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THE NUGGET

Thursday, September 22, 2011
Volume 49, Issue 4



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VOTE FOR YOUR REPS

Candidates for Student Senate and VP Student Services, pages 13-15



Photo by Emily Lang

PIRATES ON THE NORTH SASKATCHEWAN

A group of pirates took over the Edmonton Queen last Friday and had a rollicking good time at the annual NAITSA Pirate Boat Party. Story, page 19.

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NEWS & FEATURES

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DOSE OF EXTRAORDINARY

ANNA ESTANISLAO
Issues Editor

Around two years ago, while perusing the endless piles of *Reader's Digest* in our living room (we had a monthly subscription), I came upon a story that shocked me and yet again, inspired me.

Daniela Garcia is a physician. What's so unique about her? She is the first quadrilateral amputee physician in the world.

Hailing from Chile, Daniela Garcia was a 22-year-old medical student who was described as "intelligent, athletic, and lively." She comes from a loving and medical-oriented family where Garcia's father was a professor in the medical faculty and a pediatric radiologist. Her mother was a dentist.

In October 2002, Garcia experienced that moment where she was almost thrust into death's embrace. It was the annual Inter-Medical School Games in Temuco, Chile, where medical students from all over the country partake in various sports games for four days. Garcia was reluctant to go as she was more concerned about her upcoming exam. But friends persuaded her to come along, "as they needed her soccer prowess" and she believed that this was a way to release the stress she was feeling.

While taking the train to Temuco at night, two friends were curious to see if they knew any of the other students in the other coaches, and asked Garcia to come along. They walked between the coaches in one line, where Garcia was in the middle. The train they were taking had added old railcars to accommodate the thousands of students attending the games, tainted with grimy windows, and lights that were no longer useful.

A walkway that connected the railcars was missing; Garcia's friend who was in front of her had long legs which

helped him easily step over the empty space. Garcia was not so fortunate. With shorter limbs, she stepped over the gap just as the train went in a curve and further enlarged the space. Next thing she knew, Garcia awoke on the tracks with a shocking realization that her limbs were severed.

She lost both her hands and forearms, she was missing a left leg and from just below her right knee, that part of her leg was gone. With her knowledge of being a medical student she controlled her emotions as there was no room for panic due to the blood loss.

Garcia was still conscious and began to roll herself away from the middle of the tracks and shouted for help. A farmer nearby was enjoying a stroll down the tracks when he heard her and ran towards Garcia. He sprinted toward the gas station nearby and called for help. Garcia did not lose hope. When paramedics came, they were astounded that she was still alive and began to tell them her name and phone numbers of family and friends.

Garcia spent six weeks in the hospital then was moved to a rehabilitation centre where she met Dr. Alberto Esquenazi, the head of the unit and the person who would instill hope, courage, and determination in her. They both had some similarities; Dr. Esquenazi could speak Spanish, and he (also) had lost his right hand in a laboratory explosion in university.

I believe what's amazing about Daniela Garcia is that she kept a positive mindset despite what had happened to her. Despite the times she was sad, Garcia was filled with

joy from the prosthetics that was attached to her, knowing that she could still learn how to walk and use her hand prostheses.

What Dr. Esquenazi told her also hit me in some way: "You will always miss your hands. Nothing that we do here will ever be like what you lost. But you have a choice. You can hide in a corner and never come out, or you can rise to the moment and learn to do the best you can with what you've got ... Your life will be what you do with it."

Garcia remembered his words and channelled all her energy into getting better. She came back to medical school a year later and graduated with flying colours while never being given any special treatment.

She was named one of Chile's Women

of the Year and one of the Top-10 most influential people in the country. In addition, she wanted to tell her story the way she wanted so she wrote *Elegí Vivir (I Chose To Live)* which sold many copies than any other non-fiction book in Chile.

In 2007, Garcia and her boyfriend, since before the accident, happily got married.

When something bad happens, it really is your ultimate decision to either wallow in the negativity and do nothing or turn it into a positive experience and learn from it. I choose the latter.



Denture program needs mouths

By JEN RAMSTEAD

NAIT's denturist students are looking for 200 more patients to fill their clinic. The program is looking for patients who are in need of a complete set of dentures, a partial set, or single upper dentures. Patients will get a new set of dentures for about one-third the price of other clinics.

The students are in their second year of study in the denture program at NAIT, and need patients to help them get real-life experience before moving on to their practicum in the third year.

"We currently practice on casts that are supposed to anatomically resemble the mouth of a real patient, but they don't quite resemble a real ridge in a human mouth, because they are not quite detailed enough," explained Curtis Marmiak, a first year denturist student.

"We need patients [so we can] learn the different varieties of

mouths that are out there."

There will be an on-going relationship with the patient and the assigned student denturist at NAIT until the process is complete. Students use state-of-the-art technology and are supervised by registered denturists during appointments. NAIT has

nine dedicated treatment rooms with modern dental chairs and equipment. Patients who come to NAIT will also have the opportunity for follow-ups months or even years later.

Students from across the region come to NAIT to study in the denturist program – it is one of only four denturist programs in Canada. The program teaches students to assess, diagnose and design complete and partial dentures. The state-of-the-art

technology that students use while studying at NAIT include a simulator that lets students practise measuring and fitting partial-plate dentures. They also learn how to use a vel-

scope, which can expose oral cancer at a very early stage.

It is extremely helpful having patients to practise on because the students learn effective communication with patients regarding treatment option and care.

"There are arches that are very low and some that are very undercut, and with the patients that we could get in, we could learn a lot more about the variety that is out there. All the casts that we work on now, are all the same ... It's a good experience for both the patients and the students, because the students are learning how to work with the patients," explained Marmiak.

Once students graduate from the program, they may become self-employed in a denture clinic or they may become an associate in a denture clinic.

Denture patients interested in participating in the program can contact Lind0a McCaughy, an educational lab technologist in NAIT's School of Health and Science at 780.471.7786.

"We need patients [so we can] learn the different varieties of mouths that are out there."

– Curtis Marmiak, student



Photo by Laura Dettling

Construction is underway on a new NAIT parkade that will add an additional 986 stalls to a parking-starved campus.

More parking spaces!

By BART PADJASEK

Parking has always been a hot button issue on campus, and the very idea of available parking spaces is considered to be valuable real estate to most students. NAIT hopes to relieve some of that pressure with the construction of a new parkade north of the HP Centre.

"The construction has already started so all the environmental remediation's has been completed," said Ray Block, Vice President of Administration.

"And like I say, the permit has been issued by the city to construct it, but there is a two week waiting period. Once that period has completed, we'll start formal construction."

Construction is a common sight all across Edmonton, and the campus is no exception. The work is clearly visible travelling westbound on 118 Avenue by the CAT (Centre for Applied

Technologies) building, and is expected to be completed late fall 2012.

"It will be a 986 stall parkade," said Block. "So that will allow us to expand and to grow as a campus."

This is welcome news not only to students struggling to find parking stalls on a regular basis, but as well for neighbouring residents and businesses that complain of personal parking being remarkably full when the school year begins.

The new snow routes being established this winter will make the current parking availability a lot scarcer in the winter months.

"We are losing parking stalls as a result but we have made allowances for that," said Block. "We have made some parking arrangements with the city over at the airport."

Currently, most lots on campus sell out within 24 hours of going on sale for the semester. The

only lots usually available are airport parking or car pool spaces.

The remaining students end up paying the daily parking rates or take a chance parking in area neighbourhoods or at businesses.

With the future additions of an LRT in 2014 and possible land acquisition from the redeveloped City Centre Airport lands, it's an exciting time for NAIT expansion. Unfortunately as it stands, any future planning committee must always include a strategy for dealing with extra parking.

It's advised to take advantage of NAIT's U-Pass system and take public transit to avoid the uncertainty of parking.

The parking lot by the CAT building is closed at the moment due to construction, but the school has made arrangements with the city and opened up more parking slots at the City Centre Airport.

Time for students to vote

By JEN RAMSTEAD

NAIT Student Senate elections are back, and they brought an Executive Council election with them! Every September, NAIT students are given the opportunity to vote for 18 student Senate representatives. These students meet about every two weeks to oversee the direction of the NAIT Students' Association.

"Student Senate is two students from nine program groupings that represent all the programs that NAIT offers," said Teagan Gahler, Vice-President Academic of NAITSA.

"They give their input and views on how we conduct our business and they offer improvements and bring ideas to the table," she said.

Senate representatives voice the opinions of NAIT students on issues such as parking, lockers, tuition and lab access. They listen to the needs of students and work with other representatives to address those needs.



Teagan Gahler
NAITSA VP Academic

Students who join the Senate will develop skills such as accountability, decision-making, communication and teamwork.

Once students are elected they will have their own section on the NAITSA website (www.naitsa.ca), which will list their contact information. This makes it easy for NAIT students to easily voice any concerns or opinions they have about NAIT, through Senate representatives.

NAIT is also holding a byelection for a new VP Student Services, at the same time as the Student Senate elections. The VP Student Services is responsible for a global focus on NAIT student life, taking into account students' needs and concerns. The VP Student Services makes up part of the Executive Council at NAIT, along with the NAITSA President, the VP Academic and the VP External. The VP Student Services will also ensure that there are enough events that

meet the diverse needs of all the students.

NAITSA executives represent the student body in meetings with NAIT administration. Typical duties of NAITSA executives include: lobbying, networking with other student leaders and setting up events at NAIT.

NAITSA's Executive Council is kept in-check by the Student Senate, "Anything that [NAITSA's Executive Council] do, the Student Senate approves or disapproves and they debate it whether it's a good decision or not," explained Gahler. There are no scheduled speeches or debates for nominees running for Senate or Executive Council.

Nominees campaign by talking to students and making posters. Nominees will also write an article for the elections issue of the *Nugget*. This article will appear on the online ballot during voting. Online voting starts Sept. 23 and goes until Sept. 29 @ www.naitsa.ca. During the week, online voting will be available 24 hours a day. There will also be poll stations open on campus Sept. 29 from 10 a.m. to 2 p.m. The Election results will be announced at the Nest on Thursday, Sept. 29, after 6 p.m. For more information on the student government elections, go to <http://www.naitsa.ca/elections.aspx>.



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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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

NAITSA shines again for CF

By **BALJOT BHATTI**
Assistant Sports Editor

On Sept. 10, NAIT hosted Shine Day, an event aimed at creating awareness about the recessive genetic disease cystic fibrosis and raising money to find a cure. The event was presented by the NAIT Students' Association.

In total, about 55 people volunteered for the day, at seven different locations around the campus and city, from all three NAIT campuses to as far away as the Wal-Mart on 180 Street and Stony Plain Road.

Attendance for the campaign was good, and the total donations raised on Shine Day tallied in at \$3188. This does not include ticket sales to the Shine Day after-party, which took place at Union Hall.

The day kicked off with a pancake breakfast at The Nest. Some of the fundraising efforts included car washes at the NAIT Main campus and the Souch campus, as well as shoe shines and selling balloons to people who stopped by. They even sold hugs, high fives and lollipops. There were talks given by important figures in the cystic fibrosis community, like Katherine Lauzon of the Cystic Fibrosis Northern Chapter, and Dr. Jonathan Stevens, who has a child with CS.

Cystic fibrosis is a very serious genetic

disease that leads to progressive disability and can result in death. While no cure has been found, there are a number of ways to treat cystic fibrosis and to make it manageable. However, the disease is so severe that people who suffer from it often compare the experience to "drowning in air." Even so, researchers continue to try to make living with CF manageable and possible. In the last 50 years, the average lifespan of an infant diagnosed with cystic fibrosis went up from six months to almost 40 years.

Shinerama, from which Shine Day was derived, is the largest post-secondary school fundraiser in Canada, with more than 35,000 students and over 60 campuses getting involved. The name comes from the original fundraisers, which were mostly made up of offering shoe shines to raise money.

To date, the NAITSA Shinerama campaign has raised \$10,000, halfway to their goal of \$20,000. With successful days like Shine Day, that goal doesn't seem insurmountable.

NAITSA would also like to remind people that just because Shine Day is over till next year, it doesn't mean Shinerama will stop. "NAITSA will continue to support Shinerama all year round and will integrate into events through the year when we can,"



Photo by Laura Dettling

Even motorcycles got a cleaning at the annual Shinerama fundraiser.

said Miranda Holman, NAITSA 2011 Shinerama campaign director.

"Please feel free to donate whenever

you can and come out to volunteer when we need people. So look forward to more Shine events in the near future!"

Need a workout? Try 'See and Try'

By **BART PADJASEK**

The fall semester has started once again. It's time to get back to our good work and study habits that we may have neglected over the summer months. It's important to remember though, that a healthy body is just as important as a healthy mind.

NAIT has a vast variety of services available to students, ranging from beginner swim classes to boot camp fitness programs. But for the fitness uneducated, the NAIT gym options can seem like a daunting challenge just to look through. It can be tough to figure out what is

best for you. Thankfully, the folks at the Fitness Department have just the solution.

This semester, NAIT is offering a series of "See & Try" fitness classes for those who would like to sample a bit of what is available, before really committing themselves to each program.

Each drop-in class is a small \$5 registration fee and is available to all NAIT students.

Want to experience a great calorie-burning workout while still having a great time? Try the Latin-inspired dance workout Zumba.

Need a pick-me-up in the mornings with-

out that cup of coffee? Morning Jolt Bootcamp may just be the thing for you.

If cardio is your specialty, NAIT is offering five different types of spin classes for your varied tastes and preferences.

The always-popular choices of yoga or Pilates are available as well and all experience and fitness level are welcome.

TRX Circuit, a workout based on suspension and weights, will be included in the drop-in classes on Oct. 25 and Nov. 1. This is the perfect option for those who want to improve both strength and conditioning.

Each drop-in preview class ranges from 30 minutes to one hour, depending on the program, and is open to all levels of experience.

So if you're looking to start your way to a healthier life, or just wanting to add a new exercise component to your repertoire, the NAIT fitness See & Try classes are a great way to check out what your campus has to offer.

To register for any of these classes, or just get more information, head down to Room E-134 and talk to one of the Department of Athletics and Recreation representatives.

A personal trainer is looking for you

By **ANNA MacLEOD**

Get fit and have fun! Imagine working out with the likes of Hal Johnson and Joanne McLeod (of *Body Break*). Well, that might not happen – but the students of NAIT's Personal Fitness Trainer program are all up ins (and, frankly, they're probably a lot more attractive than Hal and Joanne are now).

The program is seeking volunteer clients for their students' Personal Fitness Trainer practicum. Much like the symbiotic relationship of oxpeckers and rhinoceroses, you too can cultivate a mutually beneficial relation-

ship with a student trainer. By helping them get the practical hours necessary for their certification, you'll get one-on-one training with people that legitimately want to help you get fit.

They require a number of volunteers to commit to training with a student trainer on a weekly basis, once or twice a week, for a total of 16 sessions.

The total number of sessions includes both training sessions as well as pre- and

post assessments of fitness. The sessions will all take place at NAIT's main campus, making use of the extensive fitness facilities that are available.

This offer is not exclusively open to students – family and members of the public can also take advantage of this service. The only provisos are that you must have a facility membership, are available to train at NAIT (Main Campus only), and are willing to commit to the train-

ing for the total number of sessions.

If you, like me, have the best of intentions when it comes to working out, but lack the necessary structure and personal motivation, this would be an excellent opportunity for you. Plus, you're legitimately helping out students who need you. Consider it an exercise in altruism.

If you are interested in participating in this opportunity, forms are available in Room S-105.

For more information, you can contact Kenneth Riess via e-mail at kennethr@nait.ca or by phone: 780 491 3920.



Virtually Speaking

A thinking player's game

By GRAHAM McCANN

Eleven years ago, a revolutionary first person game hit store shelves. This took the first person perspective of gameplay and combat, but infused it with RPG elements. Instead of being simply being run-and-gun gameplay, you had a slow, methodical first-person shooter where you had time to breathe in its open environments, wander around, interact with characters and most important, make decisions. You didn't even have to kill every bad guy you came into contact with.

Now, with first person shooters like *Call of*

Duty being the massively popular mainstream mindless action games, comes *Deus Ex: Human Revolution*. This is a prime example of how to integrate slower, more methodical and dynamic gameplay alongside first-person action.

Human Revolution is a prequel (and also perhaps a reboot, which is unclear) that takes place in the year 2027, about 25 years before the original. You are Adam Jensen, head security officer of Sarif Industries, a corporation that produces revolutionary augmentations to human bodies, such as mechanical limbs to amputees and

upgrades to eyesight, muscle ability and many other skills. Jensen, after being nearly fatally injured in an attack on Sarif Industry labs, gets a pile of these augmentations to save his life. Six months later, he is back at the job investigating the attack on the company.

However, for now, the story isn't important – you will spend enough time delving into it when you get the game. I'm here to talk about the tech and mechanics.

These augmentations that you get in the game are a large part of what makes this experience special. You don't start out with all of the augs, you earn upgrades as the game goes on. But you can't have all of them, you have to choose your upgrades and it's like choosing super powers.

Perhaps 2027 may be too close to realistically foresee these technologies being available, but certain kinds of these are in very early development. Take the optic camouflage, for

example. It is like an invisibility cloak; light bends around a person or object wearing it, so only what is beyond can be seen.

Other augmentations include semi-super strength to pick up extremely heavy objects, an "Icarus landing system," which allows you to fall safely from any height and upgraded vision that analyses a person's demeanor and personality so you can best respond to them and talk them down out of a bad situation or influence them in other ways.

This all helps you choose what to do and how to play. You can be a saint and use stealth and communication to preserve human life and help others to the best of your ability or play through the game by completing objectives as a psychopath, a murderer and a thief.

Deus Ex: Human Revolution is a lengthy and involved game, which demands multiple play-throughs. It is a gem, showing some of the greatest imagination and tech in gaming.



Deus Ex: Human Revolution is a departure from the usual first-person shooter.

NAIT reaches out

By DAVID ADOMAKO-ANSAH

NAIT's own Dental Assisting Program is helping others around the world and getting rewarded for it. This summer, the treatment centre, located in E-Building, received a facelift after sending its old equipment overseas to a clinic in Rwanda.

"We just got into our new clinic. We were fortunate to get a grant from both federal and provincial governments to put a brand new clinic in," said Daria Parrotta, an instructor and dental assisting clinic supervisor at NAIT.

The equipment that was sent consisted of many basic items needed to run a successful dental clinic. "We sent our chairs, lights, our cupboards and

everything to Rwanda for a clinic that they have there and started at the end of June and they built this new clinic!" Parrotta adds.

Dozens of textbooks, three X-ray machines and other equipment were sent to the East African nation. The equipment sent will also help train dental workers.

With the new facility, students in the Dental Assisting Program have a better, upgraded place to teach and continue their cheap teeth cleaning, polishing and fluoride during the summer months.

The students do this during their 10 months in class. For more information, you can call 780-471-8827.



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OPINION

— Editorial —

Eye in the sky a wonder



CELESTE DUL
Editor-In-Chief

Through the hustle and bustle of life I often forget just how small we are compared to the universe that surrounds us. I have always been fascinated with space and new technology continually makes it more interesting.

When picturing the Earth from Space I used

to think how peaceful and serene it looked. That is, until new technology showed me just how powerful the Earth is.

A new camera, developed in Japan, the HARP ultra high sensitivity HD camera, now makes it possible to film night in high definition. It's so sensitive that in a pitch black room without lights it takes video that looks like it was shot on a sunny day

What's so fascinating about this camera is that it's able to show us Space, and Earth, as we've never seen them before.

Aurora borealis in all its glory

Hundreds of kilometres in the sky is an area called the cosmic shore – this is where Earth's atmosphere reaches outer Space. In this location there is a large amount of explosive activity, such as lightning storms.

I can't begin to describe the sights that this camera shows. If you think that you've seen the most beautiful Northern Lights from your backyard, think again. Video captured from the International Space Station shows the aurora borealis in its glory. Ribbons of green light hovering above Earth like a halo – I have never seen anything more beautiful.

For the first time ever it's possible to see lightning storms from space, including a phenomenon known as a sprite. Sprites appear to be a burst of red light that shoots into the atmosphere after some storms. They often occur in clusters within the altitude range 50-90 km above the Earth's surface. Sporadic visual reports of sprites go back at least to 1886, but they were first photographed on July 6, 1989.

This technology will make it possible to film incredible things at night, even looking into space, like shooting stars or meteor showers, previously impossible to capture on film. Over 300 km away you can see details such as fires burning at an oil refinery in Kuwait or blue lights in the ocean – fishing boats off a coast.

Cities given new clarity

This new technology also gives us the opportunity to study cities by their light patterns. The increased detail of city lights available can help refine urban boundaries defined from satellite data. Transportation corridors and major commercial development, such as ports, shopping centers and cultural icons – like the Las Vegas strip – jump out of the landscape.

The world is constantly changing and the more we learn about our planet, the more powerful we are. The images from this new technology without a doubt changed my opinion on one thing – Earth is not small and insignificant; we are powerful and full of energy.



Denver, Colorado at night.

earthobservatory.nasa.gov

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

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

Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic.

Trust us on that. Write us.



SPORTS

SOCCER

Men, women continue to win

By TY HUDEC

The men's ACAC soccer season is in full swing, and the NAIT Oaks men were back at it this weekend with a pair of games.

The Oaks travelled to King's University College to take on the Eagles on Friday, and then came back to NAIT for a matchup with the Keyano Eagles on Saturday afternoon. The Oaks entered the weekend with a record of one win, no losses and one draw, and were looking to get back in the win column following a scoreless tie with Grant MacEwan last weekend.

In the weekend opener on Friday, the Oaks cruised to a convincing victory over King's, winning the contest 5-1. Thiago Silva and Andy Estrada each netted a pair of goals, while Joseph Costouros added one of his own in the win.

The Oaks were back at it again the next day and once again saw themselves come away with the victory, defeating Keyano 2-0. Andy Estrada added another goal, giving him three on the weekend, while Felipe Carvalho rounded out the scoring for the Oaks. Keeper Brandon Black stood tall in the net en route to the team's

first shutout win of the year.

"Games went well," Oaks head coach Jeff Paulus said following the weekend's action. "Defence was very strong again. We had a brilliant first half against Keyano, then kind of faded in the second."

The Oaks ended the weekend as the No. 2 ranked team in the nation, according to the CCAA men's soccer rankings and now sit atop the ACAC with a record of 3-0-1. They have a four-point lead over the second-place Concordia Thunder in the North Division and have a three-point edge on the South Division leading Medicine Hat Rattlers.

The Oaks' next game will go in Concordia on Sept. 25. The Thunder are ranked 12th nationally with a record of 2-1, with their only loss coming at the hands of NAIT in the Oaks home opener when NAIT pulled out the 4-1 victory. Next home action for the Oaks goes on Oct. 2 when the Grant MacEwan Griffins come to NAIT.

In women's action, the Oaks downed King's 10-1 on Friday and Keyano 5-0 on Saturday to keep their No 1 standing in the nation.

NAIT Oaks midfielder Zach Kaiser heads the ball during a game last weekend against Keyano College. NAIT won the match 2-0.

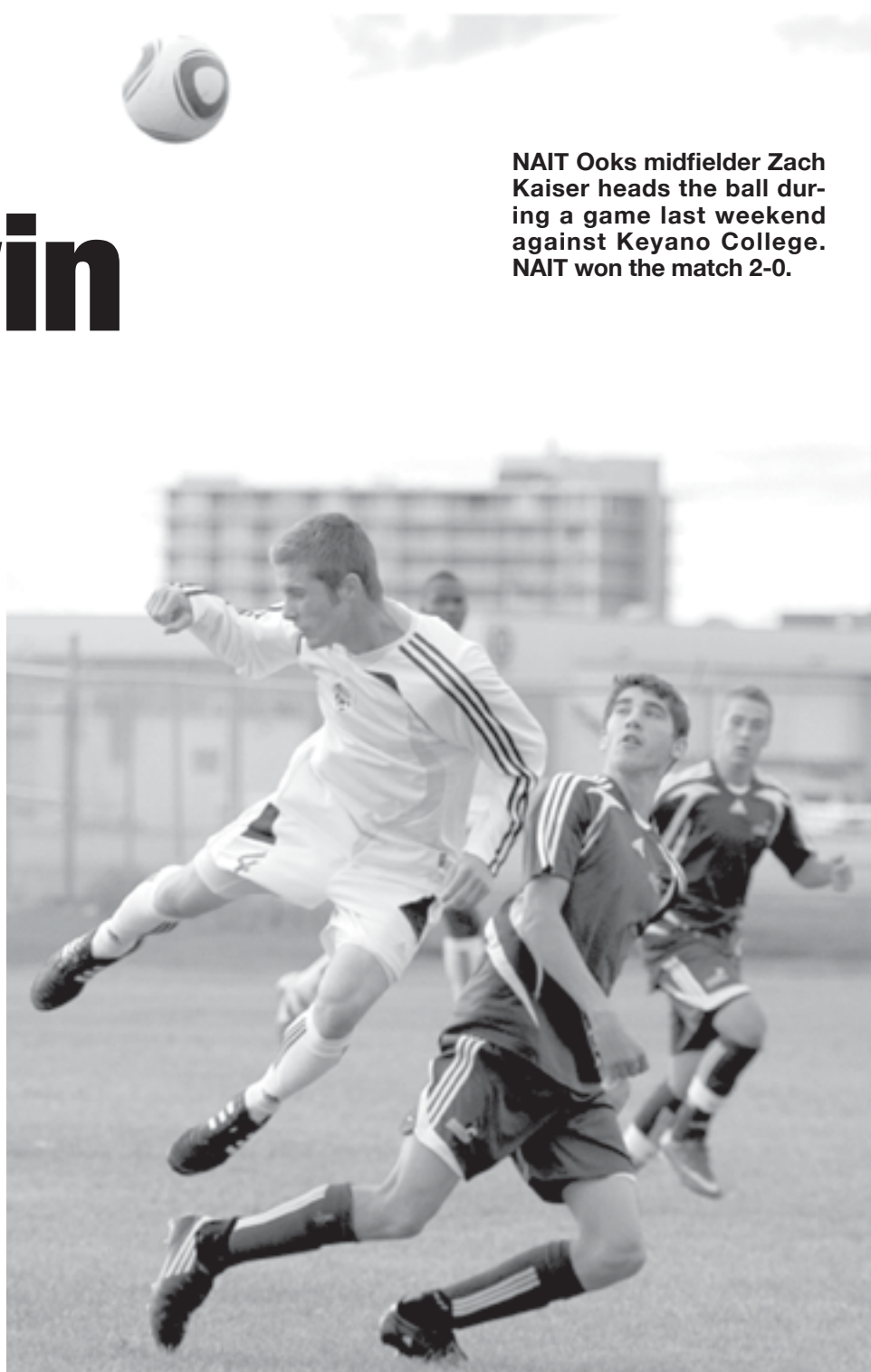


Photo by Emily Vanee

WOMEN'S HOCKEY

Lessons learned

By BRETT McNIVEN

It was an insightful weekend for the NAIT women's hockey team, losing twice to the University of Alberta Pandas in their pre-season games. After an upsetting 9-0 loss on Friday night at the university, the Oaks rebounded on Saturday, bringing in a much closer game that ended at a score of 6-1.

On Friday night, despite the score, the Oaks had a lot of positives to look at in the game. They had some excellent chances on the power play, including one chance when the Oaks were pressing right in front but were robbed by Panda's goalie Michala Jeffries.

The Oaks goalies, Shannon Giebelhaus and Krysten Pattison, faced a barrage of shots on multiple Panda power plays and made some good saves but it wasn't enough.

"The goaltenders struggled for us," said Oaks coach Deanna Iwanicka. "It was hard to build momentum and we needed a better performance from them."

One thing that stood out during the Friday game was that the Oaks did a great job shutting down odd man rushes, making the Panda forwards rely on other ways to get their chances. If there was one thing the Oaks can fix from this game, it was their penalty trouble. The Oaks took 20 minutes of pen-

alties on Friday.

"The Pandas are a much faster team and we had trouble adjusting to the refereeing and we kept doing the same things and kept getting called for it," Iwanicka said.

On Saturday night, the Oaks game plan stayed relatively the same, although one or two things were tweaked from the Friday game. Lacie Richard scored the lone goal for the Oaks, but over the two games, one player who stood out was Taryn McCormick, a second-year forward.

"She is starting really well, just like last year. The question is if she can continue it over the season," stated Iwanicka.

The Oaks definitely fixed some of their penalty troubles for the second game, which was a good sign for everyone.

"The one thing we want to take from these games into the regular season is finishing strong. We play some of our best hockey in the first two periods and we want to carry that into the third period."

Although there were many individual positives in the games, the biggest positive was the experience. Playing against a nationally recognized team like the Pandas can teach the Oaks so many things that practice just can't. This added experience can only help the Oaks when they start the regular season at home against MacEwan on Oct. 14.



Photo by Emily Vanee

Left winger Justine Cantley carries the puck during a game on the weekend against the University of Alberta Pandas. NAIT lost the contest 6-1.

MEN'S HOCKEY

Ooks goaltending solid

By TY HUDEC

With the regular season just a few weeks away, the NAIT Ooks men's hockey team continued to prepare themselves for opening night with a pair of tuneup games over the weekend against the University of Alberta Golden Bears.

Head coach Serge Lajoie and the rest of the Ooks knew they would be in tough as they took on the defending Canada West Champions from across town. With a number of spots open on the Ooks this year, the games gave the new faces an opportunity to get a feel for the system and their new teammates. The games also gave Ooks second-year bench boss Lajoie a chance to see his team in a game setting for the first time.

The Ooks and Bears met Friday night at NAIT Arena and then Saturday back at the U of A for the rematch. Game 1 saw the Bears outshoot the Ooks 34-16 en route to a hard fought 1-0 win. Newcomer between the pipes, and Olympic gold medalist, Shannon Szabados, stood tall in net for NAIT. She made 33 saves in her Ooks debut.

The rematch the following night saw the Bears coming out on top once again, this time by a score of 5-1. Graeme Harrington manned the crease for NAIT, stopping a total of 38 shots. The Bears outshot NAIT 43-23 and capitalized on a pair of powerplay goals, including a five-on-three marker.

Ooks captain Kyle Johnson tallied the lone goal for NAIT, also coming on the man advantage.

"We held our own. Played them even, maybe even a touch better in the third," Lajoie said following the games. "They are a very good team."

With the addition of Szabados to the team this fall the Ooks look to have two of the best goalies in the ACAC.

"It is a nice problem to have" said Lajoie, "With Shannon deciding to transfer to NAIT and Graeme coming back off of a very good



Photo by Emily Vanee

NAIT Ooks men's goalie Shannon Szabados stops a shot during a game Friday at NAIT arena. Szabados stopped 33 shots in a 1-0 loss.

season last year, I am happy knowing that on any night our team will have the best goalie out on the ice regardless of who is in the crease."

Harrington will see most of the action this weekend in the Blue and Gold tournament held at NAIT because Szabados will be away on a commitment to Team Canada women's team and will return early next week.

When asked if he had decided on a starting goalie to begin the regular season, Lajoie said: "We haven't made any decision regarding who will be our starting goalie. We have a few weeks to give both goalies a good look, but nothing is set in stone at this point."

Lajoie will have a few more weeks to pre-

pare his team before things get started for real. The regular season schedule kicks off with a home-and-home weekend set against the Concordia Thunder.

Game 1 for NAIT goes in Concordia on Oct. 7. The Ooks home opener will follow on Oct. 8, when the Thunder come to NAIT for the rematch.

WOMEN'S BASKETBALL

Looking ahead with confidence



Todd Warnick

By NICK BERRY

After what coach Todd Warnick called "a transitional year" last season, the NAIT women's basketball team is looking to come back strong this upcoming season.

The team competed well every night but in the tough ACAC North Division, you need some bounces to go your way. The team ended up with a 5-15 record and they are looking for a significant jump up the standings this year. Warnick, who took over the job late in the summer last year, is looking forward to implementing his game plan with the players who have joined the team.

Warnick brings 18 years of coaching experience from Vancouver Island's Malaspina University College in Nanaimo, B.C., Lethbridge Community College and the University of Lethbridge before moving to the Concordia Thunder four years ago.

He hit the recruiting trail hard this summer targeting top 4A high school programs throughout Alberta as well as Western Canada. He recruited two guards out of local

Archbishop O'Leary high school he believes fit perfectly into his system. Warnick is looking to returning starting forward Katrina Papenhuzyen to set the tone on both the offensive and defensive side of the ball. She averaged just under nine points a game last year to go along with three rebounds and Warnick hopes she can continue to offer leadership along with her abilities on the court.

Papenhuzyen is joined this year by her younger sister Lindsay, who is looking to have a stellar rookie campaign. Fourth year forward P.J. Wells, who recently transferred to NAIT, is also going to be counted on to provide scoring depth from both the perimeter as well as the post and will be counted on to help carry the load on the defensive end.

Coach Warnick says he is "confident that I have the right players and staff in place to

compete hard this year."

Warnick identifies his team as a "hard working, up-tempo group, capable of dominating the pace of a game."

He plans on letting the speed and athleticism of the girls take over in games. Warnick believes that his team has the potential to compete for a playoff spot despite being in the extremely tough North Division. With powerhouse schools

such as Grant MacEwan and Grande Prairie in the same division, it won't be an easy road to the playoffs, but when is it ever in sports?

The team travels to Medicine Hat for a tournament this weekend before journeying to Calgary for the SAIT tournament on Sept. 27.

The ACAC regular season kicks off Oct. 21 when NAIT travels to Lakeland College before having their home opener the next night at 6 p.m. at the NAIT main gym.

"... confident that I have the right players and staff in place to compete hard this year."

— Coach Todd Warnick

Night of confusion, debacles

By WILL CORTEZ

M Night Shyamalan couldn't have written a better plot twist. This PPV out of Las Vegas had drama, suspense, action and even a bit of romance. Floyd "Money" Mayweather was making his villainous return to boxing after a 16-month layoff, coming off an impressive win over Shane Mosley. Victor Ortiz was making his first welterweight belt defence after wresting the championship from Andre Berto. Both fighters looked in superb shape coming into this fight. Mayweather came in at a weight of 150 pounds on fight night, whereas Ortiz came in at a surprising 163 pounds.

Exciting on all fronts

This fight was exciting on all fronts – it had a defensive mastermind at one end and an offensive machine on the other. Mayweather picked up where he left off, with fast lead right hands, defensive mastery and blurring speed, Ortiz did exactly what he should do. Being the stronger and younger of the two, he bullied Mayweather for most of the fight. By Round 3 Mayweather was measuring Ortiz out for a body bag. Mayweather began to cut the ring and walk down the bigger Ortiz. In Round 4, things finally hit its climax.

The round began with Mayweather hitting Ortiz with a five-punch combination and began to take over, throwing rights and left hooks at will. Mayweather, known for his defensive prowess, was showing how amazing his offensive skills could be. Ortiz at one point began to just throw wild punches and seemed to get frustrated. By mid round, things took another turn when Ortiz got Mayweather on the ropes and unleashed a flurry of combinations to Mayweather that looked like it might end the night early. Ortiz was beginning to gain confidence, which was noticeable when he started to stalk Mayweather and finally clipped him with a solid right hook which sent Mayweather in a full defensive shell. Ortiz excitedly threw an onslaught of left and right hooks and all of a sudden jumped up head-first and head butted Mayweather. The fight was paused and Ortiz was quick to hug Mayweather and even kissed him to show his apology.

Continued to apologize

Joe Cortez then took a point from Ortiz and very sloppily said "let's go" to both fighters. Ortiz continued to apologize to Mayweather by trying to hug him at the waist, but he was not in the mood for any of it. Mayweather then pushed Ortiz's hands and, with a vicious left hook and right-cross combination, put Ortiz on his back. Referee Cortez gives Ortiz his 10 count, but by six you could tell that Ortiz didn't even know where he was.

Floyd won his 42 straight victory in a controversial fashion. It's hard to blame either fighter. Ortiz did the sportsman-like thing and went to apologize after trying to land an intentional head butt. Mayweather did the right thing as a fighter to take a



www.thesweetscience.com

Floyd Mayweather, left, lands a left on Victor Ortiz during their pay-per-view fight in Las Vegas on Saturday. The fight ended in controversy with a Mayweather win after he sucker-punched Ortiz in the fourth round.

golden opportunity to seize a knock out victory. Joe Cortez did what he does best and officiated poorly.

Say what you will about it being a cheap shot, Mayweather was doing his job, which was to win the fight. Ortiz paid the price for his head butt with a point – he had nothing to be sorry for at that point. On the other hand, though, as much as boxing is about hurting, it is about respect. Not just boxing, but all fighting is about respecting your opponent. It is hard to respect Mayweather for what he did, though he is in the right. He was controlling the fight. He was showing what a great boxer he is. He didn't need to land a cheap shot. The fight had been close, but Mayweather was taking over.

After the fight, people went ballistic, booing and yelling at Mayweather. Nobody really seemed proud of what happened, not even Mayweather, which became evident when Larry Merchant, Mayweather's media kryptonite, came into the ring to interview him. Larry asked him why he would pull something like that, seeing as he was taking over the fight and he was beginning to get ahead of Ortiz. Feeling insulted, Mayweather told Merchant that he never

got his just dues from him and both Mayweather and Merchant lost their cool. Mayweather kept saying Larry didn't know s*** about boxing and HBO should fire him. Much to everyone's delight, Merchant retorted: "I wish I was 50 years younger and I'd kick you're a**," highlighting a chaotic night of confusion and debacles.

Ironically, Ortiz said it best when interviewed: "You can look at it two ways." He made a mistake and paid with his belt but Floyd didn't need to cheap shot him.

Not to get all philosophical, but I believe in divine intervention, fate, destiny, planets aligning, and therefore Mayweather vs. Pacquiao needs to happen. If ever boxing had a pivotal point in its long life, it's right now with these two superstars. This fight isn't just for boxing fans, promotional teams or boxing itself. It is for all combat sports and all combat fans. This is an historic event that needs to take place for everyone. And if you want to take anything away from this fight, it should be the first rule that they teach you when you first go and train at a boxing gym and that is to "Protect yourself at all times while inside the ring."

The Athletics dept. wants you

Announcers – \$60/night

Basketball/volleyball/hockey

This position is the voice of the Ooks, which plays a very important role during our game operations. You will introduce teams, announce the score, promote and explain events and thank sponsors. A strong microphone presence is essential and auditions will be held. You must be willing to work every game of the sport you are chosen for (with exceptions).

...

Ticket Takers – \$60/night

Basketball/volleyball/hockey

You are the "face of Athletics" because the public deals with you first. You sell tickets and clothing at the ticket booth, set up displays, handle all promotions/draw boxes, fill out summary sheets for attendance and any other duties as required.

...

Score Sheet – \$60/night

Basketball/volleyball/hockey

This person's main responsibility will

be to fill out the score sheet, including having a running tally of the score and keeping track of fouls and timeouts throughout the game. You must have the lineups entered on the score sheet 15 minutes before the game.

...

Score Clock – \$60/night

Basketball/volleyball/hockey

The main role of this position is to run the score clock while keeping the rest of the table organized and up to date with the game. An in-depth knowledge of the sport is an asset.

...

Stat Keeping (DakStats) – \$75/night

Basketball

The stat keeper fills a very important and demanding role. You will be required to track all the ACAC required stats throughout the game. Strong basketball awareness is essential. You must be able to quickly transfer the information to the DakStats computer program. You must have the program "game ready" 15 minutes before the game.

...

3-Ball – \$35/night

Volleyball

You will be required to hold and collect volleyballs when they are not in play, and throw balls to the ready server. You will also help with the setup and take-down of the ticket booth and game entrance areas before and after the event.

...

Goal Judge – \$40/night

Hockey

The goal judge in hockey is responsible for "flicking" on the red light when a puck crosses the goal line. He or she is also required to keep a tally of the shots taken on the net they are working.

...

Concession Attendants – \$60/night

Basketball/volleyball/hockey

The concession attendant is responsible for providing food and drinks to customers of the athletic events. Alcoholic beverages are sold so ProServe is required, along with money hand-

ling training (provided). Staff must be welcoming and friendly to all staff.

...

Setup/Cleanup – \$60/night

A strong team of two responsible and dependable staff will be required to set up the main gymnasium before all home games and clean up the facility at the conclusion of the event. Pulling out bleaches, chairs, floor mats, setting up the inflatable Ook, volleyball nets, etc., are a few of the expectations for the job.

...

Cameraman – \$900 per semester

Basketball/hockey

The camera operator is responsible for filming every home game. Games will be webcast across Canada for viewers to see. Setup and take-down of equipment will be required.

If you are interested, please contact:

Andy MacIver

Athletics and Recreation Events Programmer

E-mail: andym@nait.ca

Phone: 780-471-7606



NHL – the winners

By TY HUDEC

The NHL Eastern Conference has five legitimate Stanley Cup contenders, with the final three playoff spots wide open for the taking. Here's a team-by-team rundown with the outlook of each club heading into the 2011-12 season:

Boston Bruins: The champs will once again be one of the teams to beat in the East. They upgraded on the blueline, bringing in Joe Corvo to replace Tomas Kaberle. Up front veterans Mark Recchi and Michael Ryder are gone, so expect Tyler Seguin to get a bigger role. Tim Thomas will look to remain in Vezina form and lead this team to another Northeast Division crown.

Buffalo Sabres: GM Darcy Regier had a busy summer, signing free agents Ville Leino and Christian Ehrhoff, trading for Robyn Regehr and re-signing Tyler Myers. The revamped blue-line should lessen the workload on team MVP goalie Ryan Miller, as the Sabres look to improve upon their seventh-place finish from a year ago.

Carolina Hurricanes: If Boston improved by adding Corvo to replace Kaberle, then Carolina took a step back doing the opposite. Eric Staal, Cam Ward and rookie sensation Jeff Skinner will be looked on to lead this team

back into the post-season after missing out by one game last year. The 'Canes will contend, but with a number of teams improving around them, I don't think Carolina did enough to secure a spot.

Florida Panthers: After finishing in the basement of the East a year ago, the Cats overhauled their roster this summer. New faces include Thomas Fleischmann, Brian Campbell and Jose Theodore. Add in top picks Jonathan Huberdeau and Erik Gudbranson, and Florida is heading in the right direction. The post-season drought may finally come to an end, but a few more years of rebuilding are still to come.

Montreal Canadiens: The Habs saw a number of depth players walk out the door and only have the arrival of Eric Cole to show for it. I put them in the same boat as Carolina; they stood pat too much while other teams improved around them. I think Carey Price is a stud between the pipes and just might pull off a Vezina-calibre season. If he doesn't, this team will be hard-pressed to grind out a playoff spot.

New Jersey Devils: After their stunning fall from grace last season, the New Jersey Devils are one of the biggest wild cards coming into the year. The return of Zach Parise and the arrival of Adam Larsson will help. This team

has the talent on paper, but too many off nights from the likes of Ilya Kovalchuk will leave them out once again.

New York Islanders: If Rick DiPietro can find a way to play 50 games this season, this team still doesn't stand a chance. The return of Mark Streit and Kyle Okposo will help, as will rookie Nino Niederreiter's arrival. John Tavares has a new \$33-million deal; unfortunately it may be closer to the end of that deal before the Isles are a real threat.

New York Rangers: The Rangers scored the biggest free agent prize in Brad Richards. If he can motivate Marian Gaborik, the Blueshirts could possess one of the league's best one-two punches. New captain Ryan Callahan highlights a solid young core that should find their way into the playoffs once again.

Ottawa Senators: I see Ottawa being the weakest of the Canadian teams this season. The Sens missed their Cup window and are now paying for it. Nikita Filatov may resurrect his career in Ottawa, but even that won't be enough. This is a transition year and if Craig Anderson doesn't give them some stability in net, the Sens could very well be a lottery team come April.

Philadelphia Flyers: Paul Holmgren made some bold moves this off-season, dealing

away Mike Richards and Jeff Carter, and then throwing the bank at Ilya Bryzgalov. Other new faces, Brayden Schenn and Jaromir Jagr, join a talented lineup that should win the Atlantic (with all the uncertainty in Pittsburgh). This team concerns me come playoff time though; you can't remove two franchise players and not pay for it. The Flyers are talented, no question, but I see these moves haunting them down the road.

Pittsburgh Penguins: The Pens finished fourth in the East, despite spending much of the year without Sidney Crosby and Evgeni Malkin. The Pens showed incredible depth, which should bode well for this season. Malkin is back but Crosby remains a huge question mark. With the concern over concussions at an all-time high, I don't think Pittsburgh should even consider playing Crosby until after Christmas. The team will be fine without him. They may fall short in the division race but a healthy Crosby come playoff time puts them well ahead of Philly in terms of being a champion.

Tampa Bay Lightning: The Bolts proved that they're for real last year and will be led by the same core that carried them to the Eastern Final this time around. Steven Stamkos will look to claim the title of league's best player from Alex Ovechkin (assuming Crosby remains sidelined). Washington's depth in goal keeps Tampa from winning the division, however. But, as we know in Edmonton, Dwayne Roloson will be there come playoff time.

Toronto Maple Leafs: I'm going to go out on a limb and say that this is the year Toronto returns to the post-season. Brian Burke has put the pieces together, adding Matthew Lombardi and Tim Connolly to a gritty group of forwards and bolstering the blueline with John-Michael Liles and Cody Franson. The final piece comes in James Reimer, who may be the long-awaited answer in Toronto's crease. If he is, and if the new faces stay healthy, the Leafs sneak in.

Washington Capitals: The two-time defending Eastern Conference champions should retain their throne atop the East for a third year in row. A loaded roster got even better with the addition of Roman Hamrlik, Joel Ward and the bargain of the year in Tomas Vokoun. Alexander Ovechkin's leadership will be more important than ever this season. I think the Great 8 is poised for another scoring title and will lead the Caps to a deep playoff run at long last.

Winnipeg Jets: The Jets are back and they look a lot like the team that left Atlanta. For those of you who didn't follow hockey in Georgia, that means an influx of young talent and a bright future. Re-signing Zach Bogosian is a huge step for the franchise. Playoff hockey is not far away for Jets fans, but the travel schedule and a deep Eastern Conference will keep them out this year. A return to the West will help next season. In the meantime, Winnipeg can be proud that hockey is back where it belongs.

Ty's predictions for the East

- | | |
|-----------------|----------------|
| 1) Washington | 9) Montreal |
| 2) Boston | 10) New Jersey |
| 3) Philadelphia | 11) Winnipeg |
| 4) Tampa Bay | 12) Carolina |
| 5) Pittsburgh | 13) Florida |
| 6) Buffalo | 14) NYI |
| 7) NYR | 15) Ottawa |
| 8) Toronto | |



The Washington Capitals are counting on Alexander Ovechkin again this year to help them repeat as Eastern Conference champions.

kgsdistrict.blogspot.com

and losers: 2011-12



By DANICA PACKOLYK

Anaheim Ducks: Forty-one-year-old Teemu Selanne has signed back with the Ducks for yet another season on a one-year contract. A few players added to the team are centre Andrew Cogliano, blueliner Kurtis Foster and Mathieu Carle, and goalie Jeff Deslauriers. Meanwhile, Kyle Chipchura, Jason Jaffray, Todd Marchant and Andy Sutton are just four of the seven players that have departed for the 2011-2012 season. Finishing ninth in the league last season, and with Jonas Hiller “symptom free,” the Ducks don’t seem to be leaving their Top 10 spot in the NHL.

Calgary Flames: After missing the playoffs in back-to-back seasons, new GM Jay Feaster had a tough choice to make – let go of the veterans and do a complete rebuild or keep the core veterans and hope they click, building the team around them. Feaster chose the latter and kept the stronger veterans, but traded Robyn Regehr and Ales Kotalik to the Buffalo Sabres for defencemen Chris Butler and young centre Paul Byron. Added to the club was offensive blueliner Anton Babchuk and Scott Hannon, as well as Lee Stempniak in exchange for Daymond Langkow. Stempniak will be a positive addition as he can play either wing and can be used on both the power play and the penalty kill, creating healthy competition among the forward group for ice time.

Chicago Blackhawks: Captain Jonathan Toews’ younger brother, David Toews, was acquired over the summer but will most likely play in the AHL for at least another season. Also acquired is Michael Frolik on a three-year contract and Sami Lepisto from Columbus on a one-year contract. Patrick Sharp recently underwent an appendectomy and will miss all of training camp and most of the preseason. Sharp may be back for the season opener on Oct. 7, but will most likely not be 100 per cent for the first a couple of months. It looks like this season will be a lot like last year, following another season long battle with the Canucks.

Colorado Avalanche: The Avalanche have resigned Milan Hejduk and David Jones, and have already signed first-round draft pick Gabriel Landeskog, the second overall draft pick in 2011 and Duncan Siemens each to three-year entry level contracts. Also added to the team is Loakim Lindstrom from the Swedish Elite League and goaltenders Jean-Sebastien Giguere from the Leafs, Cedrick Desjardins from the Lightning and Seymour Varlamov from the Caps. Finishing second last in the 2011 season, I don’t think they’ll be in the bottom three, but I’m still not convinced they’re playoff material just yet.

Columbus Blue Jackets: The Blue Jackets signed an array of players – young, old, new to the team and previously on the team. A few of these players include defencemen James Wisniewski, Aaron Johnson, Radek Martinek and Ryan Russell. Prediction: If the Blue Jackets make it into the playoffs this year, it’ll be just barely.

Dallas Stars: New head coach Glen Gulutzan isn’t the only new face on the Dallas Stars coaching staff – joining them is assistant coach Paul Jerrard. With the new

coaches, it became clear that an overall depth was lacking in the team. And how to fix this? Bring in six new players, who include right-wingers Michael Ryder and Radek Dvorak, centres Vernon Fiddler and Hake Dowell, and defencemen Sheldon Souray and Adam Pardy. With these six additions, the organization and all their fans are eager for the season to get underway, with playoffs more than attainable.

Detroit Red Wings: This upcoming season veteran goaltender Ty Conklin will be back on a one-year contract and another player on a one-year contract is newcomer Mike Commodore. The Wings are hoping the six-foot-five, 230 pounds-plus defenceman will fill the vacancy left on the blue-line by Brian Rafalski, who retired last month. The team was also rocked with the Russian air crash death of assistant coach Brad McCrimmon – who was very close with Nicklas Lidstrom. I believe this season’s outcome will depend heavily on two factors – whether Lidstrom and the rest of the Wings can move past this tragedy and how the goaltending will be this year.

Edmonton Oilers: With their first overall draft pick for the second year in row, the Oilers chose Ryan Nugent-Hopkins from the WHL’s Red Deer Rebels. Steve Tambellini was busy this summer signing numerous players, such as Ben Eager, Ryan Keller, Andy Sutton and former Oiler and fan favourite – Ryan Smyth. This season is much anticipated by fans with a solid core of young players and few well-seasoned veterans – as long as everyone stays healthy. With the new dynamics of the team, there is no reason that the Oiler’s can’t make to at least the first round of the playoffs.

Los Angeles Kings: The Kings have been up and comers for the last few years and have a few secure, core players – all but Drew Doughty. Now a restricted free agent, Doughty’s agent and the Kings have been in negotiations since the end of last season but still have not come to terms with an agreement. GM Dean Lombardi was disappointed that Doughty has not yet attended training camp but is certain he will be part of the L.A. organization for a long time. Some of the new players added are veteran Ethan Moreau, rookie defenceman Adrian Van de Mosselaer and defenceman Andrew Campbell. Just shy of making it into the Top 10 last year, and even without Doughty, the Kings look like they can get their momentum going and get back into the playoffs.

Minnesota Wild: The Wild have been busy signing new players such as centres Darroll Powe and Jeff Taffe, as well as left winger Colton Gillies and defenceman Mike Lundin. Also added to the lineup is Dany Heatley from San Jose, in exchange for Martin Havlat. The Wild finished in the Bottom 10 last year with 86 points, but with all the new recruits, it’s looking like it’s going to be a good season.

Nashville Predators: New jerseys, new players – signed over the summer was Jack Hillen, Tyler Sloan, Brodie Dupont, Zack Stortini and Sergei Kostitsyn to name a few. The Predators had a lot of dynamic last season, and this season is only looking even better.

Phoenix Coyotes: Brett MacLean was re-signed to the organization and a few of the new additions include forwards Kyle Chipchura, Marc-Antoine Pouliot and Mathieu Beaudoin – each to a one-year, two-way contract. Signed to multi-year contract is Boyd Gordon, Raffi Torres and goaltender Mike Smith.

San Jose Sharks: The Sharks have secured Brent Burns for another five seasons and signed veteran Ben Guite and Jim Vandermeer, as well as acquiring Martin Havlat for Heatley. Another big signage is Michal Handzus, who put up 30 points last season as a member of the L.A. Kings and is arguably one the top penalty killing forwards in the NHL. Looking at the Sharks’ track record, they’ve been one of the top teams for the past couple of years and should have no problem making it far into the playoffs yet again.

Vancouver Canucks: Fresh off their Game 7 Stanley Cup Final loss (sorry Canucks fans, I couldn’t help but say it once more), Vancouver has signed right wingers Victor Oreskovich, Byron Bitz and Mike Duco, as well as goaltender Matt Climie, defenceman Alexander Sulzer and centre Andrew Ebbett. I think a lot of people will agree that not a lot of changes were needed to the team, they just need to keep their momentum going.

Danica’s predictions for the East

- | | |
|----------------|---------------|
| 1. Detroit | 9. Dallas |
| 2. Vancouver | 10. St. Louis |
| 3. San Jose | 11. Phoenix |
| 4. Nashville | 12. Colorado |
| 5. Anaheim | 13. Edmonton |
| 6. Los Angeles | 14. Calgary |
| 7. Chicago | 15. Minnesota |
| 8. Columbus | |



Detroit Red Wing star defenceman Nicklas Lidstrom was rocked by the death of Brad McCrimmon, a close friend, who was killed on Sept. 7 in a plane crash in Yaroslavl, Russia.

On the verge of greatness



PATRICK KNOWLES
Sports Editor

about since I was seven.

Dylan Armstrong was born Jan. 15, 1981 in Kamloops, British Columbia and for two-thirds of his life he has been throwing one thing or another for the Kamloops track and field club and the Canadian National team. At the age of 30, he stands six-foot-four and tips the scales at a solid 310 pounds. He has come a long way and this year has been probably be the best year of his life if you asked him. Ever since he was a teenager he has excelled in most throwing disciplines and originally started off as hammer thrower, but when he was 19 after placing second at the world junior championships in the hammer, he switched disciplines and picked up a shot put and hasn't looked back.

It took him a few years to get down the different techniques for shot put and probably the biggest key to his success was when the Canadian Track and Field Association decided to hire world-renowned throws coach Dr. Anatoliy Bondarchuk and moved the national throwing facility to Kamloops. This was basically done entirely for Armstrong because of the great potential he had displayed. Dr. Bondarchuk is a different breed, very old school in his style of coaching and training and has transformed a very gifted athlete to the best in the world at his craft.



Dylan Armstrong
A great year

field event of the World Championships.

He was unable to succeed at this mission. After setting the bar on his fourth throw with a toss of 21.64 metres, it wasn't till the sixth and final round that German thrower David Storl managed to best Armstrong with a throw of 21.78 metres. Although not the result Armstrong was looking, for he was still very pleased with the result and was already looking ahead to the main goal of the 2012 Summer Olympics in London.

He is the only Canadian ever to win any sort of medal at the World Championships in any throwing discipline. Oh, and how about the fact that Canada has only won a total of 17 medals ever at the track and field world championships and if you take out the four that Donovan Bailey has won he accounts for 7.7 per cent of all medals won by Canadians at the track and field World Championships.

Armstrong has been looking forward to next summer since finishing fourth at the 2008 Beijing Olympics, where he lost out on third place and a spot on the podium by less than a centimetre. This has been the driving force for Armstrong, who has said that he wants to do anything and everything in his power to never have that happen to him again.

From the looks of it, I would have to say that he has the right attitude, right focus and the best coaching to make sure his will be standing on top of the podium next summer in London as the first Canadian in over 100 years to win a medal in a throwing discipline at the Olympics.

Many of you may not be as familiar with the name Dylan Armstrong as I am. Many of you probably also did not grow up living in the same city and being on the same city track and field club grow up as Dylan Armstrong. So I would like to be the person who introduces you to this world-class athlete whom I have known



Dylan Armstrong

nationaltrackleague.ca

ACAC Standings

MEN'S SOCCER

North Division

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

South Division

Team	W	L	T	Pts	GF	GA	+/-
Mount Royal	3	0	0	9	6	1	5
Medicine Hat	2	0	1	7	6	2	4
Lethbridge	2	1	0	6	6	4	2
Red Deer	1	2	1	4	8	9	-1
SAIT	1	2	0	3	3	5	-2
Lakeland	0	4	0	0	1	9	-8

RESULTS

Sept 16

NAIT 5, King's 1

Sept. 17

NAIT 2, Keyano 0; MRU 4, Lakeland 1

MHC 2, Lethbridge 0; RDC 4, SAIT 2;

Concordia 2, MacEwan 1; GPRC , King's 2

Sept. 18

GPRC 2, Concordia 2; SAIT 1, Lakeland 0;

MacEwan 4, Keyano 0;

MRU 1, RDC 0

WOMEN'S SOCCER

North Division

TEAM	W	L	T	Pts	GF	GA	+/-
NAIT	4	0	0	12	25	4	21
Concordia	2	1	1	7	12	8	4
MacEwan	2	1	1	7	9	5	4
Grande Prairie	1	1	0	3	6	7	-1
Keyano	0	2	0	0	0	9	-9
King's	0	4	0	0	2	21	-19

South Division

Team	W	L	T	Pts	GF	GA	+/-
Red Deer	3	0	1	10	12	3	9
Medicine Hat	2	0	1	7	9	3	6
Mount Royal	2	1	0	6	8	3	5
Lakeland	2	2	0	6	5	11	-6
SAIT	0	3	0	0	1	6	-5
Lethbridge	0	3	0	0	4	13	-9

RESULTS

Sept. 16

NAIT 10, King's 0

Sept. 17

NAIT 5, Keyano 0

MRU 4, Lakeland 0; MHC 3, Lethbridge 1;

RDC 2, SAIT 0; Concordia 1, MacEwan 1

GPRC 5, King's 2

Sept. 18

Concordia 5, GPRC 1; Lakeland 1, SAIT 0

MacEwan 4, Keyano 0; RDC 2, MRU 1

—THREE-PAGE CANDIDATES SECTION—

STUDENT SENATE

Health Sciences



Robbyn Bailer

My name is Robbyn Bailer and I am in my second year of the Respiratory Therapy Program. I am running as a candidate for NAIT's Senate for the school of Health Sciences. This will be my second year as a part of NAIT's Senate. I would like to continue to be able to further what NAIT has to offer its students. Including (but not exclusive to): more bus routes and bus times to NAIT, making sure the mandatory increased athletics fee is being used for the students, and the general well-being of all of the Health Science Programs.

Why would you vote for me, you ask? Well, I am reliable, easy going, approachable, a total go-getter and want to make NAIT a better place for all Students! So in short: a vote for me is in turn a vote for you!



Alyssa Gulash
No resume submitted

Building Construction and Design



David Leblanc

Hi my name is David Leblanc and I am currently taking the Building Environmental System Technology (BEST) program. This is my third year at NAIT and I have decided to take a more active role to gain a better understanding of how NAIT works. I am excited to start talking about the student concerns and what we can do to make NAIT a better student experience. I would encourage you to go online during the voting week to get to know your candidates and vote for the ones that you feel will represent you best. I am looking forward to a great year and thank you for your support.



Kristen Richardson

Hello NAIT students! I am in my second year of Engineering Design and Drafting Technology. I was elected to sit on the Sen-



James Head

Hey everyone! My name's James Head, I'm a second year management student, second year Business Connex executive, and basically a resident of NAIT. If you haven't seen me in the business tower, then you probably have at the NAITSA office... or the U-pass booth... or a Business Connex event... or the nest... I think you get the point. I'm here to get the most out of my NAIT experience, and have some fun while doing it. I put 100% into everything I do, and representing you, as a member of Senate, will be no different. I would take this opportunity to list all the things I want changed around NAIT, but the fact is I'm here for you. Want something done? Have an issue? Talk to me! I'm the approachable guy who's always in the halls stirring up conversations, so let me know what's grinding your gears and I will fight to fix it. I'm proud to be a NAIT student and I will represent the JR Shaw School of Business (all 2300 of us) with pride and professionalism. With me, it's all about you, so VOTE FOR HEAD! (Vote at nait.ca from September 23rd to the 29th)

ate last year and I really enjoyed it. Not only did I get to see the inner workings of your Executive Council, but I also got to voice an opinion for students that otherwise may not be heard. This year I am representing the Building Construction and Design group which include Architectural, Civil, Con Eng., Interior Design, Materials and Mechanical Engineering, Millwork and Carpentry and Building Environmental Systems Technology. I know that most of these programs are in the Annex and at times it can feel like we are for-

Business and Administration



Renita Olson

Hello everyone! My name is Renita Olson, a 3rd year BBA Accounting emphasis student, and I am campaigning to be one of your Senate representatives for the Business & Administration program (covering the BBA, ADA, Business Administration, Captioning & Court Reporting, Records Management & Business Operations, Veterinary Administrative Assistant, Business for Journeymen Management and Applied Banking & Business).

I know how it feels to be out of the loop at NAIT and not know what NAITSA, the Executive Council and Senate are doing for you the student; therefore, if elected as your senator:

- I will be responsible for addressing the concerns and opinions of all students within the Business & Administration program group
- I will be accountable to the students within my program group, as well as hold NAITSA and the Executive Council accountable for their actions and decisions to the best of my authority, and
- I will make myself accessible not just on campus, but also via Facebook, Twitter and email.

Thank you very much, and please from September 23-29 get out there and vote! It is one of the most important things you will do this year.

— Renita Olson
[facebook.com/renitaolson](https://www.facebook.com/renitaolson)
twitter.com/renita_olson

gotten on the far side of campus. I am the only candidate taking classes in the Annex and if I am re-elected for Senate this year, I will be your voice and a visible presence. If you see me in the hall, don't be afraid to introduce yourself and let me if you have



Lynda Menard

Hey Everyone, My name is Lynda Menard and I would love to represent YOU on Senate. I am a second year Business- Marketing student and have taken part in many Naitsa events. I have been a Frosh Leader the last 2 years and I am currently VP Internal for Business Connex. These opportunities have helped me build strong relationships with great people. I have also done volunteering with Shinerama, and helped with student events such as Naitsa Parties, ball hockey and pancakes.. My #1 goal is to keep YOUR tuition costs low. I'm in the same boat as YOU and higher tuition means bigger debt. I believe all decisions should be made to benefit the students in the long run. Let me represent YOU. Vote Lynda Menard September 23-29



Ibrahim Ahmed
No resume submitted

any questions or concerns. With your support and my experience, we could make some changes in the Annex this year. Vote Richardson!

STUDENT SENATE (CONT.)

Media and Design



Amelia Nash

Hello NAIT! My name is Amelia Nash. I am in the Graphic Communications Certificate program and I would like your support for student senate. By volunteering at recent events such as Music Night Kick-Off, Shinerama and the Pirate Boat Party, I have not only met many exciting people at NAIT but have come to understand some of the key issues facing the student's association. With this knowledge, as well as my enthusiasm and willingness to lead toward change, I am the ideal candidate to represent this generation of NAIT students at the highest level and for the greatest good. I plan to bring the issues to the table that are important to you as students and fight for your best interest. What I can promise you is to always do my best to listen to students from across Media and Design and work towards achieving what you want from your student's association. I will let my actions speak louder than my words.



Chelsea Bird

Hello School of Media and Design students! My name is Chelsea Bird and I am asking for your vote for a seat on the student senate. Essentially I will be your voice when it comes to how your money is being spent, and what changes you would like to see around the school. It's important that you know that with my strong work ethic and passionate personality, I am the right fit for this job. This being my second year at NAIT, coupled with my other post secondary experience I feel confident in knowing what students want and need. I feel strongly that since I'm headed for a career in broadcasting, I will excel in this position. The voting period is Sept. 23-Sept. 29, so please take just a minute of your time and head to a polling station to vote YES for me! Thank you!



Jackie Albert

Hey NAIT! My name is Jackie Albert, and this year I am asking for your vote in the 2011/2012 Senate Elections, from September 23-29! For the past three years I have been elected, by you, to the Senate and as a result I have built many strong relationships with a lot of very important and influential people here at NAIT. I have also developed a great understanding of how to get things done!! Most candidates use this article to express their "platforms" to you. But what I want, what I'm willing to work for, is what YOU want. That's why I do what I do. So how 'bout you help me build my campaign platform?! Tell me what you want to see at NAIT, let me take care of the rest! Join the Facebook group "Jackie Albert for Senate 2011/2012" and tell me what you want to see! All that aside, if you're going to vote for me, I want you to know who I am. I'm a second year Instrumentation Engin-

earing student and I love to volunteer with the NAIT Students' Association. When I'm not busy with that, I love snowboarding, Zumba, and getting outside with my puppy, Hemi!!



Kyle Scott
No resume submitted

The following program groups have no candidates running:

- Skilled Trades & Apprenticeships
- Environmental Management
- Culinary & Hospitality
- Information Technology & Electronics



Garrett Prince

Good day my fellow students! I would like to be your next senate representative in the 2011/2012-senate elections. My name is Garrett Prince but please call me G. I have been a NAIT student going on three years now. I am a second year Avionics Engineering student; but like some of you I started out in the Pre-technology program as a means to grow and develop into my current field of study. What I will bring to senate are your concerns to make NAIT student life a memorable and enjoyable one. I feel I would be a benefit to the senate as I have been and currently am a FROSH leader bringing events and activities to the student life. When you see me in the hallways please feel free to stop me and say hi, ask me questions, and share your concerns. Or email me at princeroyston@gmail.com. Where there is a will we will find the way together. Vote PRINCE!!! on September 23-29th, 2011.

VP STUDENT SERVICES



Patrick Warwaruk

My name is Patrick Warwaruk and I am running for the position of Vice President, Students Services. I am returning for my fourth year at NAIT completing my Architectural Technology diploma. I first got involved in the NAIT Student Association as a class representative of the pre-technology program and a Senator for the School of Arts, Science, and Communication. I participated in NAIT's Academic Council and became the Chair of the Operations Committee within the NAITSA Senate. For the following two years, I continued my participation on NAIT's Academic Council and served as a Vice

President of the NAIT Architectural Student Society.

As a returning student I am familiar with every part of this school. Like many of you, I have driven, taken public transportation and walked around the entire main campus as well as explored the other NAIT sites. In my time here, I have seen, heard and experienced many student issues such as:

- No residences
- Poor public transportation
- Limited and inconvenient parking options
- Expensive course materials
- Need for more social activities
- Small classrooms

- Large class sizes
- Athletic facilities that don't fit our needs

I firmly believe that as a student body, we deserve improved student services to address our needs. NAIT students are extremely unique; most are here for short periods of time and have intense courses in diverse areas of study. As such, it is important that all students have the appropriate services and opportunities presented to them to ensure quality education and future success in every field.

My goal is to be the voice for the student body to bring about the results that we need to improve our educational experience. I believe

that, with your help, I can do this through the 3 C's:

- Communication: I plan to talk to students of all backgrounds including students with disabilities, international students, athletes, Aboriginal students, students with financial and/or housing needs etc. regarding varying concerns. I will make an effort to speak face to face with all student groups and take to blogs and forums to seek out all student needs and help find a solution.

- Connection: To be an effective representative of the student voice, I will work on building honest relationships with student groups to truly

Cont. on next page

VP STUDENT SERVICES (CONT.)

understand their needs. I will be available to all students at any time to discuss any issues they may have.

• **Contribution:** I not only want to be a representative of the student body, I want to actively bring about the implementation of changes in the areas students require action. I will give all my energy to make certain NAIT students can experience the change that they stated they need.

I feel I am the best candidate as I bring diverse experience in student government, an understanding of NAIT's facilities and student population and a strong desire to improve the experience of all students on all campuses. I hope that you will make the choice to elect me and together we can bring the change we deserve.



Miranda Holman

**VOTE ONLINE
SEPT. 23-29
AT WWW.
NAITSA.CA/
ELECTIONS**

I'm Miranda and I'm running for the role of VP Student Services. I'm excited to be in my 5th year at NAIT. I've completed diplomas in both HR and Marketing and I'm now working on my BBA in HR.

Last year, thanks to a good friend, I heard about the Shinerama Campaign Director position. Since being involved with Shinerama and NAITSA, I've had the chance to engage all of you while supporting a

great cause.

One of my goals is to have fewer students with the same un-involved attitude I use to have. I want to make all of your time here at NAIT the best times of your life, whether it's 6 weeks or 4+ years.

NAITSA is here to:

- Give you a place where you can go when you want problems addressed and listened to.
- Where you can party.
- Where you have the chance to get out of your comfort zone.
- Where you have a chance to laugh and meet new friends.

Kicking off Music Nights, USS & Mother Mother is just the beginning of what NAITSA has to offer! NAITSA is full of fun events that I have already been involved in planning. I'm excited to bring fun experiences to all new and returning students throughout the year.

Please, look forward to more music nights, extreme nights, Shinerama integration and fun challenges. Stay posted and get involved, these are part of the college experience that makes incredible memories. I personally want to be involved in making this YOUR year!

NAITSA still needs more variety

in what they offer students. I want to be apart of moving forward and changing the face of NAITSA. I will be listening to all your ideas and let me help you implement a phenomenal year.

Let's create information sharing for 2011. I propose that NAITSA starts sending information to your fingertips (i.e. texting and email) and to you around NAIT by more street team students than ever before. The event team works hard to put on fantastic events, conferences, activities etc. that everyone needs to hear about. It seems like a large majority of us are not informed. We all need that to change. Right now!

I'm aware of all shared NAITSA/NAIT spaces at we all can use (i.e. NAITRIUM, Tower Lounge, The Dock...) and it's time for an upgrade in my opinion. I am planning on working with NAIT to create a plan to improve these spaces like they've done with The Dock in the Annex.

As VP Student Services, I will fight for the knowledge of where your money goes and get you excited to attend all things NAITSA.

I am so proud to be involved in such a great students' association and get the opportunity to engage and

change your lives. Help me make NAIT and NAITSA work for you!

**Poll Stations
(on Sept. 29)
10 a.m.-2 p.m.**

- **NAITSA Office Room E-131**
- **South Lobby Kiosk**
- **HP Centre (1st floor by Bytes)**
- **U-hallway near Fresh Express**
- **X-wing outside the bookstore**
- **Annex-1st floor**
- **Souch Campus (eating area)**
- **Patricia Campus (eating area)**

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ENTERTAINMENT

Ugly side of kids' beauty



SPOTLIGHT ON ...

NATASCHA BRUHIN
Entertainment Editor

I believe I was around 13-years-old when I first started wearing makeup. However, I only wore some odd colour of eye shadow and mascara. It wasn't until I was in high school that I really knew how to properly apply makeup and even at age 15 I knew subtlety was key.

Clearly the parents on the TLC show, *Toddlers and Tiaras*, never got the memo.

Since debuting in 2009, the show that takes a behind the curtains look at the world of beauty pageants, has become a smash hit for TLC.

Of course, the show is a hit because once a person tunes in to an episode; they can't pry their eyes away from the ridiculousness being shown on screen. Having already seen the movie gem that is *Little Miss Sunshine*, I thought I was immune to the "Can't-look-away-because-it's-so-horrific" syndrome – I was wrong.

The episode that I saw clips of online is one of the most controversial episodes to date. It has made such an impact, that even the Parents Television Council has taken notice.

"We have a serious problem when The

Learning Channel features a toddler, who probably hasn't even learned to read, dressed as a prostitute showing off her sexy strut," PTC spokesman Melissa Henson said.

Yes, that's right, one of the moms on the show dressed her three-year-old daughter up as Julia Roberts' prostitute character from *Pretty Woman*. With the blonde wig, sleazy outfit and shiny, black thigh-high boots to match, contestant Paisley walked the stage in a getup that even took some of the other pageant moms by surprise.

"I would never ever do that to my little girl, ever," one of the moms proclaims in the episode. "Us pageant moms already take a huge rep for what we're doing to our little girls, and it's outfits like that that gives us our bad rep."

Interestingly enough, the judges didn't seem to feel that way, laughing loudly as little Paisley walked around the stage.

When asked for comment, Paisley's mom, Wendy Dickey, said no harm was done to her child, and insists that she's a good mom.

"I'm raising my child just as well as any mother does ... I take my kid to church every week ... at least I'm not forcing them into sports and getting my child injured like some parents. People need to look at their own family and what they're doing. I don't know why people are focusing so much on pageant moms when there's much more harmful things people are letting their children do!"

Another episode shows 18-month-old Bristol getting foundation (that's coverup for you guys out there) applied onto her through an airbrush spray.

"It gives such a subtle, beautiful look!" the

makeup artist friend squeals. "Not every child is beautiful ... but Bristol is!"

Ugh. Sadly enough, only Bristol's older half-sister, Madison, picks up on the child's pain as the mom and makeup artist try to apply a hairpiece onto the child's head.

"When I saw Bristol getting her hair done, I felt really upset because the hair kind of hurts her, I guess. She was crying, so it made me feel bad," Madison tells the camera guys.

On top of dressing up in extravagant outfits, the young contestants usually all take part in spray tanning, teeth whitening, eyebrow waxing and, of course, wearing heavy makeup, which includes fake eyelashes. I started to feel a little uncomfortable when I saw four-year-old Maddy put on a Dolly Parton outfit that had – wait for it – fake, padded breasts and butt pads to go along with it.

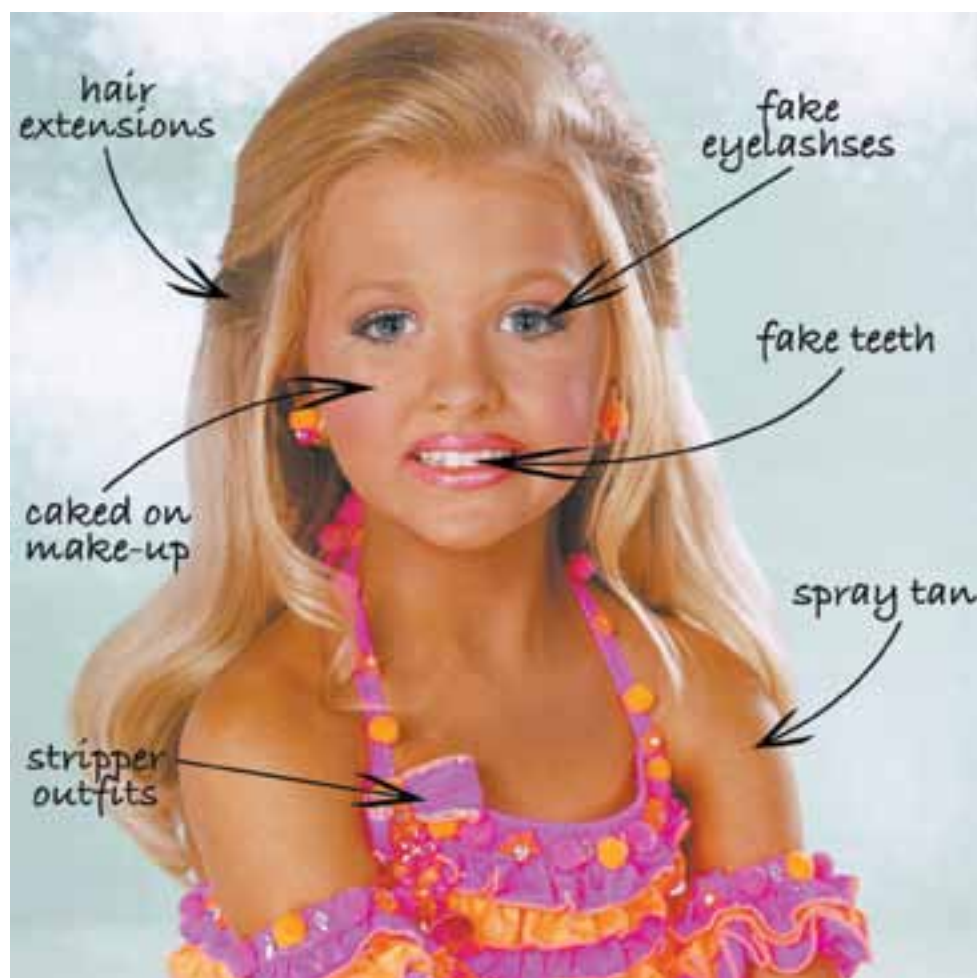
Seeing little Maddy wear an outfit that was inspired by a grown woman with fake breasts and butt made me stare in disbelief at Maddy's

former pageant mom on screen.

Maddy's mom excitedly says, "When she wears the fake boobs and the fake butt it's like an added bonus. It's really funny when she comes out on stage. Everybody thinks it's hysterical because they all of a sudden realize not only is she Dolly; she has the enhancements Dolly has."

I don't think I stand alone when I say this pageant stuff is just ... wrong. Yes, every child has different interests, but in this case, I don't think the child's interests are being considered. There are so many finer sports children can take part in, such as dance, that lets the child shine on stage, but doesn't require them to look like a 30-year-old or dress up as a hooker. The fact that I could actually use that as a real-life example shows just how extreme these pageants have become.

What do you think? Are beauty pageants a fun activity children can take part in, or do you think it's completely inappropriate? Let me know at entertain@nait.ca



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OPPORTUNITY KNOCKS



Nexen invites you to a Recruitment Booth:

Date: Thursday, Sept 29 2011

Time: 10:00 am- 3:00 pm

Where: Main Campus- Spartan Centre (Instrumentation Building)

We're recruiting new graduates, co-op and technical summer students in the following areas:

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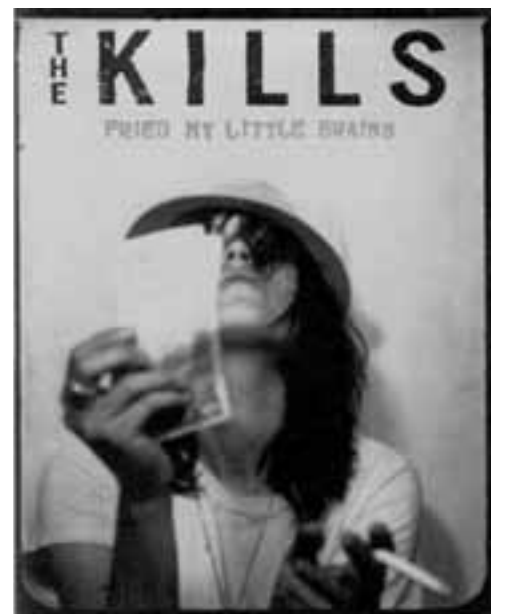


By JONATHAN HARMON

Everything these days is Top 40. There is nothing more annoying to me than going out on a weekend and hearing the same Katy Perry, Akon song or some over done Lady Blah Blah track that has every 12-year-old in sight throwing their hands up dancing because they think they're crazy. I say screw that! Most of you probably haven't heard of half of these bands. Which is why they're actually cool.

Here they are:

Fried My Little Brains – The Kills
 Hang You from the Heavens – The Dead Weather
 Still Life – The Horrors
 Abducted – Cults
 All of This – The Naked and Famous
 Burning Sage – Cold Cave
 Future Starts Slow – The Kills
 Getting Down – The Kills
 Infinity Guitars – Sleight Bells
 Rome – Phoenix
 Crystalized – The XX



VIRAL VIDEO OF THE WEEK

Maru loves boxes too much

By ALI MAGEE

I know, I know, how cliché – a cat video that has exploded on the Internet. I swear this one is worth checking out!

It's all based on a cat, Maru, who has more personality than many of the people I know. Maru is actually the star of a series of web videos in which he lives up to his title of loving boxes too much. Each video shows Maru doing indescribably cute things with nothing but pieces of cardboard.

When I say "too much," I mean he is

obsessed with boxes. This cat would go to the moon and back just to be able to sit in a box. The size or shape of the box is no concern to Maru, either. Whether it is an old TV box, a pizza box or a Kleenex box, Maru makes an honest effort to either get inside it or lay on top of it.

What makes the videos even more interesting is the amount of intelligence Maru uses to get inside the boxes.

Sometimes he is clever enough to push the boxes over to a ledge that he is able to

climb on and then jumps into the box with ease.

To make the video even more humorous, of course he then jumps out of the box and does the act all over again.

If you like animals or are just in for a chuckle, definitely check out Maru in this video.

While you're online, take a peak at another one of the cutie's videos: Maru and the Many Too Small Boxes (http://www.youtube.com/watch?v=2XID_W4neJo).



www.youtube.com

A game to have

By SHAWN GRAY

Lush rainforests, beautiful white sand beaches, unbelievable parties and zombies; welcome to the tropical island paradise of Banoi. When *Left 4 Dead* came out in 2008, it set the standard for zombie games – unfortunately it had a non-existent storyline. Three years later, gamers' prayers have been answered with *Dead Island*, which can only be described as a zombie action RPG. *Dead Island* takes place on the island resort of Banoi, where the day after a raging party everyone wakes up to a trashed island and facing a zombie apocalypse.

The player takes control of one of four very different characters. Purna, a former officer of the New South Wales Police Force, fired for killing a child molester, is a gun specialist. Sam B is a one-hit wonder rap star. His one hit being "Who Do You Voodoo, Bitch?", which serves as the game's lead song. Sam B is a melee weapons specialist. Logan is a former NFL star whose career was cut short by a drunk driving accident. Logan is a throwing weapons specialist. Finally Xian Mei is an employee at the Royal Palms Resort and is a kung fu master. She specializes in blade weapons. Although the characters have very unique and intriguing back stories, they really play no important role in the main storyline, with every character having barely any dialogue, especially in the cut



scenes, which by gaming standards are horrid and hard to watch. Luckily, there are very few that players will have to sit through.

By no means is *Dead Island* an original game but it takes the best parts from a couple other games and puts its own spin on them. Imagine if *Fallout* and *Left 4 Dead* had a child, it would be *Dead Island*. One of the combat features that really stands out is the ability to break enemies' limbs and it's endless fun breaking both of a zombie's arms and watching it try to feebly swing at you.

Although one hit decapitations are few and far between, there's nothing more satisfying than having a zombie's head pop off in one fell swoop. *Dead*

Island is split into three acts. Act 1 is takes place on the beach and outskirts of the island. Act 2 is in the city and Act 3 in the thick of the rainforest. Each act has a totally different feel and look to it in both the environment and the enemies, which keep the game from getting boring and repetitive. There are a few bugs in the game, the biggest one being my online partners lagging out of the game but not enough to make you stop playing. Oh, did I mention *Dead Island* is four player co-op! Over-all *Dead Island* is a grand old time and I highly suggest getting three friends together and picking up this game.



2011

NAIT Family Campaign

CAMPAIGN KICK-OFF PEROGY LUNCH

Enjoy a plate of perogies and sausage for \$5.00
in support of United Way

North Lobby
Thursday, September 29, 2011
11:30am - 1:30pm
DOOR PRIZES!

WE SUPPORT

www.nait.ca/familycampaign



Drive's a dandy

By KATRINA TAYLOR

Drive is directed by a relative newcomer, Nicolas Winding Rehn, who took home the best director award at Cannes Film Festival for the film. It's written by Oscar nominee Hossein Amini (*The Wings of a Dove*, *The Four Feathers*) and based on the novel by James Sallis.

This is the kind of movie that you don't expect to see when you watch the trailer or look at the poster. It's not your typical action flick, it's beautifully written and beautifully acted. With the right amount of violence, romance, and car chases, *Drive* is one of the best films of the year so far.

Ryan Gosling stars as the nameless "Driver", a stunt driver/grease monkey by day and an illegal wheelman by night. He befriends his neighbour Irene, played by the continuously adorable Carey Mulligan, and her son Benicio, whose absent father is in prison. When Irene's husband is released, he finds himself back where he started, owing money and about to rob a pawn shop. By trying to help him out, Gosling finds himself in the middle of a heist gone wrong and being targeted by enemies all around.

Drive features a chillingly silent performance from Gosling and a charming best friend/partner-in-crime performance from Bryan Cranston. Gosling's

acting is from head to toe, which is what makes the film so unique. The audience knows that because such few words are coming from Gosling's mouth that every hand movement and facial expression are

key to what he's feeling. Carey Mulligan and Christina Hendricks' (*Mad Men*) roles are smaller than I would've liked to see, but that's such a small flaw that it fails to really show up on the radar.

Drive is set in present day, but has an '80s-esque tone to it, from the white scorpion jacket on Gosling to the entire soundtrack, which may possibly be one of the best film soundtracks I've heard in a while. The film is unique to its risky style of filming and its minimal dialogue from the main character. Although some viewers may not enjoy the silence in the dialogue, the non-CGI car chases and fabulous slow-motion completely compensate for it.

The dialogue is smart, witty, and it catches you off guard. A line from the film said by Albert Brooks stood out to me as utterly fantastic

foreshadowing when Gosling warns that he can't shake because his hands are dirty, and Brooks replies with "so are mine." *Drive* is full of action, emotion, darkness and light. Go see this movie and you will not be disappointed.



Nicolas Winding Rehn
Director

Warrior one of the best

By KARL GARNEAU

For a movie centred around hand-to-hand combat to succeed, it requires three things: choreography, sound and cinematography. All three aspects are self-explanatory.

Warrior, directed by Gavin and Greg O'Connor, gets two of the three down perfectly, while leaving a bit to be desired from the third.

By that, I mean the camerashake. There was not one scene that didn't have the most mind-bogglingly close zoom-up on Tom Hardy or Joel Edgerton (except for the scenes that didn't have either actor. In that event, it zoomed in on the most important character in the room.) There were also

dialogue scenes that were almost entirely "Shot, reverse-shot."

These are petty complaints, however. I seriously enjoyed myself at this 140-minute film by Gavin O'Connor, even to the point where I can call it one of the best films I've seen in 2011. I haven't seen any of this director's other works. Thanks to *Warrior*, I've got reason to change that. The fight scenes had excellent choreography that's showy, but also maintained that "to-the-point" feel in UFC in general. The sound effects were well detailed and certainly helped make up for the relative abundance of the overly shaky camera. Despite the flaws, I can't help but put it to memory as one of

my favourite films.

It's easy to determine what kind of people would be interested, or would like it if they're still on the fence. Any watchers of UFC have already watched it last week. Any fans of the Rocky movies would love it. Above all, anyone with siblings they love beyond all comprehension would develop a personal attachment to the story of the two brothers in an all-but-completely destroyed family going into the same UFC tournament. Even those who like a good laugh would probably get their giggles from Nick Nolte as the brothers' father.



Nick Nolte

Blue Revue a fun adult time

By ANNA MacLeod

On an average Wednesday night, amidst the usual hustle and bustle of the Garneau area, across the road from where children are playing and just down the street from where your sweet Granny is knitting ... smut is being propagated.

And it's awesome.

Modelled after a Seattle-based festival, *Vue Weekly's Blue Revue* is an annual showcase of homegrown pornographic short films. The event is organized by *Vue Weekly* and initially came about in an effort to promote the yearly sex issue of the magazine – shaking things up and causing a bit of a stir in our conservative burgh was a fringe benefit.

This past Wednesday marked the second year of the festival, which was held at the new location of Metro Cinema in the old Gar-

neau theatre. While the location may be fairly austere, the atmosphere of the festival in general was fun, upbeat and a little rowdy. The crowd was sizeable and varied – people from all walks of life united by their shared love of perversion ... I mean art. Nah, I meant perversion.

Only a few of the submitted shorts strayed into the category of

art, while most of them settled comfortably into the realm of farce. One such submission from the latter category was a piece entitled, enigmatically, *PBGJ* (it's on YouTube – look it up). The joint venture of local comedians Jon Mick and Mike Robertson was awarded first place at the festival based on votes from the audience. To make

entering submissions into the festival all the more appealing – the top three ranked submissions were awarded cash prizes.

Other submissions to this year's festival featured, varyingly: pup-

pets, animations and footage shown in reverse.

While the revue couldn't be classified as a collection of high art, neither can it be classified as vulgar or even truly smutty. The festival was formulated to be fun and sex-positive and it certainly achieves what it set out to do.

The diversity of the submissions is probably due, at least in part, to the fact that all entries are destroyed after the festival. People can film themselves in varying states of undress performing lewd acts with no fear of the footage being leaked onto the Internet. The names of entrants are never published, thus further assuring their anonymity. The only way to view submissions outside of the safe environment of the festival is if the entrants themselves choose to publish them.

In conclusion, I put it to you that a night out at the Blue Revue may not be ideal for a family outing, but it's certainly a fun time.





Pirates party hearty

By ANIKA NOTTVEIT

Who's ready to sail the high seas with a bunch of pirates? The 120-plus students last Friday sure were! The third annual NAIT Pirate Boat Party saw the biggest turnout to date!

The Nest was the meeting place for all the Jack Sparrows and various other eye-patched, hat wearing, striped-clad students. Not to mention a walking treasure chest and mermaid who were in the mix. Buses were waiting to shuttle us to our destination.

Sitting in the cheese wagon, we were serenaded by the fitting Lonely Island song, "I'm On a Boat." Once we were at the shores of the river, the crowd flooded across the bridge to the Edmonton Queen Riverboat, which was decked out with two bars, food, a DJ and live band.

Beats were busting through the staircase below the deck, so my comrades and I immediately made our way down. The DJ was warming up the atmosphere with some lighter mixed beats while double fisting a couple of cans. That is quite a talent.



Photo by Ashley Novacaska

Another partying pirate.

Though there was a dance floor, the bar and comfy benches received more attention. The band Mourning Wood got the party underway with cover songs. The inviting, familiar tunes and the cool evening breeze

had the party goers moving to the music.

Music and chatter drifted into the open air as we sailed by Edmonton's lighted sky rises and went under bridges.

The contest for the best dressed pirate or wench was a close competition, determined by screams from the crowd. The male winner's costume was detailed and impressive. He had contacts that made his eyes look bright blue. His face paint was a work of art that had a zombie-meets-pirate appeal. The female winner's costume

was creative. You could tell she thought outside the box, literally. She was wearing a well painted and handmade box resembling a chest including a lid for a hat. Her face was popping out of a pile of treasure made up of jewelry and coins!

A night without injury or complaint, the Pirate Party was a huge success.



Photo by Ashley Novacaska

NAITSA Event Co-ordinator Franco Camminatore congratulates Kristen Richardson, who won the prize for best-dressed wench at the annual Pirate Boat Party.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Keeping your vehicle safe



No vehicle or anti-theft device is 100 per cent theft-proof and discouraging thieves is not an easy task. A thief's greatest enemy is time. The more difficult your vehicle is to steal, the more time it takes to be stolen. Courtesy of the Edmonton Police Service and AMA, here are some tips to make that thief move to an easier vehicle:

- Always lock your vehicle, even when you are only going to be a 'minute'.
- NEVER leave your vehicle running.
- Park in a well lit area unless you have a garage.
- If you have a garage, USE IT.
- Be careful with your keys; put them in your pocket.
- Secure your registration and insurance documents; they have your home address.
- Completely close car windows, including sunroof, when parking.
- Install a car alarm or steering wheel locking device.
- Turn your stereo off before you get to the parking lot.
- Park with your wheels turned towards the curb.
- Back into your driveway if you have a rear-wheel drive or four-wheel drive vehicle.
- Never leave valuables where they can be seen and remove portable items.
- Engrave expensive accessories – join Operation Identification.
- Join the STOP THIEF program sponsored by AMA.

- Drop business cards, address labels, or other ID inside vehicle doors.
- Activate your vehicle's security system.

Parking Enforcement

NAIT Parking Services maintains the institute's parking facilities and endeavours to provide as many parking spaces and services for staff, student and visitor use. Because of the demand for parking space on campus, it is necessary to have a significant level of parking enforcement on campus in order to protect the interests of paying permit holders. Campus Security Services is responsible for providing parking enforcement and has the authority to issue the City of Edmonton bylaw tickets.

When the deterrent value of parking signs, yellow curbs and parking violation tickets is not sufficient to serve the interests of NAIT regarding safety, emergency services, the rights of other parkers or key personnel essential to the function of NAIT, tow-away action may be implemented. Vehicles illegally parked at NAIT may be tagged and/or towed at the owner's expense.

City of Edmonton Bylaw Tickets

Within 15 days of receiving a bylaw ticket, a final notice is mailed to the registered owner of the vehicle if the voluntary payment is not made by the due date.

After 45 days, a "violation ticket" is created for processing. This ticket will have the required court appearance date printed on it. Failure to attend court may result in a "conviction in absence." Please be aware that additional penal-

ties and motor vehicle services denial may be put into effect until all fines and penalties are paid.

If you wish to appeal a bylaw ticket, you must contact the Bylaw Ticket Administration office. Violations may be appealed within 15 calendar days from the date that the ticket was issued by writing a letter of explanation and appeal to the address listed below:

Bylaw Ticket Administration
2nd floor, Chancery Hall
9930-102A Ave. NW
Phone: 780-496-5161
Fax: 780-496-5352
Hours of Operation: Monday-Friday, 8:30

a.m.- 4:30 p.m.

For more information regarding parking and parking enforcement, please visit www.nait.ca/security.

If you have information about a crime, contact NAIT 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.

Visit our website for more tips and information: www.nait.ca/security.

Poll clerks needed

Duration: Sept. 29, 2011

Compensation: \$14/hour

• Poll clerks are needed on Sept. 29 from 10 a.m.-2 p.m. for the NAITSA student Senate election and the NAITSA VP Student Services election.

• Must have a strong command of English and a complete and clear understanding of the democratic election process.

• All poll clerks must attend a paid training session on Wednesday, Sept. 28 at 4 p.m. in Room E-129.

• Poll clerks must have a complete understanding of the online voting process and be comfortable providing guidance to students.

• Apply in person at the NAITSA office, E-131 from 9 a.m.-4:30 p.m.

STUDENT GOVERNANCE

Elections

VOTE NAKED

www.naitsa.ca/elections

Senate & Executive Council
2011-2012 Election Voting

Voting begins

September 23, 2011 @ 12:01 am

Voting ends

September 29, 2011 @ 4:00 pm

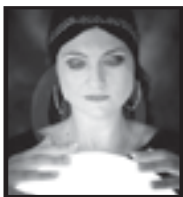
Poll Stations open on Campus September 29, 2011 10 am – 2 pm

Poll Stations Locations:

NAITSA Office E131 | South Lobby Kiosk
HP Center – 1st floor outside Bytes
U-Hallway near Fresh Express | X wing outside the bookstore
Annex – 1st floor
South Campus – eating area Patricia Campus – eating area

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

September 22-28

(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)

Be very precise in setting goals this week, Libra. You may find you're getting easily distracted and have been procrastinating about important matters. Enough is enough – time to get work done.

Scorpio (Oct. 23-Nov. 21)

Be optimistic this week, even when things aren't going exactly as planned. Focus on the light at the end of the tunnel.

Sagittarius (Nov. 22-Dec. 21)

This will be a good week for you, Sagittarius, in most aspects of life. Love will prosper, you will find unexpected money and work will feel like play.

Capricorn (Dec. 22-Jan. 19)

Stay dedicated to your passion, whether it is your work, hobby or lifestyle. Make sure you're saving time for what makes you smile.

Aquarius (Jan. 20-Feb. 18)

Too often you miss opportunities because you're scared to take a chance. Be brave this week, good things will

come when you take risks and follow through with hard work.

Pisces (Feb. 19-March 20)

Waiting for a big career opportunity? Stop. It's not in the stars for you this week, Pisces.

Aries (March 21-April 19)

Arguments this week may get you into trouble if you continue to be stubborn. Agree to disagree whenever possible.

Taurus (April 20-May 20)

Don't be stubborn this week, Taurus. Sometimes change is beneficial ... even if it means making sacrifices. Always be prepared to give up something good now for something great later.

Gemini (May 21-June 20)

This week you will be financially suc-

cessful. If an opportunity for investment comes along, it would wise of you to consider it.

Cancer (June 21-July 22)

Although it may seem like your love life is in a lull, keep pushing forward. Exciting times are close to come – and sparks will fly!

Leo (July 23-Aug. 22)

Keep your friends close and your enemies closer. Be careful who you trust this week, Leo.

Virgo (Aug. 23-Sept. 22)

Learn from your mistakes, and don't make the same one twice. Be confident in your ways at work this week, Virgo, but don't forget how things worked out in previous situations.

NAITSA's Next Top Model gearing up

By STEVEN DYER

The NAIT Students' Association brings out the red carpet runway once again for NAITSA's Next Top Model competition. The annual event brings together every type of person on campus and pits them against each other where fashion and style are the weapons. Contestants participate in photo shoots and the pictures are posted on the NAITSA website where students can vote for their favourite, but in the end, only one person can be NAITSA's Next Top Model.

"It was professionally done and well organized," says Laura Duran, winner of last year's competition. "The shoots were challenging, diverse and forced me to focus my efforts in order to complete them properly. Overall it was interesting and fun to watch the creation of the individual photo shoot and contribute in small part to the team effort of the finished product.

"I wanted to demonstrate that my modelling experience in Colombia could be used in Canada and be successful in doing what I enjoy. Changing the look of a person through fashion and photography is very intriguing to me and I want to continue exploring this adventure," said Duran when asked about why she entered.

She says that the photo shoots are both fun and challenging for someone who enjoys modelling as much as she does.

"I was requested to pose for various photographers in a number of different themes and outfits. The opportunity to work with professional beauty artists was both exciting and gratifying. It was also enjoyable to collaborate with various models in group photo work."

"It felt humbling and rewarding how talented and pretty the other contestants were. It uplifted my con-

fidence and motivated me to explore other modelling opportunities."

After winning she continued to work in the modelling industry.

"I'm currently competing in "The Bear Babes" radio station calendar competition. I'm also under contract with Privilege Modelling Agency."

"My favourite part was meeting new people and the success of the photo shoots. My least favourite was the quality of work that the agency I ended up working for wasn't what I was expecting. There was no contract signed and the company was more geared towards promotions and not modelling as I was anticipating (hoping)."

Yet even after this she was still glad to have the experience under her belt and says that it only proves how possible it is to achieve your goals.

"This was my first step in the pursuit of new modelling opportunities. I later met other modelling agencies, photographers and designers. I went on to enter other contests and capture other field related work. I continue to seek new work in the industry."

Duran does recommend it for anyone looking for a fun, rewarding and character building experience.

"My advice would be to embrace the opportunity – and never underestimate your abilities. If you are committed to your goals you will be able to achieve what you want."



Some of last year's contestants.

Passion tea lemonade

CAMPUS FOOD REVIEW

By ELISE COX

So we all know winter is fast approaching, but there's nothing wrong with clinging onto the last days of summer while we can. Starbucks is known for expensive specialty coffees but let me share a little secret with you. If you're like me and you're not into caffeine and the crazy energy jolts it brings, the passion tea lemonade is perfect.

I couldn't even tell you what a real passion fruit tastes like, but the passion fruit flavor in this drink is to die for. It taste like liquid candy,

but not too sweet – just right.

The passion tea lemonade is like having a drink on a beach in Hawaii. Now don't let the Starbucks logo on the cup turn you off, because this drink is a measly \$3 and if a broke student like myself can bum that change off a friend, we can all afford to give this drink a taste.

So go down to the Common Market Starbucks and order a passion tea lemonade while you still can, before our only options left are chai and pumpkin spice!



WELCOME BACK NAIT STUDENTS!

Join us for a free BBQ September 23 after 2pm

"Lunch and Pint for \$9.95" or "Pint and Pound \$8.95" Highballs \$3.25

Located conveniently close to campus at 10416-118 Ave



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

Study participants wanted

Are you an immigrant student? Earn a 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 information is known about the barriers faced by these immigrant students in participating 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.

Who can participate in this study? 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.

What are potential benefits of the study? Participants have the opportunity to contribute valu-

able input about their participation in classroom and school activities and potentially learn how they can improve their learning experience. Their input has the potential to aid other first-generation immigrant students as well.

What are the protocols? Participants will participate in a one-to-one interview of 30-60 minutes during the Fall Semester of 2011. Information provided by the participants for the research project will be protected and used in compliance with Alberta's Freedom of Information and Protection of Privacy Act.

Participants will receive a \$20 gift card for participating in the study.

How can I take part in this study? 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.

Thank you so much for your participation!

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**STUDENT
HEALTH & DENTAL**

**TO OPT OUT OR TO ADD
FAMILY THE DEADLINE IS
SEPTEMBER 30, 2011 BY 4PM**

Opt out online at mystudentplan.ca
or go to the student benefit office in room E-125

Phone 780.471.7730

Email studentplans@nait.ca | Information www.mystudentplan.ca



Emily Moore
Student Benefit Office
780.471.7730
studentplans@nait.ca

THE NUGGET PRESENTS:

NUGGET COMICS

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YOU JUST CAN'T UP AND LEAVE
TO GO SHOE SHOPPING! I'M
CARRYING YOUR CHILD!

WELL, I CARRIED HIM FOR THE
PAST NINE MONTHS!

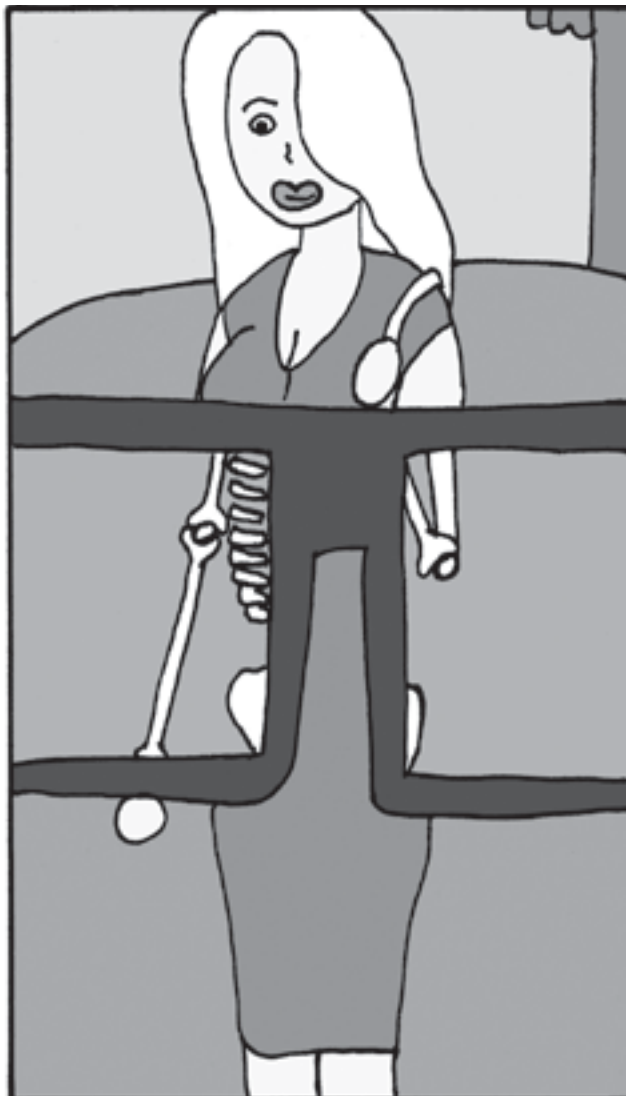
J.B.

Cartoon by John Benesch

COOL! MY X-RAY VISION
GLASSES CAME IN!

REAL X-RAY VISION
Glasses.
See through CLOTHES

REALLY WORKS



UGH! ALL I SEEN WERE BONES.
WHAT A PIECE OF JUNK!

PinkRhombus.com

Cartoon by Josalyne Wilfong and Mark Nordstrom



GRAPEVINES

● ● ●

● ● ●

– Spartan Centre Wizards

- Not a hater

I wanna know what love is

– Shaba

Yep, our greatly loved Squidge sadly passed on due to the crappy extended health care system here at NAIT and of

course your disparaging remarks. By the way, he is coming to haunt you. He will be looking for the biggest bag of crap around and there you will be.

Signed,
C.A.C.C. (The Coalition Against Con-
cerned Citizen)

The mandatory U-Pass fee in place for NAIT students is completely unfair! Why should my hard earned (and limited) money be used to subsidize the

cost of public transit for those students who choose to take it? I should not be forced to pay \$220 a year for a service I receive absolutely no benefit from. I don't see the NAIT public transit users pitching in for the \$500+ a year it costs me for our sub-par parking services. At Grant MacEwan the U-Pass fee is optional – if you use it then you pay for it – why isn't this option available at NAIT?

- Tired of Wasting Money



Dr.CONwisDOM

—*Mr. and Mrs. ArmaGETITON*

But if you're so absolutely horny that you can't wait until home, perhaps try the confines of your car? While still in public, it brings a slight more romantic setting (Close quarters, cushioning, etc.) to your usual barbaric flings. I'm sure your romance-starved girlfriend will be delighted!

— *Itch 'R' US*

Dear Itch 'R US,
You most likely have an STI. Get that checked out. And stop having sex for now.

– *Golden Boy*

Dear Golden Boy:
Boys shouldn't wear more jewelry than
their girlfriends. Enough said.

years and we are madly in love but in the past year she has become obsessed with body building. She has gained a ton of muscle in a really short amount of time so I'm pretty sure she's using steroids. I asked her to share with me but she completely denied it. Aren't lovers supposed to share everything? What do I do? Is it reasonable of me to want to break up with her?

– *Troubled Muscle*

Dear Troubled Muscle,
You said you were madly in love with her so don't break up with her. What you should do is *spy on her and look at her phone to find out if she has been buying steroids. Find out where she keeps her stash and help yourself. It is important to share everything in a relationship but as a man, you should be more jacked than your girlfriend.*

Dear Dr. CONwisDOM,
I'm having trouble ... finishing. I've never
had this problem before, but, no matter how hard

– *Finishing Frustration*

Dear Finishing Frustration,
I hear ya! Trust me, everyone goes through this at some point and it is frustrating. First thing you should do is figure out if there's some sort of mental block (something that's on your mind that could be ... holding you back). If that doesn't work ... find a friend to help you out, not many people would turn that opportunity down.

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!

Recipe

Delicious blueberry boy bait

I personally am not a big fan of cooking. I start freaking out when I see instructions that tell me to add a “pinch” of salt or do any other type of abstract measurement. I like the exactness that comes with baking desserts, even when there are ridiculous requirements like stirring the batter 10 times counterclockwise and then five times clockwise (trust me, those recipes are out). Don’t worry; this isn’t one of those recipes. I found it on Lauren Conrad’s website right before summer ended. It’s relatively simple to make and it is delicious. This recipe will serve 12 (generously).

Cake Ingredients

- 2 cups plus 1 teaspoon all-purpose flour
- 1 tablespoon baking powder

- 1 teaspoon table salt
- 16 tablespoons unsalted butter (two sticks), softened
- 3/4 cup packed light brown sugar
- 1/2 cup granulated sugar
- 3 large eggs
- 1 cup whole milk
- 1/2 cup blueberries, fresh or frozen (if frozen, do not defrost first as it tends to muddle in the batter)

Topping Ingredients

- 1/2 cup blueberries, fresh or frozen (do not defrost)
 - 1/4 cup granulated sugar
 - 1/2 teaspoon ground cinnamon
- Instructions
- Adjust oven rack to middle position and

heat oven to 350 degrees. Grease and flour 13 by nine-inch baking pan.

For the cake: Whisk two cups flour, baking powder, and salt together in medium bowl. With electric mixer, beat butter and sugars on medium-high speed until fluffy, about two minutes. Add eggs, one at a time, beating until just incorporated and scraping down bowl. Reduce speed to medium and beat in one-third of flour mixture until incorporated; beat in half of milk. Beat in half of remaining flour mixture, then remaining milk, and finally remaining flour mixture. Toss blueber-

ries with remaining one teaspoon of flour. Using rubber spatula, gently fold in blueberries. Spread batter into prepared pan.

For the topping: Scatter blueberries over top of batter. Stir sugar and cinnamon together in small bowl and sprinkle over batter.

Bake until toothpick inserted in center of cake comes out clean, 45 to 50 minutes. Cool in pan 20 minutes, then turn out and place on serving platter (topping side up). Serve warm or at room temperature. (Cake can be stored in airtight container at room temperature up to three days.) Enjoy!



Rate your reading methods



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Reading scientific or technical material can be frustrating because of the large number of facts and details, and the complex terminology. Be prepared to read materials more than once for a thorough understanding. Check off the effective reading techniques that you already use.

- I preview the chapter looking over the chapter title, introduction, subheadings, figures, diagrams, italicized or boldfaced words, and summaries before I start reading in detail. This lets my brain know what to expect so I can organize and store the information more effectively.

- I skim the chapter by spending a few minutes reading the first and last sentences of paragraphs and trying to pull out major ideas. By doing this, I get a general idea of the material.

- I prepare ahead for lectures by skimming the topics to be covered in my textbook or note package beforehand. This helps me to get a lot more out of a lecture.

- When I start reading for details, I focus on the material highlighted in the course outline and in class.

- I always read actively by doing one or

more of the following:

- I formulate questions from the sub-headings and read to answer them.

- I look ahead to homework questions or questions at the end of the chapter and read for the answers.

- I translate abstract formulas into verbal explanations.

- I write down procedures in step form.

- I draw my own diagrams to illustrate and explain problems and to summarize material.

- I visualize what I am reading.

- As I read, I anticipate possible exam questions and the responses.

- I think about application to the “real world” by considering how this material will be useful in my field and/or how is it related to something I already know.

- I make flash cards as I read. I write a question on one side with the answer on the back, a word on one side with the definition on the back, or a formula on one side and when and how to use it on the back.

- I read dense material in small blocks; for example I read one section or paragraph in my textbook and then make some notes on it or do some questions related to it.

- I stop after reading every paragraph or subsection to recall what I have read just read and I tell it to myself in my own words.

- I have a dictionary or program such as www.dictionary.com nearby. I look up any words I don't understand right away.

- I leave a wide margin on the left hand side of my paper when taking class notes so that I can supplement them with notes from the textbook. (By doing this I try to create a single study source).

- I read ahead by skimming the material for

the next lecture, so that I will understand and retain the lecture information more easily.

- When learning new material I do not read for more than 25 to 30 minutes. I take a five or 10-minute break, and then I go on to a different subject.

How did you rate? Look through the list and see which other techniques you could incorporate to improve your reading comprehension and retention.

Do you think you might have a reading problem? A counsellor can help you determine if there is a problem and suggest ways to resolve it. For further information on this or any other academic or personal concerns, contact a counsellor at:

Student Counselling, Room W111-PB, HP Centre. Open Monday to Friday, 8 a.m. to 4:30 p.m. Book in person or by phoning 780.378.6133

STUDY SKILLS WORKSHOPS

Check out these FREE DROP-IN
NAITfye (First Year Experience) Workshops

All sessions are held in Room X-111

September 22 2011	Learning Styles and Development	Room X-111	11:15-12:05 p.m. 12:15-1:05 p.m. 4:30-5:20 p.m.
September 27 2011	Exam Preparation & Writing	Room X-111	11:15-12:05 p.m. 12:15-1:05 p.m. 4:30-5:20 p.m.
September 29 2011	Reading to Remember	Room X-111	11:15-12:05 p.m. 12:15-1:05 p.m. 4:30-5:20 p.m.

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS
www.nait.ca

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



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Obscure? Not for very long!

By SHAWN GRAY

There are a lot of talk shows floating around the airwaves nowadays but none are quite as unique and interesting as *Obscure References* with Baljot Bhatti and Bart Padjasek.

When a lineup that promises to feature *Modern Warfare 3*, *Gears of War 3*, *A Weekend at Bernie's* type story and talk of extravagant food, you know it's going to be an amazing show. *Obscure References* is simply that: two glorious hours of obscure references.

Bhatti and Padjasek (or Bhattman and Bartman as they were almost named) are two television students, who have created a pop culture themed show where everything and anything can be a topic for discussion. The pair's musical playlist follows the same anything goes vibe, playing everything from Arcade Fire to a live censoring of "Straight Outta Compton," which is almost flawlessly executed by Bhatti.

Although mostly a talk show, they play a handful of songs and the odd YouTube clip. During their show, Bhatti and Padjasek stay constantly connected to their listeners on multiple social media outlets, taking in topic suggestions and song requests – something that is very important in an industry that is driven purely by its audience.

When asked what preparations the two take before each show, they replied that they simply collect interesting stories or facts of the week to present on air when the conversation calls for it. One interesting fact is that a Gordon Ramsey look-alike little person porn star died last week in a badger den. Yes, you read that correctly.

With so much natural charisma piled in one room, heated debates will occasionally break out such as one over whether Bugs Bunny is the cause for the downfall of polite civilization. So if you're hung over, bored or not watching some Sunday movie special, tune in to NR92.com from 7 p.m.-9 p.m. for *Obscure References*. Get your fill of laughs, obscene stories, charming disk jockeys and much more!



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