

NAIT's ANNUAL OPEN HOUSE OCT. 14-15

THE NUGGET

Thursday, October 13, 2011
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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

MEN SKATE TO 2 WINS

Ooks sweep Concordia to start hockey season on strong note, story page 8



Photo by David Whitaker

WHOLE LOTTA CARROTS

Students in NAIT's Culinary Arts Program are hard at work preparing carrots for the annual Thanksgiving dinner on Oct. 9 at the Boyle Street Community Service Centre. About 60 students from the Culinary Arts and Retail Meat Cutting programs helped prepare a dinner for between 1,400 and 1,600 of Edmonton's less fortunate.



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NEWS & FEATURES

Steve Jobs spoke to us



DOSE OF EXTRAORDINARY

ANNA ESTANISLAO
Issues Editor

I hope everyone had an awesome Thanksgiving! I'm assuming everyone has heard about the death of co-founder and CEO of Apple and Pixar Animations, Steve Jobs. His life and death has been written about and featured in every news media outlet in the world. Many of you may have mourned his death and some of you may have only glanced and moved on.

I believe he's actually quite the inspiration. To be honest, I was quite apathetic to his legacy and the Apple empire after I bought my first iPod nano (3rd generation) a few years ago. I was so excited to purchase my first Apple product (which I still use). But when they came out with a new version of the iPod, I was also quickly frustrated. I found it to be such an annoyingly smart marketing ploy to get you to buy the newest product they release every year.

An innovator, Jobs revolutionized technology. From the iPod to the iPhone, to the Mac and so on, I bet you can name at least a few people you know who own one or more of these products.

Anyway, when I heard about his death on Twitter, I was speechless. At 56 years old, it was a shock that he had died so early. For seven years, he had battled pancreatic cancer.

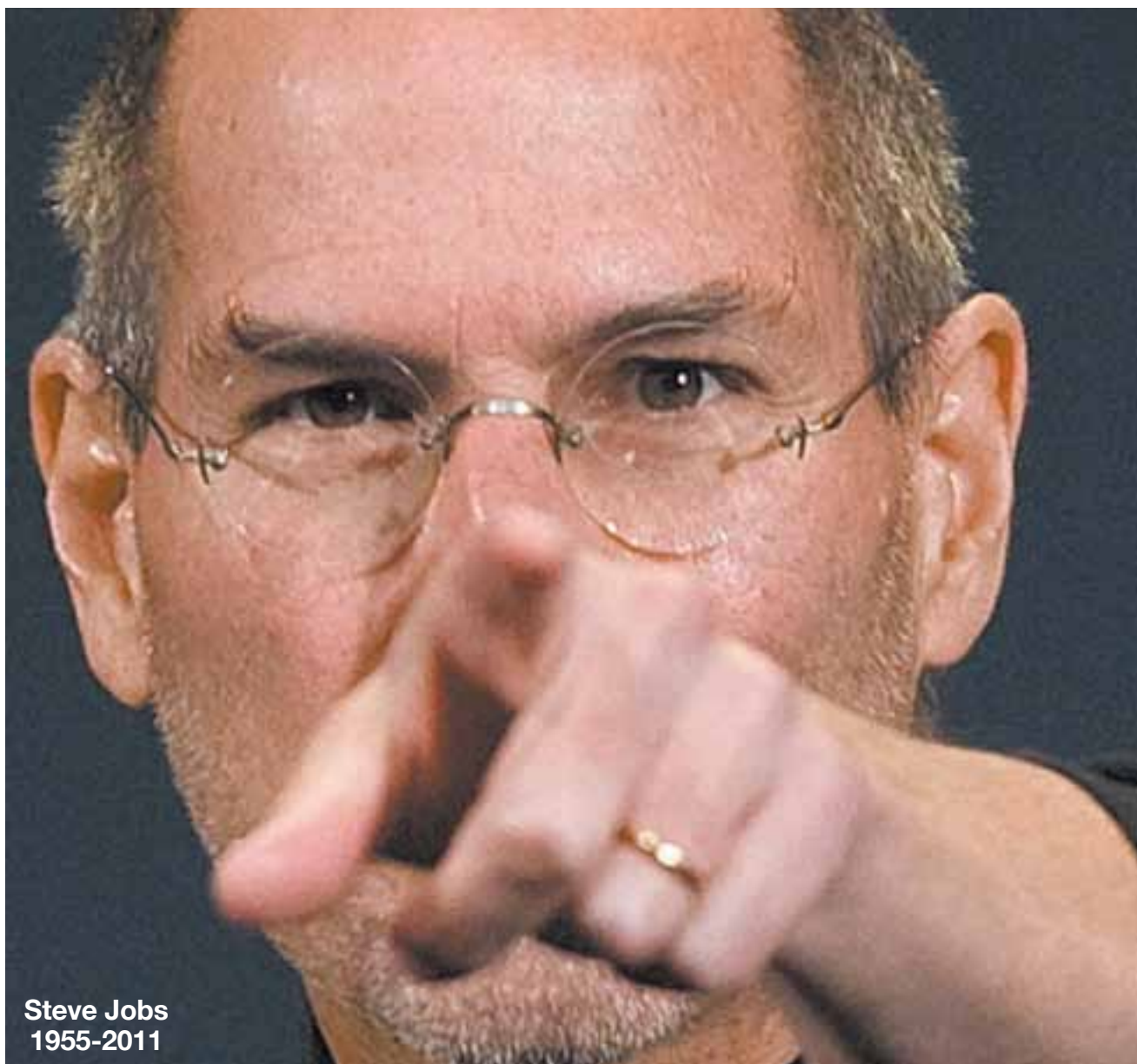
Jobs' journey to success was not an easy one. In his 2005 Stanford University commencement address, he tells three stories. Here's a little summary ...

Jobs dropped out of college due to the lack of funding. He also wasn't set on what he wanted to do in his life and felt that college was not going to help him decide. Instead, he began to take a calligraphy class that piqued his curiosity and would actually help him design the first Mac computer. But it wasn't always so sweet and savory to begin with. He was homeless. Jobs slept on friends' dorm room floors, walked seven miles every Sunday night to a Buddhist temple to get one good meal a week, and "returned coke bottles for the five cents deposit to buy food with."

Obviously, I wouldn't recommend every student start dropping out of college in hopes of becoming the next Steve Jobs. When you work hard at what you hope to become, the outcome is and will be fruitful even if you can't see or feel it at the moment.

As he said in his commencement speech, "[Again] you can't connect dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever."

In his second story, he talked about how at 20 years old, he



Steve Jobs
1955-2011

rev2.org

and Steve Wozniak first co-founded Apple in his parents' garage. For 10 years, they worked hard and even sold Jobs' Volkswagen van and Wozniak's Hewlett-Packard scientific calculator to raise capital after receiving an order for 25 Apple computers. At 30 years old, he got fired from his own company after differences over visions for the company he built. But this did not stop him. It propelled him to start NeXT, another computer company; Pixar, which released *Toy Story*, the world's first computer animation film, and meet his future wife, Laurene.

"Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love," said Jobs.

In his last story, he talks about death. In 2004, he was diagnosed with pancreatic cancer. Doctors told him he was not going to live "no longer than three to six months." But after another medical test, the doctors were surprised to find that his cancer could be treated with surgery.

He says, "... Death is very likely the single best invention of life. It is life's change agent. It clears out the old to make way for the new." It was a wakeup call for Jobs and it had been a reminder for him to always follow his heart and make the best choices as if it were his last day on earth.

Nearing the end of his speech, he said: "Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

This has been seared into my memory.

Steve Jobs built a multi-billion-dollar company, struggled for seven years with cancer, furthered our advancement into the future of technology and did so much more. Simply put, he is an extraordinary individual who will be missed.

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Apathy at NAIT?

By ALI MAGEE

Concerns with the recent NAITSA Senate election have many people worrying about student apathy. Of 18 available senate seats, only seven were filled. The case was not always that there weren't enough candidates. For some programs the requirement of two people ran, but some were not accepted into the Senate because they received more "no" votes than "yes."

This had me question how clear the voting process was. I have a hard time imagining students taking the time to specifically vote "no" for someone when there were only two candidates running for two spots to fill. My main concern was that students might have thought they needed to choose one person or the other. After doing some investigating I found out the online voting page does state that you don't even need to vote for two people at all.

To be perfectly honest, when I voted, I assumed that I was supposed to vote yes for who you wanted to win and no for the others. Which leads back to apathy, and apparently I'm part of it. I didn't take the time to clearly read the instructions on the voting page. In fact I didn't even know there are two seats for each group of programs, I was actually very unfamiliar with student government all together.

Chelsea Bird, who was elected as a senator for the Media and Design group, thinks that might be a part of the problem.

"I don't think enough people even know what senate is. During campaigning, it was shocking how many people didn't even know we had a student government," she says.

Bird thinks a more educated and involved student body would help, but guesses it might be a difficult process to do.

"It's hard to get students involved at NAIT because such a big part of the student body is only

here for courses that only last a few months."

The chances are that the lack of student involvement is a mixture of all of the aforementioned. A combination of lack of education, passiveness, and confusion regarding the voting process have left us with a rather empty senate. Fortunately, actions are being taken to make sure the empty seats do get filled. The NAIT Students' Association is calling a special Senate meeting for Tuesday, Oct. 18. at 4 p.m. in Room X-107 to fill the vacant seats

Any students who are interested must attend this meeting, where nominations will be accepted and voting will take place.

With the next election hopefully there will be improvements in student education about school government and a decrease in student apathy.

In the byelection held in conjunction with the Senate election, Miranda Holman was elected as NAITSA's Vice-President of Student Services.



Miranda Holman
New VP Student Services

NAITSA Senate election results



Business and Administration

1. James Head
2. Lynda Menard

Culinary and Hospitality

1. Vacant
2. Vacant

Health Sciences

1. Robbyn Bailer
2. Vacant

Environmental Management

1. Vacant
2. Vacant

Building Construction and Design

1. Kristen Richardson
2. Vacant

Engineering Technologies and Academic Upgrading

1. Jackie Albert
2. Garrett Prince

Information Technology and Electronics

1. Vacant
2. Vacant

Media and Design

1. Chelsea Bird
2. Vacant

Skilled Trades and Apprenticeships

1. Vacant
2. Vacant

Looking for a student

By CLAIRE THEOBALD

The NAIT Board of Governors is looking to elect a new "student at large" to represent the student body.

The Board of Governors is a group of representatives from the NAIT community who make the final decisions on how the school is operated, whether that be plans for future expansion or which programs will be offered.

"They make the biggest decisions there are to make," said NAITSA President Govind Pillai.

The board is comprised predominantly of business representatives and NAIT staff. However, there are two seats reserved for student representatives to ensure that the student's perspective is taken into account.



Govind Pillai
NAITSA President

Normally both positions are filled by the end of the previous school year. Unfortunately, after the last election was through, it was discovered that one of the elected representatives was not eligible to hold their position. This means that a new representative must be selected quickly to ensure the student body is represented fairly.

Pillai emphasized that although the "student at large" position was created to represent the position of NAIT's students, the actions of the board influence the entire community, so these representatives must be able to consider all of the stakeholders in each issue.

"Everyone at the table is just a representative of the community," Pillai said, "so you need to be a

bit more broad in the way that you're thinking."

Pillai also spoke to the importance of having a candidate who can consider the needs of all of the diverse programs at NAIT.

"I would want this person to understand the apprenticeship students, but I'd also want them to understand the culinary, the business students, everything," said Pillai. "All programs must be represented between these two students."

This position is open to any full-time student who is willing to put in the work it takes to be a proper advocate for their community.

"You want the best representative of your student body, period," Pillai said, "and that should be anybody."

Applications will be accepted until Oct. 17, and the student senate will make the final decision at their next meeting on Oct. 21.

For more information, visit the NAITSA office, or speak with your student Senate representative.

"All programs must be represented between these two students."

– Govind Pillai



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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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

What to make of a cup?



By ANIKA NOTTVEIT

Have you always wanted to invent something? Have you often thought how the idea for a certain product came about? Are you innovative? Creative? Or just love coming up with new ideas? Inventions have to start somewhere. The Canadian Youth Business Foundation holds an annual contest called the YOU Innovate tournament. CYBF is an organization that looks for new ways to promote entrepreneurship opportunities.

The idea behind the competition is very simple. A “mystery object” is revealed and you turn it into something much more innovative. The “mystery object” is different every year. This keeps the tournament new and fresh. The object was revealed on Sept. 26 and this year it’s a cup! A very common household item. You’re probably thinking, “What else could a cup be used for?” The beauty of the competition is, it could be used for anything! The value of the product can be social, financial, for charity purposes, entertainment, environmental, etc. There is no limit on what is considered valuable. There is also no limit on how many cups can be used and what kind. The contestant just has to prove the value of their idea to the voting panel of judges. The idea must be original. The value can be a variety of things. The winner will prove that their innovative idea is worthy of national recognition.

This tournament is unique because of the simple rules. Basically, it is encouraging you to be as creative as you can and to think outside the box. Changing the object from its normal use to an entirely different use is the challenge. This is a great opportunity to showcase your talents in creating something new from the given object.

Here are a few examples from past innovative tournaments: the object was a household rag and the team turned them into coffee cup sleeves. Another team turned the rags into dog toys. When business cards were the revealed object, a very creative team turned them into artwork. They painted pictures on the cards and arranged them into board-like backdrops. They sold the art making money for a charitable relief team.

Participants can sign up as a team or individually. The coolest part about this tournament is the prize. The winner gets to go to Liverpool, England! The national award is \$4,000. If your idea doesn’t get national recognition, no need to worry, there are other chances for prizes. Fourteen provincial cash prizes of \$1,500 are awarded as well.

To participate you don’t have to be a business student. The main criterion is that you are a post-secondary student. You just have to create an idea and promote it as much as you can.

The judges view each participant’s ideas online. The judging of the videos are done by a voting panel. A short video showcasing your innovation is submitted through the website. In the video your team should show how you created value out of a simple object. Submissions are due on October 18th. There isn’t a lot of time left! CYBF has incorporated the competition into the 2011 Global Entrepreneurship Week (November 14-21). The tournament originally began to foster excitement for entrepreneurship.

If you have great ideas and want to put them into action, don’t hesitate to get involved. The challenge is on!

You can apply and find more information online at cbyf.ca.

A new premier, new ideas

By ALI MAGEE

Alberta’s 14th premier is also our province’s first female to take the position. On Oct.

2, Alison Redford won the Progressive Conservative Association of Alberta leadership convention, making her the new leader of the

province. She was sworn in on Oct. 7, taking the place of Ed Stelmach, who served as premier for five years before stepping down earlier this year.

So what does our new premier stand for? Well some post-secondary students might be happy to know that they’ve crossed her mind. Redford is interested in ensuring a strong, stable education system for programs like business, law, petroleum and environmental engineering and trade apprenticeships. She hopes that when companies come into the Alberta energy sector they will be able to easily find accountable employees raised in Alberta that will compare to talent around the country.

As for Alberta’s fiscal policy, Redford plans to cut back on Alberta’s dependence on non-renewable resource revenue. She plans to start allocating a fair sum of revenue to Alberta’s Sustainability Fund and the Heritage Trust Fund, both of which she says are vital for the province to flourish financially. On the health care end of the spectrum, Redford envisions a province with more family care clinics and increased senior freedom with a better continuing care system. She would like to give greater decision making power to local health care professionals.

Redford also wants to address non-profit organizations and make sure their salaries are up to par; Redford wants to change per-hour based contracts to outcome-based contracts to provide more flexibility in availability.

The environment is an important topic to our new premier as well. Redford plans on developing practical solutions for sustainable hydrocarbon production. She’s also choosing to support environmental sustainability research institutions and programs in hopes of creating a clean, environmentally friendly province.

Of course, Redford believes that our province’s most valuable asset is its people. She says it is time to create a legacy of excellence. She believes that the way to achieve this legacy is by putting her ideas and plans into action. With the world changing so rapidly, Redford wants Alberta to be a global leader in areas like environment sustainability, employment structure, and health care. She has made her goals very clear and expects to follow through and get her desired results to benefit the entire province. So, will our first female premier be able to keep Alberta’s upper hand on taxes and improve education and health care? Only time will tell.



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Premier Alison Redford

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Chalifoux award

By CLAIRE THEOBALD

The Imperial Oil Foundation was the proud recipient of the 2011 Senator Thelma Chalifoux Award in honour of their contributions towards advancing Aboriginal student success. It was presented at last week's Aboriginal Awareness Week.

"We are very honoured to receive this award recognizing our ongoing support for Aboriginal students," said Susan Swan, president of the Imperial Oil Foundation.

"At Imperial, we believe that it is important to develop lasting relationships with the communities where we explore, develop and operate, and one of the ways we do this is through supporting education and training programs to build work-force capacity."

Since its inception in 2000, the Senator Thelma Chalifoux Award has been presented annually to persons or organizations that have shown commitment to Aboriginal communities and students.

"This is such an important recognition for industry and for individuals who have contributed to the visions and goals of Aboriginal people," Chalifoux said in a press release. "These contributions are helping students successfully gain employment in many different sectors."

The Imperial Oil foundation was presented this award due in part to their financial contributions to the Aboriginal Pre-Technology Program.

Derek Thunder, with Aboriginal Liaison Services at the EnCana Aboriginal Services Centre, said the program was

created to help Aboriginal students who may not have the pre-requisites necessary to immediately enrol in programs at NAIT earn the credits they need. As well, students were taught study skills that would help smooth their transition into life as a college student.

At the time the award was presented, the Aboriginal Pre-Technology Program was running, however, it has since been integrated with NAIT's Academic Upgrading Program.

The presentation of this award opened NAIT's Aboriginal Awareness Week. The theme for this year was "Our Elder's Teachings," honouring First Nations, Metis and Inuit cultures.

"Celebrating and bringing awareness of the Aboriginal culture and traditions is an honour for NAIT," Dr. Paula Burns, vice-president Academic at NAIT, said in a news release.

"Not only does it reflect our values of achieving and sustaining diversity, it is also an opportunity to acknowledge Aboriginal student success and achievements," she said.

The award was named for Senator Thelma Chalifoux, in respect for her support of Aboriginal education. She was appointed to the Senate by former Prime Minister Jean Chretien on Nov. 26, 1997, making her the first Metis woman to hold that position. She served in the Senate until Feb. 8, 2004, when she retired.

Chalifoux was named one of NAIT's Distinguished Friends of the Institute, and was given an honorary diploma in Business Administration by NAIT in 2003.

"These contributions are helping students successfully gain employment in many different sectors."

— Thelma Chalifoux



Dr. Paula Burns
'An honour for NAIT'





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Virtually Speaking

AMC leads the way on TV

By GRAHAM McCANN

Television has not evolved too much over the years. Certainly the technology has vastly improved and the level of violence and other material has increased from a more family oriented puritanical 1950s. However, the idea of TV serials, talk shows and game shows has really stayed within similar outlines save for a few changes. Because the basic structure is very familiar and very useful for advertisers, this might not change for a while. However, where the basic structure is mostly stalled, innovation and quality flourishes.

AMC is on the forefront of top tier television. Most network serials – especially sitcoms – have continuity but every episode is contained without much or any reference to previous ones. Nevertheless, AMC shows are well acted, brilliantly written and very expensive. Basically, these shows are like episodic movies. The writing and cinematography are not made as quick prime time TV to be shown on a Thursday evening with a dozen other shows on competing networks, but works of art to suck the viewer within a well crafted world.

Shows like *Breaking Bad*, for example, are a shining example of this. The fourth season finale was on Oct. 9 and even though there will be one more season with 16 episodes, this could have served as a great series finale. Everything in the series up until that point was expertly woven and the series flowed naturally with very

realistic characters and character development. Dialogue, character motives, decisions and consequences are believable and fluid. Everything is multi-layered and everything said and done on the show has a purpose.

Network TV is good, certainly. *Lost* was a great show, but the writers didn't have a clear area to take the story and made it up as it went along. I guess, as snobby as it sounds, Network TV shows like *Lost* or the new *Pan Am* and *Terra Nova* are like fast food and AMC shows are five-star meals.

Pan Am is reminiscent of AMC's *Mad Men* in that it takes place in the '60s, but instead of ad executives it follows Pan American flight attendants. From what I saw, it is flashy, staged, gimmicky and has unrealistic dialogue. People don't really talk or act how they do on that show – all style and little substance. And, gimmicky as in it has to push the characters into places and people which are the most notable from the '60s like meeting the Kennedys. Instead of having the '60s as a backdrop and exploring the world of the time with flawed and multi-layered characters affected by that sociology, *Pan Am* is a glitzy showcase.

Another show that would have been vastly different on network television is *The Walking Dead*, a show about a group of survivors trying to find a reason to live in a zombie apocalypse. The second season starts Oct. 16 and the first is available of Blu-ray. Watch it.

Breaking Bad is one of AMC's stellar shows.



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OPINION

— Editorial —

Photo radar — where and why



CELESTE DUL
Editor-in-Chief

You see the envelope and instantly know what it is. It's not jury duty – it's a photo radar ticket. A string of thoughts go through your head, when, where and was I really going that fast?

Photo radar has been used since 1993, and to date, it has been challenged on technical and constitutional arguments,

even up to the Court of Appeal in Alberta and British Columbia. Which made me wonder, how accurate is photo radar, actually?

When I started my research I was surprised to find out how it actually works. It's based on the Doppler effect. Stated simply, the transmitted energy reflected off an object will be changed in frequency in direct proportion to the relative motion between the transmitter and defecting object. The radar device sends out a radio signal, the signal strikes the object, the reflected signal will be different from the transmitted signal in frequency, and the amount of difference indicated the speed of the moving object. Most sources of information state that photo radar is extremely accurate and can't generally be argued with.

Concerns raised

What about the incident this year when it was discovered that the "speed on green" cameras had an error and over \$12.3 million of unfair tickets had to be refunded? How can we be certain that the machines are checked enough?

I'm not saying that I disagree with photo radar, I think it's a great way to enforce speed laws and make the roads safer, but where do we draw the line between safe and ridiculous? Last week a friend of mine got a \$160 ticket for going only 5 km/h over the speed limit.

Minister of Employment and Immigration Thomas Lukaszuk even voiced his concerns over the summer when he said, "observing where photo radars are stationed in areas, perhaps, where there has never been an accident, makes me believe this is a revenue generating device than a safety promoting device."

Why not in construction zones?

That's exactly the issue, I drive on the Anthony Henday every day and have rarely seen a photo radar vehicle through the construction zone. Yet, as soon as I'm on the roads where there isn't a higher risk to safety, sure enough there's a car waiting to take pictures of those who are driving at an unsafe speed. I don't think that photo radar should be completely predictable and sit only in construction or school zones, but I'm not even seeing that.

I would just like to know how much it really stops speeding, because a lot of the time people slow down for the radar vehicle and speed up after – that doesn't seem to me to deter speeding. In my opinion, if anything really needs to be changed about photo radar, it's location, location, location. If safety is the real concern then I would really like to see photo radar in higher risk areas, not only on the stretch of highway that changes from 80 km/h to 100 km/h.



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SPORTS

MEN'S HOCKEY

Promising debut for Oaks

By TY HUDEC

After a lengthy training camp and a number of tune-up games, the NAIT Oaks Men's Hockey Team finally got their season underway this past weekend. The team opened on the road at Concordia Friday night in the start of a home-and-home set. Last year it was the Thunder who eliminated NAIT from the post-season; the Oaks were looking to extract some revenge on their cross town rivals to open up the 2011-12 campaign.

In the opener Friday night, Steele Boomer and Dan Hillman netted two goals a piece, leading NAIT to a 5-2 win. Riley Marsh added a goal and an assist, and Greame Harrington stopped 25 shots in the Oaks crease.



Didn't disappoint

The following night marked the Oaks home opener, and they did not disappoint their fans. NAIT rattled off four straight goals after falling behind early and then held on despite a pair of late markers from the Thunder, en route to a 5-3 Oaks victory. Brennan Volcan tallied a pair in the second period, and Hillman buried his third and fourth of the campaign in the third period to seal the win. Harrington once again manned the net for the Oaks, stopping 12 Concordia shots.

After an even opening frame, the Oaks took control in the second, outshooting the Thunder 21-1. Following Saturday's contest, Oaks head coach Serge Lajoie spoke of the compete level his team displayed.

"I saw a lot of resiliency. We challenged our guys to keep moving forward, keep developing some good habits. We had a very, very strong second period, a lot of shots. The puck did go in a couple times. It would have been nice to get a few more goals but our guys stuck with it. Even though we were up 4-1 and gave up those two late goals, I really like the demeanour of our guys on the bench."

Must keep improving

The Oaks are one of four teams to start the season 2-0. Among the others is NAIT's next opponent, the Augustana Vikings. Lajoie says he knows this team needs to keep improving if they want to stay at the top of the league.



Dan Hillman
Four goals in two games

"We have a lot of work to do. We're a good team right now, but a good team against some of the perennial powerhouses in the ACAC won't be good enough. So, we'll be right back to work on Tuesday and we're looking to take another step forward towards being a more complete team."

The Oaks will travel to

Camrose to meet Augustana on Friday and then return home to host the Vikings Saturday at 7 p.m.



Photo by Emily Vanee

NAIT Oak Josh Koper takes a Concordia Thunder opponent into the boards on Saturday, Oct. 8 during a game at NAIT arena. NAIT won 5-3 to complete a sweep of the two-game series.

MEN'S HOCKEY

New goalie, with a difference



PATRICK KNOWLES
Sports Editor

When you look at the 2011-2012 edition of the NAIT Ooks' men's hockey team you will notice about a dozen new faces on the squad from last year's team, but perhaps the one face that catches the attention of most people is the one between the pipes.

This year's NAIT men's hockey team will see the addition of Shannon Szabados – 2010 Winter Olympic gold medallist for Team Canada's women's team – to the squad, something that didn't really come together till just a few weeks before school started.

Until the middle of August, Szabados was registered at Grant MacEwan University, taking three classes a semester to play hockey. She finished all the courses she needed in order to do an Education program, but was

unable to take that through MacEwan.

"I trained with a couple of guys off of the NAIT team this summer and they mentioned that the goalie they had recruited decided to go and play pro hockey over in Europe and that I should come and play for NAIT," she said.

That's kind of how it all started she said, adding, "When I found out I could take a two-year Personal Fitness Training Program (PFT) at NAIT that would work perfectly for me, seeing how there are two years till the next Olympics, and I want to be playing the highest level of hockey that I can up until that point."

This year marks the 20th year that Szabados has played hockey and at the age of 25 still has a dozen years of hockey left in her, which means she could potentially play in three more Olympics for Canada.

When Szabados starting playing hockey, it took only two years before she knew she wanted to be a goalie.

"My first two years of hockey, everyone got a chance to play goalie and when I got the chance I loved it and wanted to play in net as

often as possible," she said.

"I have always played on guys' teams my whole life and getting a chance to do that here at NAIT is something that I look forward to doing."

Always playing against guys her whole life has been something that she has loved doing and hopes when she is done at NAIT that she will have the opportunity to play against men in Europe.

"I think it would be something that I would regret if I didn't at least try and go play pro over in Europe when I am done here at NAIT."

Looking ahead to when her days are done as a player, Szabados wants to finish her teaching degree and teach high school and then in the summer do something with her PFT diploma from NAIT.

"Ideally, I would like to teach during the year then over the summer do some sort of fitness training program, maybe at hockey camps, but who knows."

One thing that is for sure is that having Szabados here at NAIT playing on the men's team will bring a lot of extra attention to this year's edition of the team.



olympic.ca

Shannon Szabados
Gold medallist

Golf team just misses bronze

By TY HUDEC

NAIT's golf team wrapped up their season Oct. 2 and 3, when they travelled to Medicine Hat for the 2011 ACAC Provincial Championships. The tournament was held at the Desert Bloom Golf Course and featured participants from six colleges around the province. Each school could send up to eight golfers, with five guys making up the team's final score. NAIT was represented by six of our school's top golfers.

NAIT ended the two-day event in fourth place with a total score of 649. The team was lead by Curtis Marusiak, who shot a 78 on Day 1 and then torched the field with the lowest round of Day 2, shooting a 71. Marusiak finished fourth overall in the individual ranks, catching everyone, including his coach, off guard.

"It was a little bit surprising," NAIT's golf coach Jules Owchar said of Marusiak's performance. "I expected other guys to shoot low, but we didn't expect a 71. It was a great round for him."

That round also earned Marusiak Male

Athlete of the Week honours at NAIT. Other notables on the team included Jared Donnelly, who finished the weekend with a total of 157, while Justin Evans shot a two-day score of 160 for NAIT.

Grant MacEwan edged out Mount Royal to win the event by a slim margin of just six points. Lethbridge College took home the bronze, leaving the Ooks just short of a podium finish.

"The boys were a little disappointed," Owchar said.

"You always have expectations of what you can shoot, what you think you should shoot. We don't think we shot what we could. We feel we could have gotten a bronze or challenged for silver."

Owchar said that the Medicine Hat course did not provide the strong winds that the team had expected but proved

to be difficult for those who struggled off the tee.

"It was a tough course. Drive down the middle or pay the price. If you shot in the rough, 95 per cent of the time you wouldn't find it."

The provincials marked the end of a

short golf season here at NAIT that began with the North Regionals last month. With their Top 3 finishes, Grant MacEwan, Mount Royal and Lethbridge all now earn a trip to

this weekend's CCAA Golf Championships in Prince Edward Island, while NAIT's golfers will put their clubs away and look forward to returning to the links next spring.



Curtis Marusiak
Fourth overall

Athletes of the week

October 3-9

Jillian Irvine
Volleyball



Jillian helped lead her Ooks women's volleyball team to a second-place finish at the annual MacEwan Thanksgiving Pre-season Tournament this past weekend. She was the team's most consistent player, guiding her team to victories over MacEwan, Lakeland, Lethbridge and GPRC before the team fell to the Capilano Blues in the final. "I knew Jillian returning to NAIT was going to help us and she is already showing signs of being a much improved player even from the end of last season," said head coach Erminia Russo Thorpe. "She doesn't commit many errors and leads us in offence." Tara is a third-year player and is currently in the Finance program. She is from Vancouver.

Steele Boomer
Hockey



Steele was a major factor in the Ooks' weekend sweep over the Concordia Thunder in the team's opening two games. Boomer netted a pair of goals Friday night at Concordia in a 5-2 victory and then added an assist Saturday in the Ooks home-opening 5-3 win over the Thunder. "This weekend, Steele demonstrated his ability to contribute at both ends of the rink," said head coach Serge Lajoie. "His leadership on and off the ice has been instrumental in the team's early success." Steele is a first-year Business Administration student and is from Edmonton.

Fantasy sports, real money

By NICK BERRY

Fantasy sports have grown to become a major part of both culture for the sports fan and, more important, a significant portion of sports journalism. The fantasy sports industry has grown in to an \$800-million industry with approximately 30 million players throughout the United States and Canada. In print, television and especially in online sports journalism, fantasy sports are used as talking points for upcoming games.

While the concept of fantasy sports has existed in some form since the end of the Second World War, fantasy sports did not really become a large hobby until 1980s. It is believed the first fantasy sport was golf during the 1950s. People would select a team of golfers before a tournament and the person with the lowest combined total number of strokes would win. Golf is a relatively easy sport to keep fantasy numbers on, as you only have to be conscious of your own players.

People's obsession with stats has lead to many leagues being developed for the major sports. Stat heavy sports such as baseball and hockey are a little more complex and time consuming. Paying attention to matchups, who your players are playing against, where they are playing or even if they are playing are things you have to know if you plan on doing well in any fantasy league.

While baseball and hockey are very popular, the NFL is by far the biggest fantasy sport in North America. With a staggering 85 per cent of fantasy sports players involved with fantasy football, and with some leagues offering lots of prize money, it is no wonder it is the most popular. Fantasy sports have become an industry in itself within North America, with many publications and websites completely devoted to it. Every year many sports magazines publish a fantasy issue prior to the season because that is what the market demands. Websites create draft day cheat sheets trying to give people any possible edge when they sit down and draft their team for the year. While there are many leagues that charge for membership, many media companies are recognizing that free games draw more traffic and hence, more advertising revenue.

The fantasy sports industry is constantly expanding and is gaining more and more popularity each year. With people being able to connect with others across the country and having a place where sports junkies and casual fans alike can compete against each other on equal playing fields and have a large network for social interaction you can see that fantasy sports is something that is not going away, which is something I'm sure managers and bosses everywhere are pretty displeased about.

Athlete Profile



Player: Jay Hart

Sport: Soccer

Position: Midfield

Program: Business

Hometown: Edmonton

Number: 18

By CRAIG SEPHTON

Soccer career till now: I have been playing soccer since I was eight-years-old till now. And I have been on the NAIT Oaks' team for three years.

What do you like about your team?: Our team is awesome, the girls are so close and just get into it. The coaches are also a lot of fun and push us to our limits. We are all here for the love of soccer.

Future plans within soccer: I hope to try out for the Edmonton Angels club. I might go back to the Philippines to play there.

Favourite training drill: Sergio's (coach) Fitness – usually he has someone who comes in and runs us into the ground. But Sergio's Fitness is a little bit easier and more interesting but still pushes us.

What's your No. 1 moment in Soccer? : It would have to be during the Nationals last year, we had a shootout. Sergio put me up for the last shot, and it was my shot that was the decider on whether we won or lost. I shot, and I made it. I ended up crying because I was so happy.

Favourite team: I am not sure, "Hey!" (to a male soccer player) "What's a good team?" "Manchester United" in reply. Sure I will go with that.

Favourite player: I would have to say Beckham, although he does have a bit of a high pitched voice. But a great soccer player.

Other activities: Probably sitting on the couch and eating chips. You know, the soccer lifestyle (said with a laugh).

Twitter: @Jayy_Hart

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Athlete Profile

Athlete Profile



Player: Mallan Roberts
Sport: Soccer
Position: Centre back
Program: Academic Upgrading
Number: 5

By CHELSEA BIRD
How many years with the Oaks? This is my first year with them.
What position do you play? Centre back, or sometimes known as centre half.
How long have you been playing soccer? Since I was really little, basically since I could walk I've been playing. I played throughout high school and on club teams. I took a short break and also played football but ultimately I decided on soccer.
So what made you pick soccer over football? I just love the team dynamic, all the guys get really close, to have that kind of chemistry is really helpful on the field.
Any differences on the Oaks team compared to other teams you've been on? Well, I've noticed that all the guys have gotten very close very fast. My club team is really close and we've been playing together for a while. With the Oaks team,

we've basically been together since August and all the guys get along so well, it's really nice – it definitely helps us on the field.
Do you want to do something with sports as a career? Yeah, right now I'm in academic upgrading but I'm planning on going into business. I would love to use that to end up in a sports career.
Why NAIT? I heard they had a really good business program and I love the organization.
What do you like best about playing for the Oaks? In terms of sports ability, NAIT rivals the U of A and yet NAIT is so much smaller. I love that we're on the same level as that.
Weird pre-game traditions or superstitions? Not really. My socks each have an L and an R stitched into them and I wear them on the opposite feet, but nothing too crazy!
Good luck on the season, Mallan!



Player: Austin Berry
Sport: Soccer
Position: Fullback
Program: Business Admin.
Number: 2

By TIFFANY LIZEE
What's your nickname? The Strawberry
How many years have you played at NAIT? This is my third year.
When did you first start playing soccer? When I was around five or six years old ... I started out pretty young.
Who have you played for in the past? I play for the Polonia Men's Club other than this and before I just played for Ross Shepard high school.
Greatest memory? So far, my best time has been with Zach at our last game against Grant Mac. We did our dice roll celebration dance.
Favourite team to play against? Concordia. The rivalry is huge against them and always makes for a good game.

Have you ever had any bad injuries? My left ankle causes me problems but nothing too bad.
Where do you see yourself in five years? I'd like to see myself in an advertising or marketing firm in the accounting and sales side of it all.
Do you play any other sports? I like to play tennis in the summer. I have played volleyball and basketball but not so much anymore.
Favourite professional sport/team/player to watch? Major league soccer. My team would have to be Manchester United and my favourite player would be Lionel Messi. He's always doing something different, new and crazy on the field and is really entertaining to watch.



Sweeping into the spotlight

By KATHERINE DeCLERQ
The Fulcrum (University of Ottawa)
OTTAWA (CUP) – Every Canadian knows about hockey, our unofficial national sport played on ice with a puck and a stick – but how many people know a thing about hockey's counterpart, broomball?
Founded in Canada between 1909 and 1910, this sport is played on a hockey rink, but with a rubber broom, ball and rubber shoes instead of skates. While it may not be the most popular sport around, broomball has grown considerably in recent years. Younger and younger athletes are beginning to play the sport, including fourth-year University of Ottawa student and sports therapist Sarah Achtereekte.
“I got into broomball because of my parents,” said Achtereekte. “I started when I was four or five. My feet couldn't actually fit in the shoes, so my mom gave me extra socks so I could start playing early.”

And there is not just a whistle for a highstick in broomball – hitting the ball above your shoulder results in a penalty.
Achtereekte plays on an elite team in the Eastern Ontario region. Broomball tournaments are scheduled throughout the year, with the teams competing to go to provincials then nationals. The season for elite teams is quite different from that of other broomball teams, as the squad must make it to provincials the year before in order to qualify for the national competition.
“This year, there are no teams from Eastern Ontario going to nationals; it's the western team that is going. But our team is younger so we have time to grow,” said Achtereekte. “Right

now, because we aren't going anywhere, playing broomball is more of a health benefit for me this year.
“Plus, because I'm a student, the sport is great for stress,” she joked.
Broomball was taken under consideration for the 2010 Winter Olympic Games, but didn't pass the bar. Achtereekte thinks the Olympic consideration is indicative of new popularity for broomball.
Achtereekte also feels that broomball has

the potential to become widely accepted among families because it is more cost efficient than sports like hockey.
“It's a lot cheaper than hockey and the equipment [costs] practically nothing. Registration fees are getting a little higher ... [but] it is less time consuming than hockey. I don't know exactly what is being done for advertising, but it seems to be getting out there.”
Achtereekte has no doubt that the sport will gain popularity in years to come.



Illustration by Mico Mazza/The Fulcrum

NAIT student recreational curling

Mondays 4:30, 4:45, 5 p.m. to 6 p.m.
Fee: \$40 per season
Those interested should drop by the Avonair Curling Club across the street from Main Campus.

MEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
Augustana	2	2	2	0	0	0	21	2	4	
Mount Royal	2	2	2	0	0	0	18	1	4	
NAIT	2	2	2	0	0	0	10	5	4	
SAIT	2	2	2	0	0	0	6	4	4	
MacEwan	2	0	0	2	0	0	4	6	0	
Concordia	2	0	0	2	0	0	5	10	0	
Briercrest	2	0	0	2	0	0	1	18	0	
Portage	2	0	0	2	0	0	2	21	0	
RESULTS										
Oct. 7										
NAIT 5, Concordia 2										
SAIT 2, MacEwan 1; Augustana 15, Portage 0;										
Oct. 8										
NAIT 5, Concordia 3; MRU 9, Briercrest 0;										
Augustana 6, Portage 2; SAIT 4, MacEwan 3										

MEN'S SOCCER										
North Division										
TEAM	W	L	T	Pts	GF	GA	+/-			
NAIT	4	0	2	14	15			4		
Concordia	3	1	2	11	10			8		
MacEwan	3	2	2	11	12			7		
Grande Prairie	1	1	4	7	10			9		
Keyano	2	3	0	6	6			10		
King's	0	6	2	2	5			15		
South Division										
Team	W	L	T	Pts	GF	GA	+/-			
Medicine Hat	5	0	1	16	16			4		
Mount Royal	4	3	0	12	11			7		
SAIT	3	3	1	10	8			12		
Lethbridge	3	3	0	9	12			12		
Lakeland	2	4	2	8	9			15		
Red Deer	1	5	2	5	13			19		

WOMEN'S SOCCER										
North Division										
TEAM	W	L	T	Pts	GF	GA	+/-			
NAIT	6	0	0	18	33	7	26			
MacEwan	4	2	1	13	15			12		3
Concordia	3	2	1	10	16	9	7			
Grande Prairie	3	3	0	9	16			11		5
Keyano	2	4	0	6	5	20	-15			
King's	0	7	0	0	3	29	-26			
South Division										
Team	W	L	T	Pts	GF	GA	+/-			
Red Deer	6	0	2	20	22			4		18
Mount Royal	5	1	1	16	18			6		12
Medicine Hat	4	1	1	13	20			10		10
SAIT	2	5	0	6	9			18		-9
Lakeland	2	6	0	6	5			21		-16
Lethbridge	0	6	0	0	8			23		-15



Four remain



By TY HUDEC

After the longest and most gruelling schedule in pro sports of 162 regular season games, it's hard to believe that we are already half way through the MLB post-season. Many teams have been in playoff mode for a few months now, with the dust clearing momentarily following the most dramatic conclusion to a season in recent memory. A mere 48 hours after Evan Longoria blasted the Tampa Bay Rays into the post-season, the eight playoff-bound teams picked up where the Atlanta Braves and Boston Red Sox left off. Since then, baseball fans have certainly not been disappointed by the amount of drama and intensity displayed on the field. Here's a quick recap of what you may have missed, and what you can expect as we roll forward in the playoffs and onto the World Series:

American League Division Series

Tampa Bay Rays vs Texas Rangers

For the second consecutive year, Texas and Tampa Bay squared off in the opening round of the playoffs. The Rays carried the momentum from their improbable playoff push into Game 1 and stunned the defending American League champs 9-0. No one could have predicted that Matt Moore would make CJ Wilson look like the rookie; in fact not many people even knew who Matt Moore was. The talk of the Rays as a team of destiny intensified heading into Game 2, which may have fuelled the fire in the Rangers' bats as they came out swinging and evened the series with an 8-6 victory. Josh Hamilton then put his stamp on the series in Game 3, driving in two runs en route to a 4-3 Rangers win. Game 4 was another battle that went right down to the final out, but in the end Adrian Beltre prevailed as he ripped a playoff-record-tying three solo home runs, leading the Rangers to another 4-3 victory and another ALDS win over the Rays.

Texas wins series 3-1



en.wikipedia.org

Adrian Beltre

Three solo home runs against the Rays in Game 4 of the ALDS.

Detroit Tigers vs New York Yankees

CC Sabathia and Justin Verlander were set for a heavyweight bout in the playoff opener between Detroit and New York, but the weather in the Bronx had other plans. Game 1 was delayed and Ivan Nova took full advantage in his first post-season appearance, leading the Yankees to a 9-3 victory. Max Scherzer shone and Jose Valverde held on in Game 2, as the Tigers evened things up with a 5-3 win. Then the aces finally got their chance to battle it out in Game 3 and it was Verlander who prevailed through eight hard-fought innings. Delfino Young's solo shot gave Detroit the win, 5-4. That set up a must-win Game 4 for the Bronx Bombers, who sent AJ Burnett to the mound with expectations at an all-time low. To say the Yankees faith in Burnett is shaky at best would be an understatement but the man delivered, with some help from Curtis Granderson's glove, and the Yankees evened the series with a 10-1 rout. Game 5 did not disappoint in a pitchers' battle that saw both bullpens dominating hitters. Jose Valverde struck out Mr. Clutch himself Alex Rodriguez for the final out of a 3-2 Tigers win, capping off the upset and eliminating the Evil Empire.

Detroit wins series 3-2

National League Division Series

St. Louis Cardinals vs Philadelphia Phillies

Much like the Rays, the Cardinals run to make the playoffs was something few could have expected. Winning a series against the league's best team seemed even less likely. Roy Halladay, Cliff Lee and Cole Hamels were sent to the mound in the first three games for the Phillies, a daunting task for any offence. Halladay and Hamels handled Games 1 and 3 by scores of 11-6 and 3-2, respectively. However, it was the Cardinals' comeback victory over Lee in Game 2 that gave the team the belief they needed. Down 4-0 after two innings, the Cardinals offence



en.wikipedia.org

Chris Carpenter

Out-duelled Roy Halladay in deciding game of the NLDS.

rallied for five runs off Lee and the bullpen slammed the door shut, taking the game 5-4. A 2-0 deficit would have been lights out for St. Louis; instead the Cards took the opportunity and ran with it. They won Game 4, 5-3, setting up a pitching matchup for the ages in Philadelphia for Game 5 that saw Halladay facing a rested Chris Carpenter. Halladay pitched eight innings of one-run ball, but his former teammate was flawless. Carpenter's complete game shutout vaulted the Cardinals into the NLCS.

St. Louis wins series 3-2

Arizona Diamondbacks vs Milwaukee Brewers

Home field advantage was the story in this series. The Brewers looked unstoppable in Milwaukee, taking the first two games 4-1 and 9-4, on the strength of six Ryan Braun hits. The Diamondbacks then returned the favour in Arizona. Combining for 18 runs in the two games, including five home runs and grand slams from both Paul Goldschmidt and Ryan Roberts. The series shifted back to Wisconsin for a thrilling conclusion. The Diamondbacks trailed 2-1 in the ninth when Willie Bloomquist delivered the game tying run with a safety squeeze, forcing extra innings. In the 10th, Nyjer Morgan singled home the series-winning run for the Brew Crew, ending the D-backs surprise season.

Milwaukee wins series 3-2

American League Championship Series

Tigers vs Rangers

The Rangers are looking to get back to the World Series for consecutive seasons and capture the title that eluded them a year ago. The Tigers are looking for another upset and an improbable trip to the World Series. Texas is deeper offensively but Detroit is stronger on the mound, including the Cy Young favourite and potential MVP Justin Verlander. The World Series is so hard to get to in consecutive seasons, and with the possibility the Rangers will see Verlander three times, I like the Tigers to knock off the reigning AL Champs.

Series Prediction: Detroit in 7

National League Championship Series

Cardinals vs. Brewers

The NL Central rivals battled all year for the division crown and are now duelling for the National League pennant. Milwaukee bulked up their rotation and bullpen this year, the offence is as strong as any and the city is ready. St. Louis also has a strong lineup but lacks depth on the mound behind ace Chris Carpenter. With Yovani Gallardo, Zack Greinke and Shaun Marcum all potentially getting two starts, and the big bats of Ryan Braun and Prince Fielder, the Brewers are poised to deliver on the moves they made last winter.

Series Prediction: Milwaukee in 6

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ENTERTAINMENT



Amanda Knox

telegraph.co.uk

Guilty till proven innocent?



SPOTLIGHT ON ...

NATASCHA BRUHIN
Entertainment Editor

After four years of imprisonment in Italy, Amanda Knox was released from jail this past week.

Knox was studying abroad in Perugia when she was accused and convicted of brutally murdering and raping her roommate Meredith Kercher in 2007 with her boyfriend Raffaele Sollecito.

However, this week Knox and Sollecito's

murder convictions were overturned by a jury, and within two hours of release, Knox was departing for Seattle, USA.

Just like throughout the last four years, there was media frenzy about the news of Knox's release, with Knox's face being swiftly plastered onto various magazine covers and TV news shows within minutes of the announcement.

Knox's defence lawyers have regularly stated that the media onslaught ruined Amanda's image and exposed every aspect of her private life to the world.

"I ask you – who has been the subject of attacks by the media on the most intimate aspects of her life? Who has had her sexuality, her medical history, placed under a magnifying lens? Amanda has been run down by a media tsunami," Knox's lawyer, Carlo Dalla Vedova, said in his closing argument in the appeal of Knox's 2009 conviction.

While Knox was painted as an "angel-faced killer" in the European media due in part by the

prosecutors, the now 24 year-old has gained a strong band of supporters since her 2007 arrest. While Knox had conflicting statements about her whereabouts the night of Kercher's murder, the lack of DNA validity was what caused many to believe in Knox's innocence. Many considered it to be a very unfortunate "wrong place at the wrong time" kind of situation.

Meredith Kercher's family responded to the news of Knox and Sollecito's release with a statement: "We want to say we accept the decision but we are also looking at how a decision so certain a few years ago should be overturned. Rudy Guede's appeal was upheld by the court and the court agreed he wasn't acting alone. So if those two aren't guilty, who are the others? We're back at square one, and the search goes on to find out what really happened."

The Kercher family are referring to Rudy Guede's separate trial, which convicted the 24 year-old of murdering their daughter.

Knox spent the last four years of her

life in a 18-foot by 13-foot cell 22 hours a day, so the difference between this and her now unlimited freedom back in Seattle couldn't be greater. Since being back in her hometown, Knox has been mostly keeping a low profile, spending time with her family at home. While the Seattle media has been giving Knox and her family their privacy, MOVIN 92.5, a local radio station in Seattle, has already offered Amanda a position at their station: "We're glad you're free Amanda and look forward to welcoming you home! We believed in you all along, so much so that we would like to extend an offer of \$10,000 to you to come host our morning show for one week with *Brooke & Jubal in the Morning!* We would all love to hear what you have to say and maybe help a little with the legal bills. Once again, welcome home!"

Having missed out on the first half of her 20s, I'm sure Amanda will be focusing on other things for the next little while.

FOR YOUR LISTENING PLEASURE ...

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By SHAWN GRAY

The term emo has had a lot of negativity thrust onto it over the years, especially when it come to “emo music.” Most people think it’s just a bunch a scene kids complaining about their lives ... Well, it is, but that’s what music is about: people having something to say and rocking out while doing it.

They wear their hearts on their sleeves. So here’s a list of some of my favourite “emo” songs. Give them a listen and try something new. And if you’re already a fan? Well enjoy!

1. I’m Not Okay (I Promise)
– My Chemical Romance

2. There’s No Sympathy for the Dead
– Escape the Fate
3. Ambrosia – Alesana
4. The Taste of Ink – The Used
5. My Darkest Hour
– Scary Kids, Scaring Kids
6. Knife vs. Face Round 1
– Drop Dead Gorgeous
7. Roses for the Dead
– Funeral for a Friend
8. Try Honesty – Billy Talent
9. Secrets Don’t Make Friends
– From First to Last

10. The Secret Goldfish – Pencey Prep
11. Cute without the “e” – Taking Back Sunday
12. Is It Progression If a Cannibal Uses a Fork – Chiodos



stitchesandgrooves.wordpress.com

VIRAL VIDEO OF THE WEEK

Internet nyet!

By ERIN BEZOVIE

This week’s viral video was made by a few of NAIT’s own Television students. Directed by Baljot Bhatti and starring Shawn Gray, Bart Padjasek and Matt Bugg, *6 Hours* was a short film made for Edmonton’s 24/One competition.

The 24/One competition is a yearly event that challenges teams of local filmmakers to write, shoot and edit an entire short film in, you guessed it, 24 hours. But that’s not all; each team also has to incorporate a phrase and an item. The phrase for this year was “Pretty in Pink” and the item was a small plastic trophy.

The video focuses on two roommates, Bart

and Shawn, who make the ghastly discovery that their Internet is down. This means no more IMDb, no more Xbox and worst of all ... no porn. They try everything to keep their boredom at bay; they decide to watch a DVD. Somehow the only DVD that Bart owns is ... *Pretty in Pink* (see what they did there!).

They try reading books, but who reads books anymore? As the hours crawl by, Shawn slowly starts to lose it, desperate to get his beloved Internet back, so desperate that he decides to create his own Internet in a very creative way. Now, I’m not going to ruin the whole video for you! Check it out for yourself on YouTube just type *6 Hours* – 2011 EIFF 4/One Best Film Winner into the search bar.



Poster designed by Matt Schuurman, photos by Marc-Julien Objois

Rapid Fire still firing

CHRISTINE VU
Assistant Entertainment Editor

Edmonton’s longest running improv theatre, Rapid Fire Theatre, turns 31 this year and it has not stopped growing. Oct. 6 kicked off the first of Theatresports North at Avenue Theatre.

Previously at Avenue Theatre, Rapid Fire Theatre offered Improv on the Ave, which was a way for new improvisers to get a taste for the stage.

With a growing number of performers and a growing audience, Rapid Fire Theatre decided it was time to bring the same high quality improv of the original Theatresports to the north side.

The original Theatresports takes place at Varscona Theatre off Whyte Avenue every week and showcases Rapid Fire’s more experienced improvisers.

Each show is short form and teams are pitted against one another round after round. The audience gives suggestions and decides the winner for each round. Nothing but guaranteed laughter can be expected.

For its inaugural show, DJ Mama Cutsworth was there to provide an improvised soundtrack, which added to the hilarity. The one thing you will find different at The-

atresports North is the absence of the abnormally large red die that gives each winning team their score. In its place, an iPhone app made for a suitable replacement.

With a new venue, artistic director Amy Shostak, hopes to draw in a new crowd.

“We would love to get more students from NAIT and from Grant MacEwan out to the show because our main audience off Whyte Avenue is from the U of A.”

Shostak is also excited about being a part of the revival of 118 Avenue. Breaking away from a bad rep, 118 Avenue is home to many artists and budding performers.

Theatresports North runs on the first Thursday of every month at 7:30 in the evening at Avenue Theatre (9030 118 Ave.).

Can’t wait until the next show? You can catch Theatresports South at Varscona Theatre (10329 83 Ave.) every Friday at 11 p.m.

Tickets are \$10 and are available at the door or in advance at tixonthesquare.ca for both shows.

CORRECTION

The prizes for NAITSA’s Next Top Model contest as printed in the Nugget last week (Oct. 6) were incorrect. In fact, the participants this year will receive all of their photos for their portfolios and the winner will become NAITSA’s model for promotional campaigns for the rest of the school year.



The Jolly Good



KROME

Kokanee
LIVE
MUSIC NIGHTS

FRIDAY OCTOBER 21

SHOW STARTS AT 5PM
AT THE NEST

FREE ADMISSION SEATING IS LIMITED
\$3.25 CANS OF KOKANEE
CHECK OUT NAITSA.CA/EVENTS FOR MORE DETAILS
YOU COULD WIN A 42" PLASMA LCD TV!



CLUBS

LEARN THE ROPES. BE A LEADER.

HAVE A FEAR OF SPEAKING IN PUBLIC?

Join the Toastmasters Club at NAIT

All Are Invited To Our Founding Meeting and Information Session

October 13, 2011 at 4:30 pm

Room F006



SECOND RODEO

("Cause It Ain't Our First")

Are you a student at NAIT?
Are you 23 years old or older?
Have you been out of school for more than 2 years?
Have you been attending post-secondary for more than 2 years?

Join Second Rodeo!

(Some of the above apply to you? No matter!
We welcome all experience!)

OCTOBER		NOVEMBER	
Wed 12	Meet & Connect Sign-Up Open House	Thu 8	Networking Dinner Open House
Thu 20	Self-Defense Self-Defense Open House	Mon 1	Open for State Games Open House
Thu 27	Self-Defense Self-Defense Open House	Thu 11	Open for State Games Open House

Second Rodeo is a support and networking for "Second Rodeo" students that is here past with a unique and a unique perspective.

Facebook.com/group/secondrodeo

What's Going on Around Campus...

WHO: LD55A (Latter Day Saints)

WHAT: Weekly Meeting

WHEN: 11:15am to 12:10pm, 12:15pm to 1:10pm

WHERE: X-203

WHO: Rainbow Sanctuary

WHAT: Meeting

WHEN: October 17, 31, November 14, 28, December 12

WHERE: X205; 4:30- 6:15pm

WHO: MRT65

WHAT: Black & White Night

WHEN: October 14, 2011; 9:00pm

WHERE: Vinyl Bar (Jasper Ave) Tickets \$5 (includes cover and NO line). Available at NAITSA (Rm. E131)

WHO: Business Connex

WHAT: Beer Garden

WHEN: October 21, 2011; 3:00pm

WHERE: Business Tower Lounge (8th floor)

WHO: Christian Club

WHAT: Weekly Meeting

WHEN: Wednesdays; 12:15 - 1:10pm

WHERE: E-115

WHO: Gamerz of Dungeons & Dragons

WHAT: Club Meetings

WHEN: Fridays, 5:00pm - 10:00pm

WHERE: WC-312

WHO: MRT65

WHAT: \$6 Yoga

WHEN: October 19, 2011; 4:30 - 5:45pm

WHERE: NAIT Athletics Squash Courts

WHO: LAT

WHAT: Jim Legget Drawing Workshop

WHEN: November 12/13, 2011

WHERE: Annex Room L036

CLUBS CORNER

WHAT: Clubs Connection #2

WHEN: November 14 2011

WHAT: Grant Intake #2

WHEN: Deadline November 16, 2011



CHECK OUT CLUBS AT NAITSA.CA/CLUBS OR CALL 780-471-8457

Runway of hope

By CHELSEA BIRD

Tonight, Oct. 13, is the annual Syncrude presents Fashion with Compassion fashion show! Maybe you have been to this event in the past, maybe you have never even heard of it, either way this fashion show is a huge Edmonton event for a wonderful cause.

Compassion House is a home away from home here in Edmonton for women battling breast cancer. Established in 1998, Compassion House is seeing more and more need to house women travelling to Edmonton for treatment from out of town.

24-hour access

It is easy to forget that with so many resources available to Edmontonians, people travelling from smaller towns and cities don't have 24-hour access to those same privileges. Compassion House recognizes that not only during treatments do women need support but also during the diagnosis period.

Breast cancer is a daunting disease, and although so much awareness has been raised, when someone is diagnosed with a disease, their number one feeling is still loneliness when dealing with the news.

As awareness of Compassion House has grown, more and more women are getting turned away because they simply do not have the space. On one hand the success is great, but on the other hand the more success they have the more demand they have and the more women they can't accommodate for.

Women stay at Compassion House for five to six weeks at a time and receive support from women who truly understand and relate with them and their situation.

In addition to many fundraisers, Compassion house puts on an annual fashion show to raise money for the organization. This year they've teamed up with Mode Models and have put together a glamorous, exciting event.

Using local stores has helped the fashion show stay true to its Edmonton roots and

given Compassion House some real credibility as a grassroots organization. The show is using sponsors from Alligator Pie, Derks, Blu's, Katwalk shoes, Offshores Swimwear and more.

The fashion show consists of two parts, both on Oct. 13. The show kicks off with a luncheon and fashion show (tickets are \$100 for this one so students, if you have some extra cash, this is probably the seat you'll be looking at!), and then it's bright lights, big talent at 6 pm for the dinner and evening fashion show (tickets for the evening show are a little steeper at \$250 a pop).

With food catered by the award winning Sorrentino's restaurant chain, you know that you're getting what you're paying for. Sorrentino's food never disappoints.

Syncrude presents Fashion with Compassion is a huge Edmonton event every year and with professional models from Mode Models, which is an agency right here in Edmonton, the show oozes professionalism and class.

Unique touch

Perhaps the most heartwarming part of the show, however, is the special model segment. Compassion House adds a unique touch to the show by having previous tenants of Compassion House and survivors of breast cancer walk the runway during the show. After getting professional hair and makeup done, for some of these women, walking the runway is the first time they've felt beautiful and strong in a long time. What could be more heartwarming than to cheer on women that have battled a life threatening disease and won?

Breast cancer is still one of the leading diseases and cause of death among women, and it's completely needless to lose so many thriving young women to such a horrible disease. The more awareness and money raised to not only help the cause, but towards supportive organizations like Compassion House, the better.



mode-edmonton.blogspot.com

Fashion With Compassion supports Edmonton's Compassion House.

Zelda survives

By STEVEN DYER

Anyone who plays video games might have heard of a little title called the *Legend of Zelda* game series. The 20 games have been around since the 1980s and there are still new games coming out every now and then. One of my favourite games in the series is *Twilight Princess*.

Twilight Princess is set in the land of Hyrule. The kingdom is divided into four areas and each area is watched over by a spirit of the light. Link, a farm boy from the village of Ordon in the province of Ordonia, begins the game in his village dealing with small problems but when he is suddenly dragged into the Twilight Realm and transformed into a wolf, things get more complex.

Throughout the game, he has to go to various temples throughout the land of Hyrule and recover artifacts that will help him in his quest to defeat the King of the Twilight. Helping him throughout his quest is the imp Midna. She starts out as his guide and helps him navigate in the Twilight Realm, but as the game progresses she starts to develop feelings for our fair-haired hero, adding yet another woman to the list of

Link's potential suitors.

If you consider the time it came out, this game has some pretty good graphics compared to others for the GameCube or for the Wii in 2006 and it certainly has one of the best storylines in the *Zelda* franchise.

I found the game play really easy to follow. Of course I wasn't using the Wii, so it was probably easier on the GameCube, but still, it's a rather simple system to learn. You get a nice array of weapons, including some old favourites like the slingshot, the hero's bow and bombs but there are some cool new weapons like the gale boomerang, the double clawshot and the dominion rod.

The creators even got a little creative with some of the levels, adding a city that floats in the sky and whose citizens are small chicken-like bird creatures. You can even use them to fly around if you need to.

The best part of the game is at the end when Link and Midna have a very, very sweet moment, but I think I'll let you find out just what happens between them, just for the fun of it.



www.shareator.com

The elephant in the room

By ALI MAGEE

The second album released by Cage the Elephant easily outdoes the first. In the new album, *Thank You, Happy Birthday* vocalist Matthew Shultz really shows off his singing range. The album offers quick upbeat rock as well as some slower, more intimate tunes.

Cage the Elephant creates such a unique style of indie rock that it is hard to compare them to other artists, but I couldn't help but be reminded of Bright Eyes' Conor Oberst when I heard Shultz's quivering voice in the new album.

The creativity in the lyrics is not surprising, considering Cage the Elephant's self titled debut album was full of words that opened the mind. In "Thank You, Happy Birthday," Shultz sings sarcastically and ironically about hipsters and people who go with the flow during the song Indie Kidz.

The many different themes in the album are somehow able to unite into one, making the songs seem consistent and give the album a wonderful flow.

Which leads me to the highlights of the album: "Flow" and "Aberdeen" are my top picks from the album. Both songs have strong lyrics and Shultz's voice is passionate enough to give you shivers.

The less exciting songs are "2024" and "Around My Head." These two songs are less catchy than the rest of the album and lack a certain spark.

For indie rock fans this album is a must-have, compared to their first one. Cage the Elephant has impressed me.



musiconeone.blogspot.com

CROSSWORD

Across

- 1- Slender freshwater fish
- 6- Capital of Shaanxi province, China
- 10- Airport abbr.
- 13- Clothe
- 14- Dull pain
- 15- Agitate
- 16- Low point
- 17- Tide type
- 18- Cloak
- 19- Has a bug
- 20- Bearded
- 22- Checked
- 24- Legume
- 28- Small node
- 31- Grocery, e.g.
- 32- Annoy
- 34- Actress Thurman
- 36- Lost traction
- 37- Mend
- 38- Plant of the buttercup family
- 41- Conductor _ -Pekka Salonen
- 42- Permits
- 44- Hawaiian acacia
- 45- Angry
- 47- Heart chambers
- 49- Alloy of copper and zinc
- 51- Monetary unit of Tonga
- 53- Playground retort
- 56- Rummage
- 59- Zhivago's love
- 61- Legal rights org.
- 64- Baseball family name
- 65- Unit of volume
- 66- Redding's genre
- 67- Drag
- 68- _ a time
- 69- And so on
- 70- _ boy!
- 71- Dispatches;

Down

- 1- Actress Olin
- 2- Broadcasting
- 3- Confuse
- 4- Style of cooking
- 5- That girl
- 6- Place of contentment
- 7- Bakery worker
- 8- Pequod captain
- 9- Sherpa's home
- 10- 7th letter of the Greek alphabet
- 11- Apex
- 12- Dr. of rap
- 15- Perfumes
- 20- Adorn
- 21- French possessive
- 23- Bright star
- 25- Apartment sign
- 26- Whiskey type
- 27- Moon of Jupiter
- 29- Pertaining to the moon
- 30- U.K. record label
- 32- Michelangelo work
- 33- More
- 35- On the job
- 37- Flutter
- 39- "Hollywood Squares" win
- 40- Della's creator
- 43- Wicked
- 46- Silhouette
- 48- "... and seven years _ "
- 50- Spot on the skin
- 52- Japanese beer brand
- 54- Like Cheerios
- 55- Mountain nymph
- 57- Bed support
- 58- Markers
- 60- Collective word for intellectual pursuits
- 61- Enzyme ending

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			56			57	58				59			60
61	62	63			64					65				
66					67					68				
69					70					71				

62- Portable bed
63- Director Jean- _ Godard
65- Acapulco article;

Puzzles provided by BestCrosswords.com
(<http://www.bestcrosswords.com>). Used with permission.

SOLUTION
Page 20

Random Red

By STEVEN DYER

Ever been in the mood for the most random music? Well you're in luck. Join Eric "The Red" Holt Thursdays from 8 to 9:30 p.m. for his show *Speaking in Tongues* for a little bit of ... well everything. This show's got just about every variety of music you can think of and Eric is just as random with his choice of topics on the show. They even have a special segment where Eric and guest, TV student Spencer Payne, go over the latest in the English soccer leagues.

Steven Dyer: So what's the show about?
Eric "The Red" Holt: Well that's the funny part, because there's no real purpose to it. The name doesn't really have a purpose; I play a little bit of everything. There's polka, there's funk, there's electronic, jazz, rock, punk, country, it's a mixed bag, so therefore, *Speaking in Tongues*. You never know what you're going to get on the show and I want to get some bands to do phone interviews, as well as get some in-studio guests. I'm looking at getting a crypto zoologist from the Edmonton area to come in. Just weird people, weird things, stuff you wouldn't normally hear conventionally on shows.

SD: So what do you usually talk about on the show?
EH: Well aside from the EPL Report (English soccer) I talk about things happening in my life and then I try to relate them to other people. Nothing too over the top, just ... could be something that happened on the bus, what happened when I was in line at the Tim Hortons. I don't shy away from adding a humorous twist, obviously if it's not called for I won't but yeah, for the most part I like to take something, give it a little spin and have a laugh.

SD: How long have you been doing the show?
EH: The show this coming Thursday (today) will be Episode 15, which is carried over from Semester 2. I started off last semester, so it's been going on basically since January.

SD: Are you hoping to find someone to continue the show when you leave?
EH: I think I've created something that's really taken on a form of its own, I can't say it's my baby just because it's been on for a year now. If anybody wants to take up the challenge, they're welcome to and I'll assist them in that but it's its own entity and I don't have control over it, if this makes any sense.

Make sure to catch Eric "The Red" tonight at 8 p.m. on NR92.com for all of your "mixed bag" needs.



Eric Holt in the NR92 studio where he broadcasts his show, *Speaking in Tongues*.

Photo by Steven Dyer

BOOK REVIEW

Suns shines

By CHELSEA BIRD

This may not be a brand new book but it is definitely headed towards becoming a classic. Hosseini's follow-up to *The Kite Runner*, *A*

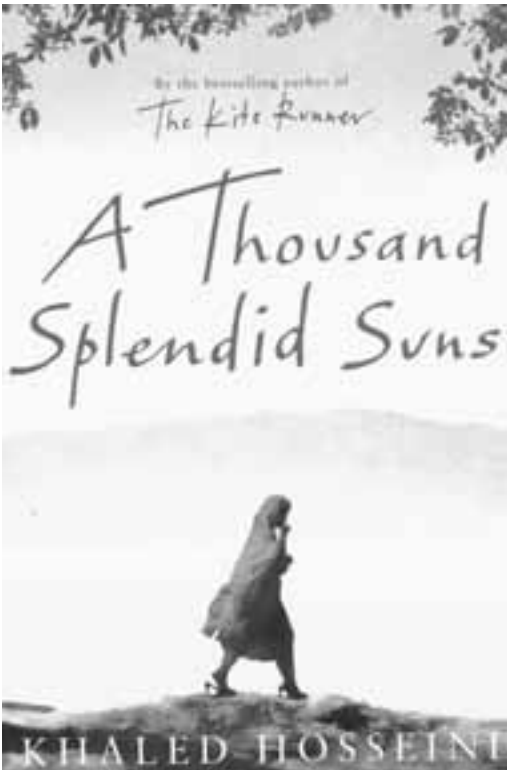
Thousand Splendid Suns is anything but second best. The book is set in Afghanistan and is told from the perspective of two dynamic characters, Mariam and Laila.

Hosseini's real life experience in Afghanistan and thorough research makes this book accurate and easy to fall into. The characters are written with such depth and humanity the reader begins to feel like they know them.

This book opened my eyes to a different way of life, and a startling awakening to what really went on, on the other side of the world during the reign of the Taliban, especially the impact it had on women.

It is easy to distance yourself from the truth when you don't see it, but *A Thousand Splendid Suns* brings to light a whole new era that most people in the West are not even aware of.

Needless to say, this book had a huge impact on me, and is definitely a keeper. If you want to read a book that will actually make you feel something, and stay with you long after you put it down, do yourself a favour and pick up a copy of *A Thousand Splendid Suns*.



CROSSWORD SOLUTION

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42	L	E	T	S		44	K	O	A		45	W	R	O	T	H			
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51	P	A	A	N	G	52	A		53	A	R	E	T	54	O	55	O		
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61	A	C	L	U		64	A	L	O	U		65	L	I	T	E	R		
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Halloween tricks and treats

By EVE KOESTER

It's that time of year again! As Halloween approaches, the excitement continues to build as spooky decorations start appearing, new horror movies are released and people plan their costumes.

It is believed that Halloween originated back in the middle ages. It's evolved over the centuries to the superficial holiday we celebrate today. Yet, there's still something magical about Oct. 31 that brings out the superstition in even the most skeptical. Who doesn't like a good, fun scare once in a while?

Popular costumes this year range from Charlie Sheen to Captain America. Anything, and I mean anything, has the alternate sexy version. Devil, fighter pilot, Alice in Wonderland, even Robin Hood. Buying a costume these days is easier than ever, with online purchases and Halloween stores in almost every mall. If you're looking for something cheap and easy to dress up as, it doesn't have to be difficult. Try stopping by Value Village and picking up some colourful clothes. Chances are you'll find some winning items to add to your costume. Face paint is useful and can make a costume 10 times more flashy with just a couple touch ups. For something relatively easy, try green body paint and purple shorts for the Hulk. Or wear nothing but a speedo and goggles and be a swimmer! You'll definitely catch some attention.

When it comes to trick or treating, don't be shy. In my opinion, you're never too old to go, as long as you have a super awesome, unique cos-

tume that looks like you put tons of effort into. That's the key. And of course it must be G-rated for visiting family houses. However, if you want to host a Halloween party instead, try these fun ideas:

- Pick up some black light bulbs and replace the normal bulbs in all the lamps.
- Blindfold guests and give them different objects to feel that are supposed to be gruesome body parts. Skinned grapes make great eyeballs.
- Have a prize for best costume or best zombie impression.
- Make Halloween themed beverages such as "Toxic Waste" which is a lime green concoction made up of Sprite, orange juice concentrate and blue Kool-Aid. Spice it up and make your own alcoholic variations.

There are lots of options to fill your time with scariness before Halloween even hits. Some other events going on around Edmonton include:

- The Farm of Fear, taking place at the Edmonton Corn Maze from Oct. 20-31.
- ScreamFest, taking place the same week, comprises five bone-chilling haunted houses and tons of scream worthy surprises. Tickets can be bought through Ticketmaster.
- The Norwood Haunted House can be visited for free from Oct. 24-3 on 94 Street and 113 Avenue.
- Halloween Theatresports at Rapid Fire



www.halloweenhorrordays.com

Theatre on Friday Oct. 28 for all you improv lovers. Many laughs will ensue.

- *Paranormal Activity 3* hits theatres Oct. 21.

So, whatever it is you end up doing on old Hallow's Eve this year, make it festive, fun and frightening!

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Social networking safety



Social networking websites like MySpace, Facebook, Twitter and Windows Live Spaces are services people can use to connect with others to share information like photos, videos, and personal messages. As the popularity of these social sites grows, so do the risks of using them. Hackers, spammers, virus writers, identity thieves and other criminals follow the traffic.

Read these tips to help protect yourself when you use social networks:

- Use caution when you click links that you receive in messages from your friends on your social website. Treat links in messages on these sites as you would links in e-mail messages.
- Know what you've posted about yourself. A common way that hackers break into financial or other accounts is by clicking the "Forgot your password?" link on the account login page. To break into your account, they search for the answers to your security questions, such as your birthday, home town, high school class or mother's middle name. If the site allows, make up your own password questions, and don't draw them from material anyone could find with a quick search.
- Don't trust that a message is really from who it says it's from. Hackers can break into accounts and send messages that look like they're from your friends, but aren't. If you suspect that a message is fraudulent, use an alternate method to contact your friend to find out. This includes invitations to join new social

networks.

- To avoid giving away e-mail addresses of your friends, do not allow social networking services to scan your e-mail address book. When you join a new social network, you might receive an offer to enter your e-mail address and password to find out if your contacts are on the network. The site might use this information to send e-mail messages to everyone in your contact list or even everyone you've ever sent an e-mail message to with that e-mail address. Social networking sites should explain that they're going to do this, but some do not.
- Type the address of your social networking site directly into your browser or use your personal bookmarks. If you click a link to your site through e-mail or another website, you might be entering your account name and password into a fake site where your personal information could be stolen. Be selective about who you accept as a friend on a social network. Identity thieves might create fake profiles in order to get information from you.
- Choose your social network carefully. Evaluate the site that you plan to use and make sure you understand the privacy policy. Find out if the site monitors content that people post. You will be providing personal information to this website, so use the same criteria that you would to select a site where you enter your credit card.
- Assume that everything you put on a social networking site is permanent. Even if you can delete your account, anyone on the

Internet can easily print photos or text or save images and videos to a computer.

- Be careful about installing extras on your site. Many social networking sites allow you to download third-party applications that let you do more with your personal page. Criminals sometimes use these applications to steal your personal information. To download and use third-party applications safely, take the same safety precautions that you take with any other program or file you download from the web.
- Think twice before you use social networking sites at work.

Be careful with social networking sites, especially at work. Some employees have replaced the daily computer solitaire break with a daily check of Facebook, LinkedIn, Twitter, MySpace, Windows Live Spaces or another favourite social networking site, many workplaces report.

Online social networking might be a more interactive distraction for employees than playing cards, but it's a lot more dangerous to the health of the corporate network.

Several recent reports attest that phishing scams, viruses, spyware and other unwanted software are spreading through social networks and into workplace networks. These outbreaks can damage computer systems and might even steal sensitive information from your company.

Some workplaces block social networking websites, but because these sites can also be a valuable tool at work, you still might have

access.

If you do, here are some ways to use that access more safely:

- Find out what the company policy is regarding visiting certain websites using your corporate network.
- When you sign up for a social networking site, use your personal e-mail address, not your company e-mail address.
- Use caution when you click links that you receive in messages from your friends on your social networking site. Treat links in messages on these sites as you would links in e-mail messages.
- Be choosy about who you accept as a "friend" on a social network. Identity thieves may create fake profiles in order to glean information from you. This is known as social engineering.
- Be careful about the information you reveal about your workplace or company on your social networking site. (This is a good rule to follow for blogs too.)

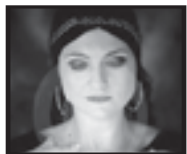
— Information obtained from the Edmonton Police Service.

If you have information about a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

October 13-19

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

Libra (Sept. 23-Oct. 22)

Spend wisely this week, Libra, you have been too generous to yourself with money. It's OK to treat yourself once in a while, but not every single day.

Scorpio (Oct. 23-Nov. 21)

Forget about all that is stressing you out and have fun this week, Scorpio. The time away from all the pressure will do

you good. Relaxation is the most effective medication.

Sagittarius (Nov. 22-Dec. 21)

Although you haven't been focusing on your goals lately, this week will draw new inspiration. Be on the lookout for anything to boost your ambitions and keep you moving forward.

Capricorn (Dec. 22-Jan. 19)

Take risks this week. When you put a lot on the line, the return is well worth it. Remember, Capricorn, to always be willing to sacrifice what's good now for what could be great later.

Aquarius (Jan. 20-Feb. 18)

Stay in contact with old friends. One will soon come in handy with your career. It never hurts to keep good connections.

Pisces (Feb. 19-March 20)

If you have been struggling finan-

cially, then you can breathe a sigh of relief. Money is in the stars for you this week. Just be careful you don't get carried away with spending once you get it.

Aries (March 21-April 19)

How many times do promises have to be broken for you to learn? Time to walk away, Aries. Remember for every door that closes, another opens!

Taurus (April 20-May 20)

If you have been trying to accomplish a certain goal for a while now, this is the week to finally take control and stick to it. Discipline is happiness, Taurus, stay motivated.

Gemini (May 21-June 20)

No matter how hard you try, not everyone will like you. Concentrate on those who do, forget about those who don't. By keeping only the good people in your life, you keep a positive

energy around you that's bound to be contagious.

Cancer (June 21-July 22)

Use this week to nurture your relationships. Whether it be friends, family or love interest, pay attention to those who matter most. Take a moment to tell these people how much you appreciate them, they might feel like you sometimes take them for granted.

Leo (July 23-Aug. 22)

Watch what you're eating this week, Leo. A healthy body is a happy body. You might want to check out a gym, too!

Virgo (Aug. 23-Sept. 22)

It's Thanksgiving week; be thankful for what you have and reflect on reasons to be happy. You are spending too much time envying others. You have many things in your life that others envy.

MOVIE REVIEW

Real Steel's the real thing

By KEVIN ALBUS

Well where do you want me to get started with this movie? Let's go with the people who made this film possible. Originally this movie was based on a short story called *Steel* by Richard Matheson.

If that name doesn't sound familiar, he wrote some episodes for a show called *The Twilight Zone*. If that doesn't do it, then he wrote a novel called *I Am Legend*. Yes, it was a book before it was a movie; it is a shame some people don't realize that most good movies are based on books.

Unlike movies such as *Shawshank Redemption* and *Misery*, they couldn't have been books before movies. As I digress, the movie has a promising director by the name of Shawn Levy. If you liked movies such as *Cheaper by the Dozen*, *The Pink Panther* and *Date Movie*, he directed those. I'm giving you those movie titles to give you a sense of what you felt in those movies. That being goofy, but good hearted.

Year is 2020

Anyway, the movie is called *Real Steel*. It starts off with our main character, Charlie Kenton, played by Hugh Jackman, who has a robot that fights. I should also mention that the year is 2020 and robot fighting is in (apparently UFC is no longer entertaining). Anyway, Jackman's character is in the hole for money and this fight could get him out of debt. His robot is set to fight a bull, to show machine versus animal in a battle, which sounds cool but I wonder what PETA's thoughts were after this match.

Anyway, the robot loses and gets destroyed by the bull. Charlie Kenton is further in debt, out of a robot and he gets word that his ex-girlfriend has died and there is a custody battle over their son. Kenton, being a dead-beat father, sells his son's parental rights over to his dead ex-girlfriend's sister in return for \$100,000. Unfortunately, the kid's aunt can't look after him just yet because they are going on vacation, so Kenton

has to look after his son in the meantime. Poor father. Kenton only gets half of the money until the couple comes back, so what does he do with the \$50,000? If you guessed buy another robot, then you must be Charlie Kenton.

It was never mentioned why he is in debt in the first place so we can all assume he's an idiot. What about paying off all the debts you have with other people before you make another investment? Ah screw it, I'll win big cause I gamble.

Kenton buys another robot and to his surprise, his unacquainted son (Dakota Goyo) likes robot fights and has knowledge behind it. He spends the money on a robot that has battled in the past so that gains him security for his dollar. It must have given him tons of security because he fights the robot without testing or practising it.

The robot obviously gets destroyed and the kid is the smart one by announcing the whole reason why he lost was that there was no training.

Kenton is now down in money, robots and respectable stature to his son. Broke as a joke, they need to get a robot for further fights so they break into a robot salvage yard.

After playing Splinter Cell inside of the yard, they start to find robot parts and get acquainted after the 11 years apart from each other. But disaster soon follows as Jackman's money – sorry his son – falls down a cliff and is saved by a robot arm which has been buried in the mud.

The kid believes that this is a sign and that this robot is special and should be used. Kenton doesn't believe in the kid and waits for him outside the yard while the 11-year-old drags a 1,000 pound robot to

him. You got to believe in this kid, he is the next Superman. When I was 11-years-old, I wish I could have dragged a 1,000 pound robot. It could have done all my homework and I still wouldn't have the strength to move this chunk of metal.

Long story short, Kenton and the kid build the robot back to life and call it Atom. The kid trains the robot because he sees a friendship with the robot and I don't blame him. His dad doesn't really do much with the kid besides be a jerk. Which is why I'm wondering how we are going to identify with the main character. That soon follows (I hope).

They both train the robot and soon enough the robot starts winning matches. Kenton and his son start bonding and becoming happy. At this point I'm still pessimistic – Kenton was in the hole and now he's winning money. Coincidentally, he and his son start having a better relationship. That's not love, that's called taking advantage of the kid.

Soon enough, they get so popular they catch the eyes of the robot Zeus and his creators. Zeus is the undefeated robot in this robot-fighting league. His creators are clearly foreign stereotypes. You have your European mastermind that handles the fiscal side and you have your Asian engineer who designed this ultimate robot; which is deemed unbeatable. Where have you heard that before? The kid openly challenges Zeus against his robot Atom after a match in which Atom kicked another well known robot's ass.

That's all I'm going to leave you with the plot synopsis. Yes, it's a cliffhanger (HA!) but I encourage you to watch the movie and see for yourself. As far as the visuals in the movie,

it is great. I had a blast watching the robots fight; the motion capture and animatronics are amazing. Much detail went into the robot fight, which is where you get your money. Unlike *Transformers*, where yeah robots fight, the detail of each blow the robot gives to another is spectacular. Remember, these robots box and wrestle. You want to see damage inflicted in the greatest detail. The acting was good, too – Hugh Jackman played a good dead-beat dad. The kid was also a good fit – I give credit to kids who put emotion into acting regardless of what the movie is about. This movie is about robots; he could have acted like a robot and shown no emotion.

Not for cynics

Yeah, there were a couple of "what the hells" for me throughout the movie. This movie isn't for cynical a-holes like me that point out faults throughout the movie. I'm also a pacifist, so fighting and the glory of it is not appreciated in this film. But if you like sci-fi robots and their interactions with humans, I'll recommend this movie.

I mean who didn't want a robot to play with when they were a kid. You can relate and identify with the kid and robot relationship. It's pretty genuine in this movie. This movie is great for kids knowing that there is swearing and fighting in this film. I saw kids leaving the theatre all pumped up about the robot Atom. Can I smell a sequel?

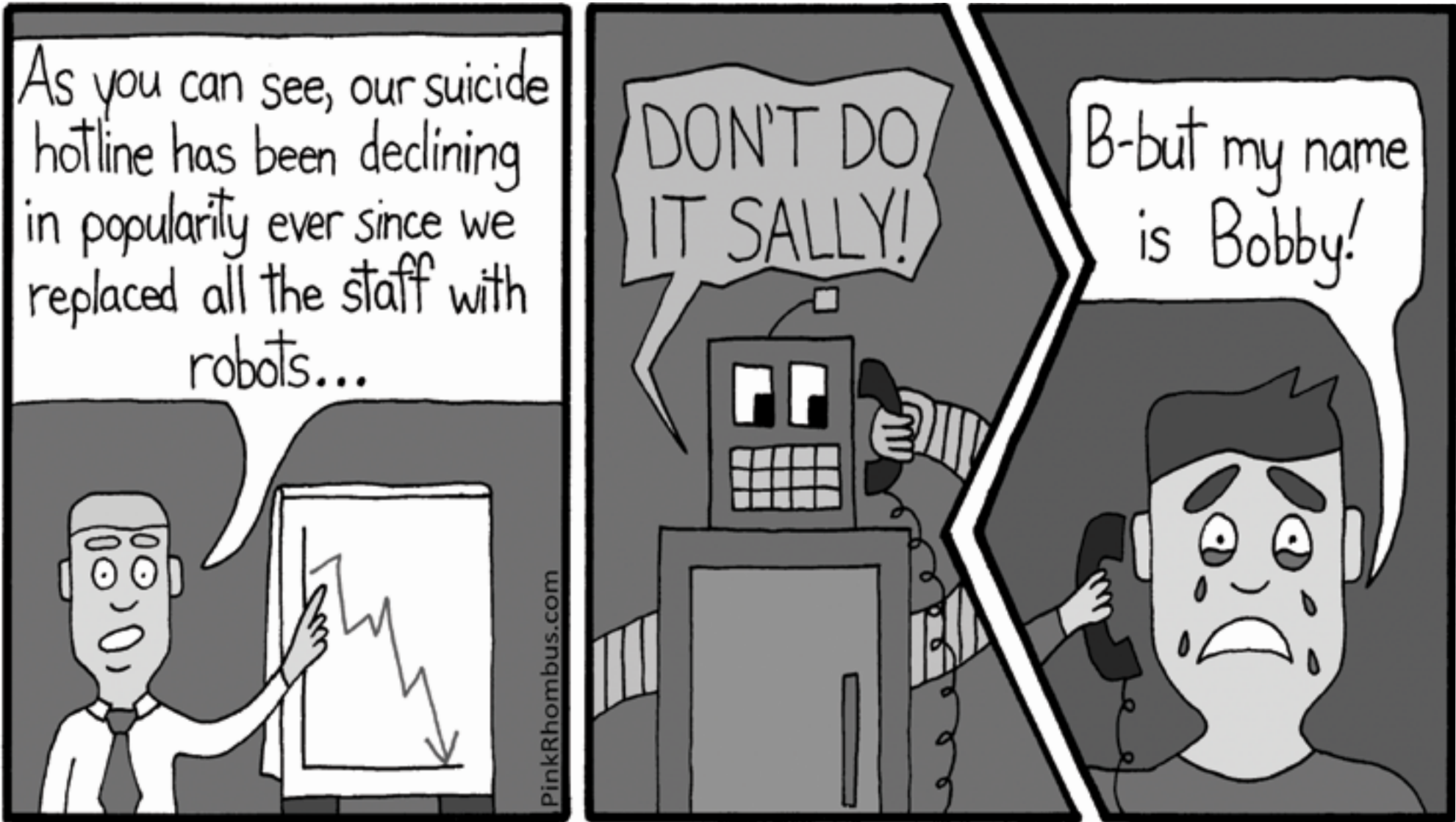
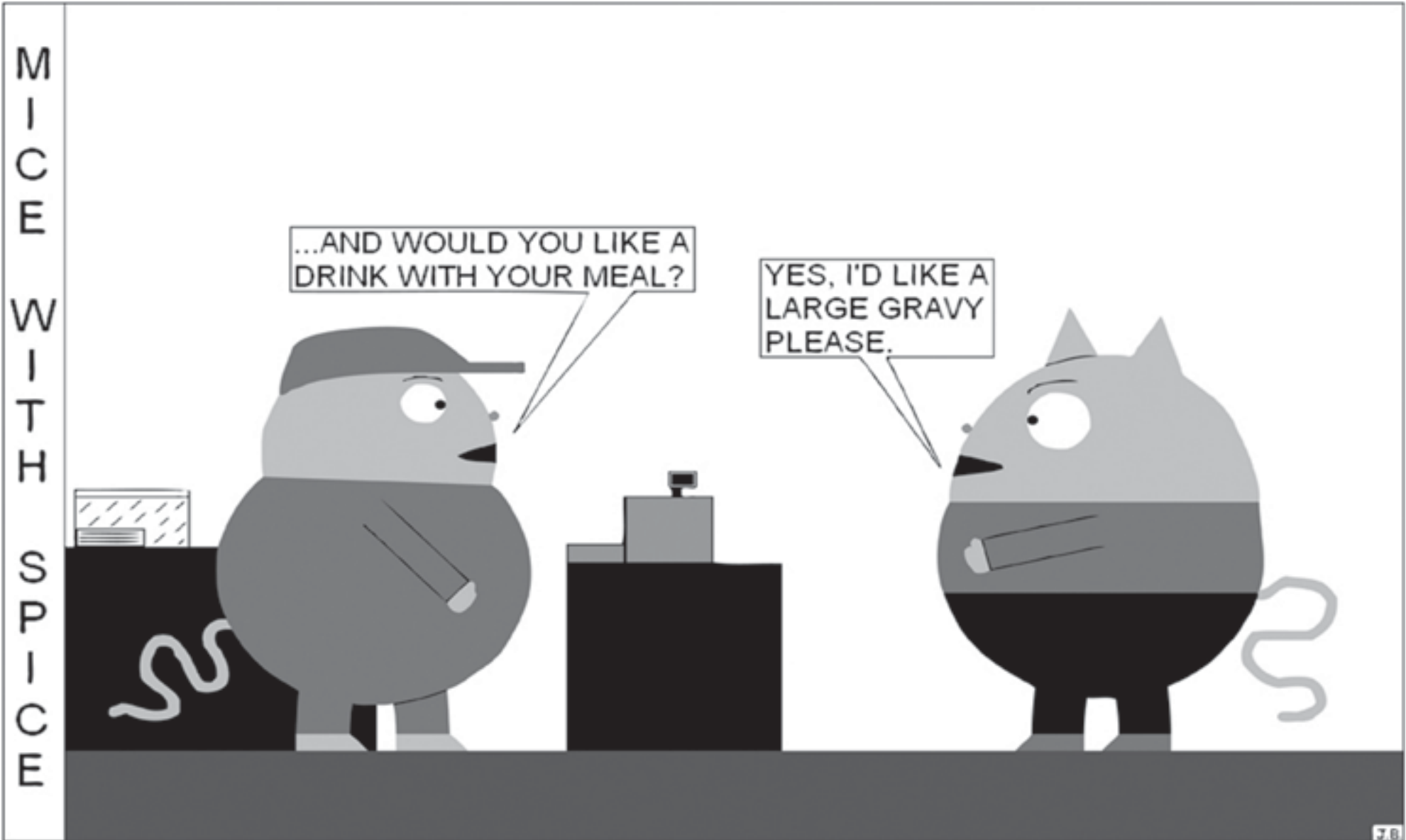
One last thing, if you are going to see this film, try sneaking some alcohol in or waiting until it comes out on Blu-ray. I have found a drinking game within this movie: Every time you see a logo or brand of a company that you are familiar with, drink. By the time the movie is over you will succumb to alcohol poisoning.



mytechknowledge.com

THE NUGGET PRESENTS:

NUGGET COMICS



THE NUGGET PRESENTS:



GRAPEVINES

Grapevines is a chance to speak your mind. E-mail grapevines@nait.ca or submit online at www.thenuggetonline.com

After a year and a half of going to this school, I just realized that NAIT has its own news show on an actual reputable channel that is put on by the TV broadcasting students. Those damn TV kids get everything.

– I went into the wrong program

NAITSA seriously needs to put together a haunted house on campus for Hallow-

een. How awesome would that be?!

– Halloween is my favourite holiday

Those guys on the maintenance trams are getting more and more dangerous with their driving in the hallways. Maybe they should try and remember these are students who pay their salaries that they're almost running over.

To the cute guys who eat at Common

Market,

I'm the girl who always orders the blue plate special. Watch out for me. ;)

– Hungryforsomesmiles

There seriously needs to be more express buses going to West Edmonton Mall from NAIT. NAITSA, can you PLEASE do something about this? PLEASE?!

– Tired_of_travelling_TOO_DAMN_FAR

Bring back perogy day! We could raise more money for United Way! Yea!

Go Flames go!

To the guy who says Derp all the time in class:

Please shut up, you sound like an idiot.

– Sincerely,
The rest of your class

THE NUGGET PRESENTS:



Dr.CONwisDOM

Dear Dr. CONwisDOM,

I'm graduating school this year and after graduation I plan on proposing to my girlfriend of four years.

I've started looking at engagements rings, but to be honest ... I have no idea what my girl would like. She's hinted at an emerald shaped ring but ... what the f*** is an emerald shaped ring?! Does she actually want a green diamond? HELP ME.

– In love and out of my comfort zone

Dear In love,

Congratulations that is soo exciting! You seem so sweet and endearing so I will happily give you some pointers.

First off, an emerald shaped ring is not green (hahaha) but is actually in the shape of a rectangle or a long square (vertically). I know, why don't they just call it that then, right?

Second, your girlfriend has good taste. Third, take your time looking for the ring. Don't rush it. There are so many different styles (Princess, round, oval, asscher, marquise, pear, radiant, etc.) that perhaps there's a style that you'll think she'll love even more. Most importantly, enjoy the search!!! All the best for you and future fiancée!

Dear Dr. CONwisDOM,

My girl likes to get down to business in really public places. Each time gets more risky than the last. What do I do?

– In the Open

Dear In the Open,

What do you mean, what do you do? Be thankful you have a girlfriend that is adventurous. If you can't deal with it, then have an honest talk with her, but that would be a last resort.

Dear CONwisDOM,

I made a couple of sex tapes with my girlfriend without her knowing. But she eventually found out. I tried to convince her that it was hot and that it would only strengthen our relationship but now she's threatening to leave me. What's the big deal? No one else'll find out.

– Addicted

Dear Addicted,

You just never know when your mom or dad or whoever might hack into your computer and spread those sex tapes. Just be careful. Hide it in a safe or something if you really wanna save your relationship.

Or just destroy it entirely. Your choice.

Dear Dr. CONwisDOM,

I'm a guy and I always thought I liked girls but this past weekend I had a threesome with my best friend who is a guy and a girl that we met at a party. Now I'm a little confused. Are we gay?

– Dazed and confused

Dear dazed and confused,

It's not gay when it's in a threeway.

Dear Dr. CONwisDOM:

Yesterday in bed my boyfriend was trying his hardest, but his little soldier just wouldn't stand up at attention and salute. Please say it isn't me and my size 14½ feet, but another ailment that keeps my stud from taking me to pleasure town.

– Signed desperately seeking res-erection

Dear desperately seeking res-erection:

Size 14½? ... holy s*** ... I uh ... I mean back to the task at hand. No it's probably not you and your elephantitis feet. In this doctors opinion, I should feel a nice liniment rub consisting of chili pepper and gas line antifreeze should help. If

he can't feel his soldier after that he never will.

Dear Dr. CONwisDOM,

I was recently thinking of getting a piercing which would accent a certain area of my body. Is my boyfriend going to love it, or ditch me and my metal to the side of the road?

– Signed "Heavy metal ain't always about the music"

Dear "Heavy metal ain't always about the music":

I say go for it. But don't tell him. Then stand outside on a nice crisp Canadian -34 day and get it good and cold. Get frisky with him, and let him find it with his tongue or ... other. If he doesn't curse you and your mother out right then and there, he's a keeper.

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!

CLASSIFIED

Learn to skate

Learn or improve your skating! FREE for staff and students! Join the NAIT Ouk hockey athletes for learn-to-skate lessons or tips on how to improve your skating.

Wednesdays, Oct. 5 – Nov. 23, 12:15-1 p.m.

Bring your own skates. Please register online: <http://www.booking.ca/bknaitpub/courses/index.asp> OR call 471-7713 OR drop in to Room E-134

Zamboni driver

The NAIT arena requires a part-time Zamboni driver. Contact Terry Baumgartner @ 780-471-8699 or terrybau@nait.ca for more information about this job.

Job openings

Tomahawk Industries is currently looking for a mechanic/apprentice mechanic for oil field maintenance west of Edmonton. Also looking for A/C and fire suppression mechanic for mining industry.

Contact Les @ 780-898-2409.

Sign up for P.A.L.S.

P.A.L.S. – The Project Adult Literacy Society provides services for adults who are improving reading, writing, speaking and math skills. Students are matched with volunteers on a one-to-one basis and in small group settings. Schedules are flexible. Services are free of charge.

P.A.L.S. provides:

• **Literacy:** reading and writing
• **ESL-English as a Second Language:** reading, writing, speaking

• **Math literacy:** basic math and upgrading

• **SFS-Students For Students:** informal learning via workshops and activities

• **Other:** basic computer, Readers Theatre, singalong

Volunteers complete an application, provide three references and complete a police check (the agency will cover the cost). Volunteers are asked to commit for six-12 months.

Handling exam anxiety



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Being anxious prior to exams is a normal state. It motivates you to stay alert and do your best. Exam anxiety, however, is the state of being so nervous during a test that you don't do your best and you lose marks even though you know that you have studied and are well prepared.

Check off the tips that you already incorporate:

☐ I build up confidence by reviewing the material frequently. Overlearning is the best insurance against going blank on an exam.

☐ I allow myself plenty of time to study. I spread review over several days rather than cramming.

☐ I ensure that I am "really" studying. (Many students prepare for a test by reading their notes or textbooks. As you read along you may feel that you know (understand) what the author is saying. Understanding what you are

reading at the moment does NOT mean that you know it well enough to remember it for a test when the book isn't there to help you.)

☐ I study actively by thinking of potential exam questions and the correct answers, and by making sure I can recite or jot down key concepts with my textbook closed. I consider what types of questions my instructor has asked on previous exams

☐ I have a system for practicing rapid problem solving as part of my review for the test. I try making mock exams and then setting a timer while I do them. I know that being experienced at working under time pressure can help alleviate exam anxiety.

☐ I take care of myself by eating properly, exercising and getting enough sleep so that I have the physical and mental resources to combat anxiety.

PRIOR TO THE TEST:

☐ I avoid or limit caffeine intake (coffee, dark colas, chocolate). Caffeine mimics and escalates the symptoms of anxiety. Sugary foods can also increase stress.

☐ I try not to study the same day as the exam.

☐ If possible I go for a brisk 5 to 10 minute walk before the exam. This increases blood flow which automatically reduces stress plus gets more oxygen to the brain to help with problem solving and concentration.

☐ I arrive early enough that I can sit where I am most comfortable, get myself organized and

avoid people who are anxious and might cause me to doubt my knowledge, but I don't arrive so early that I have a lot of time for stress to build up.

DURING THE TEST:

☐ I do not let myself get into a negative mindset with messages like "I always panic on exams" or "I blanked out last time so I will blank out again".

☐ I use positive self talk such as "I know my material", "I can do it" or "I can stay calm and relaxed".

TEST TAKING STRATEGIES:

☐ I look over the questions to familiarize myself with the test.

☐ I take the time to make sure I understand the question and directions thoroughly, underlining key words or phrases if appropriate.

☐ I don't rush through the test, but work at a comfortable pace and don't worry about how far along classmates are.

☐ If I can't get a question I leave it and come back to it at the end of the exam. I know struggling to remember may increase my exam anxiety. For multiple choice questions I eliminate options that I know are incorrect and then make an educated guess. For other questions I start writing what I know that is related to the question on a scrap of paper. This often triggers ideas that will help me find the answer.

☐ I regard a lapse of memory as perfectly normal. If I blank on answering a question, I find some questions that I can answer.

☐ I have at least one quick relaxation strategy that I can use during exams. (I have tried them out while studying to see which work best for me):

– Slow, deep breathing. I focus on my breath while taking 5 to 10 slow, deep breaths. (Deep breathing helps to get more oxygen to your brain, thereby reducing stress. Do this any time you start to feel panicky).

– I visualize a very soothing place like a beach or a forest. I get a clear picture of the scene, hear the sounds, feel the warmth of the air ... and this immediately calms me.

– I use humour as it works to reduce stress, and also helps with creative problem solving. If I get stuck, I think of the funniest thing that has happened to me in the last month.

– I tense my muscles as hard as I can and then release. Doing this at least 3 times reduces tension. (Every action has an equal and opposite reaction).

I know that counsellors are available to assist me with techniques to overcome exam anxiety or with any other academic or personal issue that may be affecting my success at NAIT.

Now look back over the boxes that you did not check. Which one(s) would be most important and realistic for you to incorporate this week?

If you need assistance, book an appointment with a counsellor at Student Counselling. Call 780.378.6133 or come in person to Room W111-PB, HP Centre.

MOVIE REVIEW

Laugh and cry

By **ANDREW JEFFREY**
The Gateway
University of Alberta

EDMONTON (CUP) – There's a fine line that films dealing with tragic issues continuously walk – it's a balancing act between staying grounded and real, while avoiding the sappy and maudlin. Comedies with difficult subject matter like *50/50* have to be especially careful about looking insensitive or offensive while they make jokes in the face of tragedy.

Based on the experiences of writer Will Reiser following his own cancer diagnosis, *50/50* navigates tricky territory to be both hilarious and heartbreaking. Joseph Gordon-Levitt gives an impressive performance as Adam, a normally cautious and healthy man who is suddenly diagnosed with a rare form of spinal cancer, giving him a 50 per cent chance of survival. The film explores Adam's struggles through various stages of coping with his disease. Along for the ride is his best friend Kyle (Seth Rogen), who is just as unprepared for Adam's diagnosis.

Because the film is grounded in Reiser's own experiences, *50/50*'s story feels genuine, never forced or overly melodramatic. The shifts in tone between comedy and drama can sometimes feel a little odd – after all, Seth Rogen's usual brand of dick jokes doesn't necessarily blend perfectly with the real grief this film shows – but the grounded script consistently helps the story move naturally, with comedy funny enough to be forgiven for distracting from the movie's sadder moments.

The balance is a good thing, since *50/50* would be hopelessly lost without it. It's difficult to find something like cancer funny, and audiences don't necessarily appreciate attempts to make light of it. Rogen's previous work in *Funny People* is a perfect example: a comedy about a terminal health condition that only managed mixed reviews and mediocre box office results. However, he and Gordon-Levitt carry both the serious and comedic load of the film admirably, drawing out laughs despite the dark subject matter. This duality is present throughout the movie: in one scene, Gordon-Levitt, high as a kite, smirks and laughs his way through hospital corridors past crying families and ill patients.

Not a single cast member's talents go to waste either, as the film looks at the lives of the people around Adam and their difficulties dealing with his diagnosis. While an inexperienced therapist and unsure girlfriend are in over their heads as they try to help Adam, his best friend struggles to make him happy in what could be his final months, and his mother becomes desperate to establish her role as a caretaker for her son.

It's the way *50/50* explores a whole range of issues surrounding Adam's cancer that makes it such a poignant and meaningful film. Its diversity is striking, embodying a tearjerker one moment and a laugh-out-loud comedy the next. In a movie about confronting mortality, that's no small feat.



Photo by Chad Steeves

SLED LEGEND

X Games gold medal winner Chris Burandt greets a NAIT student on Thursday Oct. 6 at the Nest. Burandt was here to talk about his exploits.

Recipe

Score big with Skor

By CHELSEA BIRD

Ingredients:

- 1 brick of plain cream cheese
- 1 c. white sugar
- 1 c. brown sugar
- 1 tsp. vanilla extract
- 1 package Skor bits

Process:

This is one of the easiest recipes to make for a potluck, or just to have around as a treat! Mix all the ingredients together in a medium sized bowl (softening the cream cheese in the microwave for 30 seconds

helps) and then mix in the Skor bits. Put it in the fridge for about an hour and the Skor bits will soften and the dip will be delicious! Then cut up some fruit (strawberries, apples and pineapple taste the best) and dip generously!

Everyone that has tasted this dip when I've brought it with me to school or work has begged me for the recipe. It's simple, sweet and a tasty way to get some more fruit into your diet. Plus, with only five ingredients it's not a budget breaker. Enjoy!

Breakfast sandwich

CAMPUS FOOD REVIEW

By ALI MAGEE

For mornings when you just can't make it out of bed on time to make breakfast, you need not fear. A variety of breakfast combinations are available at Fresh Express for reasonable coin.

If you are extremely rushed maybe grab a muffin or rice crispy square—all of the baked goods are mouth watering, but if you have an extra couple of minutes a delicious breakfast sandwich awaits you.

Last week, when I tried the sandwich for the first time I was unsure about where to order. I soon realized you just relay your choice to one of the chefs behind the counter and they get started right away.

Being a vegetarian I always get nervous asking for things without the meat afraid I will be a hassle for those doing the cooking. When I asked the person helping me to customize the sandwich to be without meat she happily complied and offered me extra vegetables instead. For me, service is just as important as food quality and all in all I've found that the service at Fresh Express is delightful.

It's fast, the staff are friendly, and

most importantly they are knowledgeable about what they're making. In about three minutes I had in my hand a fresh sandwich consisting of fried egg, lettuce, tomato, and cheese placed between two slices of whole wheat toast with mayonnaise spread. To my surprise the sandwich wasn't all I got. Filling up the rest of the plate was freshly cooked cubed hash browns. Immediately after my first bite of the sandwich I knew this would be a repeat buy. The toast was crisp and the vegetables fresh, it was obvious this sandwich was just prepared when I ordered it. By the time I finished the sandwich I wasn't even hungry enough to finish off the hash browns, although dipped in ketchup they were tasty! Now, this breakfast is enough to fill anyone up and is an awesome bang for your buck.

Of course, everyone knows breakfast is the most important meal of the day; it fuels your body for the hours ahead. So make sure you're providing it with the energy it needs and give yourself that kick-start to the day. Fresh Express really does live up to it's name being fast and easy and providing fresh meals!

HOT SINGLE OF THE WEEK



Photo by Eve Koester

Eric Holt Radio

What is your ideal date? I'm down for anything! For the sake of the question though, a box of wine (or two), a good ball game and my couch!

What do you look for in a girl? If she's into me. If not, life goes on.

What's your biggest turnoff? Everything turns me on.

If you could be any animal, what would you be? Either a bison, a jelly fish or an owl.

What's your beard all about? I did some things this summer ... figured it was best to change up the look for a while. But I won't hesitate to trim it for the right little lady, of course!

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

NAIT
NEWS
WATCH

Saturdays at 6pm on CTV Two
Starting October 1

Your
1st NAIT STUDENTS' ASSOCIATION

Spa Day

11/12
Saturday, October 22

Packages start at \$50.00 | Add-on Packages start at \$20.00

Color Package | \$115.00

Relax & Deck Out | \$50.00

*Extensions | \$20.00

Spa Package | \$50.00

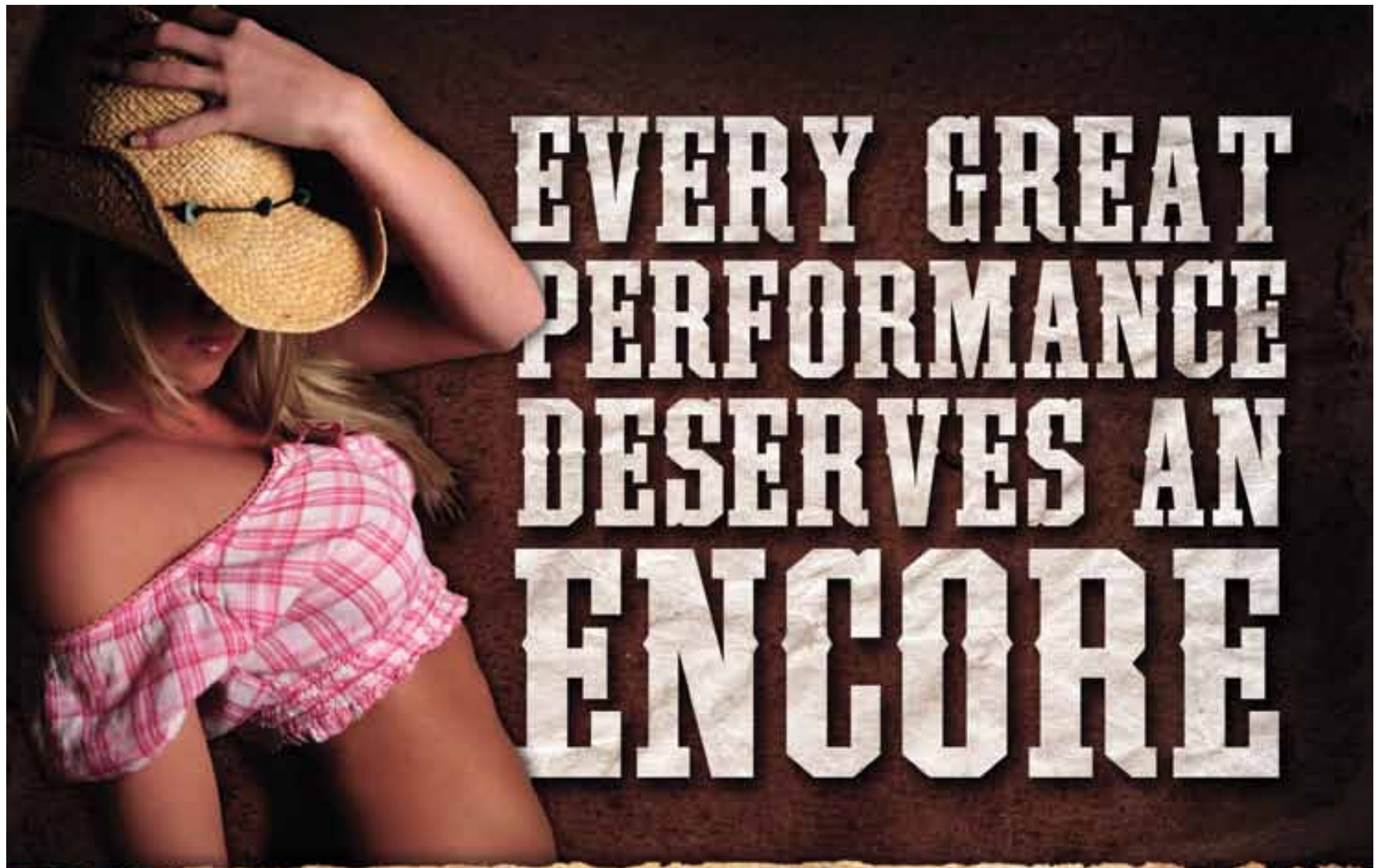
For more information about any of the above packages, and the times they are available, please visit naitsa.ca/spaday

*This package has an extremely limited quantity available so buy yours now.



naitsa.ca/spaday





EVERY GREAT PERFORMANCE DESERVES AN ENCORE

GRAND REOPENING WEEK

FEATURING

THE
ORIGINAL
Buck Wild
WEDNESDAYS

WEDNESDAY OCTOBER 26
DOORS 8PM

4X4
FRIDAYS

FRIDAY OCTOBER 28
DOORS 8PM

THE
RANCH
Halloween

SATURDAY OCTOBER 29
DOORS 8PM



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