

VOTE FOR NAITSA's NEXT TOP MODEL

THE NUGGET

Thursday, October 6, 2011
Volume 49, Issue 6



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

STUDENT OFF TO ENGLAND

Apprentice earns prized spot in Worldskills, story page 3



Photo by Fletcher O'Grady

WINNING TEAM

Jubilant members of the NAIT team Construction Engineering Wings congratulate each other on Saturday Oct. 1 after taking home the trophy at the 37th annual Bridge Building Competition at Whitemud Creek. Story, page 5

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NEWS & FEATURES

Light in a bottle



DOSE OF EXTRAORDINARY

ANNA ESTANISLAO
Issues Editor

In the past few issues of the *Nugget*, I've showcased mostly exceptional individuals. This time around, I want to share with you an organization that hits close to (my other) home.

Electricity comes so easily to us here in Canada. We don't have to worry about frequent blackouts or losing our power as long as we pay our bills. In the Philippines, despite our lush beaches, islands, exciting night life, worldwide talent, boxer Manny Pacquiao and much more, we are faced with the problem of overpopulation. Not many people may be aware of this, but, slums are scattered across the city of Metro Manila.

I won't sugarcoat anything. I love my country but this is reality; millions of poor people still do not have access to electricity in their homes and electricity is one of the most expensive necessities to have.

Isang Litrong Liwanag (A Liter of Light), a project led by entrepreneur Illac Diaz of MyShelter Foundation, plans to change or help improve the lives of poor families by provid-

ing them with solar-powered light. Sounds expensive, right? Fortunately, it isn't. Using a recycled plastic soda bottle, they fill it with water and a little bit of bleach to prevent algae growth then insert it into a custom-cut hole in the roof. Voila! 55 watts of light readily available. Plus, it's eco-friendly.

The difference between simply cutting a hole in the roof and using this proficient solar bottle bulb is huge.

"Unlike a hole, which the light will travel in a straight line, the water will refract it to go vertical, horizontal, 360 degrees of 55 watts to 60 watts of clear light, almost 10 months of the year," said Illac Diaz to a news source.

Alfredo Moser, an engineer from Brazil, first started experimenting with plastic bottles in 2002 during an energy crisis and blackout. This brilliant idea was then designed and developed by students at Massachusetts Institute of Technology. The Philippine version of this solar light bulb has been tweaked slightly but this innovation will last for five years, providing clear light into homes. Although this type of light source can't work at night, it really is better and more efficient than say, using a candle or faulty electrical wires which have the potential to start a fire.

MyShelter Foundation continues to promote this project, which creates jobs for unemployed Filipinos and introduces alternative energy and construction in the Philippines. Many other countries such as the Middle East and Brazil are also working with this new energy source to help those in need.

What Illac Diaz has begun is truly astounding and ingenious. This simple invention has definitely improved and changed the lives of many families. His mission? To light a million homes by 2012. I believe he can do it.

If you would like to know more about Isang Litrong Liwanag (A Liter of Light) project, visit <http://aliteroflight.org>.



mondodimusica.blogspot.com

INSTRUCTOR PROFILE

From electronics geek to teacher

By **ALI MAGEE**

Dave Albright began teaching in the Radio and Television program at NAIT after working in the radio industry. He went through the same courses he now teaches, and oddly enough works with some of the instructors that taught him. Dave specializes in audio and production, and hasn't looked back on his decision to teach at NAIT.

Ali: What made you start teaching?

Dave: Coffee. No, honestly I think it was an extension of working with students at the radio station. I always had practicum students coming in and I enjoyed working with them.

A: Growing up, did you see yourself going into teaching?

D: No, not at all. When I was younger I thought I'd be an electronics geek doing something like building robots to take over the planet.

A: Did you go to school for teaching?

D: No, because NAIT actually likes to see industry experience. It's the primary motivator here. NAIT teaches you quite a bit through all their little courses and every teacher at NAIT has to take what's called a "becoming a master instructor" course.



Dave Albright

A: What's the best part about working at NAIT?

D: There is so much stuff going on all the time. There is so much stuff on campus, everywhere you look – we're building apps, we're making kitchen cabinets, we're sending chefs to England! It's never boring.

A: What route did you take to become a teacher?

D: I left high school and went to work in the telecommunications industry for a while and did electronic geek stuff. Then I decided I really

wanted to get into radio so I came to NAIT and did the program here. I worked at the radio station and had a lot of students come do their practicum with me.

A: So that's when you started leaning towards teaching?

D: Yeah, I found myself making little quizzes for them; the teaching thing was just natural to do.

A: How did you end up at NAIT?

D: The big opportunity was when I got invited to come here and stand in just teaching one production course once a week. About a year later, I was offered a position. It was either industry or this and I found a lot more possibilities here. I have not regretted it one day.

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Sean Donnan, a fourth-year apprentice in NAIT's Refrigeration and Air Conditioning Technician program, gets ready to take part in the 2011 Worldskills competition to be held in London.



Photo by Steven Dyer

Preparing to compete

By **CLAIRE THEOBALD**

A fourth-year apprentice at NAIT will be breaking new ground for Alberta, as he will be the first ever student from the province to compete as a refrigeration mechanic at the international 2011 WorldSkills Competition, the olympics of trades competitions.

After turning a trolley cart into a fully functioning freezer in less than 11 hours at the provincial level, Sean Donnan, a fourth-year apprentice in NAIT's Refrigeration and Air Conditioning Technician program, earned his way into the 2011 WorldSkills competition.

"I was kind of in awe, shock; I couldn't take the smile off my face. Then they rushed me backstage and asked if I wanted to go to London. I said yes, and it's been a ride ever since," said Donnan.

Donnan will be the only Edmontonian at the WorldSkills competition, which will see over 1,000 competitors from 54 countries competing in 46 categories.

Donnan credits his skill to mentorship from his coach, Todd Matsuba, associate chair of the Refrigeration and Air Conditioning Technician program and from his father, who owned his own refrigeration company and introduced him to the trade at an early age.

Aside from Donnan's obvious skill, much of his strength in competition comes from his attitude and the confidence he has to do his work without worrying about the other competitors.

"If I'm not worried about placing, I can just focus on what I need to do," Donnan said. "I'm not so much concerned about the other competitors, I can just worry about me."

At no point did Donnan expect to win, he always focused on presenting the best work he could.

Matsuba also credits his success to his humility and, having trained Donnan for the competition for over a year, has found him to be an eager pupil.

"Part of what makes a good mechanic is understanding that there is no possible way in their own lifetime or three lifetimes you could know everything about the trade," Matsuba added. "That's what is going to take him to the gold medal position against 20 other countries competing in refrigeration."

Donnan has undergone a year of intense training under the watchful eye of Matsuba. They would set up time trials where Donnan would complete challenges much like those he will face in competition to make sure he is prepared for every scenario.

"I don't have any reservations about saying I've still got a lot to learn," said Donnan, "but I've been learning so much just spending a lot of time with Todd [Matsuba]."

In this leg of the competition, Donnan will have to build a hot-gas defrost freezer, a ductless split air conditioner, as well as compete in a troubleshooting exercise where he will have to identify and solve a problem in a refrigerative unit.

"Three weeks ago, if you had asked me [if I was prepared] I would have said no," Donnan admitted, "but now my nerves have kind of

turned to excitement. I realize that there is only so much that I can do, but I am feeling more and more comfortable every day."

Donnan left for the competition on Friday, which runs in London, England from Oct. 5 until Oct. 8. He will be met by his parents and his coach, who will be in the stands cheering him on at every step of the competition.

"I'm just excited for him," said Matsuba. "I'll be sitting on the edge of my seat for four straight days of the competition."

Although his supporters hope Donnan comes home with the gold, Matsuba believes that just competing at this level is something that all of NAIT can be proud of.

"Just him competing is a feather in the cap," said Matsuba. "He's the only student from NAIT competing in this competition at all this year. NAIT is going to be 100 per cent behind him."

Matsuba is grateful to NAIT for allowing him the flexibility and equipment Donnan needed to make sure he had every advantage going into the competition. NAIT even went so far as to reserve a spot in class for Donnan so he can jump straight back into his studies without missing a beat.

"[NAIT's] dedication to their students in seeing them succeed is just outstanding," said Matsuba. "You don't get that from the average employer."

Donnan agrees that the support from NAIT has been incredible, but also credits his success to his parents, and especially his father, for their unconditional support.

"He is my original mentor," said Donnan.

His friends, family, teachers and all of NAIT will be holding their breath until the final results are in. However, Matsuba is confident that regardless of the results, Donnan's achievements are undeniably remarkable.



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

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

Letters

We want your views

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

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An eco-roofing alternative

By **SAMANTHA SILVA**

NAIT's research project at the Enjoy Centre in St. Albert may save businesses and households a significant amount of money.

Within a three-year period, students from the Bachelor of Technology in Technology Management (BTech) and Biological Sciences Technology will discover the benefits of using Green Roof Technology.

Green Roof Technology is a roof surface that allows plants, trees and shrubs to grow on top of a building or structure. Since most homes have a wood or slate roof, consumers can be excited for a new roof option. David Critchley, project sponsor and instructor in the Biological Sciences Technology program, explains that research conducted by NAIT students will assess whether people should invest in Green Roof Technology.

When visiting the Enjoy Centre, customers will find four Roofing Evaluation Modules (REMs). REMs are like small buildings, which will record real-time performance data on green roof systems and system products (http://commons.bcit.ca/greenroof/download/2005_rem_flyer.pdf). Each module will house an arrangement of natural plants such as herbs and vegetables.

Collecting data from the REM systems will help students to relay information to the public. Students participating will be a part of one of the

following groups:

- Internal Heating System and Temperature Monitoring (Date: September 2011-April 2012)
- Water Monitoring, Data Management, and Public Interfacing (Date: September 2012)
- Water Monitoring and Planting (Date: April 2012)

Since this project is in an early stage of development, three BTech students will build a basic foundation for future NAIT students: they are Wade Weaver, Pamela Ginger and Nan Li. After a brief conversation with Pamela, she emphasizes the importance of getting the message out to the public about Green Roof Technology.

There seems to be a stigma about environmentally friendly technologies. Although consumers and businesses are aware about such products, they don't see the value in purchasing it.

Jim Hole, an owner of the Enjoy Centre and son of Lois Hole, suggests that sustainable development addresses social, economic and environmental issues. When businesses create a strategy around these issues, it helps them to reduce their operating costs and increase revenue. For an example, NAIT's four REM modules will save 30 per cent of air conditioning costs in winter and 70 per cent in summer.

The impact of this project doesn't stop there. Sustainable development affects the quality of life



Photo by Samantha Silva

BTech students Nan Li, left, Wade Weaver and Pamela Ginger with instructor and Green Roof Project sponsor David Critchley at the Enjoy Centre.

and standard of living. Juliana Nieuwenhuyse, a 30-year resident of St. Albert talks about the impact on her community and says, "it will be interesting to see what will happen."

Need a business plan? HATCH it

By **CLAIRE THEOBALD**

NovaNAIT and the Youth Technopreneurship Program (YTP) hosted a workshop mid-September to help students with innovative ideas prepare business plans to present for the Hatch business competition.

The Hatch competition is open to NAIT students between 18-35 years of age graduating in 2011 or 2012, who want to take their innovative business plan from a dream to a reality.

The winning idea will receive \$20,000 in seed money to help launch their business, as well as a year of incubation space and mentorship from novaNAIT to help ensure their business gets the support it needs to be a success.

"We do have a lot of very experienced people here [at NAIT]," said Sandra Spencer, business manager for novaNAIT.

"So we might as well utilize that talent and give back."

NovaNAIT is the Applied Research and Technology office at NAIT, designed to facilitate research and connect staff and students with outside business partnerships.

NovaNAIT hosted a bootcamp on Sept. 17 and 18 to help students applying for the Hatch competition create feasible business plans to present to the judges.

"We try to have a wide variety of resources for students so that they can be fully prepared to submit a business plan by the time the deadline comes," said Spencer.

As this competition is not limited to business students, novaNAIT hosted bootcamps in September and in last May as a way of levelling the playing field for students who may not come from a business background.

Although these bootcamps are not mandatory for applicants, novaNAIT recommends them as a way of working out the wrinkles before students face the judges.

"It's not just for business students, so some students with ideas don't necessarily have the business background, so we want to make sure everybody has a fair chance," Spencer said.

This will be the third year for the Hatch competition, which aims to foster creative entrepreneurship.

Previous winners include a redesigned PIG (pipeline inspection gauge). PIGs are

used to clear out pipelines for the oil and gas industry, but sometimes can become wedged and lost miles below surface. The winning submission created a new and improved PIG tracker that was more durable and had a longer frequency, allowing the lost PIG to be located more efficiently.

Spencer emphasizes that this is not necessarily a competition for new ideas in technology and that judges will be looking for any idea that is both innovative and marketable.

"It doesn't necessarily need to be technology. It could be a new way of doing something, or a new process, or just kind of thinking outside the box."

Spencer also encourages students to create diverse teams, mixing students with a background in business with students who are more technically or creatively inclined.

Spencer said that one of the most important factors is making sure that the idea is both innovative and realistic, having seen students make the mistake of presenting ideas that are either unfeasible or simply not marketable.

"There's a lot of really great ideas," Spencer said, "but ultimately if you don't have customers it's not going to go."

The competition closes on Jan. 12 and the top applicants will be selected and allowed to present their ideas to the final judging panel, which will select a winner.

The top three ideas will also have a chance to take fast tracked loans of up to \$45,000 through the Canadian Youth Business Foundation that Spencer says are far more lenient and accessible than a traditional bank loan.

For complete contest details, visit www.novanait.ca/Hatch.



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Building a bridge – maybe

By SHANNON FINDLAY

On the banks of Whitemud Creek, a crowd has gathered to watch three people shakily cross the water using two ropes. Whispered cries of “Fall! Just let go, already!” can be heard throughout the assembly. In the middle of the rope bridge, one man’s misplaced footstep sends him tumbling into the creek with a muddy splash. The crowd erupts in shouts and cheers.

At just 10 C, not ideal weather for a dip in the creek, but that didn’t stop more than 150 people from attempting to cross it.

NAIT’s 37th annual Bridge Building Competition, held at Whitemud Park on Saturday, Oct. 1, brought record numbers out to participate in the challenge. Ten teams of 15 competed to be the fastest to construct a rope bridge and then cross it 30 times.

Teams taking part in the competition ranged from first and second year students in the NAIT Construction Engineering Technologies program, to University of Alberta students and even a corporate team from Clarke Builders.

Jaissen Grenier, event co-ordinator and president of the Student Council for Construction Technologies, credits the large turnout to the efforts of the council. “The instructors left it up to the students [to plan] and we have a really good, strong student council this year, so we were told to go nuts.”

In years past the event usually hosted four to six teams.

The competition began with two teams waiting 100 feet from the edge of the riverbank with their building supplies. At the sound of an air horn, the groups raced to the water carrying their ropes. Lines were tossed across the creek and tied to trees on either end. Teammates then steadied the ropes while other members crossed three at a time. After 30 crossings, the bridge was dismantled and the ropes recoiled.

Dustin Suurhoff, a member of the Clarke Builders team, was competing for the second year in a row. He had been on one of the NAIT teams while in the Construction Engineering program.

Suurhoff’s team did well, placing second overall. He says the key to speed is organization.

“It definitely helps to have written down the order of crossing, to

This bridge building contestant looks like he’s about to hit the drink during NAIT’s annual contest at Whitemud Creek. Ten teams took part in the event.

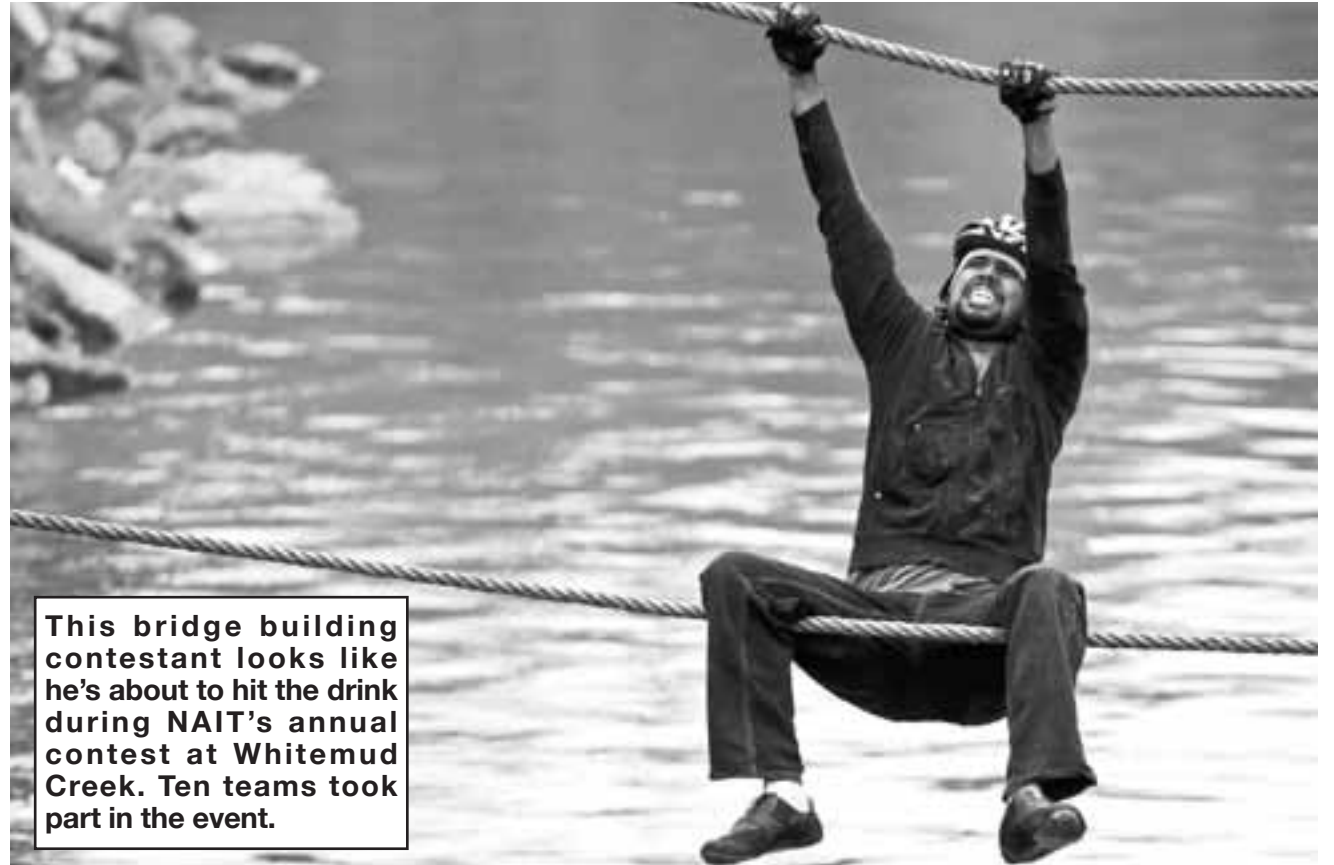


Photo by Fletcher O’Grady

make sure everybody knows what number they are, and just to get the sequencing done right. When everyone knows their number and everyone knows who they’re grouped with, it goes smoothly.”

However, even with organization, it was a hard fought race. In the end, NAIT’s own Construction Engineering Wings took home the trophy with a time of 14 minutes and 22 seconds.

Clarke Builders Army finished just four seconds behind.

Grenier was among the first place winners, and though he says their strategies are top secret, he says his team adheres to the mantra of the seven Ps. “We stick to the seven Ps, which are, proper prior planning prevents poor, pitiful, performances.”

The record time of just over 11 minutes was set in 2006 by a NAIT team. Many of the alumni from that team were competing again for Clarke Builders.

A real app-ening

By CHELSEA BIRD

Students had a chance to show their sportsmanship and unique technical abilities this weekend during the second annual Great Canadian Appathon. The competition is a challenging 48-hour contest that puts students’ endurance and brainpower to the test. With the popularity of smartphones and games like *Angry Birds* to compete with, students had their work cut out for them.

The appathon was held at seven schools throughout Canada from Friday, Sept. 30 at 5 p.m. to Sunday, Oct. 2 at 5 p.m. NAIT was one of the schools that hosted the competition.

More than 296 students on 94 teams worked over the weekend to develop their ideas for a chance to win a piece of almost \$50,000 in prizes. The winning app-design team receives \$25,000, and the second-placing team receives \$10,000. Toronto’s XMG Studio Inc., one of the events’ sponsors, will also publish three games. The previous Appathon winners developed their own company called bitSHIFT Games after their win, and were in attendance.

“It was a really successful event, and was organized in a very short amount of time,” said Sean Kopen of bitSHIFT Games. He also pointed out that the event was very well received with “more competitors than I expected. With more notice and commitment to the event, competitors could have been more successful. Thoughts start to change

when you realize the prize is \$25,000.”

Over the 48-hour contest, students had to make due with their surroundings, and sleep wherever and whenever they needed to. The process was grueling but well worth it when it comes to having the opportunity to be creative and be recognized for the ability to design something so many people are utilizing every day.

Although no official statistics can be determined based on sales, more than one in two people now have a smartphone. To have the capability and knowledge of how to build an app for a device most people never part with is invaluable.



“We didn’t quite finish making the app in the 48 hours, but what we learned in it was awesome and I will definitely enter again next year,” said Daniel Berryhill, a NAIT digital media and IT student who participated in the competition.

The official date for next year has not been officially determined, but with more and more interest every year, it’s looking quite promising that future competitions will be bigger and better.

“It was a lot of fun, really a great experience,” said Berryhill. “The lessons we learned were greater than any prize we could have won.”

Over the next month a panel of judges will be working hard to determine the grand prize-winner, which will be announced on Nov. 2.

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Virtually Speaking

Gender progress, but slow

By GRAHAM McCANN

One of the biggest problems of the video game industry is the accusation of sexism. The stereotypical idea of mainstream culture is that gamers are boys and games only appeal to boys – why would girls want to play games? Aren't the only people who play games adolescent boys and doofus-ish men who are constantly bothered by their wives or girlfriends to stop playing so they can watch

a romantic comedy or go shopping or something? Well, obviously that isn't true, and the real world is far more elegant and diverse with nearly 50 per cent of gamers being women, who, like men, enjoy a variety of different games based on individual personality and taste.

However, one thing is unfortunately true within the gaming industry – it persistently tailors its idea of sexuality to adolescent boys. Not all the time, but of all the charges about the negativity of the gaming industry, this one is most true.

In a lot of games, male characters are varied and fully developed personas. However, a lot of female characters are very one dimensional, and very scantily clad.

The game *Tomb Raider*'s female protagonist, Lara Croft, was one of the most notorious Barbie-doll like characters created for the adolescent boy fan base. Like Croft, many other female protagonists and characters are fully exploited to be as sexually charged as possible.

Opponents to this say that this should stop,

that female characters should be covered up and become more fully developed characters. They say that this is offensive objectification of women.

I agree for the most part. However, like many others, I think that it is alright to sexualize your characters only as long as you are doing it equally. In the moral outrage about objectifying women for the boys that play video games, people seem to be forgetting about

the girls who are playing video games, and the many girls that have interest in men. A lot of this kind of outrage outside of video games seems to forget about the female side of sexuality as well. I have worked with a lot of girls at gaming shops – in fact, far more girls than boys – and many of them speak of sexuality and comment on attractive men in games and real life in the ways that many would expect boys to comment on women.

A commentator for *The Escapist Magazine* noted that if you type in *Devil May Cry* on the user generated art website Deviant Art, you will get

a swarm of sexually charged drawings of the game's main character, Dante, drawn by female fans.

There is progress being made in the form of *Tomb Raider*. The series is getting a complete reboot with a character re-imagination. Lara is no longer the Barbie-doll figure she once was. She is now a very real looking, vulnerable but intelligent and strong young woman. The game focuses on survival and character development as Lara is shipwrecked on an island on the Pacific. You should go to gametrailers.com to check out the trailer.

I guess that is some progress, at least.



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Dante<http://www.swotti.com/tmp/>**Lara Croft**

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OPINION

— Editorial —

Pets – take care of them!



CELESTE DUL
Editor-In-Chief

I'm a huge animal lover. Everybody who knows me can attest to that. When I used to pass a pet store I would have to resist the urge to go in and buy a puppy. It's not just me who does this and that's exactly what the problem is – emotional purchasing when it comes to animals.

I have a large background in dog training and breeding, so when it comes to owning a pet, I know that at this point in my life, it wouldn't be fair to the animal if I bought it. Pets are a huge responsibility. They don't just need food and water, they need love and attention.

Emotional impulse

People sometimes buy pets out of an emotional impulse and I can't blame them. It's hard to say no to possibly the cutest face you've ever seen, which is why earlier this summer PJ's Pets decided to stop selling puppies through their stores. It was done not only as a deterrent to puppy mills, but it was also to lessen emotional purchasing. Instead of selling dogs through their stores, they have created a partnership with humane societies across Canada.

This is great news for breeders who are extremely passionate about what they do. When I was 11-years-old, I saved up my money to buy a puppy. I was focused and determined to get a Shetland Sheepdog and I thought it would be easy, but I was wrong. Any good breeder is careful about who they sell their dogs to. They want to make sure they're going to a safe and loving home.

In order to get my puppy, I spent weeks with the breeder so she knew that I was committed to her dog. It was a huge responsibility. I took him to classes twice a week, fed him, groomed him and spent countless hours playing with him – he was more than a pet, he was family.

Should be treated like family

In my opinion that is the kind of dedication that should come from owning a pet – they should be treated like family. It absolutely kills me when I'm browsing through Kijiji and I see "free dog to a good home." If you're going to purchase a pet, you should be committed to it forever, they depend on you. At least humane societies give these pets another chance.

Although puppy mills have decreased in numbers, a new issue is the sale of animals through multi-media sites such as Kijiji, Craigslist and even eBay. Thousands of animals are being born without suitable homes to adopt them. It kills me. If I could, I would buy every animal that doesn't have a home – unfortunately that's not possible.

Alberta is moving in the right direction when it comes to animal rights, but people need to grow up. Pet ownership is a big responsibility and they deserve your attention.

If you're thinking about adopting a pet, make sure you're ready for it.



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— Letters —

Kids' beauty pageants wrong

Subject: "Ugly side of kids' beauty" – *Nugget*, Sept. 22, page 16.

I am in total agreement with you that the pageants are just wrong. If the entire population was to be asked if they like to see children dressed up as adults in such a corrupt manner, I'm sure the majority would feel the same. I think the parents (usually the mothers) of children who put them into that, are really doing it for their own entertainment. To them, it's just something "fun" and "creative" to

do, with the excuse that "It's making my child beautiful," when in reality it is only twisting the child's self image so they think they should be what the parents want them to be. They don't consider what their children really want at all.

They may ask "Hey sweetie, would you like to look beautiful in a beauty pageant?", but what kind of four-year-old is going to know what that really means? I've seen some of these pageants on TV, and

half the time, these poor kids are crying, saying they don't want to do it anymore. I don't know how these people can think that dressing little girls up like Barbies and hookers is a good idea, but I personally find it disgusting and should be banned. It seems to me like it's the closest some people can legally get to using children for their own disgusting secret fetishes. I would not be surprised ...

– Dakota Labrentz

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Trust us on that. Write us.



SPORTS

MEN'S SOCCER

Up for the challenge

Stories by AVRY LEWIS-McDOUGALL

The Oaks got the job done this weekend with a 3-1 win over Grant MacEwan in the 109th Street Challenge. After a 0-0 first half the boys in blue were able to get two quick goals past Grant MacEwan keeper Adam Kerr to open things up.

As for the defence for the Oaks, it was fantastic, as the home side only gave up a single goal in the win.

"We put in a good week of training, these boys have put in a good season of training and it's starting to come together," said head coach Jeff Paulus.

The Oaks tied Grant MacEwan 0-0 on Sept. 11 in a game that Paulus said that they "held possession well but we couldn't break them down ... their team is led by extremely talented coaches in Cam (Leverman) and Danny (Jeffery) ... their team is tough to break down."

However, they had no problems breaking down MacEwan's defence over the weekend and coach Paulus was celebratory after the game. "Today we did that and worked a lot on our offence," he said.

"We have worked very hard on our play in the middle and attacking third and today it all came together. I felt that our possession game was very good and it was great to see how we moved the ball against one of the most organized teams in the ACAC."

Because of the close proximity of the NAIT and Grant MacEwan downtown campuses, a fierce rivalry has developed with most of the collegiate sports. This led to the development of the 109th Street Challenge, where points are awarded to either MacEwan or NAIT based on both attendance of games during the challenge, and athletic performance. So far, NAIT has won the 109th Street Challenge every year. A donation is also made to the Multiple Sclerosis Society.

The Oaks remain on top of the ACAC standings and move to 4-0-2 on the season. They play next on Oct. 15, versus Grande Prairie in Grande Prairie after the Thanksgiving break.

WOMEN'S SOCCER

Still at No. 1

The NAIT Oaks women's soccer team showed once again why they are the No. 1 ranked team in the nation. NAIT dominated Grant MacEwan in the 109th Street Challenge with a 7-3 victory. The team is still undefeated and is dominating the rest of the league.

The huge win came courtesy of some key goals by reigning ACAC Player of the Year Leanne Kadatz, Laura Kautz, Kelly Tataryn, Kelsey Mitchell and Jessica Hart. Despite the onslaught of goals from NAIT, Grant MacEwan was actually leading the game early on, thanks to a goal by Mikaela Donnelly.

NAIT responded with a goal by Kautz and after that the floodgates opened, with goal after goal. By halftime it was 3-1. In the second half, the NAIT Oaks put four more goals into the MacEwan net, while MacEwan responded with two more.

After the game I had a chance to chat with Oaks head coach Sergio Teixeira. "The girls

played great going forward," he said. "We did make a few mistakes that they punished us for but overall we're happy with the result."

The 109th Street Challenge is a yearly tradition between Grant MacEwan and NAIT. The nearness of both campuses (just right down 109 Street) has led to intense rivalries, and so a series of matchups between the different MacEwan and NAIT teams is what led to the 109th Street Challenge. Points are allocated to both campuses according to attendance stats and team performance. NAIT has won every year, and this year is no different, with NAIT crushing MacEwan by almost 1,000 points.

The Oaks are still on top of the ACAC standings, still undefeated at 7-0-0. They play their next game in Grande Prairie on Oct. 15. You will have to wait until Oct. 22 to see the Oaks play at home, against Keyano, at 2 p.m.



Sergio Teixeira



NAIT Ooks Zack Kaiser evades a tackle during the 109th Street Challenge on Sunday against Grant MacEwan at NAIT field. The Oaks won 3-1.

Photo by Anthony Houle

Athlete Profile



Player: Tara Evans

Sport: Soccer

Position: Goaltender

Age: 23

Program: Business Admin.

Hometown: Fort McMurray

By BART PADJASEK

What keeps you motivated?

I think especially having such a good team this year. I know what we're capable of and the ability that we have. And knowing how close we got last year, this year might be the year for us.

Did you play on any teams before NAIT?

Grande Prairie College for three years.

Any sports or hobbies in the off-season?

Just your typical working out. I like to play pickup basketball and things like that.

What do you plan to do after school is done?

Work. I have a Phys Ed degree, so maybe somewhere in that field.

What accomplishment are you most proud of?

Getting second at nationals. Even

though we didn't win gold, it was my first nationals ever and we beat the odds. Nobody thought we would get that far so that was definitely one of my best moments.

How long have you been playing soccer?

I've been playing soccer since I was six and goal since I was 10.

Favourite part about playing soccer at NAIT?

Definitely my teammates and my coaches. We're a big family and I have 23 great friends because of it.

Best soccer memory?

The Shootout against Humber was by far one of my better moments. I definitely enjoyed that the most.

Goals for the season?

Win provincials and then win nationals!

MEN'S BASKETBALL

Alumni fall to Oaks

By SHANNON FINDLAY

Alumni of the NAIT men's basketball team stepped back on the court Friday, Sept. 30 for an exhibition match against the current Oaks team.

Playing for the alumni was a wide range of past graduates, from last season's players to members of 1999 team.

Alumni games have not been held in recent years for NAIT, though such events have occurred in the past. Oaks head coach Mike Hansen says it's a tradition he'd like to rekindle.

"Something that I felt was important to do was to connect with our alumni. A lot of these guys were on the 2003 championship team and I think it's important to remind our guys that they're part of a tradition of winning."

One such championship alumnus was Jason Harke. From 1995-1999, Harke played for the Oaks. After finishing both the Computer Engineering program and a Bachelor of

Applied Information Systems Technology, he returned again to NAIT, this time as an assistant coach.

Harke recalls the 2002-2003 season as being among his fondest memories of NAIT basketball. The Oaks went 43-2 that year, bringing home the CCAA national championship banner in the end.

Though he no longer coaches, Harke hasn't left the game. He keeps active playing in several leagues around the city three or four times a week. To pay the bills, Harke works as an IT field systems administrator.

"I deal with networks, software/hardware support, that kind of stuff. I'm a computer geek, basically," said Harke.

A more recent graduate of the NAIT team, Gerard Mozwa, played from 2009-2011. He has since moved on to attend the University of Alberta where he will be studying kinesiology and playing for the Golden Bears.

During last season, Mozwa was a consistent scoring power, averaging

13.7 points a game in regular play and 16.5 in playoffs.

Though excited to play for U of A, Mozwa said he enjoyed his time at NAIT.

"They've got a great program here, the teachers are great. There's a lot of hype at this school, it's just a great environment to be in."

Throughout Friday's game, the alumni put up a good fight, working over the Oaks with numerous steals. However, they were no match for their opponents on the scoreboard. The alumni ended up losing by 20 with a final score of 97-77 for the Oaks.

Hansen said he would like to make the game an annual event and possibly see it grow to include a tournament next year.

"We're hoping it will grow so next year we're actually holding an alumni tournament where they'll be playing against each other and we'll have maybe 30 or 40 alumni."



NAIT Ook Lyn-den Nummi takes a shot during a game last Friday, Sept. 30 against a team composed of NAIT alumni.

Photo by Laura Dettling

MEN'S HOCKEY

Tough sledding for NAIT in Alaska

By NICK BERRY

The NAIT men's hockey team wrapped up their preseason with a trip to Alaska to take on some tough competition. This was head coach Serge Lajoie's first trip to the U.S.'s most northern state and said he was looking forward to the quality of competition the team is sure to face. The trip was planned in late April when the Alaskan teams expressed an interest in playing NAIT in a few exhibition games.

"It was great to have a trip like this to take with me as a recruiting tool this summer," said coach Lajoie.

"When I was approached with this opportunity I had to take it. Playing against teams that play in the NCAA is a great way to challenge ourselves and see where we stand heading into the season."

The team took a full complement of players and were excited to hit the road and get into the swing of things.

"The guys are pretty familiar with most of the players on the Alaskan teams. Some of them grew up together and I think that should go a long way in building a healthy rivalry between

the teams. I'm very excited, as I'm sure the guys as well, to see how the games are going to turn out against this high calibre competition," he said before leaving.

Friday night the team took on the University of Alaska-Anchorage Seawolves at the Menard Memorial Ice Arena in Anchorage. The teams battled hard in the first period and a goal by Anchorage's junior forward Daniel Naslund made it a 1-0 game going into the first intermission. The Seawolves came out blazing in the second; out-

shooting the Oaks 18-1 in the period en route to a five goal period. They netted an early goal in the third to take a 7-0 lead before NAIT got on the board with a power-play goal from Josh Lee and an even-strength score by Liam Darragh. In all, seven different players scored for the Seawolves with all of the goals coming in even-strength situations.

In Saturday's action it was the Oaks traveling approximately 600 km for a game against some stiff competition. NAIT took on the University of Alaska-Fairbanks Nanooks in their final preseason contest before returning home to start their regular season. The Nanooks used a balanced scoring attack and solid goaltending to jump on the Oaks early. Sophomore winger Colten Beck and junior winger Chad Gehon both popped in two goals and added an assist to lead the charge for Fairbanks. NAIT started Olympic gold medallist Shannon Szabados and she had a better outing then the score would

indicate. She made 34 saves in a losing effort as NAIT was outshot 42-17 in the game and would take an 8-0 loss.

NAIT returns home this weekend with

their ACAC schedule opening up with a home and home set with Concordia at 8:15 p.m. on Friday, and their home opener at 7 p.m. on Saturday at the NAIT arena.



Serge Lajoie

Athletes of the week

September 26-October 2

Tara Evans Soccer



Tara earned her league leading fifth victory in goal this weekend as she backstopped her team to a 7-3 win over the MacEwan Griffins Sunday afternoon. She has three shutouts and four goals against in her five wins. "Tara is one of our leaders this season as she leads by example every session and every game," said head coach Sergio Teixeira. "She is a rock for us in net despite not seeing many shots but when she is called upon she is always ready." Tara is a fifth-year player and is currently in the Business Administration program. She is from Fort McMurray.

Curtis Marusiak Golf



At the ACAC golf championships hosted by Medicine Hat College at Desert Bloom Golf Course, Curtis shot rounds of 78 and 71, good enough for a fourth-place overall finish. The men's team finished fourth at the championships in the team event. After a respectable 78 in the first round, Marusiak torched the course with a one-under par 71 on Day 2 giving him the lowest round of the day. Curtis is a first-year Denturist Technology student and is from Edmonton.

NAIT OOKS HOME GAME SCHEDULE HOCKEY	
Sat. Oct. 8 Men at 7:00pm	vs [Oaks Logo]
CHALLENGE CUP	
Fri. Oct. 14 Women at 7:00pm	vs [Oaks Logo]
Sat. Oct. 15 Men at 7:00pm	vs [Oaks Logo]



The Oilers 2011-2012



By NICK BERRY

While Oiler fans had to sit by and watch yet another season with their team dwelling in the basement of the NHL, there was a silver lining. Being able to have two first overall picks in the NHL Entry Draft, in back-to-back years is something to look forward to. With Taylor Hall already in the fold the addition of 2011 first overall pick Ryan Nugent-Hopkins, the Oilers are stock piling a bevy of young, ultra talented superstars to build their team around. The Oilers also looked to their past this offseason, bringing back the man who bleeds copper and blue, Ryan Smyth. The Oilers hope that young and old alike can help jump start the rebuild here in Edmonton.

Forwards

With Sam Gagner out for the beginning of the season, it's pretty much assured we will see Nugent-Hopkins for the minimum nine games. The Oilers should try to keep the Hall, Nugent-Hopkins and Jordan Eberle line together for that time; they are three dynamic, game breaking players who are the future of the organization.

If Hall can improve upon his 22 goal, injury shortened campaign, he'll get 30 this year and Eberle could easily go 30 and 30. If Nugent-Hopkins is going to play in the NHL, it's going to be in a top-six role, so giving him the best chance possible to impress management, plus giving Oiler fans a little taste of the future is a good line to take. That would also mean they could put together three players who have known chemistry to have two top lines.

When healthy, Shawn Horcoff, Ales Hemsky and Smyth were the Oilers' top line from 2005 (until the day Smyth was traded in February 2007). They were the Oilers' top offensive line during the '06 cup run and having that experience will go a long way in a dressing room full of talent and youth.

The Oilers' most significant offseason acquisitions came in the bottom six forward slots. The additions of Ben Eager and Darcy Hordichuk help what was perceived to be a lack of toughness last year and adding faceoff ace and penalty kill specialist Eric Belanger address a lot of the Oilers problems from last year.

Fan favourite Ryan Jones got a brand new deal this summer but unless injuries take their toll, he's most likely destined for a fourth-line spot. The third line will most likely feature the two Swedish wingers, Magnus Paajarvi and Linus Omark, and with the strong play of rookie centre Anton Lander during the pre-season, it could be the "Super Swede" line.

Finnish winger Teemu Hartikainen impressed when called up last year and will certainly be challenging for a roster spot. This spelled the end for Gilbert Brule in his hometown. He cleared



Ryan Nugent-Hopkins

cbs.ca

waivers Tuesday and will report to the Oilers' AHL farm team in Oklahoma City. He had a brutal run of luck last year going through illness after illness and injuries, and now has become a victim of the numbers game. He will catch on somewhere else though, but if Nugent-Hopkins proves he belongs here that likely means another forward is on the market. Gagner or Omark might suffer the same fate as Brule or forward Andrew Coglianog, who was traded to the Anaheim Ducks on July 12 for a second-round draft pick in 2013.

Defence

The Oilers' defence was really exposed when workhorse Ryan Whitney was injured 35 games into last season. He had 27 points and was a team best plus 13 in his short first season with the Oilers. When he left, the shortcomings of the Oilers "D" was shown and that is one of the main reasons why the Oilers finished at the bottom of the league again last season.

They added former third overall draft pick and mobile defenceman Cam Barker via free agency and traded under performing Kurtis Foster to the Ducks for the six-foot-six bruiser Andy Sutton, who should slide in the five, six, seven role on the back end. The Oilers hope that Ladislav Smid can step up his game and become a Top 4 defenceman to join Whitney, Tom Gilbert and Barker in that group. Theo Peckham will continue to grow into a pest of the Darius Kaspritis mould, but with more willingness to drop the gloves.

The last spot on the back end could go to '06 second-round pick Jeff Petry. The NCAA product saw 35 games last year and didn't look out of place. He was minus 12 but that's expected in a young defenceman's first season in the league. If Barker and Gilbert can take some of the load off of Whitney's plate, then the Oilers defence could be a much improved group.

Goaltending

The other glaring weakness in the Oilers last year was between the pipes. Nikolai Khabibulin struggled through what was one of his worst statistical seasons as a professional hockey player. He went 10-32-4 with a 3.40 GAA and a .890 save percentage and on many nights just looked uninterested.

Devan Dubnyk took over towards the end of the year and had a respectable 12-13-8, 2.71 GAA, .917 save percentage. Dubnyk had a stellar preseason and looks to have a line on the starting job, but head coach Tom Renney might want to give the veteran a shot at taking his job back and start the season with Khabibulin in the crease.

Prediction

If the Oilers can stay healthy and either Dubnyk or Khabibulin can establish or re-establish himself as a legitimate No. 1 goalie, then they might have a shot at pushing for the playoffs. What will more likely happen is the Oilers will suffer a couple injuries but the young stars will elevate their game enough to make the Oilers win a few more games and raise them from the basement.

Thirteenth in the west, 24th overall, another lottery pick but the ascent up the standings is beginning. What is known for sure is that the future has not looked this bright for the organization in some time and the city is buzzing with anticipation for the season. The Oilers open up the regular season at home on Thanksgiving Sunday with the Crosby-less Pittsburgh Penguins coming to town. Sportsnet will show Evgeni Malkin return to the ice, the game gets underway at 7 p.m. at Rexall Place.

ACAC Standings

MEN'S SOCCER

North Division

TEAM	W	L	T	Pts	GF	GA	+/-
NAIT	4	0	2	14	15	4	
Concordia	3	1	2	11	10	8	
MacEwan	3	2	2	11	12	7	
Grande Prairie	1	1	4	7	10	9	
Keyano	2	3	0	6	6	15	
King's	0	6	2	2	5	20	

South Division

Team	W	L	T	Pts	GF	GA	+/-
Medicine Hat	5	0	1	16	16	4	
Mount Royal	4	3	0	12	11	7	
SAIT	3	3	1	10	8	10	
Lethbridge	3	3	0	9	12	10	
Lakeland	2	4	2	8	9	15	
Red Deer	1	5	2	5	13	20	

RESULTS

Oct. 1

Concordia 1, King's 0
MHC 3, Lethbridge 2
Lakeland 1, MRU 0; SAIT 1, RDC 0
Keyano 1, GPRC 1

Oct. 2

NAIT 3, MacEwan 1
GPRC 3, Keyano 0
MRU 3, RDC 0
Lakeland 1, SAIT 1

WOMEN'S SOCCER

North Division

TEAM	W	L	T	Pts	GF	GA	+/-
NAIT	6	0	0	18	33	7	26
MacEwan	4	2	1	13	15	12	3
Concordia	3	2	1	10	16	9	7
Grande Prairie	3	3	0	9	16	11	5
Keyano	2	4	0	6	5	20	-15
King's	0	7	0	0	3	29	-26

South Division

Team	W	L	T	Pts	GF	GA	+/-
Red Deer	6	0	2	20	22	4	18
Mount Royal	5	1	1	16	18	6	12
Medicine Hat	4	1	1	13	20	10	10
SAIT	2	5	0	6	9	18	-9
Lakeland	2	6	0	6	5	21	-16
Lethbridge	0	6	0	0	8	23	-15

RESULTS

Oct. 1

MHC 5, Lethbridge 1;
MRU 3, Lakeland 0; RDC 5, SAIT 0;
Concordia 4, King's 0;
GPRC 9, Keyano 1

Oct. 2

NAIT 7, MacEwan 3;
GPRC 1, Keyano 0;
RDC 1, MRU 1
SAIT 3, Lakeland 0



proicehockey.about.com

Taylor Hall

The Nest gets xtreme

By **AVRY LEWIS-McDOUGALL**

How is NAIT getting Xtreme (Yes, I said

Xtreme with no E)? Well, let me tell you.

On Oct. 6, NAIT brings in Chris Bur-



www.naitsa.ca

andt from the Slednecks, a group of freestyle snowmobilers and motocross riders that love to do things that I probably could only dream about doing (I know there's no way I'd be able to ride off of some of the world's tallest mountains with a drop of over 50 feet!).

One of their most prominent members, Chris Burandt, is coming to NAIT and will be showing some Slednecks videos from their collection.

The Slednecks have made 14 videos and counting and they usually do freestyle showcases at the Winter X Games! Chris will also chat with folks that come down to the Nest about his career and what it takes to truly become a legend in Extreme sports.

Snowmobiling 25 years

The Colorado native has been snowmobiling for over 25 years. "My parents slapped me on a sled when I was six. They couldn't get me off the things after that," Burandt says on his team's profile page. "Thanks Mom and Dad!"

He has won a gold medal at the 2007 Winter X Games, and numerous Red Bull Fuel and Fury titles along with his two Freestyle Sno-X Rider of the Year titles. Many would say that is a pretty impressive career, but if snowmobiling weren't an option,

what would Burandt's second choice be? "A NASCAR driver," Burandt said.

Burandt doesn't see himself slowing down anytime soon. When asked where he sees himself in 10 years, he replied, "Having a blast running my backcountry tour business with a couple little Slednecks in training."

Follow your gut

The key to figuring out what the right career path is for you? Burandt says to follow your gut.

"When you're doing anything in life, if it just feels wrong, it probably is wrong, but if you feel right about it than let 'er buck!"

Xtreme Sports goes from 4-8 p.m. on Thursday at the Nest and if you're an adrenaline junkie, this will be an event that you most certainly will not want to miss out on.

NAIT student recreational curling

Mondays 4:30, 4:45, 5 p.m. to 6 p.m.

Fee: \$40 per season

Those interested should drop by the Avonair Curling Club across the street from Main Campus.

Learn to skate, free of charge

By **MYA CHRISTIANSON**

As the season begins to change, the leaves outside are falling and the temperature drop sends shivers down your spine, and everyone is slowly starting to bring out their winter jackets, scarves and mitts.

This year, along with the jackets, you should be pulling out your dusty skates, though they may not have been worn for a few years. It makes no difference, let's start the skating early this year!

We're dropping our runners and replacing them with skates. There's no need to wait until the snow begins to fall and the neighbourhood skating rink is ready, so grab your skates and bring them down to NAIT. Why would you

bring skates to school, you may ask? Well, because the NAIT Ooks men's and women's hockey teams are generously providing all staff and students at NAIT with free skating lessons.

Yes, you heard me, free skating lessons! Whether or not you've stepped on ice before, or you're a star hockey player on your local rink, there's a place for you.

The room for improvement is endless, no matter where your skating abilities lie. As they say, "practice makes perfect" and that holds true for skating.

The teams are offering learn-to-skate lessons for beginners, starting with the basics of

skating and after a few lessons with the skilled athletes, you might discover a talent you never knew you had.

For many of us, skating has been a part of our life. Throughout childhood we've skated on the outdoor rinks, played hockey or figure skated. But as we got older it has become harder to continue and practice, so this is the perfect opportunity to brush up on your skills and feel more confident on ice. You may be a bit wobbly at first, but with a few sessions you'll be comfortable again.

For the seasoned skater out there, wouldn't



Season's done for FC Edmonton



BALJOT BHATTI
Assistant Sports Editor

It's all over for FC Edmonton. The club lost their first playoff game in the quarterfinals of the North American Soccer League championships and was eliminated from playing on Saturday.

The 5-0 loss was against the Fort Lauderdale

Strikers. The Strikers dominated almost the entire game, not letting FC Edmonton get anywhere near their goal. The final shots tally was 13 Strikers, 1 FC Edmonton.

FC Edmonton managed to hold the score at nil until around the first half when Fort Lauderdale's Brian Shriver started the scoring onslaught. Shriver scored two goals, while teammate Abe Thompson tallied three.

FC Edmonton head coach Harry Skingraven was both confused and angered by the subpar performance by his team.

"I don't know," Skingraven said. "Before the game we had our normal pregame preparation, so I don't know what caused it. We were not as

composed as usual when we had the ball."

This loss means that FC Edmonton is officially eliminated from the playoffs, ending their first NASL championship run in club history. The team's win-loss record has been very uneven this year, and most of the club seemed happy to just make it to the playoffs for the first time ever.

Over 3,300 people were in attendance for the match at Lockhart Stadium in Fort Lauderdale, Florida. The Strikers are currently slated to play against the Puerto Rico Islanders on Saturday, Oct. 8.

Strikers head coach Daryl Shore was both humble and unapologetic in his win.

"To be honest, I expected us to be good

tonight, but I didn't expect to win that way," said Shore. "Edmonton's a good team and I think the second goal deflated them."

Despite the loss, Skingraven is still optimistic.

"If you look at the whole season, the players performed pretty well. They all got better with time, and we grew as a team," he said. "We accomplished a lot. Obviously our goal was to make the playoffs, so to lose now, that's a pity. But overall it was a good season."

In more positive news for the club, 21-year-old midfielder Shaun Saiko was named to the 2011 NASL XI picks. He led Edmonton with nine goals, five assists and played 27 games this season. He is joined by midfielders from Puerto Rico, Carolina and Tampa Bay.



ENTERTAINMENT

5 steps forward, 3 back



SPOTLIGHT ON ...

NATASCHA BRUHIN
Entertainment Editor

It's 2011 and the world has seen so many advancements in technology, what we know about people, the environment, the Earth ... yet, when it comes to equality for all, we're still far, far behind.

While homosexuality is now a frequently talked about subject, it is also something that many people have very strong opinions about. I've always found it baffling that people are fighting so strongly against legalizing gay marriage when really there are so many more pressing problems happening in the world than letting two people who love each other get married.

This week has been a controversial one when it comes to gay rights and tolerance.

A new Android app called "Is my son gay?" has been released into the marketplace. The

Android application asks the user (mainly targeted at mothers) 20 questions about their son that can apparently predict his sexual orientation. The questions range from the ridiculous – "Does he read the sports page in the newspaper?" – to stereotypical – "Is he very careful when choosing his outfits and selecting brands?" To outright insulting – "Are you divorced?" (Implying that divorce may cause someone's child to become gay).

It also asks questions about whether the son's father is absent a lot and whether his father is very authoritarian.

There is now a petition going around demanding for the removal of this app. This comes after Apple banned an "Ex-Gay" Christian app that promised to "cure" homosexuality after 150,000 people signed a petition asking for the removal of the application.

Another story that has

made headlines is the one about The L-word actress, Leisha Hailey and her girlfriend, Camila Grey, being kicked off a Southwest Air plane after they were apparently kissing on the plane.

After being escorted off, Hailey went onto her twitter and had this to say about the incident: "I have been discriminated against by @SouthwestAir. Flt. attendant said that it was a "family" airline and kissing was not ok. This is an outrage. I demand a public apology by @SouthwestAir and a refund. Hate is not a family value. I will never fly this airline. We were escorted off the plane for getting upset about the issue. @Southwest-

Air endorses homophobic employees. No one made her accountable."

Hailey also added that she has the whole incident caught on tape. Now stars like Moby and Kelly Osbourne are joining the boycott of the airline in support of the couple.

However, until Hailey's video is actually shown to the public, I am not jumping to conclusions and saying

the airline was being homophobic. According to passengers on the plane, it wasn't that they were lesbians; it was about the fact that it wasn't just a simple kiss, and that the make out session was making passengers uncomfortable, regardless of whether the couple was gay or straight.

Southwest airlines released a statement saying: "Initial reports indicate that we received several passenger complaints characterizing the behavior as excessive. Our crew, responsible for the comfort of all customers on board, approached the passengers based solely on behavior and not gender. The conversation escalated to a level that was better resolved on the ground, as opposed to in flight. We regret any circumstance where a passenger does not have a positive experience on Southwest and we are ready to work directly with the passengers involved to offer our heartfelt apologies for falling short of their expectation."

Whether one party twisted their story or not, I find myself asking: Why all the drama? Like the wise band War once sang, "Why can't we be friends?"

Its 2011, and I really do hope that society has made progress about equality issues (whether about gays, gender, race, etc.) since say, 50 years ago. And if not... let's hope 50 years from today, people are more accepting and open-minded.

I'll get back to you on this hypothesis when I'm 70.


Leisha Hailey, right, and Camila Grey



dallasvoice.com

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top model
ANNUAL MODELING COMPETITION
THE CONTESTANTS ARE READY...

HELP US CHOOSE THE WINNER BY
VOTING FOR YOUR FAVORITE MODEL
STARTING SEPTEMBER 27 AT
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STUDENTS' ASSOCIATION

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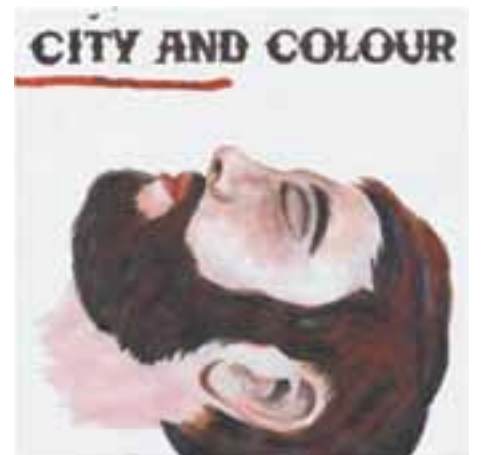
\$3.99 mixtape ...



By MICHAEL MacMULLIN

Sometimes in life we take things for granted and everyone is always in such a rush everywhere they go! Sometimes we just need to learn to slow down and take a break. What could be a better way to take a break than by listening to some good old acoustic tunes on one of our last days before the snow hits the ground? I know not every song here is "acoustic" but they all are soft enough that you can pretend! I encourage you to support these great artists by purchasing their music. So, get your egg shakers and prepare to be lulled ...

1. The Girl – City and Colour
2. Desert Sunrise – Brett Dennen
3. The Good Life (New Mix Version) – Onerepublic
4. The Gambler – Fun
5. Thunder (Acoustic) – Boys Like Girls
6. Ever So Sweet – The Early November
7. Smile (Acoustic) – Kutless
8. Everchanging (Acoustic) – Rise Against
9. All That I Am – Parachute
10. Writing To Remember (Live Acoustic) – Matt Brouwer



VIRAL VIDEO OF THE WEEK

Maddie about kittens

By EVE KOESTER

For viral video this week, I just had to choose Kittens inspired by kittens. If you love cute kittens, cute kids, cuteness in general or all of the above, this is the video for you! It was posted Sept. 1, 2008 and has reached over 14 million views!

Maddie, the young girl in the video, just six-years-old at the time, wrote all her own material. She is narrating as she flips through a book with pictures of cats and just says the first thing that pops into her head.

Her comments are what make the video, as we get to see the imaginative mind of the six-

year-old at work.

Last year, she appeared on the *Tyra Show* to talk about her video. Tyra Banks even surprised Maddie and asked her to narrate some pictures for the audience. Quick-witted and adorable as ever, Maddie made hilarious comments for Tyra's model pictures in the heat of the moment. Her parents must be so proud of her.

So, as soon as you get a moment of spare time, watch the minute and a half long video. I'll bet my bottom dollar you won't regret it.

Just visit <http://www.youtube.com/watch?v=FtX8nswUKU>



FRI OCTOBER 21

SHOW STARTS AT 5PM
AT THE NEST

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

Next Top Model's dazzling dozen!

By EVE KOESTER

The second annual search for the NAITSA's Next Top Model is a week into the competition and is as popular as ever. The voting is conducted online at naitsa.ca, and there are currently 12 left in the running. The first round of voting went from Sept. 27 to Sept. 30.

This time around, the competition has undergone some changes from last year. Instead of a few hair and makeup artists meeting at NAIT to doll up the models before their photo shoots, the contestants are whisked away in a limo bus to Est-Elle Acad-

emy where they are each attended to by hair and makeup students. They are then taken to the location of the photo shoot.

The contest originally started out with 17 students, but two dropped out in the beginning and three more were eliminated in the first round of voting.

The first photo shoot was on Sept. 27 and it was themed "Grease Monkey." The models got to pose with a sexy yellow Camaro at Nicholson Chevrolet. The models had been e-mailed a collage of photos to give them an idea of what the shoot would entail. The pictures were of the Megan Fox-in-Transform-

ers variety. The contestants supply their own outfits for the shoots and are offered little direction from the photographers, as part of the contest rules.

Christine Vu, a first-year student in the Television program, is participating in the competition this year. She says it's been fun making friends with the other models and has been enjoying the novelty of the experience so far.

The second photo shoot was the following day and the theme for that one was Coyote Ugly. It took place on campus at the Nest, but of course the models took the limo to and

from hair and makeup beforehand.

Each model only gets six minutes to strike their poses in the midst of the onlookers and camera flashes. It's a long process for such a short time in front of the camera, but the models waited their turn patiently.

The setting for Coyote Ugly shoot was at a pool table in the bar. After the next round's elimination, five models will remain for the final round.

The finale takes place at the Nest, and like last year, the top five models will walk down a runway.

The winner is determined by voting done

live at the Nest by the audience. Some professionals from the industry will be there to judge and vote as well. Only NAIT students will be allowed to vote this year, and must present their student ID.

Along with bragging rights, the winner will receive a modelling contract with a local modelling agency and become the spokesmodel for NAITSA for this year.



Alexandra Coley

Alyssa Gulash

Brittney Rogers

Chelsea Maher

Christine Vu

Jane Kovacik



Jenelle Dufault


Jennie Wilson


Linda Suurhoff

Morgan Crough

Paige Blakley

Tatianna Lazowski






NEW NEST HOURS!

The Nest is now open from
9am to 9pm

**Come check out our updated menu
including our lunch specials with
\$5.00 nooner pizzas!**



www.naitsa.ca/nest



Then there were three

By ANIKA NOTTVEIT

The campus radio station offers Radio students hands on practice at being on-air hosts. The *SBC Show* is one of many great shows playing daily on the website NR92.com.

The *SBC Show* was created by Craig Sephton, a dedicated and enthusiastic first semester Television student in the Radio and Television Arts program. Yes, Television students love to try out the studio, too!

Hanging out with friends, listening to music and talking on air – who wouldn't want to do that? He started the *SBC Show* as a solo endeavour. SBC stands for "Sexy British Craig." After the first show, Craig invited Lyndsay Cowan and Stevie Wild as co-hosts and they soon became permanent fixtures on the show. It airs Wednesdays at noon.

Anika: What is your show like?

Craig: Our show is a variety of music and random talk show. We play old classics and the hit '40s. We take requests.

A: I've noticed the variety in music. I heard Spice Girls followed by Bedouin Soundclash last week! How does the show feel so far?

C: We goof around and have a fantastic time. Our last noon hour show was about pet peeves. It was the most successful show yet. It was really fun.

A: You started out being a solo host on the show. Why did you choose to have co-hosts?

C: I wanted two cohorts to bounce conversation with. I want to have fun times. NAIT is a good place to make mistakes. Why not make mistakes and mess up with someone else?

A: That's a very good point, making mistakes by yourself sucks! Do you and your co-hosts usually pick topics to talk about in advance?

C: We usually choose a topic the day.

A: Now that there are three of you on the show, have you thought of changing what SBC stands for?

C: Yes, we played around with SBC and came up with Steven, British, Cowan. The acronym could stand for a lot of things. We're open to suggestions!

A: What about Silly But Cunning? Would you like your show to be similar to any current radio hosts?

C: Personally, I would love it to be like the *Pepper and Dylan Show*.



Photo by Anika Nottveit

The SBC trio of Lyndsay Cowan, Craig Sephton and Stevie Wild get together before airing another edition of their radio show.

A: Where do you see the future of the show going?

C: We started a second show already, which is very exciting. It's called *The SBC Show Aftershock*. It's also on Wednesdays, but at 10 p.m. Something I would like to get into is touching on local talent and promoting local music. I want to do interviews and get background information about local bands.

A: What would you like to learn from having a radio show?

C: I would like to gain a radio personality and get comfortable with quick come-backs during on air conversation.

A: What was one the most exciting things that has happened so far?

C: We had our first caller! We didn't get his name, but he requested the popular song "Sail" by Awolnation.

One final thing that needs to be brought up about the *SBC Show* is the introduction. It always begins with the unique and hearty "Gooooood Afternoon!" It stops you in your tracks and makes you want to listen. The energy on the *SBC Show* is very apparent and contagious. It's worth tuning in for!

MOVIE REVIEW

Dramatic, inspirational story



By CRAIG SEPHTON

How did Professor X and Magneto first meet? How did Charles Xavier end up in a wheel chair? How was Mystique tied in with Charles before Eric? If you're not familiar with the comics but are a fan of the original movies, all these questions and more were cleverly answered in the new to DVD movie, *X-Men: First Class*.

From the first frame of the movie, *X-Men: First Class*, was an impressive and entertaining movie with the plot well set and played out, throughout the movie. The visual effects were outstanding, as well as the acting from an all-star cast lead by James McAvoy (Professor X) and Michael Fassbender (Magneto) with multiple other well known actors like Kevin Bacon and January Jones to back it up and with guest cameos from the original movies (can't say names, will spoil the film!).

The story itself was based during the nuclear crisis, where the world was on the brink of war due to the conflicts between the United States and Russia. The film covers issues that have been covered by the previous four *X-Men* films but brings a new angle to the theme by having it deal with the two men who have always been a source of wisdom in previous *X-Men* films. With this scenario set, a team of newly found mutants sets out to stop the man who is pulling all of the strings. In addition, conflicts about whether it's right to be different or to hide also makes this movie a dramatic and inspirational story for all.

If you want to know why being different can be kick ass, this movie will definitely help you to find the answer. I give this movie a recommended watch and purchase on DVD or Blu-ray.



GAME REVIEW

Mannequin nightmares

By SHAWN GRAY

Over the course of the gaming industry's short yet exciting existence, an obscene number of different games have come out, flooding players with a variety of games to choose from and not enough time to play all of them.

So this week, I'm taking a step back and drawing gamers' attention to an older game that some may have overlooked or simply not heard about.

Condemned: Criminal Origins is a psychological horror first-person shooter that came out in 2005 as an Xbox 360 exclusive. Players assume the role of Ethan Thomas, a SCU agent (Serial Crime Unit), investigating a murder when a series of unfortunate events leads to Thomas being framed for the murders of two police officers. He finds himself being led on a wild goose chase through a city filled with psychotic drug addicts, by a serial killer killing other serial killers by using their own twisted techniques against them.

First things first, *Condemned* is by far the scariest game I've ever played. This game does an amazing job of playing on gamers' deepest fears. Some parts of this were literally emotional scaring, the most prominent involving an abandoned mall and an uncomfortable amount of mannequins. Sleep was hard to find after that.

In a game based on melee combat, players can choose between a decent array of weapons, including different sized pipes, a fire axe, a shovel, sledgehammer and various others. Players also stumble across the occasional firearm but will find limited ammo. Frustration may be present with a less than perfect blocking system in which timing is essential. The game does a good job of making objectives clear but lacks direction. Gamers may find themselves doubling back thinking, "Wait. I've been here already."



Condemned: Criminal Origins

www.bestgamewallpapers.com

For its time, *Condemned* shows an impressive AI, with enemies actually hiding around corners waiting for you. Adding to the game's extremely suspenseful atmosphere is having an insane crackhead jump out at you every once in a while. It keeps your heart racing and leaves players expecting surprise attacks through the

rest of the game.

Don't worry though, you're not completely alone in this mess. Rosa, a lab tech, aids Thomas in his investigation. Using forensic tools, evidence is sent to Rosa for evaluation. For a game that's nearly six years old, the graphics still stand up to some games released

even this year.

Overall, *Condemned* is a frightening experience not to be missed. If you can handle it, I definitely suggest turning off all of the lights and spending an evening as Ethan Thomas.

★★★★☆

ALBUM REVIEW

Nevermind re-release a special treat

By STEPHANIE FIOLEAU

Back in '91, terrorism, as the Western World currently knows it, was a mere whisper but the Nirvana sound hammered ears among youth clad in plaid shirts, heavy boots and who experienced mosh-pit injuries. Now, almost as an afterthought of the 10th anniversary of 9/11, "Nevermind" is re-released 20 years after the original. And, of course, the anthem-like drone of Nirvana resonates. Butch Vig's well anticipated and mysterious edits, originally rejected by Cobain, render lower, more metallic riffs almost reminiscent of Alice in Chains, and smoother vocals.

For a young 'n like myself (who had to borrow the original album from her older sister), the formatting of the deluxe edition re-release is fantastic, with the original album



Kurt Cobain

and B-sides on the first disc and the previously unreleased tracks on the second. The head-banging opening with "Smells like Teen Spirit," a song high up on that list of the unmistakable, reminds you exactly how to properly stretch out your neck.

This continues on through the B-sides to the live versions that anyone who appreciates music in that raw, spontaneous state is dreaming they could still experience.

The iconic sharpness of the sound isn't quite carried through, however, when comparing both edited versions of "Lithium" or "Polly." It's like having a turkey feast, then throwing leftovers into a sandwich the next day. Still satisfying, but

lacking that original juice.

Yet all in all, the album is an icon in itself – the re-release is proof of that. Anyone who

can appreciate a blast from the past, a rebel – without-a-cause ideal or, of course, just Nirvana, should forget iTunes for this one, buy

the tactile album and kick it old school by pulling out their now antique Discman.

It's worth every penny and inconvenience.



rockpic.net

Where to go, what to do

By EMILY FITZ

After a week of assignments, tests and studying all you want to do is put on your dancing shoes and drink the stress away. However, with so many choices and places to go in Edmonton, it can be a bit overwhelming when it comes to making a decision. So here is your go-to “Club Guide” if you’re new in town or if you’re just looking to dance the night away!

Let’s get things started with what Jasper Avenue has to offer. Easily one of the most popular bars downtown right now is The Pint. It’s located on 10125 109 St. and is open

seven days a week. They have a different drink special every day, like \$3 hi-balls on Sundays to \$4 pints on Thursdays. They also have a pretty impressive menu, featuring goodies like deep fried pickles and 40 different kinds of wings!

Next up, we have Oil City Roadhouse on 10736 Jasper Ave. It’s a country bar and plays almost exclusively country music. If that’s your scene, this is the place for you! Get on over there from Wednesday to Saturday. If you’re not opposed to drinking on a Wednesday, they have \$1 draft, \$2 Red Bulls, \$3 hi-balls and \$4 for



everything else. Get the cowboy boots on and put your two-steppin’ skills to work! Other great places to check out downtown include Vinyl, the Druid, Halo, On the Rocks and the newly opened the Warehouse. If you’re hungry after all that dancing, check out

Hot Pizza or Queen Donair (ironically, their grilled cheese is one of the best in town!).

Next up, we have Edmonton’s famous Whyte Avenue district. One of the busiest clubs along this street is Squires on 10505 Whyte Ave. Having the cheapest drinks on Whyte Avenue ensures students can have good time without emptying their wallets. With their new happy hour on Friday and Saturdays from 5-8 p.m., hi-balls and pints are only \$3. They also have Wing Wednesdays. Seven dollars gets you all the wings you could possibly want. A little hint, get there before 10 to avoid lineups.

The Rack on 10544 Whyte Ave. has only been open for a year but it’s proving to be one of the street’s new hotspots. Open Monday-Sunday, deals like Toonie Tuesdays (\$2 draft and tacos) to 49-cent ribs on Thursdays. The dance floor is also very accommodating if you want to show off your moves. Other great places to check out include Funky Town, Lucky 13, The Walkabout and Filthy McNastys. Food wise, head over to

Funky Pickle or Fat Frank’s.

Other great places around the city include the Union, Whisky Jack’s, and Garneau Pub. And in case you haven’t heard, the Ranch is reopening in October. Country fans rejoice!

“As ex-managers, we were incredibly distraught when the previous incarnation of the Ranch was sold,” the Ranch’s owners, Jesse and AJ tell the *Nugget*. “However, due to some very fortuitous circumstances, we are now able to follow through on our passion to reopen the Ranch. After searching for locations, we strongly felt that no other venue could support our dream. Now that the previous, newly renovated site has become available, it has opened up the perfect opportunity for an encore! We’re so happy and appreciative to be back in the saddle. We’ve missed you and we look forward to seeing you all again.”

Consider this your education on where to go this weekend – you can thank us the morning after a great night out!



Crowds gather at the Pint on 109 Street.

pint.ca

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Dealing with harassment



Harassment is described as conduct or comments which are intimidating, threatening, demeaning, and may be accompanied by direct or implied threats to a person’s grades, status or job. The most common form is sexual harassment and can include:

- Sexist or racist jokes.
- Display of offensive material.
- Derogatory name-calling.
- Persistent and unwelcome requests for “dates”.
- Unwanted touching, patting or pinching.
- Verbal threats or abuse.

How do you deal with harassment?

Most people involved with this behavior only want the activity to stop. This requires action and may create some discomfort as most times the people work or have classes together. Some methods known to work are:

- Tell the harasser what the negative impact

of their action is and ask them to stop. This can be done verbally or by a written letter. An example is “When you make suggestive comments, I feel so uncomfortable that I can’t concentrate on my work. I don’t like these comments. Stop saying these things to me.”

- Keep a written, chronological account of all incidents of harassing behavior. Note what occurred, when, and names of any others that may have witnessed the incident. Keep any inappropriate letters, jokes, pictures or objects that the harasser gives you.

• Many people who experience harassment feel uncertain or embarrassed; however, ignoring or minimizing the problem won’t make it go away. Ask for help. Talk to someone. Seek the assistance of a Counselor. NAIT students can call Student Counselling at 780-378-6135. NAIT staff members can call the Employee Assistance provider, Wilson Banwell at 1-800-

663-1142. In extreme cases call the Sexual Assault Center of at 780-423-4121.

How about abusive or obscene telephone calls? If you should receive an abusive/obscene phone call:

- Don’t react. Most often the caller is looking for a reaction to the call.
- Don’t ask questions to the caller, (i.e. Who is this?), as this is what they want you to do.
- Hang up the receiver promptly and gently.
- Never blow a whistle or yell into the phone. The caller will know you are angry and will probably call back. As well, you may face possible lawsuits.
- Never talk to anyone you don’t know or are uncomfortable with.
- Consider subscribing to call display so you can see the number of the caller.
- Notify police of any calls you received. If

the calls are regular make a log of dates, times, and what was said.

If you are being harassed or are receiving abusive or obscene telephone calls, contact Protective Services at 780-471-7477 to file a report. We can also provide assistance by offering a Safe Walk. Visit our website for more information on the Safe Walk program and personal safety tips at www.nait.ca/security.

If you feel your personal safety is threatened, contact the Edmonton Police Service at 780-432-4567 or call 911.

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.



KEVIN ALBUS

What's your ideal vacation?



"All inclusive resort, just chill on the beach. Currently suffering from beach withdrawal."

Allana Snow
Radio and Television



"Somewhere warm, preferably Jamaica, drinking."

Josee Twerdoski
Personal Fitness Trainer



"Visiting family and friends."

Matthew James
NAIT student



"Going to Las Vegas, not remembering anything until looking at the camera's picture library."

Reid Bourneau
Power Engineering



"In California with a blond and brunette, drinks in hand for Tyler."

Tyler Martin
NAIT student

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

October 6-12

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

Libra (Sept. 23-Oct. 22)

The scales of justice are coming crashing down on your head, my friend. Expect a judicial onslaught for something naughty you did in the past.

Scorpio (Oct. 23-Nov. 21)

Be a jerk. It's bad advice, I know, but girls apparently love it.

Sagittarius (Nov. 22-Dec. 21)

Well, your stalling ways will lead to a sad resolution of a project you were working on.

Capricorn (Dec. 22-Jan. 19)

You're doing alright. Just keep on keeping on.

Aquarius (Jan. 20-Feb. 18)

Don't worry slugger, I know you've had a bad week. It's all uphill from here. Or downhill? Well, it's some kind of hill. Good luck.

Pisces (Feb. 19-March 20)

DON'T GO SEE THE THING. IT ENDS BADLY FOR YOU, NO MATTER WHAT.

Aries (March 21-April 19)

There's a man in a trench coat following you around. Don't worry if you don't see him, he doesn't want to be seen. Shower with the door closed, OK?

Taurus (April 20-May 20)

Go ahead and make that sports bet that you've wanted to make, it's a lock!

Gemini (May 21-June 20)

Drive down to the coast as soon as you can! Love and fortunes await you, land lubber.

Cancer (June 21-July 22)

Don't eat chocolate for a week. It's unlucky and your thighs will thank you.

Leo (July 23-Aug. 22)

People have been hating on you lately, but it's all good. They're about to get their comeuppance in the form

of a public humiliation. Revel in their misfortune.

Virgo (Aug. 23-Sept. 22)

This is the week that you tell your true love how you really feel. I'll be honest, it won't go well, but it'll be good to get it over with.

Arcade Fire wins the Polaris

TORONTO (CUP) — If they somehow didn't have the indie cred before, one of this year's most successful bands has certainly solidified their top standing in the Canadian music world now.

Montreal's Arcade Fire were announced as the winners of the 2011 Polaris Music Prize for their album *The Suburbs* at the annual gala held at the Masonic Temple in downtown Toronto on Sept. 19.

"Since the beginning of our career, we've been trying to get paid in an oversized novelty cheque and it's never happened till now, so — thanks, Polaris," multi-instrumentalist Richard Reed Parry told the packed crowd as the band accepted their prize.

The indie rockers can now place that giant \$30,000 novelty cheque beside their Grammy, Juno and Brit award trophies they've already

scooped up this year.

But Steve Jordan, founder and executive director of the Polaris Music Prize, doesn't think the band's previous wins will have an effect on this particular endeavour.

"There's no doubt that this is the biggest selling band that's ever won Polaris and certainly that's going to extend our reach. But it's not our objective to have that kind of reach," he told journalists after the event, emphasizing the prize's goal of celebrating artistic merit above general popularity.

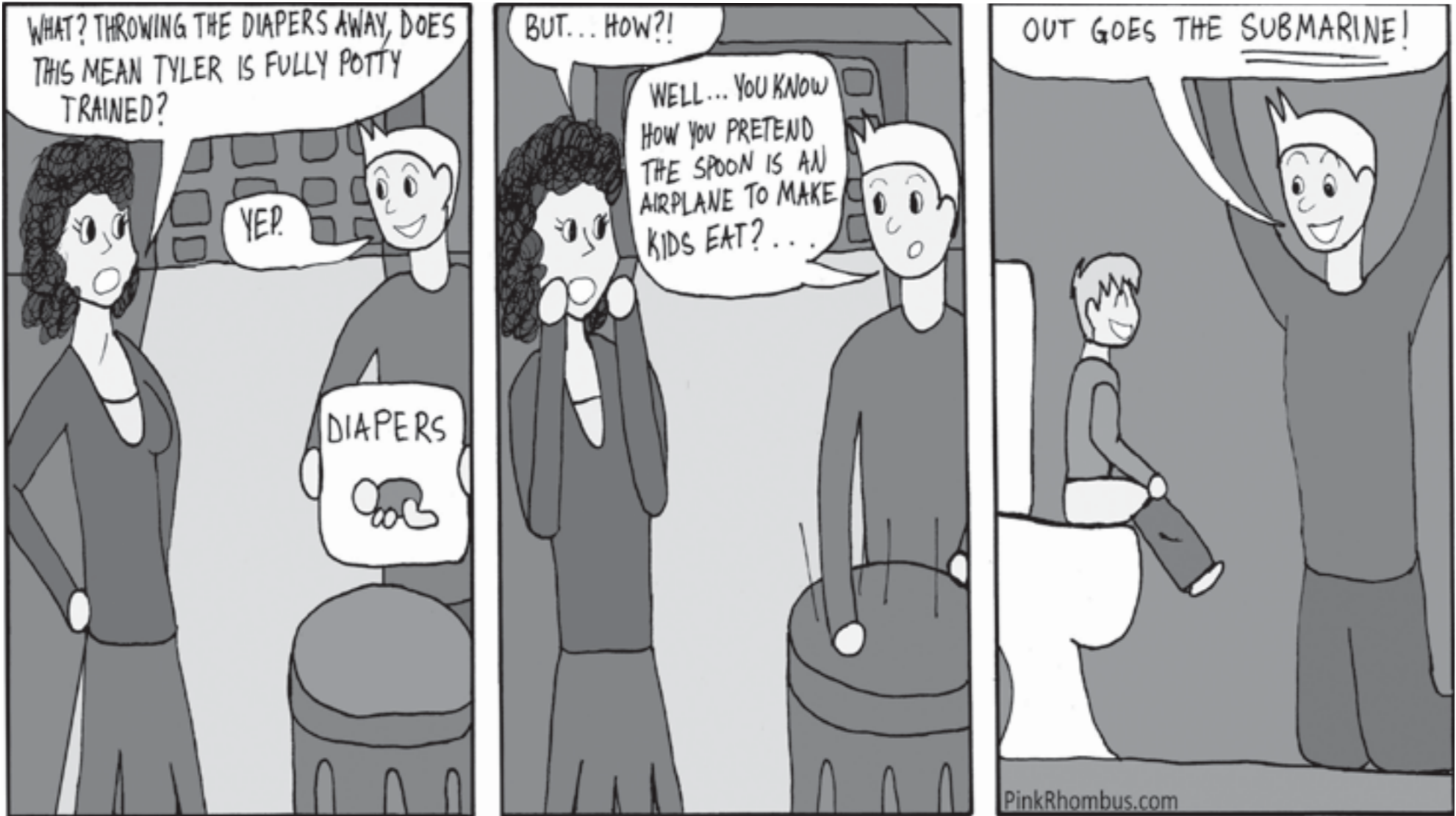
That nationwide conversation reached its peak at the Sept. 19 gala, where six out of the 10 shortlisted artists performed for the live audience made up of former Polaris nominees, fellow critically acclaimed performers from Canada and beyond, international media and industry insiders.

THE NUGGET PRESENTS:

NUGGET COMICS



Cartoon by John Benesch



Cartoon by Josalyne Wilfong and Mark Nordstrom



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

I dream for the day I see a Chris Evans look-alike walking the hallways.

...

To the girls who wear lululemon but clearly don't do any exercise or any form of activity. Who you think you foolin?

...

Dear teacher that constantly mounts the desk in repro class, castrating you would be a lot different than castrating a calf,

please stop rubbing your nipples in class. Next time you drink from my bottle when im out of the room you won't know what you're actually drinking ... love your 32 girls. + michael.

...

To all good lookin' girls, come to the basketball gym and lets play some game ;D

– BallersUnite

...
To the guy behind me in ethics class ... Ask me out!

– crazy about you

...

I just noticed that tradeswomen are getting hotter!

– 1Versace1

...

Dear hot single of last week, Chelsea

Wow, you're pretty and I know a lot of other guys are thinking they are right for you. But I'm confident I am. Write me back.

– possible mr. Right

...

Hey girl in the lobby yelling at the parking people – yes, we can hear you. No, you don't need to yell.

– Angry at rude people



Dear Dr. CONwisDOM,
I've had my fair share of sex with really hot women. But how come sex with them is never as hot? I get more satisfaction from a butterface.

– Not_Satisfied

Dear Not_Satisfied,
If physical beauty is so important to you, then you're freakin' blind. Who cares if she's a butterface? If she's good in bed, then that's all that matters. Just avoid looking at her face when you're in bed.

...

Dear Dr. CONwisDOM,
I have a very small penis. So small in fact, that it is embarrassing to talk about, and I'm one of those guys who pisses in the toilet for fear of being looked at. Girls I've been with always give me crap for having a small dick. As if it was my fault!

But does it really matter if it's small, seeing as most girls just get off from clitoral stimulation anyways?

– Mr. Small

Dear Mr. Small,
It seems to me that this is more of a lack of confidence issue. If you were really confident in your skills you wouldn't be fazed by your smaller package. So work on your confidence and the rest will follow suit.

...

Dear Dr. CONwisDOM,
I am seeing this new guy and we have just agreed that we would be exclusive. He's totally amazing and everything but he just got a major cold sore that looks like herpes. He says it's nothing but how do I know for sure?

– Cold shoulder to the cold sore

Dear CSTTCS,
The only way to know for sure is to tell him an old partner of yours called and told you he has contracted an STI. Ask him to get tested with you to show his support and that way you can see his results too.

...

Dear Dr. CONwisDOM,
There's this one girl I'm currently hooking up with who meows like a cat when she, um ... gets her catnip. AND I HAVE A PROBLEM WITH THIS. It's weird, it's bizarre, and why can't she just sounds like a human? This seriously can't be asking for a lot.

– The Cat's Meow

Dear Cat's Meow,
If you're just hooking up with this girl, why don't you just move on, and find a girl who doesn't sound like a cat? Duh, dumb question of the week.

...
Dear Dr. CONwisDOM
My girlfriend and I are having trouble in the bedroom. A friend suggested I go to one of those marital aid stores, but I'm embarrassed to go in. What should I do?

– Sexually Shy

Dear Sexually Shy,
Don't be embarrassed – everyone needs a little help sometimes, and you can use this as a chance to maybe get a little freakier. Just don't go into the used section.

...

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

CLASSIFIED

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.

Matches meet once a week for about two hours. Matches can meet at the P.A.L.S. office or at a neutral location. Schedules are flexible. Training and materials are provided.

For more information, please contact P.A.L.S. – Project Adult Literacy Society at 780-424-5514 or e-mail to palsvolunteers2003@yahoo.ca

Zamboni driver

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

Job opportunities

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.

Study participants

Are you an immigrant student? Earn a \$20 gift card by participating in a research project!

Language and cultural barriers can create ineffective learning processes and make life hard for first-generation immigrants from non-European countries. Surprisingly little is known about the barriers faced by immigrant students in classroom and school activities and how language and

cultural barriers affect their lives and learning outcomes.

Please participate in a research study for the purpose of exploring the cultural and language barriers in the education process.

You can participate in this study, if you 1) come from a non-European country as an immigrant, 2) have been in Canada for less than six years, and 3) you are 18 years or older and study at NAIT.

Participants will participate in a one-to-one interview of 30-60 minutes during the fall semester.

Call Starr Zhang, researcher, at (780) 378-2841, e-mail: starrz@nait.ca, or drop by Starr's office: T-400C, NAIT, 11762 106 St. NW, Edmonton.

Rate your math/science study habits



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Students may need to spend at least 1 hour of study time for every class hour of math. The good news is that by regularly doing problems you won't have to study extensively for math and science exams. Rate yourself on how effective your math and science study skills are:

☐ I do as many practice questions as possible. I know that math, physics and chemistry are learned mostly by doing problems, not by memorizing.

☐ I take detailed, complete step-by-step notes in class so that I can follow them when I am working on problems later.

☐ I get help with concepts that I don't understand. I know that new material builds on what I have already learned, and that it is really important to keep up with what is being taught.

☐ I study math or science courses before my other subjects. I recognize that I am most alert when I first start to study so it is important to prioritize my most difficult subjects.

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

☐ I make formula flashcards. I write a formula on one side or the card, and when and how to use it on the other side. I include an

example if necessary.

☐ I make sure that I understand the problem before I start working on it. I read it to get an overview, and then reread to identify exactly which quantity the problem is asking me to find a solution for. With long questions I underline key parts.

☐ If possible I try to guesstimate an answer after reading the problem. That way I can question my answer if it is way off my guesstimate.

☐ I devise a plan to convert word problems into mathematics (i.e. find equations which describe relationships among the variables and describe the goal of the problem). I use one or more of the following:

- Think of every formula or definition that might be relevant to the problem

- Work backwards by asking "What do I need to know in order to get the answer?"

- Look for a pattern

- Draw and label a picture, diagram, or table

- Solve a simpler related problem

- Relate the problem to similar examples in my notes or text

- Break problems that require several steps into smaller pieces and solve each piece.

- Always double check my calculations.

☐ I use my homework assignments as practice tests. I go through my notes and then set the timer and work through my homework without referring back to my notes. When I am finished I go back and use my notes to complete the questions I didn't get. I mark questions that I didn't succeed at and redo them later. I know that I do not know the material well enough to succeed on an exam if I have to constantly refer to my notes while doing homework.

☐ I take opportunities to teach someone else whenever possible, knowing that this is the best way to learn a topic. If I can explain a concept to a classmate I know that I really under-

stand it.

☐ If I am having trouble I get help asap by:

- Setting up an appointment with my instructor.

- Forming a study group to brainstorm solutions to difficult questions together.

- Using the Tutorial Centre on campus

(Room A133) or hiring a peer tutor.

- Booking an appointment with a counsellor. Counsellors are available to help you with study techniques or to help with personal problems that may be interfering with your success. Book in person at Room W111-PB or call 780.378-6133.

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

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 from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available 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. The cost is approximately \$15/hour

Violence or potentially violent behaviour or extreme medical emergency – Security at 7477, 911 or the police complaint line at 423-4567, if appropriate.

NAIT STUDENT COUNSELLING
Room W111-PB, HP Centre, Main Campus
Telephone: 780-378-6133
Website: www.nait.ab.ca/counselling

Perfect skin in 3 easy steps

By ALI MAGEE

Staying conscious about your health is often thought to be about dieting and exercise, but a major component of health that is often overlooked is the skin.

With the dry season of winter coming up, everyone should be extra cautious towards taking care of their skin and keeping it moisturized. One of the most effective ways to keep skin rejuvenated is by using face masks. Easy to make homemade masks take only a few minutes to prepare and use common household ingredients. Not only do face masks give your skin the moisture it needs, but they also flush pores and clean the top layer of skin, which treats acne and kills bacteria. If you are looking to relax while enjoying your at-home spa treatment, try placing cool cucumber slices over your eyes while your mask sets.

Each ingredient in a mask will benefit your skin in a unique way. Honey is used as a main moisturizer, while ingredients like yogurt or citrus juices exfoliate skin. Other popular ingredients such as fruits and vegetables provide your skin with much appreciated vitamins.

Remember to limit your use of face masks. While it may be addicting to have the silky smooth skin right after using a mask, it may not be the healthiest thing for your face. When face masks are used too often, skin gets stripped of essential oils and in turn begins to overcompensate and produce more oils than necessary. This will leave you with an undesirably oily complexion. Ideally, use a face mask once or twice a week to ensure ultimate performance from its ingredients.

Easy to make face mask:

- 2 teaspoons plain yogurt
- 1/2 teaspoon honey
- 1/2 teaspoon lemon juice
- 4 to 6 finely pureed grapes

Mix all ingredients until smooth. Apply mask evenly to face and leave for about 15 minutes. Rinse thoroughly, pat face dry with a clean towel. Instead of grapes, other fruits can be used like grated apple, or try rosemary. If you're interested in a firming mask, try replacing the yogurt with egg whites. Remember to only apply masks to clean skin and don't leave the face mask on for more than 15 minutes. Enjoy relaxing and staying healthy!



Recipe

Tomato spinach chickpea simmer

By ALI MAGEE

Ingredients:

2 tbsp extra-virgin olive oil
1 chopped onion
3 minced cloves of garlic
1 tsp dried oregano
¼ tsp hot pepper flakes
¼ tsp salt
2 tbsp tomato paste
1 can diced tomatoes
1 can chickpeas
1 tsp paprika
1 bag of spinach, trimmed

Preparation:

In a large saucepan, heat 1 tsp. oil over medium heat; sauté onion, garlic, oregano, hot pepper flakes and salt until onion is softened, about 4 minutes.

Add tomato paste; fry for one minute. Add tomatoes, chickpeas, and paprika; bring. Reduce heat and simmer until thick enough that spoon remains after spoon is dragged through, and 25 minutes.

Meanwhile, in skillet, heat remaining oil over medium-high heat; sauté spinach until wilted, about three minutes. Stir into chickpea recipe.

This delicious recipe takes about 45 minutes including preparation time. Tasting strongly of tomato, it goes really well with less flavorful foods. The first time I attempted creating this simmer, it turned out slightly runny. I would suggest to those with less experience in the kitchen to let the chickpea sauce cook for longer than you would expect. After trying it by itself I made it twice more, first with rice, and second as a dip with pita crisps.

Another variation that I found tasty was to add tofu for even more protein in this already enriched dish. I simply warmed about half a cup of firm tofu with 1 tsp oil in a frying pan, and then added it to the mixture before stirring in the spinach.

The best part about this simmer is that it goes great with such a variety of sides. While I would recommend not serving it with anything that will overpower its taste, but simple vegetables and foods that need that extra kick with be excellent partners for this cuisine.

Good luck to those who try to tackle this recipe, and enjoy!

Awesome salad bar

CAMPUS FOOD REVIEW

By ALI MAGEE

Eating healthy and eating out has never really gone hand-in-hand, and that's why it's hard to put your body first when buying your lunch at school. Fortunately for us at NAIT, healthy options are readily available — and at a great price!

The salad bar at the Common Market offers such a wide variety of healthy choice foods; it's nearly impossible to not find something you like. From hard-boiled eggs to soup to grain salads you can cover all of your vitamin categories for a fairly cheap price. Aside from the soup, everything at the salad bar is priced based on weight, and none of my decent sized lunches have been over \$10.

Starting with the garden salads you can create a tasty concoction based on only the vegetables you choose, which include cherry tomatoes, onions, and peppers. Top off your low calorie starter with your desired amount of Ranch or Italian dressing.

Moving around the bar your selection will vary from day to day usually including multiple pasta salads, rice, curry, and

grain salads. My favorite dish served is the quinoa salad, which has the perfect amount of spices and is one of the healthiest items on most menus!

Soup selection changes daily as well but often includes creamy broccoli, chicken

noodle, tomato ravioli or vegetable. I cannot make a bad comment about the soups offered, and have found all of them to be simply delightful. My No. 1 pick is the tomato ravioli, although sometimes it's lacking in the ravioli department. Fresh whole wheat and white buns with butter are available as an accompaniment, and you can fill up one of three sizes of dishes with your selection.

Together these items make up a scrumptious and hearty meal. None of the choices require for you to wait in line while they are prepared, and you get to decide your portion size. For those on a diet, or even just trying to keep healthy and maintain high energy levels, the Common Market salad bar is an awesome decision for a quick, healthy and relatively inexpensive lunchtime stop.



Photo by Tiffany Lizée

Krzysztof J

Fourth-year Automotive Service Tech.

When you go to a bar, what girl catches your eye first?

To be honest, the girl dancing up on the bar definitely grabs my attention first. Not saying that she's the one I'm going to set my sights on.

Do you like a girl who can do things herself or needs you to be her handyman?

I like her to be independent but I don't mind helping her out here and there.

Do your friends' opinions reflect on your decision?

I make my own decisions.

What are your views on your girl having close guy friends?

As long as they are just friends, I don't mind.

Walking around NAIT, what girls do you love to see?

Lululemon girls!

How do you feel about a successful woman?

I love it, but I'm no gold digger.

If your girl is smokin' hot, do you want her showing off her assets?

I prefer conservative but she can wear what she wants.

Friends say: "Krys is a pretty good shuffler, he also has a great ass and is pretty sharp."

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

CLUBS

LEARN THE ROPES. BE A LEADER.

HAVE A FEAR OF SPEAKING IN PUBLIC?

Join the Toastmasters Club at NAIT

All Are Invited To Our Founding Meeting and Information Session

October 13, 2011 at 4:30 pm

Room F006



What's Going on Around Campus...

WHO LDSA (Latter Day Saints)

WHAT Weekly Meeting

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

WHERE X-203

WHO Gamerz of Dungeons & Dragons

WHAT Club Meetings

WHEN Fridays, 5:00pm - 10:pm

WHERE WC-312

WHO Second Rodeo (Mature Students Club)

WHAT Information Meeting

WHEN October 12, 2011, 1:00 - 4:00pm

WHERE Outside NAITSA (Rm E-131 Main Campus)

WHO Christian Club

WHAT Weekly Meeting

WHEN Wednesdays; 12:15 - 1:10pm

WHERE E-115

WHO Rainbow Sanctuary

WHAT Club Meetings

WHEN October 17 (and every 2nd week following)

WHERE X-205, 4:00pm - 5:00pm

WHO IET

WHAT Pub Night

WHEN October 15, 2011; 6:30pm

WHERE Union Hall

CLUBS CORNER

WHAT: Clubs Showcase

WHEN: October 12, 2011 11:00am - 1:00pm

WHERE: South Lobby



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

BACK IN THE SADDLE



REOPENS THIS OCTOBER