TEACHER’S MEMORIAL SET
Graham Miller to be remembered at Jan. 7 service, story page 4

PILED HIGH
Joe FM radio announcer Rhubarb Jones looks over a stuffed bus Friday at Namao Save-On-Foods. Approximately 20,000 kg of food and $14,000 were collected at various Save-On-Food stores in Edmonton and Sherwood Park during the annual Stuff-A-Bus campaign.

Photo by Laura Dettling
Feeling pressure? Just exercise!

By BART PADJASEK

With finals approaching, the common themes of a student life include constant stress, poor eating habits, and sleep deprivation.

Regular exercise during these weeks is an easy solution to combat most bad habits, but students without a lot of workout experience or just tired of the same weight room routine may be at a loss of motivation. That’s where the NAIT Recreation Department comes in.

This month, NAIT is joining with the United Way to bring the next set of drop-in fitness classes to the main campus. Each class is only one session, so there is no commitment necessary to keep the program up. It’s only $5 (plus GST) to register for any class, with all profits going to the United Way in Edmonton.

Want to experience a great calorie-burning workout while still having a great time? Try the Latin-inspired dance workout Zumba. Need a pick-me-up in the mornings without that cup of coffee? Morning Jolt Bootcamp may just be the thing for you.

TRX Circuit, a workout based on suspension and weights, is included as well. This movement has spread around the world, inspiring and motivating people to grab their cameras and make someone smile and have something to remember by for this holiday season. If you’re wondering who exactly the people in need are, it can vary from single parents who can’t afford to have their photos professionally taken to homeless people.

It’s the chance to give someone hope and for photographers to use their skills for good.

For more information on Help-Portrait, visit www.help-portrait.com. It’s never too late to get involved and give back to the community.

For a story on Edmonton’s Help-Portrait program, which is run by a NAIT alumnus, see page 5.

Help-Portrait founder Jeremy Cowart and a fan.
The Edmonton Food Bank held its 17th annual Stuff-A-Bus campaign this past weekend and volunteers unloaded nearly 13 buses full of food for the Christmas and Festive campaign.

Forty-foot Edmonton Transit Service buses were parked at various Save-On-Foods locations over the past weekend in Edmonton and Sherwood Park. Early estimates have the events raising nearly 20,000 kg of food, with volunteers continuing to unload buses late into Saturday night.

Organizers are attributing the success to a great team of volunteers, young and old, as well as media coverage from Joe FM (which broadcast live on site at all events) and Global TV.

Despite being several days shorter than last year’s campaign, volunteers managed to match last year’s monetary donations of $14,000, thanks in part to a new Donate Online option.

Last year’s campaign brought in almost 35,000 kg of non-perishable food.

In an effort to meet significant shortages of certain foods, Stuff-A-Bus incorporated a recommended “Item of the Day” program this year. The optional program included such items as canned fish and meat, pasta and juice boxes. Donators who brought more than the items of the day were entered to win a grand prize, including a signed Magnus Paajarvi Edmonton Oilers jersey, a $100 Earls gift card and a West Edmonton Mall family attraction pass. In addition, many secondary prizes were awarded, including several pairs of tickets to the Citadel’s long-running fan favourite presentation of “A Christmas Carol.”

There is still a lot of work to do for the Edmonton Food Bank to reach its goal to make sure that all Edmonton families have a good Christmas this year. If you’d like to donate money or volunteer your time, you can visit the Food Bank’s website at www.edmontonsfoodbank.com.

Furthermore, you can make non-perishable food donations at any City of Edmonton fire station or major grocery store.

ETS and its partners have operated the annual ETS Stuff-A-Bus campaign in late November or early December since 1995.

Radio personality Rhubarb Jones, centre, joins ETS bus driver Lorie Sinclair, left, and volunteer Sherry Kordoban in the stuffed bus.

Stuffing buses for needy

By MIKE JONES

The Edmonton Food Bank held its 17th annual Stuff-A-Bus campaign this past weekend and volunteers unloaded nearly 13 buses full of food for the Christmas and Festive campaign.

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ETS and its partners have operated the annual ETS Stuff-A-Bus campaign in late November or early December since 1995.

Since its inception, Stuff-A-Bus has collected 282,545 kg of food and $311,729 in cash donations helping nearly 5,000 families.
Earlier this semester, NAIT experienced a tragedy when Information Technology instructor Graham Miller was killed in a motorcycle accident.

The 47-year-old was known by staff, and students alike, as quick to smile and laugh, a lover of rugby and motorcycles and having an incredible drive, not only to teach, but to learn as well. In 2009, he took a sabbatical to finish work on a Master’s degree in Cardiff, Wales.

Miller was born in 1966 in Pasadena, California to Canadian graduate student parents. It was through his parents that a lifelong love of travel was instilled in him. Toronto was his home during adolescence and high school, where he quickly took an interest in rugby that would last his whole life.

A collection of odd jobs out of high school, including first cook in a restaurant and helicopter pilot, shaped him into the man affectionately known as “Chopper” to his friends on the Clansmen Rugby Club. Graham eventually moved to Edmonton to help take care of an ailing grandmother. It was here that Graham studied Information Technology at NAIT. While a student, he soon discovered that he had an excellent knack for helping and tutoring fellow students. Working his way up the educational chain, Graham became a summer course instructor and eventually a full time instructor for the program that he loved. He received a major teaching award in 2005, and was even sent to China, by NAIT, to teach.

With tragedy comes hope, however. Although NAIT has lost one of its most beloved faculty members, his passing has been commemorated with the “Graham Miller Memorial Fund,” allowing a scholarship to a student who personifies Graham’s values of hard work and dedication to the program and school he loved.

For those who wish to make donations to the memorial fund, please address them to:

NAIT, c/o Sabrina Giordano,
11762 106 St. N.W.,
Edmonton, AB   T5G 2R1.

A memorial tribute will be held at the NAIT Shaw Auditorium on Jan. 7 at 3:30 p.m. to honour Graham. Following this, a reception will be held at the Clansmen Rugby Club, a short distance away from campus.

Expect a large crowd, as the many students, friends and family this fine instructor and man touched come out to pay their respects to the cook, the helicopter pilot, the rugby player and the instructor but, most of all, the man.

As this semester comes to an end, it’s easy to want to mentally check out and coast through the next couple of weeks on autopilot.

For most programs this is the busiest time of year, so how can you power through the last round of assignments and group projects and perform well on your final exams?

Well, a healthy diet is a good start. Eating well enough for it to affect your brain and productivity doesn’t take as long as you might think.

Reaping the benefits of a healthy diet starts with the first bite of healthy food. So which foods are right for your brain? The big winner overall is anything that contains omega-3 fatty acids. Foods like wild salmon, nuts, blueberries, avocados and seeds are all full of them.

Also fresh fruit and vegetables are a great source of energy and plant protein.

Sugar and caffeine are an easy source of energy but ultimately lead to a crash. If you can’t do without your morning cup of coffee, at least pair it with a healthy breakfast. Foods with a high fibre content like cereals and breads or high protein like eggs will help keep your energy levels up for longer.

Finally, this is a no brainer – sleep. Make sure you’re sleeping enough for your body to feel good. We’re all adults; we know how much our own body needs to feel good. For some people it’s six hours, for others it’s nine.

Final exams and projects are stressful because most of us have a big portion of our marks riding on them. Treating your body right will help get you through them.

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NEWS & FEATURES
The gift of a photograph

By CLAIRE THEOBALD
Assistant Issues Editor

Although Javier Salazar, a successful professional photographer and NAIT alumnus, has made his living capturing people in their best light, the power of a portrait never really struck him until he stumbled across the Help-Portrait Campaign.

“It’s amazing,” Salazar said. “It’s a very good way for photographers to give back.”

Help-Portrait was a movement started in the United States to have photographers world-wide join together on Dec. 10 to give back to those less fortunate by taking portraits of them free of charge.

Now in Help-Portrait’s third year in Edmonton, Salazar has organized three locations where individuals can have their hair and makeup done and have a professional portrait taken that Salazar says helps people see themselves in a different, more positive light.

“I think it gives them a lot of hope,” Salazar said, “and you can totally see it in the tears that they have when they receive the photo.”

Salazar, lead organizer of the event, says that he was amazed by the response he got after he gave these individuals their photographs, but it was hearing their stories that really encouraged him to continue with the event.

“I take portraits all the time... but when you take these portraits, it totally takes it to a different level,” said Salazar. “The [response] that we get are tears and hugs, and seeing these people, it just makes it definitely worth it.”

Salazar recalls a man who came in with his daughter to have a family portrait done. The man only got to see his daughter on weekends, and never had a picture of both him and his daughter together. His daughter was 15 years old.

“That photo for him was priceless,” Salazar said.

This year, they are adding a new project where they will print off extra copies of the portraits and have those who were photographed write the significance of the portrait on that copy. Then, Salazar will post them on his blog so that people can see the impact this kind of work has on a community.

“One day you’re there, and you take their photo, and that person opens the envelope and sees the photo and starts crying, that’s when you understand the impact,” said Salazar.

The gift of a photograph

Salazar admitted that at the beginning when he was asked “Why are you giving a homeless man an 8 by 10 photo when he doesn’t have anywhere to put it?” He didn’t really have an answer. However, he stuck with his guns, knowing that the power of the impact would be in the photos and the stories of those who arrived.

“Homeless people come, and they leave with that photo, and they mention that that’s one of their treasures,” Salazar said, adding “they don’t have a house, but at least now they have a photo that they can have with them wherever they go.”

One man he photographed was glad he finally had something to send to his mother in Toronto, something that would show her he was still alive.

“When you’re there, and you take their photo, and that person opens the envelope and sees the photo and starts crying, that’s when you understand the impact,” said Salazar.

Salazar said that it may be difficult for some people to understand the impact without seeing it for themselves, and with most charities focusing on immediate needs, Help-Portrait does seem a bit more then just food.

“A lot of organizations, and a lot of time we volunteer, a lot of people when they donate, they go for just the first needs,” Salazar said. “There’s more then that, human beings need a little bit more than just food.”

Salazar believes that these photographs have a huge impact on that person’s sense of pride and self-worth and serves to improve their quality of life.

“They see the best of themselves right in the photo,” said Salazar.

This year, the volunteer photographers, hair stylists and makeup artists will be set up in three locations: the Paramount Theatre building on Jasper Avenue, Trinity Lutheran Church and the Alberta Community League. Anyone who would otherwise be unable to afford a portrait is invited.

Opportunity to voice your opinion

By BALJOT BHATTI
Assistant Sports Editor

When students return to NAIT in January, they will have a chance to express their opinions on NAIT and what the campus can do for them. NAIT’s President and CEO, Dr. Glenn Feltham, is working on a vision for NAIT to be realized in 2021. For that to come to fruition, Dr. Feltham is asking a single question – if NAIT could make your campus a better place, what would it be?

During the week of Jan. 9, NAIT students will come down to the Main, Patrick and Souch campuses to spend 10 to 15 minutes answering that question. Dr. Feltham seems determined to continuously improve the NAIT campuses around Edmonton.

“In creating our vision for NAIT in 2021, we’ve not yet determined our fundamental promises to students,” said Dr. Feltham. “We’ve done this quite intentionally, because we want students to take the lead.

We believe students know best why they came to NAIT and what they expect from us.”

The event will be scheduled to accommodate both students who are at school during the day and those who attend school during the evening or on weekends. Leanne McCarthy, executive director of the department of Continuing Education said: “It is important for all students to have an opportunity to be heard, including those who study here on evenings and weekends.”

Malcolm Haines, the associate dean of the School of Trades commented on the opportunity not to just improve the main campus, but the other NAIT schools as well.

“This is an excellent opportunity for the students at our satellite campuses to participate in the process of change that is sweeping through NAIT,” said Haines.

“They are an important part of the NAIT community and this will reinforce to them that their opinions are valued and respected,” he said.

Students who will attend the event and answer the above question will be gifted some free goodies. Watch for your opportunity to express your vision for NAIT this January, the week of the 9th, and let yourself be heard in this important conversation.
**Skyrim – a beautiful fantasy**

By GRAHAM McCANN

The recently released *Skyrim* is taking up many people's time. If you haven’t heard of it, you are probably far removed from almost any gamer out there. It is a massive role playing game, though not online like *World of Warcraft*, it is a single-player adventure. However, its expansive world provides hours and hours of content and exploration. It would be easy to clock 60 hours into it. The graphics in the game are absolutely gorgeous. If you want to get the most out of the game visually, go with the PC version over the 360 or PS3 versions if you can. Also, the loading times are faster. The *Elder Scrolls* series started on the PC and I see it as a PC game as default.

*Skyrim* is the fifth main installment of *The Elder Scrolls* series, the previous being *Oblivion*, released in 2006 and the one before that *Morrowind*, in 2002.

*The Elder Scrolls* was first released in 1994 as *The Elder Scrolls: Arena*. It was a revolutionary first-person RPG which has the very basic mechanics that have evolved over the last 17 years. It also began the deep expansive lore continued in the sequels and side story games.

From the 1980s to the mid 2000s, PC gaming culture and console gaming culture had somewhat different vibes because of the different nature of the two platforms.

PCs were upgradeable, were always becoming more powerful and had more precise and expansive controls with the keyboard and mouse. Not many people know of *Arena*, nor *Daggerfall*, the sequel released in 1996, but looking back at them can provide insight into the evolution of PC gaming. In fact, you can download *Arena* for free at www.elderscrolls.com/arena. Check it out if you are playing *Skyrim*. You don’t have to devote time to finish it, just play around with it for a while. Get a feel for it and get used to the graphics and then go back into *Skyrim* and be blown away again with how incredibly beautiful, big and absorbing it is.

If you’re a patient gamer that enjoys variety and being absorbed into a beautiful fantasy world, you owe it to yourself to buy *Skyrim*. 
With school coming to a close for me and my field placement starting up in January, this is my last article for the Nugget. It has been an amazing experience and I’m extremely grateful to have it.

In my last article, I would like to share a story I just discovered with you. After learning about the life of Lizzie Velasquez, it’s hard to feel down on yourself about anything. I want to use this as my last article because I feel like it’s something that everyone can learn from and, after you hear Lizzie’s story, nothing will seem impossible.

No idea how she survived

Lizzie Velasquez was born in Austin, Texas. Four weeks premature, Lizzie only weighed only two pounds, 10 ounces and had very little amniotic fluid protecting her in her mother’s womb. Her skin was translucent and her parents, Guadeloupe and Rita Velasquez, had to dress her in doll clothes. Her mother said that doctors had no idea how she survived.

At 21-years-old, Lizzie weighs about 60 pounds and has zero per cent body fat. She is one of three people in the world living with an undiagnosed disorder that doesn’t allow her to gain weight. In order to survive she has to eat roughly every 15 minutes. In a statement on her website, aboutlizzie.com, Lizzie said:

“I have a lot of the same physical features as kids with progeria. Like the pointed nose, small mouth and appearing with aging skin. The difference is that progeria is terminal and has a lot more complications. The small amount of information that I just wrote about is literally the only information my doctors know about my syndrome. It’s just one big mystery and hopefully one day there will be a miracle and an answer to all our questions.”

Loving nature

After learning about her story, I watched some of the videos she has posted online and I was blown away by her positive attitude and loving nature. Even though she has been bullied most of her life, she doesn’t even remotely let this bring her down. She’s written a book, called Lizzie Beautiful: The Lizzie Velasquez Story and has become a motivational speaker. No matter what life has thrown at her, she is determined to make her dreams come true and she tells others to do the same.

I don’t feel like my writing can do justice to just how amazing Lizzie is, so I strongly suggest you see for yourself. Visit www.aboutlizzie.com or check out her youtube channel, http://www.youtube.com/user/lizzitachickita?feature=watch.
The Nugget
Thursday, December 8, 2011
By EVAN DEGENHARDT

After a long first half of the season, the NAIT volleyball teams are headed into a much needed Christmas break. Both teams were in action over the weekend, playing their final two games before the break. The men swept Grande Prairie, winning both of their games in the two-game series, while the women’s team earned a split against Wolves.

Began weekend in 3rd

Heading into the weekend’s action, the NAIT’s women’s team was third in the ACAC with a record of 6-2. NAIT was hoping to go into the break with a couple of wins and remain in the top of the standings. On Friday night, Grande Prairie proved to be a worthy opponent. NAIT lost the match 3-1, with set scores of 23-25, 25-20, 25-21, 25-18.

Saturday’s match was a much different story. The Ooks came out with a distinct determination and swept the Wolves in three straight sets, 26-24, 25-13, 25-22. Although the matches were close, NAIT proved to be a team that could bounce back from a previous night’s defeat. A stat leader for the Ooks over the weekend was Sarah Watson, who had 17 kills as well as 20 digs. Tayler Smith also had a great weekend, with 16 kills, 40 digs and two aces.

Coach Erminia Russo Thorpe spoke about her team’s efforts.

“This is one of the first weekends of league play this term that we were really challenged. Although we lost on Friday we still played well. We fell short in the last three sets by committing errors at critical times in the match and we didn’t serve the ball tough enough. Saturday was different. There was an increased level of intensity and the focus was on each play and each player just doing her job.”

Coach Russo Thorpe also commented on the team’s schedule over the upcoming break.

“Next up, we resume training, Dec. 29-31 with the University of Alberta. We will also be competing in the Mount Royal Tournament Jan. 2-4.”

Meanwhile, the men’s team also faced off against Grande Prairie. Going into the weekend, NAIT’s record sat at 2-6 and they were hoping to get a couple of wins.

Friday night’s match proved to be a battle of attrition for both teams, but it was NAIT that came out on top in the end. It took five sets to determine the winner, with the Ooks winning 3-2. The scores from Friday night’s match were 19-25, 25-20, 25-22, 23-25, 15-13.

Saturday was a completely different story. The Ooks came out and completely dominated the play. The Ooks won the first three sets and took the match 3-0 over the Wolves. The first set of the match was extremely close but the Ooks edged out Grande Prairie with a score of 28-26. The second set was not as close. The Ooks took control of the play and beat the Wolves by a score of 25-14. Although Grande Prairie pushed back in the third set, it just was not good enough. The Ooks won with a score of 25-23. There were a couple of players to make note of. NAIT’s Lyndon Mercier had 29 kills over the weekend and also finished with 21 digs. Ook Trevor Langvand, who had not played since NAIT’s first weekend due to injury, provided a major impact on both nights. Langvand finished the weekend with 20 kills and 23 digs.

Coach Simon Fedun spoke of his team’s efforts over the entire semester and how they handled themselves despite a tough schedule.

“Entire team healthy”

“This was the first weekend since the end of October that we’ve had our entire team healthy enough to play,” Fedun said.

“It was a tough semester with only four of the 10 matches at home and I am really proud of the guys and how they have handled the adversity. We have kept ourselves in the mix to make playoffs and now we control our own destiny.

“Should be a fun second half.”
Tiger Woods is back!

Finally, after 749 days, Tiger Woods has made his way back into the golf winner’s circle. After winning the PGA Chevron World Challenge this past Sunday, I think that it is safe to say that all the changes that have gone on in Woods life, on and off the course, are finally behind him.

It has been over two years since Tiger’s infam-ous Thanksgiving night debacle, involving a golf club, a Cadillac Escalade, now ex-wife Elin Nordegren and a whole lot of crazy. Let’s not pretend that this incident didn’t turn Tiger’s world upside down, because it did. For a moment I thought that he would never be able to recover and he would end up as one of those “what ever happened to ….” sports stories, that my generation would talk about and future generations would have no idea of how dominant Tiger Woods was on a golf course.

Thankfully, I don’t think that will be the case. This is Tiger’s first victory since his personal life made the front page of every tabloid on the planet; his last victory prior to that came on Nov. 15, 2009 at the Australian Masters. And maybe, just maybe, this victory is the first step of many needed to help get Tiger back to that level of dominance that he had over the entire field in the first decade of the 21st century.

Don’t get me wrong, in no way do I think that Tiger is going to be able to go out and win prac-tically every tournament that he enters, but all the signs say that Tiger is back on the right track. His body is finally healthy. I mean his knees are never going to be back to where they were before he went under the needle for numerous repairs, but for turning 36 later this month he is in very good physical condition. Add in the changes he has made in his swing, and by changes I mean completely changing the entire mechanics of how he swings a golf club, which look to finally be coming together. Things are looking up for Tiger.

For me the one thing that I think Tiger needed to fix more than anything was his personal life and dealing with the aftermath of everything that came out in the tabloids. Even Superman had a weakness in kryptonite. Tiger’s was letting his fame and name become bigger than himself as a person and being so caught up in that, that he thought he could do whatever he wanted and get away with it because he’s “Tiger Woods.” As Tiger found out, that’s just not how the cookie crumbles and you can’t live the lifestyle he was living and expect it not to come and bite you in the ass.

I always wondered what that thing would be that would knock Tiger off of his pedestal, because let’s be honest, sooner or later you had to know something would come up to put a chill in this knight’s shining armour. I just never thought it would be something that was so scandalous that every type of media source, from sports to entertain-ment and news outlets, would cover it.

This victory was the first for Tiger in the last 27 events he entered, the longest streak of his career. The 749 days between wins was 500 days longer than any other winless streak since 1996, the year that he became a professional. He earned $1.2 million for this victory, $500,000 more than his earn-ings in the seven events he has entered this sea-son combined. With this victory, the former No. 1 golfer in the world moved up to the No. 21 ranked golfer in the world, which is about 30 places higher than he was ranked going into last weekend’s action.

This is only two good weekends off golf back to back and the wheels could fall off at any second, but with Tiger actually being able to put two good weekends of golf together back to back for the first time in over two years it is hard not to be optimistic about what the future holds for him.

The PGA needs Tiger to be relevant in order for the it to be relevant to golf fans and sports fans alike. In the last 10 major championships we have had 10 different winners and personally I couldn’t name three of them. This is not a good thing for the PGA.

When Tiger was in his prime and destroying all who dared challenge him, that was great for the PGA because you were always wondering if any-one could compete on the same level as Tiger and try and dethrone the King of the Links. With his personal life finally back to actually being a personal life, health issues hopefully fixed and a swing that is finally coming around for the first time in over a year and a half there are no distractions for Tiger. He can finally focus on the game the loves and return to the dominant form we all have become accustomed to seeing. And who knows, maybe that discussion that has died off about Tiger catching Jack, maybe with a strong start to his 2012 season, that conversation will start to be a popular topic again on the 19th hole of your local golf courses …

Athletes of the week
Nov. 28-Dec. 4

Sarah Watson
Volleyball

Trevor Langvand
Volleyball

Sarah was a force for the NAIT women’s volleyball team this past weekend, leading her team to a split with the GPRC Wolves. Sarah had 17 kills and 20 digs in the two matches and was the team’s most consistent player. “Sarah is a player who makes very few errors and she is that all-round player that you look for, who plays well both in the front and back row,” said head coach Erminia Russo Thorpe. “As a mature player, she brings a sense of calm and confidence to the floor.” Sarah is in her fourth year and is in the Diagnostic Medical Sonography program at NAIT. She is from Edmonton.

Trevor played his first matches since being injured in the first weekend. Trevor had 13 kills, 15 digs and a block in Friday night’s five-set victory over the GPRC Wolves. He followed that performance up with seven kills, eight digs, four blocks and a service ace in the Ooks sweep of GPRC Saturday afternoon. “Langvand has not played since our first weekend due to injury and provided a major impact on both nights,” said head coach Simon Fedun. “He took home Player of the Game honours on Saturday, which was well deserved.” Trevor is a third-year Finance student from Red Deer.
AFC East

By STEPHEN A. KACZMAR Jr.

Last week we looked at the NFC, this week it’s the AFC. Not a lot of surprises here, just a devastating injury to one player that derailed an entire team and a division that no one seemingly wanted to win until this week.

AFC East

Early on in the season it looked like the Buffalo Bills were going to turn this division upside down by winning five of their first seven, but they’ve cooled off in a big way, losing five straight to take them out of the picture.

The New York Jets were supposed to take over the reins atop this division but that has failed to materialize. The New England Patriots remain the class of this division; Tom Brady and Wes Welker have been amazing. Their defense has taken a lot of scrutiny but the league leader in interceptions is a rookie tandem of Andy Dalton and A.J. Green. Quite the accomplishment thus far for a team that has been horrible this season.

Can players who don’t play a single snap win the MVP? If so, give it to Peyton Manning because his team is brutal without him.

Starting quarterback Matt Schaub and linebacker Mario Williams are out for the season and Andre Johnson is in and out of the lineup but their defense has been simply spectacular, the best in the league.

Meanwhile, in Jacksonville, coach Jack Del Rio was let go by the Jaguars. I don’t like that move, you can’t blame him for the season they’ve had – there’s a lack of playmakers down there.

The Texans should roll on as division champions. It will be interesting to see how this team performs in the playoffs for the first time ever.

AFC West

Remember the division I mentioned that no one wanted to win, until this week? This is it. The Denver Broncos actually want it. The Oakland Raiders put up a stinker in Miami. It was a game that good teams win and they didn’t.

What can be said of Tim Tebow at this point? All he does is win; he won in Florida, wins in Denver and wins in life. Everyone has tried to knock him on his throwing mechanics but something that cannot be questioned is this kid’s heart. He believes he can win, and he goes out and does it. Kyle Orton is out of the picture, John Elway can say what he wants but this is Tebow time. Let’s not forget that a rejuvenated Willis McGahee is there to help him along the way.

Lost in this are the Kansas City Chiefs and San Diego Chargers – the same Chargers who were pretty much handed this division at the start of the season. It was looking good five games in, sitting at 4-1. Oh yeah, they then lost six straight. It’s safe to say this season is a lost one for San Diego.

As for Kansas City, two words. Tyler Palko. Really? I think Tebow and the gang will continue to roll and who knows what he can do in the playoffs?
Our NAIT men’s hockey Ooks rocked the house on Friday with a crushing 5-0 win over the MacEwan Griffins. It was NAIT’s last game before the Christmas break, and a raucous crowd cheered on both teams.

NAIT’s defence and goalie Shannon Szabados shut out the MacEwan offence, with Szabados stonewalling 22 shots in her 60 minutes on ice. This was her first shutout of the season and she was analytical about the win and positive about her defence.

“I think we did a good job,” she said in an interview shortly after the game. “Keeping the puck out, getting pucks out, keeping it in the other end, and the guys in front of me did a great job with that.”

NAIT answered with 37 shots of their own. Josh Koper got his seventh goal of the season with the finale of the hat trick that’d been in the works all game. Andy Willigar and Kjell Reid got the other two goals. Koper spoke about the team’s strategy.

“We knew going in that the (other) team had a short bench so we just kept plugging away at it, and getting the pucks in, and it worked for us,” Koper said.

This didn’t stop NAIT from being plagued with penalty problems. During the second and third periods, a number of penalties were called against NAIT and a one point, there was resulted in a brief (and unsuccessful) 5-3 advantage for MacEwan. However, Szabados and her defensive cohorts kept the puck out of the net and the shots to a minimum. At the end of the night, MacEwan had seven powerplay chances, and couldn’t capitalize on a single one of them.

Heading into the Christmas break, the Ooks are currently third in the ACAC standings, with only three losses on their record. They left the NAIT arena Friday night riding high on an eight-game winning streak. Head coach Serge Lajoie was happy with the result.

“We were just discussing that it might have been one of our most complete games,” he said, after the game.

Shannon was instrumental in making some big saves when we got into penalty trouble, which could have changed the outcome of the game. Josh Koper did a good job of capitalizing on all his chances … when we look at it as a full 60 minutes, the guys did a good job of executing at a fast pace.”

The Ooks will be back in action in January with a series of home and home games. The first series is against Augus-tana on Jan. 11 and 13. The other two series will be against SAIT and Mount Royal College, the current ACAC leader.

We wish coach Lajoie and his Ooks the best in the new year.
Miguel Cotto gets his revenge

By WILL CORTEZ

The first fight between Miguel Cotto and Antonio Margarito took place three years ago in July, with Margarito showing the resilience of a man with a steel chin, beating Miguel to submission. Six months later though, there was a lot of controversy surrounding Margarito when he was caught with plaster in his wraps for his title defence against Shane Mosley, ultimately leading to him losing his belt and getting a one-year suspension. Cotto since then has told the world he believes he was cheated by Margarito and the reason he lost the first fight was because Margarito used tainted wraps. Margarito swears he never knew of the wraps and is innocent.

Since then, Margarito has fought once in Mexico and then took on Manny Pacquiao, but lost and suffered a broken orbital bone around right his eye. Cotto since then won the fight by a TKO decision before the start of the 10th round.

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Ice golf in Greenland, anyone?

By SEAN EVANS

The Cascade University of the Fraser Valley

ABBOTSFORD (CUP) – Let me answer your first question: they use coloured balls to avoid losing them in the snow.

Your second question: the “green” is referred to as the “white.”

Ice golf has been around for centuries. It was first played, as far as we know, back in the 17th century in Holland. Originally called “kolven”, the game was played on frozen canals and players used clubs to get a ball into a hole in the ice – much like regular golf.

The World Ice Golf Championship is played every year in Greenland, weather permitting. What is so unique about the modern version of the sport is that it is played on icebergs in the fjord ice.

The World Ice Golf Championship is played every year in Greenland, weather permitting. What is so unique about the modern version of the sport is that it is played on icebergs in the fjord ice.

The official tournament is played in Uummannaq, Greenland, a mere 600 km north of the Arctic Circle. The tournament is a 36-hole competition and is usually decided by who can figure out how to not lose their balls the fastest.

The last tournament, held in 2006, was won by an Australian, Jason Cunningham – an unusual victor, considering the lack of ice in Australia.

The most unfortunate part of this story is the fact that ice golf’s days could be numbered. Yes, global warming is having a negative affect on the sport. The last tournament was played in 2006, as global warming and changes in the climate have caused the ice to be too thin to play on.

So, if dying polar bears and the thought of the extinction of the human race were not enough to motivate you to carpool, let this be your warning; if you don’t do your part and stop ruining the environment, ice golf may be no more. Consider yourself warned.
By NICK BERRY

Well, the NBA is going to have a season after all.

In an off season that saw everything from a take-it-or-leave-it offer from the league, to the disbanding of the players’ union, a federal antitrust lawsuit and a long strenuous settlement negotiation, the two sides in the NBA labour dispute came to a tentative agreement to settle the players’ lawsuit. This agreement is expected to pave the way for a new collective bargaining agreement (CBA) and it allows teams to resume business operations on Dec. 9 with opening day of the season slated for Christmas.

This deal was a surprise, as three weeks ago the talks had stalled between the two sides and the players union had filed the antitrust lawsuit.

So NBA Commissioner David Stern and Billy Hunter, the executive director of the National Basketball Players Association deserve kudos for working out the foundation for the new CBA.

The sides came to an agreement to end the 149 day lockout, a 10-year deal with new agreements on revenue sharing, luxury tax, contract length and extensions as well as escrow.

The league will play a 66-game schedule beginning on Dec. 25 and running through until April 26. The NBA has juiced up the already loaded opening day schedule by adding two more games.

The Oklahoma City Thunder will host the Orlando Magic before Blake Griffin and the Los Angeles Clippers visit the Golden State Warriors. Those games are to go along with the Boston Celtics heading to New York to play the Knicks, and the Miami Heat heading to Dallas to play the Mavericks in a rematch of last year’s NBA Finals, and Derrick Rose will lead his Chicago Bulls to meet Kobe Bryant and the Los Angeles Lakers.

With all of that business out of the way, the NBA free agent frenzy will have to go into overdrive in order to cram what is usually a four-month process into just over two weeks. Free agency talks will begin on Dec. 5 but players will not be able to sign deals until training camps open and business operations resume on Dec 9.

Key players like Tim Duncan, Jamal Crawford, Tyson Chandler and Caron Butler could all be finding new homes this year and with stars like Dwight Howard, Deron Williams, Kevin Garnett and Steve Nash all hitting the open market after the 2011-2012 schedule, it is sure to be an active market through the shortened season.

With the drama that has already happened and the drama that is sure to come, the 2011-2012 NBA season will be like no other in recent history.
Evidently, beauty is pain

The story that has been making headlines these past few weeks is about the unlicensed doctor in Miami, Florida who has been injecting toxic ingredients into patients’ bodies. It’s really quite appalling that this isn’t a made up story; sadly, every detail is true.

Fake doctor Oneal Morris has been arrested and let out on bail after she was found to be practising medicine without a licence and causing serious bodily harm to patients. Morris allegedly injected cement and tire sealant into victims’ faces and buttocks and used superglue to patch up entry wounds in the skin.

Many people wonder why individuals would agree to have a procedure done in such an unprofessional, dangerous setting. One of Morris’s victims, Rajee Narinesingh, originally born a man but now living as a woman, says he didn’t have many options.

“It becomes so dire that you want to match your outside with your inside that you’re willing to roll the dice and take your chances.”

She further states: “As a transgender person, you’re thinking, “Oh, my God, I can start to look like I want to look like and I don’t have to spend a lot of money.”

Morris is currently free on bond but the Miami Gardens police will continue to investigate the claims made by several alleged victims.

The pictures that accompany this story are horrifying, and leave you wondering how far people will go to reach the kind of beauty standard created by our society.

But what is the beauty standard these days? What seems to be the new trends and requirements for women and men living in North America?

It seems the new trend is for young girls to be concerned about beauty and hygiene at an earlier age than ever before.

Many salons have popped up just for young children to go to, with services such as hair blowouts and waxing available to them. These days, girls as young as 10 receive bikini waxes and chemical facial treatments.

While a lot of girls start to shave and tweeze when they hit the age 13 mark, this new trend of the tween-set already acting as adults in the beauty department is something new that has been hitting salons across North America. I don’t think there’s anything wrong with the tween-set getting their nails done on special occasions such as their birthdays. Sitting in a nice salon next to your mom while getting your nails painted a pretty colour is exciting and fun. However, I think getting anything waxed at age 11 is unnecessary and slightly disturbing. Getting waxed in general is a pretty grown up thing to do, so what are we as a society telling children when we let them go through with such a mature activity? The earlier they start with these beauty regimes, the faster it seems they’ll grow up and partake in grown-up activity years before they’re emotionally ready to. Or is that just me?

With such shocking stories like the fake doctor taking advantage of self-doubting individuals in the news and the uber-trendy children’s salons popping up in big city markets, what will the future generation of adults grow up to be like? Like previous generations before them, will they just be fine or is there a serious cause for concern here?

Let me know your thoughts at grapevines@nait.ca


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Hello all, and welcome to this week's $3.99 mixtape. I'm slowly but surely running out of good ideas for centralized themes around the top picks but this week I am fairly confident that I can bring my “A” game and pull it off effectively. I wouldn’t, however, assume that these picks are “the big guns,” as they are quite literally, the “As.” You will notice that every artist on this list begins with an “A”. In my defence, you have to respect the As. The As are the ones who show up first on your playlist. The As are always at the top of your search bar. The As warm you up for the Bs. They have quite the important role, in my opinion. Besides, there’s a lot of good to come out of the As, with artists like Aerosmith, Against Me!, All That Remains, AWOLATION and more! So smack my wrist for lack of creativity but you can’t deny the sheer awesomeness and rocking power of the As. I encourage you to purchase the music and support the bands.

1. AWOLNATION – Wake Up (Megalithic Symphony, 2011)
2. As Tall As Lions – Maybe I’m Just Tired (As Tall As Lions, 2006)
3. Alexisonfire – Rough Hands (Crisis, 2006)
5. All Time Low – Vegas (So Wrong, It’s Right, 2007)
11. All That Remains – The Waiting One (For We Are Many, 2010)
13. AC/DC – Spoilin’ for a Fight (Black Ice, 2008)

Nickelback can laugh at itself

By MIKE JONES

In case you’ve been living under a rock, Nickelback were booked by the NFL to play for free at half-time for the Detroit Lions-Green Bay Packers game in support of the United Way. A fan who allegedly wanted a local artist to play instead started a petition against the show which soon went on to gather 55,000 votes from Nickelback-haters from all over the world.

Now, normally when your band has sold close to 50 million records worldwide, 55,000 people not liking you is hardly an issue. But rather than ignoring the issue or firing back with anger towards the haters, which would both likely only add fuel to the fire; Nickelback have taken the best possible route; poking fun at themselves.

Teaming up with Will Ferrell and Adam McKay’s Funny or Die webpage, the band meet with a record label executive (played brilliantly by comedian Paul Scheer) to determine why Detroit hates Nickelback so much (the fact that no audible occurred during their actual performance notwithstanding).

Nickelback are Canadian, which according to the video might be one of the reasons people hate them so much, even though there are just many haters here in the land of the free health care than anywhere else. But as Canadians, we all have one thing in common (besides our loves of beer and hockey), we love to poke fun at ourselves! Nickelback make fun of themselves, even going as far as to admit their special fondness for goats.

Along the way, the video mocks record labels and the absurdity of online petitions, while bringing up dated pop culture references like Tom Selleck, Robocop and Dave Coulier (who despite the video, is very much alive).

At one point, the exec suggests the band become motown group “The Four Nickels” which is eerily similar to the 2002 Sum 41 music video “Still Waiting” which featured then Mad-TV cast member Will Sasso suggesting the band become “The Sums” to capitalize on the garage band movement.

Similarities aside, the video is pure hilarity and if you haven’t seen it yet you should definitely check it out at www.funnyordie.com.
Be stress free thanks to NAITSA

By ANIKA NOTTVEIT

Massages – they are awesome. Who doesn’t like getting a massage? They feel so good and they are so immediately relaxing.

Just think for a moment what someone looks like as they’re getting massaged. Their body loses tension and they sink into the chair they’re sitting on and their eyes close. Massages put a person in that magical land you never want to leave. Time slows down … but then it ends and it never seems to have been long enough.

Massages are proven to have many health benefits. They decrease anxiety, enhance sleep, lessen migraines, improve sleep quality and help concentration and energy levels. Sounds like a great list for a student in the middle of exam season.

These days a monetary exchange is needed for a good massage. Wouldn’t it be nice if that weren’t the case? There’s always the option to get a friend to massage you. But then they most likely want you to give them one back. Well, there is an unusual and unique option at NAIT. On Thursday, Dec. 15, courtesy of your Students’ Association, there are free massages! There are “stress free zones” being created around campus.

Now, this might sound a bit creepy. But just imagine getting a 10-minute massage for free during a break. That’s a pretty sweet deal. The info on the NAITSA website says, “We’ll touch you in all the right places.” That’s not suggestive at all … Anyways, they’ll be in many areas around NAIT. The list doesn’t leave many areas out – HP Centre, South Lobby, Fresh Express, the Tower main floor, outside the NAITSA office, Patricia Campus cafeterias, South Campus cafeterias, Distribution Centre downstairs in the man cave and the second floor of the Annex by the drafting tables. It’s likely you don’t have to walk far! The services will be available from 8 a.m. until 3 p.m. Maybe there’s even a chance to snipe two massages?

The next best thing to getting a free massage is obviously free food. On Friday, Dec. 16, free wraps are being offered. You can grab a wrap for breakfast, lunch or a break, from 8 a.m. – 3 p.m. The slogan for this day is “You’ll be satisfied when we wrap you up.” If you’re wondering what kinds of wraps are available, you’ll probably just have to check it out! There is most likely a pick up spot near you. Wraps are being offered in all the meeting places around campus. (They’re in the same places as the massages).

You probably won’t be able to miss the “stress free zones” around campus. Take advantage of them!

NOTICE FROM THE OFFICE OF THE REGISTRAR
ARE YOU COMPLETING YOUR PROGRAM BEFORE DECEMBER 31, 2011?

IF SO, YOU ARE ELIGIBLE TO ATTEND CONVOCATION 2012

Friday, May 4, 2012 & Saturday, May 5, 2012
The Northern Alberta Jubilee Auditorium

Gown orders will be taken at the following locations starting WEDNESDAY, FEBRUARY 1, 2012:

NAIT Bookstore, Room X114 or by contacting 780.471.7717
Patricia Campus Bookstore, Room P135
or at South Campus – Room Z154

Deadline for ordering gowns is FRIDAY, MARCH 30, 2012

For more information regarding Convocation 2012 visit NAIT’s website at www.nait.ca/convocation
Comedian John Hastings in action at the Nest.

Photo by Kevin Tuong

Belly laughs at the Nest

By BRETT PLAXTON

The Nest held its first comedy night on Thursday, Dec. 1 and boy, was it a good one. The show started at about 4:40 and the first performer was Edmontonian Ryan Patterson.

He was pretty funny, despite seeming kind of nervous. What I liked about him was that he made jokes that were relatable to us Edmontonians, one of which was a joke about 118 Avenue and Einos around there. Another joke of his that me made me laugh was that he was talking about being hung over and he described a new drinking game to us. The premise of this game is to call Telus and have a drink every minute until you talk to a Telus person. He also went on to joke about the dangers of being a grenade jumper or a wing man for a friend. After about 20 minutes, he turned the mic over to the headlining act, John Hastings.

For those of you who haven’t heard of John Hastings, he is actually a quite well known comedian. This Ottawa native has garnered quite a bit of recognition, including being the winner of the Irving Baker award at the Canadian Homegrown Competition as part of the 2010 Just for Laughs Festival in Montreal. He was also named one of the Top 5 comedians to watch by the Comedy Network. Hastings was one of the first comedians to be signed to Canada’s only stand-up comedy record label, Comedy Records, and was featured on their debut release Comedy Records Presents.

He started off the show by bug-
ging a couple sitting in front of the stage. He claimed to be nervous, but he didn’t seem like it to me. He made jokes about touring in the U.K. and some of the trouble got into in one of the hotels there. He also went on to talk about Wales and described it as “Saskatchewan when you kill the one funny guy.”

The entire show went on for about an hour and the Nest did a great job of putting it on. I must say I had a good belly laugh that night. After the show when I was paying my bill, I filled out a survey about the show and was given a $5 voucher off any encore for the next comedy show, which will be held on March 8. I hope to see you guys there next time!

Simple fare but oh, so good!

By KEVIN TUONG

Have you ever seen those din-ers on TV and wished that we had a similar kind of restaurant with simple delicious food? Well, if you haven’t been to Urban Diner, you really need to go – like, now. The location isn’t too far away from NAIT by car, so it’s a great place to go to for an extra long lunch break.

The interior is well balanced between a classic feel and mod-ern looks. The seats, tables and wall decor are all modern, but they’re made mostly out of wood (real or fake), and therefore noth-ing attacks your senses when you first step in. Instead, it feels welcoming and homely. The first thing you may notice when you enter is a dessert showcase for you to drool over before you’re seated; unfortunately I’m normally too full before dessert.

The tables are clean and new-feeling but then you see their older looking condiments in the middle, and everything just fits into place somehow. For the most part, the service is friendly and fast. The menu is extremely simple, almost too simple. There are items like “hotdog,” “mac and cheese” and “club sandwich” on there, which made me question them on my first visit, but not for long.

Over time, I’ve tried the steak sandwich, fish ‘n’ chips, hotdog, breakfast burger (weekends only) and my personal favourite, the Black Angus burger. Although the menu list is simple, everything is special. Take the hotdog for example, what can really be done to it? Aside from having the option to add caramel-ized onions to it or wrap it in bacon and cheese, it’s really big, a good nine inches or so (get your mind out of the gutter!) and the bun is garlic toasted! That’s just heavenly.

If you do decide to go on the week-ends, it’s breakfast menu only in the afternoon, which is still loaded with goodies. Their breakfast burger is more than enough to kick-start your day. With black forest ham, bacon, meatloaf, fried egg, cheddar, onions and cilantro, it’s just... it’s the ultimate breakfast in a bun! But as I’ve said, the Black Angus burger is my favourite. Apart from its amazingly juicy patty, it’s loaded with bacon, black forest ham, sautéed mush-rooms, caramelized onions, multiple cheeses and best of all, a Dijon aioli sauce that is absolutely addicting.

Almost all their dishes are served with a large helping of fries but they’re unique to anywhere else in the city. They’re very thin, almost McDonalds like, except they actually decompose. The result is ultra crispy that explode with flavour in your mouth. They also have different daily specialty items, which is always worth having a look at. Then there’s their homemade iced – take a breath – tea. It’s not like Nestea brown sugar water, it’s made from actual cranberry tea that’s been carefully tweaked to taste sweet, but still taste like actual tea.

The truth is, I cannot sum up this restaurant in a single review and their food is too delicious to put into words. I can put it better in sounds like “mmm...” and “nom...” and – insert annoying chewing sound. The place is reasonably priced; both the food and decor is suitable for all ages and occasions. Urban Diner is a place that will keep you (and me) wanting to come back for more.

The Urban Diner has taken ordinary dishes and made them extraordinary.
By MIKE JONES

Give Nickelback credit. They know people hate them. They know that whatever they put out, a lot of people are going to hate it. And while it’s true that the band’s latest release *Here and Now* is not going to garner them any new fans, Nickelback has produced another album virtually guaranteed to top the charts.

Let’s face it, over half of the songs on this album are going to receive significant radio play and chances are you will secretly like at least one of them but would never admit this to your friends. But wait … if everyone hates Nickelback, who is buying their albums? A recent petition signed by almost 55,000 football fans tried to stop the NFL from having the ’Back play the Detroit Lions thanksgiving games. Yet they’ve sold close to 50 million albums and were the No. 2 selling foreign act in the U.S. in the last decade behind only the Beatles.

Another place to give Nickelback credit; they know their demographic. Beer swillin’, tattooed, blue jean wearin’, cowboy hat wearin’, air-guitar jammin’, whiskey swingin’ blue-collar rock fans. Look at some of Nickelback’s predecessors: Motley Crue. Lynyrd Skynyrd. Bon Jovi. Like those bands, Nickelback has produced dozens of smash radio singles and sold out arenas and stadiums the world over. But also like those bands, there is an intense hatred from critics and listeners alike. Do you really think Journey cares what kind of a review they get in the *New York Times*? How about AC/DC? And to Nickelback’s credit, they can’t always use the same three chords.

Nickelback do love their formulas and they are apparent on the band’s seventh album. There’s the feel-good crooner (first single “When We Stand Together”). There’s the itch in for a fight arena metal track (“This Means War”). There are songs about drinkin’ (“Bottoms Up”), songs about one night stands (“Midnight Queen”), even songs about hooking up with your best friend’s ex (“Gotta Get Me Some”).

While lyrics like “She’s gonna lick my pistol clean” might make half the population cringe, the formula seems to be working. But for every song about strip clubs and body shots there’s a tender love song (see what I mean about Motley Crue?).

The album is a valiant effort, with a heavier style recalling *All The Right Reasons* more than *Dark Horse*. One interesting observation is virtually all of the guitar-driven rockers are on the first half of the album, while the ballads are kept at the end. The problem with this is most of the songs blend together with only a few standouts such as the first single and “Kiss It Goodbye.” There aren’t many overly memorable songs … but I’m sure after hearing them a few thousand times on the radio that opinion will change. After all, on 2008’s *Dark Horse*, eight of the 11 tracks were released to radio and almost all were significant hits.

But despite the album not being as memorable as some of their earlier work, Nickelback is not a band to be enjoyed on the CD player. Where Nickelback really shines is live in concert. Nickelback’s music is to be accompanied by beer, strippers and stuff blowing up. You won’t catch this album on constant repeat on my iPod but you will catch me at their show the next time the boys come to town, beer in hand.
Movies for the holiday season

By KARL GARNEAU

The winter holidays, as we all should know by now, are less about getting gifts and more about hibernating like bears in a warm comfy home, sitting close to a wood fire or potbelly stove, while listening to Pink Floyd and fighting bears – wait, those last two parts are just me. My point is, it’s about family, friends and warmth. Before I get to my movie list, I’d like to say “Happy Holidays to all, and to all a good break of that one candy bar.”

Captain America

OK, I have no idea why you don’t have this movie on your shelf already. (That’s to those who, in fact, don’t) I mean, sure it’s a movie about a guy who literally wears the flag that, in some parts of the world, doesn’t have the best of reputations.

I prefer to look beyond that when it comes to a good film like this. As an adaptation, I can’t really judge it on account of not growing up with comic books. (Lego made a more than excellent replacement.) As a standalone film, the pacing is excellent, the cinematography and pace are just so good, so good in fact that some of the fight scenes are really, really good and the fight scenes are easily the best in any live-action movie that’s come out in the past four years.

Chris Evans hasn’t really been in the best of roles (Human Torch, that guy in What’s Your Number, um ...) but he absolutely destroys as Captain America. In all honesty, I can’t think of anyone who could play Captain America better than Chris Evans. Although that’s pretty funny, considering the last live action actor who played the Cap was Reb Brown. He is a beefy dude who’s lack of acting talent is made up for by the demented girlish scream he often blasts with the force of a furious demigod as he fires a machine gun wildly, or hangs-glides with the corpse of a giant bat (no, seriously).

Ip Man

Bless you. In all seriousness, this is a modern marvel of martial arts movies. Out of the two movies that employed similar colour palettes, based loosely on a historical person in China (the other being Fearless, starring Jet Li) Ip Man (Donnie Yen as the eponymous role) is loosely based on the life of Grand Master Ip Man, who basically brought the Wing Chun martial art to the modern world. Where it was previously a closely-guarded secret amongst family, seriously, the fight scenes in this movie are just so good, so good in fact that some of the better cinematography and pace I’ve seen in any Chinese cinema (trust me, I’ve seen really bad examples of that) and you’ve got one of the best martial arts movies today.

Cars 2

Oh come on, Pixar always makes a perfect stocking-stuffer. I mean, sure Cars was considered the weakest of the movies, but Cars 2 really plays out like the kind of thing kids would do with nothing but their toy cars. I mean something like the ridiculous movie Death Race (with Jason Statham).

I can speak for myself, when I had some toy cars, (made with Lego) I always had them do sweet jumps and unrealistic awesome chase scenes, where they have sticky tires that could scale walls and guns in the hub caps – all that stuff. Cars 2 perfectly embodied that kind of nostalgia. It’s just hilarious, even though I don’t know the first thing about NASCAR or F1, or even acknowledge the existence of the Indy 500, whatever it’s called ... you get what I mean.

The Elder Scrolls V: Skyrim

Oh wait, that’s a game, not a movie. (With

Obviously for the same reasons as Captain America. The costume design alone makes this the more interesting-looking movie that’s come out this year. I rather like those ridiculously larger-than-life scale mail suits and the booming classic theatre acting. Besides, this is all coming together into The Avengers next year, so if you haven’t seen it, get it.

Green Lantern

PIF-BAH-HAHAAHAAHAAHAAHohoho...

heh ... heheh ... That was a good joke ...

Super 8

I personally didn’t like any of the scenes that didn’t have the kids. I also really didn’t like the excessive amount of lens flare and I was bored out of my skull at the monster design, but if you wanted something to tell you that ET was a great movie, knock yourself out.

Dragons: Off the Right Fury

Well, the direct-to-video release consists of two shorts based in the How to Train Your Dragon universe, both of which cheery but both of which are fun to watch. The kids will love it.

Well, that’s all good for a list, but what’s coming up for the rest of 2011 are more movies. Here’s a list of what I’m personally interested in.

War Horse

I was interested as soon as I saw the strangely awesome choreography for the horse. In a way, it reminded me of that old movie The Incredible Journey, where they choreographed movements for two dogs, a cat, a lynx, some bear cubs and a full-grown bear. Seriously ...

how they did that is still beyond me!

Girl With the Dragon Tattoo

Blah... I’m not that interested in the Girl with the ... I’ll just call it “Gwit.” However, this movie, and those afterward, are being directed by David Fincher, of Fight Club, Zodiac and The Social Network, among others. He’s my favourite director. I want to check this out.

Anyway, happy holidays to you all! Hope your kids enjoy the movies (or yourself or your younger siblings or whoever would like any of the previously-mentioned movies).
Where is the Bagman?

By STEVEN CRESSWELL

If you’ve been wandering any hall of NAIT over the past few weeks, it’s very likely you’ve noticed a peculiar man with a bag over his head doing the same thing. Unfortunately, he’s not around anymore. If you can find him, there could be a big prize in store for you.

Bagman, the man with a face for radio, is the spokesperson for NR92, NAIT’s radio station. On Nov. 24, Bagman and some students were doing a presentation in the HP Centre. The party was quickly crashed when Bagman’s arch nemesis Dr. Nefarious showed up and offered a bounty on Bagman’s head. Consequently, our hero Bagman quickly went into hiding. Now, some students are willing to fight back. Three pictures have been posted online on NR92.com of Bagman’s whereabouts. A reward of a Union Hall “Rockstar Night Out” is being offered by the students for anyone who can figure out which three locations around NAIT the photos were taken at. The prize includes a limo ride to Union Hall, a reserved table and a cool $100 cash! You can access the photos by going to NR92.com, clicking on the “contests” tab, and then clicking on the “Bagman” banner. How to enter is explained on the website.

While you may have realized by now that the tension between Bagman and Dr. Nefarious is slightly fictional, the prize certainly isn’t! This promotion is run by NAIT’s Radio and Television students to get word out about our school’s awesome radio station. NR92, run “by the students, for the students.” It airs all genres of music, depending on which you tune into. You can listen in the South Lobby or by logging on to NR92.com.

Drat, missed it

By EVAN DEGENHARDT

If you haven’t noticed, there has been a lot of interesting things going on around the NAIT campus these last couple of weeks. Whether it’s hockey shootouts, roller-chair curling or acoustic guitars, you can bet that NR92, NAIT’s campus radio station, is behind all of the action.

NR92 is always cooking up some new way of interacting with the student body and getting people involved around campus. These last few weeks have been packed with NR92 promotions, making it hard not to catch a little school spirit! Plus, the prizes that NR92 have been giving away are definitely worthwhile.

One such example is the “Where’s Mae and Mike” promotion that NR92 was putting on all last week. In case you are unaware as to what exactly this means, here’s a little recap. Mae, Mike and the rest of their radio crew were roaming around the halls of NAIT last week. They were playing guitars and entering students into a draw for a chance to see City and Colour at the Jubilee Auditorium! Pretty sweet deal. All students were asked to do was “like” the NR92.com Facebook page. It was a pretty simple concept and the reward for student participation was well worth the time that it took to like the page. Plus, it was hard not to notice the acoustic melodies and the boisterous singing and ranting!

Unfortunately, the contest ended on Friday, Dec. 2. A winner was picked and the tickets were given away! If you didn’t get yourself entered, you should be asking yourself the question: why not? It was a great chance to support your campus radio station and to gain some free tickets in the process. But don’t worry, NR92 still has some great contests going on around campus. Be sure to be on the look-out for the NR92 logo and don’t let another opportunity pass you by.

Even if you are not a fan of winning free stuff, NR92 is still playing 24 hours a day, seven days a week. With exams looming in the near future, don’t be afraid to blow off some steam and tune into the station for the students. NR92 plays all kinds of music and it could definitely help relieve some exam tension and get you pumped up for the holidays! I think it’s a win-win situation, so go check out the website, www.nr92.com.

You won’t regret it!

THE NUGGET PRESENTS:

HOROSCOPES

December 8-14

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

Madame O

Aquarius (Jan. 20-Feb. 18)

Make some more time for friends. You’re a bit of a lazy bum lately. Make some calls to your buddies and get off the couch.

Pisces (Feb. 19-March 20)

Feeling a little lost lately? This New Year, look for a new hobby or an activity that you can be passionate about. You’ll feel better knowing that you have something to apply yourself to!

Aries (March 21-April 19)

You need to apologize to someone and make things right. Everyone makes mistakes, so own up to it and move on.

Taurus (April 20-May 20)

Feeling romantic? Take that cutie you’ve had your eye on for a while on a date, winter is the perfect time to cuddle by the fire and you’ve got a romantic streak happening this week!

Gemini (May 21-June 20)

Christmas shopping has been your biggest activity lately. Treat yourself to a little gift of your own! You’re so generous to others, you deserve something shiny and new!

Cancer (June 21-July 22)

Money is tight this holiday season, so instead of spending a lot on gifts, research things you can make for people. They’ll appreciate the thought and your wallet will appreciate the savings.

Leo (July 23-Aug. 22)

You’re missing summer big time, Leo. Start researching what you want to do this summer and set some dates for things you want to do. Camping with your buddies? Mention it now so no one can back out last minute.

Virgo (Aug. 23-Sept. 22)

Stop eating so much fast food. Cooking for yourself is not as hard as you’re making it seem. Look online for easy recipes and try to at least make one thing this week.

Libra (Sept. 23-Oct. 22)

Yikes, your Starbucks tab is racking up. Put a coffee maker on your Christmas list! You love making Joe at home. You’ll save big time when you cut those triple grandé lattes.

Scorpio (Oct. 23-Nov. 21)

Do you like being treated badly by the person you’re seeing? No? Well then what are you sticking around for? Open your eyes and realize you can do wayyyyy better, and move on.
The Nugget Presents:

NUGGET COMICS

MICE WITH SPICE

VANILLA ICE CREAM

It was that moment when the other employees at the local fast food joint heard the explosion...
Vegetarian chili

By ALI MAGEE

This is the perfect recipe to impress the vegetarian in your life. One of the best parts about making chili is that you can customize it to your taste. With this recipe you can choose to make it as spicy or as mild as you’d like! Another common add-in is corn, or other chick peas. Enjoy finding out which variation you like best!

Ingredients:
- 1 one-pound eggplant, cut into one-inch cubes
- olive oil
- 2 yellow onions, chopped
- 3 cloves garlic, minced
- 2 medium zucchini, chopped
- 2 large red bell peppers, cored, seeded, diced
- 1 to 2 jalapeño peppers, seeded, finely minced
- 1 28-ounce can Italian plum tomatoes, coarsely chopped, including liquid
- 1 Tbsp ground cumin
- 1-2 Tbsp chili powder
- 2 Tbsp chopped fresh chopped oregano or 2 teaspoons dried
- 1 tsp fennel seeds
- ½ cup cooked white beans
- ½ cup cooked kidney beans
- zest of one lemon
- 3 Tbsp lemon juice
- 1 teaspoon sugar
- ⅓ cup chopped fresh cilantro

Directions:
1. Preheat oven to 350 F. Scatter eggplant cubes in a shallow roasting pan and slather with two tablespoons of olive oil. Cover the pan with aluminum foil and bake for about 30 minutes, stirring once during the cooking. Remove from the oven and set aside.

2. In a large thick-bottomed pan, heat three tablespoons of olive oil on medium heat. Add the onions and cook until translucent – about four minutes. Add the garlic and cook until fragrant, about a minute more. Add the red bell peppers, zucchini and jalapeno peppers. Cook for about five minutes, stirring occasionally.

3. Add the tomatoes to the pot along with any liquid that may have been in the can (if using canned). Add oregano, cumin and fennel seeds. Add chili powder to desired heat. Stir in the eggplant cubes (carefully so as to not break them up), and simmer for 20 minutes over low heat.
Dear Dr. CONwisDOM,

I recently met my girlfriend’s mom and what a cougar she is! She’s a total babe, rubs my leg when I sit next to her and licks her lips when she looks me up and down. I’m faithful to my girlfriend but I don’t know if I can take it anymore!

Signed,

“Stacie’s mom has got it goin’ on”

Dear “Stacie’s mom has got it goin’ on”

I know that a girlfriend’s mother may seem like forbidden fruit, but I’m an optimist, so why can’t you have your cake and eat it too? See if you can work out some sort of time share between your flame and her momma. Between the sex and the home cooked meals, you’ll be made in the shade!

●●●

Dear Dr. CONwisDOM,

My boyfriend’s idea of a romantic date is to sit in his garage and work on his car. I swear to god he loves this car more than he loves me. How can I get him to start paying more attention to my undercarriage?

Signed,

“Tired of this grease monkey”

Dear “Tired of this grease monkey”

Men have long had a fascination with their automobiles since they replaced the trusty steed as transportation. There’s only one way to really get him to take his eyes off the ride and on you: show an interest. If you bend down with a 9/16ths, I guarantee he’ll want you to play with his camshaft in no time.

●●●

Dear Dr. CONwisDOM:

My girlfriend is a total bookworm. She invites me over for “study dates” … then actually studies the whole time. I’m afraid that this just won’t do. How do I get her nose out of the textbook and studying my anatomy?

Signed,

“Need some extra-curricular activity”

Dear “Need some extra-curricular activity”

Looks like it’s time to give her a quiz of your own. Start asking her to describe little things about you. Reverse the roles, and I promise it’ll lead to dirty talk heaven. Soon enough you’ll have her in bed giving you an oral report.

●●●

Dear Dr. CONwisDOM,

My boyfriend has always wanted to have sex in a hospital bed. Last week he broke his arm playing Frisbee golf, and he thought it would be the perfect time to fulfill his fantasy. Should I go through with it?

Signed,

“Triage booty call”

Dear “Triage booty call”

My heart says to go for it and give your boy toy some sexual healing in the middle of the ward. I must caution you, however, that the sight of your gyrating bodies might be just enough to put an old man’s heart out of whack and kill him. Make sure Mr. Peabody with Angina doesn’t catch your doctor act.

●●●

Do you have any personal questions that you want to have answered by the good doctor? Just send an e-mail with your concerns to conwisdom@nait.ca or submit them online to www.thenuggetonline.com and your sex doctor will have your “prescription” ready for you the following week!
New Year’s Eve – what to do

By MIKE JONES

The end of 2011 is fast approaching, so it’s time to start planning your New Year’s Eve. And if the Mayans and/or Roland Emmerich are on to something, it might just be our last one!

There are so many options for New Year’s Eve that you don’t have to be “that guy” who sits at home alone and watches the immortal Dick Clark countdown to midnight in Times Square. Events in Edmonton include everything from family-friendly activities, to hitting the clubs, to live music and featuring everything from dubstep to rock to Latin and jazz.

1. The oldest tradition in the books has to be the City of Edmonton’s annual First Night Festival at Churchill Square and various other locations downtown. This year will feature many events such as live music, fireworks and other family-friendly activities. Keep checking www.edmonton.ca for more info in the near future.

2. Another exciting new family friendly event is the brand new medieval themed family New Year’s event at the Muttart Conservatory. Entitled The Knight is Young, this event will feature medieval themed games and an armoury display and will cap off with a classical medieval duel and a mini New Year’s countdown. And the event will wrap up by 10 with plenty of time to scope out a viewing location for the fireworks. Tickets are just $45 for a family of four.

3. For the party types, one of the craziest parties every year is the New Year’s Eve Bear Bash at the Shaw Conference Centre, and this year is designed to be no different. For the first time in almost 10 years, legendary Canadian rockers the Headstones are back together to perform classic hits and rock the night away. Popular local group Tupelo Honey is slated to open the adults only event. The show gets underway at 8 p.m. with the Bear Band and tickets are just $59.

4. Rock not your thing? Don’t worry, there are several events for the electro fan going on, including the Urban Metropolis Big Bang being held this year at the Edmonton Expo Centre (formerly the Agri-Centre) with two of Edmonton’s favourite party bands: dance punkers Shout Out Out Out Out and ska band Mad Bomber Society. Cygnets and Degree will also play and other local bands and deejays are expected to be added to the list. Check out www.starlitenoon.ca for more information.

5. Another electro event is taking place at the Edmonton Events Centre. Boodang’s Countdown 2012 will feature one of the biggest trance deejays on the planet, Gareth Emery, as well as 20 other local and international deejays performing on three stages.

6. But what if you like both rock and electro? Check out the Three Room New Year’s Party at the Starlites Room and support local music featuring everything from dubstep to rock to Latin and jazz.

7. For those looking for a more traditional evening out, the Delta Edmonton South has two classic options for you, including the 12th Annual Latin New Year’s Papo Medina International Orchestra and Proyecto Puno. Alternately check out the Jazz New Year’s Eve at the Top of the Inn featuring Swinging Kings. Both parties offer dinner and dance packages.

8. Looking for a romantic meal before heading out on the town? Check out the Melt Pot on Calgary Trail for a romantic three-course meal featuring fondue and your choice of either filet mignon and pine-encrusted lamb or cold-water lobster tails. Bookings are available between 11 a.m. and 11 p.m. and run at $200 per couple plus tax and gratuity.

9. The sports fanatic will want to check out the final preliminary game of the IIHF World Junior Championships as Canada takes on the United States at 6 p.m. at Rexall Place. Of course, tickets are long sold out, so check your friendly neighbourhood scalper!

10. And, of course, virtually every night club in town will have its own themed New Year’s party. Some of the highlights include the Ice Palace at Vinyl Ultra Lounge, the Catalina Wine Mixer at Oil City Roadhouse and New Year’s Eve ROCK-Tica at Union Hall.

Get your tickets to these events now because a lot of them will sell out far in advance of the big night. And as for next year, you might want to have John Cusack on speed dial.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES

Safety over the holidays

The holiday season is upon us once again. This season is meant to be joyous and filled with love for fellow human beings. Many criminals, however, find this time of the year as a wonderful opportunity to further their careers. Others, driven to desperation by economic conditions, feel that stealing from others is their only option. To protect yourself, and your possessions, from theft, follow these few simple rules:

1. **In and around vehicles**
   - Lock your vehicle every time you leave it.
   - Never leave it empty and running, not even for a few seconds.
   - Don’t leave your windows rolled down, not even a crack.
   - Don’t leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate as well as the insurance card.
   - Park in well-lit, well utilized areas near a building.
   - If you suspect someone is following you, or is otherwise acting suspicious, contact Protective Services at 780-471-7477.

2. **In school or while shopping**
   - Do not carry large amounts of cash with you.
   - Keep all of your valuables with you at all times. Do not leave them unattended on a food court table or on the vanity in public washrooms.
   - When shopping use the buddy system and be aware of your surroundings. Watch for suspicious activities such as someone paying uncustomary attention to the contents of purses, wallets and shopping bags of shoppers.
   - If you suspect someone is following you, or is otherwise acting suspicious, contact Protective Services at 780-471-7477.

3. **At home**
   - Lock your doors and windows whenever you leave your room or residence. Keep valuables away from direct exterior observation whenever possible.
   - If you live in an apartment, do not allow unescorted strangers inside. Report strangers that appear to be loitering to the building caretakers or to the police.
   - Be suspicious of unknown persons loitering in the area of your residence. Criminals don’t usually try to keep their faces hidden and give vague answers when questioned. Report any of these incidents to building caretakers or the police.
   - Never leave an exterior door propped open. This is like inviting a fox into the chicken coop.
   - Keep records of your valuables including descriptions and serial numbers. Include pictures or video if possible. One copy needs to be kept with a friend or in a safety deposit box at the bank and should be updated regularly.

4. **Food Bank**
   - Each month Edmonton’s Food Bank serves more than 15,000 Edmontonians through the hamper program. In addition another $300,000 snacks and meals are served throughout the city every month. This would not be possible without the support of our community. Please join us in supporting this worthwhile cause. Non-perishable foods and other items can be dropped off at our Main Campus location at D-104 or at the Tech Store. Toys will be accepted until Friday, Dec. 9.

5. **Christmas Bureau**
   - In 2011, it is anticipated that over 70,000 individuals will benefit from the services of the Christmas Bureau of Edmonton. In order to pay the grocery bill, they will need to raise $1.8M. By working together we can ensure all Edmontonians can embrace the warmth of the Christmas season with a festive celebration. Please come to our office on Main Campus (D-104 – Services Building) to donate. Donations can also be made online through the Christmas Bureau (www.christmasbureau.ca) by visiting the donor page.
Managing panic attacks

If you have ever had a panic attack, you know that the feeling can be overwhelming. Common symptoms include a racing or pounding heart, dizziness, light-headedness, shortness of breath, chest pains, flushing or chills, tightness or smothering, terror, fear of losing control, fear of going crazy or losing control, fear of doing something embarrassing. The good news is that panic attacks are manageable. Check off the tips you already use and then choose one more that you can incorporate right away:

- I focus on breathing slowly and deeply.
- I keep something with me that will immediately help me to become grounded.
- I make sure to move my body if I feel symptoms of a panic attack. During a panic attack, a lot of adrenaline is released. Shaking your hands and arms can prevent full-blown attacks.
- I maintain as regular a routine as possible.
- I never allow myself to avoid situations out of fear of having a panic attack. Avoiding gives control to the panic and actually makes it more likely that you will have future panic attacks. Try to focus on something supportive and healthy such as my cat playing with his ball.” or “It is normal to feel anxious in this situation. When this is over, I will be glad that I did it.”
- I seek help when needed. Seeing a counselor to discuss other options to deal with stress and panic and having someone objective that you can talk to can be very helpful for individuals who experience panic attacks. Counsellors are available at Student Counselling, W-111PB, HP Centre, Main Campus. Appointments can be booked in person or by calling 780.378.6133.
- I educate myself about panic. From Panic to Power by Lucinda Bassett and Overcoming Anxiety by Reneau Z. Peurifoy are two good resources.

There is plenty of information on-line as well.
- I substitute for anxiety-producing thoughts. When anxious feelings start up, it is helpful to have a statement ready such as, “My thoughts are not helpful right now. Instead, I am going to focus on something supportive and healthy such as my cat playing with his ball.” or “It is normal to feel anxious in this situation. When this is over, I will be glad that I did it.”
- I make sure to move my body if I feel symptoms of a panic attack. During a panic attack, a lot of adrenaline is released. Shaking your hands and arms can provide immediate relief.
- I regular exercise is one of the best ways to reduce overall stress and anxiety.
- I never allow myself to avoid situations out of fear of having a panic attack. Avoiding gives the control to the panic and actually makes it more likely that you will have future panic attacks. Try to schedule regular activities with people you trust.
- In case I start to panic, I have a plan. You shouldn’t expect to have a panic attack; however, it is calming to have a plan of what you would do if you did have one. For example, being aware of where the public washroom is in case you need privacy, carrying taxi fare in case you want to leave a situation or going to events with someone you trust can greatly reduce the probability of a panic attack. Making trusted friends or classmates aware that you experience panic attacks can also be calming.
- I have several supportive statements that I can substitute for anxiety-producing thoughts. When anxious feelings start up, it is helpful to have a statement ready such as, “My thoughts are not helpful right now. Instead, I am going to focus on something supportive and healthy such as my cat playing with his ball.” or “It is normal to feel anxious in this situation. When this is over, I will be glad that I did it.”
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What’s Going on Around Campus...

**Who:** LDSA (Latter Day Saints)
**What:** Weekly Meeting
**When:** 11:15am - 12:10pm and 12:15pm - 1:10pm
**Where:** X203

**Who:** Rainbow Sanctuary
**What:** Meeting
**When:** December 12
**Where:** 4:30 - 6:15pm

**Who:** Toastmasters Club
**What:** Weekly Meetings
**When:** Mondays; 4:45pm
**Where:** WA110

**Who:** Gamerz of Dungeons & Dragons
**What:** Club Meetings
**When:** Fridays; 5:00 - 10:00pm
**Where:** WC312

**Who:** DMS2013
**What:** Pub Night
**When:** December 16; 7:00pm
**Where:** Billiards Club, 10505 Whyte Avenue

**Who:** Christian club
**What:** Weekly Meetings
**When:** Wednesdays; 12:15 - 1:00pm
**Where:** E115

**Who:** BA Club
**What:** Popcorn Sale
**When:** Nov. 25, Dec. 9; 8:00am - 4:00pm
**Where:** HP Centre; 3rd Floor (B-Wing)

**Who:** Bakers Club
**What:** Cookie Sale
**When:** December 9; 10:30am - 1:30pm
**Where:** South Lobby (main campus)

**CLUBS CORNER**

**CLUBS GIVER SUBMISSION DEADLINE**
December 12; 5:00pm

CHECK OUT CLUBS AT NAITSA.CA/CLUBS OR CALL 780-471-8457
**By MIKE JONES**

Big things are happening for USS (Ubiquitous Synergy Seeker) right now. “Yo Hello Hooray,” the second single off their critically acclaimed album Approved, is burning up the airwaves and the band is headlining their biggest show to date at the Edmonton Event Centre Friday, Dec. 9. For the band, making Approved was an emotional rollercoaster.

“Ash and I often joke about how we almost died making it,” said Jay a.k.a. Human Kebab in a phone interview. “It’s so important to us because we couldn’t believe we did it and it’s been so well received.”

The first single off Approved, “N/A OK” set personal records for the band in terms of airplay and “Yo Hello Hooray” has already broken the band in terms of airplay and “Yo Hello Hooray” comes out, knock on wood, if it continues to compliment our story, maybe we’ll even find ourselves in a place where someone wants to work with us outside of Canada. We might have to go back in the studio and write some more songs and put out a full length album which we haven’t done since Questamation.”

**’We were scared’**

“When we first put it (‘Yo Hello Hooray’) together with our producer Tawgs Salter, we were scared because we thought this could possibly go down the pop road,” Human Kebab said.

“That’s not something we’d ever really encountered but we also recognize what we do creatively can reach that audience. We felt good doing it even though it was totally different than a lot of our other material. You write so many songs, you put out three records, radio spins the s**t out of it or support it until the day it dies. I think that’s why we’ve been able to come back again and again.”

The band is particularly excited about playing the Edmonton Event Centre for the first time.

“We started at the Urban Lounge when it was still around in August 2008. I’m good friends with the guys from Finger Eleven and I hung out with them when they played the EEC back in the spring of ’07. I went to the show and I was like, whau, there’s 2,000 people here and everyone knows their songs, what does it take to get here? Fast forward to Dec. 9, 2011. Two dudes. Wow,” Human Kebab exclaims.

**Unseen side**

Long-time USS fans will see a side of the band they have never seen, as the band just recently added live drummer Matt Murphy to the mix.

“We really wanted to deliver the live rock and roll element of what we do. There’s no better way to do that than with an actual drummer. We asked Matt to come in because of the way he plays.”

Some fans of the band may have been skeptical about the live addition to the two-piece, but Human Kebab says the reaction has been extremely positive thus far.

“’It’s resonated with a lot of the fans both new and old (and) the show trucks along better.’

It’s been a landmark year for USS and it seems like things are only about to get bigger in 2012 as the band tries their hand at breaking into the difficult United States market.

**’More reserved’**

“Just from my own personal experience from working in the oil fields, there’s a big difference (throughout Alberta). Calgary is a lot more reserved, (it) kind of reminds me of the financial district in Toronto. (Whereas) Edmonton reminds me of Hamilton or Oshawa where people go out and party or experience an event like it’s the last night of their lives.”

Human Kebab also acknowledges the dedicated fans of Edmonton.

“I think (it’s because of) Sonic 102.9 playing our music and you guys as a city embracing it. Edmontonians have such strong convictions of what they’re into. If Edmonton gets behind something, they pursue it or support it until the day it dies. I think that’s why we’ve been able to come back again and again.”

**CROSSWORD SOLUTION**

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  1. ORCAS
  2. SCRUB
  3. KAPPA
  4. CRETE
  5. SPURN
  6. ROAST
  7. IRA
  8. DHOW
  9. LOREN
 10. CHUFFED
 11. SLALOM
 12. STAND
 13. YRONY
 14. ACEY
 15. DEUCY
 16. TEED
 17. BETHRAL
 18. LIONS
 19. HAREM
 20. HEARSE
 21. OPERAS
 22. TAOS
 23. FMANOR
 24. UNITE
 25. LEK
 26. ANILE
 27. RESIN
 28. SOY
 29. NEEDS
 30. ETHOS
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**Ubiquitous Synergy Seeker**

Catch USS as they headline the all ages Jingle Bell Rock Friday, Dec. 9, at the Edmonton Event Centre with guests Mass Choir. A portion of the proceeds from each ticket goes to benefit the Youth Emergency Shelter Society of Edmonton.