

TOP MODEL FINALE AT THE NEST TONIGHT (OCT. 20)

# THE NUGGET

Thursday, October 20, 2011  
Volume 49, Issue 8



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## SLAM DUNK FOR KIDS

NAIT men's b-ball team teaches lessons in reading and life, page 5



Photo illustration by Photographic Technology students

### ARCHIE'S FAVOURITE SPOT

This photo illustration with Archie and the gang was composed and shot by NAIT's Photographic Technology students for last week's Open House. The project required hours of Photoshop work to bring all the elements of a soda fountain scene to life. Other students were involved in the lighting and modelling for this year's shoot, themed "Archie."

**HALLOWEEN  
HOUSE PARTY**

Saturday, October 29<sup>th</sup> 2011

Impress all the ghouls...  
**\$500 CASH**  
**FOR BEST COSTUME**  
DRAW HELD AT MIDNIGHT

**NO COVER!**





# NEWS & FEATURES

## Each day 'another chance'



### DOSE OF EXTRAORDINARY

**ANNA ESTANISLAO**  
Issues Editor

Admit it. Once in your life, or maybe a few times, you've turned a blind eye towards a homeless person. I know I have.

We often neglect what we are already blessed with, whine about the materialistic things that we want, and judge people. And sometimes only you can change yourself and your perspective in life.

*Breaking Night: A Memoir of Forgiveness, Survival, and My Journey from Homeless to Harvard*, a bestseller, is about the life and challenges Liz Murray faced when she was homeless throughout her childhood. Now 31-years-old, Murray travels around the world as an award-winning motivational speaker helping people change their lives.

### Neglected

Murray was born in New York where she was constantly neglected by her drug-addicted parents. Their addictions gradually destroyed the family and led to her homelessness.

In a news release, she said: "I remember once Ma stole \$5 sent to me from my father's mother inside a glittery birthday card. I was furious and demanded that she give me back my money. She responded by flushing the hit she had bought down the loo. 'I'm not a monster, Lizzy,' she cried. 'I can't stop. Forgive me, pumpkin.' So I did."

The welfare cheques came and went, most of the time it was used to purchase drugs. Only \$35 was left for a month's worth of food. It wasn't enough. Murray and her sister had to resort to begging on the streets to survive. Murray shortly dropped out of school, her clothes filthy and her head full of lice.

### Mother with AIDS

At 15-years-old, the family became homeless. Murray's mother revealed that she had AIDS and was HIV-positive. She died soon after and was buried in a donated pine box. Murray's father, who also contracted HIV, was unable to pay the rent. Consequently, he alone moved to a homeless shelter. Her sister was able to sleep on a friend's sofa but Murray slept on the underground subway trains, stole and searched garbage dumps for food.

She felt like a victim and rebel at first but soon after her mother's death Murray realized something – her mother always used to say that she'd fix her life one day.

"It became clear when I saw her die without fulfilling her dreams that my time was now or maybe never," Murray said in a news source. She was determined to make a change.

Murray experienced countless rejections after applying to numerous high schools. The best grade she had was an F. With only a few dollars left, she made one more attempt. Perry Weiner, a teacher from the Humanities Preparatory Academy, gave her one more chance. For two years, she was taken under the wing of Weiner and attended night classes, homeless throughout her studies. Her hard work paid off, though. She completed her high school education with straight As.

Weiner took his top 10 students to Harvard and Murray was one of them. And at the perfect moment, the *New York Times* was also offering six scholarships. Three thousand students applied and she was one of the lucky recipients.

"What I've learned is that actually no one knows what's possible until they do it," she says. "Not until your butt's in the chair, the application is submitted, the attempt is made, you don't know. No one knows. And that's what's kind of cool about life. That's what's so beautiful is every single day is another chance."

So take hold of the opportunities that come your way and be thankful for what you already have.



brianadamsphotography.blogspot.com

Liz Murray has turned her life around after a horrendous childhood.

**JOB FAIR!**  
WEST EDMONTON MALL  
OCTOBER 23  
NOON to 4 p.m.  
CENTRE STAGE  
(LEVEL ONE, PHASE I)

**JOB FAIR!**

WEST EDMONTON MALL invites YOU to attend our job fair, October 23, 2011 from noon to 4 p.m. at Centre Stage in Phase I.

Guests to this event will get the exciting opportunity to interact with personnel from a number of different retailers including: men's and ladies' wear, jewelry and accessories and entertainment. As an added bonus, there will be **LIVE ENTERTAINMENT** throughout the day.

**WEM**  
WEST EDMONTON MALL





Photo by Laura Dettling

NAIT students Alyssa Gardner, left, and Joline Ylioja look at the exhibit for the Landscape and Architectural Technology program at the Open House, held Oct. 14 and 15.

# NAIT welcomes all

By BART PADJASEK

The NAIT Open House came and went this year as a raving success. Plenty of departments were on hand on Oct. 14 and 15 to help prospective students find out not only they could learn but what they really want to be in their professional lives.

The campus was taken over by every department possible, where almost all common areas and gyms were hosting live demonstrations and school representatives. Over 100 displays and interactive exhibits could be seen throughout the school. It was definitely an adventure trying to get through them all in just two short days.

"Phabulous Pun with Physics" brought stu-

dents a fresh perspective to the physics department. Interested guests got a chance to play around with everything from the coldest of liquids to rings of fire. It truly was a hot event on campus.

The Vex robotics competition took over the NAITrium and gave students a taste of what is possible with the NAIT robotics and programming programs. Instructors gave kids a chance at the controls as robots went at it in a basketball-like competition. Students learned quickly it takes a lot of quick thinking and know-how to operate these machines at peak levels.

The NAIT Radio program not only gave out tours of the department both days but also gave students a chance at some real hands on work. Groups had an opportunity to watch students host

their day shows in studio and even hop on the mic and get some real radio experience. Afterwards students could make their way into the production booths and get their voice produced on one of our very own NR92 commercials.

Not to be outdone, the Television program let students sit in on a production of NAIT News-Watch on Friday afternoon and see what goes into a real news show. After the show was taped, the studio was converted and NAIT hopefuls got a chance to sit at the news desk and try their luck at teleprompter reading on camera.

Other events ranged from outdoor welding demonstrations to department tours of the veterinarian offices – there was certainly something for everyone at NAIT.

# Hot Racks ... rocks!

By STEPHEN SHAW

For former NAIT student Andree Bobinski, her bake shop Hot Racks in Saskatoon is only the beginning.

Bobinski always wanted to be a baker since she was a little girl, and this love won out later on in her life. She had been a dental assistant for more than a decade, but realized that this was not the job she wanted. Her true passion was baking. She returned to Alberta in 2007, with the blessing of her husband.

"My husband and I are fortunate to have the lifestyle we have" she says, "Because of his success and his support, I was able to walk away from Saskatoon life for seven months and start my baking career – I am incredibly lucky to have his support".

While at NAIT, she met Anna Chernichan, who is also involved with the Hot Racks bake shop, hold the titles of pastry chef and butcher,

while Bobinski is the artisan bread maker. The menu selection at Hot Racks is not for the faint of heart.

"We aren't an old school bakeshop with boring pan breads and buns – we offer beef jerky, deconstructed cupcakes and experimental breads on a weekly basis," said Bobinski.

A Saskatoon resident for 16 years, it was an obvious choice for Bobinski to open Hot Racks there.

"The future for Hot Racks is giant. We would like to make Hot Racks a destination bakery."

She also credits NAIT baking instructor Clayton Folkers as a highlight of her baking career.

"When I was at NAIT, he told me one day I would have my own shop" she says.

"I laughed. I didn't believe him and told him he was crazy. He believed in me and that was pretty amazing to have a talent like him to mentor me."



This bakery is different from most others – it is a local, grassroots bake shop with a luxury flare. For more information, and for a full menu listing, you can check out Hot Racks on their Facebook page at [www.facebook.com/hotracks](http://www.facebook.com/hotracks)



hottracksbakery.com

Andree Bobinski and Anna Chernichan.



## The Nugget

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## Submissions encouraged: studenteditor@nait.ca

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](mailto: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.



# CLUBS

LEARN THE ROPES. BE A LEADER.

## Fame. Fortune. Instant Recognition.

And one sweet design opportunity.

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

YOU choose the colours.  
YOU choose the look.  
YOU choose the vibe.

Let your imagination run free.  
Contact OHSSS for design guidelines and information.

**\$50** awarded to the winning design

To obtain a design guidelines sheet, contact:  
Crystal Brazao at [c\\_brazao@hotmail.com](mailto:c_brazao@hotmail.com)  
Kim Sanden at [krsanden@gmail.com](mailto:krsanden@gmail.com)

Contest open to all students in any NAIT program. Multiple entries permitted.  
The winning design will become the sole property of the Occupational Health & Safety Student Society (OHSSS).  
Deadline for submissions: 5:00 pm, October 20th, 2011. Any

## Poinsettias



They are available in three colours: Red, White, and Pink; for \$13.00 per plant

Sales support the Occupational Health and Safety Students' Society (OHSSS), who will be donating a portion of the proceeds to Little Warriors.

Order forms are available from [riyn\\_phillips@hotmail.com](mailto:riyn_phillips@hotmail.com) or at the NAITSA Office and must be submitted by November 7th, 2011.

Pickup is on NAIT campus on December 1.

## RESPIRATORY THERAPY 2013

~ SPOOK-TACULAR ~  
HALLOWEEN

BAKE SALE

When: October 31, 2011

Time: 10am until food is gone

Locations: In front of NAITSA and 2nd floor of HP centre by computer lab

## What's Going on Around Campus...

WHO: Business Connex

WHAT: Beer Garden

WHEN: October 21, 2011; 3:00pm

WHERE: Business Tower Lounge (8th floor)

WHO: LAT

WHAT: Jim Legget Drawing Workshop

WHEN: November 12/13, 2011

WHERE: Annex Room L036

WHO: Lions of Punjab

WHAT: Diwali Celebration

WHEN: October 22, 2011; 2pm - 12am

WHERE: Business Tower Lounge (8th Floor)

## 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!**

None of the above apply to you? No worries!  
We welcome all perspectives!

OCTOBER	Wed. 12	Meet & Greet! Sign Up 1pm - 4pm	Thurs. 3	Membership Discussion 11pm - 4pm
	Thurs. 20	First Rodeo (NAIT Students) 11pm - 4pm	Mon. 7	Drop In! Study Session 8am - 11am
	Thurs. 27	Info Session (General Public) 11pm - 4pm	Thurs. 17	Guest Speaker! (General Public) 11pm - 4pm

Second Rodeo is a NAIT initiative to provide support and networking for "Mature Students". Mature students tend to have past work life accomplishments that lend a unique perspective to the post-secondary experience.

[secondrodeo.ca](http://secondrodeo.ca)  
[facebook.com/groups/secondrodeonait](https://facebook.com/groups/secondrodeonait)



### CLUBS SHOWCASE

Winners: 1st Place - Second Rodeo  
2nd Place - Business Connex  
3rd Place - Environmental Design Student Society



CHECK OUT CLUBS AT [NAITSA.CA/CLUBS](http://NAITSA.CA/CLUBS) OR CALL 780-471-8457



# NAIT's athletes read for kids

By **CLAIRE THEOBALD**

Students at Delton Elementary School now have a whole team of positive role models after NAIT's Oaks men's basketball team spent a morning celebrating Read In Week with them.

The team read to students at Delton Elementary School on Oct. 12 to promote literacy and give the young students positive role models as an extension to the school's Read In Week celebrations.

"For our kids it's a wonderful opportunity to see these young men from NAIT," said Kathy Oster, teacher and librarian at Delton, "and to see that these basketball players like reading, [and] have a purpose for reading in their lives."

Oster hopes that this experience will have a lasting impression on her students, inspiring them to continue with their education and aspire to achieve at the same level as the Oaks basketball players.

"A lot of the players were absolutely fabulous talking about how they had to balance work

and school and basketball practice and having the responsibility to do it all," said Oster.

She commended the 11 athletes who came to the school for showing genuine interest in the students and said that the chemistry between the team and the children was instantaneous.

"In the hallway, the kids were treating [the players] like they were superstars," Oster said. "Some of the players were signing autographs."

The school is part of the community surrounding NAIT and Oster agreed that these initiatives go a long way to promote NAIT's image in the community.

"I think it's a real positive for NAIT, too, to have these young men out there kind of being ambassadors for the school," Oster said.

As an extension of the school's Read In Week, which was celebrated in the first week of October, NAIT students were invited to read to the students to showcase reading well into adulthood.

Oster said it was a real positive for her students to see that although NAIT's Oaks lead busy lives, they still make time for reading.

# Clubs seek new members

By **ALI MAGEE**

New clubs are created each year at NAIT and during October an event is available for school clubs to get noticed and show off what they do.

Last Wednesday, clubs set up stands in the South Lobby to attract new members and gain interest and support. Each club was able to set up a table, gain the attention of students passing by, invite them to learn about their group and even give students the chance to sign up for their club that day.

Some clubs chose to have giveaways, others had flashy posters to attract people and some had games like Plinko, which is always a sure-fire way to gain popularity. All of the clubs, however shared a similar goal – they wanted students to become aware of their existence and gain a greater following and support group.

Garrett Prince, vice president of the Kicks It Indoors soccer club was happy with the results of the club showcase.

"It was awesome, a really good way to get our club out there," the executive said. "No one in the school really even knew our club existed until now."

Prince said he thought the student turnout to all of the club stands was exciting.

"We had 21 people sign up today and tons

of people showed interest."

The "Kicks It Indoors" soccer club currently has three executives and over 20 total members.

Clubs provide ways for students to meet new people, to exercise and to learn new skills. More than 50 clubs are currently running at NAIT, including a baking club, an international club and a paintball action sports club.

Not only does NAIT offer just-for-fun clubs, but also program-related clubs to help further student development. There are over 30 program-related clubs at NAIT, which include Club Culinaire and Club Five Star, which are respectively a student managed club for planning charity events and fundraisers and a community service club for Hospitality Management students.

Clubs are a great way to get more involved with the school and learn new skills. With such a wide variety of options, there really is a club for everyone offered at the school.

For clubs that are just beginning, the NAITSA Clubs Centre provides training for leaders, booking space and help with other startup procedures.

For more information on how to join or start a club at NAIT, visit the school website at [nait.ca](http://nait.ca).



Photo by Kathy Oster

**NAIT Oaks basketball players Brock McMillan, left, and Jordan Reiter spend some time on Oct. 12 with students at Delton elementary as an extension to the school's annual Read In Week.**

"Not only are they there studying, they are there for sports as well," Oster said. "I think that was a real positive for the kids."

Mike Hansen, head coach for the Oaks men's basketball team, could not be reached for comment by time of publication, as the team was playing on the road in British Columbia.

However, Oster said she was pleasantly surprised by how keen Hansen and the team were to participate.

"I've never met someone with such enthusiasm," said Oster about Hansen.

According to results posted on the NAIT Athletics page, the Oaks defeated Langara 84-83 on

the weekend.

Oster said she is currently working to arrange an opportunity for her students to see the Oaks basketball team in action at one of their home games. She also believes that NAIT's students benefitted from the experience and were inspired by the students' enthusiasm for the team.

"I saw lots of smiles on their faces," said Oster, "and we have a couple players who live in our neighbourhood who actually came on over and said that they would be more than willing to help out if we ever needed it."

Oster hopes to see the event turn into an annual tradition.



**Garrett Prince**  
"It was awesome"

**MACEWAN**

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Go to [www.2dscan.com](http://www.2dscan.com) to download a free code reader.

**Grant MacEwan University** | [MacEwan.ca/2011OpenHouse](http://MacEwan.ca/2011OpenHouse)



## Virtually Speaking

# To survive, co-operate!

By **GRAHAM McCANN**

So, *The Walking Dead* season two started on Sunday the 16th. With Halloween coming up, it's as good a time as any to brush up on your zombie surviving skills.

The world may be coming to an end, but that doesn't mean that you shouldn't get a fighting chance to be one of the few survivors to start the world anew. Good thing there has been all these zombie related video games, movies and books to prepare the world in the wake of one of the most devastating diseases known to man, as there are many misconceptions about the zombie armies floating around.

As any zombie connoisseur would know they want living flesh and do not talk nor are particularly after "brains." The "brains" idea was started in the 1985 movie *Return of the Living Dead*, which was a parody.

George Romero was the first to warn us of the zombie outbreak in his 1968 classic *Night of the Living Dead*, a film about a group of survivors hiding out in a farmhouse while the dead close in.

It is unknown what will cause it, but when the disease first hits, it may start as flu-like symptoms, such as in *Resident Evil* games. Then it will burn people out and kill them, bringing them back as ravenous corpses soon after. In that case, it was caused by the T-virus created by the pharmaceutical company

Umbrella. However it starts, stay away from the dead. Do not get bitten, scratched nor come into any other close contact with the infected. Always keep your body clean and wash your hands regularly.

They need to be shot in the head. This is universal. It is something in the brain that keeps them moving, a very basic instinct. Shooting them in the body will only slow them down. A major mistake someone might make is to grab a fully automatic machine gun and blast hundreds of rounds through a horde of zombies, only making the gunner tired and low on ammo. So grab yourself a decent semi-automatic or bolt action rifle and aim for the head. Slow and steady. A trained and heavily armed military was overrun because of this mistake in Max Brook's book, *World War Z*.

The most important fact imperative to your survival is teamwork, teamwork, teamwork! As *Night of the Living Dead* showed us, a lack of co-operation will ultimately lead to your downfall against an army of enemies who instinctively travel in packs. You can practise your teamwork skills now in zombie scenarios with online co-operative games

like *Left 4 Dead* and *Dead Island*. You will get vital skills pertaining to co-operative problem solving while fighting the hordes of undead. Playing online with close friends is fun, but the real test is surviving the obnoxious random gamers you may come across in online gam-

ing. If you can survive that, then you can survive anything a zombie apocalypse will throw at you.

So, study up and watch *The Walking Dead* Sundays on AMC, and play *Dead Island* for the 360, PS3 or PC.



gangsterbb.net

## 2011 NAIT Family Campaign

# SILENT AUCTION

in support of United Way

**WEDNESDAY, OCTOBER 26**  
**SOUTH LOBBY | 9:00AM - 3:00PM**

### FEATURED ITEMS INCLUDE:

- Helicopter tour of Edmonton
  - Ryan Smyth and Roberto Luongo autographed prints
  - Odyssey golf putter
  - Tupperware packages
  - Fairmont Chateau Lake Louise bed & breakfast package
  - Edmonton Oiler's tickets
  - Theatre tickets to Red, Wizard of Oz and Patsy Cline
  - Dinner for 4 at Bistecca Italian Restaurant
- ...and many more!



For more information:  
Tammy Carreiro  
780.471.7514 | tammyc@nait.ca  
[www.nait.ca/familycampaign](http://www.nait.ca/familycampaign)



## EDMONTON



### Their cars got towed. Where did you park before class?

Parking illegally around colleges and universities annoys the neighbourhood. Please don't park in clearly marked residential parking zones. Residential streets around post-secondary schools are closely monitored by parking enforcement officers. Vehicles parked in these zones will be ticketed and towed at the owner's expense.

For information call 311 or visit [www.edmonton.ca/bylaws](http://www.edmonton.ca/bylaws).





# OPINION

— Editorial —

## What does your tattoo mean to you?



**CELESTE DUL**  
Editor-In-Chief

Let's face it, tattoos are becoming more common, and the taboo of having one is becoming nonexistent. In the past the tattoo was seen as a sign of rebellion, membership, or identification.

In 1938, only six per cent of Americans had at least one tattoo. Now, in 2011, that number has more than tripled. In July of 2002 "tattoos" reached its highest ranking ever, coming in as the No. 2 most requested search term on the Internet. "Tattoos" was requested more often than Britney Spears, marijuana or Kazaa.

Although some will argue that the tattoo regret factor will only grow as people get older, I have a differing opinion. I think that tattoos are a new form of expression and they can mean so much more to someone than just body art.

### Ancient practice

Tattooing has been a Eurasian practice at least since the fourth to fifth millennium BC, found in the Ötztal valley in the Alps where tattoos were found consisting of simple dots and lines on the lower spine, behind the left knee and on the right ankle. These tattoos were thought to be a form of healing because of their placement, which resembles acupuncture.

Eventually tattoos progressed into many religions, criminal organizations and even cosmetic and medical procedures. But now, I find that it's an expression of personality – an extension of oneself; for those who choose to use it as that.

I personally have two tattoos and they both have strong meaning to me. They represent a part of who I am and how I want to live my life. I'm mesmerized by other's tattoos and always find myself wondering what it means to them. Anything from a calendar date to a quote can describe who a person is if you pay enough attention.

The idea of having a constant reminder seems comforting to me.

### Source of comfort

Tattooing gives people the choice to keep a memory or a reminder as close to them as they can. You can take comfort in the fact that a loved one can be with you at all times by simply having an important date on your body as a reminder.

I know this isn't how everyone feels, far from it actually, but this is how I like to look at it. For those who approach tattoos like I do, they mean something and help you grow as a person.

For those who don't want to have meaning in their body art, that's great, if you love it – go for it. I think it's a freedom that everyone should be able to access, but it is permanent so some thought isn't a bad thing.

Next time you're out and about take a look around, I'm sure you'll be able to spot a tattoo that could start a great conversation.



tattoosdaily.com

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

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

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

Trust us on that. Write us.





# SPORTS

## MEN'S HOCKEY

# Ooks unable to sweep

A player for the Augustana Vikings tries to score on NAIT's goaltender Shannon Szabados during a game on Oct. 15. NAIT lost the contest 5-3.



Photo by Laura Dettling

By EVAN DEGENHARDT

The NAIT Ooks returned home Saturday for a rematch against the Augustana Vikings. On the previous night, the Ooks battled back from a 3-1 deficit in the third period for a thrilling 4-3 win over the Vikings. With the rematch set to take place only one night after their come-from-behind win, NAIT was prepared to face an Augustana team that was hungry for revenge. The Ooks, however, were facing injury trouble coming into the game and had only 18 skaters dressed. Both sides were anticipating a hard fought battle.

### NAIT poured it on

NAIT poured on the pressure from the start, resulting in a goal by Brennan Volcan 41 seconds into the tilt. The Ooks continued to take charge of the pace in the first and dominated the puck possession and scoring chances. Augustana responded by increasing their physical presence and the Vikings tied the game up at the 11:51 mark.

After a fairly even opening frame, the Vikings took charge in the second period, scoring a goal at the 11:59 mark and taking a 2-1 lead over the Ooks. NAIT pushed back, but the Ooks found themselves in some penalty trouble. After killing off the first penalty in a 5 on 3 situation, the Ooks looked resilient but the Vikings capitalized with 10 seconds left in the second penalty and went up 3-1 after two periods of play.

Heading into the third period, the Ooks were facing the exact same scenario as Friday night, down 3-1. NAIT picked up their intensity and

Ooks winger Liam Darragh scored to make it 3-2. Shortly after, NAIT once again found themselves in the penalty box. Augustana took advantage and scored again on the power play to make it 4-2. However, NAIT proved that they were not finished. Steven Pratt scored an unassisted goal at the 9:53 mark to bring the Ooks to within one goal. With less than a minute left, NAIT pulled goalie Shannon Szabados and coach Serge Lajoie called a timeout in hopes of tying the game. With their net empty, the Ooks maintained an onslaught of pressure in the Viking's zone, but Augustana scored on the empty net, making the game's final score 5-3 and solidifying the win for the Vikings.

After Saturday's contest, Ooks coach Lajoie talked about the importance of scoring on the man advantage.

### Special teams

"Special teams are always a big factor," he said. "They capitalized, we didn't. Bottom line."

"Shannon played very well tonight," he said, speaking about his goalie, Shannon Szabados. "When the score was 2-1 and 3-1, she gave us a chance to get our feet underneath us and allowed us to have an opportunity to get back in the game."

The coach also spoke of the team's ability to come back from a big deficit.

"There is no quit in those guys," he said. "You can't measure the way our guys played with the score on the scoreboard. I'd much rather be with our team than with anyone else in this league."

## WOMEN'S HOCKEY

# Split on weekend

By BALJOT BHATTI

The NAIT women's hockey team ended up even at the end of last weekend with a win and a loss against the Grant MacEwan Griffins. The Ooks won the first game at NAIT in the home opener on Friday but couldn't keep it together against MacEwan on Saturday.



While the pre-season wasn't kind to the women's hockey team, with six losses and a tie, they bounced back on their very first game, though, with a 2-1 win over Grant MacEwan.

NAIT's Sherri Bowles scored the game's first goal about 11 minutes into the second period. About a minute later, Griffins' Ashley Holt quickly answered that first goal. The teams went back and forth until the game was decided by the final goal by Ooks forward Michelle Pochapsky. She scored with less than a minute to go in the third, bringing the final tally to 2-1. NAIT utterly dominated the shots on goal, with 42 shots to MacEwan's 26. NAIT couldn't keep a

handle on their penalties though, giving 11 power plays to MacEwan, one of which they capitalized on.

The second game, on Saturday the 15th, was played at Mill Woods Arena. MacEwan dominated the first two periods. Danielle Baxter of MacEwan opened up the scoring with a goal in the first.

Ooks' Danielle Brown scored in the second but NAIT couldn't withstand the onslaught from MacEwan as they scored again in the second and once more in the third.

Despite NAIT getting 13 shots on net and a last ditch effort by Ooks' defenceman Nicole Gregoire with a goal with less than a minute to go, they couldn't turn the tide. The women went to the locker-room with a 3-2 loss. MacEwan and NAIT penalties were plentiful as well, with seven for NAIT and eight for MacEwan. The Griffins managed to capitalize on one of those penalties.

The new Ooks team is half veter-

ans, half new players. The Ooks did hold tryouts, but most of the new players were actually recruited and hand-picked for the team. Some of the vets of the Ooks team are highly experienced, having been with the team for a few years, but some of the new players who transferred in from other colleges and teams come with experience of their own. Ashley Rossi, who came to the Ooks this year from the Sherwood Park Fury, has been highlighted as a new player to watch.

Head coach Deanna Iwanicka said that this year's Ooks team is aiming for a banner victory, especially after the lacklustre season the team had last year.

"Overall, I'd say it was a disappointing (last) year, especially coming off the prior season," she said.

"This year, we're looking to be the first NAIT women's hockey team to win the ACAC (Alberta Colleges Athletic Conference). That's really where our goals sit."

Next up is a home game against Mount Royal College on Oct. 21, with a Saturday tilt at Mount Royal.



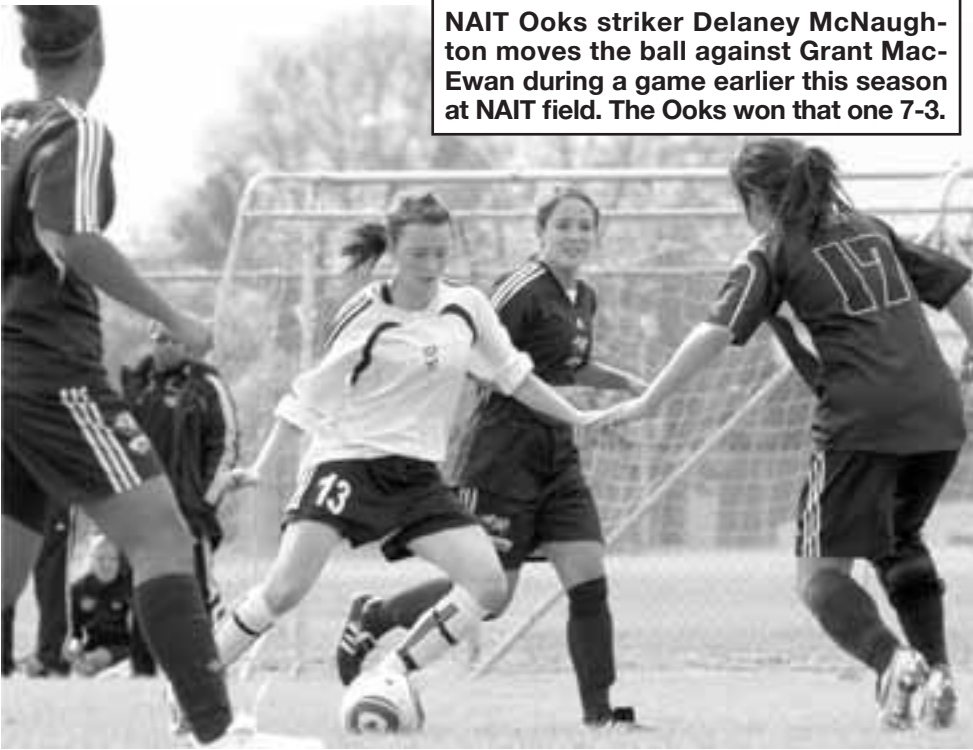
Photo by Chad Steeves

A NAIT Ooks attempts to jam the puck past the Grant MacEwan goalie on Oct. 14 at NAIT arena. NAIT won the game 2-0.



WOMEN'S SOCCER

# Ooks keep rolling along



NAIT Ooks striker Delaney McNaughton moves the ball against Grant MacEwan during a game earlier this season at NAIT field. The Ooks won that one 7-3.

Photo by Anthony Houle

Stories by AVRY LEWIS-McDOUGALL

Guess what? The women's Ooks soccer team is still on top of the ACAC.

The NAIT Ooks women's soccer team continued to roll through the ACAC with a 3-0 win on Saturday and a 4-1 victory on Sunday in Grande Prairie against the Wolves. Leanne Kadatz, Nicola Weber and Kelly Tataran were among the goal scorers this weekend and continue to keep the NAIT offence machine going, as the squad is now 8-0 on the season and have scored 40 goals this year.

The next closest team in the goals department is the Concordia Thunder, who have 27 goals this season. Offence is certainly not lacking for a NAIT squad that this year has put up scores of 10-0, 5-0, 6-3, 7-3 and a 9-0 win in a non-conference game.

With just two games left in the regular season, head coach Sergio Teixeira isn't thinking about the playoffs, preferring to focus on the final two games of the season against the King's Eagles (0-8 on the season) and the Keyano Huskies (2-6 on the sea-

son). To have his club focused on just finishing out the season shows how it is very important to not look past anyone at all in the Conference.

The No. 1 team in the nation has also been sensational in their own end of the pitch, allowing only eight goals this season and no more than three in one game. Thanks to the duo of Tara Evans and Daphne Bince in net, they have been able to keep the ball out of their own net for much of the 2011 season and have combined for five clean sheets in net.

This Ooks squad has very few weaknesses and is by far the most well rounded team in the nation. It is led by Leanne Kadatz (who is the only scorer in the ACAC to reach double digits in goals in the 2011 campaign).

When the regular season is finished, the Ooks will once again be the odds-on favourite to win the national title and take care of unfinished business, avenging their 2010 nationals gold medal match loss to College Francois Xavier Garneau.

The Ooks take on the Eagles at King's on Oct. 21 at 4 p.m. and end the regular season at home versus Keyano Huskies on Oct. 22 at 2 p.m.

MEN'S SOCCER

# Men remain atop standings

The NAIT Ooks men's soccer team got two big wins in Grande Prairie versus the Wolves, getting a 1-0 win on Saturday and a 2-1 win on Sunday to remain on top of the ACAC North standings with a record of 6-0-2.

Zach Kaiser scored the lone goal on Saturday and Joseph Costouros and Quinn Conway scored on Sunday to propel the Ooks to the weekend sweep of the Wolves.

The regular season is coming to a close for the men as they only have two games left, against the Kings and Keyano next weekend.

"We are going to treat these last two games as provincials," said head coach Jeff Paulus.

Even with the Kings in last place with no wins all season, and Keyano barely doing any better, the above quote shows coach Paulus's attitude about treating every game like the most

important game in the season.

The Ooks have some of the best defence in the league – they've only let in five goals in the entire season, the lowest in the ACAC.

"Our D has been standing tall and our back line has been solid," said coach Paulus.

Jordan Ellis and Kyle Brown, who have had outstanding seasons helping out their goalkeepers, fill out the back line for the Ooks.

The Ooks offence is also among the best in the league with 18 goals this season. They only trail Medicine Hat, with whom NAIT is tied for first. With only two ties and no losses, this stands to be one of the best men's soccer teams in years.

Your men's soccer team will play next on Oct. 21 against the Kings at home. They'll head over to Keyano the next day at 4 p.m.

NAIT OOKS HOME GAME SCHEDULE SOCCER		
Fri. Oct. 21 Men at 4:00pm	 vs 	
Sat. Oct. 22 Women at 2:00pm Men at 4:00pm	 vs 	
HOCKEY		
Fri. Oct. 21 Women at 7:00pm	 vs 	
Sat. Oct. 22 Men at 7:00pm	 vs 	
BASKETBALL		
Sat. Oct. 22 Women at 6:00pm Men at 8:00pm	 vs 	

## Athletes of the week

October 10-16

Jessica Yu  
Badminton



In only her second year with the Ooks badminton team, Jessica served notice that she is among the top female players in the ACAC. Jessica posted a perfect 7-0 record at Tournament #1 in Red Deer this past weekend by winning the women's doubles and mixed-doubles events. "I wasn't sure what to expect from Jessica as she is recovering from an ankle injury," said head coach Jordan Richey. "She obviously has recovered and we are pleased to have an athlete with Jessica's drive and determination on the team." Jessica is in her first year of the Business Administration program and is from Edmonton.

Dan Kai  
Badminton



Dan Kai reminded everyone that he is still the one to beat in ACAC badminton by capturing the coveted "Triple Crown" at Tournament # 1 hosted at Red Deer College this past weekend. The former three-time national champion posted a perfect 11-0 record by winning the men's singles, men's doubles and mixed-doubles events. "It is tough to have a better start to the season than Dan had," said head coach Jordan Richey. "His mere presence gives our team confidence and he is always willing to provide advice to his teammates." Dan is a first-year Business Administration student from Xi'An, China.





# World is watching



By NICK BERRY

There are a few similarities between the two teams meeting in the World Series. Both the St. Louis Cardinals and the Texas Rangers will feature a past Most Valuable Player with Cardinals first basemen Albert Pujols meeting Ranger outfielder Josh Hamilton. They also both needed big contributions from emerging players in their respective League Championship wins. Texas outfielder Nelson Cruz and Cardinal third basemen David Freese used their bats to elevate their teams for their chance at the pennant. The teams' similarities end there though as they took two very different routes to the Championship Series.

The Texas Rangers were nearly a wire to wire leader in the American League West and ran a solid 10-game lead all the way to the end of the season. The Cardinals, on the other hand, were 10 games back of the wild card going into September and used a 18-8 record, coupled with Atlanta imploding and going 7-19 in the same stretch, to just sneak into the playoffs.

The Cards met the Philadelphia Phillies, the best team in baseball during the regular season, in the first round and no one really gave them a chance against Philadelphia's great pitching staff. They squeezed past them in five games and then had to outscore the Milwaukee Brewers and their offensive firepower in the National League Championship Series. The Rangers beat out the wild card Tampa Bay Rays and then ended the feel good Detroit Tiger story on their way to the Series.

As a result of the National League winning the All-Star Game, they will have home field advantage for the World Series. So, with the Cardinals getting the first edge in the championship, which team, by position, looks best going in?

## First Base

The Cards first basemen Albert Pujols is arguably one of the best players in baseball and he brings up unique situations when he is

at the plate. He can change the game with one swing of the bat and his leadership skills are unquestioned throughout the league. The Rangers will likely play 1B/DH Michael Young on first for his offensive upside and leave Mitch Moreland to play at home when the DH rule is in effect and young can man that. Either way few first basemen can measure up to the former MVP and future hall of famer.

EDGE: Cards

## Second Base

The Rangers Ian Kinsler is hitting .275 with 9 RBI this post season and is supplying his regular speedy leadoff running and solid defence. The Cards went with the experienced defensive specialist Nick Punto in the last series and he will likely get the start in the World Series as well. Punto will provide a good glove in the infield but he isn't much of a threat at the plate.

EDGE: Rangers

## Shortstop

The shortstops provide what everyone typically expects from that position. They both have speed, both are good defenders and they are both solid top-of-the-order hitters. The major difference is that the Cards Rafael Furcal is 10 years older than the Rangers Elvis Andrus, so the question is age and experience or youth and exuberance?

EDGE: Cards

## Third Base

The Cardinals have turned to David Freese to man the left side of the infield and their choice has paid off. Freese has hit a number of clutch home runs to go along with his impressive .425 average and 14 RBI to establish himself as the Cards third basemen for years to come. His counterpart, Adrian Beltre, is no slouch himself, having over 300 career home runs and 13 years of experience under his belt. If it was about who was playing the best right now, Freese would have to get the nod but Beltre has done it for years so I'll take him.

EDGE: Rangers

## Catcher

Yadier Molina has made himself into a very good catcher with the St. Louis Cardinals, providing great dialogue with his pitchers and solid mid-of-the-order batting. He has been a rock for the Cards, playing over 150 games behind the plate this season. The Rangers counter with veteran Mike Napoli, who had his season cut short when he was injured during the summer. Napoli brings a solid bat to go with his good pitch selection so this matchup could be interesting.

EDGE: Cards

## Outfield

With Josh Hamilton, Endy Chavez and Nelson Cruz manning the outfield for the Rangers, getting a ball to fall out there is pretty tough work. Cruz has been on fire this post season with six home runs and 13 RBI, while Hamilton has lacked his normal pop with no home runs yet this post season but he still has 12 hits and 8 RBI while maintaining a .300 average. The Cardinals bats in the outfield combined for 70 home runs this year and they saw talented rookie Jon Jay take over at centre field after Colby Rasmus was dealt at the deadline. Lance Berkman and Matt Holiday are both dangerous at the plate but both give up a little bit to their opponents on the defensive end.

EDGE: Rangers

## Starting Pitchers

The Rangers' starting rotation combined for 60 wins this season with ace C.J. Wilson and Derek Holland each reaching 16. Colby Lewis and Matt Harrison round out the strong rotation. They both picked up 14 wins this year and they provide great depth to fireballers Wilson and Holland. The Cardinals will try to counter

the youth of the Rangers with experienced ace Chris Carpenter and third-year pitcher Jamie Garcia. Carpenter is finding his old form in the post season having had a couple of spectacular outings against the Phillies and Brewers. Kyle Lohse and Edwin Jackson will round out the rotation and will be looking to match the firepower of the Rangers staff. Carpenter and Lohse will both have to pitch like they are 10 years younger and Garcia and Jackson will have to keep providing solid outings in order to keep pace with the talented Texas rotation.

EDGE: Rangers

## Closing Pitchers

Twenty-three-year-old Neftali Perez may be young but he has done a lot in his short two years in the league. He took over the Rangers' closing duties last year and supplied another 30-plus saves this year to establish himself as a solid closer in the majors. The Cardinals have been using Brad Motte as their closer throughout the playoffs and will continue to turn to him to finish out the games when their ahead.

EDGE: Rangers

## Prediction

The Cardinals have been on an inspired, almost divine, run to the World Series and they are definitely the hotter of the two teams going in. The Rangers have been steady all year and are hoping that they can ride that consistency all the way to the championship. In the end, I think the magical run of the St. Louis Cardinals will finally come to an end at the hands of the solid starting rotation and consistent bat play of Texas. Cards take them the distance but Texas wins it in seven games.

## BADMINTON

# NAIT stellar

By NICK BERRY

The NAIT Oaks badminton team opened the 2011-2012 ACAC badminton season this past weekend with Tournament No. 1 held at Red Deer College. The team finished first in overall points with 188, had several top three finishes and placed in every event.

Defending men's national champion Dan Kai reaffirmed his dominance this weekend, taking home every gold medal he could have. Kai nabbed the top of the podium in men's singles, men's doubles with Jason Chou, and mixed doubles with Jessica Yu. Kai managed an impressive 11-0 record this weekend among all the events, but he wasn't the only one on the team to post an undefeated tournament.

His mixed doubles partner, Jessica Yu went 7-0, taking home the women's double title as well. Yu, the women's doubles national silver medallist of a year ago, teamed with Sinead Cheah to take top honours. Cheah added a bronze in the women's singles and NAIT student Ellexis Lathan, a transfer from Concordia University College, also had a strong showing in women's singles, battling hard into the final. She met Red Deer College's Mary Smith for the gold, but despite her



**Dan Kai  
Dominating**

best efforts she came up just short, finishing second. The team capped off the strong weekend by making it an all-NAIT final in the mixed doubles event. Chou and Cheah teamed up to meet Kai and Yu in the final and after it was all said and done it was a big win for the Oaks.

NAIT dominated the tournament, taking home four of the five gold medals, and their 188 points was more than 50 clear of their next closest opponent, Red Deer.

NAIT is looking to improve upon an unbelievable 2010-2011 season and this showing at their first tournament is a good indication of where they are headed. Coach Jordan Richey is excited to get the season underway and takes this impressive outing into perspective.

"This was a great start to our season, but it's a long grind and

this is just the beginning. We posted some impressive results and also revealed some areas that need to be improved. Our first-year players got a real taste of what ACAC badminton is all about and saw what they need to do in order to get to the top."

NAIT has about a month to prepare for Tournament No. 2 on the ACAC schedule. NAIT will be hosting the tournament and look to put up an equally impressive outing Nov. 19-20 in the NAIT main gym.



jeffpearlman.com

**Albert Pujols  
Could be the difference**





# It's All Blacks vs France



**PATRICK KNOWLES**  
Sports Editor

The Sixth edition of the Rugby World Cup (RWC) was held this September and October in New Zealand and featured 16 countries, eight with automatic births from reaching the Quarter-finals of the 2007 RWC and the other eight having to qualify from a group of over 90 different countries for this year's addition of the RWC.

The RWC is a massive sporting event that takes place once every four years and lasts for just over six weeks. As mentioned, this year New Zealand hosted and games were held in 11 different cities through out the country. The main stadium where the semifinals and finals are held is Eden Park, which is in the city of Auckland, the largest city in New Zealand.

Before we get into a breakdown of this year's RWC, I would like to give you a little background on the game of rugby, its rules and how they give out points at the RWC.

First, each team has 15 players on the field at one time. Eight of those players make up what is called the scrum, think linemen in football. One player is the scrum half and he would be the rugby version of a quarterback. He is the general on the field and controls the tempo of the game and is the main distributor of the ball. Then the final six players make up the backs, which are your skilled position players that handle ball for the majority of the game. They usually are very fast and most are good at kicking the rugby ball.

Rugby is a game of field position and time of possession with the ball. If you can control the ball and keep possession, the opposition is

spending all that time on defence and tackling and defending their end of the pitch, which is much more difficult than attacking.

Games are broken down into two halves which are 40 minutes each and play is fairly continuous. The only time they stop is when a team is awarded a penalty, which would either consist of a scrum down or a penalty kick where you are awarded three points for kicking the ball off a tee through the uprights. The only other time action stops is when the ball goes out of bounds on the sidelines and they have what is called a lineout, where both teams hoist one or more of their players into the air as one player throws the ball in from the sideline. Other than that, play is non-stop for the entire 80 minutes.

## SCORING

Five points is awarded when a team scores a Try, which is when you make it to other opposition's goal line, cross over it and place the ball down. Then the team that just scored gets a chance to kick a two-point conversion from the point on the field where the ball was placed. You are allowed to move the ball back as far from the goal line as you want and this is key for when a team scores a try at the corner of the other team's goal line. The kicker can move the ball back as far as he wants to make the angle easier for himself. Then when one team is penalized, the other team has the option to kick for goal and if successful, it receives three points. The last way you can get points in rugby is something that is called a drop kick, where during the free flowing action at any point a player can kick the ball through the uprights, but first he has to bounce the ball off the grass in order for it to be considered a legal drop kick.

The point system for the Rugby World Cup is very unique and unlike any other sport. For a win, a team receives four points, but if it scores more than four tries in the game it's awarded a bonus point. A draw is worth two points for each team and a loss generates no points, unless a team loses by seven points or less, then it receives one point despite the loss.

OK, so now that you have the lowdown on the

game of rugby. Here is my breakdown ...

## CANADA

Team Canada Rugby has fielded a team for every RWC since the inaugural World Cup in 1987, held in Australia and New Zealand, and this year was no different. Canada was looking to get out of the group stage for the first time since 1991, when they advanced to the quarterfinals but no further. This was not going to be an easy task for Team Canada as they found themselves in Group A, which also featured the host New Zealand and favourites coming into the RWC and France, another rugby powerhouse.

Canada couldn't have asked for a better start to their tournament with a win over Tonga 25-20, on Sept. 14, in a game that had a little of everything – big runs, hard hits, crafty kicking. Just a treat of a game to watch.

Then only four days later they faced off against France in a game that was very tightly contested for the first 60 minutes but in the last 20 France pulled away, winning the game 46-19 and bringing Canada's record to one win, one loss and four points.

Canada then had a nine-day layoff before their next game against Japan, a team which Canada had tied 17-17 at the last RWC. Canada was down late in this match, but found a way to battle back and tie the game 23-23. This meant Canada's dream of making it out of the group stage was still alive, but now they were going to need some help from the other teams in their pool.

The last game of the group stage for Canada was against host team the New Zealand All Blacks. Straight up, Canada had zero chance of winning this game as the All Blacks just have far more talent than our Canadian boys. Canada put up a good effort but was easily beaten 79-15.

This ended the hopes of the Canadian boys, because Tonga beat France, which meant both of those teams had a 2-2 record, but because France received the bonus for only losing by five points to Tonga they advanced through to the quarterfinals along with New Zealand from group A.

Canada finished the RWC with a record of one win, one tie and two losses, a great effort by

the boys from Canada, who were disappointed with not making it to the quarterfinals, but can build off of this leading into the next RWC four years from now.

## QUARTERFINALS

Two teams from each group advanced to the quarterfinals of the RWC and the matches took place on the weekend of Oct. 8 and 9.

Matchup No. 1 saw Wales defeat Ireland 22-10 in Wellington. Matchup No. 2 had France get past England 19-12 in Auckland. Then in the third quarterfinal, Australia barely defeated the defending RWC champions from South Africa, in Wellington, which meant that this year's edition of the RWC would crown a new champion. The last quarterfinal match saw the All Blacks from New Zealand beat up on Argentina 33-10 in a game played at Eden Park in Auckland.

## SEMIFINALS

These games took place this past weekend, Oct. 15 and 16, and both matches were played in Auckland at Eden Park.

The first match had France face off against Wales. This was a very low scoring affair with both teams not willing to give up an inch of field advantage to the other team, but this all changed just 20 minutes into the game when Welsh captain Sam Warburton received a straight red card and was sent off for a dangerous tackle on a French player. It was not an intentional dirty hit, but the rules of rugby clearly state that you cannot pick up another player while tackling them and drive them into the ground, which he clearly did. It's hard to blame the 23-year-old Welshman, he was just trying to finish his tackle, but rules are rules. This put his team at a serious disadvantage, but France could not seem to take advantage of being up a man on the field for the rest of the game.

Amazingly, Wales was able to claw their way back into this game to make it a close 9-8 score in favour of France. The game, however, was controlled by Wales, with France, up a man, seemingly disinterested and willing to sit back and tackle and not try and go on the offensive. With just over five minutes left in the match, Wales was awarded a penalty and elected to kick for goal just on the French side of centre. The kick came up inches short and France was able to hold off Wales.

The second semifinal had the host All Blacks match up against the Wallabies from Australia. This match did not have nearly the same level of excitement as the first semifinal, with the All Blacks taking the lead early and never looking back, cruising to an easy 20-6 victory. This means that the All Blacks will face off against France this coming weekend on Oct. 23.

## FINAL

The matchup has finally been set, after a month of rugby, the RWC Final comes down to the host New Zealand All Blacks and the team from France, which some people feel do not deserve to be in the finals having lost two of the games they played in the group stage of the tournament.

You have to figure the way the All Blacks have been playing at the RWC that it would take nothing short of a miracle for the French to get past the All Blacks. New Zealand has been the class of the tournament thus far and I see no reason why that will change.

Come Saturday night or Sunday morning, depending where in the world you are watching the game, expect when all is said and done for the New Zealand All Blacks to be crowned as the 2011 Rugby World Cup Champions.

**Prediction:** New Zealand 33, France 12.



britannica.com

The New Zealand All Blacks perform their pre-match Haka, meant to intimidate their opponents.



# ENTERTAINMENT

## Celebs pay price



### SPOTLIGHT ON ...

**NATASCHA BRUHIN**  
Entertainment Editor

Ah, the woes of being a celebrity. The life of a millionaire can be so tough. For instance, if they want to cheat on their spouse they really have to go to extreme measures to keep their affair hidden. They have to avoid big cities, have to avoid clubs and most of all – they must try to avoid fame-hungry individuals at all costs.

Poor, poor Ashton Kutcher went about it all wrong: he went to San Diego, ended up at a club and finished the night with a fame-hungry woman who all too happily spilled the dirty details to *Us* magazine.

Thanks to Sara Leal's tell-all to the magazine, Kutcher's marriage to Demi Moore is now reportedly on the rocks after he had an affair with Leal the night of Kutcher and Moore's six-year wedding anniversary! Ouch. That's got to sting.

While celebrities cheating on each other is nothing new, I truly feel badly for Moore. Yes, she and Kutcher have a 15-year age differ-

ence, but after six years of marriage, I thought they'd last forever. In my defence, a six-year celebrity marriage is like a 20-year marriage for normal people like us, so forgive me for believing in their union.

Moore has apparently gotten in contact with her lawyers and Kutcher is expecting her to file for divorce any time now. While the two of them have been trying to fix their marriage with Kabbalah counselling, Moore is devastated over Kutcher's betrayal and just can't get over what he did.

I don't blame the woman! Imagine being cheated on and having the whole world know about it. I don't think I'd be able to show my face in public for a year. Unfortunately for celebs, their careers are all about their public image and being seen at the right events and in the right movies, so there is no time to wallow in self-pity.

For some celebrities, allegations of cheating have only advanced their careers. Brad Pitt and Angelina Jolie are now a Hollywood power couple but we all know their relationship had less than tasteful beginnings.

Funny enough, it was Pitt's then-wife Jennifer Aniston whose public image suffered the most. Up until a few weeks ago, Aniston had suffered from the dreaded "unlucky in love" label for years after Pitt left her for Jolie, but Aniston has since landed herself a very eligible man in actor Justin Theroux.

Tiger Woods, on the other hand, was not so lucky. After his wife Elin Nordegren and the rest of the world discovered Woods to have cheated on her with over seven women, Woods' lucrative golf career quickly took a swing for the worse.

Gillette, AT & T, Gatorade, Accenture and General Motors all terminated their endorsement deals with the golfer shortly after the sex scandals and it wasn't until a few weeks ago that Woods finally signed



**Ashton Kutcher  
and Demi Moore**

posh24.com

a new contract with Rolex, his first deal since 2009.

Other celebs, like singer Leann Rimes, basketball player Tony Parker and actor Chad Michael Murray, all have cheating to blame for their failed marriages (Murray cheated on his wife after only five months of marriage!).

In the end, it's pure luck whether a career survives a cheating scandal or not ... or perhaps an excellent PR team is the key.

To me, I just find it heartbreaking when you hear of romantic engagement stories, and then an affair ruins it all later.

Can't we all just keep it in our pants?!



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<sup>1</sup>Based on Fortune 500 ranking 2011.



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By ALI MAGEE

Studying is always more bearable when you've got some tunes playing in the background. The problem only comes when all of a sudden your pen is a drumstick and your desk becomes a snare and you're jamming harder than the actual musicians. Distracting music can have the opposite effect that you intended and let all concentration fly out the window. This doesn't mean that you must only do homework in dead silence but you do have to be selective about your playlist. These mellow songs will help keep studying interesting without spoiling your work ethic.

1. Coldplay- Paradise
2. Coeur de Pirate – Comme des Enfants
3. City and Color – Scissors
4. Mumford and Sons – White Blank Page
5. Red Hot Chili Peppers – Snow
6. Oh Land – Sun of a Gun
7. Imogen Heap – Hide and Seek
8. Devotchka – And the Winner Is
9. Cage the Elephant – Flow
10. Bright Eyes – Shell Games
11. Death Cab for Cutie – Crooked Teeth
12. Foster the People – Helena Beat

13. Ben Taylor – Wicked Way
14. Biffy Clyro – Many of Horror
15. Grace Potter and the Nocturnals – Apologies



VIRAL VIDEO OF THE WEEK

## Ducks in the wind

By CLAIRE THEOBALD

During a long afternoon class spent watching the clock, I started searching the Internet for some sweet relief from the three solid hours of theory being crammed into my brain.

Luckily, where there is such a need, YouTube provides.

"Ducks blown off their feet by the wind" has achieved over 14 million views since being uploaded by derbydanx on Nov. 7, 2010, and never before has there been a more aptly named video.

The concept is simple: a family of ducks making their way across a sidewalk get helplessly tossed and rolled by a strong gust of wind. After valiantly regrouping, the ducklings

once again fall victim to nature and we watch as their fluffy bodies roll around again.

My first reaction was to laugh, and I was eager to share my find with my fellow classmates.

However, to my surprise, the reaction was mixed. Most reactions were similar to mine, with one viewer commenting, "I can't watch this anymore, I am laughing way too hard."

Others were not so impressed.

"This is horrible," wrote one viewer, disturbed by seeing something so cute and fuzzy fall prey to the wind.

Before you get carried away, no animals were harmed in the making of this video. They

all get up to waddle another day.

But why do we care?

It's because with these ducks comes a powerful reminder of the futility of our own human endeavours.

We have all been ducks in the wind. We have all felt helpless at one point or another, frustrated that despite our best laid plans, we are often defeated by some fluke, some sick twist of fate.

For those who wanted to look away, maybe they feel the sting of a recent failure. For those who laughed, maybe they know that sting all too well, accepting their fate, understanding it's inevitability.



metronews.com

Often, it is the most random yet simple videos that sweep the Internet. But maybe it is because these videos are the ones we can most relate to, and the ones that strike close to home.

So thank you, baby ducklings, for reminding us that we are only ever a strong breeze away from failure, and that at the end of the day "All we are is ducks in the wind ..."



**SKI & SNOWBOARD**  
NEW YEAR'S TRIP

**Dec. 30 - Jan. 2**  
Big White & Silver Star  
Mountain Resorts in Kelowna, BC

**PRICES START AT \$389**  
(+GST, PER PERSON, PRICE INCL. 2 LIFT TICKETS)

**PARTY BUS ON ROUTE | NEW YEARS PARTY**

FINAL PAYMENT DUE NOV. 28, 2011. A \$100 DEPOSIT CAN BE MADE AT THE NAITSA OFFICE TO HOLD YOUR SPOT. IF YOU ARE PAYING ONLINE, YOU MUST PAY IN FULL AT THE TIME OF BOOKING.



**VISIT [NAITSA.CA/SKI](http://NAITSA.CA/SKI) FOR MORE INFORMATION**







# Stuff my Gf/Bf says!



**NATASCHA BRUHIN**  
Entertainment Editor

We love our significant others, but there are times when you simply want to scream at them for the things they have the nerve to say. **Whether still dating or not, here are some of the craziest, 100 per cent truthful things couples have said to each other:**

- "It's not really cheating because you didn't know about it."
- "I'm in bed with the girl from Oil City ... have a nice life ☺ (via text)."
- "Pay attention to what I'm saying ... I'm keeping you!"
- "... You're drunk."
- "... I've had a few."
- "Sorry man, I think I'm into women."

**When asked to rate the girl on a scale of one to 10:**

- "8.5. I've only given a couple 10s and few nines, so you're way up there!"
- "I'm 40 years old, I can buy a goat if I want to!"
- "I walked in and saw my girlfriend nailing my best friend. She proceeds to say, 'But I'm not even drunk.' I threw my shoe at her."
- "Ladies, I was 11 years old when this

song came out!"

"... Jesus, how old are you?"

• "How drunk are you on a scale from one to Mel Gibson?"

"... Charlie Sheen."

• "I waited seven months for you to feel 'ready', and then you go and bang that guy in one night? I hope you get an STD."

• "Are you sure you want to wear those pants?"

• "I prefer you with long hair."

"... You could have told me that before I got it cut!"

• "Can you re-use a pregnancy test?"

**While talking to the girlfriend:**

• "He said that although he thinks I have a very hot girlfriend, your friend is the most beautiful girl he's ever seen in his life. Don't feel bad about yourself though, OK?"

• "I'm worried that once I have the baby, I'll never lose the baby weight."

"... God, babe, I'm worried about that too."

• "How much period blood do girls lose every month? Like a pint?"

• "OK, I'll have a threesome."

"... Awesome!"

"But with you, me and another guy."

"... Give me a minute to mull it over."

• "Why do girls feel the need to discuss their periods in front of guys? One time, a girl declared: 'my uterine walls are shedding as we speak. Better go change my tampon.' Could you not?"

If you remember something crazy your girlfriend or boyfriend once said to you, send in the comment to us and we'll post it in an upcoming issue! e-mail: [entertain@nait.ca](mailto:entertain@nait.ca)



cosmopolitan.com

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11/12

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Your  
NAIT STUDENTS' ASSOCIATION



[naitsa.ca/spaday](http://naitsa.ca/spaday)





CROSSWORD

- Across**  
1- Effluent system  
6- Boyfriend  
10- "Believe" singer  
14- Singer Lopez  
15- Tombstone lawman  
16- Composer Schifrin  
17- Naive  
20- Fuzzy buzzer  
21- Florence's \_ Vecchio  
22- Neighborhoods  
23- Garden pest  
24- Hail, to Caesar  
25- Extremely tender  
32- Fleet  
33- Distribute cards  
34- Singer Shannon  
35- Type of gun  
36- Inexpensive  
38- Atlantic mackerel  
39- Convert into leather  
40- Oz creator  
41- Somewhat  
42- Comprehensible  
46- Obtain, slangily  
47- Adjutant  
48- Sound of a bagpipe  
51- Located  
53- Singer Torme  
56- Think about  
59- Greek temple  
60- Pulitzer winner James  
61- Paris end  
62- Epic narrative poem  
63- Roseanne, once  
64- Fool;
- Down**  
Down 1- Stump  
2- Fish-eating eagle  
3- Learned  
4- Brian of Roxy Music  
5- Made little waves  
6- Entities  
7- 3:00  
8- Commedia dell'  
9- News letters  
10- Dry red table wine  
11- Detest  
12- Zeno's home  
13- Fishing gear  
18- It may be happy  
19- Trivial objection  
23- Whirl  
24- Quickly, quickly  
25- Old Nick  
26- Flip over  
27- Accumulation of fluids  
28- PBS benefactor  
29- Model  
30- Piece of poetry  
31- "The Time Machine" race  
32- Queue after Q  
36- Dramatic troupe  
37- Humble dwelling  
38- Raise to third power  
40- Edible European flatfish  
41- Libyan chief of state since 1969  
43- Exit  
44- Jaw  
45- Mon !  
48- Cosecant's reciprocal  
49- Sack starter  
50- Langston Hughes poem  
51- Nintendo rival  
52- Bakery worker  
53- Prefix for small  
54- Pinza of "South Pacific"  
55- For fear that

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20					21						22				
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	25	26					27	28				29	30	31	
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				46					47						
48	49	50					51	52					53	54	55
56						57						58			
59						60					61				
62						63					64				

57- Test area  
58- Cover  
*Puzzles provided by BestCrosswords.com  
(<http://www.bestcrosswords.com>). Used  
with permission.*

SOLUTION  
Page 18

Trio with an ACE up their sleeves

By ANIKA NOTTVEIT

One of the campus radio shows airing on Thursday mornings is *The A.C.E. Hour*. The dynamic hosting trio includes Evan Degenhardt, Amanda Shultz and Chad Benson. They are first semesters in the Radio program. It didn't take them long to realize they enjoyed hanging out and within the first few weeks of school jumped on the opportunity to go on the air together!

**Anika:** Where did the name come from?  
**Chad:** I think I had the idea from the start.  
**Evan:** Though I spotted it to you guys. I just wanted something simple that could be easily remembered. You think of ACE, it's easy to say and you just know who's behind it, right away. Amanda, Chad, Evan.

**An:** What is your favourite part about being on the radio?  
**Amanda:** I like being in front of the mic.  
**E:** She likes being the diamond in the rough, because Chad and I are kind of rough around the edges! As for myself, I like the fact that maybe nobody listens but maybe there's that person just sitting at the breakfast table eating cereal and snickering. Making somebody laugh over a great distance is exciting. You never know who is listening and getting enjoyment out of it.

**C:** People look up to me. That's the biggest thing; people will turn to you for everything! News, weather, if they're having a bad day – I like being able to offer them what they need.

**An:** How do you feel about being on air in the morning?  
**E:** At first I was afraid. I was petrified. (Jokingly) Since we're on in the morning, people are coming into the studio saying hey. There's a lot going on and lots of energy. It would be cool at night, too, because there's more freedom, but I'm really enjoying the morning atmosphere.

**C:** People are walking by all the time. It's a fun time to be on air. There's a good chance I'll be late in the morning though.

**A:** I'm not a big morning person but it makes me feel good.



It starts my day off and I feel really great and awesome during and after the show! It makes me wake up!

**E:** We were all a little groggy at the start, but it gets the day going!  
**An:** How's the team dynamic?  
**A:** We're all pretty alike and enjoy the same things. We get along really well.  
**C:** We make fun of each other.  
**E:** We have great banter, even though we haven't known each other for that long. It's like a brother-sister love.  
**An:** Do you do a lot of preparation before your show?  
**C:** It depends. We always plan our music and come with a playlist.  
**E:** We try to choose topics that are relevant to our life. We pick something simple that happens from our personal life. We try to talk about things that, if we can amp up those everyday things, people can relate easily too.

**An:** Do you have a musical theme?  
**C:** A lot of our stuff we try to play is upbeat. We want to help people get people-ready for their day.

**E:** There's so many people out there that having one kind of music wouldn't be as listener friendly. It's music that reflects our taste. You'll find the music we play on our iPods.

**An:** Where do you see your show going in the future?  
**C:** I see us being the morning favourite. As far as campus radio shows go, we'll be No. 1. I see us going to the Star Awards! Eventually, I would like trying to venture out on a solo show.

**E:** Once Chad becomes completely famous. The ACE will be no more it will just be A ... E. It just won't be the same. Being with these guys, the nerves are going away. It's a good way to ease into radio. We just rely on each other and learn to have co-hosts.

**C:** There's more pressure if both co-hosts disappear, though.

I was once thrown into the studio on my own. But it works out.

**A:** The future is bright. I see stars and rainbows and unicorns.  
**An:** Are there ever any fights?  
**C:** If there are, we always hug it out during the commercial break.

**E:** Ain't no mountain high, ain't no valley low. Nothing can come between our bond. It is strong like ox.

**A:** There's a big age gap between us. So that helps. The force is strong in those two.

**An:** Do you have any final thoughts you care to share?  
**C:** Thanks for making us No. 1! We have 110 likes on Facebook!

**E:** If you're listening, keep listening. If not, gosh, listen!  
**A:** Thanks.

This exciting trio, called A.C.E., will be sure to spice up your morning! Tune in Thursday mornings at 10!

NAIT  
NEWS  
WATCH

Saturdays at 6pm on CTV Two  
Starting October 1





CHELSEA BIRD

## After Blackberry's technical failure, do you think the company will ever recover?



"I think that it will recover a bit, but Apple will start to take over."

**Brad Tarras**  
Business



"No. Apple is way too powerful. It will definitely take over."

**Zarko Bjelic**  
MRT



"No way ... the iPhone is top-notch. It's constantly being updated."

**Lyndsay Cowan**  
RTA



"No, iPhone is going to take over."

**Tara Sorge**  
Business



"Probably not ... I used to have a Blackberry, the iPhone is way better."

**Kyle Moore**  
Power Systems

# NNT Model finale!

By CHELSEA BIRD

This week, five finalists will have found out if they were still in the running to become ... NAITSA's Next Top Model!

The nearly two-month long competition is coming to a close this evening (Thursday, Oct. 20) at the Nest.

After three rounds of online voting, contestants will finally be whittled down to five finalists who will be announced at the finale. A panel of judges and a live vote by the audience will select the winner.

As the second ever Top Model contest that NAITSA has hosted, it's been a huge success. This year, 48 applicants submitted photos online for consideration while last year only 30 applied.

The contest was open to both male and female contestants but the competition quickly became dominated by females after the first round of voting.

"The hardest part about this competition was watching the girls get voted out every week," said event co-ordinator Franco Camminatore. "It can be heartbreaking because I know how much they all want to win."

The winner will act as a representative for NAIT throughout the school year.

Contestants have made their way through three rounds of online voting, which has driven a lot of traffic to NAITSA's website. Voting was not only done by people outside of NAIT, but also by people living in a completely different province.

This being her first year in Edmonton after moving from Saskatoon, Paige Blakley says her strategy was to get votes from here and from back home.

"I contacted my friends and family from back home in Saskatoon. The votes could be from anywhere, so that was big help."

She also says that this experience has helped her

branch out among students.

"I wasn't very involved in anything when I first got to the school. I'm in the baking program so I'm always downstairs in the kitchen. My program is really demanding, so it's nice to get out there and get involved with other students and NAITSA."

While most contestants admit that they didn't have much modelling experience before entering the competition, they seem to agree that it's been a great way to meet friends.

"I think it would be really cool to become a spokesperson for NAIT. I originally did this to meet people and I've met a lot of really cool, genuine people. Winning would just be a bonus," said Tatianna Lazowski.

Fellow contestant Jane Kovacic says the competition has already given her a huge boost of self-confidence.

"I've been a dancer for years and I've developed confidence through that, but I've never really had a ton of confidence. If I were to win I would definitely be very impressed with myself."

The winner will be crowned tonight and all students are welcome to cheer on their favourite contestant as they do a final strut on the catwalk to convince judges that they deserve to win.

Little Black Dress wine will be on special during the show. If your favourite gets chosen and you're in the mood to celebrate or you just want to party afterwards, the Nest is also hosting an after party featuring techno band Top Less Gay Love Tekno Party. Formed out of Vancouver, don't let the name scare you off; they're actually a well-established group and are sure to put on a good show.

Tickets are \$7 for students and \$12 for non-students.



life.as.art

**Laura Duran, the winner of last year's Next Top Model competition.**



# First album for local singer

By **CHRISTINE VU**  
Assistant Entertainment Editor

Jessica Jalbert is one of Edmonton’s prominent music makers but she has yet to put an album out. On Oct. 28, the wait will finally be over. After years of performing and just under 18 months of recording, Jalbert is ready to release her first full length album, *Brother Loyola*, under Edmonton’s own Old Ugly label. To celebrate the release, Jalbert, along with guests Caity Fisher and Catgut, will be performing at the launch party at local music hub Wunderbar.

The songs on the album have been songs that date as far back as when she first began writing in Thunder Bay, Ontario. Jalbert moved across the country for a change of pace. Without a familiar face and without any other bands to play with, she began writing her own music.

“It came from the headspace of being alone a lot,” Jalbert explains. “When I moved back to Edmonton is when the songs took shape because people were excited to hear them and they liked them and then I was like, oh, maybe I should work on them.”

Jalbert, with a tonal voice, categorizes her music as indie rock. With three singles out, Jalbert shows off her musical range but her lyrics don’t reveal much about the singer. Her songs are more narrative than from her own personal experience.

Although Jalbert draws inspiration from everything, one of the most influential of all is her reading material.

“Some of the songs in the album tell personal stories but a lot of them come from what I read and what hits me deeply,” reveals Jalbert. “I like the craft of cloaking them a little bit and using metaphors but they are songs that are personally meaningful to me.”

Jalbert is currently filming a music video with director Mike Robertson of High Wire Films for her single “Paris Green.”



Jessica Jalbert

Supplied photo

Paris Green is a paint pigment that was one of the most vibrant and long lasting but turned out to be deadly. “Something being beautiful but also really bad for you is a very relatable image and that’s what the song is about,” says Jalbert.

During the day, Jalbert spends her days as a record shop employee and expresses excitement about seeing her own album on shelves. “It is my life. For better or for worse, it is what I do.”

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



## Safety at Halloween



Halloween is upon us once again and little ghouls and witches will head out in costume for some long awaited trick or treating. Here are a few simple tips for you and your youngsters to have a safe and happy Halloween:

**For Kids**

1. Trick or treat with a friend or your parents.
2. Do not go to houses where the lights are off.
3. Never go inside a stranger’s house.
4. Know where a Block Parent house is in case you need help.
5. Start trick or treating early and do not stay out late.
6. Let your parents know where you will be.
7. Cross the road at the corner or a crosswalk.
8. Look both ways before you cross the road.
9. Wear reflective tape on your costume so drivers will see you better.

10. Carry a flashlight.
11. Never go into alleys, parking areas, or vacant lots.
12. Do not go near animals you don’t know.
13. Eat a good supper before you go trick or treating and ask your parents for a sample of their treats to eat while you are out.
14. Let your parents check your treats before you eat them. Don’t eat candy when you get it. Take it home and let your parents check it over.
15. Never eat unwrapped candy.
16. Keep away from open fires and candles. (Costumes can be extremely flammable.)
17. Use face paint rather than masks or things that will cover your eyes.

**For Adults**

1. Using common sense can make a party a great one and avoid anything that may ruin it.
2. Keep an eye on the drinking, don’t let it get out of hand. Take the keys away from any-

- one that may be driving. Have one person stay sober and offer to drive those people home who may be too intoxicated to drive.
3. When deciding on a menu, check and see if anyone attending the party has food allergies that might be a problem. Common food allergies to dairy products, peanuts and shell fish can really put a damper on the festivities.
  4. Know the route your kids will be taking if you aren’t going with them.
  5. The best bet is to make sure that an adult is going with them. If you can’t take them, see if another parent or a teen aged sibling can go along.
  6. Know what other activities a child may be attending, such as parties, school or mall functions.
  7. Make sure you set a time that they should be home by. Make sure they know how important it is for them to be home on time.
  8. Explain to children the difference

- between tricks and vandalism. Throwing eggs at a house may seem like fun but they need to know the other side of the coin as well, clean up and damages can ruin Halloween. If they are caught vandalizing, make them clean up the mess they’ve made.
9. Explain to your kids that animal cruelty is not acceptable. Kids may know this on their own but peer pressure can be a bad thing. Make sure that they know that harming animals is not only morally wrong but punishable by law and will not be tolerated.
- Happy Halloween!
- 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.

BE INSPIRED

ALTER your EGO

1000s of new and used costumes and accessories plus our endless assortment of quality used items means we've got the BIGGEST HALLOWEEN SELECTION IN TOWN ... AT THE BEST VALUE!

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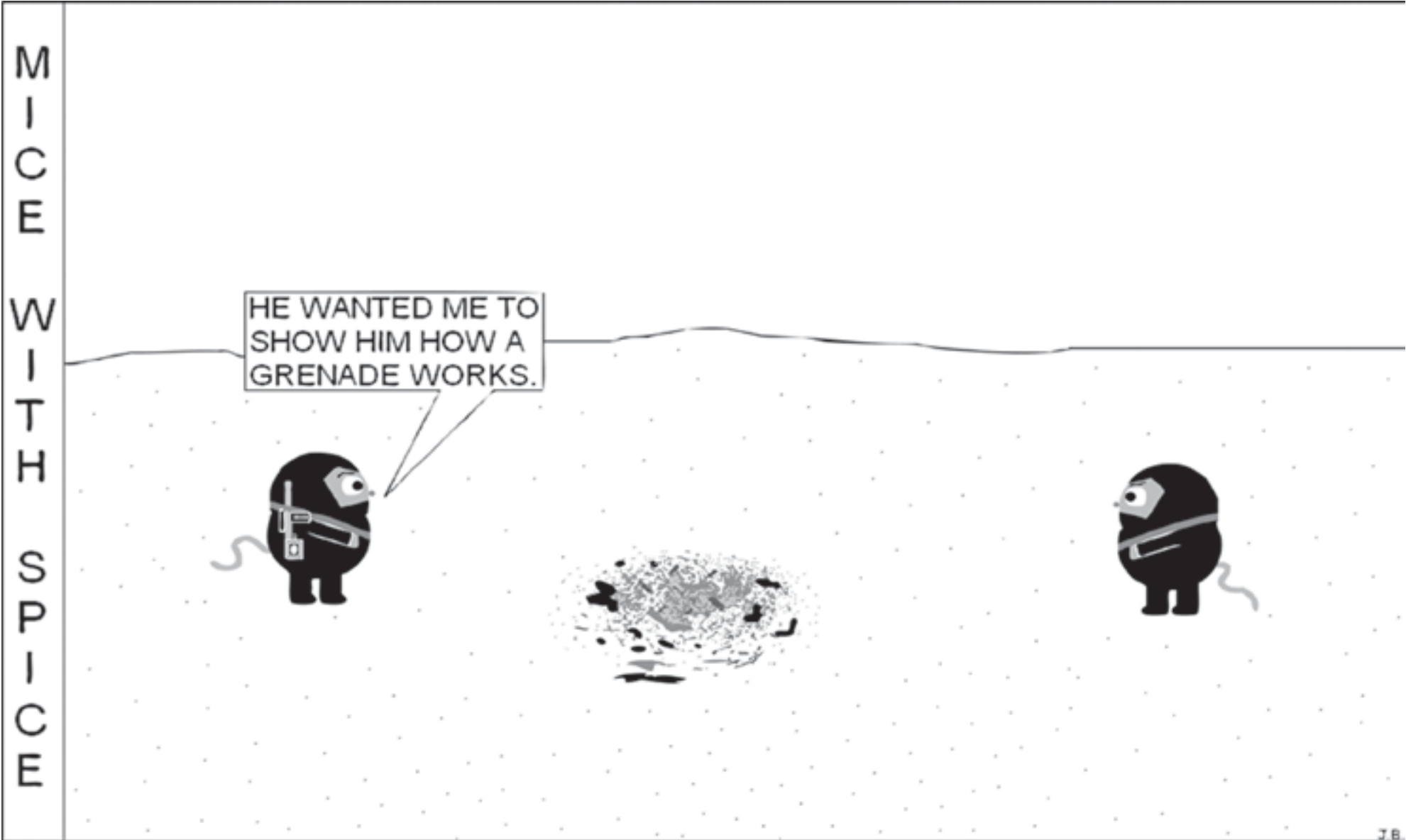






THE NUGGET PRESENTS:

NUGGET COMICS



Cartoon by John Benesch



Cartoon by Josalyne Wilfong and Mark Nordstrom



THE NUGGET PRESENTS:



# GRAPEVINES

Grapevines is a chance to speak your mind. E-mail [grapevines@nait.ca](mailto:grapevines@nait.ca) or submit online at [www.thenuggetonline.com](http://www.thenuggetonline.com)

I applaud the girls who make the effort to look good for school. It, truly makes a guy's day. However, if you're going to don those five-inch heels, make sure you do them proud by not stomping around in

them like an out of control dinosaur. I'm a dude, and even I know that's an insult to the heels.

— You fancy huh?

...

To the girl who smacked her purse in my face the other day in the hallway: I know it wasn't because it was "crowded" and you "accidentally" bumped into me. You had room but you just didn't want your

precious purse to get touched by strangers. Well, I'll have you know that I know a designer purse from a fake one and girl ... that's not a real Louis. Just sayin'.

— Not fooling anyone

THE NUGGET PRESENTS:



# Dr.CONwisDOM

Dear Dr. CONwisDOM,

You seem to be a hit with the love-forlorn guys, so I'm writing ask for your help as well. What kind of flowers do I get a big-city girl who likes anything modern and contemporary?

— Flower power guy

Dear Flower power,

Cym Orchids will do the trick. They are a little pricier than other flowers though, so if you're short on cash try dendrobium orchids instead. The blue/purple coloured ones are a hit with everyone, trust me.

...

Dear Dr. CONwisDOM,

My boyfriend likes a few drinks now and again. I don't mind a few myself, but every once in a while he'll forget that he's making love to me and start rambling on about the "best nachos he's ever had" or better yet, fart and completely pass out. How do I make myself his first love over the hooch?

Sincerely,

Could really use a cocktail

Dear Could really use a cocktail:

It sounds like your boyfriend is suffering from a common condition known as "might-beirishitis", and while it may make him devilishly handsome and a handful in the bedroom, it can have adverse side effects. My best advice is the old "if you can't beat him, join him" method. I suggest getting completely plastered and playing one of my favou-

rite games "holy s\*\*\*\* those aren't the throw pillows."

...

Dear Dr. CONwisDOM:

Hockey season is amongst us once again and I've lost the will to look at my girlfriend. It seems like every time the puck drops, she's ready to give me a lecture that would make a university professor blush. How do I balance the game and her affection or whatever the hell she wants?

Sincerely,

Rather have Ryan Nugent-Slopkins

Dear rather have Ryan Nugent-Slopkins

Ah yes, as the hockey season starts, so does the inability for the common male to interact with his mate. I suggest incorporating her as an intermission feature (kinda like Coach's Corner, except she won't wear a loud suit like Grapes. You'll get yelled at just as much, though.) You don't wanna lose this girl, sonny ... who will buy the beer?

...

Dear Dr. CONwisDOM:

I love my boyfriend very much but every time I bring up the prospect of marriage, he shuts me down completely. Should I be worried that he's hiding something, or is he just scared of commitment?

Signed,

If you like it, then you should have put a ring on it

Dear "If you like it, then you should have put a ring on it",

Every man faces the prospect of marriage a different way. Some are really ready for a wife (kinda creepy guys, smile a lot, wear their jeans too high). Others want to cast that ring back into the hell fires that it was brought from. Is he hiding something? Probably not. Never mind the fact that he stares at you oddly while holding a knife and has already measured you for a casket ...

...

Dear Dr. CONwisDOM:

Whenever it's Halloween, my boyfriend starts to get grumpy because I wear a sexy costume and I get a lot of looks from other guys. Is it my fault that I look good?

Signed,

Turning tricks-or-treat

Dear "Turning Tricks-or-treat",

Certain Halloween costumes may flatter a girl's figure, but let's remember that the holiday is a celebration of the dead and mainly for children. Surprise your boyfriend by going as something normal, like a witch or ghost, or you could go with something outside your norm and dress up as a faithful girlfriend.

...

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](mailto:conwisdom@nait.ca) or submit them online to [www.thenuggetonline.com](http://www.thenuggetonline.com) and your sex doctor will have your "prescription" ready for you the following week!

PUT YOUR WRITING GLASSES ON!

GET YOUR THOUGHTS INTO PRINT!

Submit your opinion letters with your real name & phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca)

\*Articles have a 100 word limit THE NUGGET

## 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

### At a crossroads?

Health, love, career and life choices can all become clearer by consulting with an experienced palmist. \$30 for up to an hour-long session. [elizabeth.helps37@gmail.com](mailto:elizabeth.helps37@gmail.com)

### 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.



## RATE YOURSELF

# Combating procrastination



## TIMELY TIPS

**MARGARET MAREAN**  
NAIT Student Counselling

Most people struggle with procrastination to some degree. It is a major factor in determining how individuals do at school, and later in their careers and in other parts of their lives. The good news is that procrastination is a habit and, like any habit, it can be changed. However to change you will need to be diligent in taking action and doing the tasks that need to be done when you had planned to do them.

Rate your anti-procrastination techniques by checking off those you already do:

☐ I never label myself as a procrastinator. (Giving yourself the procrastinator label just reinforces procrastination).

☐ I am in a routine of studying and doing homework at the same time each day.

☐ I make a daily to-do list and prioritize the items on the list.

☐ I always make a point of working on my

most important tasks first.

☐ I define clear goals. I also make sure my expectations are reasonable.

☐ I recognize how I procrastinate (watching TV, talking, phone calls) and instead I use these as rewards. I don't let myself do other activities until I have completed the work that I need to do.

☐ If I am feeling overwhelmed I break tasks down into small chunks and work on one chunk at a time.

☐ If I feel really unmotivated I use the five-minute method. I commit to doing something on the project or studying for five minutes; when the five minutes are up I decide if I am going to continue for another five minutes. (You almost always will because the hard part is getting started!)

☐ I am aware of making excuses. I challenge faulty reasoning every time and get right back on task.

☐ I do not reward myself for procrastinating. I know that every time I do another activity such as watching television, visiting with friends or washing my car instead of working on my goal I am rewarding myself for procrastinating.

☐ I get enough rest. Fatigue is one of the biggest contributors to procrastination.

☐ I recognize self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety.

☐ I take action right away! I never put off

important tasks until tomorrow, even if it means just doing a small portion of the task.

☐ I will look back at this list and try to incorporate at least one new technique that I am not using.

☐ I will book an appointment to see a counsellor if I need help on this or any other

personal or academic concerns. I won't put it off!

Counsellors are available to help with any academic, personal or career choice concerns you may have. Phone 780.378.6133 to book an appointment or come in person to Student Counselling, Room W-111PB, HP Centre.

## Who ya gonna call?

**Academic and personal concerns** – Student Counselling, 780-378-6133, Room W-111PB, HP Centre.

**Health insurance coverage** – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 30 if you have alternate coverage.

**Housing** – Online housing registry at [www.rentingspaces.ca](http://www.rentingspaces.ca)

**Injury, minor medical concerns** – Health and Safety Services, 780-471-8733, Room O-119.

**NAIT Security** – 7477.

**Part-time campus jobs/volunteering** – NAITSA, 780-491-3966, Room E-131.

**Program-related concerns** – Contact Program Chair or Program Adviser.

**Scholarships and bursaries** – Student Awards Office, 780-491-3056, Room O-101.

**Special needs students** – Services to Students with Disabilities, 780-378-6133, Room W-111PB, HP Centre.

**Student loan/grant assistance** – Financial Aid Office, 780-491-3056, Room O-111.

**Tutoring** – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday. Also at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing [tutor@nait.ca](mailto:tutor@nait.ca). Cost is approximately \$15/hour.

## Short competition

By ALI MAGEE

Edmonton filmmakers are given the chance to showcase their work at Metro Shorts, hosted by Mostly Water Theatre.

Metro Shorts is an ongoing short competition for films five minutes and under. Films are accepted from every genre ranging from comedy to humor to extreme abstract. Mostly Water Theatre holds the viewing of the submitted films at Garneau Theatre, which was recently bought by Metro Cinema.

There are five events between October and May; each evening eight or nine films are viewed, critiqued, and voted on. The directors of the featured films each get \$50

CARFAC screening fees and the winner as voted by the audience will receive \$100 as a cash prize. The winner also has to contribute a film in the following competition.

Metro Shorts is also a way for filmmakers to get feedback on their projects by people in the industry.

"You have people with perspective viewing your video," said Mostly Water Theatre's Trent Wilkie. "We show all videos and they are professionally adjudicated."

Judges include Dana Andersen and CBC Radio's Peter Brown. After each film is shown, the judges give their opinion on the piece. The critique is important to amateur

filmmakers, and can really help them grow in terms of quality of shots, storylines, and overall video.

The audience votes by show of hands for their favourite at the end of the night. One of the most exciting things about making the winning video may be that you have to make another video for the next event.

"Deadlines help creative people work better," said Wilkie.

Of the videos that are entered, the event

tries to show all that have been pre-watched and dubbed appropriate. However, if there are too many videos for the night, the films not chosen will be viewed

at the next event. Appropriateness of the videos, though, is not PG. Wilkie says films have been entered that are horrifically violent and gory, as well as films that include much nudity. With such a broad spectrum of videos accepted into the competition, appropriateness levels also vary.

Metro Shorts is the perfect way for up and coming talented directors to debut their films and get critical feedback from professionals, as well as an opportunity for veteran film makers to show off their talents and educate others. Even if filmmaking is not your forte, audience members also have an important job – to select the winner!



[yourhealthspan.com](http://yourhealthspan.com)

## A very spa-cial day!

By CLAIRE THEOBALD

The novelty of a new school year has long worn off, and the stresses of student life have already set in.

Luckily, NAITSA and Est-elle Academy have teamed up for this year's Spa Day, offering students discounted spa packages on Oct. 22.

With upcoming exams and projects due, students don't have that much time to relax and meet up with friends. This event kills two birds with one stone – it takes place on a Saturday, which makes it an ideal way to gather all your friends for an afternoon of pure serenity!

Packages include haircuts and colours, hair extensions, spray tanning, stone relaxation treatments and pedicures. Students choose their package and have the option to add additional treatments.

Sessions are split between morning and afternoon. Students meet at the NAITSA office that day and then are provided with transportation to and from the appointments.

Students can purchase packages online or at the NAITSA office.

For more information, visit <http://naitsa.ca/SpaDay.aspx>, or drop by the NAITSA office.



# Recipe

## Breakfast casserole

By TIFFANY LIZEE

This is something easy to make and super handy for us students who don't have a lot of time for breakfast. Cook them up, throw them in the fridge (or freezer), grab and go.

### Ingredients:

- 24 slices of white bread, crusts removed
- Chopped back bacon or ham
- Grated cheddar cheese
- 6 eggs
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 to 1 tsp dry mustard
- 1/4 cup minced onion
- 1/4 cup green pepper, finely chopped

- 1 to 2 tsp Worcestershire sauce
- 3 cups whole milk
- Few drops of tobasco sauce
- 1/4 lb butter
- Special K or corn flakes

**NOTE:** To make as a "milk free" casserole: Use bread that doesn't contain lactylate, eliminate the cheese ingredient and use Rice milk instead of whole milk.



### Process:

Using two cupcake baking pans, fill every spot with a piece of bread.

Add chopped ham or bacon and grated cheddar cheese.

In a bowl, beat eggs, salt and pepper, dry mustard, onion, green pepper, Worcestershire sauce, milk and tobasco. Pour over bread.

Cover and put in the fridge overnight. In the morning, melt butter and pour over top. Cover with Special K or corn flakes.

Bake for one hour at 350 F. Let cool for 10 minutes.

Wrap in Saran Wrap and put in fridge/freezer. Every morning grab one, heat it up and go.

## HOT SINGLE OF THE WEEK



Photo by Tiffany Lizee

### Alexis Rolfe, 18 Business Administration

- 1. What do you think is the biggest mistake that men/women make in their relationships?** I think the biggest mistake men/women make in relationships is moving too fast and "falling in love" after the first week ... what's the rush?
- 2. What are the qualities of your ideal relationship?** The qualities of my ideal relationship are trust, honesty, loyalty and having fun ... of course.
- 3. What is the most annoying thing that someone could do to you?** There are lots of things I think are annoying, mostly is when a guy tries waaay to hard ... Ew.
- 4. What do you like to do for fun?** Can you even have fun without drinking? I like to party ... a lot.
- 5. What is the biggest mistake that people make on a first date?** The biggest mistake on the first date is when the guy is constantly texting or checking their phone.
- 6. What is the weirdest thing about you?** I have OCD with washing my hands ... public places gross me out.
- 7. Would you rather be on a roller coaster or Ferris wheel?** Roller coaster, woaaa.
- 8. What's your favourite joke?** I honestly don't think my favourite joke is appropriate for the school paper.
- 9. Do you believe starting a relationship should be easy or requires some work?** Starting a relationship should be so easy, the beginning is always the best because you are learning so much about one another so why work when you will have to later on?
- 10. Do you like to chase or be chased?** I like to be chased like every other girl ... but I don't mind a challenge.

**Are you hot and single? E-mail us at [entertain@nait.ca](mailto:entertain@nait.ca)**

## Poutine a put-off

### CAMPUS FOOD REVIEW

By CLAIRE THEOBALD

Ah, the poutine. A dish more synonymous with Canadian culture than Jean Cretien wearing a beaver hat standing on an ice flow while listening to Celine Dion perform the national anthem.

A pile of crispy, golden fries smothered in soft cheese curds, drowned in salty gravy. What's not to love? OK, maybe not the calories but for those willing to risk a future quadruple bypass surgery, nothing quite compares to the greasy, salty comfort that is the poutine.

After a tough post-long-weekend morning of classes, I was looking for a bowl of comfort to soothe my soul. Luckily enough, the Common Market had me covered and for \$4.39 a serving (plus taxes), I got all the poutine therapy I could handle.

The fries were served hot from the fryer; crispy on the outside and fluffy on the inside.

I watched as the bowl of fries received the first dousing of gravy and I could feel myself start drooling like a drugged basset hound.

Then, tragedy struck.

The server pulled from a cardboard box on the counter a plastic sack of cheese curds which, if not for the label,

could be confused with dried out white play dough.

Even the server seemed to hesitate before assaulting my food with it and the evidence was quickly concealed under another hearty helping of gravy.

Hunger overcame any doubts I had about consuming my meal, and so, after making my way through the line, I eagerly stuffed my face with the first bites.

While the gravy was hot it concealed the crime against dairy that was the cheese curds. However, as the gravy cooled, so did my appetite for fake cheese. I don't know how old it was but I tasted like it had been stored in my boots for a month.

I can't really blame them; I knew what I was getting myself into. This was definitely not the worst poutine I've eaten nor was this the first cheap poutine I've ever had and I doubt it will be the last.

Although I would hardly nominate the Common Market poutine for a Michelin Star, in a moment of weakness their poutine is perfectly sufficient. For those of you still brave enough to order yourselves a bowl and face the consequences of the plastic cheese head on, remember, I told you so.



## MOVIE REVIEW

# It's time to cut loose ...

By KARL GARNEAU

Well this wasn't what I was expecting myself to review. I expected myself to watch manly-man movies for manly men who bench press pickup trucks, punch bears, break cinder blocks with their teeth and smash entire school buses together for no discernible reason. Movies like *Real Steel* or *50/50* or *What's Your Number?*

I never watched the original *Footloose*, but I figured it was on the same level as *Singin' In the Rain*, my one and only favourite musical of all time. I also know relatively nothing about the history of this remake. The director has worked on a few other projects – none of them I recognized. That's better than the writer – who I couldn't find at all. In other words, I was going in with no expectations. My mind was a blank slate, save for the only instance that I've ever played favourites with *Singin' In the Rain*.



A musical requires two things to succeed: Theme-fitting music, and choreography. I can only remember two instances where the music was fitting. Surprisingly enough, two of them were also the scenes with the best choreography in the film. The first scene is a scene where Not-Kevin Bacon (AKA Kenny Wormald) blows off steam by doing a cross-mix between dancing and a crazy, flamboyant seizure. It was pretty excellent because it showed and didn't tell us that the character was a good gymnast. The second scene was the ending – which was actually rather excellent.

Unfortunately, those two scenes were basically all I can remember from the film, aside from the comic relief on account of Willard (played by Miles Teller) who was an absolute blast every time he was on-screen. From what I've heard, the remake is supposed to be very faithful to the ori-

ginal. That doesn't really allow me to understand why I could only remember two scenes.

Then it or rather, two things hit me. First off: I was expecting a musical in at least a similar sense to *Singin' In the Rain*, which was a major cultural phenomenon just by its soundtrack alone, after all. Secondly, I was clearly not the target audience for this movie. I looked around the theatre and noticed that they were all either: Teenage to young adult girls who think the main character was a sex god, boyfriends on dates with previously mentioned girls and older couples who looked to be in their late 30s to 40s (so teenagers when the time the first *Footloose* came out). The only dude who would actually go into it alone is a professional critic like myself. \*cough\*

The acting is actually pretty good, with props to Dennis Quaid (Reverend what's-his-name) for actually making me think the character was actually a priest ... or reverend ... What's the difference? Anyway, you wouldn't really believe how difficult preaching actually is without making it sound downright silly. This is coming from me, preaching to you about this movie in text form.

Plot threads are touched on when needed and all of them are wrapped up nicely. All the character development needed for the story to work was shown and not told. I don't think contrived subplots were even made, which I feel is a good thing.

I personally don't believe in condensing my opinions into numerical values or 'stars' for those film critics who think the overused shapes mean anything. If I did, I would give this movie three and a half stars out of five, for the good things and a tightly tied story. One star is removed because I find remakes to be lazy. The last half is removed because it's been a good 10 hours since I saw the film. I only remember a handful of aspects to the movie. That can't be a good thing, in my books.

Hey, at least it's not *Glee: The 3D Concert*, or *High School Musical* or any Disney movie based around young boy "musicians." Or *Glee*.

Overall, I very much recommend this movie. It was a lot of fun to watch. Just make sure you have friends with you and try not to poke fun at the slower parts ... like I did.



## CD REVIEW

# Could be better

By SHAWN GRAY

Edmonton is known for a lot of things but we've been very quiet with giving the world great musicians excluding the Stereos and Shiloh (they're the best!) ... Anyways, one band that Edmontonians can actually be proud of is Ten Second Epic. A five-piece rock band grown from our own backyard just released their third full-length album *Better Off*.

Now *Better Off*'s sound doesn't stray far away from previous records, *Count Yourself In* and *Hometown*, but the band has definitely shown growth and maturity in their song writing.

The album's lead single and first song, "Young Classics," starts this record off with a bang and really sets the standard for the rest of the ride. Lead vocalist Andrew Usenik's voice feels so easy to listen to as he wails "What do I got to lose, what do I got to prove."

Mixed with intriguing and original guitars backed by standard drumming and bass that just kind of complete the sound. Sanctuary

plays a strong follow up to *Young Classics* but after that I found that album kind of trails off and the next three songs provide nothing special. While not bad songs, they just didn't give that kick that the album started out with.

It wasn't until the sixth song, "Eastbound," that I found myself getting pulled back in. The song's chorus is noticeably its strong point.

Animal Choices and After Hours give the album some pace, trying to stand on par with *Young Classics*, which is the best song in my opinion, but falls slightly short.

Giving Up proves to be one of the more interesting songs, where everything just seems to work perfectly together. The album comes to a close with Northstar, a ballad that does its job well by slowing down the pace, and leaving the listener to drift off from the record.

Overall, *Better Off* proves to be a strong third outing for the band. Although if you don't like Ten Second Epic already, this album won't change your opinion of them. Also, if you've



Ten Second Epic

never listened to them, don't start off with this album. *Better Off* is easily their worst record as it lacks the intensity and passion captured in their two previous releases. Bands are like a story and should be heard from the beginning.

I suggest picking up *Count Yourself In* or *Hometown* before this third album. So good job, Epic, but you've done better.



## BOOK REVIEW

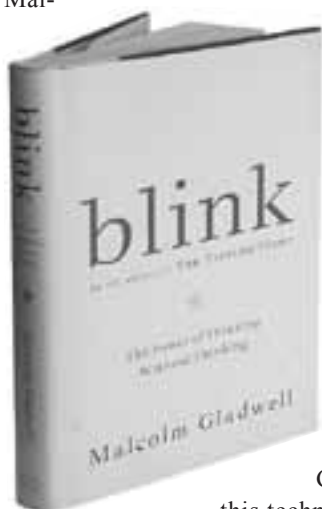
# When first impressions may rule

By ALI MAGEE

Author of *The Tipping Point* and *Outliers*, Malcolm Gladwell explores the idea of instincts and first impressions in his second book of three, *Blink*.

Gladwell brings up moments in his own life and anecdotes of others in which people's first instincts are more accurate than extensive research. He argues an interesting concept that maybe people ought to trust their original reactions to things and situations more often.

Using examples that are easily relatable, Gladwell puts real life situations into practice to prove his point. One theory that he goes over in particular caught my interest over others. Gladwell speaks and learns from psychologist John Gottman about



"thin slicing" marriages. Gottman is able to determine within just a few seconds of video footage of a married couple chatting whether or not their marriage will last ... with 95 per cent accuracy!

Gladwell describes a similar experiment where people who are given just 15 minutes in a student's dorm are better able to interpret the students' personality than even their closest friends.

Even though at first I was skeptical of the legitimacy of these claims, the author and his subject both explain brilliantly how they are able to reach these conclusions so precisely.

After describing the art of "thin slicing," Gladwell goes on to examine situations where this technique isn't as effective. By taking into account

the contrasting view of his ideas, Gladwell gains the readers trust and creates an even stronger argument.

Finally, Gladwell investigates ways to improve the art of "thin slicing." Again, by recognizing that his theory is not flawless, he gains credibility and motivates the reader to think about ways to also better his developments.

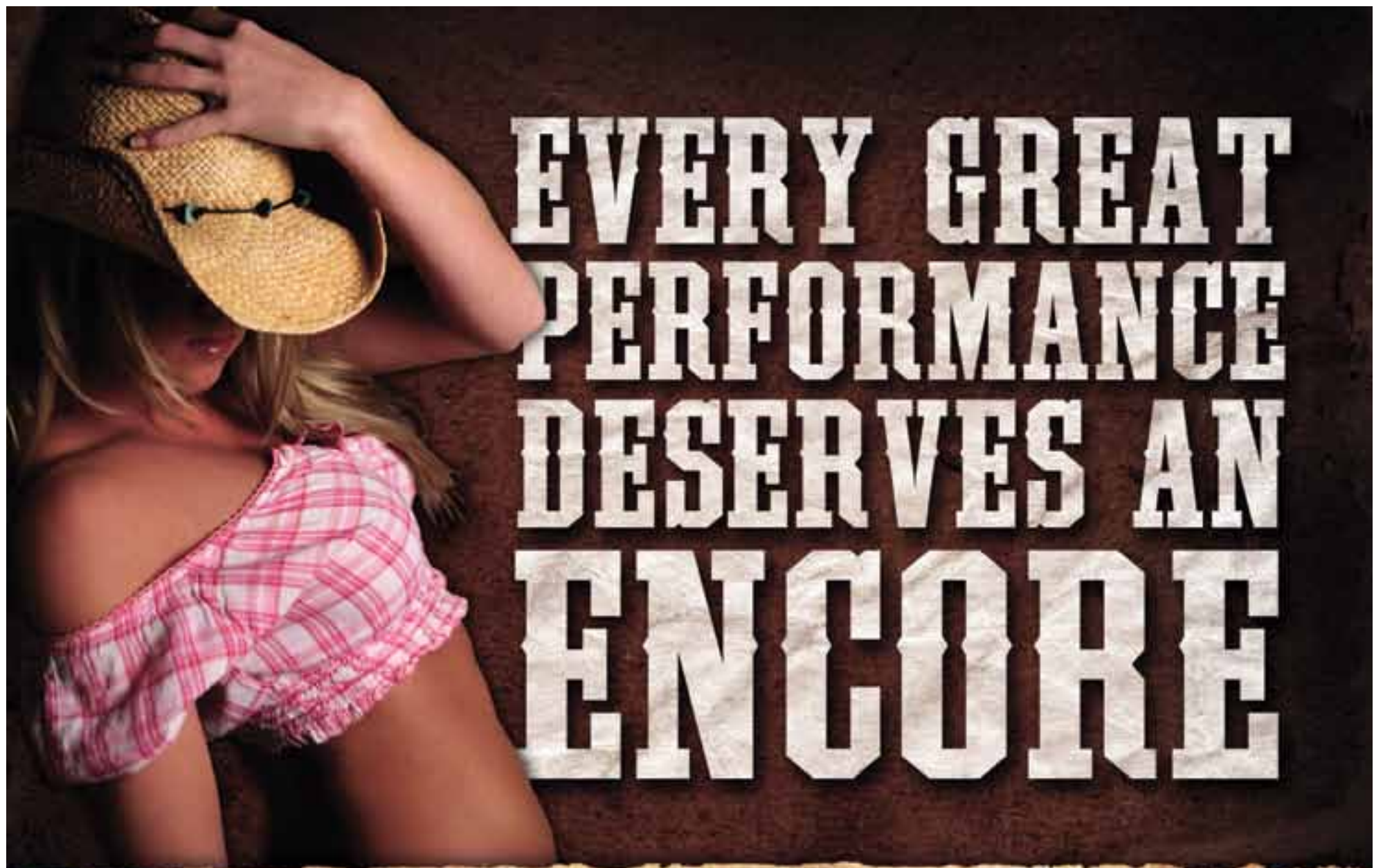
The only problem I had with the book was that the content was very repetitive. You could probably draw the same understanding of what Gladwell is trying to explain in the first two thirds of the book.

Gladwell has an addicting quality to his writing. Once you read one of his books you crave to read more, almost like somehow he knows more than most people and you want to discover what he already has.

The book is very complementary to the others by Gladwell and if you're at all interested in psychology, society and human lifestyles,

I recommend all three of his books.





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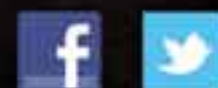
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