboarding).

There's no age limit on tobogganing. I love getting a group of friends, pulling the old sleds out of the shed and going Mach 1

down an icy slope. It's terrifying and usually ends in injury, but the laughs are worth it.

If you've ever watched *America's Funniest Videos*, you know what I'm talking about.

Having warm drinks by the fireplace is the best. This might sound cheesy, but hot chocolate tastes twice as good when you finish shovelling and go inside with numb hands.

Add a blanket and a fireplace (maybe even a onesie), and life's good. Whether you like to read, search Pinterest, or just sit there ... it's one of my favourite things about winter.

Christmas! They don't call it "the most wonderful time of the year" for nothing. First of all, you get chocolate every single day for a month. Try to find a negative aspect to that. I guarantee you can't.

Second, you get to attend ugly Christmas sweater parties. One of my favourite moments of winter is trekking through the snow to go raid the shelves of Value Village.

That moment is the definition of magical.

Third, there's Christmas Day. We all know how awesome it is to hand out the presents, to anxiously open up your cracker at the table and to eat more food than any human should ever eat in a single sitting.

Christmas is an automatic trump card.

Christmas is awesome, and so is winter.



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JOE RANGER

Is Disney's purchase of Lucasfilm (including Star Wars and Indiana Jones franchises) a force for good or evil?



"I find it a bit of a force for evil, to find Disney isn't what we all believe Disney to be. They've become so gigantic and we don't know all of its parts ... When I think of Disney, I prefer to think of *Steamboat Willie*, *Bambi*, *Snow White* ... I'm curious as to what Walt Disney would think of it all."

Keltie Billings
Medical Transcription



"It's a good thing for Disney. They're going to make more profit. It seems Disney is probably going to change more. It'll help benefit Disney. Since they own it, they're going to be very successful."

Michael Huynh
Business



"I think it's probably a bad thing. Disney is known for doing more children's movies. I think of Disney, I think animation, Mickey Mouse and similar stuff. It's a big company with lots of money. I think the turnout (at the box office) is going to be the same – people watching film."

Kevin Lourenco
Business Administration



"Oh no! I love Indiana Jones. It's not cool, bro ... I think Disney should be more magic and wonder and leave other films alone. Disney should stick to its repertoire."

Kyra Backs
Culinary Arts



"The first three Star Wars were awesome and then Lucasfilm dropped the ball on Episodes I through III. If Disney can pick it up and make it awesome again, that'd be cool. If they could reboot Indiana Jones, that would be a plus, in my books."

Scott Brooks
Academic Upgrading

CD REVIEW

One Day Late right on time

By **MIKE MacMULLIN**

Edmonton hard rock band One Day Late recently released their debut self-titled album, expressing themselves in the truest, rawest form of rock 'n' roll possible.

They recorded the album at The Warehouse in Vancouver with producer Eric Mosher (AC/DC, Motley Crue, Buckcherry, Theory of a Deadman).

Lock up your daughters, because this band came to rock and they are taking no prisoners. I'll get right into the track-by-track review now.

"Get To You" is an anthem to rock 'n' roll itself. It has a very distinct intro that makes you stop and listen. The guitar fades off into a solid drum kick and then it gets right into the vocals with a very raw KISS feel. As the title track, this starts the party.

Bass player Dwight Werbicki agrees that this is a favourite track, saying, "I love the music that makes those booties shake!"

"Here I Stand" proves that there's one thing that One Day Late is good at, it's getting my attention within the first 10 seconds of a song. There are catchy riffs galore here.

"Smile For Me" is one of my favourites on the album. Again, it starts off with a very catchy riff. It's very heavy, almost Zakk Wylde-ish. Then comes the chant. "Hey! Hey!" If you've been following the album so far, this is the follow-up to "Get To You." This is the ballsy, at-the-bar part of the story. It has a very real and raw feel to it.

"Hotel Charlie" is vocalist Elton Davidge's favourite track.

"In the group, I probably have the most 'commercial or pop ear,'" said Davidge. "I enjoy hooky choruses. I feel as though Hotel Charlie smacks you in the face with a guitar hook at the start of the song and keeps you entertained with a catch chorus and smooth transitions. I feel as though it could easily be in rotation on any rock station in the country. Also, the analogy of the song is pretty kickass."

"Ignition" strikes at the midpoint of the album. A motorcycle starts up with a low rumble and takes off and lots of different drums and guitars come in, creating the vibe that someone is out for blood or one hell of a party. And the next song confirms it.

"Full Throttle" is adored by both Dustin Gruninger, guitar, and Kyle Ginn, guitar, who say this song is their favourite.

"Full Throttle has the most balls behind it ... And kickass guitar solos," Ginn said.

Gruninger adds: "It's hard, it's fast and has big guitars ... Everything a rock song should be."

"Crazy" proves that seven tracks in, the party does not stop with One Day Late. This is true

rock, and Gruninger couldn't agree more.

"This album definitely represents rock 'n' roll to me," said Gruninger. "This album is done very raw (with) the whole band in the studio recording live off the floor, so the feeling of camaraderie and the real sound of a live band is captured on tape, making it much more exciting for the listener."

Me too.

"Follow Me" is one of the first songs I ever heard by One Day Late and I immediately knew that this was a live band.

It's not very often that you can imagine a band sounding even better live than they do in the studio but I'm proud to say this band fits the exception and Davidge says that this album is a sound reflection of the band.

"We are rock in its rawest form, no gimmicks, no frills, no added flavour,"

said Davidge. "And that's the approach to making the album. With the exception of the guitar solos and vocals, everything on the album was recorded live off the floor, without a click track, so that the listener could feel the song the way we do."

"Stick Of Dynamite" is the very first One Day Late song to be played on NAIT's campus radio



onedaylateband.blogspot.com

station, NR92, so it hits home for me.

The original version of the song that I heard is much different. It slaps you in the face with hard rock.

But the album version has an extended intro that is almost on the verge of cinematic – as cinematic as rock 'n' roll can get, that is.

This is the song that leaves you wanting more at the end of the night.

Overall, this album left me with a very good taste. You can almost feel the party when you listen to each song, and that's what the band wanted.

Werbicki believes this is the truest representation of One Day Late.

"I think it's exactly what we were going for," says Werbicki. "With our different influences of the many types of rock, we were able to find a suitable balance of the party, aggressive, rebellion nature that rock really derives from. We are excited about this album and where we will be going with the next one."

One Day Late will headline at the Starlite Room on Nov. 17 and you can see them at the Canadian Music Festival in the new year.

It's safe to say that this won't be the last we hear of One Day Late. The album gets four out of five, just because I have to give them something to work towards. They're already a five in my mind.



Madchild solo – for now

By MATT INGLIS

Canada's own Madchild, front man of Swollen Members, will be hitting Edmonton on Nov. 14 at Union Hall nightclub. He's on a Canada wide tour promoting his first solo album, *Dope Sick*, which hit shelves earlier this year.

Formed in the early '90s, Swollen Members are a four-time Juno award winning, platinum selling, Vancouver based hip-hop group known for their expansive vocabulary and fast paced rhymes.

Madchild's solo career began around the time Swollen Members was formed. In that time he has released several singles and EPs, while collaborating with other artists and still working with his own group.

Madchild, now sober for over two years, attributed much of his solo success to the help and support he received from the people around him, especially the guys in Swollen Members.

"The first year was tough," Madchild said. "It was a really dark, very lonely time."

With the start of the Dope Sick tour and the release of his album, Madchild stated that things are only getting better.

"The last six months have been great," he said. "Everything is going together, it's only up from here."

Dope Sick is described on Madchild's website, www.madchild57.com.

He says, "not only is *Dope Sick* a story of triumph over adversity but it has allowed Madchild to be reborn creatively."

Excited to be on the road again, Madchild promises each show is going to be insane.

"I'm going to be bringing a lot of energy," he said. "I try to make the songs sound like a record as I spit them."

The *Dope Sick* tour is 40-plus shows throughout Canada. Madchild isn't used to a tour of this size without the guys from Swollen Members, but says he's ready.

"It's new and it's exciting," he said. "I travel with my dog, my girlfriend and my DJ,

so I've got them."

Madchild has had a busy year and doesn't plan on slowing down.

"I'm working on my new album, *Superbeast*," he said. "We just finished up new Swollen and signed off on a bunch of shows for Warped Tour," he said.

Hot on the heels of Madchild's solo album and tour, Swollen Members' new album is set to drop in February.

He says, "I love being in Swollen Members, it's like my family."

Doors at Union open at 9 p.m. on Nov. 14. Advance tickets are available for \$20, or \$40 for a V.I.P package that includes an autographed poster, a copy of Madchild's new album and a meet and greet with the hip-hop star.

Tickets are available online on Union Hall.



ca or at Union Hall. *Dope Sick* is available now on iTunes and physical copies can be purchased at the store or on Madchild's website.

Thousand Faces beckoning

By SARAH STILWELL

Just down 118 Avenue, the Thousand Faces Festival resides at the Avenue Theatre.

Though the free-admission festival doesn't draw a lot of attention, this multicultural festival delivers classical myths from around the world through the media of theatre, dance, music, storytelling and visual art.

Ainsley Hillyard and Alida Nyquist-Schultz of the Good Women Dance Collective are the two creators of the dance piece entitled *Counterpart* and *Pod*.

"We're really excited to be a part of it. It's a great initiative," said Hillyard. "It's great, it's free and it's an attempt to help revitalize this area (118 Avenue)."

The Avenue Initiative Revitalization is Edmonton's community-led project to re-

energize 118 Avenue from NAIT all the way to Rexall Place at 75 Street.

The goal is to transform 118 Avenue back to its diverse historic roots and establish almost a "village" feeling of safety and security, as well as striving to improve the local business economy. The community hopes to reduce the amount of car traffic and increase pedestrian traffic.

Prospero Theatre's Mark Hendersen is the artistic director and main man behind the Thousand Faces Festival.

Shows featured in the festival include Shakespeare's *Romeo and Juliet*, Shakespeare's *A Midsummer Night's Dream* and *Moods of Mother*, a show featuring East Indian music and dance circulating the Hindu goddess Durga.

The Buddha Suite, a jazz composition discovering the life of Buddha, *Trad-Cirq*, an all-

ages circus performance based upon *Hero's Journey* and *Counterpart and Pod*, a modern dance piece by the Good Women Dance Collective.

Tololwa Molwel and Namibian singer Garth Prince in *The Wishing Tree*, which is also performed by a number of Edmonton theatre artists.

The ladies behind the Good Women Dance Collective were happy to become a part of the festival, as they were a later addition.

Their show went through some changes before the festival began, especially when they attached the Greek myth of the Gemini Twins to *Counterpart*. This enabled the dancers to attach a clearly defined relationship between the two of them.

The myth of Castor and Pollux, the Gemini twins, is that they were identical twins who were also the sons of Zeus. The twins rarely dressed or acted without consulting each other.

When Castor is fatally wounded, Pollux

chooses to bestow on Castor half of his immortality, thus allowing them to become the two brightest stars in the Gemini constellation.

Though the story was told through modern dance, it is well suited for a general audience.

Hillyard originally choreographed the piece without her in it, so she was able to see what the big picture of the piece looked like and also to allow them to maintain the expressiveness in the performance.

You can go out and support the arts and revitalization of 118 Avenue from Oct. 28 to Nov. 11. This event allows Edmontonians to see just how many facets of local talent there are in our community.

It's a great opportunity to see some incredibly authentic performances, such as East Indian dance and music.

It's so close to us here at NAIT and it is a show that you won't regret seeing. Did I mention the show is free? Well it is, though they are very grateful for donations at the door.



thousandfaces.ca

Have a story, tell a story

By LYNDSEY COWAN

Ten writers. Five minutes. Total glory! Edmonton Story Slam brings out the raw, uncensored storyteller in anyone (well, anyone who has the guts to get onstage).

The monthly competition gives writers, ad-libbers and unexpected introverts an equal shot at the prize money and the pride that goes along with it.

The rules are simple. Show up, tell an original five-minute story (without props), and hope the crowd likes it. Five random judges from the audience decide the winner and each winner returns for the yearly Slam-Off Championship.

The Edmonton Story Slam Society was founded in 2006 and became a non-profit organization two years later. The group is run by volunteers who love story telling and its creative nature. Co-organizer Alison Hagan has been around since the beginning of the Worlds' third regular Story Slam and loves the welcoming community that it brings.

"It's a real combination. There are some people

that are definitely writers full-time in their life and will get up there and have a story prepared," says Hagan. "Then there are people who are just naturally gifted storytellers and get up there and wing it. We're really an open environment for everybody."

The Story Slam takes place on the third Wednesday of every month at the Haven Social Club at 15120 Stony Plain Road. Anyone can sign up on the spot at 7 p.m., and competitors begin to take the stage at 7:30 p.m. As for the prizing, it simply depends on the night. Each storyteller pays a \$5 fee that goes straight to the winner.

Entrance is free for audience members, but any donations go to the prize pot. It's an all-or-nothing experience that you can't match anywhere else.

The Edmonton Story Slam prides itself on providing great stories, interesting company and a fabulous atmosphere.

It's one of our city's most unique experiences because you never know what to expect. The Slam

Society makes it clear that censorship is unacceptable and a story can either be completely scripted or completely ad-libbed.

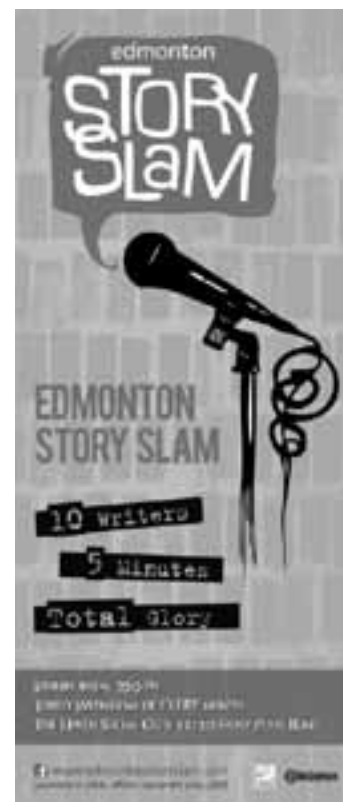
"There are a lot of first dates at Story Slam," says Hagan. "It is the thing to do when you want to do something different. Instead of dinner and a movie, why not drinks and storytelling?"

Hagan added that in some cases, participants will go up with absolutely no preparation. When they are short of storytellers, she'll go out into the crowd and convince a few brave souls to go up and wing it!

It's that no-fear atmosphere that makes Edmonton Story Slam so interesting.

If you want to find a taste of the experience online first, The Unknown Studio Podcast includes the Slam on their episodes at www.theunknownstudio.ca.

The next edition of the Edmonton Story Slam takes place on Nov. 21 and first time viewers/competitors are always welcome at the Haven Social Club!



GAME REVIEW

Oh, the late night humanity!

By MIKE MacMULLIN

In his newest and most difficult stunt, David Blaine must escape from an unhinged ferris wheel rolling toward the sea.

Wait a minute, something is not right. Who's messing with my story? Mind you, that is an interesting story but I have a better one. The story of a game called *Cards Against Humanity*.

Remember that game you used to play as a kid, *Apples to Apples*?

For those of you whose childhood got robbed by games like *Zelda* and *Pokémon*, let me explain.

Apples to Apples is a word game with cards with a noun or phrase on them such as "That will be the day pigs ____." Then everyone else chooses from adjective cards in their hand to play the best suited one for that phrase.

The person holding the noun card would pick from the answers. Fly? Too overdone. Sink? Too morbid. Eat cake? Thank you, Marie Antoinette!

So the person who had that answer would win.

Now eventually someone realized that this game was too innocent for us adults, and a raunchier version was created called *Cards Against Humanity*.

The rules are simple. To start the game, each player draws 10 white "answer" cards. One randomly chosen player begins as the card czar and plays a black "question" card.

The card czar reads the question out to the

group. Each player answers the question by passing one white "answer" card, face down, to the card czar.

The card czar shuffles all of the answers, reads them out loud in a humorous fashion and picks a favourite.

Whoever played that answer gets to keep the black card as one awesome point. After each round, a new player becomes the card czar and every player draws back up to 10 cards.

Now, there is an almost unlimited number of questions and answers, with everything from the Disney movie rated ones to racist jokes and Holocaust mentions.

So, if you are offended easily, this might not be the game for you. As always with party games like this, alcohol helps.

Of course, I'm not endorsing that you should drink or anything while playing board games. Drinking and boarding can have bad consequences.

One fun thing about *Cards Against Humanity* is that you can have as many players and teams as you want, provided you have enough cards. The game can last as long as you want.

I find that with about six teams the game has enough diversity to be really fun but you could play with three people and have just as good a time.

This game is timeless as well, because once you get sick of the answers and questions, you just make your own! All you need is a brain, a writing instrument and a square

piece of cardboard.

Just hack up your Cheerios box and that should give you roughly 30 to 40 more cards to deal with. Colour code the backs and you're ready to play again.

My verdict for *Cards Against Humanity* is that it is a must-have for any late night partying. It's timeless, and because there are so many cards and possibilities, along with the fact that in this game everybody is a winner, it's an absolute 10 out of 10 for me.

Nothing can possibly go wrong with this

game. If you don't like certain cards, throw them out. If you lose cards, make new ones. If you spill your beer on one, wipe it off and keep going.

This is one of the best party games ever created just because of its simplicity and hilarity.

So, go out and buy *Cards Against Humanity*.

It's a keeper.



TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Timely winter driving tips



Winter weather is just on the horizon and now is the time to be prepared for the challenge of winter driving. Here are some simple tips to keep yourself safe and ready on the road this winter.

Extra care is required to ensure safety for everyone. Weather conditions can be unpredictable and place extra stress on driver and vehicle. Always adjust your driving speed to road conditions and to the limitations of your vehicle. Allow extra travel time in bad weather.

Slow down and stay alert. Maintain a safe following distance. It will take longer to stop your vehicle in slippery conditions.

Maintain good visibility. Clear all snow and ice off your windows, roof, lights and mirrors. Wait for the fog or frost to clear from all windows before driving. See and be seen.

Accelerate and brake slowly. When starting from a stop on slick roads, start slowly and accelerate gradually to maintain traction and avoid spinning wheels. When stopping, plan to apply the brakes gently. Slowly add pressure rather than braking suddenly.

Always wear your seat belt.

Some other simple reminders are:

- Keep your gas tank near full to avoid ice in the tank and fuel lines.
- Try not to travel alone, especially in unfamiliar places.
- Let someone know your timetable and

primary and alternate routes.

- Fully check and winterize your vehicle well before the winter season begins. Be sure the tread on your tires is good enough to last throughout the entire season. Install chains on the tires if necessary.

- One final note is to equip your vehicle with an automobile safety kit. No kit can fully prepare you for a winter driving season and all of the contingencies that could arise as a result of a sudden change in weather patterns. But make sure that you think about the individuals you will be protecting in your car or truck. Each may have their own needs. It is a better idea to pack extra of the supplies needed than to be stranded without the proper equipment.

If you experience car trouble, it's recommended that you stay in your vehicle to avoid personal injury.

If you need to use a cellphone to call for help, pull well off the road to make or receive a call. Using hand-held cellphones and other hand-held electronic communication or entertainment devices while driving is against the law.

Remember to pay close attention to emergency vehicles and tow trucks. Under the Alberta Traffic Safety Act, if the lights on stopped emergency vehicles or tow trucks are flashing, drivers in the lane closest must slow down to 60 km/h or less.

If you have information about a crime, contact Protective Services at 780-471-7477.

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

Everybody benefits, except the criminal.

For more tips and information, visit www.nait.ca/security.

November 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.

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

Christmas Bureau of Edmonton

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

a change to put the true meaning of the season into practice.

Please help. Please drop by our office after November 12 to make a donation. We thank you for your support.

630 CHED Santas Anonymous

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

Please come by our offices (Main Campus, South Campus and Patricia Campus) after Nov. 12 to drop off new, unwrapped toys.

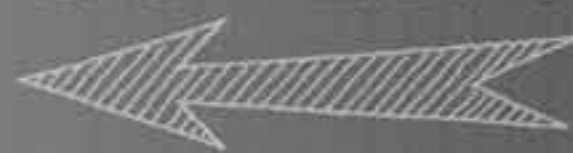
The Edmonton Food Bank

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

Please come by our offices (Main Campus, South Campus and Patricia Campus) after Nov. 12 to drop off your donations.

LIBERATE YOUR INNER AWESOME

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



do more of what
makes you happy

be proactive

eat dessert first

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

and if the music is
good, you dance



THE STUDENTS'
AND ASSOCIATION

www.naitsa.ca

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

THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

RESTAURANT REVIEW

Well worth a return trip

By KEVIN TUONG

It was a slushy Friday afternoon while I was on my work experience and the person I was job shadowing and I had finished a job on the south edge of downtown. As we began loading all the equipment back into his car, we had a sudden realization – that the remote power locks weren't working. In fact, none of the electronics in the car was working because the headlights were left on – d'oh!

With this sudden predicament, we called AMA, who decided that they would take 90 minutes to get to our location to give us a boost. So we decided that we may as well walk up the 103 Street hill to grab some lunch.

First place we saw

We stepped into the first restaurant we saw, which happened to be Rigoletto's Cafe. I've heard of this place a few times, but never actually tried it before – how exciting!

Upon walking inside, the atmosphere is very warm and friendly. Yet at the same time, it felt like there was a lot of empty space in the entire area, which made things feel a bit weird – kind of unbalanced, in a way. The rest of the interior seemed to follow suit; for the most part it's a nice interior with good decoration and art. On one side, there are giant windows that let you dine in beautiful natural light with a nice view of downtown. But on the other side is a cold brick wall, with half of it being covered by a giant ugly curtain. It all felt very confusing.

Feels Italian

Nevertheless, it did feel Italian though, as did our waiter. We never really spoke much with him aside from telling him our orders, so I can't comment much on that, but he did give off a very "I'm Italian" feel, if that makes sense. We had also ordered some Cokes that never arrived, yet we were still billed for it.

Seeing as I didn't plan on coming here, and it was an Italian restaurant, I felt like the best thing to go with was pasta. So I ended up ordering Penne with Chicken and Mushrooms



Photo by Kevin Tuong

Penne with Chicken and Mushrooms in a cream sauce

in a cream sauce. A simple and safe choice, since I love both chicken and mushrooms. My company ordered a Chicken Parmagiana, which also sounded pretty good.

We ordered pretty quickly, and much to our surprise, the food came fairly quickly as well. I would ballpark it at five to seven minutes from order to receiving the food, which is pretty good.

At first glance, the food isn't sloppy looking at all, but it's not what I would call beautifully presented. Instead it had a very homely look to it, like a real home cooked Italian meal. Despite never having been in an Italian's home before, it's what I imagine an Italian nonna's cooking

to look like.

The first taste practically exploded in my mouth. The penne pasta was cooked properly and the sauce was absolutely delicious. The only thing I can criticize it for is that the chicken was slightly dry. There were fresh tomatoes on top as well, but they were a bit too big for my liking (I'm also just not a fan of tomatoes in general, so this is a personal dislike.).

Price wise, Rigoletto's looks to be pretty affordable. Their lunch menu would average around \$10, which is perfect, as a lunch should average to about \$10. Their dinner menu is obviously a bit more costly, but still reasonable.

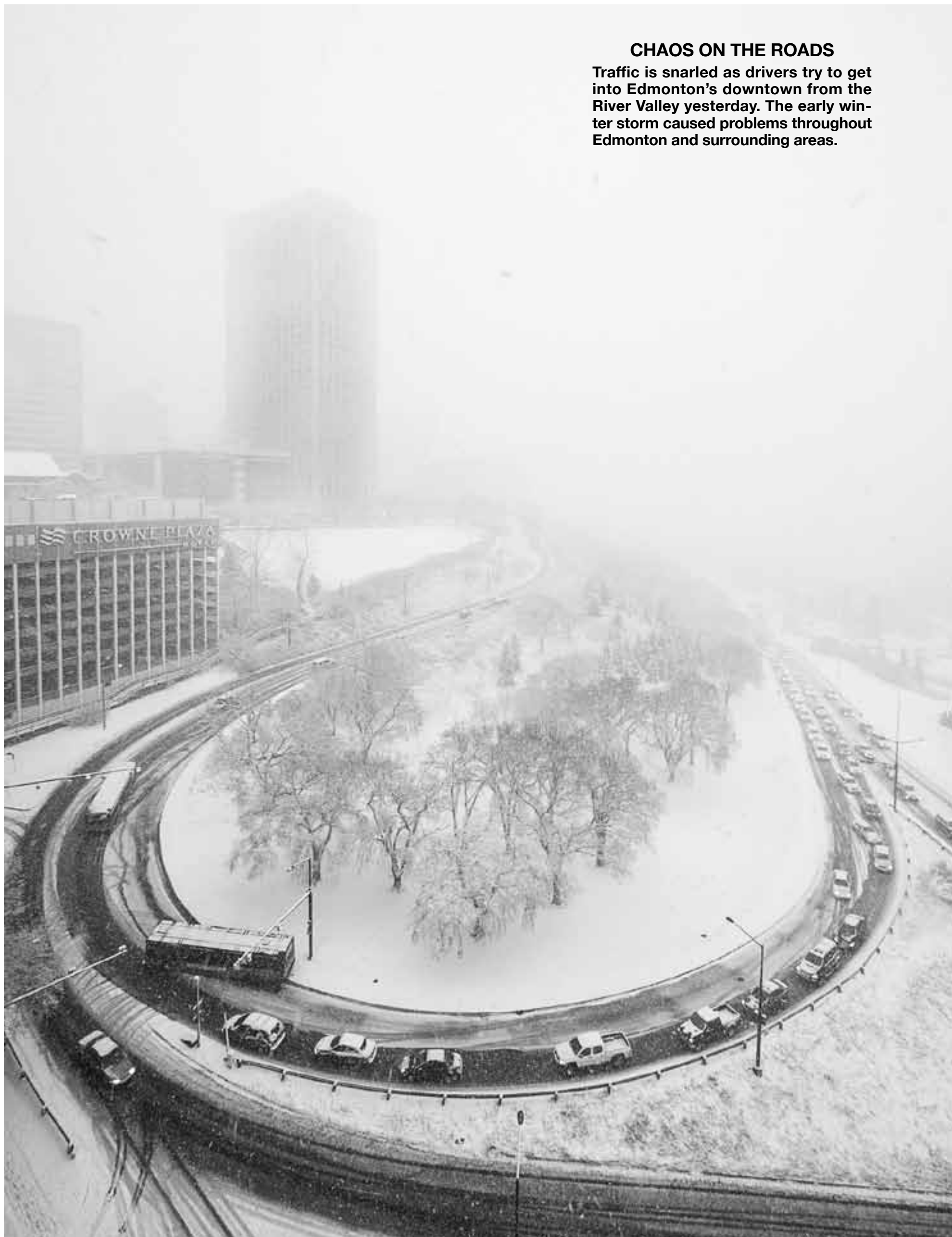
Although my time spent at Rigoletto's Cafe was very short and sudden, it was mostly positive. For the most part though, I can't say that I've spent enough time at Rigoletto's to get a full impression. With that being said, their food was tasty and that's reason enough for me to come back and try them again for a proper run through.

Rigoletto's Cafe
10305 100 Ave.
(780) 429 0701
www.rigolettos.com



CHAOS ON THE ROADS

Traffic is snarled as drivers try to get into Edmonton's downtown from the River Valley yesterday. The early winter storm caused problems throughout Edmonton and surrounding areas.



Managing depression ...



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Are you feeling worthless, helpless, hopeless and fatigued? Occasionally feeling sad, lonely or down is a normal part of living. However if your symptoms last for more than two weeks, and are not due to a significant loss, there is a chance that you are suffering from depression. The National Institute of Mental Health lists these symptoms of depression:

- difficulty concentrating, remembering details, and making decisions
- fatigue and decreased energy
- feelings of guilt, worthlessness, and/or helplessness
- feelings of hopelessness and/or pessimism
- insomnia, early-morning wakefulness, or excessive sleeping
- irritability, restlessness
- loss of interest in activities or hobbies once pleasurable, including sex
- overeating or appetite loss
- persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- persistent sad, anxious, or "empty" feelings
- thoughts of suicide, suicide attempts

Be aware, though, that symptoms of depression can be similar to symptoms of other disorders such as iron or other nutritional deficiencies, thyroid dysfunction, anxiety, sleep disorders or eating disorders. See your doctor to rule out other causes of fatigue, low energy and

mood swings, and if your symptoms are severe. Some areas that help with depression include:

Develop a routine. When you are depressed it is difficult to make yourself do things, however inaction makes depression worse. It is important to pick small goals and work on one or two of them. It is often easier to take action when you have a routine for things such as homework, exercise, relaxation, eating and sleeping.

Supportive relationships. Most people with depression feel like withdrawing from people and activities. However isolation and loneliness make depression worse. It is important to reach out. While you might not want to burden others with your problems, people who are close to you will want to help. Find at least one person you trust to ask for help and support. If there is no one you feel you can reach out to you might want to consider joining a support group. Try to keep attending social activities even though they might not seem as pleasurable as they did in the past. Whenever possible surround yourself with people who have a positive outlook on life.

Challenge negative thinking. Depression colors our thinking, emotions, self-esteem, behaviors and relationships with others. People with depression often see themselves, their current situation and their future in a very negative way. Recognize that, while you are depressed, you see things as if you are looking through dark lenses. Thinking patterns for people who are depressed include exaggerating negatives, minimizing positives, overgeneralizing, black and white, all-or-nothing thinking and taking things too personally. Self talk has a big impact on how we are feeling. Be aware of your negative thoughts and ask yourself if you would talk to your best friend the same way you talk to yourself. If not, practice using gentler and more supportive messages to yourself. It is often helpful to keep a journal of negative thoughts and what triggered them, and then to look back at the thoughts and try to find more balanced, realistic and positive messages to replace the negative ones. For example, "My best friend doesn't like me anymore because I am no fun. She hasn't called me this week" could be

replaced with "I know my best friend is having a really busy week and she does not know how low I have been feeling. I will call her and see if she wants to get together after she is finished her project."

Do things you enjoy, or used to enjoy, doing. While you may not get the same pleasure out of previously enjoyable activities, it is important to include these in your day. Make a list of activities you used to enjoy such as going for a walk, playing with your cat, window shopping, listening to music, watching a favorite movie or reading, and set the goal of doing something on your list each day.

Take care of yourself. While you may feel like you just don't care what you look like or how you are eating, taking care of yourself can make you feel just that little bit better – and feeling a little bit better can give you the energy to accomplish another small goal.

– Sleep, exercise and proper nutrition all have an impact on our mood. People generally need at least seven hours of sleep each night but it is not healthy to get more than 10 hours. Studies indicate that regular exercise can be as effective as taking an antidepressant for increasing energy and decreasing the fatigue associated with depression. To get the most impact, aim for 30 minutes a day, but if that seems overwhelming start with 10 minutes – walking, dancing, stationary biking or yoga – as long as you are moving it doesn't matter what exercise you do. Be aware that overtraining can also be a cause of depression. Eating regularly and making sure you have a balance of carbohydrates, proteins and fats in your diet is also important. Certain nutritional deficiencies can exacerbate depression or cause symptoms that mimic depression. Sugary snacks can cause mood and energy crashes.

Manage stress. Quite often people with depression are perfectionists and/or tend to overextend themselves. If stress could be a factor in your depression identify possible stressors (setting unrealistic standards, work overload, taking on too much, unsupportive relationships) and determine what changes you can realistically make. Challenge your unrealistic standards and set realistic goals. Plan ahead for

stressful times such as mid-terms and finals. Learn to say "no" and to ask for help. Build at least a few minutes of relaxation into your daily routine.

Understand that you are not your depression. Depression is a set of symptoms that cause you to think, feel and act differently than you normally do. Once you get the resources and skills to manage depression you will think, feel and act differently.

Be prepared to educate others. Understand that people who have not had depression will not understand what you are going through, and will not understand that "snapping out of it" is not something you can do. Letting friends and family members know what is helpful (and what isn't) will benefit them and you.

Get informed. There are many good books and manuals on depression. Feeling Good by Dr. David Burns or The Depression Workbook by Mary Ellen Copeland are excellent resources. You can also print out a self help manual, The Antidepressant Skills Workbook at <http://www.comh.ca/antidepressant-skills/adult/>. Another way to get informed is to get to know yourself. Observe which people, situations or things trigger your mood to deteriorate and which tend to uplift you. Be on the lookout for things you can do that make you feel better about yourself. If you get repeated depressions make yourself aware of the early warning signs. Depression is easier to resolve if you catch it early.

Seek professional help. Depression can be difficult to self-diagnose let alone resolve on your own. Don't lose hope. Feeling better takes time but through making positive choices, working on your thinking patterns and asking for support from others the majority of people can overcome depression. If you are making changes and you don't seem to be getting better, or if you are feeling too blue to make changes, it is time to seek professional help. Staff at student counselling are all qualified professionals experienced in working with depression and other personal or academic areas. You can make an appointment at Student Counselling, Room W-111PB, HP Centre; phone: 780-378-6133.

How about a little comedy?

By JOSHUA YAWORSKI

November 14 will see the NAIT Nest Taphouse Grill play host to an evening of comedy.

From 4 p.m. till 5:30 p.m. customers will be able to enjoy the international calibre comedy of Paul Myrehaug and Ryan Paterson, as well as

enjoy excellent food and beverage specials from the talented Nest staff.

Headliner Paul Myrehaug is an international talent, with accolades from the *Toronto Star* to the *Hindu*.

Alberta born, he struck out to start his career in Toronto at 22 and has since won The Seattle International Comedy Competition, Yuk Yuk's Great Canadian Laugh Off and has been featured on television specials.

The *Toronto Star* called his humour "dry, dark but with youthful charm," and that is echoed many times over by media worldwide. He is regularly on XM Sirius Satellite Radio and CBC's *The Debaters*.

Ryan Paterson, familiar to many Edmontonians, is known for his frequent shows at Rick Bronson's The

Comic Strip.

CBC radio picked up his comedy for their show *So You Think You're Funny* after only nine months of doing standup.

His touring shows have reached audiences throughout Western Canada and he has reached national audiences through CTV's *Comedy Now!* and the long running classic *Just For Laughs*.

Much of his comedy is structured around seemingly random topics and small town anecdotes, utilizing a unique style to create an inescapable comedic atmosphere.

Food Special for the night will be

the Silly Chili bowl, a heaping serving of the Nest's homestyle chili, topped with fresh cheddar, sour cream and nacho chips.

Pair that with the drastically reduced prices for both the highly acclaimed Rolling Rock Extra Pale Ale and the NAIT favourite, Jacobs Creek Chardonnay or Shiraz Cabernet.

But if you're a student looking for an even better deal, head down there now to try and win one of two VIP seat packages! Included in the package is a \$150 tab for four and VIP reserved seating. Entries until Nov. 14, at the Nest.

Schedule a laugh on your to-do list.



Paul Myrehaug

thehindu.com

THE NEST
TAPHOUSE GRILL

THE NUGGET PRESENTS:
HOROSCOPES



MADAME O

Nov. 8-Nov. 14
(Warning: These Nugget horoscopes are not written by an accredited astrologer, however, believe them if you like, as they are absolute and unquestionable.)

Scorpio (Oct. 23-Nov. 21)
Your birthday is quickly approaching, Scorpio! Take time for you this week. Think of it as a personal birthday gift.

Sagittarius (Nov. 22-Dec. 21)
Lately, you have been in shambles. This is the week where you figure it out.

Capricorn (Dec. 22-Jan. 19)
This week is your week, Capricorn. Positive vibes are surrounding you. You go, Capricorn, you go!

Aquarius (Jan. 20-Feb. 18)
Your week may be a little bit rough, however the weekend will be the perfect time to wind down. I hear the Nest is where it's at.

Pisces (Feb. 19-March 20)
One of your very attractive friends would love a surprise. When you give, you get. Stop being sick, I meant something like M&Ms.

Aries (March 21-April 19)
You've spent a lot of time procrastinating recently. Start doing your work now. If you don't, final exams will kick your butt.

Taurus (April 20-May 20)
That special someone you have your eye on finally feels the same way! Go for it but don't say I suggested it.

Gemini (May 21-June 21)
You are a party rocker this week. Lots of invites will come your way ... Take them. You may not get many more chances before finals.

Cancer (June 22-July 22)
If you give a hard working individual (perhaps a Sagittarius) a reward, karma will repay you. Especially if you are an instructor.

Leo (July 23-Aug. 22)
There is someone in your life that

needs a hug. Start hugging everyone you know. It will go a long way. Don't worry about the weird looks you're getting, people are just jealous they aren't being hugged.

Virgo (Aug. 23-Sept. 22)
Keep calm and carry on. That's the

motto you should follow this week. Trust me.

Libra (Sept. 23-Oct. 22)
Bad news, Libra, this week will be long and gruelling. I promise that you'll get through and maybe next week will be better.

Who ya gonna call?

- Academic and personal concerns** – Student Counselling, 780-378-6133, Room W-111PB, HP Centre.
- Health insurance coverage** – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 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,
I worked at a haunted house this Halloween for the Food Bank. I was volunteering, but I also made 4-year-olds cry and took a sick satisfaction from it. Am I a bad person?
Sincerely, Feeding the hungry with the tears of children

Dear Feeding the hungry with the tears of children,
The way I see it, you're really the victim. Society molded you into the kind of person who likes it when children cry, so you're the victim and I'm sure you forgive yourself. Also,

don't try using that speech in court, it will not get you out of a public urination charge.

...
Dear Dr. CONwisDOM,
I was going to go out Saturday night, but I couldn't find parking. Naturally I decided to go home and watch SNL alone, but my family and friends are judging me for it. How do I get them off my back?
Sincerely, Alone with an extra large

Dear Alone with an extra large,
First off, great name. Not sure if it's a reference to an extra-large pizza or a penis joke. Doesn't matter, those are both things I wish I had an extra large of. Just accept that you're not going to get them off your back. Staying home on a Saturday is like having a ponytail or not changing your underwear, it's just a sure sign you've given up on meeting someone of the opposite sex. The trade-off is you'll slowly stop caring what your family and friends think of you. Just allow yourself to be lost in the depths of your couch cushions.

...
Dear Dr. CONwisDOM,
It's starting to get cold outside and my par-

ents are using this as an excuse to dress up my dog. They say because it's cold, giving him little booties will keep him warm in the long run, and he's a dog so he won't be bothered with how he looks. I still think he looks embarrassed when I put those stupid clothes on him. What do I do?
Sincerely, Someone who will not be one of those crazy cat ladies

Dear Someone who will not be one of those crazy cat ladies,
Don't put your dog in a stupid outfit. People should never do that to animals and sometimes they even do it to their kids. If you ever uncover a photo of yourself as a child dressed up like a cat and it's not Halloween, unleash a terrible vengeance upon your parents. People don't know what looks bad on them. The fact that we live in a world of Snuggies and Smart Cars is all the proof you need to know that.

...
Dear Dr. CONwisDOM,
The school year is coming to a close and I'll have to say goodbye to all my friends. I've never been closer to a group of people than I am to the friends I've made here at

NAIT. Is there any way to get out of saying goodbye?

Sincerely, Insert sad song lyrics here
Dear Insert sad song lyrics here
You might care about your friends but at some point a large group of people not moving on goes from being sweet to sad. Just watch up to Season 6 of Friends and you'll see what I'm talking about. Those friends will always be important to you, but just remember, your opportunity to sleep with those girls your friends with is pretty much gone. There's a whole world of girls that haven't friend zoned you yet. I can't think of a silver lining for leaving the guys, unless there's a couple of particularly attractive ones that cause you to have confusing dreams, making you question your sexuality. Then repeat the silver lining for leaving the girls.

...
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 Sarah Stilwell

Michael Dube, 22 Academic Upgrading

Do you prefer a blonde, redhead, or brunette? – Redheads are my top pick, there's something about them.

What female celebrities do you find most attractive? – I really don't know many, maybe Mila Kunis. She's the only one I know.

What is your dream date? – I'd take her to Paris. It's such an awesome city, I was there in 2006. We would go to the Eiffel tower, get a portrait done and go to a fancy French restaurant. They have amazing food there. I'd get wine, pasta – the works.

What would you like her to be wearing on said "dream date"? – Whatever she's comfortable in, even if that's sweatpants.

Boxers or briefs? – Boxers.

What do you find most attractive in a personality? – Someone who is funny, intelligent, and someone who can keep a conversation going. Not just boobs.

What are your turn-offs? – Screwed up teeth.

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

Classic delight

CAMPUS FOOD REVIEW

By DEXTER WATTY

I'll admit it. I love food. I love eating and I'm not huge on fine dining.

I can't cook myself a meal, but I promise that I can eat one. My friend recently diagnosed me with "Hollow Leg Syndrome." It really takes a lot of food to fill me up sufficiently.

When I go out to eat with friends, it's actually quite difficult to get my money's worth of food, especially as a college student on a budget who refuses to eat fast food. I love the Nest because the food is not only affordable and delicious, it's on campus. From the first time I ate there this semester, a certain menu item has caught my eye. Now, every time I go to the Nest it feels like a love story is being told.

A real hidden gem on their food menu, and my absolute favourite – ladies and gentlemen, I present to you the classic grilled cheese sandwich. I know you're probably thinking that grilled cheese sand-

wiches are quite juvenile (and they can be) but the Nest does grilled cheese sandwiches a service.

A nice slice of better cheddar cheese, with two pieces of toast slapped around it and melted to perfection, served with your choice of side. A meal that is quick to make and very affordable. With a price tag of \$5, you can't go wrong.

I usually face severe heckling and ridicule from my friends for my menu choice, but when I go to the Nest, I purchase a grilled cheese sandwich as my appetizer and a grilled cheese sandwich as my meal. I spend less money than my friends, and leave satisfied. I've been to the nest six times and I've always purchased the grilled cheese combo.

Whether I'm having a good day or a bad one, whether the sun is shining or the snow is blowing, it really doesn't matter to me because I have found my happy place on campus, and it is NEST-led in between two slices of toast and atop a slice of melted cheese.



Risotto, Murphy style

RECIPE

By NICOLE MURPHY

When my car needs fixing and my stomach needs food, I jaunt over to my parents house to be a spoiled kid for the afternoon! I am usually a grown up, independent person but sometimes I turn into the Veruca Salt from Willy Wonka.

"Hey, Daddy, I want an Oompa Loompa right now!" It is more like "Hey Daddy I want my winter tires changed right now!" As my dad changes my tires, my beautiful stepmom, being a foodie, comes up with the most amazing creations.

She informed me she learns a lot from the show *Chef at Home*, which she watches in the mornings as she works out on the elliptical. Last week I had the pleasure of experiencing this delicious risotto. The cool thing about risotto is you can really add whatever you like to it. The important thing is timing, so look at directions and if you want basil instead of tarragon, look at when tarragon is added then substitute the basil.

My last tip is, eat risotto right when it is done. It tastes the best right off the oven!

INGREDIENTS:

¼ of a package of bacon, chopped
1 medium onion chopped
2 cloves of garlic minced
2 cups of Arborio Risotto rice

½ cup sherry

½ cup of white wine

5 cups of hot chicken broth/stock

Handful of raisins

Handful of pine nuts

Herb cream cheese

1 cup or so of frozen peas

Handful of fresh tarragon or favourite fresh herb

METHOD:

On medium heat, cook bacon.

Add onions once bacon is almost crispy.

Add garlic. Cook and stir often until onions are translucent.

Add rice, raisins and pine nuts to the pan of bacon, bacon juices, onions and garlic.

Stir often and cook for a couple of minutes to release the flavour from the rice, raisins and pine nuts.

Add sherry and wine. Cook for a few of minutes.

Add the hot chicken broth one cup at a time. Stir until absorbed before each new cup of stock is added.

Continue until rice is tender, about 25-30 minutes.

Stir in the cream cheese and peas.

Add fresh tarragon or favourite fresh herb.

Bon appétit!

Xtreme sports

SLEDNECKS EDITION
with Chris Burandt



Wednesday, November 21
Nest Taphouse Grill, 4:30PM

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

Visit nait.ca/xtremesports for more details





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