

VOTE FOR NAITSA'S NEXT TOP MODEL AT NAITSA.CA/MODEL

THE NUGGET

Thursday, September 29, 2011
Volume 49, Issue 5



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

BIG BUCKS FOR APPS

NAIT hosting \$45,000 app-building competition, story page 3

EARLY WORKOUT

NAIT Ouk Jordan Reiter dribbles around a Red Deer College player during a pre-season scrimmage on the weekend at the NAIT gym.



Photo by Laura Dettling

Canada's favourite season is upon us.

Your home for hockey.



NEWS & FEATURES



On Sept. 14, the evening before marine Dakota Meyer was presented his Medal of Honor, he requested to have a beer with U.S. President Barack Obama.

<http://www.flickr.com/photos/whitehouse/6148033865>

Honor for humble hero



DOSE OF EXTRAORDINARY

ANNA ESTANISLAO
Issues Editor

There are numerous stories about outstanding soldiers fighting in Afghanistan or Iraq. Along with many others, I salute these troops and hope that this war will end.

Now you've probably read about this recently but the reason why I wanted to talk about this particular person is his actions may very well be compared to a comic book superhero.

Twenty-three-year-old Sgt. Dakota Meyer, who completed his duty in the Marine Corps, recently received the Medal of Honor, which is the highest military award for valour in the

United States, presented by President Barack Obama. Meyer is the first U.S. marine and the third living recipient to be given this distinction for his efforts during the wars in Afghanistan and Iraq.

Back in 2009, Meyer was a young corporal in the marines who was deployed to Kunar province in Afghanistan. A patrol that consisted of U.S. and Afghan soldiers and border police officers were set to meet with tribal elders in Ganjal village, Kunar province. Twenty-one-year-old Meyer and another marine were assigned to protect the flank. Then they were ambushed with Taliban gunfire and Meyer's team was calling for help on the radio while he was ordered to remain where he was, several hundred yards away. Help was denied as some of the officers from the nearby army headquarters believed the trapped soldiers did not know their exact location and therefore may have endangered more of them. Four of Meyer's friends were surrounded and more than 50 Taliban fighters continued to wound and gun down the patrol. Meyer and Staff Sgt. Juan Rodriguez-Chavez requested to go into battle and assist but they were denied four times.

Defying orders, he took matters into his own hands. Meyer told Juan Rodriguez-Chavez they were going to help their brothers. They went into the Humvee with Rodriguez-Chavez as

the driver and Meyer who was in control of the machine gun and helped bring back 36 people alive. The ambush lasted for six hours and both of them charged back into the kill zone five times.

Meyer was able to kill eight Taliban fighters and just like a superhero, he left no man behind, shielding his team and helping as much of them escape the dangerous gunfire and explosions.

The fourth time they went back into the kill zone, Meyer was wounded in the arm. The last time they went, he discovered his four friends lying in a ditch, where they had died trying to take cover, just as a helicopter gunship arrived.

He is not only a man that embodies courage, he is also humble and quite conscientious. During the award ceremony, President Obama said: "When my staff first tried to arrange the phone call so I could tell him that I'd approved this medal, Dakota was at work, at his new civilian job, on a construction site. He felt he couldn't take the call right then, because he said, 'If I don't work, I don't get paid.' So we arranged to make sure he got the call during his lunch break. I told him the news and then he went right back to work."

I'm inspired and in awe of his bravery, defying orders because he believed what he did was right. And it was. Dakota Meyer is extraordinary.



**RETAIL
SERVICES**

Join us on **Facebook** before
Sept. 30th & you could win!!



Geeks, build your apps ...

By **CLAIRE THEOBALD**

The Great Canadian Appathon is coming to NAIT, challenging student teams from across the country to put their skills to the test to create a new mobile game or app in just 48 hours.

The 48-hour Appathon will take place between 5 p.m. Sept. 30 and 5 p.m. Oct. 2, with NAIT hosting the event for the Edmonton area.

Teams of students will develop a new mobile app based on a theme that will be released once registration for the event closes

at 12:30 p.m. on Sept. 30. Teams will create their games from scratch, coding and developing the games themselves in 48 hours or less.

The winning team will take home a hefty \$25,000 and have its app published in an app store. The team will also win the opportunity to have an interview with XMG Studio.

Second prize will have a shot at having their game published as well, along with a respectable \$10,000.

There are also 10 category winners, who

will take home \$1,000 in categories like Best Art, Most Technically Challenging and Best Application Concept.

This competition is open to anyone who is currently enrolled in a post-secondary institution, and each team can have up to four members each. Although only the winning app is guaranteed to be published, any of the Top 25 could make it to an app store near you.

For more information, and to register your team, please visit <http://greatcanadianappathon.com>

First lesson – learn to study

By **STEVEN DYER**

Everyone loves summer break, and why wouldn't you? You get to go and hang out with your friends, go camping, and best of all – no school. But nothing lasts forever. Now students are back for another year, and a lot of people may be out of practice when it comes to your study skills.

Well, fear not! NAIT has many workshops that you can go to if you want to brush up on any number of skills that will help you improve some of your study habits. The best part about them? They are absolutely free of charge. All you have to do is show up for them!

Taught by Angela Briggs, these courses are sure to surprise you when it comes to learning both about studying in general and what methods work better for you specifically.

When I was at one last week I found out that I learn better by studying presentations and notes versus lectures in class and physical demonstrations.

In order for us to test this we even did a few exercises that might have at first seemed odd, but after they were done we understood that they were designed to prove to us what kind of learning style is best for us.

Unfortunately, even though Briggs believes the workshops could be a huge help for students who have troubles with their studies, she says that not many people take advantage of the sessions.

"I do find them to be beneficial, I find that it's not necessarily the benefit coming from the instructor but there is a huge benefit in what peers can share with each other," she said.

However the students who do attend, like Elliot McCorgan, believe the sessions to be just as helpful as Briggs believes them to be.

"I find that, not just this one, but all these seminars are very helpful," McCorgan said. "They teach quite a bit of different techniques and stuff to learn, which is really important,

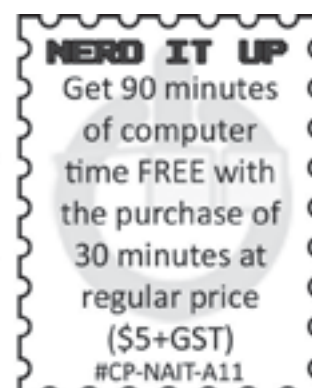
especially with the amount of materials that is given to the students here. It's a lot to learn so this course has helped me a lot."

If you're interested in attending one of the sessions, the "Reading to Remember" workshop is Sept. 29 in Room X-111, Managing Exam Stress is on Oct. 4 and the final one for this semester, Stress Management will be held on Oct. 6.

All sessions will take place three times on their respective days for one hour each, starting at 11:15 a.m., 12:15 p.m. and 4:30 p.m.



Angela Briggs



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Celeste Dul
studenteditor@nait.ca

Issues Editor

Anna Estanislao
issues@nait.ca

Assistant Issues Editor

Stefanie Fischer
issues@nait.ca

Sports Editor

Patrick Knowles
sports@nait.ca

Assistant Sports Editor

Baljit Bhatti
sports@nait.ca

Entertainment Editor

Natascha Bruhin
entertain@nait.ca

Assist. Entertainment Editor

Christine Vu
entertain@nait.ca

Photo Editor

Laura Dettling
photo@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

For advertising, call 471-8866
or e-mail: fmackay@nait.ca

Submissions encouraged: studenteditor@nait.ca

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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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.



twoandthecity.com

Thousands of Edmonton runners took part in last year's Canadian Breast Cancer Foundation CIBC Run for the Cure. Nationally, \$33 million was raised.

A Sunday Run for the Cure

By NICK BERRY

The Canadian Breast Cancer Foundation CIBC Run for the Cure is being held Sunday, Oct. 2., beginning downtown at Sir Winston Churchill Square.

The foundation was started in 1986 by a group of women who saw many friends and family members being diagnosed with a disease that most women were embarrassed to talk about. Their vision was to bring those affected by breast cancer a voice, and to bring specific funding for breast cancer research plus education and awareness programs for those diagnosed with the disease as well as the families of those affected.

The run is in its 20th year after starting from humble beginnings in Toronto in 1992. That year 1,500 participants took part and raised \$85,000 for the foundation. Through the last 20 years the event has grown increasingly bigger every year, last year with over 170,000 supporters united as runners, walkers, donors, volunteers and partners

spread over 60 communities they were able to raise over \$33 million. The run is now Canada's largest single day, volunteer-led fundraising event dedicated to raising funds for breast cancer research, as well as education and awareness programs.

NAIT Radio and Television student David Adamako-Ansah will be lacing up his running shoes on Sunday for a friend. David has spent a great deal of his life in and out of the Stollery Children's hospital, and after finding out late last year that Lois Hawkins, one of the nurses who had helped him so much throughout his time there, was diagnosed with breast cancer, the run was something he wanted to do immediately. You can also check out his Run for the Cure website at http://www.runfortheCure.com/site/TR/RunfortheCure/CentralOffice?px=1857531&pg=personal&fr_id=1295

"The moment I heard that the Stollery nurses and some of the patient families had a team I

wanted to join up. I'm not much of a runner but when you can support such a great cause it really doesn't matter."

The team named Hawkins' Hooters, made up from Lois's family and some friends had run last year and many more pledge to run this year. They were all dealt some great news, after three surgeries plus chemo and radiation treatments, Lois was cleared and given a clean bill of health.

"Lois was lucky enough to beat her bout with breast cancer but there are so many others, who aren't as lucky, and every dollar and every ounce of support we give to the cause; the closer we get to being in a world free of the disease."

Final registration and donation drop off starts at 8 AM on Sunday, with all the festivities kicking off at 9. Donations are still being accepted, you can donate online at www.runfortheCure.com or in person to anyone running in the event. Any amount is accepted and every little bit helps in the fight to run over breast cancer.



David Adamako-Ansah
Will run

**NOW
HIRING**



safe, sustainable
DECONSTRUCTION

**- Flexible hours
- Part/Full Time
- Evening & Weekend Shifts**

CALL: 587.988.3366

Smoke? Want to break free?

By KEVIN ALBUS

It sucks being a smoker nowadays. You have to walk to designated smoking areas which seems like a punishment. Plus it's so expensive for that little pack of cigarettes that you can forget about your vacation since you're budgeting in your smokes. Nicotine seems to be more important than warm weather and sandy beaches. You think people would have more sympathy for people who smoke, but there are more groups today pushing to keep the smokers away from the public. I don't blame them. Second-hand smoke is just as bad, but really it's not to spite them – it's an addiction.

There seems to be a general dislike between anti-smokers and smokers and it's starting to get ridiculous. Both sides refuse to quit and continue

to annoy each other leaving people to stay on the same path without any direction of understanding. I am a smoker, so I was under the impression the Break Free tobacco reduction program was going to guilt me into quitting like every other health program I've heard of. I was wrong.

I met Evelyn Gorecki, who is in charge of the Break Free program and I quickly learned that this program not only accepts smokers, but works with them. Break Free started in 2010 and out of the 550 staff and students that registered, 87 per cent said the program helped them a great deal. This program educates smokers on what they are doing to their

body so they can gain strong reasons to quit.

Yes, we've all seen pictures of a diseased lung, but have you found out how much carbon monoxide is currently in your lungs? I was shocked and disgusted at what I do to my body; I wanted to quit, but excuse after excuse I wasn't ready.

Evelyn was understanding and explained that it's not quitting that's the only goal, it's also cutting down. With nicotine gum and patches provided you can find yourself smoking less throughout the day. We all learned how to crawl before we walked right? But what about after you quit? I had quit smoking for six months and relapsed. The program works with

you to find out what triggers that craving and how you can accommodate it. They help prepare you for when you are ready to quit once and for all and to keep you on that path. And when a stressful situation occurs you know you won't find yourself running to the convenience store for smokes, but maintaining your grip on life.

I have a quit date set. I can say I'm confident I can quit from what I learnt from the Break Free program. I can count the times I have quit and this will be my fourth. If only I kept track of the number of cigarettes I've smoked in my lifetime.

If you would like to know more about the Break Free program, visit the Health Services department (Room O-119) or contact Evelyn Gorecki (Break Free program co-ordinator) at (780) 471-8733.



Evelyn Gorecki

Meet me at the study hall

By CHELSEA BIRD

It's official, NAIT students! Sept. 23 marked the last day of summer, meaning that it's now time to replace those lazy weekend afternoons in the sun with study sessions and stacks of homework.

If strong study skills aren't exactly something you can put on your resume and brag about – or even if you easily get good grades and feel that you have an effective method of studying, NAIT is trying out a study hall initiative that can benefit you.

The idea behind the project is to provide an informal, casual setting where students can feel comfortable getting together to study in small groups or individually.

The hope is that students can meet and support each other, while reaping the benefits of developing useful and effective study skills.

Though personal tutoring is not offered at the study hall sessions, of course NAIT does offer tutoring services and will provide connections at the study hall meetings.

What the study hall will offer, however, is the assistance of study coaches. The initiative's originator, Dana Bennett (Co-

ordinator, Student Engagement) says: "Just like an athlete needs a coach, we are providing students the opportunity to access a study coach."

Their job will be to help students interpret their notes, offer tips for effective study strategies and to achieve the most of their learning potential.

Bennett explains that studying encompasses more than just cramming and memorizing. Effective study habits should operate like a well-oiled machine – meaning that going to class, taking notes, staying organized and maintaining balance are all important aspects of "study skills."

The project kicked off with a study hall get-together at the EnCana Centre on Sept. 22 and was received positively.

A schedule of upcoming study hall sessions that last one to two hours will soon be ready.

Studying doesn't have to be a daunting task, and the more resources students have to take advantage of, the better.

If you're a student at NAIT, you're here for a reason, and that is to finish your program and enter the work force. Why not use the resources offered at the school and learn

to hone your skills for free, in a comfortable and interactive atmosphere!

Keep an eye out for upcoming ses-

sions to attend if this project seems like something that could benefit your learning experience.



Dana Bennett



Saturdays at 6pm on CTV Two
Starting October 1



break FREE

TOBACCO REDUCTION PROGRAM

- Free counseling
- Free nicotine replacement products
- Personalized stop smoking plans
- Free quit kits

For more information, visit Health Services or contact Evelyn Gorecki, Tobacco Reduction Co-ordinator 780.471.8733 or egorecki@nait.ca



AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

Virtually Speaking

No side-scroller's too tough

By GRAHAM McCANN

Japanese television can be notoriously quirky. Go to YouTube and look up some of the game shows and practical joke shows from Japan, and you will see a colourful, sometimes seizure-inducing array of often sick and very dangerous humour pulled on

willing – and sometimes unwilling – participants lingers in that country often known for honour. Some of Japanese television has crossed to North America very well like *Iron Chef*, where world renowned cooking masters go head to head in Kitchen Stadium. Exciting, surely, but what about a show

solely about a person playing video games in a room by himself?

Leave that to *Retro Game Master*, called *GameCenter CX* in Japan, which stars Shinyo Arino, a Japanese comedian who puts himself through virtual torment to complete some of the most notoriously difficult and merciless games made in the '80s and '90s. His title in the series is The Kacho, which means section chief of a corporation in Japanese.

The series is very tongue-in-cheek. The announcer speaks English in the North American localization, but everyone else who speaks on the show is subtitled and the program is very reminiscent of *Iron Chef* – except centred on one man battling a video game. In the office room where the challenges are videoed is his desk with a television that is surrounded by organized stacks of different snack foods and drinks as well as other things that fans send to Arino. The Kacho would often sit playing the game from early morning to late night depending on the time limit. He is accompanied by his “assistant directors” who provide moral support and sometimes game support if a situation gets dire. Among his trademarks is having a cold patch on his forehead to ease his head tension.

And tension is certainly delivered. In the first episode of the North American localization, he plays through *Ninja Gaiden*. A relentlessly difficult side-scroller action game released for the original Nintendo console in 1988. The show sucks the viewer in and onto the edge of their seat watching Arino The Kacho trying to make it through the increasingly difficult stages of the game. This show fully succeeds at watching someone else play video games completely compelling. You feel his frustration, misses and triumphs.

After two hours of the struggle of trial and error in one chapter of *Ninja Gaiden*, he loses all of his lives in one far subsection of the chapter. Instead of being brought back to that subsection after selecting continue, he is brought back to the start of the chapter. Arino stares at the television as he sees all of the progress out of the last two hours disappear. In a cold sweat with the sun setting in the evening after a drawn out battle through the day, he says to the television in a panting breath of disbelief: “How dare you? How dare you?”

Retro Game Master is hosted on the Gawker Media website Kotaku.com with new episodes every Thursday.



kotaku.com

Gender gap in gaming industry

By JENNY LU

The McGill Daily (McGill University)

MONTREAL (CUP) – I grew up playing Goldeneye and Super Mario Brothers, and, as a result, gained a small modicum of video gaming skills.

Though I enjoyed gaming, I was reluctant to admit to it, since I knew it was not a typical female activity. The rarity of women who play, or who will admit to playing, video games is just one reminder of the male domination of the video game industry.

Many different fields

The video game industry is comprised of people from many different fields, such as design, music and marketing. About a third of these people come from computer science programs, where graduates are primarily male.

Addressing this skewed gender distribution is the subject of a joint research project between the University of Alberta's faculty of education and its computer science program. Their research involved introducing boys, who had more experience with video games, and girls, who had less, to ScriptEase, a game design program. Their findings show that girls and boys showed equal interest in the program, despite differences in initial experience.

According to Duane Szafron, one of the paper's researchers, it is important to have more women in the field. He believes that a greater balance between genders is necessary.

“The education they experience should be in a context in which they interact with as many women as men,” he said in an e-mail. “This idea also suggests that other kinds of diversity should be present in the university [setting] to

match the diversity of the Canadian community with regards to race, religion, etc.

“Anytime someone is in a minority population there is a danger that they will be treated differently by the majority and feel that they don't belong. I believe this is currently the case for women in computing science programs. It is too easy for them to feel that they don't belong and so too many leave the program for the wrong reasons. In some ways, the minority is self-perpetuating,” Szafron continued.

But there are many up and coming women within the gaming industry. Judy Truong is a project manager in the Technology Group at Ubisoft, a video and computer game company with a development studio in Montreal.

Truong said that any female engineer, not just in those in the video game industry, will face male-dominated environments. However, she explained that what drew her to the industry was that “the video game industry is so up-and-coming; there's design, marketing and computer science aspects; there's just a lot of possibilities.”

Design more appealing

Szafron's research also confirms that for many women, the lure of video games is not the enjoyment derived from playing the games, but rather the design and creation aspects of the industry.

However, according to Truong, “Many women don't know about the industry unless they have been exposed to video games, which is not as common for women.”

Szafron and Truong agree that the best



Illustration by Amina Batyeva, The McGill Daily

way to increase the number of women in computer science is through a change in curriculum. Currently, high school computer science curricula are much less developed than those of other sciences, such as physics, biology and chemistry, and vary widely from school to school.

Additionally, many universities do not allow computer science to be used for entrance credits. This means that computer science can be an afterthought for many students in high school, resulting in misconceptions about the discipline.

However, Szafron believes these problems can be solved by implementing a course that

centres around game design, where students work in project groups to create a game.

“They learn computer science and programming concepts while they are working on it, but they have a concrete creative goal and they can discuss the artifact that they are working on throughout the term,” he said.

Truong agrees and suggested introducing more three-dimensional design and computer science-specific courses that could be beneficial for all streams of engineering.

Perhaps the day will come when girls in video games won't only bring to mind those of the animated variety.

OPINION

— Editorial —

Love is louder than ...



CELESTE DUL
Editor-In-Chief

On social media sites in the last few weeks I started noticing a lot of pictures with the slogan “love is louder” somewhere in the picture. At first I thought it was neat and the phrase itself was catchy, but I didn’t think much more of it. After a few more days I noticed it more and more and I knew

it must be something bigger than just a trend. I was right, it is a movement.

Little did I know that this movement was actually started over a year ago – now don’t I feel out of the loop. In 2010, actress Brittany Snow, The Jed Foundation and MTV created the Love is Louder campaign to build on the outpouring of support for the lives of multiple teenagers who were lost to suicide in September 2010. It strives to support anyone who has felt mistreated, misunderstood or isolated.

Message becomes louder

The idea behind pushing the message is that the more voices that join the movement, the louder the message becomes. The message is that suicide isn’t the answer – love is louder than hate, the pressure to be perfect, discrimination ... almost anything can follow those three words and mean something to someone.

Love is Louder brings attention to areas like sexual assault, abuse, eating disorders and many more. Suicide, however, is one of the main focuses.

Suicide is a growing concern, especially with college and university students. The World Health Organization states that both Canada and the United States have a suicide rate of about 11 per 100,000 people – it should be zero. What’s even more alarming is a recent study of suicidal thinking among college students found more than half of the 26,000 surveyed had suicidal thoughts at some point in their lifetime. Studies done by universities and colleges throughout North America show that this statistic is increasing as opposed to decreasing as they hoped.

In hands of everyone

In the past, the responsibility for student mental health fell solely on counselling centres and psychologists. Today, however, experts believe that the solution to mental health is in the hands of everyone – campus, community, government, family – everyone. I believe this movement is doing just that – getting everyone involved and sending a positive message.

Not only does it spread the message, but it also gives people resources for anonymous and free support and counselling services. With more than 20 websites and 10 hotlines, it provides support to those who are too afraid to ask someone they know for help.

After only becoming knowledgeable about the campaign recently, I’m finding myself completely captivated at the number of people spreading the message. Take a look at Facebook (<http://www.facebook.com/joinloveislouder>) or Twitter (#loveislouder) and I guarantee at least one person you know is promoting Love is Louder.

If you’re interested in learning more about Love is Louder, visit www.loveislouder.com



— Letters —

A thank-you for Emily

I wanted to send a public thumbs-up to Emily Moore, who works at the Student Benefit Office at NAIT. When I went to get assistance, not only did she clearly explain everything I needed to know, but she did it with a bright smile on her face and a twinkle in her eye!

By the time I left the office, that infectious smile had hopped on my face too, as I am sure is the case with countless students she has worked with. Her customer service skills and positivity is a rare thing to see!

Thanks, Emily!

— Steven Cresswell

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

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

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

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

Trust us on that. Write us.



SPORTS

MEN'S SOCCER

Hard-fought draw vs CUCA

By TY HUDEC

The second and sixth ranked teams in the nation were in action against each other over the weekend, as the NAIT Oaks men's soccer team travelled to Concordia to face the lower-seeded Thunder on Sunday afternoon. The Oaks entered the weekend holding a 3-0-1 record, good for top spot in the ACAC standings, while Concordia was sitting in a tie with Grant MacEwan for second place, with a record of 2-1-1.

The Oaks carried most of the play in the first half, yet trailed at the break after Dejan Gajic tallied for Concordia to give the Thunder the 1-0 lead. NAIT continued to bring the pressure in the second half and were finally rewarded for their efforts when Felipe Carvalho scored to even the contest midway through. Despite a number of chances late, the Oaks were unable to capitalize on a defensive-minded Thunder squad and were forced to settle with a 1-1 draw.

Oaks head coach Jeff Paulus felt his team put forth a dominant performance and was pleased with their efforts despite falling short of the win.

"Honestly, probably our best game of the year," Paulus said. "Moved the ball extremely well, maintained I would say at least 85 per cent ball possession throughout the game."

The Oaks had a decisive advantage on the shot clock as well; as Paulus could only recall three shots by Concordia, while the Oaks fired well over a dozen at the Thunder net. With the team trailing at the half, it would have been easy for them to get discouraged after controlling the play. However, Paulus and his staff made sure the team kept its spirits up going into the second.

"You highlight what they're doing well because we're doing a lot of things well," Paulus continued. "Up to 45 minutes in, we're down a goal, but we're the dominant team. That's just the way this game works sometimes. The best team doesn't always take all the points."

The tie does give the Oaks the win in the season series between these two teams, as NAIT won their season-opener against Concordia 4-1. The Oaks remain in top spot in the North Division of the ACAC stand-



Photo by Laura Dettling

NAIT OOK Daniel DeSousa lands on top of a Concordia Thunder player during a game at NAIT field on Sept. 10.

ings. Their 3-0-2 record gives them 11 points and a one-point advantage over the Grant MacEwan Griffins.

Concordia now sits third, three points behind NAIT.

The men's next action will see

them returning home for a first place battle with the Grant MacEwan Griffins this Sunday, at 2 p.m.

WOMEN'S SOCCER

Women continue winning ways

By TY HUDEC

The NAIT women were also in action against Concordia on Sunday. The Oaks women entered the weekend perfect on the season at 4-0 and as the top ranked team in the entire nation. Concordia sat at 2-1-1 entering the day and were ranked at No. 4 nationally. These two teams last met in a high-scoring season-opener at NAIT that saw the Oaks come away with the 6-3 victory. Sunday's contest, however, would prove to be a much different story.

Like the men, NAIT's women were in control for the majority of the game. Concordia played tight defensively, not allowing the Oaks many easy chances. The lone goal of the game came off the foot of NAIT's Leanne Kadatz, as she buried her league-leading 10th goal of the year. That tally proved to be enough as the Oaks walked away with the win and the season sweep, taking this contest 1-0.

"We're just happy to get three points," Oaks head coach Sergio Teixeira said following the win.

"They sat back and defended quite well. We missed some key chances that we shouldn't have

missed, but overall we're happy to get three points."

The Thunder gave NAIT their greatest challenge of the season by far. Before Sunday, no team had come within three goals of the Oaks, nor held them under four. The high-flying Oaks remain perfect in pre- and regular-season action and have now out-scored their opponents by a combined total of 26-4 in just five conference games. This team truly continues to dominate its competition and coach Teixeira says it's a testament to the new and old faces being able to gel since Day 1.

"We brought a lot of good vets back and we've complemented them with some nice rookies," said Teixeira. "We hit our stride in pre-season and ever since then we've been looking good."

The Oaks retain their spot atop the ACAC North Division standings with their perfect record. The ladies are now half way through their regular season schedule and have a

two-point lead over the second-seeded Grant MacEwan Griffins. The Griffins will be NAIT's next competition when they make the trip down 109 Street to face the Oaks on Sunday. NAIT came away with the victory in their first matchup with Grant Mac, 4-1. This Sunday's contest gets underway at noon on NAIT's home field.



Photo by Laura Dettling

NAIT OOK Kelly Tataryn in action on Sept. 10.

NAIT OOKS HOME GAME SCHEDULE

MEN'S BASKETBALL
Alumni Game
Fri. Sept 30 @ 7:00pm

CHALLENGE CUP

SOCCER

Sun. Oct. 2 Women's at 12:00pm
Men's at 2:00pm



vs



A sensational season



PATRICK KNOWLES
Sports Editor

When I look back on the year that was in sports, a few stories happen to catch my attention. Japan winning the women’s World Cup, my Canucks losing in Game 7 and then having the people of Vancouver riot like it was 1994 all over again. But perhaps the one sports story that I was drawn towards was that of the year that Novak Djokovic has had on the tennis court.

No one has put together this type of season on the tennis court since the early 1980s when John McEnroe went an unbelievable 82-3 for the entire season. Djokovic could potentially tie McEnroe’s record and would have more than likely beat his overall season record if he didn’t retire from two matches this season, resulting in two of his losses.

Year’s record at 64-3

As it stands Novak’s overall season record is an impressive 64-3, his hard court record is 40-2, with both losses coming by way of having to retire from the matches. The only true blemish on his record came on the clay courts of Roland Garros in the semifinals of the French Open versus Roger Federer, which in my eyes robbed us of the chance to see if Novak could dethrone Rafael Nadal, the clay court king. I think that he would have done it, considering that he is 6-0 versus Nadal this year. If the only time in an entire season that you lose a match of tennis is to the 16-time grand slam champion Roger Federer, then I think

that you have had one of the best seasons of tennis in history.

When you take a closer look at the year Djokovic has compiled and just how he has accomplished what he has, it is hard not to marvel at his talents. In all three grand slam finals he has made it to he has won and two of the victories came against 10-time slam winner Nadal. I mentioned that Djokovic has a 6-0 record against Nadal this year, but what I didn’t tell you is that all six of his victories have come in the finals of tournaments with two wins coming in grand-slam finals – Wimbledon and the US Open. He started the season as the No. 2 ranked player in the world behind Nadal, but with his victory over Nadal at Wimbledon took over the No. 1 ranking.

\$10.5 million

With his victory at the US Open, Djokovic earned a cool \$2.3 million, which, added to his previous earnings, brought his season total to just over \$10.5 million, not bad for about 16 weeks worth of work, if you consider playing a sport for a living work. In all 10 finals he made it into he won. Probably the stat that I find most impressive is the one where throughout the entire year Novak has only been in one five-set match and the one he participated in was an instant classic against Federer in the US Open semifinals. This match was hands down the match of the season with Federer having Djokovic on the ropes and Djokovic battling back when no one thought he could, after Federer dominated for the first two and a half sets. Djokovic fought back and took control of Federer like I have never witnessed anyone do before.

He has made it into 10 finals this year and has come away with 10 titles. The three slams he won this year give him a total of four for his career. He is one of only six men to win three slams in one year and he did this by controlling his opponents off of their service games. Djokovic will not just blow aces by you off of his serves, but when you have service he will somehow find ways to hit returns that put his opponent automatically on the defensive, with him controlling the play. With the pinpoint accuracy of his return game and lethal service game it



Novak Djokovic

fanpop.com

seems that for the first time since 2003 when he turned pro all aspects of his game are firing on all cylinders.

Don’t get me wrong. I am by no means crowning Djokovic as the best player ever, but I would say he is the best player in the world right now and, who knows, if he can put a string of seasons together like the one he is having this year he just might go down as one of the greatest, if not the greatest tennis player ever.

Athletes of the week

September 12-18

Leanne Kadatz
Soccer



Leanne continued to dominate for the Oaks women’s soccer team this past weekend as she scored another six goals. Kadatz scored three goals Friday in the team’s 10-0 victory over the King’s Eagles and then followed that up by scoring another hat-trick Saturday in the team’s 5-0 win over Keyano. The six goals brought Leanne’s total to nine for the season. “She is our leader on and off the pitch” declared head coach Sergio Teixeira. “Leanne is having a fantastic year.” Leanne is a third-year player in the Animal Health Technology program and is from Edmonton.

Jose Acosta
Soccer



A first-year player, Jose has quickly stepped up as a leader with his inspired play and constant communication during the game. Pairing with Mallan Roberts, the two players form a very imposing back line that has been instrumental in the good start for the men’s soccer team. Composed, physical and solid defensively, Acosta has been an anchor for a team that has only conceded two goals in four games. This weekend, Jose added an assist to his defensive stats and once again showed how much of a threat he is on the counter-attack. “Jose is already showing his leadership abilities,” said head coach Jeff Paulus. “His strong play has quickly allowed our team to adjust from the massive loss of both Jordan Stewart and James Carr from last season.” Jose is a first-year Academic Upgrading student from Camrose.

Athletes of the week

September 19-25

Alex Mah
Soccer



Alex was excellent versus Concordia this past weekend and was selected as the player of the game. Mah shut down the Thunder all game long, won lots of tackles and was very steady for the Oaks all game. “Alex is playing centre back for us this year, which is a new position (played mid last year),” said head coach Sergio Teixeira. “She is doing a wonderful job and her pace and game sense brings us leadership in the back.” Alex is a fifth-year Bachelor of Business Administration student and is from Edmonton.

Ariel Lugoma
Soccer

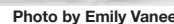


Ariel was all over the field in the Oaks men’s soccer game at Concordia Sunday. Lugoma was selected as the NAIT player of the game after setting up the Oaks’ lone goal in a 1-1 draw versus the Concordia Thunder. “Ariel was a force offensively for the team Sunday,” said head coach Jeff Paulus. “He started the season with an injury and his play this weekend showed he is healthy and ready to contribute.” Ariel is a first-year Personal Fitness Trainer student and is from Brazil.

Ooks show well at Blue and Gold

The game got chippier as Concordia began to get frustrated and a number of penalties were received by both sides, as well as a few personal misconducts.

In the other games the Oaks played in the tournament, they defeated Portage 5-3 on Saturday and tied MacEwan 3-3 on Sunday.



Jon Jones too much for Rampage

mmaprime.tv

As the round progressed, Hughes got caught with a right upper cut. Not soon after, everything came crashing down for Hughes. Round 1 at 4:59 he got knocked out cold and the fight was stopped. What made it more emotional, is knowing this is how things will probably end for Hughes. But in all honesty, Hughes is a legend of the sport. With

Jones now has the taunting task of fighting Rashad Evans, his old sparring partner and friend. That is exactly why Rashad should prove to be a challenge for Jones. This is also the first genuine grudge match Jones will experience which should make it all the more interesting. These two are top tier of the light heavyweight division and this fight can't happen soon enough

ACAC Standings

<



Photo by Laura Dettling

Eskimo receiver Fred Stamps

Crunch time!

By NICK BERRY

It was a busy weekend in the CFL, with all eight teams in the league in action starting the push to the playoffs. The Alouettes were in Edmonton taking on the Eskimos, B.C. was in Saskatchewan, Toronto hosted Winnipeg and Calgary and Hamilton travelled to Moncton for a Tiger-Cat home game.

Montreal came to town

Montreal brought their 6-5 record to Edmonton in hopes of a win and of solidifying a spot in the postseason. After a lacklustre first quarter, Montreal led 4-1 and stretched the lead to 11-1 early in the second as quarterback Anthony Calvillo ended a long drive with a 23-yard pass to running back Brandon Whitaker. The duo wasn't done there, as four minutes later, Whitaker, hauled in another 23-yard pass to stretch the lead to 17. After a field goal, Jason Armstead got the Eskimos back in the game with a 72-yard punt return TD with just 22 seconds left in the half and they went into the locker room trailing 18-11. After trading field goals and a single point from a missed Derek Schiavone field goal, the score was 21-15 when, with seven seconds left in the quarter, Calvillo was crushed by Eskimo defensive end Marcus Howard. The hit knocked Calvillo unconscious and took him out of the game. Adrian McPherson replaced Calvillo for the fourth quarter and led two drives that ended in field goals. Ricky Ray put together a long drive fuelled by 74-yard passing play to Adarius Bowman and Fred Stamps caught a one-yard pass for the touchdown to make the score a little more respectable. The final was 34-21 for the Alouettes as they moved into second place in the East.

In other action, the B.C. Lions took on the Roughriders in Regina. The Lions dominated, only allowing Saskatchewan's quarterback Darian Durant 188 passing yards while forcing two interceptions, one of which was returned 81

yards for a touchdown by Ryan Phillips.

B.C. quarterback Travis Lulay threw for 303 yards and two touchdowns including a 100-yard catch and run by wide receiver Arland Bruce. The Lions improved to 6-6 on the season, while Saskatchewan fell to 4-8.

In Toronto, an injury riddled Blue Bombers squad took on the cellar dwelling Argonauts. In what was a wild game, the Argonauts, after a missed 38-yard field goal, tackled Winnipeg's returner in the end zone to give them a single point. In keeping with the nature of the night, Noel Prefontaine's boot came after his initial try hit the upright. However, officials

had called the play dead seconds before due to a whistle being blown in the stands. Winnipeg (8-4) lost its first game to a conference opponent and had to play the second half minus four of its starters, meanwhile the Argos (3-9) halted a three-game losing skid to keep their playoff hopes alive for the time being.

Shootout in Moncton

In the finale of the weekend, Hamilton and Calgary had a shootout in Moncton, New Brunswick. On the strength of two touchdowns from receiver Marcus Thigpen, the Tiger-Cats took a high scoring game 55-36. Calgary quarterback Henry Burris had two touchdowns, both to receiver Romby Bryant, before being replaced by backup Drew Tate, who threw two TDs in the fourth quarter, including a 10-yard strike to Bryant, his third of the game. Hamilton also had three rushing touchdowns on the afternoon, helping them to improve to 6-6. Calgary, in the meantime, dropped to 7-5 and is still tied with the Eskimos for first in the West.

It's getting down to crunch time in the CFL with only six weeks remaining and all teams still in the hunt for the post-season. The next games will go a long way in determining the contenders and the pretenders on the road to the Grey Cup.

Edmonton off to Fort Lauderdale



BALJOT BHATTI
Assistant Sports Editor

Despite a loss at the end of the regular season against Montreal two weeks ago, FC Edmonton packs their bags and heads to Fort Lauderdale to face off against the Strikers in their first quarterfinals game of the playoffs.

The matching was decided by a final game between Floridian teams FC Tampa Bay and the Fort Lauderdale Strikers. Both teams were tied, and the winner would go on to face the sixth place team, while the loser would square off against Edmonton. Tampa

Bay took it 1-0.

Edmonton head coach Harry Sinkgraven was happy with the result of making the playoffs but isn't ready to take it easy just yet.

"Obviously we're satisfied with making the playoffs, that was our goal at the start of the season," said Sinkgraven. "But now it's a new season and we want to win in the playoffs as well."

FC Edmonton flies to Fort Lauderdale after a week long training and practice schedule. The coaches have been working the players hard, but believe they are ready for the quarterfinal matchup on Saturday at 5:30 MST.

If they win in Fort Lauderdale, FC Edmonton will play host to their semifinal opponents here at home. However, players, like captain Chris Kooy, are focused on Saturday's game, and not what's beyond.

"We're not looking past Fort Lauderdale at all," said Kooy.

"They're a strong side so we'll have our hands full with them ... but we'd also love to host a playoff game as well. Our fans definitely deserve that."

It's been a rocky season for the team, with a 10-12 win-loss record and finishing the season tied for fifth place with the Minnesota Stars. FC Edmonton also had to suffer through an eight-game winless streak that was finally ended back in late August against the Atlanta Silverbacks.

The loss of their two keepers, Lance Parker and Jaswinder Gill, due to long-term injuries may have something to do with the 40

goals scored against the team this season, the second highest in the league.

Despite these setbacks, FC Edmonton powered through and squeaked into the playoffs. Big victories, new signings and club goal leader Shaun Saiko helped to ensure their placement. Now all they can do is give the best showing they can, for both the fans and club management.

A home playoff game would definitely be exciting for the diehard FC Edmonton fans and give some needed publicity to both the club and the North American Soccer League.



"Now it's a new season and we want to win in the playoffs as well."

- FC Edmonton coach Harry Sinkgraven

MEN'S BASKETBALL

New coach

By SEAN HARMAN

The NAIT Oaks men's basketball team has been shaken up from top to bottom replacing last year's coach Don Phillips with former head coach of the silver-medal winning Lethbridge College Kodiaks, Mike Hansen. A total of eight players from last year's team are gone, leaving behind only Corey Saban, Spencer Campbell and Daniel Perepluk, who is returning after missing all of last year due to injury.

Despite all of the major changes, coach Hansen still has high expectations for the year to come.

"We feel pretty confident that we can have a successful year again. Nothing less than a championship is what we expect here at NAIT and that's not going to change."

The Oaks were not handed any favours when they received their schedule for the year. They kick off the season against last year's ACAC fourth-place finisher Lakeland College in a home and home set and then welcome the much-improved Keyano College. To end all of that they host Mount Royal, last year's ACAC bronze medallists.

"The first three weeks are going to be real tough, but if we do get past the first three weeks I feel like sky is the limit for us," said Hansen.



Mike Hansen

With a tough start to the season Hansen is going to have to rely on the four starters from last year and new arrival Jordan Reiter, who came in from Lethbridge. Reiter was named a first team all-star last year at nationals and will be a big factor to the team's success throughout the year.

Shane Reece, last year's dominant big man inside for the Oaks, is out for the first semester due to injury, but is expected to return in January, which will be huge for the team as a presence like Reece will only add good things to the team. NAIT opens up regular season play on Oct. 21 at home against North Division rival Lakeland College Rustlers.

Team Notes

Last Season: 23-4, ACAC champions, fifth place at nationals.

Players Lost: Bol Kong, Juwauwn States, Gerard Mozwa, Shane Cox, Roderick Iyekekpolo, Bruno Silvestrin, Reece Gavin.

Key Returnees: Corey Saban, Daniel Perepluk, Spencer Campbell, Clayton Crellin.

Athlete Profile

**Player:** Corey Saban**Sport:** Basketball**Hometown:** Edmonton**Age:** 23**Graduated from:** Austin O'Brien

By ALI MAGEE

What keeps you motivated – I have become very internally motivated over the years. I have never won a national title and I feel more motivated than I ever have to get there because this is my last year of eligibility.

Did you play on a team before NAIT? Yes, I played at Grant MacEwan for three years. The first two years were very successful.

Do you have hobbies during the off-season? During the off-season I have a couple hobbies no one would ever guess. I enjoy skateboarding as well and drawing and painting.

What do you plan on doing after you finish school? I am going to take the bridging program to get my Civil Engineering degree through Lakehead University.

Favourite sport to watch on TV? Believe it or not, but I really don't watch many sports.

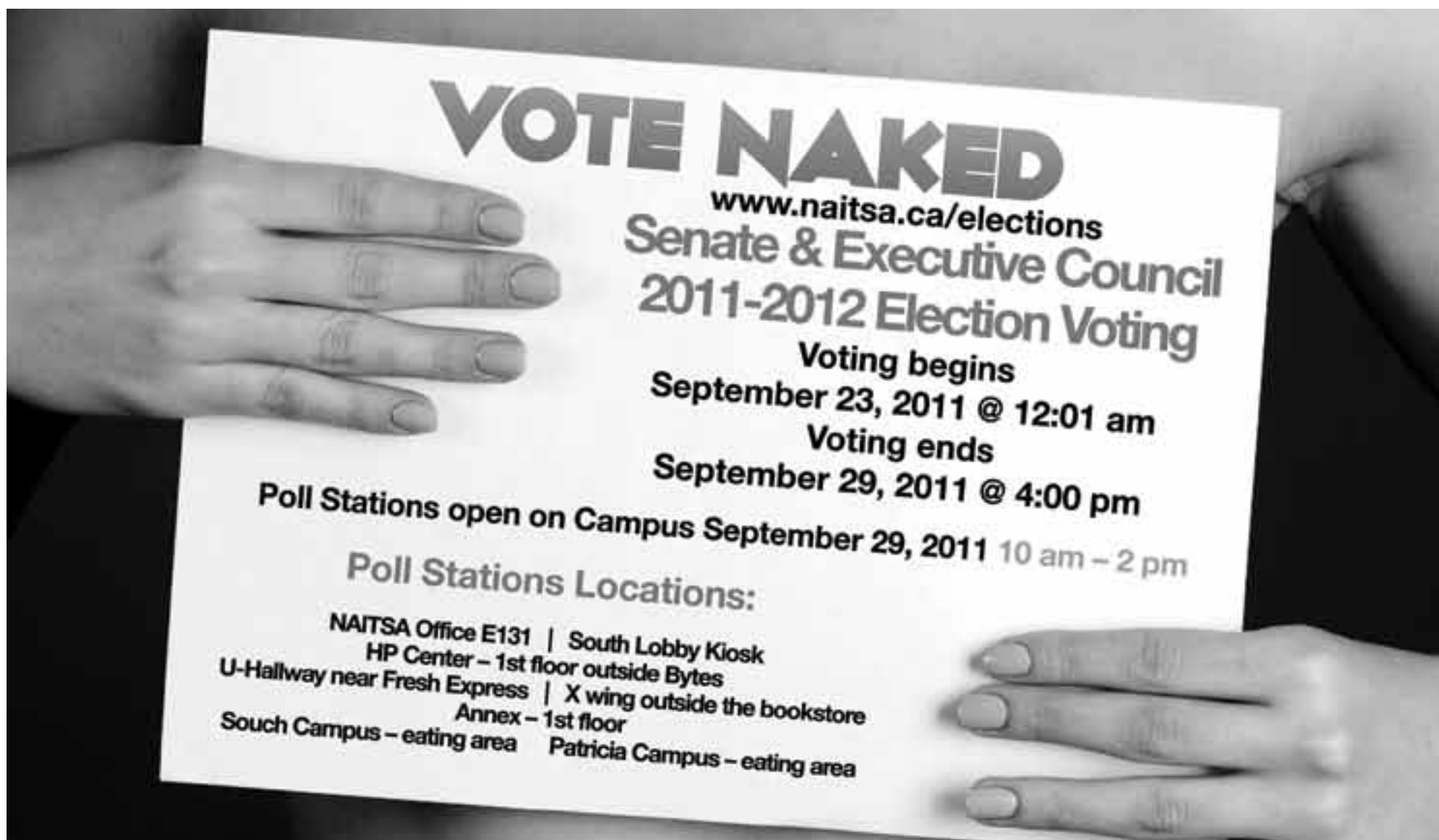
What's an accomplishment you've made that you're proud of? I may sound like a nerd but I was proud of my GPA last year. I was taking my first year Civil Engin-

earing in the evening classes while being a part of the basketball team. I was able to work out a schedule with the coach that allowed me to attend all the classes and missed about two or three practices a week.

How old were you when you started playing basketball? I started playing in elementary. My dad coached me, and to this day he watches every game and will offer advice to get me better.

Favourite thing about playing basketball at NAIT? This year, I would have to say ... I look forward to Mike Hansen coaching the team. I also look forward to playing my last year of eligibility with my brother. We have never played on a competitive team together before, because when I got into junior high he went to high school and when I got to high school he was in his first year of college. So this will be a very exciting year and I have been looking forward to this for a long time now.

Best basketball memory? I have so many and I hope this year becomes the answer to this question.





CLAIRE THEOBALD

What is your best money-saving tip?



"Before you spend money, think about it. Is it worth it?"

Vitaliy Storozhuk
Carpentry



"Carry a big camera and say you're reporting on the event. I got into so many U of A games for free!"

Shannon Findlay
Graphic Communications



"Don't buy brand names! A lot of no-name brands are just as good as the brand name."

Colleen Estey
Business Administration



"Be aware of your expenses and how much you are bringing in."

Collin Brown
Electrical Apprentice



"Don't spend money where you work."

Brad Mayhew
Academic Upgrading

NAITSA'S NEXT

top model

NAITSA'S 3RD ANNUAL MODELLING COMPETITION

THE CONTESTANTS ARE READY...

HELP US CHOOSE THE WINNER BY
VOTING FOR YOUR FAVORITE MODEL
STARTING SEPTEMBER 27 AT
NAITSA.CA/MODEL




ENTERTAINMENT

Hollywood's been hacked!



SPOTLIGHT ON ...

NATASCHA BRUHIN
Entertainment Editor

Let's get personal: Do you have scandalous photos of yourself on your cellphone at this very moment? Do they reveal you or somebody else in compromising positions? Also, do you make over six figures a year, have paparazzi following you around and live in Hollywood? You don't? OK, then no worries for you.

The Hollywood Leaks group has taken Hollywood by storm – and by surprise. Sparring no one, the group is hacking into celebrities' cellphones and e-mail accounts and posting all the info found online. This includes personal phone numbers, photos and ... movie scripts.

Tom Cruise's upcoming movie, *Rock of Ages*, had its screenplay posted online, all thanks

to the hackers who have said this: "Attention Hollywood. We are anonymous. We have been watching you. We have been listening to you. You have been allowed to run free too long ..."

While the members of Hollywood Leaks have not been revealed, many people believe they are affiliated with the Anonymous hacking group. There is no real pattern when it comes to the celebrities who have been targeted. It is just a random assortment of celebrities, from up and coming stars to those living life on the D-list. Ashley Greene, Joey Fatone (of 'N Sync fame) and Olympic speed-skater Apolo Ohno have all had their phone numbers and e-mail addresses revealed to the public, while Miley Cyrus, Akon and Lil Jon have only had their phone numbers exposed.

However, rapper Kreayshawn, Blake Lively, Scarlett Johansson and Julianne Hough have had to deal with more severe privacy exposure by having revealing photos of themselves leaked online. While Hough's photos turned out to be pretty PG, the other starlets' pictures weren't so tame.

Scarlett Johansson's leaked pictures include one of her topless, and one of her backside. She has since gotten the FBI involved and has threatened to sue any sites that don't take down the naked photos of her.



Hollywood Leaks has also posted a YouTube video, with a digitally altered voice announcing: "We are Anonymous. We do not forgive, we do not forget. Expect us."

Did anyone else get the chills reading that?

When I hear of spoiled, rich celebrities complaining about the lack of privacy in their extravagant lives, I usually roll my eyes. But this time around, I do feel these Hollywood hackers are crossing the line. There is a difference between celebs being snapped leaving trendy restaurants in the heart of Hollywood and them having their cellphones hacked into and all their personal information revealed to the world. Yes, they're rich and famous. But does that mean anonymous, vindictive individuals have the right to break into their personal lives? I strongly don't think so.

"We're simply here to facilitate the free flow of information from a place which was previously over looked, Hollywood," a Hollywood Leaks representative told gawker.com. "We're currently sitting on several unreleased movie scripts and enough numbers and e-mails to keep phones ringing and the inboxes full for the foreseeable future."

Wow, these hawkers are not messing around! Celebrities, delete everything remotely inappropriate from your phone. Everything!

All I can say is thank God they're not going after normal people like us. Imagine if there was a NAIT hacker...can you imagine the horror and panic all of us would feel if the chance that our private lives could become public could actually become a reality? I just shuddered to myself. For once, aren't you glad you're not famous?



LED COR IS COMING TO CAMPUS - AND WE WANT TO MEET WITH YOU!

We're Big - one of the most diversified companies in Canada, with huge, multi-disciplinary projects springing up all over the continent - and we're looking for solid, dependable people to join in and lend a hand.

When: Wednesday, October 5, 2011

**Where: South Lobby
Engineering Annex
HP Centre**

Presentation & Lunch: 11:30 am to 1:00 pm

Location: Shaw Theatre. There'll be pizza, pop and prizes.



**AN AWARD-WINNING WORKPLACE.
APPLY ONLINE AT WWW.LEDCOR.COM/CAREERS**



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By MICHAEL MacMULLIN

This week, we're hitting the streets. There is talent everywhere in Edmonton; you just have to look for it. Whether it's in the bars, the clubs or even on the side of the street, you are going to find good music and bad music. Ranging from acoustic pop to heavy metal, Edmonton's got it all, and this is some of the best. I encourage you to support our local talent by listening to and purchasing their music.

1. Suburban Princess – GuRL (Sounds like: Green Day)
2. Old Wives Tale – Sister Gray

(Sounds like: Mother Mother)

3. Caught On The Dancefloor – TheFlashJam (Sounds like: Breathe Carolina)

4. Sincerely, John – From Love To Forfeit (Sounds like: The Red Jumpsuit Apparatus)

5. Fake – Letters To Elise (Sounds like: Owl City)

6. Sober Heart, Sober Mind – The Sky Life (Sounds like: Carolina Liar)

7. It's Over – Se7en Sided (Sounds like: Shinedown)



radioscreamer.com

TheFlashJam

8. I'll Hang – The Shakedown (Sounds like: Against Me! with more Blues)

9. Telling Lies – Looking East (Sounds like: Avantisia)

10. Burn It Down – Destruction United (Sounds like: Black Sabbath)

VIRAL VIDEO OF THE WEEK

Zombies cook up a new meal

By MIKE JONES

The funny folks at Epic Meal Time are back with a brand new video that has all the essential ingredients for a successful viral video; Zombies, Jack Daniels and, of course bacon!

This video contains an ever-growing gang of zombies cooking/consuming hilariously unhealthy food and then walking the town building up their bacon and booze-fuelled entourage. Thankfully for

those of us who don't speak zombie, it is conveniently translated and subtitled in English. The walking dead showcased here are your more traditional slow-walking BRAIIINNNSSS yelling zombies and not the more recently introduced fast-moving style (as featured in the 2004 *Dawn of the Dead* remake).

The zombies in this video do, however, showcase a few talents one would think zombies might

not be capable of and I'm not just talking about culinary arts. One of them manages to break into a convenience store for a frozen treat. As far as the actual cooking, it sounds like an instant clogged artery: brainy mac 'n' cheese, candy brain, deep-fried brain, scrambled brains and Big Mac brains. And it's all washed down with a bottle of Jack Daniels! Unhealthy, sure, but could it be worse than some of the meals offered by fast food chains?

The production quality of the video is top-notch; after all these are not your typical run of the mill zombies (the makeup artists in this video are a super talented bunch). In addition to the visual arts, the eerie soundtrack may scare the brains out of you but the humour takes over with the final line "Next time we eat a headshot." I have no idea how that is possible but I cannot wait to see them try. Check it out at <http://youtu.be/yttA7YkWdr0>

What does being-the-fastest-on-campus mean to you?

Get the Shaw Student Speed Bundle for only \$36/month* and find out.

You get:

- Shaw Extreme Internet with 25 Mbps download speed and 500 GB of data included.
- Shaw Personal TV with 40 of the most popular channels, 13 HD channels and 1 digital box.

The Shaw Student Speed Bundle means streaming videos and music seamlessly, tons of gaming and TV just the way you want it. What does being the fastest on campus mean to you? Everything, that's what.

Call 1.888.817.9018 or visit SHAW.CA/CAMPUS to sign up today!

Follow us  



What does **SHAW** mean to you?

*Visit SHAW.CA/CAMPUS for details. Offer only available to those with a valid student ID for the 2011/2012 calendar. After 12 months, standard Shaw Plan Personal fees take effect for double your Personal TV and Extreme Internet packages at \$84.30/month. All Shaw Services are provided under the Shaw Joint Terms of Service and Acceptable Use Policy located at www.shaw.ca. Facebook is a registered trademark of Facebook, Inc. Twitter is a registered trademark of Twitter, Inc.

Rock, reggae hit the Nest!

By ANIKA NOTTVEIT

On Sept. 23, the Nest had live performances from two local bands. All the Kings Men opened at 5 p.m. for the Soulicitors.

All the Kings Men are working their way to be the No. 1 and upcoming live band in Edmonton. They started out the night with lots of energy and variety. When the band was tuning up their

instruments, the drummer and co-lead singer, Denis Frigon, kept the audience engaged by telling jokes. The band had great group dynamics; one would never guess they've only been together for a year and half.

All members met at Grant MacEwan University through the music program.

"Music is a people-based business. You

really have to try to connect with your audience," Frigon says as advice to new and upcoming musicians.

"We were a cover band at first, playing what people wanted to hear. Then people started saying, 'we want to hear what you want to sing'."

By being proactive and talking to bar managers about gigs, All the Kings Men finally brought their talent out of the basement. Many original numbers entertained the toe-tapping crowd at the Nest that evening.

Their name originated from the lead singer's last name, Sebastian King and the Humpty Dumpty riddle. The rest of the band is considered 'all of Sebastian King's men'.

As for the future of the band, Frigon said after the show that he "would like to see this hobby move into a job. It's a tough industry to succeed in right now."

Upcoming artists are finding funding very hard to come by. All the Kings Men's new album is coming out in late November, with their next show being on Sept. 27 back at their old stomping grounds, Grant MacEwan.

A unique local reggae band took the stage next. The Soulicitors brought a laid back atmosphere to the Nest. With beers in hand, the Soulicitors jammed to a relaxing beat, inviting the audience to join them.

The Soulicitors were Sonic 102.9's band of the month in September of 2009, after they released their first album *What You Need*. These five guys from the Prairies have even been on stage with Bedouin Soundclash.

Their inspiration to make reggae music originates from travelling.

"When you're travelling, you hear good music and you're having the time of your life," said Corey Burgess, auxiliary percussionist and keyboardist. "We've all been there and we all want to go there. Together (the band) wants to bring people to that place."

The Soulicitors play very happy music – students and locals were scattered throughout the Nest looking very content on a free Friday night.

All of the band members are employed full time in the trades and tour only on weekends. Making music in a south Edmonton studio is currently just a hobby. While Edmonton doesn't have much of a reggae scene, the Soulicitors are hoping that will soon change. In the future, the band would like to go south where Reggae is more popular.

Both bands alluded to the fact that it is hard to make it big in the music industry.

"Hearing your music on the radio is really cool," Burgess commented. "When Sonic plays Pearl Jam followed by one of our songs, it is pretty sweet."

The Soulicitors don't know when they will be doing their next show. The attitude of "going with the flow" seems easy for this band. And speaking of flow, "Flow" is the No. 1 song on their new album, which will be coming out sometime in the New Year.

The band encourages anyone who's interested to visit their Facebook page, "The Soulicitors."



Photo by Chad Steeves

All the King's Men perform on the Nest on Sept. 23.



ALEXANDER KEITH'S BIRTHDAY

CELEBRATE OCTOBER 5 @ THE NEST

Pint of Red, White or India Pale Ale \$5 all day





Wishing for more ...

By STEVEN DYER

Books aren't for everyone, we know this and it's sad, especially when you find such a great book series like "The Black Jewels" series.

Written by award-winning author Anne Bishop, *The Black Jewels* is an epic story that combines love, humour, politics, intrigue and betrayal in a way that will leave you weeping, laughing and wishing for more.

The story starts out with Prince Daemon Sadi receiving a prophecy from the Black Widow Tersa, in which he is told that what he has been wishing for has almost come and that he must be ready for it when the time comes. Daemon is heartened and spends the next few centuries in search of the woman of his dreams, the queen he dreams of serving. He is disappointed when his search turns out to be fruitless.

But then he is sent to Chaillot and is con-

fronted with Jaenelle Angeline, a 12-year-old girl with no apparent power or charm.

But looks can be deceiving. The power Jaenelle commands could heal a realm ... or destroy one.

So now the game begins. Some seek to control Jaenelle's power, while others simply want to befriend and love the young, eccentric girl. But who will win when the High Priestess of Hayll, the High Lord of Hell and the Sadist begin a battle that could tear apart not only the Realm of Light, but the Shadow Realm and the Dark Realm as well?

And even when Lorn, the ancient Prince of the Dragons and the last of his kind, uses the most powerful magic at his disposal, will the father, the brother and the lover be able to save the dream and anchor it to flesh? Or will the dream die and be lost to the darkness forever?

The world of the Blood is vast and marvelous and the series is a must read for any fantasy readers. The tale doesn't end there, either. After the initial trilogy, Bishop released six more books, adding to an already wonderful trilogy.

Her other stories tell the tales of the forbidden love between the warlord prince of Ebon Rih and a simple hearth witch. Another book focuses on the weak Rose Queen who becomes Shalador's Lady and the saviour of Dena Nehele. Another story chronicles the tale of the territory of Zuulaman that no longer exists within the three realms. And finally the story of Kealeer's Heart is told, a woman so special that the Shadow Realm could not have joined together without her.

The series has won the William L. Crawford Memorial Fantasy Award. The first book, *Daughter of the Blood*, was a 1998 Sapphire Award finalist.

GW 3 stunning, demanding

By SHAWN GRAY

The best way to describe the overall feel of *Gears of War 3* is to quote the series main character Marcus Fenix: "Aww Sh*t."

Gears 3 wastes no time thrusting players straight into the action. Set around two years after *Gears 2*, The Coalition of Ordered Governments (COG) has disbanded and the world is pretty much screwed. Humanity's numbers are running dangerously thin with the Locust rebuilding and the Lambent acting as a hurricane of destruction sweeping across the land.

Don't worry, you won't find spoilers here but what you should know is that *Gears 3* is an amazing game. The first thing I noticed was how smooth the combat is and how the control scheme is pretty much the same as previous games... which is good cause it makes veterans to the series feel right at home.

Game play isn't the only improvement; with the addition of tons of new weapons including sawed-off shotguns, Retro Lancers, One-Shot (cheapest gun), Digger Launchers and the butcher's cleaver ... yes players actually get to use cleavers! Locust sushi anyone?

Throughout the whole game the Gears are fighting a two front war, so as a player you're always kept on your toes running into classic lovable Locust-like Boomers and Drones, but the Lambent is what really mashes everything up. You thought Berserkers were frightening? Try fighting an exploding one.

Now, we all remember how frustrating *Gears 2* multiplayer was; it was so much fun but no one had the patience to deal with how laggy the servers were. Well, they fixed all that and now players can kill each other with confidence knowing that they won't be randomly dropped from a game or find all other players walking into walls.

There is also the addition of exciting new game modes like Beast mode, which is pretty much like Horde but the players can control the Locust from being a simple Ticker to becoming a Berserker in all her glory.

Speaking of Horde, the mode has also been revamped, this time allowing players to build up shelters in order to protect themselves from the Locust Horde.



thecontrolleronline.com

Gears of War 3 is a worthy successor to the previous versions of the game.

Overall, Epic has done an unreal job of providing fans with a stunning conclusion to the series they introduced to us back in 2006. If you're a *Gears of War* fan than I don't doubt that you've already purchased the game and if you're new to the series, I

highly suggest you immediately go to your nearest video game store and pick up all three *Gears* games. *Gears 3* is demanding game of the year.

★★★★★

Urban wows the ladies

By STEFANIE FISCHER
Assistant Issues Editor

Last Wednesday night's "Get Closer" show was nothing what you expect a country music concert to be.

It was a full-on country rock spectacle that was displayed on the largest plasma television the world has ever seen.

The scruffy, black-shirted Keith Urban made his entrance by strolling and strumming down the

stage as the band opened with "Put You In a Song."

Urban intertwined his older classics with his newer songs and nailed each one perfectly, including the heartfelt ballads such as, "Stupid Boy" and "Raining On Sunday."

This handsome superstar was showered with screams and cheers as every dramatic pause and guitar pose was blown up on the huge television.

In between songs, Urban paused to look at all the hand crafted signs that were waving at him. One caught his eye and an extremely lucky birthday girl and her family and friends were urged to come on stage where he sang an exclusive "Happy Birthday" to her.

At one point, Urban made the security let the fans rush to the front of the stage. He said, "These people just wanna have a good time so you just let them have a

good time, all right? Are you with me, Edmonton?" Edmonton was definitely with him.

Urban strutted through the crowd and hundreds of people got to "Get Closer" to Keith Urban.

Keith Urban is such a good-looking, talented and down-to-earth guy it's impossible not to like him. You either want him, or want to be him.

★★★★★



Keith Urban



Photo by Christine Vu

NAIT Business student Kelsey Allin walks the runway in the Western Canada Fashion Week show at the TransAlta Arts Barns on Sept. 23.

Young designers get started



CHRISTINE VU
Assistant Entertainment Editor

The scene was set at Western Canada Fashion Week's Whyte Avenue showcase on Friday, Sept. 23. Red velvet curtains hugged the walls and a white runway ran down the middle of the hall in the TransAlta Arts Barns. The rows of seats that lined the sides of the runway were quickly filled after the doors opened. Some fashion lovers resorted to standing room.

Western Canada Fashion Week (WCFW) experienced one of the highest rates of attendance

that night. It is no surprise, as Whyte Avenue is known for its boutiques, all fashionable and many local.

CTV's Graham Neil hosted the second night of WCFW. DJ groups, Girls Club and Dank-soul took control of the music and kept the mood upbeat. The fashion show was underway after a few words from executive producer and creative director Sandra Sing Fernandes. In her short speech, she stressed how important it was to support local and, especially young, talent.

Among that group is model and NAIT Business student Kelsey Allin. WCFW is in its 13th season this fall and Allin has been with them since the beginning. Prior to her first walk down the runway, Allin had no modelling experience and now six years later she is easily one of the most recognized faces in Edmonton fashion. Her face has been stamped on everything including Edmonton Transit buses for a Kingsway

Garden Mall advertising campaign.

As one of the most in-demand Edmonton models, Allin credits her NAITSA student handbook for keeping her organized and on top of things. Doing her homework as soon as it is assigned is how she makes time for modelling jobs.

"I love my day-timer. I write everything in there and I have a schedule," explains Allin, "My life is in there. If I ever lost that I would be lost!"

Also in the young and talented category that seemed to be the main theme of the night are Brittnee Tomkow and Lance Chung. Both are taking Business at the U of A but met in a fashion industries class. The duo won the stylist competition in March and as a part of their prize, received \$750 to put together a collection entirely from Goodwill.

After styling and customizing pieces, Tomkow and Chung unveiled their first collection, which reflected both of the stylists' fashion sense.

"Brittnee has more of a classic look and I like to spice it up a little bit," Chung said. "In the beginning of the collection, it's very classy, almost Chanel-like and then we wanted to transition to a more edgier look so towards the middle of the show when the music starts to change we had a little studding done on the clothes and then it went to full on zebra edgy."

"I don't like the word edgy ...," he adds.

Also debuting her first collection was Andrea De Ocampo, winner of last season's emerging designer contest. Now 16, De Ocampo was the youngest winner in WCFW history.

The mic was handed to De Ocampo, who said: "You are all a part of my history tonight."

More true than that statement is that Western Canada Fashion Week is a big part of the history of a lot of Edmonton's young talent as they strive to reach their goals and follow their dreams in the fashion world.

Western Canada Fashion Week has provided a start for all of them.



NR92 – always for the students

By **KEVIN MARTIN**

Ever sat in your car and wondered why the radio DJ was boring you to death? Unpredictability has become the new key to successful radio programming. We are past the age of being satisfied with the all-too-common traffic, weather and news reports. NAIT's campus radio station, NR92, is the answer to boring, predictable radio!

NR92 prides itself on providing satisfying programming for students. With over 30 registered shows, the fuel that makes NR92 run is the dedication of the individuals in the Radio and Television program. This dedica-

tion is shown by its slogan, "The Station for the Students."

Radio Concepts instructor and NR92 producer, Dave Albright, shares the passion for this radio station. When asked about the future of the station he gave a profound answer.

"I was staring at a mountain in Jasper this morning and was pondering what to say. I was thinking how NR92 is about as hard to describe as telling someone what it's like to see the sun come up over a mountain ridge. NR92 is a station that thinks just like you, the student. That means we're always looking for the next cool song to play, the stu-

pidest YouTube video and the best way to have fun. We're gonna do whatever it takes to keep NR92 the station for the students of NAIT."

As Dave's comical quote demonstrates, the beauty of this station is that the radio talents are fearless. There is no threat of being fired by a grumpy producer or sued by offended listeners. This gives the students the freedom to take their programs to the "edge."

This confidence was shown during the premiere of the *A.C.E. Show* last Thursday morning. Conversations concerning expired milk and urinal competitions, coupled along with the familiarity of the voices, left me laughing and satisfied in a way that "professional" radio doesn't.

Questioned about why he was interested in

starting a radio production, Chad Benson was quick to answer.

"Well, it seemed like it would be a lot of fun and a good way to get my name out there." With a smile, he added: "I'm going to be famous."

The variety of this fall's programming is really impressive. If Star Wars and Pokemon are your thing, then tune into *Nerd It Up* every Thursday night at 6. If you want to improve your sports knowledge, then *Avery's Sports Show* every Thursday morning at 8 is your thing. If you are needing a laugh, then *Dead Air*, *A.C.E. Show* or *Graham's Show* will all suffice.

To get a full list of available programming or to hear the station for the students, follow your way to <http://www.nait.ca/nr92/index.html>.



Where's the abduction?

By KARL GARNEAU

I saw a trailer for a movie almost exactly like *Abduction* when I first watched *Spy Kids* in theatres. I forget how old I was at the time, but it was about a 14-year-old blond kid who has done so many extracurricular activities because he wanted to make his parents proud – but then it turned out said activities were meant to “train” him into becoming a super spy. If only I could remember the title of that one movie ...

Anyway, *Abduction*'s basically the same movie, except switch the kid actor with Taylor Lautner, who plays Nathan Harper in the movie, is a guy I honestly can say still has a career beyond the Twilight movies. Yes, I am calling that. It's only a matter of time before he gets to play a role in his own *The King's Speech* or *The Social Network*. Once that time comes, everyone would only use his involvement in the Twilight “saga” as the equivalent of an inside joke punch line.

Watch for Tom Cruise look-alike

Regardless, I could never get invested in these super spy movies that star well-known movie stars, like *Mission Impossible*. It's not that difficult – evil bad-guy guards and corrupt police and everyone! Just look for the guy who looks like Tom Cruise! You don't need cameras, you just need a reference picture of Tom Cruise!

The same thing goes for this movie. Look for the guy who looks like Jacob from those silly Twilight movies! If you're still confused, try ripping his shirt off like William Shatner. Those abs don't lie, evil-doers!

Speaking of confusion, I'm really not sure what *Abduction* refers to. There was no “abducting,” only attempts at the kid's life, or threatening to make said life a living heck. Even with the kid's parents turning out to be his fake parents doesn't mean it was abduction; that was stationing a VIP defence. A more fitting title would be *A VIP Defence Manoeuvre that Failed*.

It's funny because one of my favourite scenes was when Michael Nyqvist, who plays the Russian Kozlow, spends nearly two minutes describing in detail just what he's going to do in

order to ruin Nathan's life. The funniest part was that he played it perfectly straight. The second funniest part was that ... well, it's Michael Nyqvist, the guy who played Mikael Blomkvist in the *Girl with the Dragon Tattoo* trilogy.

Hilarity aside, I couldn't figure out what motivation the evil Kozlow had or any of the characters, for that matter.

Nathan's goal is to survive, and also to shag the token love interest. The CIA guy wants to cover up his own bad past and the Kozlow Spetsnaz guy? I remember hearing a line that the Spetsnaz guy went rogue, so he's got no real purpose in getting the kid.

Oh yeah, spoiler alert: Kozlow is evil. Whatever happened to the movies and stories where the Russians weren't evil, and they turned good by switching over to the American side? Oh wait, they never existed. Maybe it's time to break that mould. The Cold War's been over for decades now. Let's have a non-Soviet-deserting protagonist for once, eh?

Anyway, one nitpick I have with this movie is the Dawson casting, which is when they cast people who are clearly in their mid-20s to mid-30s as high school students, but that's not my biggest pet peeve.

How can the kids afford the gadgets?

My biggest issue is reserved for the one question I need answered: How do these high school kids all have over \$8,000 worth of up-to-date Apple products ... each? Nathan alone had two iPads, the biggest iMac available, a MacBook Pro, two cellphones, the iGun and he had a service plan for all of them.

The scenes in the CIA offices alone had less technology than the kid's bedroom! That fact alone really strained on my willing suspension of disbelief! Don't even get me started on the amount of expensive stuff in their entire house!

All in all ... well, it's not bad. It's a teen movie, without a doubt. All of you adults reading this paper – do not bother. Go watch *Machine Gun Preacher* or *Killer Elite* or *Moneyball* instead. The only people I can really see this appealing to are Bourne movie fans, Taylor Lautner fans, people who base their



Taylor Lautner plays Nathan Harper in *Abduction*.

movie collection around the cast of *The Girl with the Dragon Tattoo* and Bella Swan.

The theme of the movie, from what I could tell, was that “trust must be earned.” The movie and theme didn't mesh well. It's too bad, because at the start, it was looking really good. Everyone had such an intense energy that got me pumped up for when the shooting was going to go down. Then they dragged it on a bit ... and then the shooting started ... and Taylor Lautner didn't deliver any beat-downs ... at least until one fight with just a nameless dude ... and the fight itself was pretty disappointing.

Yeah, the energy died rather quickly. I'm really not sure when it really started. Maybe it was the rather awkward chemistry between the lead and love interest. Maybe it was the mood-killing fake dad character, played by Jason Isaacs. Maybe it was just the three-sided conflict that really amounted to nothing. Maybe it's the overall sloppy third act. Yeah, don't bother, fellow humans.



TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Heading off identity theft



Identity theft is the unauthorized acquisition, possession or trafficking of personal information. It is also the unauthorized use of information to create a fictitious identity or to assume an existing identity. This is done to obtain financial gain, goods or services or to conceal criminal activities.

Identity theft presents a serious threat to public safety. The impact of identity theft is felt by government, business and the public. The two major credit bureaus, Equifax and Trans Union, indicate that they each receive approximately 1,400 to 1,800 Canadian identity theft complaints every month.

Be vigilant. Protect yourself!

Theft of your identity can occur by internet, telephone, fax or through the mail. Everyone must be vigilant in protecting themselves against loss.

Be proactive in fighting identity theft.

Learn and use safety measures to minimize the chance of becoming a victim. Be wary of unsolicited e-mails, telephone calls or mail attempting to extract personal and financial information. Ask yourself if you need all of the identity documents in your wallet. Remove any cards you don't need and store them in a safe place.

Be careful about sharing personal information.

Provide personal information on the phone, mail or Internet only when you have initiated

the contact or know who you are dealing with. Someone with your Social Insurance Number (SIN) or birth certificate can pretend they are you and make fraudulent financial transactions.

Payment Cards (Credit and Debit)

- Periodically check your credit report, bank and credit card statements. Report irregularities promptly.
- Don't lose sight of your credit and debit cards during transactions.
- Shield your PIN when using your debit or credit card.
- Memorize all PINs. Do not write them on the cards.
- Change your PIN regularly.

Mail

- Shred personal and financial information before putting it in the garbage.
- Protect your mail. Deposit outgoing mail in post office boxes and remove mail from your mailbox promptly.
- If you are unable to pick up your mail, have someone pick it up for you.

How can I recognize a scam?

If it sounds too good to be true, it probably is.

- You've won a big prize in a contest that you don't recall entering.
- You're offered a once-in-a-lifetime investment that offers a huge return.
- You're told that you can buy into a lottery

ticket pool that cannot lose.

You must pay or you can't play.

- “You're a winner!” but you must agree to send money to the caller in order to pay for delivery, processing, taxes, duties or some other fee in order to receive your prize.

You must give them your private financial information.

- The caller asks for all your confidential banking and/or credit card information. Honest businesses do not require these details unless you are using that specific method of payment.

Will that be cash ... or cash?

- Often criminal telemarketers ask you to send cash or a money order, rather than a cheque or credit card. Cash is untraceable and can't be cancelled. And crooks also have difficulty in establishing themselves as merchants with legitimate credit card companies.

The caller is more excited than you are.

- The crooks want to get you excited about this “opportunity” so that you won't be able to think clearly.

It's the manager calling.

- The person calling claims to be a government official, tax officer, banking official, lawyer or some other person in authority.

The stranger calling wants to become your best friend.

- Criminals love finding out if you're lonely and willing to talk. Once they know that,

they'll try to convince you that they are your friend.

It's a limited opportunity and you're going to miss out.

- If you are pressured to make a big purchase decision immediately, it's probably not a legitimate deal. Real businesses or charities will give you a chance to check them out or think about it.

What to do

1. Act immediately. Report the incident.
2. Notify creditors and/or financial institutions immediately.
3. File a report with the Edmonton Police Service or the RCMP.
4. Cancel credit and/or debit cards.
5. Check your credit file with both credit bureaus (Equifax and Trans Union).
6. Report fraudulent activities to the Canadian Anti-Fraud Centre at www.antifraud-centre.ca or call toll free to 1-888-495-8501

Fraud – Recognize It, Report It, Stop It.

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

Everybody benefits, except the criminal.

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)

Because everyone loves you, nothing bad will ever happen to you and why should it? You, Libra, are awesome! Really. I really mean that. Seriously. Most definitely.

Scorpio (Oct. 23-Nov. 21)

Yeeeeeeaaaaaaa, if I were you I wouldn't want to leave my house today but if you're reading this then you probably already have. Best of luck then ... and watch out for that banana peel ...

Sagittarius (Nov. 22-Dec. 21)

Virgos will be flocking towards you this week, so find a hot one and get ready for a great week.

Capricorn (Dec. 22-Jan. 19)

So Mr./Ms. goat creature, you're in luck today – that test you were worried about? A+.

Aquarius (Jan. 20-Feb. 18)

As Sharon Janny den Adel would say, "I need you, Aquarius. Enchanted I will have to stay!"

Pisces (Feb. 19-March 20)

Hey, I've always wondered – if you ate a fish, would you be considered a cannibal?

Aries (March 21-April 19)

Your sign looked down at you, took a really good look and said: "Nope, no more, I don't know how this could be any worse."

Taurus (April 20-May 20)

Oh great guide of the heavens! Go forth and bring us to where we belong!

... but really hurry up and get the GPS working.

Gemini (May 21-June 20)

He's just not that into you ... great movie, right? But no, seriously, he's really not >.<

Cancer (June 21-July 22)

You should take some time this week to give someone a hug, because next time you need one, guess who'll be giving you one?

Leo (July 23-Aug. 22)

Cat? I'm a kitty cat. And I meow, meow, meow and I meow, meow, meow.

Virgo (Aug. 23-Sept. 22)

Dear Virgo: On this most auspicious of days whilst thou find true love in the form of the Archer. From His Royal Majesty B. I. G. Fatlies.

Time to try a salad bar

CAMPUS FOOD REVIEW

By DAVID ADOMAKO-ANSAH

Lately I've been looking for healthy alternatives for lunch. I seem to think I'm too busy to pack a brown bagged lunch, so I resort to buying food at the Common Market. Way easier with the new debit rules too. Anyways, I've decided to stray away from the greasy burgers and pizza, and dive into the salad bar.

There's something there for everybody looking for a more nutritious lunch (or dinner). I'm a fan of the pasta salad and the potato salad.

I'm never disappointed with those two dishes. If you're looking for something quick, you can always select from the many soups (chicken noodle, cream of mushroom, etc.) as well as the nice selection of fruits and vegetables.

The salad bar also has some international dishes, like Asian noodles and curry. I personally am glad I've stopped eating the constant fries, burgers and pizzas and made the switch. I encourage you to do the same. I promise – you will not regret it.

CROSSWORD

Across

- 1- _ were
- 5- Legal rights org.
- 9- Harvests
- 14- Zilch
- 15- Crowd sound
- 16- Everglades bird
- 17- In debit
- 19- Drench
- 20- Trouble
- 21- Thick-skinned charger
- 22- Beg
- 23- Dues
- 24- Cabinet dept.
- 25- Cuban dance
- 28- Bunches
- 31- Waterfall
- 32- Campaigned
- 34- Swerve sharply
- 35- Glossy
- 36- Skater Lipinski
- 37- Shoebox letters
- 38- Director Kurosawa
- 39- Kitten
- 40- Hard to define
- 42- Prefix meaning "beneath"
- 43- California wine region
- 44- Skill
- 48- Dens
- 50- Masculinity
- 51- African language group
- 52- British lower-court lawyer
- 53- Chip maker
- 54- In _ of
- 55- French military cap
- 56- Buy alternative
- 57- Probability
- 58- "_ quam videri" (N. Carolina's motto);

Down

- 1- Battery terminal
- 2- Eurasian juniper
- 3- That is, in Latin
- 4- Salt of tartaric acid
- 5- Debt that remains unpaid
- 6- Seashore
- 7- Rules
- 8- Coffee container
- 9- Radiance
- 10- Self-centred person
- 11- Make _ for it
- 12- Cancun coin
- 13- Sault _ Marie
- 18- At the bottom of the barrel
- 21- Answer
- 23- Animal life
- 25- Congo, formerly
- 26- Ages
- 27- Crew needs
- 28- Half a fly
- 29- Peter Fonda title role
- 30- Combustible matter
- 31- The Hindu Destroyer
- 33- Negative vote
- 35- Passes over
- 36- Fistulous
- 38- Generally
- 39- Perfidious
- 41- Combines
- 42- The Dog Star
- 44- Put away papers
- 45- Locations
- 46- Halts
- 47- Eagle's nest: var.
- 48- Alley
- 49- Organization to promote theater
- 50- Empty
- 51- Puppeteer Baird

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20									21					
22								23						
			24				25					26	27	
28	29	30				31						32		33
34						35					36			
37					38					39				
	40		41						42					
				43				44				45	46	47
	48	49					50							
51						52								
53						54				55				
56						57					58			

52- _ -mo

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

SOLUTION
Page 24

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

Job opportunities

Tomahawk Industries is currently looking for a mechanic/apprentice mechanic for oil field maintenance west of Edmonton. Also

looking for A/C and fire suppression mechanic for mining industry.

Contact Les @ 780-898-2409.

Study participants 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 valuable 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!

Job in Athletics

Ooks Mascot – \$900 per semester

The Ooks mascot is a pivotal position and requires a lot of enthusiasm and energy. You will interact with the crowd by maintaining a high level of energy and entertainment. The person chosen must be good with kids. You will be required to work part of every home game and a few special events.

If you are interested, please contact:

Andy MacIver

Athletics and Recreation Events Programmer

E-mail: andym@nait.ca

Phone: 780-471-7606

**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

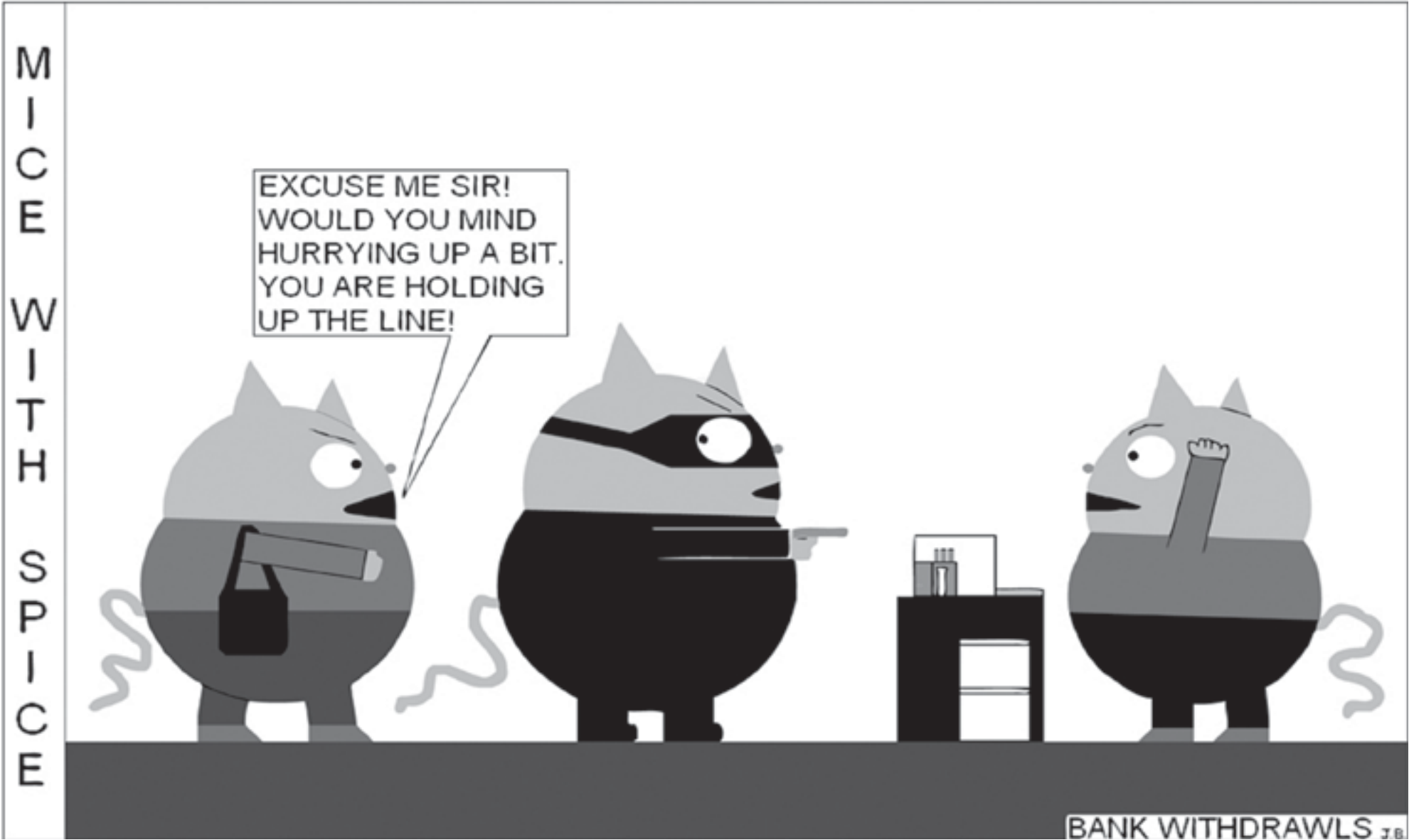
Email studentplans@nait.ca | Information www.mystudentplan.ca



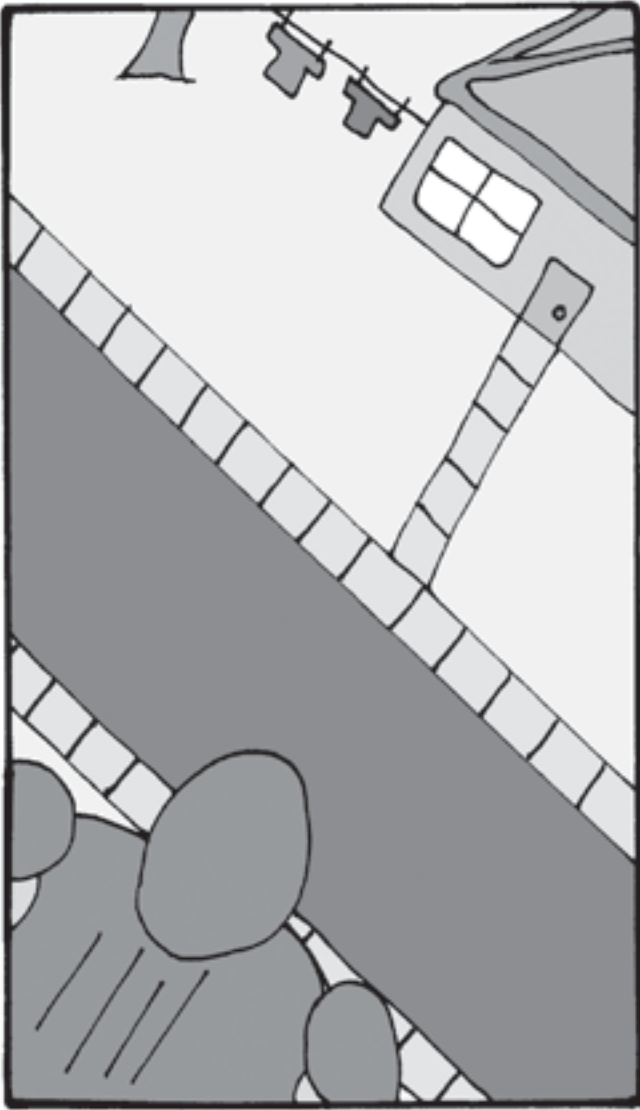
Emily Moore
Student Benefit Office
780.471.7730
studentplans@nait.ca

THE NUGGET PRESENTS:

NUGGET COMICS



Cartoon by John Benesch



Cartoon by Josalyne Wilfong and Mark Nordstrom

THE NUGGET PRESENTS:

GRAPEVINES

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

Dear I Notice You,
I don't always wear the same clothes;
rather I have a lot of clothes that look the
same, like a cartoon character. Also it
sounds like you want a date (So I can't
be totally ugly). Like the card dudes say,
all you have to do is ask (face to face).
>8^D>

– GuyWholsn'tNaked

...

To the black lady who goes on my bus,
If you have to sit beside me every day,
do you always have to graze my penis

when you sit down or get up?

– Kind of freaked out

...

Hey guys, power bottom swimming this
year, catch me if you can.

– Peebs,

The red speedo guy

...

Power bottom looking for like minded
guys, meet me in common market Oct. 6
12 p.m. Wear orange.

– Peebs

...

Dear Shaba,
I wanna show you what love is.

– Loverboy

...

To the brunette in the Business Tower –
your back combed hair makes you look like
an alien. Please stop !

– andysamberg

...

Dear guy that sits in front of us in class,
Wash your greasy hair and take a
shower. And next time you open your
mouth to speak, don't!!!!

Sincerely,
The loves of your life ... Barf

...

To the adorable boy who did last week's
mixtape – J. Harmon – Your song picks are
more or less the current soundtrack to my
life. It's nice to know someone still listens
to good music, and even better, someone
as friggin' adorable as you ... I know a cute
little redhead who'd love to groooove with
you.

– Cute little redhead who'd like to
groooove with you

THE NUGGET PRESENTS:

Dr.CONwisDOM

Dear Dr. CONwisDOM,
I have a major crush on my teacher.
I know it's wrong but I just can't get over
it and I don't want to date anyone else.
How do I get over this crush that will never
happen?

– Teacher's wannabe pet

Dear Teacher's wannabe pet,
Who said it was wrong? Go for it.
NAIT isn't your regular college. It's very
hands-on.

...

Dear Dr. CONwisDOM,
While many people write to you
with fake problems, I'm here with a real
dilemma. I just can't get over my ex. She
was beautiful in every way, and I miss her
... We were together for a year, and it's
been six months since the split, but I just
can't move on. Am I pathetic? How do I
get over her?

– Fools Rush In

Dear Fools Rush In,
Officially, the amount of time you're
allowed to pine over an ex is half the
time you dated. I see you're hitting that
half-way mark, and so I have to tell you

that you're right: it's becoming slightly
pathetic. Obviously there was a reason
for the breakup, am I right? Since it's
been half a year, and you haven't gotten
back together, I doubt you two ever will.
If you don't want to go down that sleazy
road of hooking up with others in order
to get over her, then I suggest you find a
hobby. Find something that will distract
you from your thoughts and make you
realize that life can be good and fun with-
out her. When my boyfriend and I broke
up, I started playing the recorder. What-
ever it takes, right?

...

Dear Dr. CONwisDOM,
I've been selling pot for about three
years now and I've never had a run-in with
the cops or anyone else, for that matter.
At least, not until I met Amy. Amy is my
new girlfriend, and she's given me an ulti-
matum: stop selling drugs or be with her.
She's a beautiful girl, and I love being with
her, but I make on average \$5,000-\$6,000
a month selling on the streets. Should I
forget about love and dump her ass, or
should I dump the money and go work at a
gas station somewhere?

– Love or money

Dear Love or money,
I think your choice here is obvious –
if you really like this girl then is a little
extra cash really worth losing her? Not
to mention if you keep going down this
path you do have a possibility of going
to prison. She seems like your sav-
ing grace, and hey, if things don't work
out no one's saying you can't go back
to your old ways ... well, no one but the
law.

...

Dear Dr. CONwisDOM,
My girlfriend wants to invite a "little
person" to join into our sex-capades. I'm
afraid he might not measure up to our
standards of lovemaking. Am I justified, or
falling short in my claim?

– Afraid of munchkinlove

Dear Afraid of munchkinlove,
Never be afraid of a little mini-
nookie. Nothing revs the engine of a
full grown man more than small hairy
man trying to desperately please his
woman!

...

Dear CONwisDOM,
My wife has been staring at my

female neighbour quite often recently.
Yesterday I caught them in my gar-
den shed gettin' on a full New England
clam bake. I'm not mad, far from it. I
just want to know how to get in on this
action?

Sincerely,
Desperately seeking the "ménage"

Dear Desperately seeking the
"ménage",

Jackpot. Looks like you've got your-
self an eight-cylinder, 400-horsepower sex
kitten. Jump in there, guns hot. Nothing
makes two girls scream in pure sextasy
than a little trouser snake at the kitten pic-
nic. Watch out though, once she figures
out that the girl is capable of pleasing you
and also listens to her needs ... she won't
need you.

...

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 sub-
mit them online to www.thenuggetonline.com
and your sex doctor will have your
"prescription" ready for you the following
week!

Analog vs digital – you choose

By ADAM PETRASH
The Manitoban
(University of Manitoba)

WINNIPEG (CUP) – If you're a geek like
me, science is cool.

The reason vinyl sounds better all comes
down to analog versus digital. If you know any-
thing about analog and digital wavelengths,
then you'll know what I am referring to. If not,
allow me to explain.

Analog wavelengths are as pure as it can
get. Sound is, by nature, analog; it's continuous.
To better explain this, imagine a green-covered
rolling hill in the countryside. Now take a pen-

cil and trace the outside of that hill. You now
have a bell curve, right? This represents what
an analog wavelength looks like. With digital,
the sound is not continuous; it consists of a
series of shorter sounds. Now, take that same
green-covered hill, but instead of tracing the
hill accurately, draw stairs into the left side
leading up to the top of the hill and back down
the right side. This represents what a digital
wavelength looks like. And, as you can see, it's
missing pieces of that hill, making the argu-
ment that analog captures a more organic, truer
representation whereas with digital, subtleties
are absent.

Now I get that these days with all the latest
advances in digital technology there's the argu-
ment that no one can tell the difference any-
more. That yeah, sure, if it was recorded on
analog it's a safe bet that it sounds best on ana-
log. But who records on analog anymore? Well,
you'd be surprised. Bands like the Black Keys,
Bright Eyes, Death Cab For Cutie, Jack John-
son, and many others still record using analog.

I know others would say if it was recorded
digitally than it has to sound better on CD or
MP3, so why buy it on record, you're not mis-
sing anything? But the truth is that it's all sub-
jective. How we interpret music, as we do with

most things, is all personal preference. For
me, I'm an audiophile at heart. I believe vinyl
to sound full and warm and that it creates an
atmosphere digital continues to lack. But that's
just me.

Go up into the attic and get that old turn-
table that's sitting there collecting dust. If no
one you know has one, find one. Then just
make your way down to your local record
store and discover all the old, collectible and
new LPs they sell. Conduct your own science
experiments, then go and find out for yourself
why vinyl very may well be, in your own opin-
ion, better.

Rate your need to be perfect



TIMELY TIPS
MARGARET MAREAN
NAIT Student Counselling

- ☐ Do you set excessively high standards for almost everything you do?
- ☐ Do your accomplishments rarely meet your expectations?
- ☐ Do you try to appear faultless to the outside world, even your close friends?
- ☐ Do you judge yourself based on your accomplishments?
- ☐ Do you consider yourself a failure if you get a 'B'?
- ☐ Do you put things off because you can't get them perfect?
- ☐ Do you avoid giving your opinion for fear of looking dumb?
- ☐ Do you have difficulty in relationships because of your high standards?

If you checked even one of the above points, there is a good chance that you are a perfectionist. Perfectionism is a self-defeating cycle. Perfectionists set unrealistically high standards, fail to live up to these standards, feel bad about themselves and then blame themselves for not being good enough or trying hard enough. To offset this, they feel compelled to set more unrealistic goals in order to try and feel better. Perfectionism is not the healthy pursuit of excellence but rather, as Dr. David Burns states in his bestseller *Feeling Good*,

the compulsive striving towards unrealistic goals.

Why not strive to be perfect?

Perfectionism usually interferes with, rather than contributes to, success. Perfectionists never feel satisfied, and even if they get some temporary satisfaction they usually don't accomplish as much as non-perfectionists because they spend so much time trying to get things just right.

Perfectionists tend to be all-or-nothing thinkers, believing that if they don't get A+ marks or do a job perfectly they are failures. Becoming so obsessed with achievement often means missing out on the satisfactions and joys of life.

Perfectionists are very self critical and usually value themselves based on the approval of others. Because their self-esteem comes from outside approval, the perfectionist is vulnerable.

Perfectionists often have problems with relationships because they apply their own unrealistic standards to others and can be critical and demanding.

Perfectionism is also a major cause of procrastination. Fear that they cannot do a task perfectly, or anticipation of the effort involved to achieve perfection, often causes perfectionists to avoid tasks. Tasks become arduous rather than rewarding.

The constant pressure that perfectionists put on themselves, as well as the lack of joy or sense of satisfaction they get from doing tasks, is wearing and makes perfectionists more susceptible to anxiety and/or depression.

Making Changes

All of this isn't to say that you shouldn't strive to do well. Setting realistic goals based on what you want rather than on what you perceive others expect of you is good. Healthy achievers take pleasure in pursuing their goals rather than feeling stressed that they might not achieve perfection. Perfectionists can change. Check off the perfectionism-busting techniques that you already incorporate, and then choose

- ONE tip (perfectionists want to do it all right away) that you can realistically incorporate:
- ☐ Look at what you have accomplished in the past and set small, achievable goals based on past performance.
 - ☐ Decide on several things that are really important to you and put your effort into those goals. Lower your standards on other tasks.
 - ☐ If you are feeling highly stressed, feel like giving up, or find yourself avoiding necessary tasks use, this as a warning signal that you may have unrealistic expectations such as taking on too much or trying to do everything perfectly.
 - ☐ Remember that people learn by making mistakes. If you're not taking risks because you think you might fail you are probably missing out on a lot of growth and learning.
 - ☐ Set limits on how much time you will spend on a project – and stick to them!
 - ☐ Judge yourself by who you are, not by what you accomplish.
 - ☐ Lighten up by scheduling in free time for fun and relaxation. (This actually makes

- you more creative and productive).
- ☐ Ask yourself "What is the worst thing that could happen if I don't do this perfectly?" "or if I fail?"
 - ☐ Stop chasing the impossible dream. No one is, or ever will be, perfect.
- Perfectionists often fear letting go of their high expectations thinking that they will become total slackers. Don't worry – people almost never move from one end of the continuum to the other.
- Letting go of perfectionist tendencies requires time, effort and patience (and the willingness to accept that your efforts at change won't be perfect)! But healthy goal setting is within your reach ... and you'll probably find yourself having a lot more fun!
- Counsellors at Student Counselling can help you work towards healthy goal setting. We also offer academic and personal counselling. To book an appointment, drop by Room W111-PB, HP Centre or call 780.378.6133.

Who ya gonna call?

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

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

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

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

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

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

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

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

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

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

CROSSWORD SOLUTION

1	A	S	I	T		5	A	C	L	U		9	R	E	A	P	S
14	N	A	D	A		15	R	O	A	R		16	E	G	R	E	T
17	O	V	E	R		18	D	R	A	W	N		19	D	O	U	S
20	D	I	S	T	R	E	S	S		21	R	H	I	N	O		
22	E	N	T	R	E	A	T		23	F	E	E	S				
					24	A	G	R		25	Z	A	P	A	T	26	E
28	T	U	F	T	S		31	S	A	U	L	T		32	R	A	N
34	S	L	U	E		35	S	H	I	N	Y		36	T	A	R	A
37	E	E	E		38	A	K	I	R	A		39	P	U	S	S	Y
		40	E	L	41	U	S	I	V	E		42	S	U	B		
					43	N	A	P	A		44	F	I	N	E	45	S
		48	L	A	49	I	R	S		50	V	I	R	I	L	I	T
51	B	A	N	T	U		52	S	O	L	I	C	I	T	O	R	
53	I	N	T	E	L		54	L	I	E	U		55	K	E	P	I
56	L	E	A	S	E		57	O	D	D	S		58	E	S	S	E

NAIT STUDENT COUNSELLING

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

STUDY SKILLS WORKSHOPS

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

All sessions are held in Room X-111

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

CLUBS

LEARN THE ROPES. BE A LEADER.

Interview? Presentation? Formal Event?
Don't know what to wear?



Dress For Success!

Presented by Kingsway Mall with
Special Guest

John Chywi from Eye on Fashion!

Location: Business Tower Lounge
When: Thursday September 29, 2011
Time: 4:30 pm

EDSS CLUB PRESENTS:

NEED
A
BREAK?

**BEER
GARDENS
BBQ**

PRESENTING DJ'S:
JENN LOSINSKY
VINYL
DJ grizzLEE dubs
LEVEL 2
Buzzbomb
LOCAL

3pm-1am
FREE Admission
FRI. SEPT 30
11762-106ST
THE DOCKS

LIKE US ON FB/TWITTER
EDSS-ENVIRONMENTAL DESIGN STUDENT SOCIETY
IF YOUR DRINKING, WHO'S DRINKING?

PGC BEER GARDEN & BBQ



3:00pm @ The Dock (Annex)
Thursday, September 29th
\$10 for a beer, burger and entrance
POOL TABLES AVAILABLE

What's Going on Around Campus...

WHO LDSSA (Latter Day Saints)
WHAT Weekly Meeting
WHEN 11:15am to 12:10pm, 12:15pm to 1:10pm
WHERE X-203

WHO PGC Club
WHAT Beer Garden
WHEN September 29, 2011; 3:00pm
WHERE Annex dock

WHO Gamerz of Dungeons & Dragons
WHAT Club Meetings
WHEN Fridays, 5:00pm - 10:pm
WHERE WC-312

WHO Christian Club
WHAT Weekly Meeting
WHEN Wednesdays; 12:15 - 1:10pm
WHERE E-115

WHO Rainbow Sanctuary
WHAT Club Meetings
WHEN Every 2nd Thursday beginning September 29, 2011
WHERE email rainbowsanctuaryna1@gmail.com for location

WHO Construction Engineering Technology Club
WHAT Pub Night
WHEN October 1, 2011; 8:00pm
WHERE Billiard Club

CLUBS CORNER

Clubs Connection: October 3, 2011 4:30pm
Grant Intake #1: deadline October 5, 2011



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

— Recipe —

Gotta love those pumpkin scones

By ANIKA NOTTVEIT

If anyone is a Starbucks fan, this recipe is for you! There are a variety of baked goods available at Starbucks, but this is one of my favourites. It's something between a cookie and a biscuit. This scone is a great treat during a coffee break, especially as the weather gets chillier. You can even pack them for school, they are just as tasty served cold.

As a side note, if the term pumpkin is scaring you, don't let it. Many people that don't like pumpkin pie, love these scones!

Ingredients:

Scones:

- 2 cups of all purpose flour
- 7 tablespoons sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 6 tablespoons cold butter
- 1/2 cup canned pumpkin
- 3 tablespoons half-and-half (or milk)
- 1 large egg

Spiced glaze:

- 1 cup powdered sugar
- 3 tablespoons powdered sugar
- 2 tablespoons whole milk
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 pinch ginger
- 1 pinch ground cloves

Directions:

Prep Time: 15 minutes; Total Time: 30 minutes

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or line with parchment paper.
 2. Combine flour, sugar, baking powder, salt and spices in a large bowl. Using a pastry knife, fork or food processor, cut butter into the dry ingredients until mixture is crumbly and no chunks of butter are obvious. Set bowl aside.
 3. In a separate bowl, whisk together pumpkin, half and half, and egg. Fold wet ingredients into dry ingredients. Form the dough into a ball.
 4. Pat out dough onto a lightly floured surface and form it into a one-inch thick rectangle (about nine inches long and three inches wide). Use a large knife or a pizza cutter to slice the dough twice through the width, making three equal portions. Cut those three slices diagonally so that you have six triangular slices of dough. Put the slices on prepared baking sheet.
 5. Bake for 14-16 minutes. Scones should begin to turn light brown. Place on wire rack to cool.
 6. Now for the glaze! Mix the powdered sugar with 2 tbsp milk together until smooth.
 7. When scones are cool, use a brush to paint plain glaze over the top of each scone.
 8. As that white glaze firms up, make the spiced icing.
 9. Combine the ingredient for the spiced icing together. Drizzle this thicker icing over each scone and allow the icing to dry before serving (at least one hour).
- Let the icing harden and enjoy! (They are especially good with a cup of coffee!)



Photo by Tiffany Lizée

Chelsea Bird Television

- Ideal first date?** – Something spontaneous and fun, none of this dinner and a movie garbage.
- What qualities make a certain guy stand out?** – His smile and laugh, I love big mouths. If I'm standing in a room full of guys that is definitely where my eyes go first.
- When you first start hanging out with a guy, would you rather hang out in a group of friends, or just the two of you?** – I'd rather get to know him alone first and see what he's like with me. Make sure he's comfortable and can keep a conversation with me.
- Quote you live by?** – The greatest pleasure in life is doing what other say you cannot do.
- What look do you love on a guy?** – Anything that makes him look like he just crawled out of a garbage can – so grungy, casual and rough. I still hope he is clean, though.
- Do you notice the loud guy or the quiet guy first?** – Loud! The louder the better, that shows he's confident and funny (ish).
- What is your opinion on guys and their 'close' girlfriends? Do you feel there are always more to the story?** – I would want to meet her first. Then see how their relationship is and how they are around each other. My opinion would go from there. I would only be suspicious if given reason.
- Your opinion on jealousy?** – A little bit of jealousy is important to show that there are true feelings. I do believe in standing your ground in certain situations. However, it's only a big deal if you make it a big deal. If the guy is too jealous or doesn't care about my feelings, then I am out of there.

Xtreme sports

SLEDNECKS EDITION
with Chris Burandt

Thursday, October 6
at the Nest 4-8PM

Chris Burandt in person with the inside on what it takes to be an xtreme sports legend

Visit naitsa.ca/xtremesports for more details



SLEDNECKS



STUDENTS' ASSOCIATION



JOIN THE POSSE



HIRING FAIR

OCTOBER 6TH AND 7TH

4PM~9PM

OCTOBER 8TH

NOON~5PM

6107 104 ST. ~ 587.926.2846 ~ THERANCHROADHOUSE.COM