

RUBIX CUBE PARTY AT THE NEST, DEC. 6

THE **NAIT** NUGGET

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WINNING WEEKEND

NAIT teams take it to the opposition, pages 8-11



Photo by Josie Baerg

FOLLOW THE BOUNCING PUCK

NAIT Ooks centre Colton Yaremovich heads for the puck after the MacEwan Griffins goaltender kicks it aside during a game at NAIT arena on Friday night. NAIT won the game 4-2 and a rematch Saturday 8-1.



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NEWS & FEATURES

Change comes slowly



STEPHAN SUTCLIFFE
Assistant Issues Editor
@StephanRadio

Before high school was even finished I had committed to joining the military, a month and a half after writing my final exams I was in basic training. I didn't think about leaving my family, I was 18 and wanted one thing, something different. But something different meant more than just a new address, it meant leaving behind everything I knew. It was a fresh start.

Basic training tested me more as a very young man than I think anything I could've done. You're pushed in all aspects – physically but more than anything, mentally. It was

the hardest thing I've ever done and, without the people around me and going through that together, it wouldn't have been the same. You learn pretty quickly in your adult life that it is the people around you that make your life good or bad.

Different people in life are suited for different things. Not everyone can be a rocket scientist. Not everyone can be in the army, air force and navy. And the different trades within the forces can't be done by anybody.

People that are the best at their jobs have things in common with others that are good at the same job. It's pretty simple. You like the same job so you must have things in common

and it is probably more than you think. This starts a culture surrounding that job. Naturally, out of that culture comes brotherhood, so even people on the fringe of the group come together with the others. The culture means you act the same as the others around you, which isn't a good thing if that culture is

poisoned.

It isn't the frequently debated equipment that is the greatest or worst thing about the Canadian Forces but the people and those in charge understand that.

The forces have a social safety net with lots of resources to get members physical, financial and, most important, mental help. But it is hard to help the Canadian Forces culture if it is poisoned. It takes someone to go against the grain and swim upstream. The whistle blower

can be made out by the brotherhood to be a tattletale when they're trying to do something to help the group. And if something is changed by someone stepping up, the new rules are mocked by following an offensive statement

with "am I offending you?"

At that point, is someone supposed to

say yes? Being expected to stand up to someone in that situation takes courage many don't have, even if it is encouraged by the leadership.

In my experience the army, air force and navy differ. You just have to think about the type of people that would be attracted to the work of the different trades in the forces. The trades that

don't require much education are manned by some uneducated people, uneducated in school and socially. Unfortunately some of those people bring the beliefs of a closed minded society not willing to accept the values and realities of today.

The Canadian Forces is accepting in theory but not always in practice. It isn't easy to change a culture that in the past hasn't been accepting of what is different. The typical tough guy mantra still partially defines the culture but slowly this is changing. The right conversations are happening but it will take time to change what has been established.



Basic training tested me more as a very young man than I think anything I could've done.

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NAIT's efforts at establishing a sustainable campus include these solar panels and a wind generator, below.

Photo by Elena Hoddinott

Eco effort alive at NAIT

By CARLY ROBINSON

Spreading the message about sustainability initiatives on campus is Job 1 for NAIT's environmental committee.

"NAIT is extremely progressive and we have done really well in terms of various (sustainability) initiatives that different units in the school have taken on," says Anthony Lake, chair of the EnviroNAIT committee.

But Lake says that one of his group's main goals is to increase awareness about

these ongoing programs.

"The biggest surprise is finding that we don't really know how well we are doing in amongst our own selves. The whole communication outreach is probably our biggest short term goal to increase that brand."

In terms of energy conservation, there are many tangible results that have been seen through the implementation of different initiatives: NAIT has cut natural gas consumption by more than 30 per cent, reduced greenhouse gas emissions by about 12 per cent and brought utility bills down from \$7.8 million in 2007 to \$5.8 million in 2013.

One washroom a year

To achieve this, they have been upgrading one washroom per year to hands-free sinks and low-flow fixtures, put occupancy sensors in classrooms and public areas, replaced five minivans with fuel efficient transit vans and purchased two hybrid electric vehicles.

Waste management and sorting is also a big part of lowering the NAIT footprint. Setting up recycling bins separate from garbage ensures that more waste is kept out of the landfills. NAIT also adopted the City of Edmonton's waste diversion process, which has meant that more than 250 metric tonnes of waste a year is now going through the city's composting and recycling process.

Food services also have been able to make their process as sustainable as possible. With the new packaging, 70 per cent is now compostable. The department is committed to purchase 35 per cent of perishable consumables from Canadian farmers and to

source 24 per cent locally. They also encourage students to bring their own mugs, with a 0.15\$ discount for bringing a reusable mug and holding VIP day the last Tuesday of every month, where coffee or tea are free all day with a re-usable mug or tumbler.

Lake suggests that there needs to be more done to reach true sustainable development. He says there are three pillars in achieving this, operational, economic and social, with EnviroNAIT focusing mainly on the operational function.

"There are still the social and the economic pillars that are underrepresented at this point," Lake said.

"My hope is that we become more like our peer institutions and other industries across the nation, where they have a comprehensive management of all three of the sustainability pillars ... right now, our enviroNAIT is mostly operational."

Well represented

Participation comes from all sectors of campus, with day to day involvement as well as committee representatives who are drawn from the NAIT Students' Association, academic staff and various NAIT departments, including Materials Management and Student Services.

"It's through their involvement on the committee that we have sort of a comprehensive look at the sustainability initiatives on campus," says Lake.

"It's kind of like safety, it's really everybody's responsibility and we all do different things. It's really to try and capitalize on any of those who need support, in their various divisions or schools or work units."



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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 world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

We need to list your real name. Getting something off your chest is downright therapeutic. Write us.



Photo by Elena Hoddinott

Women feeling left out

By **AMANDA WATKINS**
The Silhouette
(McMaster University)

For most of the year, I'm pretty content with the fact that I can't grow facial hair.

And then November rolls around.

Or, Movember. It's a term we've all come to know and anticipate as it marks the one time of year when a bearded man stands for personal health and awareness.

With a small-scale start in 2003, a group of "Mo Bros" in Melbourne, Australia decided to grow out their facial hair to spread the word about men's health. Now coined as Movember, a clever portmanteau of Moustache and

November, what was once a small Aussie event is now an international campaign devoted to raising funds and awareness for prostate cancer research.

In 2012, the campaign officially included 29 participating countries, with over one million registered participants through their online charitable network.

The campaign is widely popular across campuses across the country.

Now let's get back to me growing facial hair.

As much as the event directly caters to the abilities of men on campus, female students are also encouraged to join in on the fun by raising money on behalf of a specific person or team taking part in the facial hair festivities.

And although taking part in Movember as a woman is equally as beneficial to the cause, it just isn't as fun.

There are several campaigns that revolve around female-oriented causes, but none seem to have the gender pride pull that Movember offers to its gentleman participants. Although worthy commitments and campaigns, none seem to offer the same overt publicity and gimmicky excitement that bring together men during Movember.

I appreciate the work that all charitable organizations put forward with their campaigns, but wearing a somewhat sexualized "I love boobies" bracelet just isn't the same as bonding with my "Mo Bros" over a natural facial accessory.

I'm a little jealous that men have the opportunity to so openly show something that unites their gender, while women have to hide any explicit features that define their femininity.

In an attempt to find a campaign that could have the same thrilling and

hairy effects of Movember, Armpits for August was started up in the UK as a way to raise money and awareness for Polycystic Ovary Syndrome research. Similarly, the "No Shave November" idea promotes similar trends for women while supporting a variety of charities. Although both of these events were built on the same principle as Movember, the event isn't as well received or popular due to the stigma around female body hair.

Although Movember supports a great cause and has earned a well-deserved amount of support and praise, I really wish there was a way for women to support their gender in a fun and inclusive way.

This November, I'll sport the endearing title of a "Mo Sista" to support those growing for the cause. And to be honest, I will probably be unknowingly taking part in No Shave November. Girls may not be having as much fun, but at least we're growing in the right direction.



Photo by Josie Baerg

Movember is fine for the men but what about women who want to participate?

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Winter wiles

By ALISON MULLOCK

Moving from Vancouver to Edmonton for any person is a stressful and frightening journey. Everyone who has ever been to Edmonton will begin to tell you how cold it is there and how much you will hate it. You also suddenly become obsessed with the oceans and mountains you have lived next to your whole life and are just becoming attached.

Preparing for the winter is necessary when you live in Edmonton. People start to give you suggestions for how to prepare but nothing really seems to work. I'm still unsure if there is a possibility of being properly prepared and warm in minus 40 weather.

Out of many suggestions received, there were seven very useful tips.

1. Your jacket shouldn't be bought for style. Your jacket should be bought for warmth. When it is minus 40 C outside and you have to bus to school, nobody cares if you're jacket is fugly, as long as you're warm.

2. Toques are not just for hipsters. Wear your toque to keep your ears warm and to keep the heat in.

3. Pants are rarely an option. If you are someone who wears leggings daily, layer up because they are not thick enough to

keep your legs. You're a gangster? Stop wearing big baggy shorts, they aren't keeping you warm or making you look good.

4. Moccasins, sandals, Keds and flats should be put away when the first snowfall comes. You might want to be a hero and rock the low rise shoe but having wet and cold feet isn't cool in anyone's eyes. Invest in some boots.

5. Buy a blow drier. Showering in the morning and leaving with wet hair is an awful decision. You will freeze and your hair might snap off.

6. Layers. Parfaits have layers, onions have layers.

7. Snow tires aren't just for people who can afford them. Snow tires are for every person who lives in Edmonton from October-April.

Surviving a winter in Edmonton is hard for your average Edmontonian. Living somewhere that could drop 40 cm of snow in one evening is something that you grow to accept. You never enjoy this. You will never out prepare the snowfall. But to live in the city of Edmonton, you have to embrace it.

Enough with the complaining, bad driving and bumper to bumper traffic. Drive safer, have some fun in the snow and know that you aren't the only person that's cold.



Photo by Courtney Bergen

Don't worry about fashion when the temperature drops.

NAITSA HOLIDAY HOURS 2013

The NAITSA office will close at noon on *Friday, December 20, 2013* and will resume regular office hours *Monday, January 6, 2014*

THE NEST HOLIDAY HOURS 2013

The Nest will close at 6PM on *Thursday, December 19, 2013* and will resume regular office hours *Monday, January 6, 2014*

Happy Holidays
from all of us at NAITSA & the Nest!

Point Counter Point Snow argument here



CHRIS FIGLIUZZI
Assistant Entertainment Editor @chrisfigliuzzi

Well, it's that time of year again, when the temperature starts to drop and the white stuff begins to fall, covering everything we hold dear. For some reason, people always seem shocked and even offended when the first snow fall hits. I have no idea why. I mean it happens every year ... we live in Edmonton, what do you expect? Be that as it may though, it's not why I'm here. No, I am here to tell you why snow is literally the worst thing ever ... well, maybe second worst, for those of you keeping score at home the worst thing in the world is actually *According to Jim*. Does anyone like that show? I mean how is it always on TV? But I digress.

Snow is racist

Back to the point. Snow is terrible, just terrible! Don't worry, I'm not going to sit here and rant about how it's cold, how it symbolizes the end of summer or even how it makes driving terrible. You already know all that. What really makes snow terrible is the fact that it's straight up racist! I know what you're thinking "I want pizza," no, I know the other thought is "how the f*&\$ is snow racist?"

Well, quite simply, snow is racist because it's white and only white. The second we see snow of any other colour, be it yellow, black, brown, etc., we assume that it's dirty and tainted. How many times have you woken up in the morning looked out the window at your freshly covered surroundings and though how majestic, beautiful and pure it is? I'm willing to bet that's happened quite a few times to everyone. Now, how many times have you looked out in the street or in that same yard and thought about the purity or magistracy of non-white snow? Probably not a lot.

In addition to being racist, though, snow is also kind of a dick ... not that being racist isn't a dick move itself. I don't know about you but I'm pretty forgetful and pretty much always end up forgetting things out on the lawn or on the patio. Usually this is no big deal – I simply open the door, look around and find exactly where I left it. Not when it snows, though. No, snow hides our stuff, hell it even tries to hide our cars, trucks and SUVs on us. How can anyone justify enjoying something as terrible as a racist dick?

Pathetic excuse

I get it people love snowboarding, skiing and even snowball fights and continually attempt to use this as a pathetic excuse for loving snow. Well, I don't buy it. We can always find substitutes for snow for these activities. I mean, we make fake snow all the time. It's time we as a society band together and put an end to this terrible occurrence once and for all. So join me and start spraying all your aerosol cans, letting your car idle and just polluting any way you can. Together we can make global warming a reality and do away with snow once and for all.



By **QUINTON BERGER**

As Canadians we have a very notable list of things our country is renowned for, but one other thing we're especially known for is our harsh Canadian winters! Here in Canada, temperatures below freezing are just a part of everyday life. Take the biggest, toughest most juiced up douche bag on muscle beach in southern California and I guarantee he wouldn't last a day in a Canadian winter. Of course, with Canadian winters come magnitudes of that wet, sloshy white stuff we all love so much, AKA snow. And why wouldn't we?! Snow is a part of life here. Hell, most people around the world think we have it year round. So the question is, why do so many lifelong Canadians complain every year when it happens? I mean really, it's not like they don't know it's coming. I can see why Chris may not like snow, especially when sometimes we get enough to cover him completely. It's gotta be hard for him to make his way through the snow ... then again, he's probably light enough to just stand on top of it. So even though my Scrooge-like editor will try and convince you otherwise, I'm here to tell you that snow is amazing! It's a naturally occurring phenomenon and it produces endless amounts of fun. From the time were kids to the times we grow up, snow has always been there and always will be. So why don't we just sack up and enjoy it?!

Free fun

Canada has to be one of the best places to grow up on Earth. The reasoning behind this isn't complicated. Canadian winters helped us encompass what being a kid was all about. As Canadian children we were supplied with endless hours of free fun, no batteries or TVs required. This is the kind of fun that can't be had in warmer parts of the world, which is the real reason people in parts of India and Africa are unfortunate. They'll never understand the pleasures of making snow angels and snow men and building the biggest and most badass snow fort around. And then of course there were snowball fights, brief stints of all-out war, catastrophic combat in the safest manner, unless of course there was some ice in the snowball that hit you. But hey, all the more reason to stay on your toes, thus making it more fun! As kids, winter was a wonderland full of endless possibilities and the best part, it was all free! Months and months of nonstop excitement and entertainment, all without ever costing us a dime and if that isn't a solid argument for snow, I don't know what is!

Sports galore

The crazy thing is, the things listed above are just the free ways to have fun in the snow! For those willing to go out and spend a little (or a lot of) money, the fun only increases. I'm talking, of course, about winter sports. The name says it all! There's a whole list of intense, heart stopping sports that wouldn't even be possible if it weren't for snow! There's skiing, snowboarding, snowmobiling, bobsledding (well that one's ice ... but still) and each one of these activities gets you off the couch, gets your blood and adrenaline flowing and not one would be possible without snow. There's even a Winter Olympics, for god's sake! For anyone reading this who hasn't been snowmobiling, I can honestly say that I feel bad for you. I have fond memories of ripping through fields, snow blowing up on all sides of me, going faster and faster and if you fall off ... big freaking deal. You land in snow! Then along with skiing and snowboarding come trips to Jasper, Banff, Kimberly, etc., all of which only create more memories and more good times, none of which would be possible if snow didn't fall from the sky for months on end!

The crazy thing is that everything listed above is only the tip of the iceberg when it comes to snow! There's also pulling off sick drifts when you're driving, the beautiful way ice clings to trees and, of course, writing your name (if ya know what I mean). So while we're going to spend the next few months shovelling our driveways and skidding all over the roads, there's an infinite amount of fun to be had, none of which would be possible without snow. So get up, get out and have some fun. We only have another five months till it's gone.



Photo by Josie Baerg

OPINION

— Editorial —

Five lessons learned



NICOLE MURPHY
Editor-in-Chief
@NicoleMurphySt

In only three semesters I have learned what feels like a life time of lessons here at NAIT.

Although the time has gone by faster then a blink of an eye, it also feels like I have been at NAIT for a decade. That is kind of an oxymoron, but what I mean is the lessons I have learned and the experiences I have lived are equivalent to that of a decade, it just was mashed into a year and a half of school.

Here are the top five things the NAIT experience has taught me:

Fear can get in the way

5. Be a “yes” person.

Fear can sometimes get in the way of taking hold of opportunities. I for one would never have thought I would be Editor-in-Chief of my college publication before coming to NAIT because of my insecurities about my abilities. When the opportunity became an option, however, I said yes and dove into learning as much as I could. From saying yes to this one opportunity, despite the fear of not being “good enough” more jobs in my field became available that otherwise would not have.

4. Being reliable is more important then being talented.

Natural talent is nice to have but at the end of the day if you do not show up and people cannot trust you, talent means nothing. It’s the people that are willing to learn and give their all to a project that are the best to work with.

Unreliable people a problem

People who are not reliable cause a certain level of stress for others around them. Not knowing if you will have to fill their shoes can be frustrating, so just be there. Let people know you will show up.

3. Group work shows you all your sides.

“We’ve all got both light and dark inside us. What matters is the part we choose to act on. That’s who we really are.”

– Sirius Black from Harry Potter and The Order of the Phoenix

If you want to see your dark side, do lots of group work! It is easy to be nice when things are going well but when stressful situations pop up the task becomes more difficult and sometimes that little green Hulk inside can come out.

Group projects are about depending on others and

compromising. Both these things can push buttons and lead to conflict but they can also lead to shared greatness, which is the best feeling.

When you and others come together to make something you are truly proud of, the two heads are better than one idea really shines. There is a level of joy that is long lasting when you share accomplishments with others.

Just remember, under stress you will see all sides of everyone and will show yours, so it is important to let go of grudges while in group projects as fast as possible.

2. Be kind.

With all the stresses of school it is easy to get into a frenzy of calculating marks, doing homework late, getting no sleep, forgetting to eat, eating too much, having multiple jobs, counting every penny, drinking too much, not drinking enough water, needing to be here then there then ... Ahhhhhhhh.

I have learned that through all this being kind to the people will make the running around sometimes easier, and being kind to yourself can change your life. Those negative thoughts going around your head about what you have or haven’t done do more harm than good.

1. People are most important.

I will miss the people more then anything else here. I made lifelong friends and learned that you can learn to love anyone. People are more important then anything else in the world. All people, not just your close friends or family. Even the people that you may not see eye to eye with.

I great big thank you is in order to everyone here at NAIT. We have one more paper to come out this semester, then I am passing the torch to a new group of awesome editors that want to hear what you have to say.



Nicole Murphy's Radio and Television class of 2014.

NAIT photo by Jeanette Janzen



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

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

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SPORTS

Swimming a revelation



LAUREN FINK
Sports Editor
@LaurenFink_

It seems like every time I write, it's about my experience with trying a new-to-me sport or physical activity. So far this semester I've tried paintball and barre, which are both far more unique than the one I've been recently trying. Yes, this latest one is far more basic and some would even say it's embarrassing that it's something I don't know how to do. It's swimming.

For the past couple of weeks, I've been taking swimming lessons through the NAIT Students' Association's "How to" series, which was started "to give students the chance to learn soft skills, either at a low cost or for free," says NAITSA event organizer, Michelle Goulet.

"All of our How to events are low commitment and very beneficial," she said.

And to be honest, I'm not at all embar-

rassed by the fact I'm taking them at all.

NAITSA decided to start the lessons because, "[they] wanted to partner more with NAIT Athletics," Goulet said.

"Swimming is a great low impact sport that can be intimidating if you're not a swimmer, so we wanted to give students the opportunity to learn in a fun environment."

Growing up, I took swimming lessons from probably age four to age eight and yet in those four summers, I learned no swimming at all. It's not that I wasn't being taught, it's just that I didn't grasp what they were saying nor, frankly, did I care. Honestly, I just wanted to go on the slide and have the instructor pretend I was a tree that needed to be watered (yes that actually happened but, this could have just been my aquatics centre, though.) Since, I didn't know how to swim, I hated pools and rarely would I ever go swimming for recreation. Unless, of course, there were slides, then I'd be there, risking my life and loving it. Plus, I had never really been affected by my inability to swim. However, within the last couple of years I started to realize I have a real passion for being on the lake, especially doing water sports. And, while swimming isn't exactly required to tube or water ski, it is a bonus, especially since a life jacket will only get you so far and pretty much only if the current or waves are moving you.

So, I decided that I should look into swimming lessons, which, as an adult, I found pretty hard to find. I sort of had given up on learning to swim, until one day I passed the poster for NAITSA's first ever, How To ... Swim. I decided to sign up and for moral support, I signed up Dartanian Johnson, a friend of mine who also can't swim.

"I have always had a fear of the water and I was too embarrassed to tell people that I couldn't swim," said Johnson. "So, when Lauren brought it to my attention that she couldn't swim and was looking for moral support, I jokingly agreed to enter with her assuming she wasn't for real ... but she was. So, even though I wasn't planning on joining, I knew I had to because I promised her I would."

The lessons started in the beginning of the month and are an hour long on Mondays. So far, we (Johnson and I) have only attended two of the classes but I can't even begin to explain my excitement when I say (write) this: "I can now officially swim!"

Each of the lessons I've been to were extremely informative, especially the first where we learned how to do front crawl without paddle boards, something I thought would happen in the last week.

It's safe to say I've learned more from these two lessons than I did in the four summers I took swimming lessons

and I've loved every minute of it. Dartanian has also really enjoyed the lessons so far (who said there isn't positive peer pressure).

"The experience has been great" he said. "The class is pretty small so it really helps our instructor to see where we are at individually. Also, our instructor, Amelia, has really inspired and pinpointed problem areas.

"Within five minutes of trying to swim she could tell that I have pain in my right hip and customized a swim that works better for me. I can now officially say that I can swim. I may not be an Olympian yet but I'm heading in the right direction."

I'm so happy I decided to sign us up for the lessons because in just the two hours I've committed (so far), I have gained a skill that is invaluable.

For Dartanian, it's been an eye opener.

"Even though I've accomplished swimming now, more importantly I finally realize that I can do anything and that it's never too late to learn," he said.

I can't begin to explain how much I agree with Dartanian. It's so important to make time to try things that you are maybe scared to do or that you just think it's too late to learn. And even if you don't learn the skill, I can guarantee that you will learn something from the lessons that is priceless. It is never too late.

MEN'S HOCKEY

Ooks sweep MacEwan

By **KRYSTA MARTELL**

The men's hockey team hit the ice this past weekend in a two-part battle against the MacEwan Griffins. Friday night marked the beginning to breast cancer awareness weekend where the hockey team showed their support.

Going into Friday's game Ooks goalie, Kyle Birch, has been a brick wall in the pipes, as he was riding three consecutive shutouts. The game didn't take long to get going as Michael Piluso buried one home at 2:43 into the first period. The Griffins responded back very quickly as they popped one into the back of the Ooks' net at 3:02 to tie the game at 1-1, breaking Birch's shutout streak. Going into the second period, it wasn't long until Ooks' right-winger Josh Lazowski put the puck into the back of the Griffins' net at 7:52. The Ooks were proving their point when centre Kyle Harris drove one home to beat the Griffins' goalie. The third period started out with

the Ooks on a power play but did not make any goals during that time. The Griffins responded with a goal at 15:18 and shortly after, they pulled their goalie in hopes of tying the game but instead the Ooks potted the empty net goal.

The end result was 4-2 win for the Ooks.

"It was a great game," said Ooks goalie Kyle Birch, who had 40 saves. "We started off a little slow. I think that's where they got the majority of their shots in the first period but we got it together in the last two periods. I thought we took it to them."

The player of the game award was given to Kevin Carthy.

In Saturday's game, NAIT met the Griffins at Bill Hunter arena for the second

of the two-part series. It was a very exciting game as the Ooks came out in full force, walking away with an 8-1 win.



Serge Lajoie
'Didn't back down'

Ooks' centre Jason Wark made it 1-0 on a power play at 18:35 into the first period. Into the second period, the Ooks were popping in goals like crazy, the first by Scott Fellnermayr, followed by Piluso at 4:51 on another power play. Sam Waterfield began to light it up as he put three-straight power play goals into the back of the Griffins' net for the natural hat trick. At this point, the Griffins still remained scoreless.

The Ooks continued their streak into the third period as Tyler French scored, followed by Lazowski at 13:46. The Grif-

fins responded with a goal at 18:15 but it was too little, too late.

Ty Swabb was in net for the Ooks and gave a great performance, making 31 saves.

Head coach Serge Lajoie was pleased with the team's overall performance.

"We didn't back down. I asked the guys to play hard between the whistle and to stick up for each other," Lajoie said.

"We did a great job on the power play tonight, and I felt we had some players really stepped up their physical game. When we play the way we did tonight, we are a difficult team to play against."

Player of the game was given to Waterfield.

With five straight wins, the men's hockey team will take on Concordia in a two-part series on Nov. 29 and 30. These are the final two games of the semester but the team will return in January.



Photo by Sara Watson

NAIT Ook defenceman Kaitlyn Whaley eludes a SAIT player Saturday at NAIT arena. The Oaks lost the game 5-4. The women wore the pink socks to mark breast cancer awareness weekend.

WOMEN'S HOCKEY

Women split against SAIT

By CONNOR HOOD

The NAIT women's hockey team played their rivals from SAIT in back to back games this weekend. NAIT boasted a 3-0-1-1 record, good for second in the conference, while the Trojans were looking for their first win of the season.

Both teams were coming off losses and looking to rebound with big conference wins. The first game of this set took place at SAIT's Main Campus on Friday night, with the Oaks getting the decisive 3-0 victory. The Oaks dominated in the first two periods, clearly ahead in both shots and time on attack but were unable to make a difference on the score sheet.

The third period was much different as the Oaks took control of the game, scoring three and earning the victory.

Samantha Dyck led off the scoring for the Oaks, notching her second of the season, 11 minutes into the third. Three minutes later the women added to their total, as Haley Vandepoele put in her first of

the year. The insurance marker came with two and a half to play, as Breanna Frasca added to her team lead in points.

The second half of the home and home took place at NAIT Arena Saturday night. Despite being outshot the 42-19, the visiting Trojans skated away with the 5-4 victory. This was a game won by special teams, as there were a combined 14 penalties called. SAIT jumped out to an early two-goal lead, with Emma Malsbury and Taylor Esselink getting the markers. NAIT quickly rebounded, as Sherri Bowles got them to within one. The Tro-

jans ended the first on a high note, scoring with half a second left, to restore the two-goal lead heading into the second.

The Trojans continued their momentum from the first, scoring one minute into the second, extending the lead to three. Ook Haley Vandepoele continued her good play, adding her second goal in as many nights, cutting the SAIT lead in half. The Trojans regained that lead before the intermission, as Cora Sutton scored the fifth goal for the Trojans. Although being outshot 30-15, the Trojans held a commanding 5-2 lead after two periods.

An Oaks goaltending change seemed to spark the team, as the Oaks peppered SAIT goaltender Laticia Castillo, leading to a highlight-reel goal by Breanna Frasca. Down by two goals

late in regulation, coach Deanna Iwanicka pulled goalie Jill Diachuk, giving the Oaks a player advantage. The move seemed to pay off, as Renata Mastna scored with 1:25 left. This was all the offence the women could muster, as the comeback came up just short. SAIT's Castillo was the clear-cut first star, as she stopped 38 of 42 shots, earning her team the win.

The split weekend leaves the NAIT women with a 4-1-1-1 record, one point behind MacEwan University for first in the conference.

Saturday's win was the Trojans' first of the year, leaving them with a 1-7 record.

The next Oaks game takes place Nov. 28 in Red Deer, followed by a home game against the same Queens on the 29th.



Deanna Iwanicka
Pulled goalie



Breanna Frasca
Highlight-reel goal

BASKETBALL

Men, women win twice

By AARON BORDATO

The NAIT men and women's basketball teams were back in action on Friday and Saturday as they hosted the Medicine Hat Rattlers as well as the Briercrest College Clippers in an all-important two game weekend.

The women came out with a dominating 80-57 victory over the Rattlers.

"I was pleased with how we competed over the weekend," said head coach Todd Warnick.

"We had a solid weekend overall with positive play from a number of players," Warnick said. Of note was third-year guard and player of the game, Nicole Ruptash, who tallied 10 points in the win.

The women did not start the game strong as they were down 20-17 after the first quarter. However, led by second-year forward Torey Hill and her hot play, they never looked back after that and outscored the Rattlers in each of the final three quarters. Hill went nine for 11 from the floor and tallied a double-double with 19 points and 11 rebounds.

The exciting play carried over to Saturday as they took down the Briercrest Clippers by a score of 80-49. The team jumped out to a 21-8 lead in the first quarter and were "able to build on that over the next 40 minutes," said Warnick.

Fifth-year forward Kirsten Molesky poured in 13 first-half points on route to player of the game honours, while Torey Hill recorded her sixth double-double of the year. The now 7-2 Oaks travel to Olds College next weekend to take on the lowly two and seven Broncos. The game goes next Friday and tips off at 6 p.m.

It was the same story on the men's side as well this weekend as they took care of business in their first meeting against Medicine Hat College. The guys battled hard once again and came out on top with an 82-73 victory.

"Our defence was good enough to help us win," said coach Mike Connolly.

"We didn't shoot the ball well and had careless turnovers. We had a 16-point lead with three minutes to go in the game and we allowed the Rattlers to bring it close."

Fifth-year point guard Yonas Berhe picked a good time for his first double-double of the year as his 19 points and 10 assists proved to be vital in the tightly contested game.

Saturday afternoon, the men hosted the 5-2 Briercrest College Clippers. NAIT's weekend of dominance was not coming to an end, though, as they squeaked out an 85-83 win over the Clippers. The guys' play was led by forward Chris Neptune, who

scored 18 points and 10 rebounds in the win. Muraso Yergu also played well, chipping in 15 points of his own and received player of the game honours. The impressive weekend for the Oaks moved their record

to 7-2 and saw them knock off the No. 6 and No. 10 teams in the country. The Oaks travel to Olds College next weekend to take on the Broncos. The game goes Thursday and tip-off is scheduled for 8 p.m.



Photo by Heidi Peters

Ook Yonas Berhe gets set to pass the ball Friday night at NAIT gym against the Medicine Hat Rattlers. NAIT won the game 82-73.

Grey Cup a special experience

By RACHEL PRAZAK and KELSEY LYDNUIK

@RachelPrazak @KelseyLydneyuk

This past weekend, NAIT NewsWatch sent Rachel and Kelsey to the 101st Grey Cup in Regina. This is their report.

Watching the Grey Cup on TV or being at the stadium and watching the game live is one thing but being able to be behind the scenes and take part in all the festivities working up to the game is an incredible experience that we wish all sports fans could experience.

From the minute we got to the airport, our big adventure had started. Our first flight was filled with people just as excited as us, seeing as most people were on their way to the Grey Cup as well. Our connecting flight to Regina was also buzzing with excitement and a very familiar face to Saskatchewan and Edmonton fans, Eric Tillman, was on our flight. After another hour of hypothesizing about what our experience would be like, we touched down in Regina. A sea of green welcomed us as we walked down the stairs to the baggage carousels. From that point, everything that we imagined would happen, happened. First, we joked around about having a limo waiting for us at the airport and we actually ended up being driven to our hotel in a big stretch limo. That was only the beginning!

We picked up our media credentials and

got all sorts of free Grey Cup 101 swag and then went to check into our hotel. Then, it was time to go exploring. We went and hung out in the Family Fun Zone and took in all the festivities. Next thing you know, we were in a cab to Mosaic Stadium to be on the field for the Hamilton Tiger Cats final walk-through before the big game. Although it was a balmy minus 29 C, there was nowhere else either of us would rather have been. Suddenly, the texts started flooding in, friends and family going wild because they had just seen us on TSN on the sidelines. After the shortest walk-through that any sports reporter had every experienced had wrapped up, we went to a press conference with Henry Burris and then Kent Austin.

As if standing on the sidelines at Mosaic was not enough to overwhelm two rookie reporters, being in the press conference with two big names in the CFL, standing along side CFL on TSN analysts, was.

That marked the end of the walk-throughs for the 2013 Grey Cup, so we decided to go take a look at what was going down at the team huts! We finally found our way there, we discovered that we were supposed to get tickets and for the rest of the weekend, tickets were sold out. Much

to our dismay, our media passes wouldn't be able to get us in either. So that was a bust.

After we weren't able to get into the team huts, we decided to go back to the hotel and turn in early after a long day of activities. We turned the corner to hop on the elevator and the 2013 winner of the CFL's Most Outstanding Player and Top Canadian, Jon Cornish, was standing there waiting for the elevator. We all hopped into the elevator and ironically were both taking it to the seventh floor. We had a little chat and, it turns out, he was our next-door neighbour! What are the chances?

On Grey Cup Sunday we checked out early and headed down to the Riders' practice field, where all the floats from the parade were and where the fans were having tailgate parties. Amongst a sea of green, we were able to find a few fans from each team currently in the league and made a point to get a picture with all of them to prove it!

The clock to kickoff was rapidly counting down and it was time for us to go find our seats in the press box, which was a bit of a struggle. After travelling from box to box we finally found where we were supposed to end up. We had prime seats in the press box and you could

feel the energy building and see it outside in the stands. The Snowbirds flew over the stadium and the RCMP walked in the Grey Cup. There could not have been a single person in that building that did not have goose bumps. After the anthem came the much anticipated kickoff time. Unfortunately for us Riders' fans are easily excited and for most of the game they were standing, so in the press box, we ended up watching most of the game on the same TSN feed that everyone was watching at home.

After a crazy first half, it became time for NAIT to check out of Mosaic. We had to catch the early flight in order to make it back in time for school on Monday, seeing as otherwise we wouldn't be home till Tuesday and everyone would have been deprived of our stories for a few more days. We got to the airport, which was filled with Riders fans crowded around a small TV past security. It finally came time for us to board and, of course, there was a delay on the Score app that everyone was constantly refreshing. Finally, the text came in, the Riders had won their fourth Grey Cup in 103 years and the province of Saskatchewan went wild.

We finally touched down in Edmonton, with a handful of stories and experiences that we could not have made up in our wildest dreams.



VOLLEYBALL

NAIT takes two vs Lakeland

By BRIDGETTE TSANG

NAIT's men and women's volleyball teams capped off their fall semester against the Lakeland Rustlers last weekend in two thrilling games.

The women's team were coming off a weekend against the Medicine Hat College Rattlers, winning both games in 3-0 sweeps. Going into the game against the Lakeland Rustlers, both teams were tied with 12 points each in the ACAC standings.

The Oaks started off a bit cold in the first set, losing 16-25 but came out hot in the second set as they came back to win 25-15 and tie the game 1-1. After some great rallies in the third set, the Oaks continued to bring their game to the Rustlers, and won the set 25-18. Although the Oaks would lose the fourth set, they were resilient and beat the Rustlers in their fifth set to win the game 3-2.

Second in standings

The Oaks' libero Jasmine Hemsing earned the player of the game, leading the way with a game high 16 digs.

The team will have over a month off before the start of next semester's play on Jan. 10 against the Red Deer College Queens. They finish the fall season with an impressive 7-3 record and stand second in the ACAC standings with 14 points.

The men's team hoped to finish off their season on a high note as they also took on Lakeland in their fall season finale. And quite the finale it was! Heading into the game, the Oaks were ahead of the Rustlers in the ACAC standings by two points and were coming off two losses against the Medicine Hat College Rattlers.

Great comeback

The Oaks came out strong with back and forth action, but the Rustlers took the first two sets 28-26 and 27-25. The Oaks responded with three great sets to pull themselves away from their competition in 25-21, 25-19, 15-11 set wins and ultimately came out on top with a 3-2 victory.

After the game, head coach Doug Anton praised his players for their resilience.

"It was a great comeback win for us tonight," said Anton. "Lakeland was relentless but we were able to over-



Photo by Sara Tetz

come some early game struggles to battle back and win. We've had some injuries and some of our guys are playing out of their usual positions, but we're able to make adjustments and come away with a hard fought win."

The Oaks' player of the game went to setter Sean Renaud who finished the game with 10 digs, and consistently distributed the ball to his hitters throughout the game.

The Oaks conclude their fall season on a winning note, and improved their record to 5-5. They will have over a month off before they head back on the court for their Jan. 10 meeting with the Red Deer College Kings.

NAIT Ook libero and player of the game, Jasmine Hemsing, digs up the ball against the Lakeland Rustlers Saturday at NAIT gym. The Oaks went on to win the match 3-2.

Curlers start strong

By BRETT MORTON
@TSN_Brettmorton

The fall regional took place at Augustana this past weekend and all of NAIT's curling teams had a great showing.

The men went 4-0 and the women and mixed team went 3-1. The ice plant went down so there was no draws played on Sunday. The teams look to have continued success like last year and retain the provincial gold and the men hope to reclaim national gold as the women look to win that national gold medal.

The men won ACAC (provincial) gold as well as CCAA (national) gold medals. The women won ACAC gold medal and CCAA silver medals, respectively.

The ACAC looks a little different this curling season as Red Deer College had to cancel its curling program due to funding. Two new teams are in the men's division this season and will make for much stiffer com-

petition than last year.

Matt Brown, second-year skip for the men, said he is ready for the season to get underway and the team "is ready to get back into the swing of things ... with the target that is on their backs after the success they enjoyed last season."

The team has two new players this season. Ryan Dutton, from the United States and Alex Wolfe from Peace River, Steven Stewart and Travis Jones are both returning to this year's lineup.

"The roster might change second semester as Mike Simmons and Kenton Maschemyer, two very talented players, are enrolled in NAIT come January."

The women's team remains much the same with Karynn Flory at skip, Richelle Baer at third, Kaitlyn Roskewich at lead and a new addition will draw in at second.

"Looking at this year's lineup, the men and women's teams have a very good shot at making it to provincials."



MOVEMBER WITH NAIT STUDENTS' ASSOCIATION CELEBRATING 50 YEARS

Men's Health Facts:
(The dark & the bright...)

Prostate cancer is the most common cancer in Canadian men. **BUT** If detected & treated early, the associated survival rate is 95%.

Testicular cancer is the most common cancer in Canadian males ages 15 to 29 (avg. age @ NAIT = 24). **BUT** it is one of the most curable cancers. the overall long term survival rate is about 96%.

& Mental health issues are common. **BUT** They are also very treatable!!!

HOW MOVEMBER WORKS AT NAIT:

1. NOVEMBER 1st: SHAVE OFF (BACON AS A BAIT'S BUYERS)

2. NOVEMBER 15th: PROGRESS PARTIES AT THE HEST (BURN THAT MO' & BARE TONGUE ZICKORS)

3. NOVEMBER 25th: FINALE AT THE HEST (SHOW OFF YOUR BURNERS, TEACH & PARTY CANS)

WHERE THE \$ GOES: LIVING WITH A RETENED CANCER, MENTAL HEALTH, AWARENESS & EDUCATION. R.C.F.C. & R.C.H.

CHECK OUT: <http://ca.movember.com/movembernetwork/naif> OR www.nait.ca/events/movember/

To sign up, donate, or check out what these NAIT teams are up to:

MECCA, NAIT Business, NAITurday Masculine, NAIT.com, The Brodown

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
RDC	16	12	10	4	0	0	60	32	24
SAIT	15	10	10	3	0	2	73	40	22
NAIT	14	10	10	3	1	0	54	21	21
Augustana	15	9	8	3	0	3	60	38	21
MacEwan	15	9	9	6	0	0	61	53	18
Concordia	15	7	6	7	1	0	51	52	15
Portage	14	4	4	9	0	1	35	59	9
Keyano	15	3	3	12	1	0	43	61	7
Briercrest	16	1	1	14	1	0	29	107	3

RESULTS

November 22

NAIT 4, MacEwan 2

Keyano 6, Briercrest 3

Red Deer 5, Portage 3

Augustana 7, Concordia 3

November 23

NAIT 8, MacEwan 1

Keyano 6, Briercrest 3

Red Deer 4, Portage 1

Augustana 6, Concordia 4

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
MacEwan	8	5	4	2	0	1	17	14	11
NAIT	7	4	4	1	1	1	17	12	10
Red Deer	7	4	4	3	0	0	17	9	8
SAIT	8	1	1	7	0	0	13	29	2

RESULTS

November 21

Red Deer 3, MacEwan 0

November 22

NAIT 3, SAIT 0; MacEwan 3, Red Deer 0

November 23

SAIT 5, NAIT 4

MEN'S BASKETBALL

North Division

Team	Div	GP	Div	Inter	Div	W	L	Pts
Red Deer	S	8	3	5	8	0	13	
Lethbridge	S	9	3	3	6	3	9	
NAIT	N	9	5	2	7	2	9	
Grande Prairie	N	11	3	3	6	5	9	
Briercrest	S	8	2	3	5	3	8	
Medicine Hat	S	8	3	2	5	3	7	
MacEwan	N	8	3	2	5	3	7	
St. Mary's	S	9	3	2	5	4	7	
Lakeland	N	9	1	3	4	5	7	
Concordia	N	7	2	2	4	3	6	
Keyano	N	9	2	2	4	5	6	
Augustana	N	9	2	1	3	6	4	
SAIT	S	10	1	1	2	8	3	
King's	N	8	2	0	2	6	2	
Olds	S	9	0	0	0	9	0	

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

RESULTS

November 22

NAIT 82, Medicine Hat 73

Lethbridge 78, Concordia 59

Briercrest 85, MacEwan 83

St. Mary's 71, Grande Prairie 85

Keyano 87, Olds 66

Lakeland 66, SAIT 63

Red Deer 90, Augustana 58

November 23

NAIT 85, Briercrest 83

MacEwan 80, Medicine Hat 79

Grande Prairie 87, Lethbridge 78

Keyano 73, SAIT 68;

Lakeland 92, Olds 88

WOMEN'S BASKETBALL

North Division

Team	Div	GP	Div	Inter	Div	W	L	Pts
Augustana	N	9	6	3	9	0	12	

Lethbridge	S	9	4	4	8	1	12
MacEwan	N	8	3	4	7	1	11
Grande Prairie	N	11	5	3	8	3	11
NAIT	N	9	4	3	7	2	10
Medicine Hat	S	8	4	2	6	2	8
Lakeland	N	9	2	3	5	4	8
Red Deer	S	8	3	2	5	3	7
Keyano	N	9	0	3	3	6	6
SAIT	S	10	2	2	4	6	6
Concordia	N	7	0	1	1	6	2
Olds	S	9	2	0	2	7	2
King's	N	9	0	1	2	8	2
Briercrest	S	8	0	0	0	8	0
St. Mary's	S	9	0	0	0	9	0

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

RESULTS

November 22

NAIT 80, Medicine Hat 57

Lethbridge 74, Concordia 38

MacEwan 83, Briercrest 42

Grande Prairie 68, St. Mary's 42

Keyano 67, Olds 64

Lakeland 57, SAIT 44

Augustana 83, Red Deer 48

November 23

NAIT 80, Briercrest 49

MacEwan 74, Medicine Hat 47

Lethbridge 56, Grande Prairie 43

SAIT 62, Keyano 52

Lakeland 77, Olds 31

MEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	%
S	Red Deer	6	6	0	18	0	1.00
N	MacEwan	8	7	1	22	7	.875
S	SAIT	7	5	2	16	10	.714
S	Medicine Hat	10	7	3	22	15	.700
S	Augustana	7	4	3	15	10	.571
S	Briercrest	10	5	5	22	21	.500
N	NAIT	10	5	5	17	12	.500
N	Keyano	8	3	5	12	16	.375
N	Lakeland	8	3	5	13	18	.375
N	Gr. Prairie	8	3	5	12	18	.375
N	King's	8	2	6	10	18	.250
N	Concordia	8	2	6	8	20	.250
S	Olds	8	0	8	2	24	.000
S	Lethbridge	0	0	0	0	0	.000

Note: All games vs Lethbridge do not count in the standings

Rankings based on winning percentage

RESULTS

November 22

Briercrest 3, Grande Prairie 1 (32-30, 25-18, 23-25, 25-13)

MacEwan 3, King's 2 (26-24, 25-18, 21-25, 25-27, 15-10)

Medicine Hat 3, Augustana 1 (28-26, 14-25, 17-25, 23-25)

Concordia 3, Olds 2 (25-20, 28-30, 19-25, 28-26, 16-14)

November 23

NAIT 3, Lakeland 2 (26-28, 25-27, 25-21, 25-19, 15-11)

Concordia 3, Olds 0 (25-16, 25-23, 25-22)

MacEwan 3, King's 0 (25-16, 25-13, 25-23)

Briercrest 3, Grande Prairie 2 (21-25, 25-20, 23-25, 25-23, 15-11)

Medicine Hat 3, Augustana (25-16, 23-25, 20-25, 20-25)

WOMEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Red Deer	8	8	0	24	3	16
N	NAIT	10	7	3	23	16	14

S	Briercrest	10	7	3	23	17	14
N	Lakeland	8	6	2	22	10	12
S	Olds	8	6	2	18	9	12
N	Gr. Prairie	8	6	2	21	13	12
S	Augustana	9	6	3	19	15	12
N	MacEwan	8	5	3	20	10	10
N	King's	10	5	5	16	15	10
S	SAIT	9	3	6	16	20	6
S	Lethbridge	10	3	7	12	24	6
N	Keyano	8	0	8	11	24	0
N	Concordia	8	0	8	4	24	0
S	Medicine Hat	10	0	10	1	30	0

RESULTS

November 22

Briercrest 3, Grande Prairie 2 (13-25, 25-15, 20-25, 25-15, 16-14)

MacEwan 3, King's 0 (25-15, 25-23, 25-22)

Augustana 3, Medicine Hat 0 (25-17, 25-21, 25-14)

Olds 3, Concordia 1 (26-28, 25-23, 25-12, 25-12)

SAIT 3, Lethbridge 0 (25-17, 27-25, 25-22)

November 23

NAIT 3, Lakeland 2 (16-25, 25-15, 25-18, 19-25, 15-8)

Olds 3, Concordia 0 (26-24, 25-19, 25-18)

MacEwan 3, King's 0 (25-18, 25-18, 25-20)

SAIT 3, Lethbridge 1 (25-22, 24-26, 25-20, 25-17)

Briercrest 3, Grande Prairie 1 (25-18, 25-19, 15-25, 32-30)
Augustana 3, Medicine Hat 1 (22-25, 25-15, 25-21, 25-22)

CURLING

MEN

Team	Fall Regional
NAIT	4-0
Augustana	3-1
Portage	3-1
MacEwan	3-2
Lakeland	3-2
Grande Prairie	2-2
Olds	2-3
Red Deer	0-4
Concordia	0-5

WOMEN

NAIT	3-1
Augustana	3-1
Grande Prairie	3-1
MacEwan	3-2
Lakeland	3-2
Red Deer	2-2
Olds	2-3
Concordia	1-5
Portage	0-4

MIXED

NAIT	3-1
Olds	3-1
Lakeland	2-2
Augustana	2-2
Portage	0-4

Athlete Profile



Player: Arthur Luong

Sport: Badminton

Program: EDDT

By SHEEBA JOHNSON

What inspired you to play badminton?

I had a few friends that played in junior high school and they convinced me to try out for the school team. I didn't expect much of it but at tryouts I saw one of the coaches play and that's when I knew that this was a sport that I wanted to pursue.

How long have you played?

I've played for a total of almost eight years.

What your favourite form of pastime?

I listen to a lot of music and I love to read.

How do you keep a balance between school games life and work (if you work)?

My life is extremely hectic I don't always have time to balance the things that I have to do but I try my best to keep it together as a college student I try really

hard to work on my time management.

What is your pre-game ritual?

I try to pump myself with upbeat music and I just try to distract myself otherwise I get nervous and I end up throwing myself off.

What is your workout routine like?

I do a lot of cardio exercises and lift weights three to four times a week.

What kind of music do you like?

Hardstyle, house music, trance. All types of EDM music.

Is there a quote you live by?

"Quitters never win and winners never quit."

— Vince Lombardi

What's the one thing that you want to achieve in life?

I just want to achieve success in everything that I do.

What is your guilty pleasure?

Chocolate. I love chocolate.



Athletes of the week

Nov. 18-24

Jelena Saric Volleyball



Ooks middle Jelena Saric was a major contributor for a NAIT team that was able to earn a huge win over the nationally ranked Lakeland Rustlers this past weekend at NAIT gym. Jelena managed to record six kills to go along with an extremely impressive total of five stuff blocks in Saturday's win. "Jelena's defence kept Lakeland's big hitters in check," said head coach Benj Heinrichs. "Her five stuff blocks made them hesitant to spike the ball ... Jelena consistently provides a positive presence and great leadership." Jelena is a third year Bachelor of Business Administration student from Rijeka, Croatia.

Torey Hill Basketball



Ooks forward Torey Hill was a dominant force during NAIT's back to back wins over Medicine Hat College and Briercrest this past weekend. Torey recorded back to back double-doubles to bring her season total to five. Hill put up 19 points and 11 rebounds in Friday night's 80-57 win over Medicine Hat and another 10 points and 12 boards in Saturday's 80-49 win over Briercrest. "Torey was once again a key contributor for our team," said head coach Todd Warnick. "We've been able to count on dominant performances from Torey, both shooting and rebounding, on a nightly basis." Torey is a second-year Personal Fitness Trainer student from Viking, Alberta.

Athletes of the week

Nov. 18-24

Sam Waterfield Hockey



Ooks defenceman Sam Waterfield played two stellar games during the Ooks two-game sweep of their cross-town rivals, the MacEwan Griffins, this past weekend. Waterfield's solid play was not limited to the defensive zone – he quarterbacked an Ooks powerplay that went five for eight on Saturday night, including a hat trick and two assists for Sam. "Sam played great for us this weekend," said head coach Serge Lajoie. "His strong defensive play was crucial to our win on Friday night and he was the catalyst for our power play ... "Sam is a second-year Academic Upgrading student from Victoria, British Columbia.

Yonas Berhe Basketball



Ooks point guard Yonas Berhe was instrumental in leading the Ooks to back to back wins over nationally ranked opponents this past weekend. Yonas scored 34 points and dished out 18 assists over the two games. He also controlled the play and spread the ball around extremely well on offence, with all five Ooks starters averaging double figures in scoring on the weekend. "Yonas was the leader of our offence all weekend long," said head coach Mike Connolly. "Our ability to score prolifically enough to beat two nationally ranked opponents in consecutive days was a direct result of the leadership and skill of Yonas Berhe." Yonas is a fifth-year Millwork and Carpentry student from Toronto.

Athlete Profile



Player: Norissa Toon
Sport: Badminton
Program: Medical Lab Tech.

By SHEEBA JOHNSON

What inspired you to play badminton?

I've always enjoyed it. As a child, I started playing tennis first and realized I liked how more fast paced badminton was compared to tennis and wanted to pursue it more as a committed sport than just something I played leisurely so I started playing club at Glenora.

How long have you played?

I started playing seven years ago but there was a gap in between that I didn't play club or tournament.

What your favourite pastime?

Hot yoga.

How do you keep a balance between school games life and work (if you work)? Badminton is usually my stress reliever so I use that as a form of rest from school.

What is your pre-game ritual?

Centre my mind and collect my thoughts of what I hope will happen before I step into court.

What is your workout routine like?

Sundays and anytime I have during the week, usually twice a week. Lots of cardio and some weights, toning exercises.



What kind of music do you like?

Electronic, R&B and rap.

Is there a quote you live by?

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

– Dr. Seuss

What's the one thing that you want to achieve in life?

To be happy in every aspect of my life; work, family and friends.

What is your guilty pleasure?

Watching Reality TV.



HOME GAME SCHEDULE

WOMEN'S HOCKEY

FRI NOV 29 @ 7:00PM		VS	
WED DEC 4 @ 7:00PM			

MEN'S HOCKEY

SAT NOV 30 @ 7:00PM		VS	
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Merry Christmas & a Happy New Year!



Games will resume on January 10, 2014

ENTERTAINMENT

So long Nugget, I'll miss ya



By CHRIS FIGLIUZZI
Assistant Entertainment Editor
@chrisfigliuzzi

It's weird how time flies. It seems like just yesterday I was starting here at NAIT and debating joining the paper and I was pretty adamant about not doing it. I mean, it seemed like so much extra work and really who has time for that with school, work and a social life.

Eventually, though, I got hungry and the lure of free pizza was too much for me to resist, not to mention the 10 bucks an article. I will admit that it was a lot of work and continues to be a lot of work. Fortunately for me, though, I am completely willing to neglect my school work and procrastinate writing my articles until the last possible moment.

I will openly admit that over time, *The Nugget* and the people working there started to grow on me. Hell, I'll even say I started to enjoy it. I mean, how could I not they let me start a weekly article where I basically talked to local bands? How can you not enjoy that? I mean, I actually got paid in pizza and money, which was usually used to buy more pizza, to do something that I loved and would have done for free. Plus, I managed to convince them that the Point Counter Point article was legitimate and not just a way for me to get paid to publicly mock Josh.

Of course, as is usually the case, my love of money flourished and I wanted more money and less responsibility. I was fortunate enough that some of the other editors were graduating so positions were available. I jumped at the chance ... until I found out I had to submit a resume. I hate writing resumes, they make me physically sick. So being me, I went a different route and submitted this:

To whom it may concern;

Hello, my name is Christopher Pasquale Figliuzzi and I am seeking employment at your fine journalistic publi-

cation. I have read and contributed to your publication for quite some time and figured that it was time that I step up to the plate and help edit, read and judge some of my fellow contributors' work. I say this mostly due to my current need for money. Who knew that investing in snuggles and Girls Gone Wild videos was a bad idea ... not me, that's for sure. I hope to secure the job and start to accumulate wealth in an effort to purchase a mini bike, monkey or some strange hybrid of the two in the very near future. Please accept the attached as my official application/resume for this position. I hope to hear from you soon.

ONE LOVE

Christopher Pasquale Figliuzzi esq.

I know you guys wanted a paragraph but this was a lot more fun ... sorry ... no, I'm not.

A – Attention to details

S – Super easy to work with

S – Suspiciously good with grammar

I – Inferior to no one

S – Sooo good looking ... sorry, I ran out of s's

T – Totally awesome

A – Attention to details

N – Need no guidance

T – Totally ready for a zombie apocalypse

E – Extremely dedicated

D – Desperately needs the money

I – Insatiable appetite for journalism

T – The right man for the job

O – Original gangster

R – Runner up in a model competition

I guess what I'm trying to say is that I have loved my time here with *The Nugget*. They gave me incredible freedom to write on pretty much anything I wanted. Where else would I be able to write a porn review, a kids' book review or even a whole article about me mooching food from people. I really will be sad to leave, I have had a blast. If you have a chance or are looking for some extra curricular activities, I couldn't recommend *The Nugget* any higher. Hopefully you have enjoyed an article that I've written, 'cause I have loved writing every one of them ... even the ones that kept me up till 1 a.m. Thanks for reading ... assuming someone out there actually read any of this.

THE NEST IS TURNING

25

ON MONDAY, NOVEMBER 25

ON THE 25TH ENTER TO WIN A GIFT BASKET WORTH \$300!

ASK YOUR SERVER FOR DETAILS. CONTACT US AT
WWW.NESTTAPHOUSEGRILL.COM

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By KYRA MULLER

Increasingly chilly weather is upon us. Already faced with slow traffic, long

days and limited sunlight, we mustn't let winter drag us down. At times you find yourself cursing snowflakes and knocking over snowmen but winter is not all bad. It can be the chance for a new beginning come new year, a fresh start with a new semester and final exams may be crushing but they will eventually come to an end. Sleeping in until noon seems like a good idea but wrapping up in layers and making the trek out to school is mandatory. What better way to wake up the motivation,

shake the sleepiness from your limbs, and say hello to Monday again than a classic playlist of chill, slow tunes, to encourage you to tackle another day. I present you with winter tunes – To keep you feeling alive in these cold winter months. Yes, it's an awfully long title for a playlist, but let's face it, winter is awfully long as well. It's OK to feel a bit lost in the snowy abyss, just make sure you're doing it armed with the right tunes.

1. Heavy Rope – LIGHTS



2. Bravado – Lorde
3. Tides – The XX
4. Everybody But Me – Lykke Li
5. On Melancholy Hill – Gorillaz
6. Collect Call – Metric
7. Trojans – Atlas Genius
8. The Ice Is Getting Thinner – Death Cab for Cutie
9. Who Knows Who Cares – Local Natives
10. Sail – AWOLNATION

VIRAL VIDEO

Master weapon maker

By KODY DAVIDSON

Now here is a channel that brings video games closer to reality! This is *Man at Arms*, a show all about making weapons from games, movies, TV shows, cartoons – you name it! It features a master blacksmith making and commentating on each weapon as he makes them. They are not toys, these are real weapons that could be used for death!

I like how in each episode he explains what he is doing and why – with it all leading

up to the finished piece. He shows us how he quenches blades in oil to harden them and the machines and materials he is using. It is a true art that is really cool to watch. Pretty much everything he does can kill you but, you know, someone has to make these weapons. And he has made some very cool weapons from the Legend of Zelda's Master Sword, Thor's hammer, Batman's batarang, Wolverine's claws, Cloud's buster sword, the hidden blade, Minecraft's diamond sword, Captain American's shield, Sora's

keyblade, Klingon's Bat'leth and so many more! He has made something from one of your favourite shows!

He features an insane number of recognizable weapons from all kinds of media. And what would all these weapons be if he didn't show them off at the end of each episode, killing watermelons, pop cans and other random stuff – all in slow motion, of course. If I have overwhelmed you with the amount of awesome and you are not sure where to start, I would suggest the Master



Sword episode as it captures what the show is all about, also Zelda. Enough said. Watch an episode and thank me later.

Man at Arms Channel: <http://www.youtube.com/AweMeChannel>

Master Sword Episode: http://www.youtube.com/watch?v=XFKx_lzF6e4

December Event List

6 Rubix Cube Party

3, 5, 9-13, 16 Stress Free Zones

6, 13-20 Cookies, Cocoa & Tree Swag

naitstudents naitsa yourNAITSA naitsa.ca naitstudents rm e-131

Potter fix for fans

By DARTANION JOHNSON
@Dartanionj

The Harry Potter Exhibit has been spellbinding fans since the doors opened last week. With so many sights and sounds at the exhibit it's hard to pinpoint what to look out for. You start off with the sorting hat and you are placed into your class. I was placed into Gryffindor, which came as a nice surprise. Soon after you are treated to a special short film of the collective series. Once the film ends, the curtains rise and you are now officially in the world of Harry Potter.

You pass by the Hogwarts Express and end up in the portrait gallery where some of the pictures are brought to life. Quickly you end up in the Gryffindor common room, which is filled with authentic clothing of Harry, Ron and Hermione. Numerous props like the wands and glasses are on full display. It's truly a unique experience to see these props and know they were the ones used in all eight films. As you continue through the exhibit, you end up in the classrooms where you can actually pull up your own Mandrake! Also in this area is the troublesome Cornish Pixie.

The props are one of the best parts of the exhibit and the Quidditch area is no exception, with both the Nimbus 2000 and the Golden Snitch in attendance. The area is interactive and you can toss a quaffle and earn a point

for your house. Robin Stapley, the creative director of the Harry Potter Exhibit, tells about his favourite part.

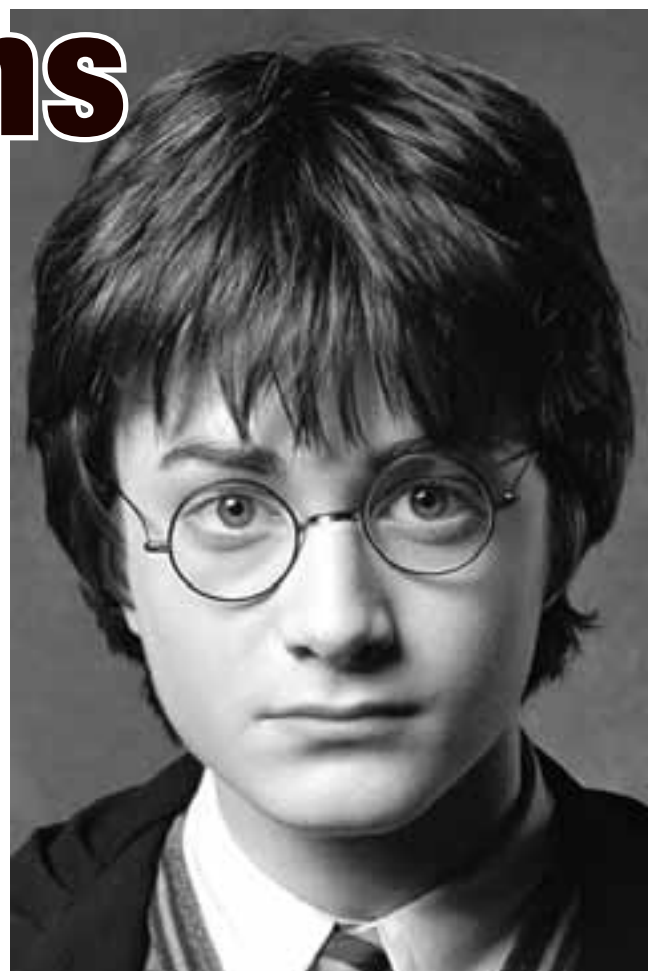
"Even though the whole exhibit is my favourite part, I think that my favourite area is Hagrid's hut, where you really get to step into Hagrid's hut. You get to sit in his big chair and it really is a total experience."

After Hagrid's hut you creep into the Forbidden Forest, where Acromantula, centaurs, Thestrals and the Hungarian Horntale dragon live. These pieces are eerily realistic and I'm just not OK with giant spiders (Acromantula). After you escape the forest you end up in the dark forces area where the most villainous costumes and props are on display. Death Eaters, a Dementor and he whose name shall not be spoken (Lord Voldemort), all dwell in this area of evil.

Finally you end in the Great Hall that is lit by floating candles above the room. Each area is truly a spectacle and really brings to life the books and movies.

"J.K. Rowling wrote an amazing book series and the filmmakers did an amazing job translating those books into films. I think they really just resonated with the young and old, and still do to this day," said Stapley on what draws fans to Harry Potter long after the series has ended.

The Harry Potter Exhibit at the Telus World of Science is the last North American stop before it heads to Europe. The exhibit runs until March 19.



liveinmontreal.ca

Daniel Radcliffe as Harry Potter

Weasley twins pay a visit

By DARTANION JOHNSON
@Dartanionj

Along for the ride on the opening day of the Harry Potter Exhibit were twin brothers Oliver and James Phelps, who play Ron Weasley's older brothers Fred and George Weasley. I got to speak with them for a short bit in the Great Hall area of the exhibit.

Have you guys had a chance to enjoy Edmonton yet?

Oliver: *It's been fun! We got in town on Wednesday but I still can't believe how the roads aren't plowed. Everyone seems to get around with it really well, very resourceful.*

Any crazy fan stories here in Edmonton yet?

James: *Actually we did a radio show early Thursday morning and there was someone knocking on the window going (James impersonating fan: Creepily staring and nodding at the Phelps brothers).*

Oliver: *This was at about 7 a.m. and was a bit odd. It was a little off putting.*

James: *It was minus 20!*

What do you think the exhibit means

for the fans?

James: *It's just a way to check out what we all took for granted but there are things here that were in the films for all-of-two-seconds but you can see the detail that has gone into it and it's pretty cool to check that out.*

What is your favourite part of the exhibit?

James: *We've gone through here a couple of times and we went around early Thursday morning and my favourite bit is the dragon, which is pretty epic. I'd love him on my driveway. I think that would be a good deterrent for anyone.*

How does it feel now that the series is over?

Oliver: *I miss it a little bit, I suppose. To be honest, when you come and do things like this you are kind of thrown back into that mindset. There's always something to do with Potter going on, somewhere in the world. So even though the actual photography may have finished, it's still living in one form or another.*

What's next for you guys?

Oliver: *We are doing a film in the spring of next year and that will be quite fun. I'm actually going to be off to Australia travelling for six weeks and then end up visiting in Orlando at the end of January. I'm looking forward to that.*

James: *I've been approached to do a stage show in London next year. When I get home I'm meeting with the director of that. It'll be quite fun.*



The Weasley twins

www.fanpop.com



Dear Dr. Nugghead
Are there any exercises and food to improve brain power?
FarwaAyaz

Dear FarwaAyaz
Canadian bacon. It's been proven and it tastes delicious.

Dear Dr. Nugghead
Why do people order double cheese-burgers, large fries and then a diet Coke?
MilesAboveYou

Dear MilesAboveYou
I actually have friends who do this. It's quite a tasty meal, though the calories don't really help me out.

Dear Dr. Nugghead
Is it easy to cook?
Realmirld

Dear realmirld
I'd say so. I've only burned down my house four times cooking at home rather than the eight times I burned it down with take-out.

Dear Dr. Nugghead
I am 23 years old and I want to increase my height. My height is five-foot- three inches. Can I get to a height of five-foot-nine?
knahsahs

Dear knahsahs
I kid you not when I say this, but some dude went through a process of breaking his legs and wearing mechanical stilts over six months so that his girlfriend would actually like him. That's really the only way I could recommend (which, I really don't) as you have probably reached your full height potential.

At least you can lay down straight on a couch (grumble).

Dear Dr. Nugghead
What is a good first car?
Billcosby69

Dear billcosby69
I cannot recommend the Deluxe Corvette or Ford F-150 Power Wheels enough. Not only do they cost \$300, but are also electric and can push speeds up to six miles per hour! Be careful, as I got a speeding ticket. That gas pedal is really touchy.

Dear Dr. Nugghead
How much does a Lamborghini cost?
CarlosBernal

Dear CarlosBernal
If you don't know the price, then you cannot afford the price. Fact.

Dear Dr. Nugghead
What motivates you in life?
Azurita

Dear Azurita
Writing for this paper. Once I let my associate give it a shot and man, that was one of the worst weeks of my life. Like, worse than having detention for a week in elementary school.

Got questions? Need advice? Thought of something cool but don't know who to share it with? Then send 'em to the good doctor! Starting at rates as low as \$0.00, you can have personalized answers in as little as a week! Just send your question to drnugghead@gmail.com, or submit them online to www.thenuggetonline.com and then tune in to the next issue of the NAIT Nugget.

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Practising safe dating



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

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

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

To reduce the risk of drug-assisted sexual assault:

- Plan your or night out, arranging your journey to and from home.
- Make sure someone knows where you are going and what time you will be home.
- When going to a pub, club, or party avoid going alone. Friends can watch out for one another.
- Appoint a nominated drink watcher (your non-drinking driver?).
- Alcohol is the most common rape drug, does affect your actions and reactions, as well as your ability to be alert to changing situations. Take care and monitor how much you drink. Stay aware of what is going on around you and stay away from situations you do not feel comfortable with.
- Never accept a drink from anyone you do not completely trust.
- Do not share or exchange drinks.
- Don't leave your drink unattended, even when going to the bathroom.
- Drugs can be put in soft drinks, tea, coffee, and hot chocolate, as well as alcohol. There are a number of drugs that can be used to incapacitate you; the majority will not be easily detectable in a drink.
- Drinking from a bottle and keeping your thumb over the top is a good idea. Just remember that if you leave it unattended you may not be able to see if anything has been put in it.
- If you return to your drink and it has been moved, looks different, appears to have been topped-off, or tastes strange, don't take a chance.
- Do not leave the pub, club or party with

someone you have just met. Always have a safe ride home with someone you know you can completely trust.

• If you begin to feel really drunk after only a drink or two, seek help from a trusted friend or a member of the club or pub management. It is important to get to a place of safety as soon as possible. You must be sure you have absolute trust in the person you are asking for help, no matter how long you have known them.

• This can happen to men as well as women and they have the same counselling and legal rights as women do.

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

– Information obtained from the Edmonton Police Service

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

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

Everybody benefits, except the criminal. 630 CHED Santas Anonymous

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

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

NAIT STUDY SKILLS WORKSHOPS

Check Out These **FREE DROP-IN** Student Engagement Workshops

29	Fri.	Reading to Remember (Bring a text to read)	Room X215	11:15am-12:00pm 12:15pm-1:00pm
DECEMBER, 2013				
2	Mon.	Stress Management (Presented by NAIT Counsellor)	Room J112	11:15am-12:00pm 12:15pm-1:00pm

TAKEN LITERARILY

Ender's Game, the book

By **MORGAN BLACK**
and **LAUREN FINK**

@MorganisBlack @LaurenFink_

Morgan's Review

Although *Ender's Game* is now a movie, as well as an extremely popular science fiction novel, I had never heard of it until Lauren brought it up to me as a potential Taken Literarily read. Ender, who is merely six-years-old at the beginning of the novel, was a refreshing change of character from the strong heroine type leads that frequent young adult novels.

I also loved that there was no romance aspect in the book. *Ender's Game* was about the growth of a character and the inner struggle of children learning to accept their inner demons. A romantic interest would have felt misplaced in this world and would have detracted from the book's message. What I find so interesting about reading science fiction genres is that years after they were written, the reader can look at the present day and see how close the authors' predictions on the future were to reality.

With *Ender's Game*, I was impressed by the accurate prediction on the way that politics and the Internet would intertwine. *Ender's Game* was a pleasure to read and, while I'm pretty sure that everyone else read this book in the Eighth Grade, I'm happy to add it to my book collection.

Lauren's Review

It's not often students enjoy the literature they are forced to read in high school (or that was what it was like in my high school) but I'm an exception to this. In high school we read two of my all-time favourite books, *Ender's Game* being one (and *To Kill a Mockingbird* the other). Reading *Ender's Game* transported me from my boring English class to somewhere unlike anywhere I could ever imagine or anywhere any book had ever taken me. It's science fiction and its before its time themes make it one of the most unique books I've ever read. The story line has you on the edge of your seat and turning the page until you've read it all in one sitting (I most certainly finished it before my class was even



Photo by Josie Baerg

Morgan Black, left and Lauren Fink check out some books for their column.

a quarter of the way through it). And, like Morgan, I really enjoyed the fact that unlike other young adult novels, it didn't have romance in it, which makes it that much better. I have high hopes for the newly released movie and hope it lives up to the standard the book set. I can't wait to see it.

Even though this is our last Taken Literarily, we would still love to hear your review of *Ender's Game*. You can tweet us (@nuggetonline,) Facebook (The NAIT Nugget) or e-mail (entertain@nait.ca) us your thoughts on the book. It has

been an amazing semester of reading and thanks for coming on this literary adventure with us.

Happy reading.

Band is back

SASKATOON (CUP) – After a mediocre release in 2011 with *Scurrilous*, Canadian heavy rock band Protest the Hero is back in fine form with *Volition*, a record that is sure to please both long-time fans and new listeners.

The album soars with heavy guitar licks that will both entertain and blow you away. Singer Rody Walker's vocals are some of his best ever. The most impressive feat that Walker pulls off is, no matter how intense he seems to be getting, his pronunciations are technically perfect and never leave the listener wondering what the lyrics are. If he is trying to outshine his previous performances, Walker is definitely succeeding.

Volition wastes no time getting started, as opening track "Clarity" explodes with a catchy guitar and drum intro. It doesn't take long for Walker's powerful, cutting vocals to jump in and, when they do, it's guaranteed that the album is going to be great. "Clarity" sets up what's to come and Protest the Hero does not disappoint.



"Drumhead Trail" is fast-paced but, thanks to the band's technical perfection, nothing is lost in the fray. The next track, "Tilting Against Windows," is a little more classic Protest the Hero and is less progressive but sets up a nice introduction for "Without Prejudice" – an album standout that represents everything

Protest the Hero stands for: creating good music without concerning themselves about being held back or pigeon-holed by one genre.

Protest the Hero is more than just a metal band and the unique, avant-garde quality of *Volition* is a testament to their ability to be a progressively evolving band that can appeal to a wide audience while still whetting the appetites of any metal lover.

"Plato's Tripartite" is perhaps the best the album has to offer, as the band is aided by Canadian folk singer Jadea Kelly – who appears four times on *Volition*. The last minute or so of "Plato's Tripartite" is definitely one of the most unique duet moments ever heard on an album like this.

NAIT Children's Christmas Party
Saturday, December 7, 2013 @ 11:00am-4:00pm

South Lobby: Santa Claus & Mrs. Claus, Gift Booth, Train Ride, Face Painting, Balloon Animals @ 11:00am-4:00pm
NAITrium: Cookie Decorating & Crafts @ 11:00am-4:00pm
North Lobby & Gymnasium: Carnival @ 11:00am-4:00pm
Pool: Swim @ 12:00pm-3:00pm
Ice Arena: Skate @ 1:00pm-3:00pm

Free for NAIT staff & students. Get your tickets at E134.
For more information call NAIT Athletics & Recreation at 780-431-7742.
Presented by NAIT, NAITSA, NAAA, ACPB and Department of Athletics & Recreation

MOVIE REVIEW

Catching Fire catches fire

By LAUREN FINK
@LaurenFink_

This past week the second installment in the popular *Hunger Games* series, *Catching Fire*, was released. The opening of the movie saw record breaking (for a November release) box office numbers making a total of \$161 million in the United States and Canada. That's roughly \$10 million more than the first movie, which made a total of \$152.5 million in its opening weekend in March 2012. *Catching Fire*'s total take this past weekend, including international sales, was \$307.7 million.

Being a huge fan of the series of novels by Suzanne Collins, naturally I had to see *Catching Fire* on opening night (I also saw the *Hunger Games* on its opening night) and add to its box office numbers. Before I go on, let's talk about how once again, I was underwhelmed at the number of people who dressed up for the movie's release. Official count of Katniss Everdeens at the 10 p.m. showing at the Scotia Bank Theatre in West Edmonton Mall: 0, official count of Peeta Mellarks: 0, Gale Hawthorns? 0. Unofficial count of non-costume seeing and disappointed Laurens: 1. (I can't be certain there wasn't another Lauren there who wasn't disappointed.) So, obviously by leaving my archery equipment at home, I dodged a bow (too much?) And, a lawsuit.

I've read and seen a lot of good and bad

reviews for the movie on the Internet (one I recommend watching is, *The Onion*'s, it's hilarious) some of which I agree with and others that I do not.

As a fan of the books, I think, as always, that it could have been better but, that being said, I was pleasantly surprised by the film. I don't want to give away any spoilers, especially since fans of books that get turned into movies are absolutely evil when it comes to the movie being ruined for them (although, by now, they should have seen the movie) so, I'll try to keep it short and sweet. I was worried that the film's makers wouldn't be able to do justice to key parts of the story but, for the most part, I left satisfied (especially when it came to Katniss's "Girl on Fire" dress.)

There were parts of the book, like relationships, they didn't elaborate on in the movie but I don't think they had too and it almost made it less cheesy (which it could have gotten pretty cheesy, had it been done wrong.) Although there were parts of the story they should have expanded on, and didn't. I also think, even though I liked the *Hunger Games*, that *Catching Fire* was a huge improvement



visually, in character choice, script and overall quality.

I highly suggest heading to the theatre to see *Catching Fire*. Even if you have

never read the books I'm sure you'll leave satisfied.



A sandwich to remember

By STEPHAN SUTCLIFFE

The fried egg and cheese sandwich is a wonderful thing, a beautiful combination that dazzles the senses and fills the stomach with calorie goodness. It is unmatched in my abbreviated cookbook, mostly because my cookbook is abbreviated. There are far fancier ways to no longer be hungry but maybe that is the best thing about the fried egg and cheese sandwich. It doesn't try to be a high class, (insert name of grand sandwich here) it is who it is and frankly it doesn't care what you think.

It's made up of an odd combination perhaps concocted during a drunken late night cooking session. It will end up all over your hands and face. To say it lightly, it is messy. The fried egg and cheese sandwich was mastered and perfected by my mother. I can only try to make mine as good as hers are.

When cooking, the success of the sandwich begins with the frying pan. If your pan sucks, so will your sandwich. I've screwed up a few sandwiches because of the pan – it obviously had nothing to do with my skills. For this article, I made a double order that consisted of two eggs,

four slices of bread, four slices of (plastic) cheese slices, Margarine (not butter), Ketchup, and mayo.

Ketchup is also an option for dipping the sandwich in, if you're cool. The fried egg and cheese sandwich is best enjoyed with a Coke but juice will work for health conscious people but if you're health conscious, you should probably stick to kale salad, weirdo.

- 1 egg
- 2 slices of bread
- 2 slices of (plastic) cheese slices
- Margarine (not butter)
- Ketchup, mayo

Place fry pan on one of the stove elements. Turn stove element under fry pan on to medium heat. Fry two eggs, doing your best to keep them the same size as the bread. Make sure to break the yoke to keep the eggs from running when you bite into the sandwich.

While frying eggs prepare bread by spreading ketchup and mayo on what will be the inside of the bread slices. Then put cheese slices on either side.

When the eggs are done, move them on to the bread. Put the sandwich together and

butter the outside of the bread with margarine.

Put sandwich on fry pan, put margarine on other side of bread while sandwich is in fry pan. Do not touch fry pan, it is hot, you idiot. Flip sandwich when the feeling is right. If you flip it too early,

then flip it back over. Flip it too late and it sucks to be you.

When both sides are golden brown or whatever colour your level of cooking makes them you're done.

Enjoy!



www.simplyscratch.com

Fried egg and cheese sandwich

(free)

stress relief

(relax, it'll just be a quickie)

december 3 | satellite campus | 11am-until they're gone
free cookies (souch campus - cafeteria, patricia campus - cafeteria)

december 5 | main campus | 9am-4pm
free massages (annex dock, naitsa, tower-8th floor, fresh express, spartan)

december 9 | main campus | 11am-until they're gone
free cookies (annex dock, naitsa, tower-8th floor, fresh express, spartan)

december 9 | main campus | 10:30am-1:30pm
free animal therapy (naitrium)

december 10-12 | main campus
free fun zones (annex & naitrium)

december 13 | main campus
free healing zones (naitrium)

december 16 | all campuses | 9am-4pm
free massages (main campus - annex dock, naitsa, fresh express, spartan
souch & patricia campuses - hallways)

stressfree zone



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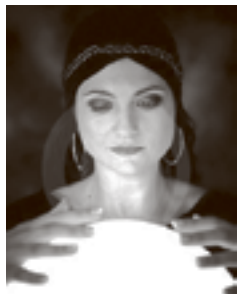
LIFE.CHANGING



Royal Roads
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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Nov. 28-Dec. 4

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

Sagittarius (Nov. 22-Dec. 21)

Romance is in your future. Keep the horizons clear and don't shut down anyone who tries to ask you out.

Capricorn (Dec. 22-Jan. 19)

You have been feeling a bit blue

these past few weeks. Take up some fun seasonal activities and unlock your positive frame of mind.

Aquarius (Jan. 20-Feb. 18)

You hoped that your efforts would have paid off by now. They are, just look at the big picture rather than the day to day.

Pisces (Feb. 19-March 20)

You always expect success. Cut yourself some slack, good things will happen if you let yourself relax a bit.

Aries (March 21-April 19)

Listen to your intuition this week. Sometimes the only person you can count on is yourself.

Taurus (April 20-May 20)

Try not to be impatient this week. Show tolerance towards your peers and you will go far.

Gemini (May 21-June 21)

You will hear some news today that will be upsetting. Take it in stride and use it to help you grow.

Cancer (June 22-July 22)

Buckle down this week. The only way to get where you want to be is through hard work.

Leo (July 23-Aug. 22)

You can come across as powerful and opinionated. People will always listen to you, so take a step back and give someone else a chance.

Virgo (Aug. 23-Sept. 22)

Take the lead in your relationship

or ask someone out. It is your week to take the reins of love.

Libra (Sept. 23-Oct. 22)

You are close to achieving a large personal goal this week. Keep powering through and you will accomplish your dreams.

Scorpio (Oct. 23-Nov. 21)

Your attitude is contagious. Keep a positive attitude around your peers and it will come back to you tenfold.

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STUDENTS'
ASSOCIATION
CELEBRATING 50 YEARS

Be successful in math



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

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

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

- Attend every class and take complete

step-by-step notes.

- New material builds on what you have already learned. Take responsibility for studying and recognizing what you do and don't know. Get help with concepts you don't fully understand.

- Study math before your other subjects, especially if it is a weakness for you – you are most alert when you first start to study.

- Understand, don't just memorize, formulas. Be clear about when and how to use each formula you learn (i.e. What type of problem is it used for? What type of wording should you watch for? What are the steps to solve the formula?).

- If you have a lot of formulas to memorize, use flashcards with the formula on one side and when to use it, how to use it and a step-by-step example on the other side. You could also include what wording to watch for.

- Use your homework assignments as practice tests. Go through your notes and then set the timer and work through your homework without referring back to your notes. When you are finished go back and use your notes to complete the questions that you didn't get. Mark those questions and redo them later. You do not know the material well enough to succeed on an exam if you have to constantly refer to your notes while doing

your homework.

- The best way to learn a topic is to teach someone else. If you can explain a concept you know that you really understand it.

- Apply Pólya's four-step process to problem solving:

- 1. Understand the problem.** Read through the problem to get an overview. Reread it to identify exactly which quantity the problem is asking you to find a solution for. It sometimes helps to underline key parts. It is always a good idea to guesstimate an answer.

- 2. Devise a plan.** Convert word problems into mathematics (i.e., find equations which describe relationships among the variables and describe the goal of the problem). Use one or more of the following:

- Think of every formula or definition that might be relevant to the problem
- Work backwards; ask "What do I need to know in order to get the answer?"

- Look for a pattern
- Draw and label a diagram or table
- Solve a simpler related problem
- Guess and test
- Relate the problem to similar examples in your notes or text

- As you progress in your course, many problems will require several steps. Break these problems down into smaller pieces and solve each piece.

3. Carry out the plan

- When you work on homework problems write out complete solutions as if you were writing a test answer.

- Try to do your homework without looking at your notes. Referring to notes only if you get stuck will make test taking easier.

- If your answer is wrong, rework the complete problem. Don't just convince yourself that you know where you went wrong.

- 4. Look back.** Always check that your solution:

- looks "reasonable" according to your guesstimate

- is in the proper form

- is answering the question you were asked to answer

If you're having trouble, get help ASAP:

- Set up an appointment with your instructor.

- Form a study group – brainstorm solutions to difficult questions together.

- Use the Tutorial Centre on campus (Room A-133) or hire a peer tutor on-line at MyNAIT Student Portal.

- Counsellors are available to help you with study techniques or with problems that may be interfering with your success. Book in person at Student Counselling, Room W-111PB in the HP Centre or call 780-378-6133.

RUBIX CUBE PARTY

FRIDAY, DECEMBER 6 | THE NEST | DOORS – 9PM | TICKETS \$5 NAITSA.CA

Rules for Rubix Cube Party: 1. Come wearing different solid coloured garments (red shirt, blue shorts, etc) 2. Exchange clothes with people to have every piece of clothing the same colour! 3. Go home as one solid colour!

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ROBERT MacGILLIVRAY

“Would you rather get your tongue stuck to a flagpole in public, where someone could help you or in private, where no one could see you and why?”



“I would choose a private place because I would be way too embarrassed to have other people know that, through whatever circumstances, that I stuck my tongue to a pole in the middle of winter.”

Adam Chaney
Game Design



“In private, because then I could hide being an idiot and I’m pretty sure that I could get it unstuck myself.”

Barrett Brown
Computer
Engineering Tech.



“I would lick a flagpole in public because in case I got my tongue stuck, someone would help me as opposed to in private where no one could help me and I would die.”

Ted Deurloo
Game Programming



“In public, because I want people to help me out if they see me stuck there ... You have to bite the bullet and accept the help and maybe even lose your tongue but, hey, you’re not stuck to that flagpole.”

Ces Pereira
Business Analysis



“In public, because then other people can help you. Yeah, it would be funny as hell but I really don’t care about being made fun of at this point in my life.”

Jeff Rock
Game Design

KIDS' STORY

King setting a bad example

By **QUINTON BERGER**

Today, we take a look at an older children’s book that nevertheless is capable of some pretty counterproductive habits and thinking patterns.

The book is titled *The King, the Mice and the Cheese*. The title pretty much says it all. It leaves nothing to the imagination, a rather uncreative title for a book that came out in the '60s. You’d think there’d be at least a little more to it, but there’s not.

The book centres around a king who lives in a fabulous palace where all of his needs are met. The thing he likes most of all – cheese! He is a connoisseur of the stuff! He even has his own cheese makers and the cheese can be smelled not only throughout the palace but throughout the whole country. How the hell does he stand that? There’s something wrong here. Either his cheese makers are making some nasty cheese that be stinking up the entire palace or he’s got some paper thin walls. Either one of those living conditions is undesirable, much less fit for a king. At first I was on board with the king’s way of life. He’s in the lap of luxury and all he wants is cheese. Not money, jewels or women but cheese! It seems like a pretty simple and zen way to live but, as it turns out, the king is an idiot.

Once the smell of his stinky cheese (seriously, it shouldn’t smell that bad) travels across the way, it attracts mice. Did nobody foresee this problem? It seems pretty obvious that would happen, especially if you’re living in some paper thin palace where everyone can smell what’s inside.

Once the king finds mice everywhere, he loses it and decides something needs to be done. So he goes out and gets a plethora of cats to deal with the mice ... also stupid! If this guy’s palace already reeks of cheese, I can only imagine what adding a bunch of cats will do! That place has gotta smell awful! Once the king gets tired of the cats, he brings dogs in to chase all the cats and surprise, surprise – he hates the dogs, too. He decides to get rid of the dogs and the best thing he can come up with ... lions! Let me get this straight, he already hated the cats so he decides to solve his problem with bigger cats ... this guy is a moron.

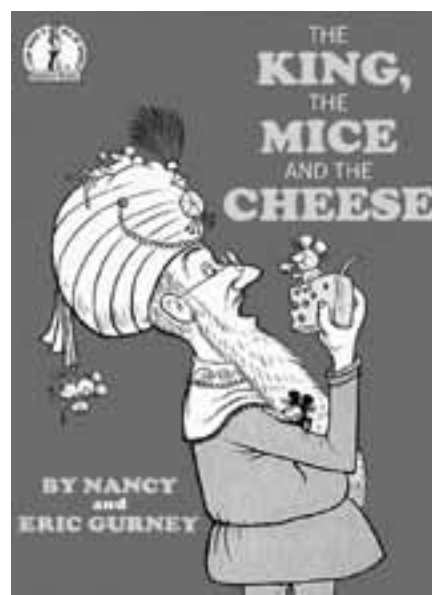
Of course the lions get on his nerves and surprisingly enough don’t eat him so he decides to get them out too. What does he use this time? Elephants! So, after getting fed up with rodents, household pets and wild beasts, he decides to solve his problem with even bigger wild animals that start wrecking the place, another very foreseeable complication. Why doesn’t anyone think things

through in this book? I can only imagine the list of social and economic problems the country is facing under his rule but that’s a different article. So once he’s tired of the elephants he brings in something to get rid of them and you’ll never guess what he brings in (actually you probably will, assuming you’re not an idiot). That’s right, mice! So after going through multiple pains in his ass the king is back on Square 1, sitting in his castle with mice all over the place and eat-

ing his cheese. After three days of thinking, the king decides to take a different approach to his problem. He goes up to the mice and talks to them, wait ... what?! This on its own is totally screwed up. The king somehow determines that he can communicate with mice and oddly enough they speak English ... what the hell is in this guy’s cheese? At the end of the story, the king and the mice learn to live in harmony and share the plethora of cheese at their disposal.

The end of this story alone promotes some sloppy eating habits. Do we really want kids to think that it’s OK to eat with rodents or have food around them? That’s disgusting! Rodents are nasty creatures and shouldn’t be anywhere near people’s food but this book tries to teach us otherwise. Plus, there is the whole idea that if you have a problem with something you can just replace it with something else.

That’s a terrible lesson for children. Kids need to learn to deal with their problems, not just switch them out. I blame this book for the massive increase of divorces over the past few decades. People are so quick to give up on things rather than solve their problems and I think it all started with this book! How could such a brilliant man ever allow something like to be put out for children to absorb?



www.alephbet.com

THROWBACK THURSDAY

Saturday a.m.

By QUINTON BERGER

Growing up, we all develop our own little rituals. From the way we eat things, the order we do stuff and even how we celebrate holidays. As we develop as people, certain behaviours and habits take form that shape us into unique individuals.

Then there are also the more popular rituals that everyone can look back on fondly. A prime example is Saturday morning cartoons. Everybody of every age remembers getting up Saturday morning, getting breakfast and then plopping in front of the TV for a morning of animated adventure and shenanigans. Of course, there are cartoons on at all times of day but evenings were reserved for pseudo-Asian programming and day time cartoons just sucked.



andrahilde.deviantart.com

animation's most identifiable characters. This show followed the life of a boy genius who spent the majority of his time in his secret underground lair building a variety of eccentric inventions only to have them backfire and

end in pain and humiliation. I'm talking, of course, about Dexter's Laboratory. This half hour program consisted of seven mini escapades, meaning if one story sucked (and very few did), there were more chances for the show to redeem itself.

The show mainly consisted of Dexter coming up with outlandish inventions to overcome his problems like being picked last in gym class, not being old enough to stay up late or tall enough to do something, all the while his sister Dee-Dee comes in and usually innocently foils his attempts by pushing a wrong button or knocking something over. The true hilarity of this show came from Dexter's painfully oblivious mom and dad, who have absolutely no idea what their son is up to. And with Seth MacFarlane as one of the writers, it's pretty much guaranteed to be entertaining and hilarious (and it was!).

Third, we had a Canadian show, which followed the imaginary adventures of crudely drawn and even more crudely animated kids as they delved into their imaginations, wreaking havoc, which usually wound up involving the whole town. *Stickin' Around* followed the eccentric fantasies of best friends Stacy and Bradley, along with their friends and as they overcame everyday situations such as school, parents and bullies through the use of their imaginations.

Hilarious premise

Usually they imagined themselves as superheroes, explorers or pro athletes. Bradley and Stacy manoeuvred their way around town, usually bringing others into their imaginary exploits that usually ending in misfortune for the protagonists. The hilarious premise and slew of pop culture references made the show popular with both kids and adults. No wonder it won a Gemini.

These shows were only a few on the list of what made Saturday morning awesome. These clever plot lines and iconic characters just aren't seen any more in today's programming. Ask anyone between the ages of 19 and 25 and I guarantee they enjoyed watching at least one of these shows, if not all three. If you missed them as a kid, don't worry. These shows aren't off the air. They can be found on the Cartoon Network for a simple reason. They're freaking classics!

Quality entertainment

Saturday morning was a nonstop manifestation of quality entertainment and classic characters. Today's cartoons just can't match up to the awesome programming we had as kids. It saddens me that kids today can't wake up and enjoy the misadventures of a dim witted, top heavy simpleton, a child genius with a high tech laboratory under his room and the life like imaginations of two crudely drawn pseudo stick characters.

Few characters are as memorable as one bold yet brainless pretty boy with a massive chest, tiny legs and badass pompadour. Johnny Bravo was easily the biggest bro kids saw on TV. Every time the guy moved it was accompanied by an awesome sound effect. The guy was so cool he wore sunglasses at all times of the day both indoors and out and he obviously lifted but unfortunately never did anything with his legs. Every Saturday we'd get to tune into Johnny's misadventures (usually in pursuit of a woman) and whether he was fighting ghosts, joining the army or being launched into space, he'd always take a minute to try and pick up a girl, usually resulting in his being smacked in the face.

The show featured an awesome gang of side characters and hilarious one liners like "bad baby! Stop defying the laws of physics" and "women? That's slang for babes!" Johnny usually wandered around in various scenarios, oblivious to what was going on, usually ending up battered and bruised. This simple, yet hilarious formula proved to be very effective as many consider Johnny Bravo a cult hit.

Within the same time frame, we got to follow the misadventures of another one of

HOT MOVEMBER MAN!



Photo by Sami Silver

The NR92 Movember Mamas present NR92's Movember Man Nicholas Brown

Nicholas is a NAIT student in the Accounting Program. Nicholas enjoys horseback riding, wine making and baking ... and ladies, he's single!

Nicholas's Movember music requests:
"Feliz Navidad" by Jose Feliciano
"Call Me Maybe" by Carly Rae Jepsen

Listen to NR92's Movember Request Hour, Monday nights at 6:00. To make a request of your own, tweet @NR92, or find the NR92 Movember Mamas around campus every Wednesday and Friday in November.

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

LOCAL BANDS

Death By Robot gets Sonic's nod

By QUINTON BERGER

Coming up in the music industry and getting your name out there has become increasingly hard for aspiring artists.

Nowadays, virtually anyone anywhere can make a song and broadcast it for the world to hear. The Internet and home studios have made recording and broadcasting music so easy that anyone with a little time and a little money can record quality audio and upload it, usually free.

But while recording the audio is easy, getting your name there has become harder. So many people are putting music out that a lot of them just kind of blend together. It's important to be unique and intricate and make people want to hear the music.

That's where Edmonton based band Death By Robot comes in. This incomparable five-piece indie rock group, consisting of Jeremy and Colton Pudlowski on guitar and vocals, bassist Nathan Woodward, Greg Tkach on drums and trumpet player Raine Radtke have been making some serious noise in Edmonton's music scene and have been named Sonic 102.9's Band of the Month for November.

"It's a long process," said lead guitar player Colton Pudlowski in a recent interview. "You have to be semi-established in the local music scene for a while and you have to work your butt off."

Death By Robot's unique sound comes from a variety of influences, including David Bowie, Queen and System of a Down.

"I think the biggest reason we're an indie or alt rock band is so we can do whatever we want," says vocalist, Jeremy Pudlowski. "We want to have songs that have a bigger scope to them, that we can do more stuff with."

Jeremy is no stranger to making music either, having been active Colton and Tkach before forming Death By Robot.

It was after releasing two albums, *Death by Robot* and *The Green Popsicle* in 2011 that



Death By Robot

bassist Nathan Woodward and trumpet player Raine Radtke joined and Death By Robot was formed.

"Bands change all the time," says Jeremy. "They grow and then they outgrow and that's what happened with that first project."

The first album to be released under the name Death By Robot was 2011's *Silently They Came*, featuring the single "No Need For Alarm," with a video Jeremy animated.

Pudlowski's experience in graphic design

doesn't stop at music videos, though. Death By Robot's website features a video game with levels based off all five songs off their 2013 release *The Love Machine*, which he designed entirely by himself. Each of the levels is based on one of the tracks, which explains the album's sort of "eight-bit" sound and also helps tie in with Pudlowski's writing style.

"Our music is all narrative. It's all story based," he explains. "I think every song

we write needs to have a scenario and a storyline,"

Upon releasing *The Love Machine*, the group embarked on a six-stop tour of Western Canada.

"If we could do anything differently, we'd play more acoustic sets at coffee shops to fill up dates – and make it longer," says Jeremy

"Next year we plan on touring for at least a month and heading out East to Toronto. Toronto's got a great indie scene and festival scene so we're hoping next summer to hit all the festivals in Edmonton and hopefully get on the back end of festivals in Toronto."

Death By Robot will be headlining the Sonic Band of the Month showcase at the Starlite Room, Nov. 29. Their music can be found on iTunes and on their website, death-byrobot.ca.

The band has accomplished quite a bit in their short time together and they're just getting started. Next year promises all kinds of things for the group, including tours and the release of a new album which they are currently working on, due for release in late spring.

"We're pushing ourselves musically as far as we can," said Pudlowski. "We're really putting a lot of hours into this one."

When asked to break it down simply, Pudlowski says, "It's about people. That's what this album's about."

Death By Robot have come together and formed a completely unique and creative sound, unlike anything else on the Edmonton music scene. Connor then explains what he loves about playing music.

"I think for me, it's when you're playing and you look out in the crowd and you see people actually enjoying themselves and enjoying the music you've created.

"You can actually bring something that makes people happy and have a good time. I think that's pretty cool."

PORN REVIEW

A laundromat without laundry?

By CHRIS FIGLUZZI
Assistant Entertainment Editor
@chrisfigluzzi

I don't know about you but I absolutely hate doing laundry. I think it might be the chore I despise the most ... well that or dishes, as I don't own a dishwasher besides my own two hands. I will openly admit that I usually end up putting off doing laundry until I have no choice but to do it ... which is usually when I run out of clean underwear. This is why when I saw the title *Laundry Fun*, I had to watch it and maybe find out just how I could improve my laundry experience.

The video can be found on fantasti.cc, fantasyhd.com or redtube.com and stars Presley Dawson along with some unnamed guy. Now before you all rush

out trying to find it and improve your laundry experience you should know that while the link says it's called *Laundromat Fun* the video is actually titled *Laundromat Seduction* ... so that's already not a good sign about what's to come.

The scene starts out pretty promising as the set looks amazing, mostly because they went all out and actually filmed in a real life laundromat. Unfortunately, this is pretty much the only impressive part of the movie. You immediately notice that the film makes use of a stereotypical background beat left behind by the '80s. This wouldn't be so bad except for the fact that it is literally the only audio you hear ... for the entire movie! I don't know if this is just an ingenious way for

the film company to save some money, as you don't have to pay non speaking actors as much and no audio means no sound guy, or if it was just an oversight and no one remembered to bring the script.

In addition to the set, I really have to admit that the wardrobe looks perfect for the scene. I mean, it actually looks like Presley is wearing her typical laundry day attire. As awesome as the wardrobe is though, you really can't help but notice that neither person at the laundromat has any laundry! I mean sure, no script is excusable, that's a mistake even the most seasoned film maker could make, hell, I kinda wish that Steven Spielberg had forgotten the script for *Indiana Jones and the Kingdom of the Crystal Skull* but to forget a key

prop, like laundry at a laundromat is just terrible. It completely destroys the realism for me and just takes me completely out of the scene.

Overall, the video was terrible. I mean no dialogue, a complete lack of props, not to mention the fact that nobody does any laundry throughout the entire video. I mean who goes to the laundromat, forgets their laundry and then sticks around anyway. This video is completely unbelievable and just a waste of time. The only redeeming quality is the fact that it actually takes place in a laundromat and not on some terrible attempt to create a laundromat on a soundstage. I give *Laundromat Fun* or *Laundromat Seduction*, whatever it's called, two scoops of detergent out of five.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit www.naitsa.ca/clubs/current-clubs/

WHO	WHEN	WHERE
Gamers of Dungeons & Dragons	Wednesdays, 5:15pm – 11:00pm Fridays 5:15pm – 11:00pm Saturdays 8:00am – 8:00pm	Room WA-114 Rooms WC-316, WC-312, WC-306, WC-320 Room T-015
Business Connex	Tuesdays, 4:45pm - 5:30pm	Room T-116
Btech	Mondays, 5:00pm – 6:00pm Fridays, 5:00pm – 9:00pm	Room WA-114 Room WB-314
Latter Day Saints Student Association Christian Club	Thursdays, 11:15am – 12:10pm & 12:15pm – 1:10pm Fridays 12:15pm – 1:10pm 5:15pm – 8:00pm	Room WA-212 Room E-201 Room E-216
ANIME	Thursdays, 4:15pm – 6:10pm	Room WB-314
Paramedics 2015	Tuesdays, 12:15pm – 1:10pm	Room X-205
Investment Club	Wednesdays 4:40pm – 5:40pm	Room T-509
Civil Club	Wednesdays, 5:00pm – 6:00pm	Room L-164 (Club Room)
CETSC	Wednesdays, 12:00pm – 1:15pm	Room L-164 (Club Room)
Improv Club	Thursdays, 4:15pm – 7:15pm	Room A-122
Blaze Dance (Hip Hop) club	Fridays, 5:00pm – 8:00pm; Sundays, 11:00am – 3:30pm	Studio
Aboriginal Club	Bi-Monthly beginning Oct. 22; 4:15pm – 5:10pm	Room H-111
Breath Within Yoga	Thursdays; 6:30pm – 8:00pm	Studio
intoNAITion Toastmasters	Mondays; 4:40pm – 5:30pm	Room H-003

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
DMS 2014	Comedy Night	November 21; 7:00pm	The Comic Strip
MECSA	Beer Garden	November 29; 3:00pm	Business Tower Lounge (8th floor)
Btech/VMA2014	Roundup at Ranch party	November 29; 9:00pm	Ranch Roadhouse
EDSS	Pub Night	November 29, 6:00pm	Centreal Social Club
Muslim Students Association	Information Session	Mondays; 12:15 – 1:00pm Thursdays; 11:15am – 12:00pm	Outside NAITSA, Rm E-131 Outside NAITSA, Rm E-131
RT2015	Santa Sleigh Guessing Game	December 3/4; 8:00am – 12:00pm	HP Centre 2nd floor near Pedway
		December 4; 8:00am – 12:00pm	Outside Common Market, main campus
Club 5 Star	Flapjacks for Breast Cancer	December 4; 7:30 – 10:30am	E Hallway near stairs to Pedway
Geo Tech Rockers	Silent Auction	December 4; 9:00am – 4:00pm	Annex Dock (L building)
Gamers of Dungeons & Dragons	"A Christmas Carol"	December 5; 4:00 – 10:00pm	Shaw Theatre
DMS2015	Bake Sale	December 5; 9:00am – 2:30pm	HP Centre 2nd floor near Pedway



VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
upcoming Important Clubs Dates

YEG PARTY GUIDE

Grand Re-Opening Party
Friday November 29th
**THE RACK HAS GOTTEN
 "ENHANCEMENTS"**

- Bigger dance floor
- Hardwood floors
- Upgraded A/C
- Revamped menu
- New lights & sound
- And much much more!

Show your Student ID for VIP Admission before 11PM



THEOLDSTRATHCONARACK @THERACKONWHYTE
 10644 - 82 AVE // 780.437.7225 // THEOLDSTRATHCONARACK.COM
 RACK UP. DON'T DRINK & DRIVE. DRINK RESPONSIBLY.

WING
 STUDENT NIGHT
WEDNESDAY

WHYTE AVENUE

40¢ 40-WAY WINGS

\$25 TABLE KEGS

\$4 HIBALLS

\$4 SHOTS

LATE NIGHT GAMES

DJ & DANCEFLOOR

EVERY WEDNESDAY



@pintwhyte // PintEdmontonPOW // thepint.ca

YOUR PRIVACY AT THE PINT REMAINS THE TOP PRIORITY. PLEASE KEEP YOUR DATA AND SOCIAL MEDIA PROFILES PRIVATE.

LEGENDARY
**THROW
 BACK
 THURS
 DAYS**

\$0.75 DRAFT

\$4.00 HIBALLS

NO COVER ALL NIGHT

WITH STUDENT ID OR INDUSTRY PAY STUB

KNOXVILLE'S



SATURDAY NOVEMBER 30

BARBER-HA

STRAIGHT SHAVES

SHAVE & SHINE

presents

MOVEMBER



\$10 ticket includes

1 prepaid drink | priority entrance
 trophies & prizes for best and worst mo

THE BUCKINGHAM

10644 Whyte Ave - www.thebuckingham.ca