THE NEST MARKS 25 YEARS!

THE NAIT NUGGET

Thursday, November 21, 2013
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YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA

FAR FROM HOME

NAIT students share their cultures, page 7

Photo by Tegan Dutton

Photo by Tegan Dutton

THE WORLD COMES TO NAIT

Dancers perform at NAIT's first Global Village event organized by the International Club in the North Lobby on Nov. 18, 19. Ten countries and cultures were represented, with displays of clothing, artwork, martial arts and jewelry.

NEWS&FEATURES

Ready to run with the ball

WHITNEY FOX
Assistant Issues Editor

A little under three months ago, I was a first semester Radio and Television student at a program orientation day. That day, a couple of more senior students came into our class to pitch the *Nugget*. They stood at the front of the room and said that if we showed up at the *Nugget* office on Tuesday at lunch, we'd get free pizza. They added in an off-hand manner that if we were interested, we could write an article for the next week's issue.

I hadn't written an article in years, but the pizza seemed like a good idea. With that in mind, the following Tuesday I wandered over with a few of my classmates to get the lowdown.

That's how it began.

In the short time since then I have previewed and reviewed parties, reported on a variety of sporting events (some of which were totally new to me) and written about everything from the LRT expansion to the location of coffee lids and a bunch of stuff in between.

And I did this all with the guidance of the crack team of *Nugget* editors.

That crack team is now minus one. The venerable former Issues Editor, Joshua Yaworski, is moving up in the world by seizing a wonderful career opportunity. It's really a great deal for him, but the *Nugget* is going to feel the loss. Of course his replacement, Stephan Sutcliffe, is well-qualified to fill his shoes. However, the difficulty now lies in replacing Sutcliffe in the role of Assistant Issues Editor.

In a twist, the staff at the *Nugget* have deemed yours truly worthy of the task. As preposterous as this is, I've opted to accept. In honour of the occasion, we all thought it would be a good idea for me to say a few words, so here goes.

I'm experiencing a number of emotions at the moment. Although I have to admit that panic is one of my initial reactions, I would say I am excited and determined above all else.

To explain, I'll first offer a little background about myself. I'm a returning student to NAIT. I studied here as an apprentice until 2010. After receiving my ticket, I proceeded to work in that field for a number of years.

But last year, I realized it was time for a career change. After some soul searching, I thought I'd like to explore the world of news media. I had such a good experience on campus back in the day, that when I decided I wanted to investigate a new career path, NAIT was my first choice. With a little research I discovered the Radio and Television program and before I knew it, I was attending the aforementioned orientation.

Returning to school has rejuvenated me. I'm thrilled about all of the new opportunities available, not the least of which is becoming an editor at the *Nugget*.

I am looking forward to the opportunity to work with the other editors and contributors to continue to publish a *Nugget* that appeals to the students with relevant, interesting articles.

That being said, I also look forward to expanding and improving your source of student news. I want to hear more from you, the NAIT students. I want your commentary and opinions on what's happening at NAIT. And I want you to decide on what should go into the *Nugget*.

News media is in the midst of a revolution, and I want to be a part of a campus publication that adapts to the ever-changing world and remains relevant. The *Nugget* has already been progressing from a publication that just delivers what we think is news, to providing what the student body at NAIT believes is news.

So I as it stands now, I will thank the current editorial staff at the *Nugget* for getting the ball rolling and say that as part of the team, I look forward to really taking that ball and running with it.

(I'm sure you sports fans will read that last paragraph and thank goodness that I'm part of the Issues editing team, so I won't be covering anymore of your sports. You're welcome.)

Vehicles – pick your poison

By STEPHAN SUTCLIFFE
Issues Editor
@StephanRadio

Driving even a partially electric vehicle in Alberta could get you called a hippie, traitor or whatever someone is called who goes against everything this province stands for. It is no secret that we live in a very oily province filled with monster trucks. An electric car in the gas world of Alberta is as much of a radical thought as a NDP government taking power in this province. But like the NDP in Alberta, electric, more so hybrid, vehicles have a strong, loyal base.

Hybrid vehicles are far more affordable than any electric vehicle on the market and many popular models like the Ford Fusion and Toyota Camry have hybrid versions. The Toyota Prius is by far the most popular hybrid vehicle and for good reason – it has the best fuel economy compared with its competitors. Slowly, non-hybrid vehicles are narrowing the gap because of the increased attention paid to squeezing every last kilometre out of a tank of gas. Diesel vehicles have long been an alternative to gas in Europe and are slowly making their way over to North America. But the higher cost to buy and fuel diesel vehicles can scare people away.

As automakers become better at getting more out of normal gas engines, hybrids aren't exactly the best alternative. The answer may be electric vehicles or EVs, as they've been dubbed. The Chevrolet Volt and Nissan Leaf are the only true options and have reviewed well in consumer reports. Both the Volt and Leaf are relatively affordable for what you get out of them, a drive to and from work or around the city with a full charge of 10 hours for the Volt and 14 hours for the Leaf. The Leaf has a longer battery range of 75 miles compared to the Volt's 35 miles, but the Volt has a gasoline generator that drives the electric motor 315 more miles. Both EVs come with the option to charge the vehicle faster with 240 volt power, which lowers charge times to four hours for the Volt and six hours for the leaf.

By far the most exciting EV on the road is the Tesla Model S. After having difficulty in the beginning, Tesla has found success and is leading the EV revolution. Tesla is building infrastructure across the United States and even parts of Canada for its owners to charge their vehicles. The company is even developing an EV crossover called the Model X.

Obviously your electricity costs increase with an EV but that cost is far less than the unpredictable costs of gasoline or diesel that will inevitably increase over time. Using electricity to power vehicles will no doubt put more of a strain on the grid, making how we generate electricity that much more important. In the future there's opportunity to generate our own electricity. Solar panels will keeping getting cheaper and more powerful along with other ways of generating power at home. There's no way you're finding oil at your place, *Beverly Hillbillies* style.

www.motortrend.com

Tesla Model S

Government incentives encourage people to buy EVs by taking some of the sting away from the high price. But like any electronic, the first versions cost a lot but as time goes on and the manufacturing of EVs gets cheaper, the price will come down. Early adopters are literally paying the price before EVs become affordable for everyone. And as time goes on they will only get better, with extended ranges and more versatile models. EVs have proven to be better than other combustion engine alternatives like ethanol and hydrogen.

Reducing our dependability on oil is important. For one, it will prolong oil's effectiveness. Oil is used for far more than powering cars and the longer we can use oil the better. It will stop us from rushing to exploit the resource and extend Alberta oil's life span and the province's prosperity.

Some criticism of EVs, and hybrids for that matter, are the cost of battery replacement but when you consider the savings on fuel and maintenance costs that would offset the new battery. The batteries contain precious metals and it is said the assembly of EVs and hybrids have a larger footprint than conventional vehicles. So when it comes to it, hard to say what better long term. You have to pick your poison. Gas, diesel, hybrid and EV – none are perfect, so make the choice that is right for you.

Social media pitfalls

By WHITNEY FOX
Assistant Issues Editor

Social media: Can't live with it, can't seem to generate a progressive professional reputation without it.

Although many would prefer to limit their social media use to socialization, it is a professional networking and marketing tool that can't be ignored.

But everything is moving so fast. From the advent of blogging in the '90s, to the early Facebook and MySpace era of the early 2000s, to the current plethora of sites such as Twitter, LinkedIn, Pinterest, YouTube, WordPress, Reddit and a new and improved Nexopia, the snowball effect is extreme.

The growth is bordering on chaotic. People are frantically trying to keep pace and the lines between personal and professional are no longer clear.

So mistakes are happening.

It seems there is constantly something in the news about someone getting into trouble on Twitter or Facebook.

In August, an Ontario ombudsman had to have it out with the police in his region as a result of Twitter comments. In September, three firefighters in Toronto were fired for sexist tweets and Facebook posts. Shortly thereafter, an Edmonton police officer got into trouble for unprofessional conduct using social media.

More recently, in early November, a school superintendent in New Mexico was in the news for tweets that disrespected a colleague. Closer to home, Jim Andre, a recently elected Alberta school board trustee, resigned following the discovery of his offensive tweets.

These stories don't even touch on the countless stories most of us have read or heard about peoples' very public firings resulting from ill-advised online behaviour, whether it be tweeting from the wrong account or venting about a lousy day at work.

One fascinating element of the social media explosion is the scramble to get a handle on it. There is an attempt at an organized approach that resembles trying to stuff an oversized amoeba into a wicker basket as it multiplies exponentially.

Part of this organized approach are a vast variety of online articles that give advice on how to use social media to one's advantage, whether in commerce or for the sake of personal branding, and how not to damage one's reputation or career.

This article won't tackle how to use social media effectively for any purpose. But, based on the conclusions drawn regarding the stories listed above, amongst many more, here is a list of things not to do on social media in order to survive professionally:

1. Don't be racist.
2. Don't be sexist.
3. Don't be homophobic.
4. Don't be ageist.
5. Hey. Just don't be discriminatory.
6. Don't tweet when drunk.
7. Don't tweet when emotional.
8. Don't badmouth your place of employment.
9. Don't badmouth your employer.
10. Don't badmouth.
11. Don't broadcast privileged information.
12. Don't think you can separate your personal identity from your job, especially if you work in the public eye.
13. Don't confess to incriminating behaviour on a very public platform.

(Of course if you're serious about staying out of trouble, maybe don't partake in incriminating behaviour in life, but that's beyond the scope of this article.)

This list isn't complete. There are probably tonnes of other ways to get in trouble on social media. However, it might be a good set of starting guidelines. Also, if any points here came as surprises to readers, it may be worth investigating further in order to customize a more thorough set of rules for future online interactions.

Vending machines gone?

By ROBERT MacGILLIVRAY

If you spend any time in the main building at NAIT, I'm sure you've noticed something missing on the main floor of E-Wing. If you haven't noticed, you obviously don't like snacks, because for a few weeks now there's been a little closet/enclosure of some sort right where our wonderful vending machines used to be.

We've all had some good memories with those machines.

"Remember that one time you spent like $20 dropping stuff on that bag of Ruffles to get them unstuck?" my friends remind me every time we walk past the machines on our way to The Nest.

From what I gather, one of my fellow columnists here at the *Nugget* had the exact same problem one day. There's something about the way those Ruffles bags fall that wedges them in the infamous anti-theft slot so you can't fish them out or knock them down. And don't get me started on the ice cream machine. One time, my ice cream sandwich was frozen so hard that I almost chipped a tooth; then, when I tapped it on the wall it shattered.

Ruffles and ice cream aside, those machines fed a lot of snackish people, so why remove them we at the *Nugge*t we ask. Thus, a hunt for the truth began.

Was the removal orchestrated by the Common Market? One could see them feeling threatened by four lonely vending machines: if you need a quick snack, why walk the extra distance to the Common Market? But taking two seconds to think out this possibility causes it to crash and burn immediately. The Common Market is run by NAIT Food Services, and the vending machines make money for NAIT; they're really working toward the same goal. When you think about it, the vending machines probably have a slightly higher profit margin as they charge more and don't require an employee to run. Cross theory No. 1 off the list.

Maybe NAIT feels the need to get on the same health bandwagon as every grade school in Canada? There were a few healthy alternatives in those monolithic service machines, but we all know that health nuts aren't satisfied until every last delicious, cholesterol-clogged item is removed from our reach. Unfortunately, this theory bites the big one when you realize that not a single other group of vending machines was affected.

So how about this: with the Ruffles and ice cream problems those machines were causing, maybe it was time to upgrade? To confirm this, I talked to Trevor Morton, the Acting Manager of Capital Projects.

"The vending machines on the main floor of the E-Wing were temporarily removed to allow for work on the services in the wall behind the vending machines. They will be reinstalled when the work is completed, which is planned to be before the end of the current semester."

Not only did our vending machines not really go anywhere, the maintenance staff were nice enough to build a temporary enclosure so that their work wouldn't bother us. Darn. Ockham's razor strikes again!

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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.

Tips for winter driving

By ROBERT MacGILLIVRAY

With the glare-ice-covered-by-a-sheet-of-snow conditions we got stuck with on Friday night-Saturday morning, it's time for a little reminder on some good winter driving practices. Some of these you're sure to have heard a million times, but others may be ... a little unorthodox.

Buy winter tires

Let's get the one you've heard a million times out of the way first. Winter tires are easily one of the best things you can have during this chilly season. Studded winter tires are better and, when it's really icy, winter tires with chains are the best. If, like me, you can't afford two sets of tires, splurge on a set of really good all-seasons. An added bonus of all-seasons is that the treads last longer than either summer or winter tires. Do your research before you go to buy whatever is on sale at your local tire shop and don't settle for less than something on a professional's Top 5 list. Pro tip: a really good set of all-seasons will work a lot better than a cheap set of winter tires.

www.beyond.ca

Driving in winter requires preparation and equipment.

Sometimes you make the lane

There are times when it's blizzarding, or post-blizzard before the plows have arrived, that there just isn't a reasonable way to figure out where the lanes are. This past Saturday was one such day. I could have panicked, caused an accident and saved myself the trouble of driving at all but what's the fun in that? Odds are, you'll find yourself in a convoy and then the decision isn't really up to you anyway. Whoever the people at the front are, they're in charge of lane-making; if you find yourself with a line of people behind you and no one in front of you, curse your rotten luck but don't panic. Remember when you were a kid and you used to play race cars? It's not like that at all. You are not allowed to weave willy-nilly.

Here's the trick: Look at the road ahead of you and divvy it up into three equal parts. If those parts seem too small to fit into, make two parts out of the road instead. After you've done this, pick one of the imaginary lanes and stick with it. You'll soon see everyone fall in behind you in the new "lane." I like to use a little mental image of road lines superimposed over the snowy, icy, hell-roads to keep me on track. Pro tip: it doesn't matter if the road is normally three lanes, with serious snow buildup three lanes of traffic might not fit, so you can make it a two-lane for now.

Green doesn't mean go

Sometimes you just can't stop when it's icy, right? Same goes for every other guy. I know we all feel like it's our right to take off when the lights turn green, but in conditions like these, green means "look both ways and proceed with caution." Keep that in mind and it'll save you from getting creamed by some guy with his brakes to the floor who isn't stopping. Pro tip: red still means stop. Yellow means stop, too … or at least try to.

Don't drive like a jack@#!

This one seems pretty self-explanatory but for some reason the majority of us don't practise it. We think we do – but we don't. I've often caught myself driving at what seems like a reasonable pace when an adorable kitten prancing across the road causes me to slam on my brakes and I have an "Oh sh*t!" moment when I find out just how icy it is. Not that kittens are often found prancing around in the dead of winter but you get the idea. Don't pass people unless they're stopped. If they're stopped, do the pass carefully. I don't think I can count on two hands how many times I've seen people try to pass someone only to misjudge how icy it is and end up in the ditch. The list of jack@#! manoeuvres can go on and on but it boils down to a simple thought process: "If I were scared out of my wits driving right now and someone did this to me/by me, would I wet myself?" When the answer is yes, don't do it. Pro tip: find a way to hide the clock display in your vehicle – not knowing how late you are will help your decisions to be of the smart variety.

Tune in for fun

By CARLY ROBINSON

It's promotion time for Radio and Television students here at NAIT. This means that there are all sorts of opportunities for NAIT students to get involved with the on campus media and win prizes.

NR92 Battle of the Bands

Line up, soldiers! There is a war coming! A war against boredom here at NAIT: Battle of the bands!

The army of NR92, the voice and sound of NAIT, wants you to have fun! Do you think you can do that? See you on the Nov. 27 at the Nest, where three bands will rumble from 5 to 8 p.m., and one of them will be crowned by you!

Attendance is free and there are prizes for both you and the bands in the cooler. In the meantime, listen to NR92 and hit on our street team to get some liquid ammunition!

#NewsWatch4Pets

NAIT NewsWatch is teaming up with the Edmonton Humane Society to raise funds for animals in need and we want to give you a chance to help out and win some prizes in the process. Submit a selfie of you and your pet on Instagram or Twitter @NaitNewsWatch with the hashtag #NewsWatch4Pets, for a chance to have your photo featured on CTV and to win some awesome prizes! You can also look for our street team, headed by Flyn the campus therapy dog in training, at lunch.

NR92 Brovember

The Bros from NR92's The Brodown are taking Movember one step further this year. Seven manly and extremely rugged bros will be waxing their body hair in exchange for donations that will go towards cancer research – and you get to be part of this magical event! Come down to the NAIT Bookstore on Nov. 29 from 12-1 p.m. to participate in the event of the decade.

Tune In to NR92

The only all-girl promo team, The Feminine Wiles, are looking to promote listening to NR92 through the TuneIn app. Download the TuneIn Radio app (available for free on iPhone and Android) and NAIT's favourite radio station, NR92. Look for the ladies wearing hot pink around campus from Nov. 20-29 and show them that you have downloaded the app and favourited NR92 to receive your prize. You will also be entered into a draw to win four grand prizes. The Feminine Wiles will be in the HP Centre on Nov. 20 during lunch hour to tell you more and also give you a chance to win more prizes

Share the Warmth

Please help local charitable organizations by dropping off your donation of

NEW SOCKS, Toques, Scarves, and Gloves

November 18 - December 13, 2013

DROP OFF LOCATIONS

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A272	J300	T300
E106	N107	T400
E134	O102	T500
E206	O117	T600
E214	P300	T700
E220	Patricia Campus	W205
F012	South Campus	W309
F303	T110 (NASA)	Y304/5

NASA NAIT ACADEMIC STAFF ASSOCIATION

PLEASE CONTACT THE NASA OFFICE (471.8702) IF YOU WOULD LIKE TO HOST A DONATION BOX IN YOUR OFFICE BANK.

Cash donations also accepted at the NASA office

Duelling gender messages

By WHITNEY FOX
Assistant Issues Editor

In November 2010, Sexual Assault Voices of Edmonton (SAVE) launched their "Don't Be That Guy" campaign. Unlike past approaches that encouraged women to be cautious in order to avoid being victimized, the new posters were directed at potential offenders. The campaign used phrases like, "Just because she's drinking, doesn't mean she wants sex," to spread its message that men are responsible not to assault people in vulnerable situations. The aim is to prevent alcohol related assaults by urging people not to perpetrate them, instead of using the outdated tactic of encouraging women to try not to attract unwanted attention.

The new message gained popularity and spread around the world. SAVE continued its partnership with various Edmonton area sexual assault, violence and abuse prevention organizations and the Edmonton Police Service when it re-launched the campaign in November 2012.

In July 2013, a new campaign called "Don't Be That Girl" began. Men's Rights-Edmonton, an online focused anti-feminist group, took credit for posting the series of controversial posters around Edmonton and online that implied that women who report assault are failing to take responsibility for their own decisions. The posters suggest that women are not being victimized but instead are ashamed of their own actions and falsely accusing men of sexual assault.

www.smh.com.au

Dr. Michael Kaufman, a gender equality advocate who helped found the White Ribbon campaign in 1991, describes this as playing into the myth that gender based violence is falsely reported.

Kaufman was recently in Edmonton giving a talk for the Accountability Action Project.

The AAP is a University of Alberta initiative directed at men to spread the positive message that men should support each other in order to create a culture free of gender based violence.

Kaufman's discussion centred on gender norms and how they can be destructive to relationships and in society. Kaufman's stance is that by raising men based on societal standards of masculinity, society pushes men toward having more violent natures.

MR-E's representative, Karen Straughan, says that the original posters and anti-gender based violence campaigns in general, are offensive to men. She explains that the "Don't Be That Guy" campaign overgeneralizes.

"If we're painting all women with a broad brush by saying, 'Hey, don't be that girl; don't lie about rape,' then, 'Don't be that guy; don't rape someone,' that's painting all men as rapists," she said.

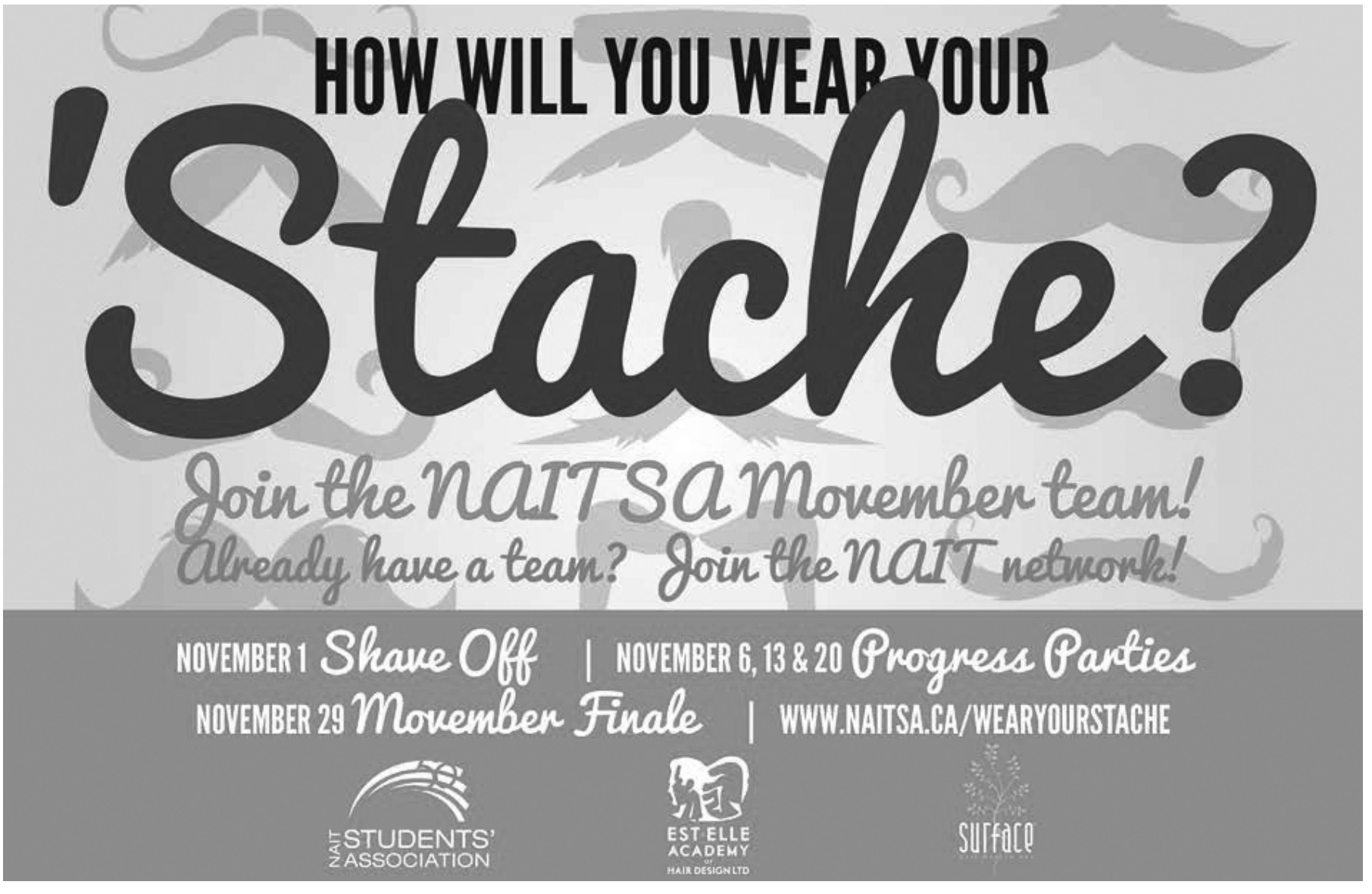
According to the MR-E website, "Feminists claim to fight for gender equality by abolishing or compensating for what they call "male privilege" and "patriarchy."

"While society has historically been run primarily by male leaders, this has never translated into being run for men."

The website goes on to state that male privilege is a myth and that men are more likely to be at a disadvantage in life because they are men.

Although Kaufman feels that there is a negative component to the poster campaign in that it tells men how not to act instead of telling them how to act, he counters Straughan's statement by saying, "Privilege and entitlement are invisible to those who have it."

In order to drive his point home, Kaufman polled the room. He asked how many men in the room had ever had second thoughts about walking home in the dark. He then asked the women. Kaufman showed no surprise when many more women raised their hands than men, even though the majority in attendance were men. He then said, "Men shouldn't feel guilty. We should be really [angry] that our sisters don't have the same privileges."



Point Counter Point

What's in a name?

CHRIS FIGLIUZZI
Assistant Entertainment Editor *@chrisfigliuzzi*

As you all know this space is usually reserved for me to unleash a verbal assault on my fellow editor and frenemy, Josh. Unfortunately, Josh has finally shown his true colours and in a cowardly act decided to accept a job out of town in an effort to get away from my week verbal slaughter. Luckily my dear friend and colleague Sara Stellwil has offered to step in and take Josh's place as my whipping boy, which is even more impressive since Sera is, in fact, a girl.

Now I know that many of you will be disappointed by Josh's disappearance and Ms. Stellwil's new presence here in the Point Counter Point section (henceforth known as PCP) but don't worry, Sara is a worthy adversary. I must admit though, I really don't know what I and Sara can debate, I mean we agree on pretty much everything, I think ... I should really talk to her more often. Don't worry though I am sure that Sara and I will find something to debate about, I mean this is PCP after all we can't just talk about how we agree ... can we?

What to disagree on?

No, no we definitely can't, that's out of the question. I mean, who wants to read 1,000 words (500 by me and 500 by Sara) about how much we agree that dogs are far superior to cats or about how it's pronounced tomato not tomato. No one, that's who! I guess Sara and I will just have to keep looking and try to find something else that we disagree on ... but what?

I know my stance on fanny packs in public places is pretty controversial (FYI, I'm very for them), maybe Saar disagrees on that. I dunno maybe there just isn't anything that I and Ms. Stellwil will ever disagree on.

Such is life though, some people just never disagree. Be that as it may, I'm super excited to have Safa taking on PCP with me this week ... I just really wish we had talked about what to write about beforehand. I know she was pretty upset about Josh spelling her name wrong no fewer than three times last week, but I find that pretty hard to believe ... especially since she has such a simple name. I mean come on, Sara Stellwils, who can't spell that right?

No way

We all know Josh's intelligence was questionable at the best of times but even he would know how to spell Sara's name correctly and surely he would never spell it wrong three times. Plus, we have copy edit and someone would have undoubtedly caught it there. No, there is no way Sara's name was spelled wrong three times last week. She probably just wants me to feel sorry for her so I take it easier on her than I did on Josh.

Besides, even if Sara's name was misspelt three times last week, what sort of egomaniac would want to devote a whole article to it? I mean that just screams ego, right? I mean Sara was at copy edit too, she could have caught it ... after all, we all know Jush isn't the brightest crayon in the box.

By SARAH STILWELL
Online Editor *@sarah_stilwell*

First off, Josh Yaworski, we have been friends for over a year and you can't even spell my name right?! In last week's Point Counter Point, my good friend (or so I thought), referred to me not once, but TWICE as Sara rather than Sarah.

While to the average acquaintance I would have no problem with this, I have to point out that this lapse in judgement is a little bit different. You see, at The Nugget, after someone writes an article, it is reviewed by the editor in that section, in this instance being Mr. Yaworski, and then again at our copy edit meeting before the issue is published. Each article must be signed and reviewed by three editors. Unfortunately, I was not one of the editors who reviewed this piece.

For this week's Point Counter Point, I will be arguing that it is unacceptable for my name to be spelt wrong and published by Mr. Yaworski, and the possible effects this could have on our friendship.

Majority wouldn't agree

First off, Sara isn't even as popular as Sarah. In a poll on babycentre.com, 74 per cent of voters said that Sarah is the better way to spell the name. On Wikipedia, it says that Sara is the alternative spelling of Sarah. I hate to say it Josh but it sounds like a majority of people wouldn't agree with your spelling choices.

Also, they don't even mean the same thing. The originally Hebrew Sarah means "woman of high rank", or princess. Sara means "essence". Are you kidding me? An essence isn't even a real thing.

On a pop culture scale, Sarah still wins. Sara may have Hall & Oates "Sara Smile" and Fleetwood Mac's "Sara", but Sarah ultimately wins. Buffy The Vampire Slayer's Sarah Michelle Gellar, Sex and the City's Sarah Jessica Parker, and comedian Sarah Silverman all sport the H in Sarah.

The H is important

The H is important to me. Without the H, my name is only 80 per cent complete, thus I only feel like 80 per cent of myself. With respect to the Saras without an H, over the past two decades of my life I have grown to appreciate the H in my name. Growing up, I was self-conscious of my name. When people would say my name, I would hear "Sar-UGH" – not a cute sound at all. As I got older, I realized that it was more of a "Sare-ahhhh" sound (like a breath of fresh air), with much thanks to the H. That H is part of the reason I even like my name nowadays.

Of course, I will always respect the Sara's who lack an H. One of my favourite Canadians, Sara Quin of Tegan and Sara, lacks the H. I think the name is beautiful, but it isn't the name I'm used to. Reading my name in print as Sara feels foreign, but I'm sure my fellow Point Counter Point writer Chris Figliuzzi will point out that a name does not matter so long as you know who someone is referring to. To that, I respond that we should take pride in our names since they are ours and belong to us like a cozy pair of socks.

Photo by Jesse Kushneryk

OPINION

— Editorial —

Global get-together

NICOLE MURPHY
Editor-In-Chief
@NicoleMurphySt

I took a trip around the world at the first ever NAIT Global Village. Students from a variety of cultures had a chance to showcase their countries.

Pavilions were set up in the North Lobby Monday and Tuesday Nov. 18 and 19 showing off a range of clothing, jewelry, herbs and food from different cultures. For some international students, it was comforting to be able to share their culture when missing home can be overwhelming.

'I have no family here'

Blessing Okeke is from Nigeria and has been in Canada for three months. With all the pressure of money, managing time and the new cold environment, Okeke explained, " I miss my food, I miss the weather, it's so cold here ... trust me it is hard. Two weeks ago I almost ran back, it is really tough because you are in a new environment. I have no family here."

Blessing Okeke almost did not participate in the Global Village because of a busy school schedule, but is glad she did.

"Seeing different cultures come together, laugh with each other, making friends and all that, it was worth it," she said.

"To an extent it made me feel at home, kind of like I brought my country to Canada ... I just want to make more friends and that's it and I'll be fine."

I also had the honour to be on a judging panel along with NAITSA President Jonathan Bilodeau, Event Co-ordinator Fe Guico and President of the BTech Club, Derek Kwan. The four of us watched a range of cultural performances from Indian dancing to a Chinese nunchuk performance.

Open, tolerant and honest

We also walked around to the different booths asking their representatives to answer questions about beliefs, geography and traditions from each area of the world. The Canadian aboriginal booth taught me all about the cleaning power of burning sweet grass and the healing ability of rat root.

At the Pakistan booth we discussed religions and the differences between India and Pakistan. The conversation was open, tolerant and honest. It was truly beautiful to see so many different cultures come together and embrace their uniqueness.

The judges had a blast being a part of the event and after performances and walking around chatting with representatives from the different countries the winners were announced. China won in the performance section and there was a tie between Pakistan and Canada for booth setup. Overall, everyone was passionate about sharing where they grew up and the culture that helped define them as people, with the friends from their new home.

The music was jamming and people were dancing until the event wrapped up.

President of International Club and one of the organizers of the Global Village, Muhammad Waqas, talked about his hope for future events.

"It was an awesome event, but I think it would be better if we could find another way to promote this event outside of NAIT and invite other universities and colleges within Edmonton, so it could have a bigger crowd and more fun."

I know I had a great time and was overwhelmed with gratitude that I get to live in a country that encourages diversity and shares it in such a beautiful way. Also, the Global Village at NAIT re-ignited my need to travel. As a student I pushed it to the back of my mind because of money, time and energy but as I am almost done, I can feel the need to see the world start to creep back.

I think it is truly magical what happened at the Global Village and look forward to the event growing.

Photo by Tegan Dutton

Many cultures were represented at the Global Village event.

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

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

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

SPORTS

All eyes are on the Bryz

KYLE HARRIS
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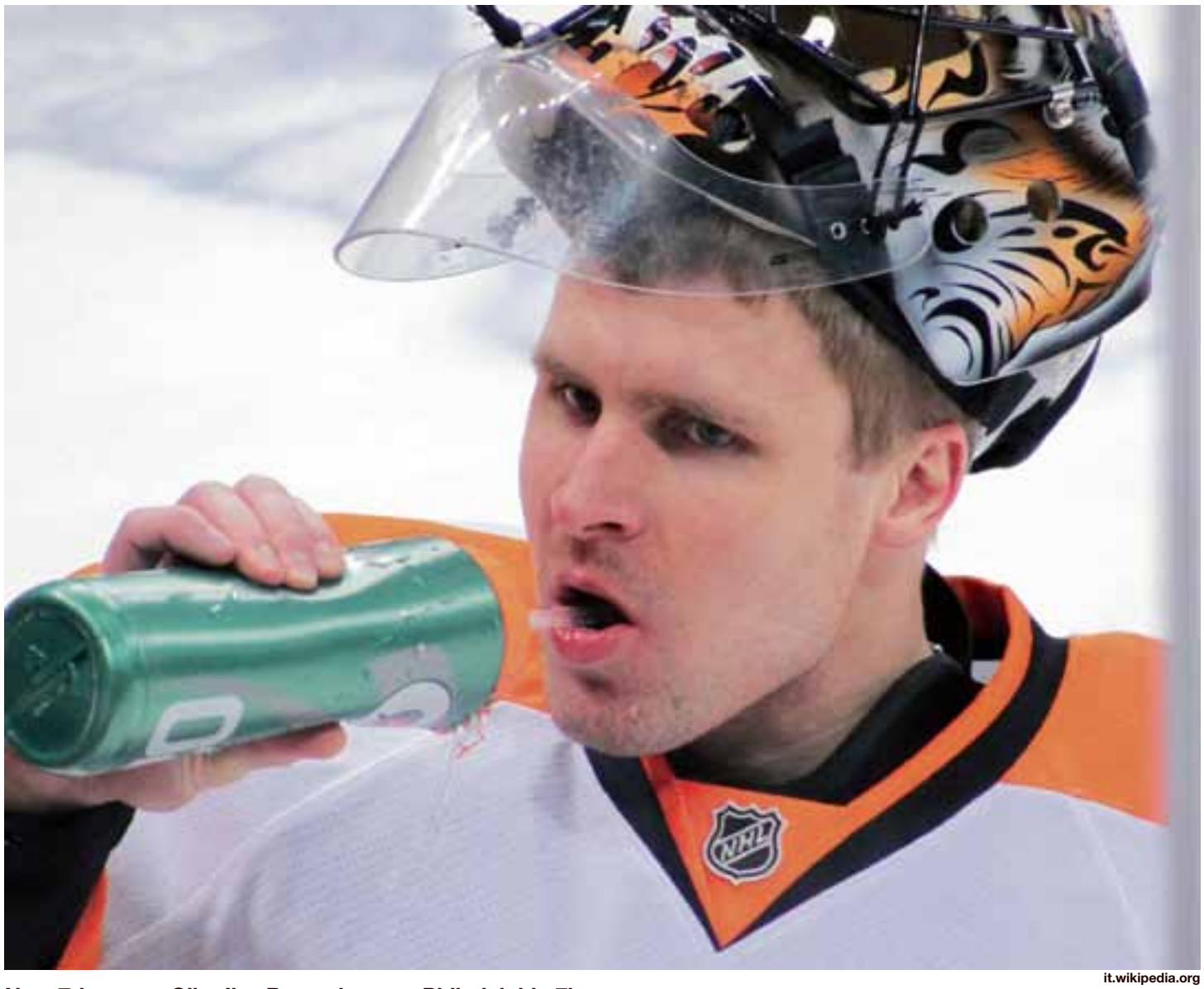


it.wikipedia.org

New Edmonton Oiler Ilya Bryzgalov as a Philadelphia Flyer.

This Edmonton Oilers season has been a tough one to watch, to say the least. The team has had many ups and downs and unfortunately more downs than ups. They've had inconsistent goaltending, a lack of defensive zone coverage, have struggled to put the puck in the net and most of all have a tough time competing for a full 60 minutes.

The Oilers came into this season with a new look; A new general manager, a new head coach, a new captain and a team that was trying to get away from being known as a team with "young kids" and still a ways away from making it to the next level.

So far, they have not gotten away from that. Only having five wins in their first 22 games (as of Nov. 17) and being the bottom feeders in the Western Conference once again.

Goaltending has been a big issue for the Oilers this season, which has seen three different goalies in the crease for the Blue and Orange. Devan Dubnyk, who had a stellar year last season, sporting a .921 save percentage, started the season off in a funk. He struggled with the long distance shots, let softies in and just could not come up with timely saves. Jason Labarbera was an off season signing who was brought in to be a reliable backup goaltender for Dubnyk. So far things have not panned out well for the veteran Labarbera, who in six games has a save percentage of .858. The team also had AHL call up Richard Bachman in net for three games until he received an injury. Bachman looked good in his stint with the Oil although, he was winless posting a record of 0-2-1 but he did have a save percentage of .916.

www.thestar.com

Craig MacTavish

With Bachman injured, Dubnyk returned and has actually looked a lot better since he has stepped back between the pipes but the wins are not happening enough to satisfy the Oilers brass.

Then the announcement came. The Oilers had signed free agent Ilya Bryzgalov. The former Flyer goaltender, who was bought out this off season, had come to terms with the Oil for a one-year deal worth $2 million.

Bryz reported to the Oilers AHL affiliate, Oklahoma City Barons, and started two games. His first start was rough. Facing the Abbotsford Heat, he gave up five goals but rebounded well the next night only allowing one. Now he's up with the big club and fans can only sit and wait to see what Bryz can do for the Oilers. I love it as an Oiler fan. What can possibly go wrong? Our goaltending is as bad as it gets. If he comes in and performs, it's a win-win and Craig MacTavish looks like a genius for taking a complete gamble on the Russian net minder. If he returns to form like his days in Phoenix when he posted a save percentage of .920 or higher in three of his four seasons, then the Oilers win column will begin to increase. Some may say they worry about him being a cancer or a distraction in the locker room but I disagree with that. Sure, he appears as a complete nut job in HBO's *24/7: Road to the Winter Classic* but I think it's great. He's a goalie, they're supposed to be weird like that. It really can't get much worse here in Oil Country, so let's take a positive out of this and hope we have found ourselves a No. 1 goaltender who can steal us games, come up with timely saves and give us some good post-game interviews!

If he (Bryzgalov) comes in and performs, it's a win-win and Craig MacTavish looks like a genius ...

Best of luck, Bryz. Welcome to Oil Country.

BASKETBALL

Women lose 2, men win

By KRYSTA MARTELL
@TweetsbyKrysta

The NAIT men and women's basketball teams were back in action for a two part series against the Augustana Vikings this past weekend.

In Thursday's match, the women's team was first to hit the court in the NAIT gym and the end result wasn't what they hoped for as the Vikings won the game 75-61. This was the first loss of the season for the Ooks (5-1.) The Vikings are a strong team as they are ranked fourth in the CCAA, the highest seed of any ACAC school.

"We played a better team tonight and the result was self evident," said head coach Todd Warnick after the contest.

The player of the game for the Ook's was second-year forward Torey Hill, who managed to record a double-double with 15 points and 12 rebounds.

Saturday's game was the second of the two-part series and resulted in another loss for the Ooks. The final score was 64-55, which now puts the Ook's record to 5-2.

Shea-Lynn Noyes was NAIT's player of the game with 12 points, seven steals and six rebounds. Josphine Peacock also tallied double figures with 10 points and seven steals. The Ooks return home where they hit the court to play the Medicine Hat College Rattlers on Friday, Nov. 22 at 6 p.m.. followed by Briercrest on Nov. 23 at 6 p.m.

It was a different story for the men's team when they hit the court Thursday night in the NAIT gym. The game was very close as the Ooks led by one point after the first quarter, by three points at halftime and by just three points at the completion of the quarter. The end resulted in a 77-68 win for the Ooks.

"We played well enough to win but our performance was well below our potential, said head coach Mike Connolly after the game.

"We need to focus better and for 40 minutes on the defensive end to be an elite team. We will look at video today to try to see where we made our mistakes and hopefully improve our performance on Saturday night when we travel to Camrose for our second rematch against Augustana."

The player of the game for the Ooks was fifth-year point guard Yonas Berhe, who finished with 24 points and seven assists. In Saturday's match, the team came out on top again as they beat the Vikings by a score of 80-63. The first quarter had both teams neck and neck as they ended with 11 points each.

The Ooks led the second quarter with 19 points and then maintained their lead with 25 points each in the third and fourth quarters. The Ooks are focused and playing extremely well as this is their fourth straight win, which improves the record to 5-2. Next up, the men return to their court where they tip off against the Medicine Hat College Rattlers on Friday Nov. 22 at 8 p.m. followed by Briercrest on Nov. 23 at 3 p.m.

Photo by Jesse Kushneryk

Women's coach Todd Warnick gives some direction during a game against Augustana Vikings Friday night at NAIT gym. The Ooks lost the contest, 75-61, for the team's first loss of the season.

MEN'S HOCKEY

Men take two from Keyano

By BRIDGETTE TSANG
@BridgetteTsang

The Ooks men's hockey team travelled to Fort McMurray and took on the Keyano Huskies in two thrilling road games over the weekend. The team was coming off a 2-0 win against the Portage Voyageurs and looked to bring that momentum to Casman Arena against the Huskies.

And they sure did. The team came out strong in the first period, putting forward a barrage of shots on the Huskies goaltender. Ooks' Kyle Harris gave his team the early lead in the first period. After a string of power play opportunities for the Ooks, Michael Piluso registered his fourth goal of the season on the power play to give the Ooks a 2-0 lead heading into the second period. Although the pace of the game slowed down in the second, the scoring didn't as Ooks' Kevin Carthy potted his second of the season and the third goal of the game for his team. Jamie Johnson also added to the Ooks lead with a beautiful goal late in the second period to give the Ooks a convincing 4-0 lead, which they held onto the the win. Kyle Birch was phenomenal in net and was credited with another shutout.

Head coach Serge Lajoie was impressed with his team's performance, but wants to challenge his players to improve no matter the score.

"We did a lot of good things tonight, and I felt we had some players really step up their game. We still need to get complete 60-minute performances from all of our players," Lajoie said after the game.

And he would see that the next night as the Ooks were right back at it against the Huskies. The Ooks had an early lead from Jordan Wood's second goal of the season after a tip in of defenceman Sam Waterfield's shot from the point. That was followed by a power play goal from Tyler French to give the Ooks a 2-0 lead after the first period.

Kyle Birch
Three straight shutouts

The second was full of firsts for three Ooks players. Dane Olsen scored his first goal this season early in the period, which was quickly followed by Brennan Volcan's first of the season. Both goals were just 41 seconds apart. Jordan Wood scored his second of the game late in the period after a great pass from Colton Yaremovich to give his team a comfortable 5-0 lead heading into the third period. Things got heated in the last frame as penalties took over the rest of the game, including a major against the Huskies for kneeing.

But that did not affect the scoreboard as the Ooks took it 5-0, their second win in two nights. Birch was flawless yet again in his third consecutive shutout this season extending it to 180 minutes. The Ooks have not let in a goal in their last 10 periods (since their last period the Augustana Vikings Nov. 1).

After the game, Lajoie was extremely happy with Birch's performance and praised the effort of all his players.

"We received some solid performances from the majority of our players today. Kyle Birch was fantastic when called upon and energized our team with acrobatic saves in the first and second period, robbing Keyano of sure goals. We are looking forward to this week of practice as we know we need to continue to get better."

The Ooks will look to continue their hot streak when they take on the MacEwan Griffins this weekend (Nov. 22 and 23) in what will be two great rivalry games.

NAIT Ooks setter Maegan Kuzyk, left, digs up the ball during a game against Medicine Hat Saturday in the NAIT gym. NAIT won 3-0.

Photo by Jesse Kushneryk

Ook Denzel Brooks, right, dribbles the ball past an Augustana defender during a basketball game Thursday, won by NAIT 77-68.

Photo by Jesse Kushneryk

Back country beckons ...

By SHEEBA JOHNSON

Chris Burandt was introduced as the "bravest, down to earth and one of the coolest people" when he came to the Nest last Wednesday.

It was his third year in Alberta and he was promoting his new CD *Slednecks*. He has been called "arguably the world's best all-around snowmobiler."

I got to talk with him a little and he told me a bit about himself and his passion for snowmobiling.

"My family, we had a cabin up in the mountain, I got exposed to snowmobiling at a really young age, I started at six. I have been riding snowmobiles all my life and professionally I have been riding for 13 years."

Burandt won gold at the X-Games for free styling in 2007 and then another in 2009. He said that this was where he built his name, doing freestyle shows all over the world. He was then able to start his business, taking people in the back country, which is his real passion, just riding in the mountains.

He told me that people come to his company, Burandt's Backcountry Adventure, from all over.

"Our clientele is definitely people who have ridden snowmobiles before," he said. "It's not scary, its exciting! That's the draw! I mean it's so exhilarating, there's no boundaries.

Photo by Jesse Kushneryk

Chris Burandt speaks to customers at the Nest on Wednesday Nov. 13.

"The challenge is that you are trying to get to the top of the mountain. And, there are so many factors that are trying to not allow you to get to the top. There are trees and rocks and snow.

"That's what's so fun about this crazy challenge! The adrenaline rush and just the excitement of exploring."

Watching the film he brought, I wondered about all the crazy impossible stunts he was pulling off and I asked him if he was ever scared.

"If you are scared you are not confident. Nervous, yes."

He gave the impression that being scared was not an option.

"You just can't do this stuff if you aren't confident."

Burandt clearly emphasized that being nervous was OK but if you are scared, then you are not confident, which will get you hurt.

When I asked him if he had any advice for people who were trying to get into serious snowmobiling, he said, "The biggest thing is the more seat time you can get the better, just like any other sport, the more practice the better. I mean here in Canada, British Columbia has some of the best riding in the world don't be afraid to get it."

VOLLEYBALL

Women sweep, men weep

By BAILLIE SCHEETZ
@BaillieScheetz

The Ooks women's volleyball team opened the weekend with a game at home against the Medicine Hat College Rattlers.

The Ooks came out hot, building a strong lead and continuing that dominance throughout the game for a 3-0 sweep.

Player of the game went to setter Maegan Kuzyk, who ran a great offence, distributing the ball to all of her hitters. Isabel Hess led the way with 10 kills, Kelsey Tymkow chipped in with eight kills as well as two aces, and first-year middle Tara Voogd finished with seven kills.

The Ooks finished their weekend set at home against Medicine Hat with another 3-0 win. Libero Savanna Willis led the Ooks in the back, finishing with 18 digs and leading the team in serve receives. That strong performance earned her Player of the Match.

"We weren't quite as focused as the previous night and as a result our serving and passing was not as efficient," said head coach Benj Heinrichs about the second game of the weekend.

"We need to learn from it and make sure we come prepared every night and take care of our side of the court in order to continue improving."

The Ooks now sit at 6-3 with one match at home next Saturday at 6 p.m. against Lakeland College to finish the first half of the season.

NAIT men's volleyball kicked off their weekend home stand against the Medicine Hat Rattlers on Friday.

The Rattlers took control of the game early, due to lack of aggression from the Ooks and the Ooks were unable to shift momentum in the last two sets, resulting in a 3-1 loss.

"We passed the ball well tonight," commented coach Doug Anton, "but our offence was uninspired.

"We just didn't play with any passion. We were a bit tired tonight, I think. We've gone a lot of weeks with no break."

The Ooks faced the Rattlers again on Saturday afternoon, hoping for a different outcome. Strong efforts from the Ooks, but lack of overall intensity led to another 3-1 loss.

The Ooks took the first set 25-21, but then dropped the next three sets 25-13, 25-17, and 25-19. The player of the game for the Ooks was third-year left side Bryce Cardinal. Cardinal had 11 kills and six digs in a losing effort. The team hopes to regain control of the court next weekend at home when they play Lakeland College.

Photo by Jesse Kushneryk

NAIT Ook setter Sean Renaud and middle Colby Holst block the ball during a game against Medicine Hat Rattlers on Friday. The Ooks lost 3-1.

Big game set

By RACHEL PRAZAK
@RachelPrazak

The CFL could not have asked for a better Grey Cup matchup. The Hamilton Tiger-Cats and the Saskatchewan Roughriders will clash in the 101st Grey Cup this weekend in Regina. It's a dream come true for all of Saskatchewan as they are the hosts to the Grey Cup.

Saskatchewan quarterback Darian Durant had three touchdown passes and running back Kory Sheets ran wild, as the Roughriders stunned the Calgary Stampeders with a 35-13 win in the Western Final on Sunday in Calgary.

Durant completed 24 of 30 passes for 280 yards with TD passes to receivers Rob Bagg, Weston Dressler and Chris Getzlaf.

In Toronto, Hamilton quarterback Henry Burris had three touchdown passes as he outduelled longtime counterpart Ricky Ray to lead the Tiger-Cats to a 36-24 win over the Toronto Argonauts in the Eastern Final on Sunday at the Rogers Centre.

Burris finished the afternoon with 371 passing yards on 27-40 passing and added 51 rushing yards, while keeping Ray and the Argo offence off the field through most of the second half to come back from a two touchdown deficit and reach the Grey Cup Championship for the first time since 1999.

Andy Fantuz had a team high 114 receiving yards and a pair of touchdowns, while the Ticat defence pitched a shutout in the second half in the first Eastern Final between these teams since 1986.

For the third consecutive year, a Grey Cup game will include the home team. The B.C. Lions won the title at home in 2011 and the Argonauts followed suit a year later. Saskatchewan is poised to play at home for the first time with a title at stake. Regina had previously staged Grey Cup games in 1995 and 2003.

The Roughriders are hoping to win the Grey Cup for the fourth time in franchise history, having previously captured the league title in 1966, 1989 and 2007.

The Riders will see a familiar face opposite them on the sidelines as former Roughriders head coach Kent Austin will be coaching his Hamilton Tiger-Cats on Sunday afternoon. Austin quarterbacked the Roughriders to the championship in 1989 and was the victorious head coach in 2007.

Saskatchewan playing on its home turf at Mosaic Stadium is good but throw in the fact that Austin and a bunch of other former Roughriders will be wearing the Black and Gold of the Tiger Cats puts a lot more pizzazz into the game.

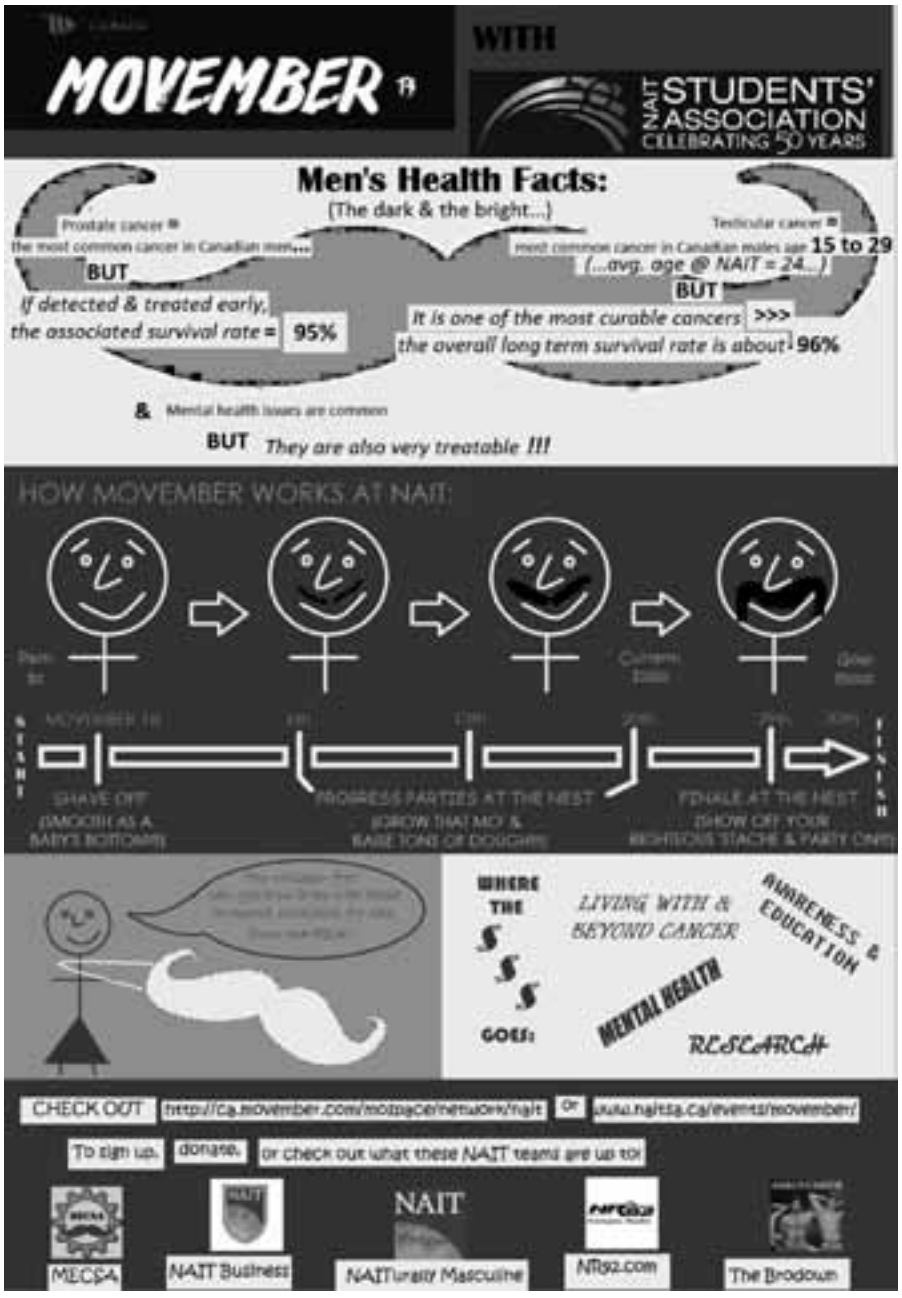
Former Riders who now play for the Tiger-Cats include Burris, Fantuz and kicker Luca Congi. Former Riders GM Eric Tillman is also a Tiger-Cats consultant.

The last time the Tiger-Cats visited the Roughriders at Mosaic Stadium, the Riders blanked them 37-0 on July 21 and backup quarterback Drew Willy beat them 32-20 a week later in Guelph.

After a slow start to the season at 1-4, the Tiger-Cats head into the Grey Cup on a roll, having won 11 of its last 15 games and are looking for their first Grey Cup championship since 1999.

With a whole province behind them and five days full of festivities, you can bet it will be a wild weekend in Regina!

The game kicks off at 4 p.m. on Sunday on TSN.



ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
SAIT	15	10	10	3	0	2	73	40	22
RDC	14	10	8	4	0	0	51	28	20
MacEwan	13	9	9	4	0	0	58	41	18
NAIT	**12**	**8**	**8**	**3**	**1**	**0**	**42**	**18**	**17**
Augustana	13	7	6	3	0	3	47	31	17
Concordia	13	7	6	5	1	0	44	39	15
Portage	12	4	4	7	0	1	31	50	9
Keyano	13	1	1	12	1	0	31	55	3
Briercrest	14	1	1	12	1	0	23	95	3

RESULTS

November 15

NAIT 4, Keyano 0

Augustana 3, Portage 3 (OT)

MacEwan 9, SAIT 5

Concordia 7, Briercrest 2

November 16

NAIT 5, Keyano 0

Briercrest 3, Concordia 2

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
MacEwan	6	4	3	1	0	1	14	11	9
NAIT	**5**	**3**	**3**	**0**	**1**	**1**	**10**	**7**	**8**
Red Deer	5	3	3	2	0	0	14	6	6
SAIT	6	0	0	6	0	0	8	22	0

RESULTS

No league games

MEN'S BASKETBALL

North Division

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

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

RESULTS

November 14

NAIT 77, Augustana 68

November 15

King's 90, Grande Prairie 86

Lethbridge 77, Keyano 65

Medicine Hat 65, Olds 59

Red Deer 65, SAIT 43

Concordia 89, St. Mary's 83

November 16

NAIT 80, Augustana 63

Grande Prairie 77, King's 68

Medicine Hat 105, Olds 68

MacEwan 70, Lakeland 60

St. Mary's 72, Keyano 62

WOMEN'S BASKETBALL

North Division

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

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

RESULTS

November 14

Augustana 75, NAIT 61

November 15

Grande Prairie 70, King's 39

Lethbridge 79, Keyano 62

Medicine Hat 59, Olds 32

Red Deer 61, SAIT 56

Concordia 66, St. Mary's 44

November 16

Augustana 64, NAIT 55

Grande Prairie 89, King's 81

Medicine Hat 51, Olds 30

MacEwan 67, Lakeland 40

Keyano 100, St. Mary's 59

MEN'S VOLLEYBALL

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

RESULTS

November 14

SAIT 3, Olds 0

(25-16, 25-17, 25-21)

November 15

Medicine Hat 3, NAIT 1

(22-25, 25-21, 25-21, 25-18)

King's 3, Concordia 0

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

MacEwan 3, Grande Prairie 0

(25-19, 25-20, 25-22)

Briercrest 3, Lakeland 1

(25-21, 19-25, 25-13, 25-16)

Red Deer 3, Keyano 0

(25-21, 25-15, 25-21)

Augustana 3, Lethbridge 0

November 16

MHC 3, NAIT 1

(21-25, 25-13, 25-17, 25-19)

King's 3, Concordia 0

(25-23, 25-22, 25-22)

MacEwan 3, Grande Prairie 0

(26-24, 25-19, 25-13)

Briercrest 3, Lakeland 1

(25-17, 25-13, 21-25, 25-18)

Red Deer 3, Keyano 0

(25-22, 25-20, 25-22)

Augustana 3, Lethbridge 0

WOMEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Red Deer	8	8	0	24	3	16
N	Gr. Prairie	6	6	0	18	7	12
N	Lakeland	7	6	1	20	7	12
N	NAIT	9	6	3	20	14	12
N	King's	8	5	3	16	9	10
S	Briercrest	8	5	3	17	14	10
S	Olds	6	4	2	12	8	8
S	Augustana	7	4	3	13	14	8
N	MacEwan	6	3	3	14	10	6
S	Lethbridge	8	3	5	11	18	6
S	SAIT	7	1	6	10	19	2
N	Concordia	6	0	6	3	18	0
N	Keyano	8	0	8	11	24	0
S	Medicine Hat	8	0	8	0	24	0

RESULTS

November 14

Olds 3, SAIT 2

(11-25, 25-20, 23-25, 25-19, 15-8)

November 15

NAIT 3, Medicine Hat 0

(25-11, 25-12, 25-14)

King's 3, Concordia 0

(25-15, 25-14, 25-21)

Grande Prairie 3, MacEwan 2

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

Briercrest 3, Lakeland 2

(24-26, 25-17, 18-25, 25-20, 15-8)

Red Deer 3, Keyano 2

(25-18, 25-16, 18-25, 24-26, 15-2)

Lethbridge 3, Augustana 1

(25-21, 25-22, 12-25, 25-22)

November 16

NAIT 3, Medicine Hat 0

(25-16, 28-26, 25-17)

King's 3, Concordia 0

(25-16, 25-9, 25-17)

Grande Prairie 3, MacEwan 2

(25-22, 19-25, 27-29, 25-21, 15-10)

Lakeland 3, Briercrest 1

(28-26, 25-12, 19-25, 25-22)

Red Deer 3, Keyano 0

(26-24, 25-18, 25-20)

Lethbridge 3, Augustana 0

(25-23, 28-26, 25-18)

Athlete Profile

Player: Teresa Wiebe

Sport: Basketball

Position: Guard

Program: Photographic Tech.

By KRYSTA MARTELL

1. What inspired you to start playing basketball?

Probably my siblings. I grew up in the gym watching them play ball and I was always that kid on the sidelines dribbling the ball and whenever there was a timeout or it was half time, I would be putting up shots.

2. Who do you idolize most in your life and why?

That would be my older sister and her husband. The constant love that they have for each other is so beautiful and inspiring.

3. Who is your favourite basketball player and why?

Steve Nash, selfless as a person and player.

4. How do you mentally prepare for a game?

Visualizing whom I'm about to play and the mission ahead.

5. How long have you been playing basketball and what got you into it?

I've been playing as long as I can remember. My dad told me he could never teach me any other sport because I always had a basketball in my hand. My family got me into it because we all loved the sport and were always around it.

6. What's your earliest childhood memory?

Always playing outside with my puppy named Puppy. Real original, I know.

7. If you could give advice to a prospective student coming to NAIT, what would it be?

To be kind to everyone you come into contact with and try to make friends because NAIT doesn't have a residence so the only chance you really get to make friends is through your classes, so make friends and be kind.

8. What do you like most about NAIT and why?

How personal it is, you're not just a number in a book, you have a face and a name.

9. If you could travel to anywhere in the world, where would you go?

I honestly want to go everywhere but my number one right now is Ireland.

10. After you graduate from NAIT, what type of career are you hoping to get?

I want to be a travel/portrait/wedding photographer.

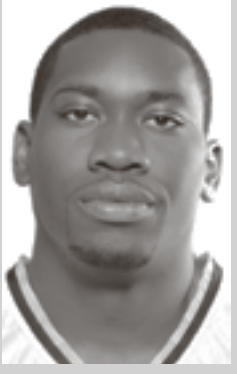
Athletes of the week

Nov. 11-17

Kyle Birch
Hockey

Ooks goalie Kyle Birch was unbeatable this weekend against Keyano, stopping all 43 shots that he faced during the Ooks' two-game sweep of the Huskies. Kyle stopped 24 shots in a 4-0 victory over Keyano on Friday night. He was just as sharp Saturday night, turning away 19 shots en route to a 5-0 Ooks win. Kyle now has shutouts in each of his last three starts. "Kyle has played fantastic recently," said head coach Serge Lajoie. "He made some remarkable saves throughout this past weekend. His play really energized our team." Kyle is a third-year Business student from Winnipeg, Manitoba.

Chris Neptune
Basketball



Ooks forward Chris Neptune had back to back dominant performances this past weekend against the Augustana Vikings. Chris was particularly dominant in the paint, grabbing a total of 29 rebounds in two games. Chris' play was not limited to just rebounding against Augustana, as he also added 28 points, helping the Ooks secure a two-game sweep of the Vikings. "Chris was a dominant rebounder this past weekend," said head coach Mike Connolly. "His play was a huge reason why we were able to sweep the Vikings and improve to 5-2 in conference play." Chris is a third-year Personal Fitness Trainer student from Toronto.

Oil Kings take 2

By KELSEY LYDYNUIK
@KelseyLydynuik

After a long road trip, the Oil Kings returned home to Rexall Place and took on the Moose Jaw Warriors on Nov. 14 for their first game back.

The Warriors started off strong and came out with an effective forecheck. Sam Fioretti put the Warriors on the board first.

However, the Warriors did not lead for long as Oil Kings captain Griffin Reinhart tied it up at the end of the first. Brett Pollock got the energy going early for the home team in the second as he notched a power play goal to put them in the lead 2-1. Curtis Lazar buried one to extend the lead to two. A minute later, Mitchell Walter and Kirk Johnson dropped the gloves, which sparked the Warriors. Shortly after on the power play Brayden Point cut the lead to one. Dysin Mayo returned the Oil Kings lead to two as he potted one late in the second, again on the power play. The third period saw two more goals from the Oil Kings, as Mitch Moroz scored before getting into a fight with Jesse Forsberg to complete his Gordie Howe hat trick. Mads Eller ended the scoring for the night and the Oil Kings started things off at home with a 6-2 win.

On Saturday, the Swift Current Broncos were in town as the Oil Kings honored minor hockey players in and around the Edmonton area. It was also Curtis Lazar T-shirt night where fans could scratch and win a Lazar name and number shirt.

The Oil Kings opened strong, with Edmonton native Reid Petryk scoring his fourth of the season. Moroz ended the period with another goal to pad the lead. The second was scoreless but did prove interesting as the Oil Kings held their own with many good saves and scoring opportunities.

In the third period, the Broncos came out strong and 30 seconds in Graham Black brought the lead to within one. Two minutes later, Brett Lernout tied the game at two apiece. However, it was not all said and done for the home team as halfway through on the power play, Moroz returned the lead to the Oil Kings. Just as everyone thought it would be a one-goal game, the man of the night, Mr. Lazar, scored and the Oil Kings came back to win 4-2.

On Friday, the Prince George Cougars, who are celebrating their 20th anniversary, will be in town and tickets are available at www.oilkings.ca.

Athlete Profile

Player: Denzel Brooks
Sport: Basketball
Position: Point guard
Program: Open Studies

By KRYSTA MARTELL

1. What inspired you to start playing basketball?

My father inspired me back when I was younger. He used to bring me to watch him play.

2. Who do you idolize the most in your life and why?

Martin Luther King because of his bravery and what he did for black people and for all people.

3. Who is your favourite basketball player and why?

Kobe Bryant because of his heart, the way he plays the game and always giving it his all.

4. How do you mentally prepare before a game?

I listen to music, watch game tape and put up shots early.

5. How long have you been playing basketball and what got you into it?

I've been playing since the Third Grade and seeing my older brother play and older guys in the neighbourhood.

6. What's your earliest childhood memory?

Winning the championship in grade 8 against our middle school rivals.

7. If you could give advice to a prospective student coming to NAIT, what would it be?

Be prepared to work hard and have fun.

8. What do you like most about NAIT and why?

The people, everybody's friendly.

9. If you could travel to anywhere in the world, where would you go?

Jamaica.

10. After you graduate from NAIT, what type of career are you hoping to get?

A career in one of the business fields.

BREAST CANCER AWARENESS WEEKEND

HOME GAME SCHEDULE

MEN'S HOCKEY
FRI NOV 22 @ 7:00PM VS NAIT OOKS

BASKETBALL
FRI NOV 22
WOMEN'S @ 6:00PM
MEN'S @ 8:00PM
VS NAIT OOKS

SAT NOV 23
WOMEN'S @ 1:00PM
MEN'S @ 3:00PM
VS NAIT OOKS

WOMEN'S HOCKEY
SAT NOV 23 @ 7:00PM VS NAIT OOKS

VOLLEYBALL
SAT NOV 23
WOMEN'S @ 6:00PM
MEN'S @ 8:00PM
VS NAIT OOKS

ENTERTAINMENT

Sexy is as sexy does

ALISON MULLOCK
Entertainment Editor
*@Alimullock_*

Sexy: Adj. 1. Concerned predominantly or excessively with sex, risqué: a sexy novel. 2. sexually interesting or exciting; radiating sexuality: the sexiest professor on campus. 3. excitingly appealing; glamorous: a sexy new car.
–www.dictionary.com

The word sexy can be defined in so many ways. We see it every day in our lives; personally on TV or in our heads. What is extremely sexy to one person might be completely disgusting to another.

Miley Cyrus is a good example of this. There are tons of people out there that think how she is exploiting herself and her body is disgusting. Some parents and teachers can barely talk about it to a young girl because it makes them uncomfortable. There are also tons of people who think she is the definition of sexy. Her music videos, performances and explicit pictures are a complete turn on.

I like to believe that Miley considers herself sexy. She carries herself in this way because she portrays herself as a sex symbol. Many think this is wrong because she is a young lady and she should carry herself with a little more respect, but this is what works for her. She is making these decisions because right now in her life this is what makes her feel good and what she loves. All of this has made her extremely famous and a common topic of conversation.

www.mirror.co.uk
Jennifer Lawrence

Jennifer Lawrence, on the other hand, is somebody who doesn't have to try to be sexy. She is sexy without effort. She might not think of herself as a sexy person but the recent pictures of her and her "side boob" definitely help portray her as sexy. We haven't seen or heard much from Jennifer Lawrence for awhile but she is awfully timely with her sexy gesture of a dress.

Both actresses are continuously doing sexy things to get attention – in different ways, but with the same intent. Why would Jennifer Lawrence flaunt this beautiful gown showing off her breasts? Because *Hunger Games* is coming out this week and she wants the movie to do well. She's drawing attention to the movie by being sexy.

Why was Miley Cyrus's performance at the VMAs so scandalous? Because she had a huge album coming out and she wanted it to get the most attention it could get.

Both women have managed to get extreme amounts of attention, felt good about it and sold their bodies a bit. Is this wrong? Is being sexy, confident and beautiful wrong for a woman in her 20s?

No, no it is not. We are all buying into it, following their lives and finding real interest in it. If a young woman is able to fully believe that they are sexy and want to show it off for the world to see. Let them own it. Let them be sexy in whatever way they want to.

Everyone's definition is different. Everyone has different opinions, and feelings towards what they find sexy.

Urban Dictionary sees it a little bit differently than dictionary.com:

Sexy – Supposed to mean sexually attractive, however recently it has become a word of ambiguous meaning that morons use when unable to think of a better adjective for something they like.

Ex. Woooaaahh!!!! Checkout my Playstation 4? That is sexy!

FOR YOUR LISTENING PLEASURE ...

$3.99 mixtape ...

By RICHARD LUKACS

Homesick can be damned brutal and lately it's a regular guest in my neighbourhood. Fortunately, the sounds of my home country are always with me to help and I'm going to share some of my medication with you here. They are highly enjoyable without any Hungarian connection, so dig in, my friend!

Generally I hate folk-metal fusion but how Aebsence approached it on their peerless debut album in 2002 is still unique, unusual and simply brilliant. Apey & the Pea is an incontrollable trio, my personal favourites. Not only because I played together with two-thirds of them but also because of their fat riffs and inhuman vocals. I will never forget the shooting of WSOTW's video for *Purity Itself* that ended up at my place as the kinkiest house party on a Wednesday night. Are you brave enough to face the Grizzly? It's a savage beast, I'm warning you. *Near Life Experience* (debut full-length of Mangod Inc.) is the soundtrack of my adult life. It's a perfect match with all my emotions and I think I haven't listened to any album more often than that one, with the possible exception of "Live Like a Man, Die As a God" from the colossal Stereochrist.

Next to Franz Liszt, Dawncore is the most important music export Hungary has ever had. They communicated everything you ever wanted to know about complex noise/hardcore before The Dillinger Escape Plan brought it to the main stage. They had a blood brother called Newborn – simply the best metalcore band of all time. Shortly after they broke up, its descendant, Bridge To Solace, kept up the good work and they became the most famous Hungarian band on international waters. Some of my greatest honours and dearest memories are the ones when we've been on tour with them and played the awesome "These Maps Are Written With Blood" together. Today, these bands' legacy carries on with furious youngsters like The Southern Oracle and wise seniors like the crusty Another Way.

Great guys playing great music in the topflight Shell Beach, the ridiculously talented Absent Distance, the harebrained Subscribe, the heartwarming Óriás, the playful and trippy Grand Mexican Warlock, the intemperate Sunrise Circus and the twisted and unforgettable Isten Háta Mögött. Blind Myself never released two similar albums so I don't think there's anyone who'd like all their material, including me. But the "Buried Alive Exercise" is one of the best cathartic songs I have ever heard.

I know it's a shame but lately I have noticed that metal for breakfast is feeling weighty. Growing up is a bloody thug. Fortunately we have pop/rock that measures up to these desperate times like Blahalouisiana, which is a whole different colour on this wicked palette.

How about a little game, guys? You all listen to the following songs, e-mail me if you liked them (agent.ricsko@gmail.com) and the first five applicants will get a beer on my bill. Take this sonic trip to Hungary with me. You won't regret it!

1. Aebsence – Countdown
2. Apey & the Pea – Nazareth
3. Wrong Side Of The Wall – Purity Itself
4. Grizzly – The Cultist
5. Mangod Inc. – The Flood
6. Stereochrist – Ride Blind
7. Dawncore – Let's Set The World On Fire
8. Newborn – All Roads Lead To Rome
9. Bridge To Solace – These Maps Are Written With Blood
10. The Southern Oracle – Allnighters
11. Another Way – Aranykorba Újra És Újra
12. Shell Beach – Vital Signs
13. Absent Distance – Asteroid
14. Subscribe – The Devil Take The Hindmost
15. Óriás – Fát Dönteni
16. Isten Háta Mögött – Mária Dala
17. Grand Mexican Warlock – Constellations
18. Sunrise Circus – Chemical Lies
19. Blind Myself – Buried Alive Exercise
20. Blahalouisiana – Tonight I'll Dress In Blue

Evil maybe; lazy, never

By QUINTON BERGER

Call him Evil, call him The Wanderer but one thing you can't call Vancouver based rapper Evil Ebenezer is lazy.

Over the past few years, Evil has exploded onto Canada's underground hip hop scene due to his array of different sounding releases and projects accompanied by nonstop touring. His unique voice, combined with a mixture of different rapping styles and smooth delivery, has made him one of the faces of Canada's underground movement and taken him all over North America and Europe. His music contains innovative beats, catchy hooks and bold, honest and insanely personal lyrics.

"I don't try to write my music for anybody in particular, it just works out that people can relate to my stuff," Evil explained recently in an online interview,

"Music is therapy for me. I write songs about how I feel at the time. I just think that all of us can relate to the themes I write about."

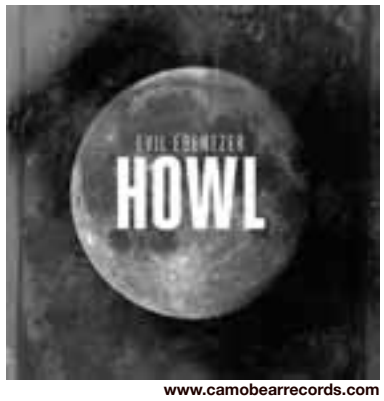
His music is loaded with undeniably relatable content depicting his own struggles with trying to make it in the music industry, relationships and substance abuse along with defying the odds and overcoming adversity. Evil's music also contains an inspiring message of following your dreams and never giving up.

Evil Ebenezer has released a barrage of music over the past few years including his latest release HOWL, which came out September of this year. HOWL conveys Ebenezer's skill as a lyricist and diversity as a rapper along with features from Snak the Ripper and Edmonton's own Cadence Weapon.

Unlike Evil's earlier work, HOWL features a darker element, sounding as if it was recorded in Gotham City.

"Before Howl came to be, me and Stuey Kubrick were working on a concept EP tentatively titled *Downtown*, that's where songs like "Downtown," "These Streets" and Trip the Wire" were born. I was trying to write a more descriptive style and paint a dark vision of the city. Those songs just got added to Howl," he said.

"I was trying to create and some more emotional tracks mixed with a couple other straight up hip hop tracks."



www.camobearrecords.com

So far, the album has produced three singles, the bleak, inner city themed track "Downtown," the light hearted "Sunshine"and the album's lead single, "These Streets."

"My favourite song would be "These Streets," just because of where I was able to go lyrically. I think that's a classic joint."

Times weren't always as great as they are now, though. Ebenezer's early work paints a vivid picture of an artist struggling to make it in an ever expanding music scene.

This turmoil is best described in the songs "Scarecrow," off 2009's *Evil Eye* and 2006's ballad, "I'm Leaving."

"With the Internet and the home studio it has become a lot easier for aspiring rappers to try and come out," says Evil, looking back on the earlier years,

"When I was first doing stuff in the early 2000s there was none if that. We had to pay big money to get into a studio and get people to hear our music. It was a whole other game."

Evil's tribulations are best described in the 2009 track "Take Me With You," on which he admits, "This music biz has taken a toll on me that I can't express, the jealousy, the long roads, the broken home, the no address. It's embarrassing telling people you rap, like you're a tough teenager lookin' to scrap."

Nevertheless, Evil's grind and determination have paid off as his music and videos have become increasingly popular.

"It's about sticking out, being original. You gotta make people want to click on that link. People have so much being stuffed down their throats, so they're a lot more hesitant to like something."

Evil Ebenezer is currently embarking on a cross Canada tour with Factor in promotion of his new album.

The tour made a stop in Edmonton, Nov. 14 as Evil serenaded the crowd with tracks from all walks of his career and a series of off the dome freestyles.

"The best part about touring is meeting all the fans and performing the music," he said.

"It's awesome to see everybody get excited and party with us but after the show we like to party or chill depending on how we're feeling and if we got a big drive the next day. ...everything in moderation. So some nights we rage and other nights it's a pizza and a movie. It just depends."

Evil Ebenezer has risen from his underdog status to being one of the most respected artists in Canadian hip hop. His determination and universally relatable lyrics have made his music a source of inspiration aspiring artists and comfort for listeners all over the world. His music can be bought on iTunes and camobearrecords.com. Ebenezer has set himself aside from all the generic sounding, watered down music coming out today, gaining the respect of true hip hop fans worldwide.

"Music always has been the best outlet for me to express how I feel at any given time. I just need a beat and a mic and I can make something that will last forever. It's dope."

DR. NUGGHEAD

Dear Dr. Nugghead
What is the best way to remove bad breath from a dog? This is a timely matter.
MansBestFriend

Dear MansBestFriend
I am by no means a dentist, a surgeon or a librarian but what I am is a realistic man. I question why it's important to remove your dog's bad breath. It's the dog's choice to have the bad breath. You don't see your dog trying to change you. Maybe it's time to part ways. On a side note, why is this a timely matter? Is there a bomb on your dog?

•••

Dear Dr. Nugghead
Should I try and pick up the violin?
ClassicalNoob

Dear ClassicalNoob
Are violins made of stone now or do you have really weak fingers? Violins should not be hard to pick up. What I can suggest is that if you are worried of breaking an arm, is to invest in a paper violin. Yes, those are real. Kindergarteners make them, but be careful because some kids are swindlers. Don't pay anything over $40.

•••

Dear Dr. Nugghead
What is the best thing to do during a hail and thunderstorm?
NightKiteFlyer

Dear NightKiteFlyer
The best thing you could possibly do is go outside and look for the meaning of life. I know that sounds nearly impossible but an old wise janitor once told me that during a hail and thunderstorm you can find the meaning of life. It looks a little like a frog crossed with a cinnamon bun. Once you catch this mysterious creature it shall explain the meaning of the entire universe. If you can't trust a janitor whom can you trust?

•••

Dear Dr. Nugghead
I finally got this girl's number who I really like. What should I do next?
NoGame

Dear NoGame
I'm sorry, this question confuses me. "You finally," got her number? Was this number like Frodo's search for the ring or a trip through Narnia? You need to calm down because getting girls numbers should be like tying your shoes … I don't know where I'm going with this other than it should be easy. Anyways, now that you have her number you should probably give it back to her. She clearly needs it more than you.

•••

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.

NAIT STUDY SKILLS WORKSHOPS

Preparation is the Key to Success

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

NOVEMBER, 2013

22	Fri.	Time Management & Procrastination	Room X215	11:15am-12:00pm 12:15pm-1:00pm
25	Mon.	Learning Styles	Room J112	11:15am-12:00pm 12:15pm-1:00pm
27	Wed.	Exam Preparation & Writing	Room X215	11:15am-12:00pm 12:15pm-1:00pm
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

WE ARE ESSENTIAL TO ALBERTA

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES

Protecting a laptop

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

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

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

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

Non-technical Solutions

• Keep the laptop out of sight. When not in use the laptop is safely tucked away in a locked desk drawer or cabinet. Never leave a laptop in a locker. Always take it with you or put it in the trunk of your vehicle … out of sight, out of mind.

• If you work in an office, keep your office space locked when you are not in it. Everyone is busy working so relying on coworkers to watch your office while you are out is taking a significant risk. It is amazing how fast items can grow legs when left unattended.

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

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

Cables

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

Secure Storage cabinets

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

Label and tag the laptop and all accessories

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

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

If you have information regarding a crime, contact Protective Services at 780-471-7477. If you see a crime in progress, call 911 then Protective Services. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to $2000.00.

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, Souch Campus and Patricia Campus) to drop off new, unwrapped toys.

A powerful cry for justice

By QUINTON BERGER

There's no question that the way our justice system works is flawed. Police can only act on certain suspicions if warrants are granted. Warrants only come with certain procedures and certain people (such as addicts and prostitutes) become marginalized by police and investigators when they turn up missing.

We as a society tend to ignore those who live "high risk lifestyles" and it often comes at a tragic cost. *Pig Girl*, the bold new play by playwright Colleen Murphy, touches on all those issues as she takes us into a the shed on a serial killer's farm where a young woman is being held captive.

The play is loosely based on the Robert Pickton murders of 2007 where police found the remains of over 20 women on the man's farm outside of Vancouver, BC. Pickton was charged with six counts of second degree murder and in 2010, 20 other charges were stayed by the crown. The anger based on the crown's decision inspired Murphy to write *Pig Girl.*

"I wrote *Pig Girl* in a kind of sustained fury," she explains in the playbill. "I felt like the dead women were being silenced once again."

The play takes place on a farm where we find a prostitute being held captive by a deranged psychopath and a Vancouver police station where a woman desperately tries to convince police that her sister's been taken. The chief insists to the woman there is nothing he can do and that given her sister's lifestyle, she's probably elsewhere, not wanting to be found. All the while, time is running out as her sister's grisly fate ensues.

blog.artsclub.com

Colleen Murphy

Upon entering the theatre and purchasing tickets, viewers are asked to read a disclaimer, explaining that some may find the play disturbing. The sign is right!

Along with the grim plot line and the fact that it's based on real events, *Pig Girl* fearlessly shows us what being there would've been like, depicting sexual assault, torture and a hook being dug into the victim's back. All the while we sit in our seats getting goose bumps each time the killer taunts her. The agony and suffering felt by the victim, played by Nadien Chu, seems all too real as she screams and begs for mercy in an unflinching performance. Randy Hughson's portrayal of the killer is gripping as well. The character's deep seeded mommy issues and child-like intelligence combined with Hughson's phenomenal acting leave you incredibly unnerved. You really feel like you're in the presence of a disturbed individual.

Both ends of the stage are occupied by the other half of the cast who bring just as much raw emotion and intensity as Hughson and Chu.

Elinor Holt plays the victim's sister who rekindles her childhood memories and details the despair that losing her sister is putting her through. Across the stage is the Vancouver police chief (Brian Dooley) who at first seems apathetic to the woman's disappearance but we later find out is consumed by the guilt of not being able to help the families who report their loved ones missing.

Holt's desperation tugs at the heartstrings as she describes the pain of trying to cope with her sister's disappearance and receiving no help from the police. We soon find out the Dooley's character isn't heartless as he describes being overrun with remorse and a constant knocking he hears. It's a sort of telltale heart as he looks back, wishing he could have helped all those who came to him.

The idea behind this is that we're all just human underneath the labels and presumptions imposed by society.

Pig Girl is currently in the middle of its two week run at the Roxy (10708 124 St.), ending Nov. 24. Show times are 8 p.m. Tuesday-Saturday and 2 p.m. on Sundays. Tickets can be purchased at www.theatrenetwork.ca or at the door. Ticket prices vary.

Pig Girl is a brutally honest mirror being held up to society, which I recommend checking out. I guarantee you'll have chills long after leaving the theatre.

Catching Fire trailer tantalizing

By BAILLIE SHEETZ

With so much hype revolving around the Nov. 22 release of *Catching Fire*, the second instalment in The Hunger Games trilogy, it was decided that I should write a review about the movie trailer. Yes, a look at the short compilation dedicated to promoting the film.

The first thing that comes to my mind upon watching the trailer is that Lionsgate covers a lot of ground in one minute and seven seconds. The second thing I noticed is that though the trailer cuts away to many different scenes from the film, it reveals very few spoilers about the film. It's just a series of very short cutaways that seem unrelated to each other.

The trailer also features very little sound and dialogue, drawing much attention to the powerful clips of film without revealing too much. The trailer gives fans teasing clips of highly anticipated characters such as Finnick Odair and Annie Cresta but only shows them briefly. It features countless reaction and close up shots of Katniss and, for the most part, she looks to be in much distress. Another thing to note is that within the trailer there seems to be many more shots of Gale than of Peeta, which may reveal something about the love triangle featured in the movie. There are also a few District 11 riot scenes in the trailer that prove to be impactful and intense.

President Snow is featured many times and always looks to be menacingly watching over Katniss. Throughout the clip, the words "Hope is Stronger Than Fear" are displayed, definitely revealing the central theme of the movie.

Overall, the trailer is very well done and creates much anticipation and excitement for the new film. *Catching* Fire hits theatres on Friday Nov. 22 and then we will find out just how much the trailer truly revealed.

(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)

stress free zone

STUDENTS' ASSOCIATION naitstudents naitsa yourNAITSA naitsa.ca naitstudents rm e-131

SHEEBA JOHNSON

What do you think about the way-too-early Christmas ads?

"It's a huge marketing ploy by the big corporations to get you shopping more. It's also a nice reminder to get your shopping done as soon as you can instead of getting caught up in the rush later on."

Kyle Lobb

"I don't care as long as it's not before Halloween or Remembrance Day."

Keith Francis

"It's not too bad because moms like me, who are also students, get a lot of time to get their shopping done without getting stressed out."

Pramila Reddy

"I don't care, its good Christmas spirit."

Neil Schmitke

"I really like Christmas so I don't mind the early commercials."

Gourav Dhiman

LOCAL BAND

Unbalanced and proud of it

By QUINTON BERGER

Drunken rambling, raunchy vocals and a slew of genitalia references, all just another day's work for Edmonton based grunge trio, Unbalanced. The band, consisting of frontman and bassist Jerry BLudd, guitar player Jimmy Payne and drummer Nick, formed in 2005 and has been serenading the city of Edmonton with their grungy brand of hard rock ever since, most recently at Brixx Bar & Grill off Jasper Avenue, to a crowd of loyal fans.

"One thing I like about music is connecting with people," says BLudd, seeing them mouth our lyrics at shows or post them on Facebook. It's a nice feeling knowing they feel the same way you do."

Unbalanced took the stage at 1 a.m. at Brixx and started with the introduction, "We're Unbalanced … and we hope you are, too."

The group's unique and blended sound is a result of numerous different musical influences.

"I grew up with lots of pop music being played by my mom. Madonna, Abba, Savage Garden but my pops always had lots of rock and roll playing. I couldn't really say what's influenced me the most," says BLudd.

The diversity only grew as the band started playing together.

"Nick was into ska, Jimmy was into metal and I was into punk."

Like many rock artists, blues also had a heavy influence on the band. " … not even really a single band, but the scales" Bludd explains. "Lots of our songs are based off blues scales."

The variety of influences is even more apparent during their shows. Friday's set list included the band's latest radio single "Moment of Truth," a fast paced, melodic tune, sounding similar to lots of today's conventional "radio rock," "Flake," which features choppy guitar riffs over a groovy bass line and a cover of Britney Spears' "Hit Me Baby One More Time."

"This song was originally written by us," Bludd touts on stage "but some b**** stole it."

The set also included covers of Green Day's "Hitchin' a Ride," which also sounded better than the original due to Bludd's raspy vocals, better suiting someone who'd be hitchin' a ride and Blur's "Song 2," along with a plethora of original songs. Each song has a different sound and rhythm to it but all are accompanied by a set of dark, coarse sounding lyrics.

"I write most of them but Nick has also helped write a few verses," says BLudd as he describes the writing process.

"It sounds pretty dark because all I write about is women. No better way to say it, broke my heart. It's interesting, though, 'cause I'd write a song with a certain someone in mind but years later I find they are so open ended they eventually mean something else to me."

The dark sound and personal content really come out on stage as Unbalanced take every opportunity to interact with the audience and bring them in a little more. The atmosphere created is incredibly inviting; a nice intimate setting.

"Most people say their favourite part of playing music is the show or the party. For me, it's the venting, the vulnerability. I'm reading from my audio diary to everyone. It's very freeing and therapeutic"

Unbalanced is currently working on a new EP, scheduled for release in the near future. Their music can be found on Soundcloud under Unbalanced Official. The band is also on Facebook and Twitter, @UnbalancedTrio. The group has attained quite a following over the past few years and a tight knit circle of fans. The band aims at bringing everyone together and strengthening the bonds in Edmonton's music scene. I encourage everyone to check these guys out and show support cause "if you're not gonna be there for the scene, the scene's not gonna be there for you."

www.last.fm

Unbalanced

THROWBACK THURSDAY

Birthday memories

By KYRA MULLER

Which day comes once a year, is longingly awaited and you can demand all the spoiling in the world? It's your birthday. Even 50 Cent decided to make a catchy rap song which is essentially reassuring every one of the fact that, yes, it is indeed your birthday but don't be mistaken, literally no one cares that it's your birthday.

No matter how old you get, it seems customary to have a couple of presents strewn about in your honour and you can't forget the birthday cake.

I can't help but remember the thematic rooms at bowling alleys which seemed customary for any birthday party in the '90s. Dinosaurs, sports equipment, Pokémon or princesses would be represented through gaudy wallpaper, which was the only aspect that set the thematic rooms apart from one another. You would alternate between stuffing your face with cake, being choked by pointy party hats and their elastic bands and getting gutter balls.

Chuck E. Cheese's also seemed to be a popular birthday party place, a sort of haven for parents where you let the kids loose with some tokens and didn't expect to see them again until they were hungry. Everyone would settle in with a slightly disgusting piece of pizza to gnaw on while the giant mouse mascot danced about with all his friends. I personally found the mouse quite frightening – that might just be me, though. At the end of the night you would redeem all your hard earned tickets and maybe get something especially epic like a boomerang you never figured out how to use.

I also enjoyed the parties at friends' houses. Pizza would be ordered; normally one of each type to make sure every kid could eat. You could see the parents, whose house it was thrown at cringe, as we'd run our grubby fingers along their furniture and put our feet on the couch while watching a Mary-Kate and Ashley movie rented from Blockbuster. If the parents were especially gutsy, they might make it into a sleepover, which means literally no sleep for anyone, and probably a lot of 10-year-old girls dancing to S Club 7 at 1 a.m. in the morning.

My personal favourite birthday party was held in a friend's apartment. She was turning eight and had invited literally our entire class over. We ran like wild little things through the grass behind the building. It was a great time for everyone until we heard someone crying out in extreme pain and anguish from one of the apartments near by which had its window propped open. Turns out, their next door neighbour was doing a planned home birth and labour noises turned into the soundtrack for her party. I guess in a way it was sort of cool that her next door neighbour's child shared the same birthday … ?

Regardless of the way they were celebrated, '90s birthday parties were basically the best and I'd be lying if I said I didn't miss them, even a little bit.

messiahmom.wordpress.com

HOT MOVEMBER MAN!

Photo by Sami Silver

The NR92 Movember Mamas Present NR92's Movember Man

Roger Montgomery

Roger is a NAIT student in the Paramedic Program
Roger's favourite movie is The Beginners and he likes to ski.
Roger's Movember music requests:
"Make Some Noise" by The Beastie Boys
"Yellowe Ledbetter" by Pearl Jam
"One Great City" by One Great City
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

THE NUGGET PRESENTS:

HOROSCOPES

MADAME O

November 14-20

(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)

Don't recklessly spend your money. Financial instability is in your future. Spend your money wisely, and put some away for just in case.

Capricorn (Dec. 22-Jan. 19)

You have been dealing with some issues lately. It seems like there is no light at the end of the tunnel but there is. Nothing will change unless you want it to. Stay focussed on your goal.

Aquarius (Jan. 20-Feb. 18)

You will be very successful this week. Be careful, someone may try and take credit for your hard work. Stand your ground, and be proud of your success, no one should take it away from you.

Pisces (Feb. 19-March 20)

You may feel off center this next week but don't sweat it. Everyone is allowed to have a bad day. Just don't let it consume you and find ways to make your life more positive. Perhaps bake a cake.

Aries (March 21-April 19)

It will be hard to keep your eating habits in check this week. It's OK to splurge but don't overdo it. A surprise encounter will leave you wanting to look your best.

Taurus (April 20-May 20)

You will overwork yourself this week. You are hard working so it is natural that you invest a lot in your work. Make sure to treat yourself, and take a well-deserved break this weekend.

Gemini (May 21-June 21)

A trip may arise in your schedule unannounced. Keep your eyes open, and say yes to all opportunities, one may be your route to success.

Cancer (June 22-July 22)

An old love interest may find their way into your life this week. Don't be close minded. Sometimes you need to give things a second chance. Choose to forgive.

Leo (July 23-Aug. 22)

Get creative this week. Take a step down from your usual leadership role. Try something that puts your creative skills to use. Don't over analyze anything, and let your colourful side shine.

Virgo (Aug. 23-Sept. 22)

Your head will be off in the clouds this week. You may feel like you're not accomplishing anything, but it is important to stay in touch with your imaginative side.

Libra (Sept. 23-Oct. 22)

You may have an argument with a close friend or family member this week. Remember to stay calm, and separate your loved one from the argument. Question if the point

Scorpio (Oct. 23-Nov. 21)

You are looking great! Expect to steal some glances in the next couple of days. You have taken care of yourself and deserve the attention.

Managing depression

TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Do you feel worthless, helpless hopeless and/or constantly fatigued? It is not abnormal to feel sad, lonely or down occasionally. However if your symptoms last for more than 2 weeks and are not due to a significant loss there is a chance that you are suffering from depression. The National Institute of Mental Health lists these symptoms of depression:

• difficulty concentrating, remembering details, and making decisions

• fatigue and decreased energy

• feelings of guilt, worthlessness, and/or helplessness

• feelings of hopelessness and/or pessimism

• insomnia, early-morning wakefulness, or excessive sleeping

• irritability, restlessness

• loss of interest in activities or hobbies once pleasurable, including sex

• overeating or appetite loss

• persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment

• persistent sad, anxious, or "empty" feelings

• thoughts of suicide, suicide attempts

Symptoms of depression can be similar to symptoms of other disorders such as iron or other nutritional deficiencies, thyroid dysfunction, anxiety, sleep disorders or eating disorders. See your doctor to rule out other causes of fatigue, low energy and mood swings. If your depression is severe you are advised to see a doctor or counsellor as soon as possible. If it is milder, here are some things to try:

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

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

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

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

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

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

6. Manage stress. Quite often people with depression are perfectionists and/or tend to overextend themselves. If stress could be a factor in your depression identify possible stressors (setting unrealistic standards, work overload, taking on too much, unsupportive relationships) and determine what changes you can realistically make. Challenge your unrealistic standards and set realistic goals. Plan ahead for stressful times such as mid-terms and finals. Learn to say "no" and to ask for help. Build at least a few minutes of relaxation into your daily routine.

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

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

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

10. Seek professional help. Depression can be difficult to self-diagnose let alone resolve on your own. Don't lose hope. Feeling better takes time, but through making positive choices, working on your thinking patterns and asking for support from others the majority of people can overcome depression. If you are making changes and you don't seem to be getting better or if you are feeling too blue or lack the energy to make changes, it is time to seek professional help. Staff at student counselling are all qualified professionals experienced in working with depression and other personal or academic areas.

You can make an appointment at Student Counselling, Room W-111PB or phone 780-378-6133.

The Dark World shows promise

By EILEEN JOHNSON

The beautiful Norse god Thor is back in a very enjoyable way. The movie *Thor: The Dark World* takes us to the world of Asgard again where we find out that Thor – with his long, golden locks and hammer – has been waging battles to bring peace to the Nine Realms and ignoring, but not forgetting, the human he fell in love with during his first adventure on Earth, Jane Foster.

There is a new villain, with Christopher Eccleston transforming into the truly evil Malekith, leader of the Dark Elves. For me, however, the highlight of this film is Loki, specifically Tom Hiddleston, the actor who portrays the troubled member of the Odin family. Hiddleston does so much with the role and steals almost every scene he is in. Yes, Loki is locked away in a prison in Asgard but the clever guy doesn't let that stop him from being part of the action.

Jane, who is an astrophysicist, stumbles upon the beginnings of 'The Convergence' in which the Nine Realms will be connected and travel between the realms becomes easier. She also comes into contact with the Aether, a living energy force, and this is where the Dark Elves come into play.

The director of *Thor: The Dark World* found a great balance between action, humour, love and seriousness. The action sequences in this film are great and there is just enough humour for some levity. Where I feel the movie surpasses most other recent comic book-based films is the emotional part. With this second Thor movie, the filmmakers have gone down a darker road and drawn on family, both the good and bad, to tell an excellent story.

While I found *The Avengers* movie to be far too bombastic and quite dull, *Thor: The Dark World* is more than just an explosion-filled comic book movie. You see the dilemmas and emotions the characters are forced to deal with – love, anger, grief and fear. You experience Loki's pain and want to root for him. You can see that Thor would gladly give up a lifespan of thousands of years to be with Jane if not for his sense of duty.

Of course if you're looking for a film filled with battles and special effects, *Thor: The Dark World* is also that type of movie.

WHAT'S GOING ON AROUND CAMPUS

WHO Gamers of Dungeons & Dragons
WHAT Weekly Meetings
WHEN Wednesdays 5:15pm – 11:00pm Room WA114
Fridays 5:15pm – 11:00pm Rooms WC316, WC312, WC306, WC320
Saturdays 8:00am – 8:00pm Room T015

WHO Business Connex
WHAT Weekly Meetings
WHEN Tuesdays, 4:45pm – 5:30pm
WHERE Room T-116

WHO Btech
WHAT Weekly Meetings
WHEN Mondays, 5:00pm – 6:00pm Room WA-114
Fridays. 5:00pm – 9:00pm, Room WB-314

WHO Latter Day Saints Student Association
WHAT Weekly Meetings
WHEN Thursdays, 11:15am – 12:10pm and 12:15pm – 1:10pm
WHERE Room WA-212

WHO Christian Club
WHAT Weekly Meetings
WHEN Fridays 12:15pm – 1:10pm Room E-201
5:15pm – 8:00pm Room E-216

WHO ANIME
WHAT Weekly Meetings
WHEN Thursdays, 4:15pm – 6:10pm
WHERE Room WB-314

WHO Paramedics 2015
WHAT Weekly Meetings
WHEN Tuesdays, 12:15pm – 1:10pm
WHERE Room X-205

WHO Investment Club
WHAT Weekly Meetings
WHEN Wednesdays 4:40pm – 5:40pm
WHERE Room T-509

WHO Civil C lub
WHAT Weekly Meetings
WHEN Wednesdays, 5:00pm – 6:00pm
WHERE Room L-164 (Club Room)

WHO CETSC
WHAT Weekly Meetings
WHEN Wednesdays, 12:00pm – 1:15pm
WHERE Room L-164 (Club Room)

WHO Improv Club
WHAT Weekly Meetings
WHEN Thursdays, 4:15pm – 7:15pm
WHERE Room A-122

WHO Blaze Dance (Hip Hop) club
WHAT Weekly Meetings
WHEN Fridays, 5:00pm – 8:00pm; Sundays, 11:00am – 3:30pm
WHERE Studio

WHO Aboriginal Club
WHAT Weekly Meetings
WHEN Bi-Monthly beginning Oct. 22; 4:15pm – 5:10pm
WHERE Room H-111

WHO Investment Club
WHAT Weekly Meetings
WHEN October 23 4:40pm – 5:40pm
WHERE Room J-210

WHO DMS 2014
WHAT Comedy Night
WHEN November 21; 7:00pm
WHERE the Comic Strip

WHO Full Frame 47 Photography Club
WHAT Print Sale
WHEN November 21-22; 8:00am – 4:30pm
WHERE NAIT Main Campus South Lobby

WHO MECSA
WHAT Beer Garden
WHEN November 29; 3:00pm
WHERE Business Tower Lounge (8th floor)

CAMPUS CLUBS NEWS

NOVEMBER 25 Clubs Connection #2
NOVEMBER 26 Grant #2 Deadline

NAITSA UFC

CREATING THE ULTIMATE FOUNDATION FOR CLUBS

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

BTECH CLUB PRESENTS
12.13.13
A SPECIAL EVENT WITH
3 SURPRISE GUEST SPEAKERS
FOR MORE INFORMATION
WATCH FOR OUR UPCOMING POSTERS
STUDENTS' ASSOCIATION
A CHRISTMAS CAROL
DICKENS AS YOU'VE NEVER SEEN BEFORE!
Presented by
GAMERS OF
DUNGEONS & DRAGONS
Check us out on Facebook:
https://www.facebook.com/naitgdd
Watch the event page for
more details and updates!
IntoNAITion
WHERE LEADERS ARE MADE
Everyone is Welcome to Join the Meetings!
MONDAY – 4:45pm – Room H003
Improve Public Speaking and Leadership Skills!
Master Crucial Organizational Skills!
Add to your Resume and Transcript!
Earn Internationally Recognized Designations!
IntoNAITion Toastmasters Club
www.toastmasters.org
IntoNAITionToastmasters@hotmail.com
MOVEMBER
BEER GARDENS
Featuring:
$4 Beer
$4 Highballs
$3 Pizza Slice
Prizes for the best and worst Moustaches
(Ladies will be the Judge)
FRIDAY NOVEMBER 22, 2013
TECHNOLOGIES ANNEX (L BUILDING)
3pm – 10pm
Friday November 22
Movie Night
Chemical Engineering Students' Society (Ch.E.S.S.)
Dance Party
WE'RE THE MILLERS
JUST DANCE 2014
Doors open at 4:30pm
Shaw Theatre
Just-Dance-Off For Prizes @ 4:30pm
We're the Millers begins @ 5:30pm
Judges are needed for the Dance-Off (no experience necessary, just attitude). Contact: steven.hepperle@gmail.com if interested.
Advance tickets @ NAITSA - $5.00
email: steven.hepperle@gmail.com (or at the door). Advance ticket holders have priority for the dance-off.
Popcorn/pop available $0.75ea
Like us on Facebook:
Chemical Engineering SS
NAITSA
UFC
CREATING THE ULTIMATE FOUNDATION FOR CLUBS
VISIT THE CAMPUS CLUBS CENTRE
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campusclubs@nait.ca | naitsa.ca/clubs
Check out the Clubs Website for other upcoming Important Clubs Dates

Nest celebrates a birthday

By SHEEBA JOHNSON

Most of us think of the Nest as a spot to go relax with your friends and have a couple beers. It's been around forever and for some of us who have been through NAIT in the recent years are shocked to know that The Nest is turning 25!

The Nest is turning a quarter of a century! For more information, I headed down to the Nest and it also gave me an excuse to grab a pint of the happy juice. Michelle Dirksen, who's been at the Nest for the last 14 years, told me its history.

The Nest was created by the Students' Association back in 1987 when they decided that students needed a place to wind down and relax.

"I imagine them having beer and coming up with the idea whenever I think about it," said Dirksen.

It was eventually opened in 1988 with the NAIT Board of Governors, the Alberta government and NAITSA splitting the startup costs.

"In the last 25 years, The Nest has been through so much," Dirksen said. "It doubled in size and we just had a really huge renovation."

The Nest was half the size when it first started and it had to be expanded due to its popularity.

When I asked Dirksen about the recdent renovations she said: "We wanted to grow up. We wanted to be a full blown restaurant where you could not only come for beer but also have some food services. We didn't want to remain just the little watering hole for the students, we wanted to provide better service and grow up as an establishment. The renovation brought that to us."

I asked Dirksen about her experience at the Nest so far and she told me that 14 years ago she started out as a server.

"I have seen so many changes. We (the staff) work together very well, we try to promote from within."

She looked very happy and at home running place.

"We so appreciate everyone's loyalty for the last 25 years and I am looking forward to 25 more!"

The Nest does have a very modern look, with two pool tables for a game or two with friends, lots of space to find a spot to hang out and a really cool bar. To celebrate the 25th birthday, the Nest is throwing a party on Nov. 25. There will be birthday cake and party favours all day. There will also be a chance to win something. For more details, come join the party!

I hung around the Nest asking the customers, most of whom were NAIT students, how they felt about Nest turning 25. The opinion was shared by almost every student – the Nest is a great place to calm down, relax, de-stress and have a drink. The Nest staff is super friendly and very helpful and they are all excited about the upcoming celebration.

Photo by Jesse Kushneryk

Nest manager Michelle Dirksen is flanked by bartenders Steven Schmidt, left, and Daniel Wujcik.

KIDS' STORY

The things kids say ...

By TIM EVANS

Over the weekend, I had my little cousins over for a sleepover so my aunt and uncle could have some personal time this weekend. As Saturday came to a close, I tucked my little squirts in for the night. The youngest one asked for a bedtime story. I thought it was cute until I realized I would have to dig in the storage room to find one. Whatever, they're worth it! I pulled out a Marilyn Sadler classic that my father read to me before I could read. *It's Not Easy Being a Bunny* was my favourite story as a little kid and I was excited to experience what my dad experienced reading it to me as a kid. I cracked the book open and began to read. Before I go any further, I'd like to point out that my little cousins are very critical of things. Especially books.

The first page sets the whole tone for the book. As Alex (the youngest) put it, "The bunny has an identity crisis." Oh boy, this is going to be interesting. Upon reading the third paragraph about too many brothers and sisters, Alex's sister chimed in. "His parents should get a hobby other than making kids."

Right. What are they teaching in schools these days?

The next few pages explore the main character, a rabbit named P.J., and his search to find his new identity. His first choice is to become a bear. Finally, something these two won't comment on.

I spoke too soon. "Hey! That's daddy's office rug!" "Yeah! The size ratios between the bear and the bunny are very wrong." Size ratios?!? Mind you, there's a lot that has changed since I was in Grade 3.

The next animal P.J. wants to be is a bird. I'm praying they don't know the nickname for the middle finger. "What an idiot! Even Uncle Si can flap his arms better than P.J.!" Right. A five-year-old watches *Duck Dynasty*. I hope they don't get any ideas. Besides, wouldn't the branch break? This is one screwed up rabbit to think it can fly. With that said, the Wright brothers probably didn't have it easy trying to invent the airplane ...

The next animal P.J. tries to become is a beaver. My family is really into politics and the two munchkins know the beaver is usually associated with Canada. I'm quite curious as to what their little minds will conjure up for this one.

"Is he part of the prime minister's plan to bring in more foreign temporary workers?" the oldest pipes up.

I don't know how to respond to this one, so I flip the page and keep reading, trying to keep a straight face. I read about how P.J. tries to be a pig but decides against it because the pigs like to splash around in the mud. The two kids don't comment on it but rather look intently at the pictures. P.J. then joins the moose family. Still no comment. I flip the page. There, the moose cries, "Moook!" in the illustration. I wait, allowing their brutally honest minds to come up with something.

"Moook? Isn't that Rob Ford's job?" asks the oldest one. I look at her with confusion plainly written on my face. She explains, "Isn't that the bad thing Rob Ford did? Does the moose know Rob Ford? They could be friends!"

I ask her if that's how their dad explained it. She nods yes. "Then yes, the moose and Rob Ford are good friends." I flip the page. Possums. Oh, great.

"I tried that at school during recess," says Alex, "Possums are from the South Pole."

I ask her how she knows that.

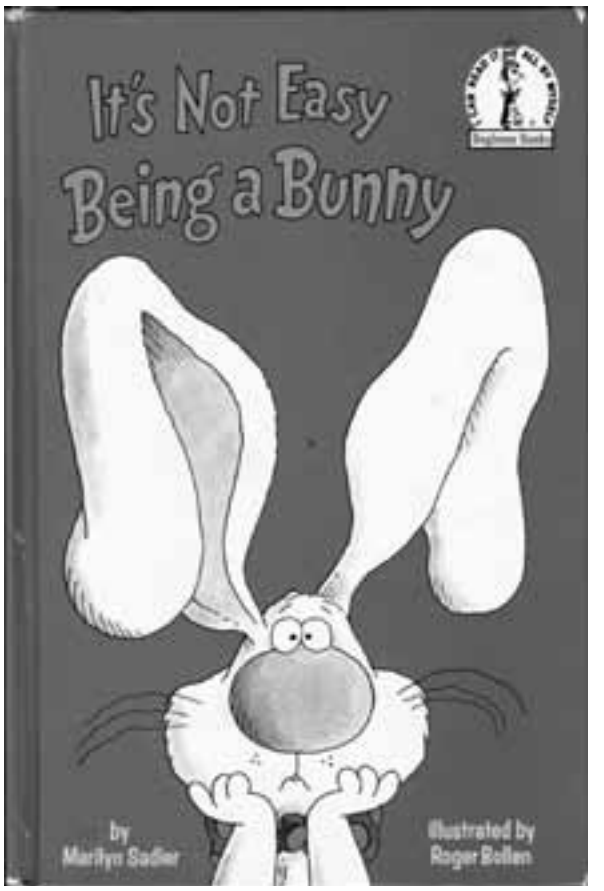
"Possums are upside down. They're used to being on the upside-down part of the world like Australia." Fair enough, I'll give her that one.

I continue reading, wondering what goofy comment will come next. Up next for dissection by elementary students: A skunk. Both kids hold their noses and start clawing at the paper, urging me to skip the part about the skunk. I oblige them. The bunny called P.J. begins to realize he likes who he is by this point in the book, and I can see the kid's eyes are getting heavier. As they yawn and fall asleep, I do the stupid thing and say, "Good night, my little bunnies!" The backlash was incredible.

"We don't have an identity crisis and we're not so dumb as to try to be something we're not."

Smart statement from a little kid.

So the next time you read a book to a child, take my advice; prepare yourself for the weirdest and most outrageous comments you've ever heard.



dbsenk.wordpress.com

Mac and cheese disaster

By LAUREN FINK
@LaurenFink_

Ingredients
½ pound elbow macaroni
3 tablespoons butter
3 tablespoons flour
1 tablespoon powdered mustard
3 cups milk
½ cup yellow onion, finely diced
1 bay leaf
½ teaspoon paprika
1 large egg
12 ounces sharp cheddar, shredded
1 teaspoon kosher salt
Fresh black pepper
Topping:
3 tablespoons butter
1 cup panko bread crumbs
Directions

Preheat oven to 350 degrees F.

In a large pot of boiling, salted water, cook the pasta to al dente.

While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk, onion, bay leaf and paprika. Simmer for 10 minutes and remove the bay leaf.

Temper in the egg. Stir in three quarters of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a two-quart casserole dish. Top with remaining cheese.

Melt the butter in a saute pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.

So, in theory this recipe is amazing ... In actuality, this recipe (or, at least my final product) was horrible. I'm a baker (I'd say a pretty good one) not a cook, so when I decided to take on this article I decided to challenge myself to cooking and not baking. Since I'm not a good cook to start with, I decided to try an "easy" recipe (it even said it was easy on the actual recipe). But, as I pulled my final product out of the oven, I realized it apparently wasn't easy enough. I apologize but any recipe that calls for tempering an egg is not easy. Essentially, tempering the egg was my downfall because it apparently didn't temper properly, causing the final dish to be more of a macaroni quiche than baked mac and cheese. The final product was absolutely disgusting. I'm not a huge egg fan (unless it's just egg whites and they are drenched in salsa/hot sauce) but, even my family, who are egg fans, couldn't stomach the dish (except my nine-year-old brother). It took me roughly an hour and a half to prepare the dish, which I ended up throwing away and about five minutes to make the Kraft Dinner my family (I ended up not being hungry at all after the whole ordeal) actually could eat.

– Recipe from the Food Network

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