Thursday, November 1, 2012

NU(the Hand



Volume 50, Issue 9

YOUR STUDENT NEWSPAPER FOR 50 YEARS, EDMONTON, ALBERTA, CANADA



WHY SO SERIOUS?

The "Joker" was one of an estimated 14,000 fans who descended on the first Edmonton Comic and Entertainment Expo Oct. 20-21 at the Edmonton Expo Centre. The event attracted comic book/ video game/anime/science fiction/metal fans for the chance to see exhibits, get autographs and attend workshops. Story, page 17.

SOCCER **TEAMS** OFF TO NATS

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The Nugget Thursday, November 1, 2012

NEWS&FEATURES City testing online voting



Connor Cosaro Assistant Issues Editor

I'm not going to lie to people, all I know about politics is what I learned in Grade 12 Social Studies class. Even at that, some of it is kind of fuzzy.

However this topic of "online voting" has been going around for a while and I really don't see how this is practical or probable at all. Realistically, does anyone expect this system to work?

Look at it this way; there is no pos-

sible way to guarantee that people won't, oh I don't know, let their kids vote for them. Now I realize I am coming off a bit strong here but what does calm me down is that we are not jumping into this head first.

The "Jellybean Internet Voting Election" as they are calling this mock election, has been happening since Oct. 22 and goes through Nov. 2.

The way they are judging this is based on how many registrants they get to vote. If people sign up to vote that gets noted as support for the system.

As the City of Edmonton says on its website, the mock election is "designed to test Internet voting technology and will help the city to determine if the online voting system meets the city's needs for voter privacy, security, auditability and usability."

Outcomes will be provided to City Council in January.

I'm very much against this system, for

If they don't care enough to go to the polls, why would they go online to do it?

If anything, this is giving the people who didn't care enough to educate themselves on the topic to begin with a chance to voice their crudely placed opinions in the prettiest looking candidate. Which, mind you, is not always the best candidate (contrary to popular belief).

Another con of this situation is, let's just say you get a registration code. Well you don't care about voting, what do you do with the code? Toss it. Who picks it out of the trash? Little Johnny Jr. who wants to be an adult like mommy or daddy.

Well, what does he do with that, (since he knows how to use a computer, smart little cookie) he votes! Now you have kids voting, which we cannot regulate anymore because we don't have any officiators. Unless you

one reason and one reason only – people are put monitoring webcams in everyone's computers ... do I smell a conspiracy?

> I talked to a few people about this and students seemed to have a pretty general consensus, giving me responses like, "If I wasn't going to vote to begin with, this wouldn't make me."

> Even when I brought up the topic in a large group and asked if they would partake they all shouted "no way!"

> So in general, I have deduced that people are both willing to remain apathetic and not willing to change the way they vote.

> The City of Edmonton, or "city of testing" as I have come to call it, has been subject to many tests involving police and voting.

> We even have our fair share of government conspiracy and idiocy.

> I'm interested to see how things work out for us.

Only time will really tell.

Four-medal haul for Team NA

By NICOLE MURPHY

Growing up in the Philippines, Francis Flores learned to cook from his grandmother and never imagined he would one day win gold

in the Culinary Olympics.

Every four years, the best chefs from around the world compete in the IKA World Culinary Olympics. This year, it was held

The NAIT team

in Erfurt Germany from Oct. 5-10 and the NAIT Culinary team returned with two gold and two silver medals in the event, which attracted 45 countries and 2,000 competitors. With only four NAIT students included, I asked Vinod Varshney, coach and manager of the NAIT Culinary Team, how the competitors were chosen.

"Students were selected on a very competitive basis," Varshney explains. "We have cookoffs starting with 24 students and then 12, then six and, finally, four are chosen."

The four selected were Francis Flores and Ashley Broad, who went on to win gold in their competitions and Jayden Kresnyak and Philip Robidoux, who took home silver medals.

These students gave up weekends and evenings for the past six months to prepare for competing with professionals around the world.

This is Varshney's third Culinary Olympics and with new students every two years, he and the Culinary staff have a lot to teach in a short amount of time.

These four students did not compete against other students; they competed against professional chefs from around the world. For goldwinner Culinary student Francis Flores, the opportunity helped solidify his life-long dream.

"As a child, I always wanted to be a chef but in high school I changed my mind and started to upgrade for architecture, but before I went in I thought to myself, 'where would I rather work? In an office or more hands on work? Work with food, which I love of course, or not.' Food won," said Flores. "Food is my first love."

After making the decision to follow his heart, Flores looked into different schools for Culinary Arts. He chose NAIT because of the competitive culinary team, having no idea that this choice would pay off as it has.

When asked to describe how he feels about his success in one word, all he could utter was "speechless."

Flores is a second semester student with a very bright future. His big dream is to work at a Michelin restaurant.

Flores had humble beginnings in the Philippines, but with his genuine love for food he is destined for greatness.

Congratulations to all who competed! Coach Varshney wants all the medal winning students to know that "we are very pleased with the student success. You worked very hard for the past six months and the proof is in the pudding."

The Nugget, your friendly student newspaper, needs enthusiastic staffers. Pay for part-time work. **Contact Claire Theobald** studenteditor@nait.ca

An eventful campaign



DAVID ADOMAKO-ANSAH Issues Editor

There are only five days left until the United States presidential election.

Currently, President Barack Obama (Democratic nominee and 44th President of the United States) is hoping to get re-elected for a second term.

The POTUS and his vice-presidential running

mate Joe Biden are up against Republican nominee and former governor of Massachusetts, Mitt Romney and his running mate, Paul Ryan.

Contrary to popular belief, it isn't just these two men trying to win the hearts and votes of Americans.

Libertarian Party member Gary Johnson from New Mexico, Green Party candidate Jill Stein from Massachusetts, Constitution Party member Virgil Goode from Virginia and Justice Party candidate Rocky Anderson from Utah are also possible nominees Americans can vote for come Nov. 6.

Realistically though, is anyone paying any attention to them? I hadn't even heard of these people until I did some of my own research.

They weren't a part of the national debates that were televised and I haven't heard anything about them while watching CNN, The Daily Show with Jon Stewart, The Colbert Report or even Saturday Night

My family and I watch a lot of news, both local

and international. Come election time, whether Canadian or American, we do find time to get together and watch.

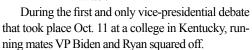
We noticed that this year the debates had a bit of a theme to them. It's almost like this year's debates were sponsored by the letter "B."

I'll admit I was unable to catch the first debate that took place Oct. 3 at the University of Denver. From the majority of people I talked to and the many tweets I went through, I gathered that Obama came up short, not taking his chances to really slam Romney on

things like his com-

ments about the 47 per cent of Americans that would vote for the President no matter what. Those who support the POTUS suggest that he wasn't as engaged and that he may have had other issues on his mind that night.

The biggest moment of the night was when Romney said he'd stop subsidies to PBS, even though he liked Big Bird. I think I saw more than 20 different Big Bird/Romney meme's the next morning on Facebook and Twitter.



biography.com

Barack Obama

The consensus of most people is that good old Joe came off as more serious and actually helped out the

The vice-president challenged and mocked Ryan several times with a smirk on his face and seemed to take control. Some saw it as mocking and condescending, but Biden definitely helped the president out

after his less than ideal performance a

At the second presidential debate, the atmosphere was more town-hall like and was held at Hofstra University on Oct. 16.

Moderator Candy Crowley made some Republicans mad when she factchecked some of Romney's points. The real zinger of the night was when Romney told the audience about his "binders full of women."

It wasn't until the next day when, again, I saw the many memes, Facebook status and trending topics about

binders full of women, that I saw how much that statement got people out of their seats and onto their computers to put in their two cents about such a thing.

The final debate, held on Oct. 22 at Lynn University in Florida, brought out a tougher, angrier

The Internet worthy moment of the night was when Obama and Romney were discussing the state of military spending.

Mr. Romney was criticizing the president for having fewer ships and a small air force, but the president shot back with "we also have less horses and bayonets" and started explaining that they "have these ships that go under water, they're called submarines." I couldn't help but burst out laughing. I had never seen that side of Obama before. Quite frankly, I liked it.

So whether your focus was on Big Bird, Biden, binders or bayonets, this year's election campaign definitely had its memorable moments.



Mitt Romney



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

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

Bullying – a vicious cycle

By SARAH STILWELL

"I can't, I'm done, I give up," was a 16-yearold's final tweet before jumping in front of a train due to bullies last Thursday. The teen, a native of Staten Island, N.Y. was teased by her school's football team for having piercings and living in

In Canada, immediately after the tragic suicide of Amanda Todd, many schools across the country held candle lighting ceremonies to remember and mourn the young death. They also served as a reminder that bullying is a very serious matter and can become inescapable for bullying victims.

Recently in Ontario, eight high school girls were suspended indefinitely from school from tormenting another 15-year-old girl.

There was an anonymous tip posted on the school's web portal that verbal, physical and cyber bullying were happening. The school responded to the anonymous tip by watching the alleged victim closely.

With it being so soon after the Todd tragedy, I thought that maybe people would consider their actions a little bit more - especially when it comes to bullying. The Internet has become a powerful tool for bullies, allowing them to hide behind a username or the word 'anonymous,' as we observed in Todd's story.

These bullied victims aren't just teenagers, it happens everywhere – in the workplace, at home, and even to some of your favourite celebrities.

Some celebrities take a very public emotional beating in 140 characters thanks to Twitter. I am an avid fan of Twitter, however I felt completely disgusted last week when Keltie Colleen had Instagrammed some of the worst things people had ever said to her on Twitter.

Keltie Colleen was born in Sherwood Park and moved to New York to pursue a career as a dancer, which she was very successful at.

She also gained fame when she was chosen as one of the contestants in a cycle of ABC's The Bachelor, where she only appeared in a few episodes.

Recently, she has become a notable music writer and interviewer for theinsider.com, and even more recently, an author for her autobiography: Rockettes, Rockstars and Rockbottom. It is her story of living with depression in the public eye and just how bad bullying was for her.

People would call her a slut for being on The Bachelor, or dating rock stars.

Eventually, she became involved with the non-profit organization To Write Love on Her Arms (TWLOHA), which deals with teenagers and young adults suffering from depression, anxiety and thoughts of suicide.

Being a victim of bullying does not justify you to be a bully yourself. TWLOHA encourages healing from bullying and turns it around to help other people dealing with depression.

If you know how hurtful bullying feels, why



news.nationalpost.com

Amanda Todd

would you want to hurt someone else in the same

If you have a past of being bullied, you should know firsthand what it feels like and that bullying should not be the vicious cycle that it

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.

City news anchor honoured

By MEAGHAN WILLIS

This year marks NAIT's 50th anniversary and there's certainly a lot to celebrate.

The Northern Alberta Institute of Technology opened in 1962 and has gone on to produce some of Alberta's finest. Over the past five decades, we have witnessed NAIT evolve into a leading polytechnic institution, with graduates leading the way in trades, business, health care, science and technology.

This year, not only do we celebrate NAIT's accomplishments but we honour 50 NAIT alumni that have gone on to impressive careers and have paved the way for younger generations to follow. NAIT's departments of Advancement and Marketing and Communications, retired staff, students, instructors and a committee representing alumni, faced the difficult job of cutting down the original 162 nominations to just 50.

Among the picks for NAIT's Top 50 alumni is CTV's evening news anchor, Daryl McIntyre. McIntyre graduated from the Radio

and Television Arts Program in 1983 and has since gone on to do great things in the media.

Starting at the age of just 17, McIntyre found the program to be very hands on, using industry standard equipment.

"Whereas my predecessors learned their craft in the basement near Photography in the older, original building, my classmates and I had not one but two studios, plus all brand new equipment in both radio and television to learn on," says McIntyre.

Combined with a brilliant set of classmates and instructors, Daryl said the program was a

"Just getting over the thrill, or discomfort depending on your point of view, of being in front of a microphone in radio or a camera in television was extremely beneficial," says

McIntyre went on to internship at CKSA/ CITL TV & Radio in Lloydminster, and was hired on as an anchor for afternoon drive radio and late night news television.

"While at CKSA I cheekily applied for the 6 p.m. news anchor position at CFRN Edmonton. I was 21-years-old and well aware there was no chance of getting it but it did provide me with a valuable connection," says

Nearly a quarter of a century later, McIntyre is proud to be the longest serving 6 o'clock news anchor in Edmonton.

"It's stunning, really. Considering the number of graduates who have passed through NAIT over 50 years, it's such an honour to be listed among the Top 50," says McIntyre.

"I also have no doubt that although every one of the 50 is deserving, there are probably thousands more who have also gone on to impressive careers. It is a fun way to honour NAIT on its 50th birthday."

To learn more about NAIT's Top 50 Alumni, pick up Techlife magazine which published a commemorative issue, featuring the profile on each of the Top 50 Alumni from the past 50 years.



Daryl McIntyre

Tackling a new winter strategy

By CRAIG SEPHTON

To Edmontonians, winter sometimes sucks. You have to bundle up and have your day consist of getting to work or school through thick snow and then bundle up again to head home for the night.

It feels like there's nothing else to do but wait for the warmer months.

City Council plans to change that with its new Winter Strategy, which involves organizing and setting up activities for residents and tourists to take part in.

The city is hoping to increase the positivity of the winter atmosphere, to change Edmonton's image as a horrible winter city into one of a winter tourist destination with different things to do.

While the city involves itself in the Winter Strategy, one writer has a plan that will spread

Edmonton's winter inspired literature, hopefully, around the world.

Jason Lee Norman, an Edmonton writer who studied at the University of Alberta and then the University of Manchester for creative writing, is self-employed and has written such riveting reads as Americas.

40 Below is a project brought forth by Jason that will include stories, poems and other forms of art that will portray the wonders and tough times of Edmonton winters.

"I came up with the idea, I think in the spring, right after my book came out," Norman said. "I remember talking with some people at Words with Friends, which is this local reading series event that I do.

"We were talking about different ideas to incorporate things with winter projects or things to do outdoors, just kicking some ideas around, and it was on the way home, I thought, well why don't I do a kind of anthology about

"Specific stories written about winter, written about Edmonton and have it all tie into an anthology. I could propose it, edit it and put it together. I definitely know enough writers in the city now who I think would love to be part of this project."

Jason sent a proposal to the Arts Council for a grant and it was approved. So, over the next couple of months, Jason will be accepting entries for this project and after the deadline on Dec. 31, he will read, edit and compile the entries into one book for a release date that he foresees being in late November 2013.

When we asked Jason if he was worried

about this project getting too big to handle, with too many entries, he said simply, "Oh that is the greatest problem to have.

"It's true, I think, that the artistic community in the city is pretty strong. But I'm not worried about how big it can get. It's a great problem to have and if I have a ton of stuff to sift through I know I can get some help but it will definitely help me put out the best possible product."

Submissions for short stories, poetry, nonfiction and visual art are being taken right now at www.40belowproject.ca. The deadline is Dec. 31, so tell your story about Edmonton

I read Norman's book, Americas (in stores now), and I am looking forward to this one

from tainted essons to be learned

By MIKE MacMULLIN

Over the weekend, 5.5 million pounds of frozen beef was being brought to a Brooks, Alberta landfill following the massive recall of E colitainted beef linked to XL Foods.

The frozen beef was wrapped in plastic and sealed in boxes, then covered in dirt to avoid animals getting into it.

After news got out about the dumping of this beef, Twitter exploded.

One individual posted a tweet asking, "is there no way to cook it so it's safe and feed the hungry?"

Wildrose leader Danielle Smith responded: "I agree. We all know thorough cooking kills E. coli. What a waste."

NDP Leader Brian Mason responded, tweeting: "I'm appalled that a public official would suggest feeding tainted meat to Albertans living

Smith later announced that she did not know that there was such a large lack of awareness that the five and a half million pounds of beef was deemed E. coli free by the Canadian Food

Inspection Agency (CFIA).

CFIA gave XL Foods three options when it came to dealing with the beef. They could render it, place it in a landfill or they could cook it and feed it to the public.

Out of these three options, feeding it to those in need seems like the ideal choice, but Mark

Trick, an instructor of NAIT's Retail Meat Cutting program, explains why it's not.

"It's five and a half million pounds," said Trick. "I don't think anyone realizes the quantities that are there

and what it would take to cook that. So if we say that the average consumer eats an eight-ounce portion of meat, we had enough meat there to feed 11 million people."

To put that into perspective, the NAIT Retail Meat Cutting program puts on a Thanksgiving supper every year for Boyle Street (Downtown East Side Edmonton) for 1,200 to 1,400 people.

Forty students and staff work for a full week to prepare all of the food for those people, let alone trying to prepare for over three times the population of Alberta.

When it comes to rendering, the current bad stigma around XL Foods has a large effect as well.

"All the fat and bones that we don't use, it

goes to the rendering plant. And they'll melt it down and they'll fertilizers or dog food," said Trick. "Would you buy dog food for your animal if you knew that

it came from XL?"

Trick also added that the rendering plants require that all of the meat sent there be without packaging. So XL Foods would have to open up all of the boxes of meat, remove the plastic from the beef and then ship it off to the rendering plant.

Trick believes that dumping the meat is the most practical thing that XL Foods could do.

XL Foods is back in production with a whole new management team and we should start to see product hitting the market as soon as next

The plant has obviously been getting a lot of bad press, and rightly so, but Trick believes that there is a responsibility at the factory level as well as at the consumer level.

"Is the meat packer to blame? Definitely. This shouldn't have happened to begin with. extract certain fats out Could the consumer have prevented themselves of it for hand creams or from getting ill? If they would've cooked it well done, nobody would've gotten sick. And that's one of the things; everybody says 'oh, it's the packing industry.' To a certain extent it is, but it's also the consumer's fault," Trick says.

> Food poisoning is something that happens hundreds of times every day all over the world, and for many more reasons than E. coli. There are also different strains of E. coli; some that affect us, some that don't. But the CFIA guidelines require that to prevent E. coli, keep your beef refrigerated properly and cook it to an internal temperature of 71 C.



<u>OPINION</u>

Sandy takes its toll



CLAIRE THEOBALD Editor-In-Chief

After super storm Sandy made landfall on Monday night in New Jersey, millions along the east coasts of Canada and the United States have been left without power, more then 80 homes were destroyed in New York as a result of a fire in Queens and at least 26 people across the United states are dead.

This is after the storm already killed over 60 people in the Caribbean last week.

Toronto saw fierce winds that toppled trees and downed power lines. One woman in Toronto is reported dead after being struck in the head with a falling Staples sign.

New York is left crippled after a record breaking storm surge of almost 14 feet swept through downtown Manhattan, leaving its subway system flooded. Without power, it could be days before water obstructing the system can be pumped out.

Over 50 homes in Queens have been destroyed after a massive fire ripped through Breezy Point.

Newborn babies rescued

New York University Hospital lost all power and their backup generator failed, forcing them to evacuate 200 patients. Nurses reportedly carried newborn babies dependent on respirators down nine flights of stairs while manually delivering air to their vulnerable patients.

Although the devastation was widespread, New Jersey was hit hardest as the storm made landfall, experiencing steady winds of 130 km/h.

Three towns in the state are under knee deep water after water levels overcame a berm on the Hackensak River.

New Jersey Governor Chris Christie described the wreckage in a press conference as "beyond anything I thought I'd

He said 2.4 million households had been affected, double the amount ravaged by Hurricane Irene that swept the state in

Christie said that after Irene, it took eight days to restore services. Due to the level of devastation caused by Sandy, Christie says residents left in the dark can expect it to take much longer to restore services this time.

Campaign derailed

The Oyster Creek nuclear power plant in New Jersey has been put on alert due to the threat of rising water.

The storm has also derailed what was an active presidential npaign, with Barack Obama cancelling campaign plans and declaring a major disaster and freeing up funding for relief.

Sandy has already broken records for storm surges and is expected to be one of the worst disasters of its kind in recent

It remains to be seen just how much devastation was caused by the storm, but the Red Cross is already providing relief, including food and shelter, to those affected.

The Red Cross is expecting this to be a large and costly relief response.

If you would like to get involved with the relief effort, you can donate by going to www.redcross.org or by visiting your local Red Cross office.





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Trust us on that. Write us.

SPORTS

You bored? Snowboard!



EVAN DEGENHARDT Sports Editor

Canada's a winter wonderland, embrace it! With the snow that has settled in over this past weekend, I think it's safe to say that winter

For some people, the word "winter" alone is enough to make them cringe. But living here in Canada, you either have to embrace the Arctic tundra that we call home or you can hibernate for eight months.

I seriously hope that you have decided not to choose the latter option, but if you're still considering a long, dark hibernation, let me try to convince you that you're making a terrible

Yes, Canada is known for its extreme weather conditions but, with the ice and snow that blow in, come some pretty amazing outdoor activities.

pastimes ever and it can be described with three simple letters ... ODR.

I'm talking about the outdoor rink!

Since the age of four, I've been lucky enough to have the chance to play ice hockey. While ice hockey may be an expensive sport, everything changes when the winter season comes around.

Once the ponds and the outdoor rinks glaze over, the real hockey begins.

Pickup games form almost hourly, with kids from all over the neighbourhood coming out of the woodwork to participate in this Canadian "rite of passage."

But the real beauty about the outdoor rink is that you only need skates, gloves and a stick. Plus, most outdoor rinks are run by the community and they tend to be very cheap, or even free, to play on.

I can't begin to count all of the hours that I've spent at the outdoor rink growing up, wasting away the winter days and nights.

Out on that ice, things just seemed to be simpler and the winters didn't feel so cold. The sound of the ice cracking and crunching in the cold air or a puck ringing off a crossbar, these things can't be replaced. A lot of good memories came out of those Canadian winters yeah, things may have been cold, but you just

Let's start with one of my favourite winter have to find something you love to pass those long winter hours!

> That brings me to the next point of why winter here in Canada kicks ass.

> I've recently discovered a new sport that becoming sort of an addiction ... snowboarding.

At first, I was skeptical.

Snowboarding is a fairly expensive sport and living here in Edmonton means that I don't have access to the mountains that make it so

With all that being said, I decided to dive head first into some powder and go on my first mountain trip with friends and family.

What an eye opener that was. As Canadians, I think we tend to forget and overlook just how beautiful our country is. Right in our own backyard, we have the Rocky flippin' Mountains!

It's hard to beat something like that.

For the scenery and the adventure alone, snowboarding is definitely worth taking up.

I rented my equipment for my first mountain trip, but after that, I made sure I had my own gear for when I took my next trip to the

Yes, it's a pretty big investment off the start, but once you have your own gear, it gives you motivation to go and it pays for itself within a few mountain trips. If you're seriously deciding whether or not to buy your own gear, I say

At least purchase yourself some nice boots and bindings, that way you'll be comfortable on the slopes and your experience will be a lot better. As Canadians, we all have snow gear already, so you're good to go when it comes to that aspect of equipment (come on, we're Canadian, we're born with toques on our heads!)

It takes a big commitment, money wise, to get into the groove of snowboarding when you're just starting out but, trust me, it starts to become a passion. Plus it's just one more thing that you can do during our long winter season.

And if you're a student, make sure you keep your eyes open for a ton of deals going on in the winter months. It's a great way to escape the city for a weekend and you get to meet a ton of people along the way too.

As for me, this is only my second year dabbling in the whole snowboarding thing, but as the snow falls, I can't help but become excited for this new boarding season.

P.S. I'm on the hunt for a new snowboard. I know, I know, shameless plug, but if you're selling or know of any great deals, give me a shout, sports@nait.ca!

Enjoy the upcoming winter season

MEN'S HOCKEY

Ooks keep perfect record

By AVRY LEWIS-McDOUGALL

The NAIT men's hockey team had a fantastic weekend, starting with a 5-0 win over the Concordia Thunder on Friday night in front of the home crowd.

After a first period that saw both teams exchange chances and Concordia getting an early five-on-three power play, but no scoring would come of any chances.

Jesse Slobodian started the offence up for the Ooks midway through the second period, giving the Ooks an added edge.

NAIT kept up the pressure in the second frame and potted a goal courtesy of Kyle Harris, who scored on a one-timer for his fourth goal of the season.

Concordia did not do themselves any favours and found themselves in some penalty trouble in the second period.

Tyler French made the Thunder pay with a goal of his own on a breakaway as the second period ended with a 3-0 lead for the Ooks.

Mike Piluso and Liam Darragh would put a fork in Concordia as NAIT remained undefeated at the end of three frames.

Shannon Szabados put in a 21-save performance en route to her second shutout of the season and Tyler French was named player of the game for NAIT.

After the two games, Szabados has a GAA of 0.94, a stat good enough to lead the ACAC. Szabados is also the only goalie in the confer-

ence with a GAA below 1.00, Michael Tadjdeh of SAIT brings in second place in goals against average with 1.68.

After the game, Kyle Harris gave praise to Szabados.

"She's been awesome all season long in the five games that we've played," said Harris. "Her performance has been rock solid, so it's nice to see that she's been putting up the numbers that she

The Ooks played Concordia for the second game of the series on Sunday night and defeated the Thunder again, this time with a 6-2 victory.

The Ooks had goals from Mike Piluso, Tyler French, captain Andy Willigar Jesse Koch and two from Jordan Draper.

The Ooks capitalized on numerous Concordia penalties, (there were eight in total). NAIT netted two power play goals on the man advantage and Szabados stood tall again in the net for NAIT, making 13 saves for the victory.

The Ooks remain on top of the ACAC standings with a record of 6-0-0. In their undefeated run, NAIT has only allowed five goals

against and have netted 40 of their own.

The closest team to NAIT in terms of goals scored so far this season is the Portage Voyagers, who have 31 goals on the season.

Next up for NAIT is Augustana, who are currently fourth in the ACAC standings. The first game begins on Nov. 1, with a second game on Nov. 3.



Photo by Bryan Coope

Ook Tyler French, who was named player of the game, stickhandles his way away from Concordia players during their contest at NAIT arena on Oct. 26. The Ooks won 5-0.

BASKETBALL

Men, women down St. Mary's

By KEVIN MARTIN

The NAIT men's basketball team opened up their regular season with two home games this past weekend.

The Ooks had a very successful 2011 season, finishing with a bronze ACAC medal.

With their eyes set on the ACAC final this year, the Ooks welcomed St. Mary's University College to their gym on Friday night.

The fans provided a great atmosphere for the Ooks opener and the team didn't let

them down. The Ooks came out with energy but St. Mary's matched them. It was a back and forth first quarter with multiple lead changes and pretty plays on both offensive ends. NAIT had an offensive explosion in the second quarter and went into half time with a 46-32 lead.

After a great start to the game, the fans were pumped up after seeing the potential for the upcoming season. NAIT went on to win the game comfortably, 74-59.

Second-year Business student Shaquille Bedminster was the star of the first game.



NAIT's Josephine Peacock drives by two St. Mary's players during their Friday Oct. 26 game at NAIT gym en route a 90-39 victory for the Ooks.

He played all but two minutes and scored 21 points.

When discussing the team, head coach Ben Julius was quick to say that fifth-year post-player Brock McMillian and secondyear forward Brayden Torresan were crucial heading into this season.

"Having a post presence in this league is a huge benefactor in being successful," said Julius.

"With Brayden Torresan's ability to block shots and rebound paired with Brock McMillan's sheer strength and scoring ability, it is safe to say that when we are healthy our inside game will be tough to stuff."

It was a clean and comfortable win and the Ooks had momentum heading into Saturday's matchup against Lethbridge College.

The Ooks appeared to have a "firstwin" hangover in their second game against

NAIT didn't look after the ball and turned it over with alarming consistency, giving Lethbridge a dominating 49-31 lead at halftime.

The Ooks eventually lost to Lethbridge 85-71 and fell to 1-1 on the season. The Ooks turned the ball over 16 times during the game. The 1-1 start is bitter sweet for the Ooks, who were hoping to build off their dominating first game.

The men travel to Red Deer next weekend for their first away game.

The women's basketball team opened up their regular season in dominating style as

However, the word, "dominating" doesn't do these blowouts justice as the Ooks beat St. Mary's 90-39 and Lethbridge

P.J. Wells played her usual role of top scorer, scoring 19 points against St. Mary's.

As expected in a blowout, head coach Todd Warnick spread out the minutes among all his players.

Nine different Ooks scored more than five points on the night.

Only 24 hours later, the women proved that their first game wasn't a fluke.

P.J. Wells hit seven 3-pointers in a 99-40 thrashing of Lethbridge. The Ooks were efficient in their ball movement leading to a lot of open looks from downtown.

NAIT also was 35 per cent from behind the arc and caused 26 turnovers with their aggressive defence.

The 2-0 women look to make it 3-0 as they travel to Medicine Hat on Friday. The



NAIT forward Jon Gasirabo takes a jump shot against St Mary's during a game at NAIT gym on Friday, Oct. 26. The Ooks went on to win the contest 74-59.

VOLLEYBALL

Vomen sweep

By MIKE MacMULLIN

NAIT has two good reasons to celebrate after this week as both the men's and women's volleyball teams successfully defended home last Thursday when Concordia visited.

The women took to the home court first on Thursday evening and came out with a straight three-set victory.

Players were a bit nervous for the first match of the year and a little hampered due to some freak injuries to a few major members in the past three weeks. However, the Ooks did manage to control the match due to the fine service reception of the team and the attack of Sarah Watson, Allie Warick and Ashley

Kelsey Bleier also did an excellent job of setting and executing a good NAIT game plan.

Head coach Lorne Sawula had

encouraging words after Thursday's win.

"Off the bench, I would say that Kelsey Tymkow, a first year business student, was instrumental in steadying the team down and winning the second set," Sawula said. "It was also nice to use Ali Mullock as a backup setter in the third set. She played well for her first exposure in the ACAC."

The Ook victory on Thursday night was followed up on Saturday by another win against Concordia in straight sets.

After the second game, first-year student Jasmine Hemsing took player of the match honours.

Sawula was very happy with the way the team executed their game plan in the

"The second set was a major factor in the match for us as a whole and we came back from four points down to win 25-23," Sawula said.

Despite injuries, coach Sawula is happy with the current team's efforts and hopes to win six to eight matches for the first part of the year.

"We have a good team when we all come to play and so far I am very pleased with my players' efforts and their desire to continue to improve," Sawula said.

Next week the women's team takes on Augustana and then on Saturday night there will be a special "Parent's Night" scheduled.

The men's volleyball team was also in action this past week.

On Thursday, the Ooks took to the court against Concordia and came away with a 3-1 set win.

The Ooks played Concordia again on Saturday at Concordia and walked away with their heads held high after a tough



Ook Daniel Helvert gets set to spike the ball against Concordia Thursday at NAIT gym. NAIT won 3-1.

WOMEN'S HOCKEY

It's back to the basics

By LUCAS ANDERS

NAIT's women's hockey team had a difficult outing Saturday night against Red Deer College. RDC was really looking to prove themselves after losing to the Ooks Thursday night 4-3.

Things started out tough for the Ooks as RDC drew first blood within 51 seconds of the

This really set the tone for the rest of the game.

Something to prove

The Queens certainly had something to prove and controlled most of the game. The fact that the Ooks didn't have their legs underneath them did not help matters. Finding any offence proved difficult for the Ooks and the Queens kept up the pressure.

RDC would eventually score two more goals before the end of period, making the score 3-0 and sending the Ooks to the dressing room with something to think about.

In the second period, NAIT came out with a little more fire, scoring two quick goals to draw within in a goal of RDC.

Comeback thwarted

However, the Queens scored a fast answering goal, doubling their lead to 4-2 and deflating what looked to be a solid NAIT

Seven seconds later, RDC scored again thwarting any chance of the Ooks gaining any momentum.

Whenever the Ooks tried to push back, the Queens seemed to have some sort of an answer.

RDC potted one more goal before the end of the second period to make the score 6-2.

In the third period, the Ooks again found it tough to string together any sort of offensive progress. Red Deer showed no signs of letting



Ook Danielle Brown makes her way through a maze of Red Deer players on Saturday at NAIT arena. NAIT lost the contest by a score of 9-3.

up, scoring two quick goals to carry their solid momentum into the third period.

After that, the coaching staff decided to make a change, pulling goaltender Emma Cooley and replacing her with Jill Diachuk.

There was one bright spot in the third period when the Ooks got on the scoreboard on powerplay marker, making the score 8-3.

Coach Deanna Iwanicka highlighted the fact that the powerplay is an important focus

"Our power play needs to be producing

more by playing as a unit, not individuals."

RDC would not go quietly, adding one more goal before closing out the night making the score 9-3.

Red Deer forward Janelle Henley finished off her hat trick as the night closed out.

The Ooks will have to go back to the drawing board for their games ahead and look at a more consistent defensive game.

Coach Iwanicka believes the women need to focus on defence as a place to start.

"We need to be stronger defensively as a for the next few games.

team and finish our opportunities offensively."

If the Ooks expect to challenge RDC for the top spot in the division, the NAIT will have to muster some stronger efforts in future games.

"We need everyone performing and executing at their personal best," said Iwanicka. "At the end of the day, we need our goaltenders to stop the puck, our defense to protect the front of the net, and our forwards to score."

Coach Iwanicka really emphasized a 'backto-basic' game plan with focus and execution,

MEN'S SOCCER

oks advance with a wild card

By MATT INGLIS

Following an impressive podium finish in the ACAC post season, the NAIT Ooks men's soccer team is headed to Nationals.

After a dominant 7-4 blowout against the Red Deer College Kings in last weekend's playoff match, the Ooks went into the gold medal game up against the South Division's leading team, the SAIT Trojans.

Both teams came out ready to accept nothing less than gold, but regular time wasn't enough for these two powerhouse clubs, forcing the game to go to overtime with the teams tied 1-1.

In the extra frame, the Trojans grabbed the victory with a late, heroic goal and their first ever ACAC championship.

The Ooks walked away with the silver, but in the process, secured a wildcard spot and a chance to defend last season's title at the Canadian Collegiate Athletic Association men's soccer nationals.

After the weekend's games, NAIT head coach Jeff Paulus spoke about the Ooks performance in the playoffs.

"I believe that we played well enough to win the final but in soccer that is the way it goes sometimes." Paulus said.

Although the Ooks failed to take the win, Coach Paulus was impressed with the way his team competed against the Trojans.

"Other than their two goals, I feel that we controlled the game [defensively] and limited their opportunities to score."

The Ooks offence, spearheaded by CCAA leading scorer Monty Haines, was a bright thought throughout the regular season, outscoring their opponents 33-9.

However, coach Paulus noted that the Trojans came prepared.

"At the end of the day, SAIT did what they had to do to win and their coach. Grant Stevens, did a great job preparing them to stop our

Despite the disappointing finish to the ACAC post-season, coach Paulus remains optimistic about the challenge that the Ooks will face in November.

"We were not good enough on the day when the ACAC championship was on the line." Paulus said.

"But we hope to redeem ourselves at Nationals where we still have earned the right to defend our national title."

NAIT is ranked sixth among men's soccer teams in the CCAA heading into Nationals, hosted this year by Douglas College of New Westminster in British Columbia from Nov. 7-10.

Over the past few seasons, NAIT has

been a fierce competitor at the national level, finishing with a silver medal at home in 2010 and walking away with gold last year at Collège François-Xavier-Garneau in Baillairgé, Quebec.



NAIT Ook Omer Dubow passes the ball during the second-last league game on Oct. 20 against Concordia at NAIT field. The men lost the contest 3-2.

Athlete Profile



<u>Player:</u> Ashley Woodford
<u>Sport:</u> Soccer
<u>Position:</u> Centre back
<u>Program:</u> Dental Technology

By CRAIG SEPHTON

Why did you choose to play soccer? – I've been playing it since I was six and it was just on a community league team. I played every position with them.

What has your career in soccer been like? – When I was 12, I joined my first club team, which got a little more intense, but since then I have been playing competitions and competitive league soccer.

What has been your greatest moment with NAIT soccer? – Probably in my second year. We scored in the 67th minute against Mount Royal in our gold medal game and it was a 1-0 win, which sent us to Quebec for Nationals. I was on the field for that goal so it was a pretty exciting thing to be there.

Why did you come to NAIT to play? – I came for the program I'm in, Dental Technology, that's what drew me here, I wasn't even going to play soccer until the coach contacted me but it was the right decision.

What will your soccer career look like after you're done your course at NAIT? – I'll

probably come back and play, take some Business courses or something. I will also continue on with my club team, the Angels, that's where I play outside of NAIT. I will probably just play there until I can't play anymore.

Favourite tournament you've played in? – With college soccer, there's Nationals, which is what the winner of every province goes to and that's always a lot of fun, so I would probably say Nationals.

Favourite team and player you cheer for?

– Manchester United and Cristiano Ronaldo and I get some hate for that, but I don't care.

What achievements have you gained through NAIT soccer? – Becoming captain was a pretty big achievement; I didn't think that would happen this year being a third year player. It's a lot of responsibility, which I like. I've won a lot of gold medals through club and NAIT soccer, which is nice to have some of those.

What's your training like? – It's every day. Tuesdays are our fitness days, which everyone dreads. It's always intense, always going hard all the time.

Athlete Profile



Player: Cody Cuthill
Sport: Volleyball
Position: Right side
Program: Mechanical Engineering

By LAUREN FINK

When did you realize volleyball was your passion? – I started playing in Grade 4 and then I started to get really into it at around grade 10 or 11.

How long have you been playing volley-

ball at NAIT? – I've been playing for four years.

What's your biggest accomplishment athletically? – I went to both the Summer and Winter Games (ski racing) in British Columbia. I skied competi-

tively for nine years. Also I moved to South America and played (volleyball) down there for half a year.

What's the best advice you've ever been given athletically? – Work your hardest and do whatever you can. If you follow those two things, everything will work itself out.

Do you have any pre-game rituals? -

No, I just try to stretch out and relax. I don't get too uptight about anything.

Do you have a special diet, and what is your training like? – I just eat as much as I can, and get as many calories as I can get. We train pretty intensively, five days a week.

Coach Doug Anton wants us to work out three days a week but I don't have tons of time for it with class all day, every day.

Do you follow a motto for the sports you're involved in?

- Try your hardest, do a can to the best of your ability. I

everything you can to the best of your ability. I don't want to give half an effort into anything.

Is there anything else you want the NAIT students to know about you? — I just want them to come watch our games, and get some support. Especially since NAIT students get free admission. We don't get many fans.

Athletes of the week

Oct. 15-21

Sherri Bowles Hockey



Sherri had an incredible season-opening weekend for the NAIT Ooks women's hockey team. Bowles followed up Friday's two-point performance in the team's 5-4 OT loss at SAIT by scoring a hat trick and adding an assist Saturday in the Ooks 7-0 victory over the Trojans at home. Sherri's six points has her atop the league scoring after the opening weekend. "Bowles appears to be back," said head coach Deanna Iwanicka. "After playing through some major injuries, it appears the spark we saw in her rookie season is back. Bowles has great offensive ability and her potential to be an on-ice leader for the team this season is a key to our success." Sherri is a third-year Business student from Elkhorn, Manitoba.

Zach Kaiser Soccer



Zach proved once again this past weekend that he is one of the top players in the ACAC by scoring three goals in the Ooks' two games against Concordia and GPRC. Zach scored and set up the team's other goal in a 3-2 loss to the Thunder on Saturday then added two more goals, including maybe the ACAC goal of the year in the Ooks 4-2 win Sunday over the Wolves. "Zach was at his best this weekend, scoring three goals and even spending 45 minutes as a centre back to help the team prevent a comeback from GPRC on Sunday," said head coach Jeff Paulus. "He leads by example on the field and just like last season, seems to be peaking at the most important time of the year." Zach is a second-year Business student from Beaumont.

Athletes of the week

Oct. 22-28

Cailyn Newman Soccer



Cailyn helped her NAIT Ooks women's soccer team repeat as ACAC champions this past weekend with a 3-1 victory over the Concordia Thunder in the final. Newman was selected as the tournament's top defender and was also the Player of the Game in the Ooks 3-1 semifinal victory over Medicine Hat. Cailyn was also recently named to the ACAC All-Conference team despite missing several games with a shoulder injury mid-season. "Cailyn is simply a phenomenal defender," said head coach Carole Holt. "She is always in the right position and in our semifinal versus Medicine Hat, Cailyn made several amazing tackles that stalled the Rattlers' attack." Cailyn is a third-year Culinary Arts student from Sherwood Park.

Jordan Draper Hockey



Jordan led the charge for the Ooks this weekend, scoring two goals and adding two assists in the team's sweep over the Concordia Thunder. Draper notched a pair of assists in the Ooks 5-0 win Friday night at home and followed that up by tallying a pair of goals and was selected as the Player of the Game Saturday in the team's 6-2 win at Concordia. Jordan is tied for the ACAC scoring lead with 13 points in six games. "Jordan was an offensive spark on Saturday on a line with (Joshua) Lazowski and (Michael) Piluso," said head coach Serge Lajoie. "That line was dangerous every shift." Jordan is a third-year Business student from Sherwood Park.

ACAC Standings

MEN'S HOCKEY										
Team		GP	W	RW	L	OTL:	TIE	GF	GΑ	Pts
NAIT		6	6	6	0	0	0	40	5	12
Portage		6	5	4	1	0	0	31	20	10
SAIT		6	4	4	1	0	1	29	11	9
Augustana		6	4	4	1	0	1	28	17	9
Keyano		6	2	2	3	1	0	20	27	5
Concordia		6	2	2	4	0	0	16	21	4
Briercrest		6	0	0	6	0	0	6	49	0
MacEwan		6	0	0	6	0	0	13	33	0
			RE	SU	LT	S				
		()C	tobe	r 2	25				
	F	ort	ag	e 4,	G	MU 2				

October 26 NAIT 5. Concordia 0:

Keyano 7, Briercrest 1;

Augustana 3, SAIT 2; Portage 7, GMU 2 October 27

NAIT 6, Concordia 2; Keyano 7, Briercrest 1;

SAIT 3, Augustana 3 (OT)

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GΑ	Pts
Red Deer	4	3	3	1	0	0	19	8	6
NAIT	4	2	2	1	1	0	18	17	5
SAIT	4	2	1	1	1	0	10	15	5
MacEwan	4	1	1	3	0	0	5	12	2
		•	اماما	h-	r 25				

October 25 NAIT 4, RDC 3

October 26 SAIT 2, GMU 0 October 27

RDC 9, NAIT 3; GMU 4, SAIT 3 (OT)

MEN'S BASKETBALL

North Division

Team	Div	GP	Div	InterDiv	W	L	Pts
Keyano	Ν	2	0	2	2	0	4
Briercrest	S	2	0	2	2	0	4
RedDeer	S	2	0	2	2	0	4
SAIT	S	2	0	2	2	0	4
NAIT	N	2	0	1	1	1	2
Augustana	Ν	2	0	1	1	1	2
OldsCollege	S	2	0	1	1	1	2
Gr. Prairie	Ν	2	0	1	1	1	2
Lakeland	Ν	2	0	1	1	1	2
Lethbridge	S	2	0	1	1	1	2
Concordia	Ν	1	0	0	0	1	0
MacEwan	Ν	1	0	0	0	1	0
King's	Ν	2	0	0	0	2	0
Medicine Hat	S	2	0	0	0	2	0
St. Mary's	S	2	0	0	0	2	0
		DE	CHI	TC			

RESULTS October 26

NAIT 74, St. Mary's 59;

Briercrest 94, Lakeland 91; Keyano 84, Leth 81 (OT) Augustana 70, MHC 58 Olds 75, King's 73; Red Deer 86, MacEwan 70;

SAIT 74, GPRC 64

October 27

Lethbridge 85, NAIT 71; GPRC 72, Olds 65; Briercrest 103, Augustana 86; RDC 96, Concordia 85 Keyano 70, St. Mary's 67

SAIT 93, King's 75; Lakeland 71, MHC 63

WOMEN'S BASKETBALL North Division

Team	Div	GΡ	Div	InterDiv	W	L	Pts
Keyano	Ν	2	0	2	2	0	4
King's	Ν	2	0	2	2	0	4
Lakeland	Ν	2	0	2	2	0	4
NAIT	N	2	0	2	2	0	4
Augustana	Ν	2	0	2	2	0	4
MacEwan	Ν	1	0	1	1	0	2
Concordia	Ν	1	0	1	1	0	2
SAIT	S	2	0	1	1	1	2
Olds	S	2	0	1	1	1	2
Gr. Prairie	Ν	2	0	0	0	2	0

Briercrest S 2 0 0 0 2 0

Lethbridge S 2 0 0 0 2 0

Medicine Hat	S	2	0	0	0	2	0
Red Deer	S	2	0	0	0	2	0
St. Mary's	S	2	0	0	0	2	0

RESULTS October 26

NAIT 90, St. Mary's 39;

King's 100, Olds 81; SAIT 75, GPRC 36; Lakeland 59, Briercrest 33; Keyano 67, Lethbridge 56; Augustana 81, MHC 67; MacEwan 56, RDC 36

October 27

NAIT 99, Lethbridge 40

Olds 86, GPRC 54; Augustana 72, Briercrest 56 Concordia 65, RDC 54 Keyano 66, St. Mary's 42 King's 69, SAIT 64; Lakeland 80, MHC 66

MEN'S VOLLEYBALL

DIV	Team	MΡ	MW	ML	GW	GL	Pts
S	Lethbridge	4	4	0	12	2	8
S	Red Deer	2	2	0	6	0	4
N	Keyano	2	2	0	6	2	4
S	Medicine Hat	2	2	0	6	3	4
S	Briercrest	2	1	1	4	3	2
N	NAIT	2	1	1	5	4	2
N	Grande Prairie	2	1	1	3	4	2
N	Concordia	4	1	3	4	11	2
N	Lakeland	0	0	0	0	0	0
S	SAIT	0	0	0	0	0	0
N	King's	2	0	2	3	6	0
S	Augustana	2	0	2	2	6	0
S	Olds	2	0	2	2	6	0
N	MacEwan	2	0	2	0	6	0
		RES	ULTS	3			

October 27 Concordia 3, NAIT 2

(25-23, 18-25, 25-15, 23-25, 15-10)

Lethbridge 3, Olds 2 (21-25, 25-16, 23-25, 25-23, 15-13)

RDC 3, MacEwan 0 (25-9, 25-13, 25-19) GPRC 3, Briercrest 1 (30-28, 25-22, 26-28, 25-22) MHC 3, King's 2

(25-22, 19-25, 25-20, 21-25, 15-12) Keyano 3, Augustana 0

(25-16, 25-19, 25-16) October 26

RDC 3, MacEwan 0 (25-18, 25-22, 29-27) Briercrest 3, GPRC 0 (25-16, 26-24, 25-22) MHC 3, King's 1

(25-22, 26-24, 22-25, 25-22)

Lethbridge 3, Olds 0 (25-14, 25-21, 25-11) Keyano 3, Augustana 2

(22-25, 25-21, 25-22, 26-28, 15-7)

October 25

NAIT 3, Concordia 1

(23-25, 25-19, 25-20, 25-22)

WOMEN'S VOLLEYBALL

	•						
DIV	Team	MP	MW	ML	GW	GL	Pts
N	NAIT	2	2	0	6	0	4
S	Augustana	2	2	0	6	1	4
N	MacEwan	2	2	0	6	4	4
S	Olds	2	2	0	6	4	4
S	Lethbridge	4	2	2	10	8	4
N	King's	2	1	1	5	3	2
N	Grande Prairie	2	1	1	4	4	2
S	Briercrest	2	1	1	4	4	2
S	Medicine Hat	2	1	1	3	5	2
N	Lakeland	0	0	0	0	0	0
S	SAIT	0	0	0	0	0	0
S	Red Deer	2	0	2	4	6	0
N	Keyano	2	0	2	1	6	0
N	Concordia	4	0	4	2	12	0
			— .	_			

RESULTS

October 27 NAIT 3, Concordia 0 (25-12, 25-23, 25-21)

Olds 3, Lethbridge 2 (25-20, 25-19, 20-25, 21-25, 17-15) MacEwan 3, RDC 2 (25-14, 25-17, 23-25, 15-25, 15-9)

Briercrest 3, GPRC 1 (16-25, 25-23, 28-26, 25-12) MHC 3, Kin's 2

(18-25, 25-14, 25-17, 15-25, 15-5) Augustana 3, Keyano 0

(25-20, 26-24, 25-18) October 26

MacEwan 3, RDC 2 (18-25, 25-17, 22-25, 25-23, 15-13) GPRC 3, Briercrest 1

(25-19, 23-25, 25-15, 25-19)

King's 3, MHC 0 (25-18, 25-16, 25-23) Olds 3, Lethbridge 2

(25-27, 25-12, 14-25, 27-25, 15-11) Augustana 3, Keyano 1

(25-17, 25-18, 22-25, 25-17) October 25

NAIT 3, Concordia 0 (25-21, 25-18, 25-18)

MEN'S SOCCER

North Division

TEAM	W	L	Т	Pts	GF	GΑ	+/-
NAIT	9	1	0	27	33	9	24
Concordia	6	3	1	19	16	10	6
Grande Prairie	5	3	2	17	16	12	4
Keyano	4	4	2	14	22	18	4
MacEwan	3	6	11	10	11	15	-4
King's Eagles	0	10	0	0	3	37	-34
	South	Div	risio	n			

MacEwan	3	6	11	10	11	15	-4
King's Eagles	0	10	0	0	3	37	-34
	South	Div	/isic	n			
Team	W	L	T	Pts	GF	GΑ	+/-
SAIT	8	1	1	25	28	15	13
Red Deer	6	1	3	21	32	16	16
Lakeland	5	4	1	16	20	18	2
Medicine Hat	4	5	1	13	23	17	6
Lethbridge	3	7	0	9	16	32	-16
Olds College	1	9	0	3	17	38	-21

RESULTS

October 26

Lakeland 1, Concordia 0; RDC 6, GPRC 0

October 27

NAIT 7, RDC 4

SAIT 3, Lakeland 0

October 28

SAIT 2, NAIT 1 (OT) Lakeland 2, RDC 0

WOMEN'S SOCCER

North Division

North Division											
TEAM	W	L	Т	Pts	GF	GΑ	+/-				
NAIT	7	0	1	22	39	5	34				
Concordia	8	1	1	25	52	5	47				
NAIT	8	1	1	25	41	7	34				
Grande Prairie	5	3	2	17	28	17	11				
MacEwan	5	5	0	15	19	20	-1				
King's	1	8	1	4	3	47	-44				
Keyano	0	9	1	1	2	49	-47				
	So	uth	Div	visior	1						
Team	W	L	Т	Pts	GF	GΑ	+/-				
Medicine Hat	8	0	2	26	26	5	21				
Red Deer	7	0	3	24	39	4	35				
SAIT	5	3	2	17	19	13	6				
Lakeland	2	6	2	8	17	22	-5				
Olds College	2	8	0	6	4	31	-27				
Lethbridge	1	8	1	4	7	37	-30				
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RDC 2, GMU 1											
October 27											
NAIT 3, M	HC	1;	Cor	ncord	ia 4, F	DC ()				

October 28 NAIT 3, Concordia 1; RDC 3, MHC 0

NAIT STUDY SKILLS WORKSHOPS

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NOVEMBER, 2012

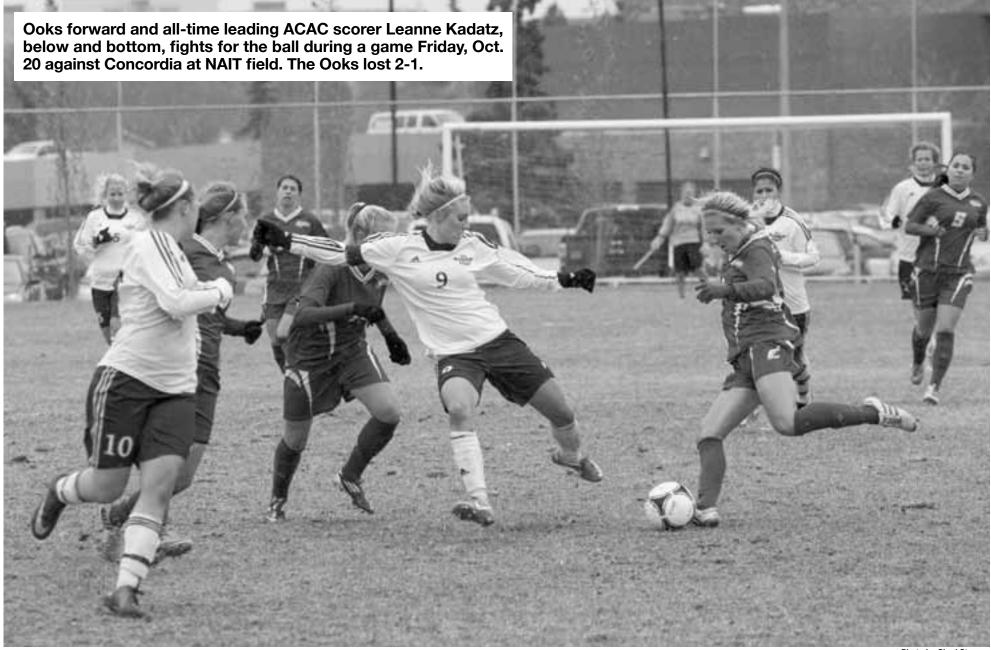
12	Mon	Learning How to Learn	11:15am-12:00pm
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20	Wod	Reading to Remember	11:15am-12:00pm
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DECEMBER, 2012

3	Mon.	Managing Exam Stress	11:15am-12:00pm 12:15pm-1:00pm
5	Wed.	Stress Management	11:15am-12:00pm
3	rreu.	- Presented by a NAIT Counsellor	12:15pm-1:00pm

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WOMEN'S SOCCER

Doks power way to Nationals

By AVRY LEWIS-McDOUGALL

The ACAC women's soccer title will stay at NAIT as the Ooks won the tournament this past weekend.

The Ooks were led all tournament long by captain and all-time leading ACAC scorer, Leanne Kadatz.

NAIT got the weekend started off in a big way with their first game. The Ooks thrashed the Trojans and took 7-0 win over SAIT.

NAIT didn't stop there as they continued their momentum with a 3-1 win over the Medicine Hat Rattlers.

The Rattlers kept the game close and actually got the first goal of the game against the defending champs.

Things were all tied up at one goal apiece after the first 45 minutes of the game. However, the Ooks took their game to the next level in the second half of their match against the Rattlers and were able to pull away.

The NAIT scoring attack came from Kadatz, Kelly Tataryn and Delany McNaughton.

In the championship final matchup, the Ooks faced the Concordia Thunder. The Thunder squad was the only team that was able to beat NAIT this year in the regular season. Concordia's route to the final included a game where they beat the Red Deer Queen's easily, 4-0.

It was a text-book matchup for a championship game.

In a game where the Johnny Bright Field was covered in snow, the Ooks were able to overcome the flurries and get the game started off right, thanks to corner kick goals from Kadatz and Delany McNaughton.

Loren Burke-Gaffney also potted one past the Concordia keeper.

The effort was good enough to propel NAIT past Concordia in the ACAC championship final matchup. Our Ook women's soccer team travelled back to NAIT with another ACAC title and a trip

Afterwards, an overjoyed captain Leanne Kadatz put words to the emotions she was feeling.

"It was a great victory over the Thunder, one of the best we've achieved as a team all season. We all wanted the win and we deserved it, too," Kadatz said.

"Getting another chance at National is definitely a sweet feeling."

In the Bronze Medal game, Red Deer would end up defeating Medicine Hat 3-0.

The Ooks are headed back to the national tournament now to take care of unfinished business. In 2011, the squad fell in the Gold Medal game to Quebec's College Francois Xavier Garneau in heartbreaking fashion, and they will certainly be aiming take home the national title this year!

The CCAA Championship starts on Nov.

7 at Holland College in Charlottetown, PEI.

Other teams of note who are joining the Ooks at Nationals include defending the champions, College Francois Xavier Garneau, the TRU Wolfpack, the Humber

Hawks, the Concordia Thunder, the Holland Hurricanes, the MSVU Mystics and Indiennes d'Ahuntsic.

NAIT heads into the tournament ranked second nationally.



Photo by Chad Steeves

WHAT'S GOING ON AROUND CAMPUS

WHO Business Connex WHAT Beer Garden

WHEN November 2; 3:00 - 11:00pm WHERE 8th Floor Business Tower Lounge

WHO DMS 2013

WHAT Hot Chocolate Sale WHEN November 8/9; 7:30am WHERE Outside HP Centre

WHO Paintball & Airsoft Sports/MECSA WHAT Zombie Apocalypse Survival Training WHEN November 3; 12:00 pm = 5:00pm

WHERE TBA

WHO **Business Connex** WHAT Resume Building Seminar WHEN November 8; 6:00pm

WHERE Shaw Theatre

WHO Anime Club WHAT General Meeting WHEN Thursdays, 4:30 - 7:00pm

WHERE Room X-107

WHO IntoNAITion Toastmasters Club

WHAT General Meeting WHEN Mondays, 4:45pm WHERE Room H-003

Latter Day Saints Student Society WHAT General Meeting

WHEN Thursdays, 11:15am - 1:10pm

WHERE Room WA-212

WHO Christian Club

WHAT General Meeting
WHEN Tuesdays, 11:15am – 1:10pm
WHERE Room H-005

WHO Paintball & Airsoft Sports
WHAT General Meeting
WHEN 2nd Wednesday monthly, 4:30 – 6:00pm

WHERE Room X-203

WHO Gamers of Dungeons & Dragons

WHAT General Meeting WHEN Thursdays; 4:15 9:15pm WHERE Room WC-312

WHO LGBTech

WHAT General Meeting
WHEN Every 2nd Monday starting Oct 1; 12:20 – 1:00pm
WHERE Room H-005

CAMPUS CLUBS NEWS

November 7 November 28 Clubs Showcase; 11:00am - 12:30pm Clubs Connection; 4:40pm - 6:30pm Rm X-105 Grant #2 Deadline

November 29











VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus 780.471.8457 | 780.471.8871 campusclubs@nait.ca | naitsa.ca/clubs

Check out the Clubs Website for other upcoming Important Clubs Dates





The Nugget Thursday, November 1, 2012

ENTERTAINMENT

What our secrets tell us



ANIKA NOTTVEIT Entertainment Editor

Secrets. Those deep dark thoughts that never see the light of day – unless there's a good reason to tell them. The PostSecret community offers that chance.

It's such a cool idea. The project started in 2004 when Frank Warren left 300,000 postcards in Washington DC with his address on them, for people to write their secrets on. He received 100 back anonymously.

He started publishing these secrets in books. The pages are filled with replicas of the post-cards he received.

His latest and fifth book is the No. 1 New York Times Best Seller, PostSecret: Confessions on Life, Death and God.

The book's interesting to read because all the secrets are different. Some have similar content, but the pictures are always unique. There is a raw honesty expressed through them. The only rules regarding the mail-in secrets is they have to be true and never confessed before.

Warren was motivated to start the PostSecret project because, he says, "I have always believed that people have these rich interior lives that they keep private but could really be something special."

It is completely anonymous, allowing people to truly expose their deepest fears, secrets, regrets, embarrassments or random thoughts.

Frank receives over 1,000 postcards a week, sifts through them himself and publishes 20 on the PostSecret website every week.

Lots of the secrets are heart wrenching, such as, "I spent more time planning my suicide than my trip. I'm glad I chose England," or "I can't have kids. I work in a pharmacy and get jealous when I sell infertility drugs. It hurts."

Some are more lighthearted and make you giggle, like "I pee in the shower."

Warren has been speaking at events for three years and will be appearing at Grant MacEwan University on Nov. 8 as well as at the U of A Myer Horowitz Theatre on Nov. 9 and 10.

"What I try and do at PostSecret events is tell a little about how the project got started and why. I share one of my deepest secrets and I show postcards that have been banned from the books and website," Warren says. "I tell funny and inspiring stories behind the secrets. The most memorable and emotional part of the event is when the audience shares their secrets.

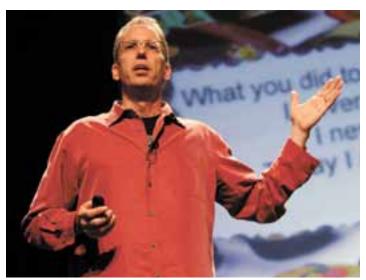
"Lines that separate people get lost when they start to share their secrets. A lot of my talk is creating a nonjudgmental state where people can share their most heartbreaking secrets," he says. "My hope is that through the PostSecret events we can demonstrate the

compassion that is in the audience."

Most PostSecret events take place at colleges and universities. Warren aims his events towards young people.

"The project resonates with young people," he says. "Old people are more set in their ways. Young people are more active and dynamic. They are willing to be vulnerable."

Warren volunteered at a suicide prevention hotline before starting the PostSecret project. He wanted to raise awareness for suicide prevention, because of the good work it is doing.



Frank Warren

Suicide is one of the biggest secrets people keep to themselves.

"The take-aways I hope people get from the event is, all the stories are true. We are never as alone as we might feel," says Warren.

Tickets are limited as the events usually sell out

Warren says on the website, How to Change the World, "We all carry a secret that would break your heart if you just knew what it was. And, if we could remember that, there might be more understanding and peace in the world."



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If you're a student or new graduate in operations, trades or technical disciplines, explore Imperial Oil to see how we're able to help you achieve your full potential. Looking forward to seeing you at the event!

If you are unable to attend, visit our website for more information about graduate and summer/ co-op opportunities at Imperial Oil. FOR YOUR LISTENING PLEASURE ...

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By CHRIS FIGLIUZZI

Let's face it, this time of year sucks. Your beach body has long since faded. Assignments, projects and exams are constantly being shoved in your face and to top it all off it's starting to snow. Combine this with the fact that hockey is in the midst of its second lockout since 2004 and you have an excellent reason to find a nice dark corner and just curl up into the fetal position until it's all over.

Fear not though, I am here with the soundtrack for your rebound to the vivacious and motivated individual you once

vere.

- 1. Matt and Kim Daylight
- 2. Pennywise Bro Hymn
- 3. The Sounds Hit Me
- 4. Agnostic Front Gotta Go
- 5. +44 We Know The Way
- 6. AFI Totalimmortal
- 7. The Gaslight Anthem Old White incoln
- 8. Ghetto Boys It Feels Good To Be A Gangster
 - 9. GOB Soda
 - 10. Jamie T Sticks 'n' Stones



11. NOFX - Bottles To The Ground

12. Pulley - Hooray For Me

13. Souls Of Mischief - 93 Til Infinity

VIRAL VIDEO

Presidential campaign in snippets

By JOE RANGER

Thankfully, there are mere days remaining before the U.S. presidential election is decided.

According to a recent study conducted by CNN, if one television viewer were to watch the various and sundry political ads from this particular election cycle back-to-back it would take approximately 400 hours.

Politically inclined folks (some with way too much time on their hands) have thankfully taken sides and have added their own amusing videos to YouTube. Here are some of the better ones (although nothing beats the *Daily Show* with Jon Stewart):

Sarah Silverman http://www.youtube.

com/watch?v=ypRW5qoraTw

Comedian Sarah Silverman takes some time away from Matt Damon to do a very NSFW (not safe for work) public service announcement about voting identification laws.

Auto-Tune the Debates http://www.youtube.com/watch?v=6ti2S7Py25w

If you missed the debates between President Barack Obama and former governor Mitt Romney, this highlights their quotes set to auto tune. The opening has both candidates head-bobbing in unison to a catchy beat.

Epic Rap Battles of History http://www.youtube.com/watch?v=dX_1B0w7Hzc

Watch faux Mitt and Obama freestyle

rap against each other with oft-vicious verbal smack downs, along with a welcome cameo by a rappin' Abe Lincoln.

Good verbiage, and more entertaining than the three debates combined.

Crowley and the Town Hallians http://www.youtube.com/watch?v=DSbxBQhzk3M

Songified town hall debate, the second debate that was moderated by CNN's Candy Crowley is set to music in this amusing clip. Who knew she could carry an auto tune?

Will the real Mitt Romney Please Stand Up http://www.youtube.com/ watch?v=bxch-yi14BE

A very entertaining riff on Eminem's Slim

Shady song, called Will the Real Mitt Romney Please Stand Up. Entertaining and funny.

Call Me Barack http://www.youtube.com/watch?v=hX1YVzdnpEc

Obama speaking, then edited in such a way that he's actually voicing a version of *Call Me Maybe* by Carly Rae Jepsen.





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Talk careers in the skilled trades; project management; field management; estimating; safety and loss prevention; procurement; engineering technologies; finance and administration; quality; system and technology; and administrative.

Tuesday, November 6 11:30 am – 1:00 pm North Lobby NAIT Main Campus (11762 - 106 Street)



PCL.com/careers

Star ship has docked here



MIKE JONES Assistant Entertainment Editor

The force is strong in Edmonton as the brand new Star Wars: Identities travelling exhibit stops off for a four-month run at the Telus World of Science. It is the second and final Canadian date after the exhibit debuted in Montreal earlier this year.

The first thing that will strike you about the exhibit is how extensive it is. As you enter, you are equipped with a wristband (for the interactive elements) and an audio device to hear the various mini documentaries throughout.

Identities is not simply a museum exhibit with a few minigames thrown in, it truly is an immersive world of its own.

"You have three different sides to this exhibit," said Sophie Desbiens, communications manager for X3 Productions. "First of all, the story of Star Wars, how the movies were made. You get some behind the scenes information, you get to see the props, which are totally flabbergasting. Second, you get information about yourself and about your identity. You learn about how characters are created, which is in parallel to how we become who we are. Third, there's also the game, which is the creation of your own Star Wars character which is amazingly fun."

You don't necessarily need to be a major Star Wars fans to enjoy the exhibit but it certainly helps for the behind the scenes elements.

First of all, there are tons of props, including a massive replica of Anakin's Pod Racer from The Phantom Menace and various costumes (Chewbacca, C-3PO, Han Solo and of course Darth Vader).

Second, there are tons of original never-before-seen artwork from all six films, as well as the animated series Clone Wars.

One of the coolest props on display is a variety of miniatures including the Star Destroyer and various TIE Fighters & X-Wings depicting battle scenes from A New Hope. The props are lit in a way that recalls the actual scenes.



A little guy is full of wonder on the opening day of the Star Wars Identities exhibit at the Telus World of Science.

"I think it's a great testament to what movie making used to be." Desbiens explained. "It was an extraordinary craft. There were a lot of artists working on making those models. It was very important to us that the display shows them as they are, works of art. The way it's made, you also have the idea of speed because of the way the lights are lit up. You basically see them in action."

In addition, there are various videos and written displays that take you behind the series most pivotal scenes.

Find out the origins of legendary characters such as Chewbacca (based on George Lucas's dog), Jabba the Hutt and Darth Vader.

Also, there is some really cool behind the scenes information on the pivotal climax of Empire Strikes Back where Vader makes his now legendary proclamation to Luke Skywalker and the extent the film makers had to go to ensure the spoiler would not be leaked prior to the film's release. Other videos explore character choices and help to tie in a philosophy element which is actually pretty cool.

The philosophy element comes into play with 10 different interactive stations where you make a choice on anything from your character's name, species and origin to whether or not you are a leader or a follower and your values. The final decision, of course, is whether to accept Emperor Palapatine's offer to join The

The decisions you make create over 50 million different identities which are revealed to you at the end and can be e-mailed to you with even more detailed information.

"I've made 10 different ones already," Desbiens said. "You never tire of it and the reveal is the best part."

Desbiens recommended at least 90 minutes to properly enjoy the exhibit, but if you're a super Star Wars fan you might spend even more time. Both the exhibit specific store and the World of Science gift shop will be carrying tons of exclusive Star Wars related merchandise during the show's run.

The exhibit runs until April 1 and pre-purchasing tickets are recommended. Visit www.starwarsidentities.com.

You don't need a high metachlorian count to save a few bucks, just your student ID.





R City expo a monster hit

By MIKE JONES **Assistant Entertainment Editor**

Organizers of the first annual Edmonton Comic and Entertainment Expo are calling the event a smashing success.

Nearly 14,000 comic book/video game/ anime/science fiction/metal fans converged upon the Edmonton Expo Centre for two great days of exhibitors, autographs and workshops.

Many fans were clad in costumes and took the chance to pose for photographs from both media and casual fans alike. There were team costumes too, the cast of Final Fantasy VII, The Power Rangers, Jabba the Hutt and Slave Leia and an assortment of Storm Troopers.

Billy Dee Williams

One of the weekend's biggest draws was legendary actor Billy Dee Williams, who portrayed Lando Carlissian in both The Empire Strikes Back and Return of the Jedi. Williams took the time to pose for photos and autographs for fans willing to pay the extra surcharge and appeared as composed and awesome as ever at the signing tables.

Another big hit was Lieut. Uhura from the original Star Trek series herself, Nichelle Nichols, who didn't look a day over 70.

Other popular tables included late addition Lee Majors (a.k.a. Steve Austin, The Million Dollar Man), Misha Collins (Supernatural), Charisma Carpenter (Buffy The Vampire Slayer, Angel) and Canadian-born Jewel Staite (Firefly, Serenity).

The first annual Expo suffered a small setback one week before the show when it was announced that original Batman/Family Guy voice actor Adam West had injured his back in a climbing accident and was unable to attend.

His counterpart Burt Ward (who portrayed Robin) still made the show and brought along original Catwoman Julie Newmar. Fans could pay for individual photo-ops or could pair up with the Batmobile!

Several guests preferred to stay at their own

tables and greet guests at no extra fee including Fubar star Dave Lawrence and former GWAR members Casey Orr and Chuck Varga.

Several artists of varying fame also manned their own tables and sold prints and autographed editions of their comics, books and graphic novels.

Edmonton based video game design company Bioware was on site with various designers, developers and voice actors on site throughout the weekend to chat with fans and sign copies of games.

Mark Meer, who is just as well known locally for his work in the Edmonton Improv Scene as he is the voice of Commander Shepard (the male version) in the Mass Effect series was one of the top draws at that table.

Another big part of the Expo was the workshops. Included in the price of regular admission, these featured celebrities talking about their careers and opening up for questions from the audience.

Batman panel

Some were obvious draws such as the Batman panel hosted by Ward and Newmar or the spotlight on Charisma Carpenter.

Others were more niche, including a History of GWAR panel hosted by Orr and Varga which Orr was very excited to be a part of.

"Chuck was in on the super early days (of GWAR). Then I came in later so we both have different aspects we can discuss as well as common ground from our time together," Orr said.

If none of the 30-plus workshops struck your fancy, there was still plenty of exhibitors around the Expo selling toys, comics and collectibles.

Some held sales or bargain bins while some brought out prized collectibles, hoping to find future owners willing to shell out.

One exhibitor had the very first issue of Spider-Man for sale. The price tag ... a mere

Organizers have already announced dates



Photo by Chad Steeves

Spy vs. Spy

for the second annual expo. Sept. 28 and 29, 2013 but first will be focusing on the Calgary Expo in April.

Already announced for the Calgary show your \$4,500 Spider-Man issue.

are Marvel guru Stan Lee and Stargate star Michael Shanks.

Who knows? Maybe Stan Lee will sign

How To ... Photo is next up

Jonathan Bilodeau

By JOE RANGER

Over the past two months, NAIT's Students' Association (NAITSA) has engaged students with a variety of free "How To ..." seminars, including ones on skating, scuba, mixology, diet and stress.

NAITSA will be assisting amateur shutterbugs with a free How To ... course on photography - specifically digital photography - in classroom E-225 on Monday, Nov. 5 and Tuesday, Nov. 6 between 5 and

"NAITSA will be hiring a professional photographer to teach the course," said Jonathan Bilodeau, NAITSA Vice-President, Student Services. "We are still in the booking process ... but know that it will be someone of top quality."

Hot on the heels of other successful How Tos ..., this event is expected to fill up fast.

"The cost is free for students, however there will be limited space, so if someone is interested, they should make sure they sign up in advance," said Bilodeau.

Participants can expect to learn useful tid-

bits about photo composition, lighting, shutter speed, aperture and F-stops.

According to Bilodeau, the seminar is split into two days in order for students to learn basic techniques (using their own camera equipment), attempt them, then come back the next day to improve on those earlier techniques and get another chance to take some amazing

Participants must provide their own digital camera equipment - no film cameras are welcome in this environment.

"In today's society, film cameras are rarely used by the general public," explained

"With the requirement that participants bring their own equipment we thought it better to offer learning on cameras that will be seen in class. This means we will be teaching students how to use their own digital cameras properly, whether it is a DSLR (digital single lens reflex) or point-and-shoot."

He added that if a student does possess a film camera they would like to learn how to use, this workshop will give them access to a professional photographer who they could contact with further questions.

NAITSA's How To ... series is open to whoever would like to participate, however preference for the 30 available slots will be given to

Sign up at naitsa.ca, have some fun, meet some new friends, and learn how to take better pictures!

When: Part 1: Monday, Nov. 5, 5-7 p.m.; Part 2: Tuesday, Nov. 6, 5-7 p.m.

Where: Classroom E-225

Cost: Free

Need: Digital camera

Previous How To ... seminars:

Mixology

Scuba

Eat Well (on a budget)

Deal with Stress

Skate (running Nov. 7, 14, 21, 28)

Future How To ... seminars:

Balance (your life)

Ski/Snowboard (tentatively scheduled for

Paranormal Activity 4 out-of-body bummer

ENTERTAINMENT

By CODY MALBEUF

When you walk into a movie with a four or higher number in it, you can assume you're not getting a high quality film. I realized this after a certain movie franchise became neither "fast" nor "furious" after the first movie, but refused to die and just kept making movies.

Paranormal Activity 4 makes this rule seem even more true. I will not go into great depth about the plot for two reasons. One, I don't want to spoil it for someone who may still have the desire to watch the movie even after reading this, and two, because I have no idea what the plot was.

For those unaware of the Paranormal Activity series, they are horror films set around a haunted house that troubles a family.

Each film uses hand-held "found foot-

age" and as a result has helped to re-popularize that genre that hadn't been popular since The Blair Witch Project.

While the camera work isn't quite as nauseating as *Blair Witch*, the plot certainly is. I shouldn't criticize something I do not understand and the plot of Paranormal Activity 4 fits right into that category.

But even after watching the film, I had no knowledge of who the characters even were. One child was apparently Hunter, the boy from the previous movies who was kidnapped by demons. There are two children and a ghost child, none of whom are ever identified conclusively as Hunter.

The appeal of a movie like this is to scare you. While I don't fully understand the thrill of intentional fear, I am totally lost about the thrill of watching day-to-day

household activities and the relationship of a 14-year-old girl (Kathryn Newton).

Unfortunately, that takes up 90 per cent of the movie's length. Between doors opening when they're not supposed to and lights flickering, there is a large amount of

I felt no sympathy for the characters, mainly because of the father. He had all the evidence that ghostly activity was happening in his house and he did nothing.

When a knife fell from the ceiling and nearly stabbed him, he just shook it off like it was nothing.

A normal person would panic if any person tried to stab them. When a ghost tries to do it, you should be downright

When that kind of evidence dances in front of a person's face and they respond by doing nothing, it's a sign that natural selection would have taken him out at some

Also, the evil child wore socks with sandals. If that isn't the mark of the devil I don't know what is.

To summarize, Paranormal Activity 4 was a train wreck of bad plot points and zero action. It will likely still gross millions but if I had to pay in order to get in I would have asked for my money back.

Fortunately, a friend won the passes, yet I still feel like I deserve monetary compensation. No need to get greedy, I suppose.

This series isn't going to go away anytime soon. There are at least two more films scheduled to be released over the



CROSSWORD

1-Songwriters' org.

6-Male deer

10-Quantity of paper

14-Singer Bryson

15-From the U.S.

16-Wight or Man

17-Chilean pianist Claudio

18-Fill with cargo

19-Lots and lots

20-Child's toy

22-Unnecessary

24-Quattro minus uno

26-Declares

27-Guarantees

31–Wedding words

32-Actress Spacek

33-Teatime treat

36-Menu words

39-Neighbor of Sask.

40-Existence

41-Numbered rds.

42-Battleship letters

43-White-and-black bearlike mammal

44-Hit the road

45-"You've got mail" co.

48-Feeling cold

51-Outer edge

52-Jail

54-Kind of gland

59-Gangster's gal

60-Related by blood

62-Trunk

63-Shoppe sign word

64-Untidy condition

65-Enthusiastic 66-Flat sound

67-Zeno's home

68-Loincloth worn by Hindu men

Down

1-1-On with

2–Antitoxins

3-Wagon

4-Blind as

5-Domesticated fowl collec-

tively

6-Gal of song

7-Counterfeiter catcher

8-Yellow-fever mosquito 9-Salutation

10-Theater district

11-First name in cosmetics

12-At ___ for words

13-Department store department

21-Before, once

23-Florida's Miami-County

25-City on the Ruhr

27-Son of Isaac and Rebekah

28-Guitarist Lofgren

29–Fast fliers

30-Born in the _

34-EI

35-Broadcasting

36-Rat-

37-First name in jeans 38-Just ___!

40-Baseball

41-Stutz contemporary

43-Tent stick

44-Confined

45-Bridal paths

47-Immerse

48-Loses heat

49-Grasps

50-Country bumpkin

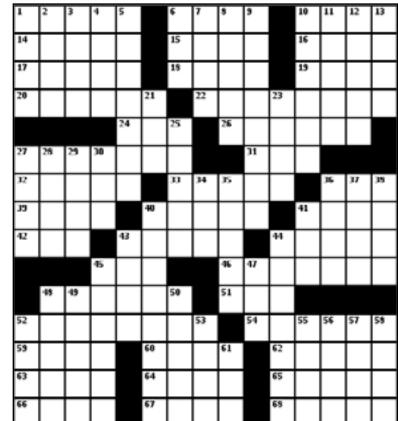
52-Med. care providers

53-Learned

55-Ark builder

56-Thus

57-I'd hate to break up _



58-Actress Petty 61-Hush-hush org.

Puzzles provided by BestCrosswords.com (http://www.bestcrosswords.com). Used with permission. SOLUTION Page 21

Wouldn't change a single thing



By JOSHUA YAWORSKI

I lower the needle and am transported to somewhere I've never been. It is a land of fiery intensity, furious honesty and clinical brilliance.

My room is awash with scorching riffs and decadent vocals. The static pop of my Canadian Tire phonograph is the perfect accompaniment to this sometimes soul, sometimes blues, sometimes rap, sometimes rock, but

always exceptional, album.

Blak and Blu is Gary Clark Jr.'s first major label release but you'd never believe it listening. The tracks all feel crisp and polished, the lyrics pop with life and the music is a study in excellence.

Gary shows remarkable depth as an artist throughout, blazing out Clapton-esque

riffs on one track only to flip into earnest and believable rap on the next and then even crooning in others.

Each track seems to have a life and story of its own, and yet none seem out of place when set together in an album. Musical cohesion seems impossible - these songs shouldn't fit beside each other so smoothly,

and yet they do.

My theory as to why the tracks work so well together is simple. This is not just any old album. This is, instead, a reflective look at our musical epoch, actively seeking out instances where the power of blues guitar made and changed out music.

It is a sprawling look at where our music comes from and where it's going. It's a respectful considera-

> tion of the major musical sounds of recent history, and a hopeful look ahead.

This is an album that belongs in any music lover's library as an icon for what we have and what we've lost.

I listen to this album and hear Al Green, Jimmy

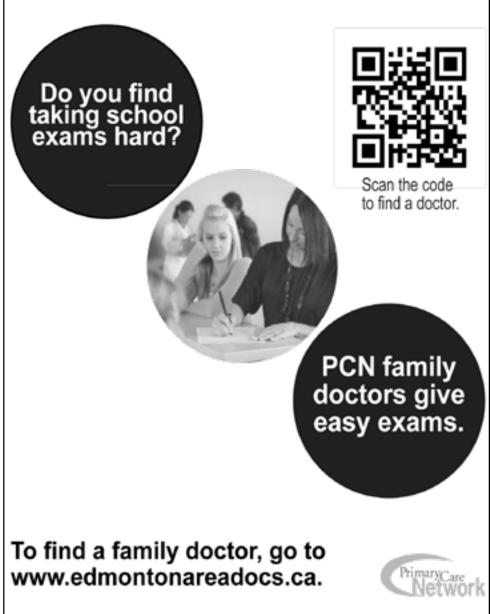
Hendrix, Sammy Davis Jr., Santana, Marvin Gaye, Mos Def, Muddy Waters and the Black Keys together in a roaring

Gary Clark Jr.

This is one of the only albums I've ever heard that I wouldn't change in







The Nugget **ENTERTAINMENT** Thursday, November 1, 2012





JOE RANGER

Is it important to have a second language, and why?



"Yes. It helps people to communicate throughout Canada. My first language is French, however, I communicate in English."



"We need to know one other language – be it Chinese, Russian or French. Most people can understand French, it's kind of universal."



"I would say it's very important to have a second language, there are twice as many job opportunities."



"I find having a second language is fairly important – you understand more people than just yourself. In our field (Respiratory Therapy), it's huge. It helps us to understand how that person is feeling, rather than how we think they're feeling."

Cameron Wood Respiratory Therapy



"It's really important to have a second language. It helps you to study abroad, and to learn about different cultures and traditions. Canada is a multicultural country and it'll help you connect with others."

Alfaye Pasco Business

Bahati Murega Academic Upgrading Hayley Sutton Power Engineering

Amy Veltman Medical Transcription

GAME REVIEW

Fun and games with Harry Potter

By SARAH STILWELL

Harry Potter Scene It? is surprisingly a lot of fun for both Harry Potter fans and non-fans alike. For this week's games night, five fans and five people who are clueless to the Harry Potter universe got together and hosted one of their loudest games night to date.

As per normal Scene It, the same categories exist with a little bit of a Harry Potter twist on them. All Plays and My Plays remain the same, either all of the players or just the roller watch a clip from one of the first four movies and answer questions based on the clips they just watched

The card questions are where the game begins to differ from regular Scene It. The questions surround the Harry Potter universe, the charms, spells and the actors who appear in the movies.

Muggles, the category about the actors who appear in the films, are just as challenging for Harry Potter fans as they are for people who know nothing about the franchise. For most categories in the game, knowledge is not necessary but an asset.

We played the older version of *Harry Potter Scene It*? that only has questions and film clips from the first four films.

Most varieties of Scene It make it possible for everybody to answer questions, such as All Plays or My Plays that have you connect the images together to make a name of a character, movie name or prop used in the films.

Those ones are my favourites because of everybody yelling random words over each other. They usually ended up with two or more screaming out the exact same correct answer.

Those instances usually ended up with tie-breakers or with one person forfeiting to the other player because they still feel guilty from sabotaging their last turn.

"House Points" cards add variety to the game as well, allowing you to sabotage other people or sometimes yourself. They are the cards that make you move back or ahead a few spaces but because



thriftaway.wordpress.com

we're in the Harry Potter universe it's obviously much cooler than

Instead of "moving back two spaces," you use floo powder incorrectly and end up in Knockturn Alley and have to move back

One last piece of advice, don't say "Dumbledore!" for every answer. You will not win. Everybody will know that you are actually a muggle (non-magic folk).



TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Bullies and cyber bullying



Bullying is often considered a "kids will be kids" problem. However, bullying has become a pervasive and serious form of harassment in many schools. Approximately one in 10 children have bullied others and as many as 25 per cent of children in Grades 4 to 6 have been bullied. A 2004 study published in the medical *Journal of Pediatrics* found that about one in seven Canadian children aged 11 to 16 are victims of bullying. Studies have found bullying occurs once every seven minutes on the playground and once every 25 minutes in the classroom.

In the majority of cases, bullying stops within 10 seconds when peers either intervene or do not support the bullying behaviour.

Profile on bullies

The following are traits common to bullies:

- They are concerned with their own pleasure rather than thinking about anyone else.
 - They want power.
- They are willing to use other people to get what they want.
 - They feel hurt inside.
- They find it difficult to see things from someone else's perspective.

Cyber bullying

"Cyber bullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones.

It has to have a minor on both sides, or at least have been instigated by a minor against another minor. Once adults become involved, it is plain and simple cyber-harassment or cyber-stalking.

There are two kinds of cyber bullying:

- 1. Direct attacks: messages sent to your kids directly
- 2. Cyber bullying by proxy: using others to help cyber bully the victim, either with or without the accomplice's knowledge.

Because cyber bullying by proxy often gets adults involved in the harassment, it is much more dangerous.

Direct attacks

- Instant Messaging / Text Messaging Harassment
 - Stealing passwords
 - Blogs and websites
- Sending pictures through e-mail and cellphones
 - Internet polling
 - Interactive gaming
- Sending malicious code, porn and other junk e-mail and IMs
 - •Impersonation

Cyber bullying by proxy

Cyber bullying by proxy is when a cyber bully gets someone else to do their dirty work. Most of the time they are unwitting accomplices and don't know that they are being used by the cyber bully. This is the most dangerous kind of cyber bullying because it often gets adults involved in the harassment and people who don't know they are dealing with a kid or someone they know.

Why cyber bully?

When it comes to cyber bullying, they are often motivated by anger, revenge or frustration. Sometimes they do it for entertainment or because they are bored and have too much time on their hands and too many tech toys available

to them. Many do it for laughs or to get a reaction. Some do it by accident, and either send a message to the wrong recipient or didn't think before they did something. The Power-hungry do it to torment others and for their ego.

Revenge of the nerd may start out defending themselves from traditional bullying only to find that they enjoy being the tough guy or gal. Mean girls do it to help bolster or remind people of their own social standing. And some think they are righting wrong and standing up for others.

Warning signs

You and your children should pay close attention to the behaviour of their acquaintances.

In *Protecting the Gift*, security expert Gavin de Becker listed the following pre-incident indicators of violence by schoolboys: alcohol and drug abuse, access to guns, addiction to media products, aimlessness, fascination with violence and weapons, chronically sullen, angry, depressed; seeking status through bravado about violence; threats of violence (or suicide); rejection, humiliation and media provocation ("copycatting" violent news headlines).

In extreme cases, bullying can lead to a victim's suicide or a retaliatory shooting rampage (as in the Columbine massacre).

The warning signs include:

- Threats to bring a weapon to school
- Talk about retaliation or a copycat crime
- Overhearing or seeing a "hit list" at school or online
 - Troubling essays or other disturbing writing
- Closing out the windows, instant messages, or e-mail while online when you walk in.
- Child seems upset after being online or talking/texting on their cellphone
- Friends no longer come over or vice versa and your child no longer takes pleasure in activities that they formerly did.
- Child's grades have gone down and/or your child avoids going to school.
- Child has problems with sleeping, overly moody, crying easily, seems depressed, or has lost interest in eating.
- Child had more than the usual stomach aches and headaches
- Child has begun to avoid being online or seems nervous when receiving a test message
- Child notices that he or she is being gossiped about online, or that others are using "code words" in place of his or her name
- Strangers have opened Facebook or other social-media accounts in your child's name

Tips for dealing with bullies

- Teach your children to be assertive rather than aggressive or violent when confronted by a bully. Instruct them to walk away and get help from an adult in more dangerous situations. Practice various responses with your children through role-playing.
- Keep communication lines open with your children. Encourage your children to share information about school and school-related activities.
- If your child is a victim of bullying at school, inform school officials immediately. Keep your own written records of the names, dates, times, and circumstances of bullying incidents. Submit a copy of this report to the school principal.
 - Stress to your child the importance of

telling you or another trusted adult about any threatening or inappropriate e-mail, images and websites. Report these immediately to the Police and your Internet Service Provider.

- Pay attention to the symptoms that may indicate your child is being bullied and respond to your children's concerns and fears with patience, love, and support.
- Remind children that online friends may not always be what they seem.
- Explain the importance of NEVER giving out personal information online: including full name, address, phone number, or name / location of school. Youngsters who want to enter a contest or register to enter a new site should always get a parent's permission first and make sure the offer is legitimate.
- When filling out a service provider profile or choosing a screen name, children should take care not to identify themselves as a child or offer any insight into their personal life.
- Warn children not to send digital or scanned photographs or other images of themselves to online friends.
- Be alert for articles and television news stories concerning Internet crime. Discuss these cases with your youngster to reinforce that precautions must be taken while online.
- Familiarize yourself with the Internet, e-mail and chat rooms and know how they work.
- Supervise youngsters online, much as you monitor what they watch on television or video.
- Situate computers in high visibility areas of your home the kitchen or family room and view the screen at regular intervals.
- Limit use of webcams to when and where you can closely monitor how they are being used.
 - Be alert to the use of secretive Internet Services Community Involvements.

chat/texting acronyms.

• Equip your computer(s) with filtering software for restricting children's access to inappropriate areas of the Internet. Be sure to read the software manual and pick a unique password, as kids of all ages pride themselves on being able to bypass these controls!

The best way to safeguard your children from becoming a victim of a bully is to teach them how to be assertive. Encourage your children to express their feelings clearly and say no when they feel pressured or uncomfortable. Encourage them to stand up for themselves verbally without fighting and to walk away in more dangerous situations.

No one asks to be bullied, and no one deserves 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 eligible for a reward of up to \$2,000. Please visit www.nait.ca/security for more information

Everybody benefits, except the criminal. For more tips and information, visit www. nait.ca/security.

Charity drives

Please help us support some of these worthwhile causes this year:

- Movember
- Christmas Bureau
- Edmonton Food Bank
- Santas Anonymous

Please visit our website www.nait.ca/security for more information. Click on Protective Services – Community Involvements.

CROSSWORD SOLUTION

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NUGGET PRESENTS:



River City rocks in November

By MIKE MacMULLIN

Edmonton is preparing itself for "one wild ride." Starting Nov. 2, River City Roundup is back!

This is the second year the event is run by Northlands and several other partners, including the City of Edmonton, the Government of Alberta, Heritage Canada and the Edmonton Arts Council.

"River City Roundup is the umbrella festival for CFR (Canadian Finals Rodeo) and Farm Fair ... and we have many events that fall under that umbrella, said spokesperson Tamara Fahlman. "It's a 10-day festival that spans the City of Edmonton where we celebrate agriculture and Edmonton's Western heritage."

Whether you're a country kid or a city slicker, you don't want to miss out on the fun, games, food and live music that River City Roundup has in store for you.

Shane Chisholm

The kickoff takes place tomorrow (Friday) and Saturday, Nov 3, in the heart of downtown Edmonton, Sir Winston Churchill Square.

Tomorrow's TGIF on the Square will include live entertainment such as local country artist Shane Chisholm, a three-time CCMA winner who has been nominated again this year.

There's also going to be a beer gardens and food trucks, and everything is going on from 4:30-9:30 p.m. The 22 annual Chili Cook Off will be taking place from 11:30-1:30 p.m., demonstrating just how hot Edmonton chili can get. Over 5,000 bowls will be served, at only two bucks a pop.

Saturday's kickoff will be packed full of all kinds of family fun throughout the Square and City Hall. The City Market Downtown starts at 10 a.m., and all the activities on the Square start at 11 a.m.

Command Sisters

You also won't want to miss bands like the Command Sisters at 3:40 p.m., Livvy Jeanne at 4:30, and George Canyon as he takes the stage at 5:30 p.m., followed by an always spectacular display of fireworks.

Canyon himself says in the River City Roundup video that it's going to be "one wild ride," so you'd better listen!

This is a great event to take anyone from your six-year-old son to your 85-year-old grandmother – everyone is going to get something out of it.

As Fahlman explains, River City Roundup is also a great place to learn about our Western heritage. "It's mostly about education, and we're calling it edutainment. For example, on the Square, we'll have what's called a barnyard on the square and we'll have some animals that a local family raises and they'll be on the square for people to come up and ask any question anybody might have about the animals that they are raising."

An Aboriginal and First Nations interactive exhibit called Traditional Harvest will be taking place as well, showing traditional ways of silver smithing, making bannock and will have multiple opportunities for people to interact with them and learn something new.

Fahlman says that the kickoff on Saturday is going to be one of those "need to be there" events, because it's going to be tons of fun

"Whether you're a family in the cowpoke corral or you're at the beer gardens, or the entertainment on the main stage ... That's something to see, the whole square just transforms the entire thing."

You don't have to worry too much about the cold weather, either, because there will be fire pits lit up around the Square so that people can warm up, as well as "warm-up" tents and hot beverages.

Some other activities include free hay rides, as well as the many artists and entertainers on the stage all day long.

One thing you may notice is the number of people who will be wearing jeans throughout River City Roundup. Some of them will be dressed that way because of the norm, while others will be because of United Way's Be Seen in Jeans campaign.

"Northlands is a part of the Be Seen In Jeans program, and employees here pay \$10 for a button, and that gives you the opportunity to wear jeans to work for that week," Fahlman says.

"So basically, it gives you the opportunity to dress cowboy for that week. All of the funds that are collected through that go to the United Way Campaign, so it's a really great charity component on there."

These are just the first two days of River City Roundup and there is a lot more on the way throughout the 10-day spread. If you've never been, or even if you've been a thousand times before, the 39th annual Canadian Finals Rodeo is another one of those "have to be there" events. People come from all around the world to see real cowboys duke it out in the ring on horseback or with a lariat in their hands. It runs Nov. 7-11 and there are over \$1.4 million in prize money to be won. As well, two live performances will be on the dirt, Dean Brody on the Nov. 7 and Chris Young on Nov. 8.

The Miss Rodeo Canada 2013 competition will be taking place the whole week before the CFR and the winner will be crowned at the CFR in front of thousands of people on Nov. 10.

I encourage you to show your support to your national heritage and hop on board, because this will be one wild ride indeed. For more information, go to www.rivercityroundup.com.



NOVEMBER CONCERTS

Big shows are coming to town By LYNDSAY COWAN

It's tough to follow up October with headliners like Justin Bieber, but the concert scene isn't slowing down in November!

Fans of all, genres will see big shows, starting off with rap. Wiz Khalifa is kicking off the month with his 2050 tour, featuring the rest of the Taylor Gang group, at the Shaw Conference Centre on Sunday.

His fans can look forward to a preview of his new album, O.N.I.F.C., set to release on Dec. 4.

Sunday also brings a unique concert experience with Video Games Live at the Jubilee.

The tour was created by the gaming industry to combine orchestras, choirs, and lighting, bringing the best video game

The Jubilee is set for a few shows in coming weeks. Alice Cooper headlines his Raise the Dead tour on Nov. 14 and Canadian singer-songwriter Colin James takes the stage on Nov. 15.

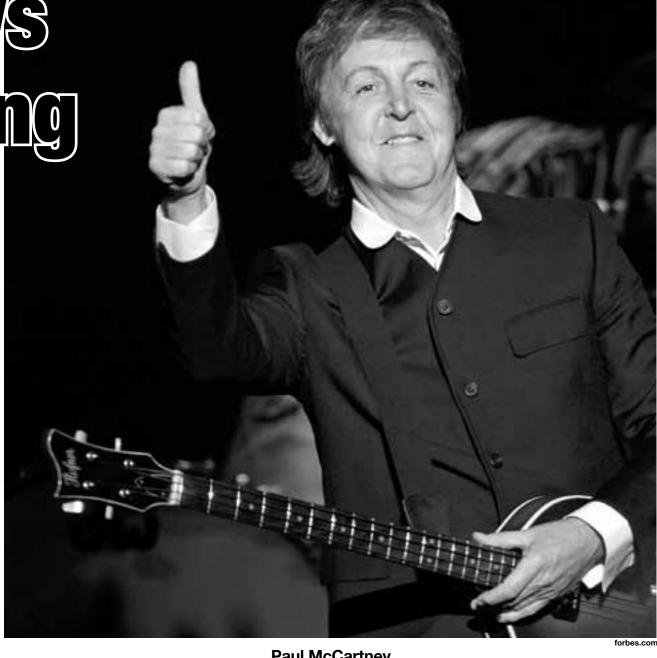
An interesting show is on its way to the Myer Horowitz Theatre, as Australian musician Xavier Rudd returns to Edmonton.

He's a modern one-man band and you can expect to see a confusing array of instruments on stage. Rudd is known for his ritualistic barefoot performance, including drums, banjos, harmonicas and the Australian didgeridoo. This is hands down the most unique concert of the month.

If you're looking for mosh pits, the Edmonton Events Centre is looking like your spot this month.

The cult-following of GWAR will take over on Nov. 14 for a messy night of heavy metal. Hopefully crews will be able to clean up all the fake blood by Nov. 16, when The Monster Energy Outbreak Tour takes over.

It features the UK group Asking Alexandria, who've kickstarted their career with gigs opening for groups like Guns N' Roses and Avenged Sevenfold. Other groups on the Monster tour



Paul McCartney

include As I Lay Dying and Atilla.

Then, we move on to the always busy Rexall Place, bringing some of the biggest names in music. Modern rock fans will see the Canadian group Metric on Nov 15, with special guest Stars. Then the Red Hot Chili Peppers will play back-to-back nights on Nov. 21 and 22, with the Rebirth Brass Band opening.

Rexall then ends the month with a weekend to remember.

Friday, Nov. 27 brings classics from Journey, Loverboy and Night Ranger. Then lifelong Beatles fans will take over for the rest of the weekend, with Sir Paul McCartney headlining one of the most anticipated shows of the year.

Fans have waited 50 years as McCartney has never brought his iconic music to Edmonton. He plays both Nov. 28 and 29 at

Managing procrastination



MARGARET MAREAN NAIT Student Counselling

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

Here are some tips to deal with

- Never label yourself as a procrastinator. Giving yourself the procrastinator label just reinforces procrastination.
- Get into a routine of studying and doing homework at the same time each day.
- Make a daily to-do list and prioritize the items on the list.
- Always work on your most important tasks first.
- Define clear goals Make sure your expectations are reasonable.
- Recognize how you procrastinate (watching TV, talking, texting, phone calls) and use these as rewards. Don't let yourself do other activities until you have completed the work
- If you are feeling overwhelmed break tasks down into small chunks and work on one
- If you feel really unmotivated use the five-minute method. Commit to doing something on the project or studying for five min-

utes; when the five minutes are up decide if you are going to continue for another five minutes. (You almost always will because the hard part is getting started!)

- Be aware of making excuses. Challenge faulty reasoning every time and get right back on task.
- Do not reward yourself for procrastinating. Every time you do another activity such as watching television, visiting with friends or washing your car instead of working on your goal you are rewarding yourself for procrastinating.
- Get enough rest. Fatigue is one of the biggest contributors to

- Take action now!! Never put off important tasks until tomorrow, even if it means just doing a small portion of the task.
- Self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety can be at the root of procrastination. See a counsellor for these, or any other, personal or academic concerns. Don't put it off!

Student Counselling is located in Room W-111PB in the HP Centre. To book an appointment come in person or call 780-378. 6133. Student Counselling is open to any registered NAIT student. Our office hours are 8-4:30 Monday to Friday.

Social Anxiety: The Fear Factor

Do you experience high anxiety in social situations?

Are you extremely shy or self-conscious when you have to speak to people?

If so, consider participating in our

four-week social anxiety group, running Tuesdays from 12:15 p.m. to 1:05 p.m. from Oct. 16 to Nov. 6.

To pre-register for the group, contact Margaret or David at NAIT Student Counselling, 780-378-6133.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Nov. 1-Nov. 7

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

Scorpio (Oct. 23-Nov. 21)

"The Early Bird Gets the Worm." This is your motto this week. Be productive in the early hours of your day for a great

Sagittarius (Nov. 22-Dec. 21)

Ugly star alignment is calling for an accident. Not life changing, but expect a trial at work or school this week.

Capricorn (Dec. 22-Jan. 19)

It's time to act now! You have an opportunity in your grasp that you've been ignoring. Go ahead and take it, because it won't be around much longer.

Aquarius (Jan. 20-Feb. 18)

Not much happening with Aquarius. It's going to be a mild week, many would call it lame. Get your stuff done but don't expect anything memorable.

Pisces (Feb. 19-March 20)

Stop being superficial. You're caring too much about your looks but ignoring your relationships. Family and friends come first, not your makeup. Make the necessary change this week!

Aries (March 21-April 19)

A penny saved is a penny earned. Look for easy ways to save a few bucks this week. You need to look at your budget more carefully this week. Safer finances are key.

Taurus (April 20-May 20)

Time to make a significant change. This might require quitting your job or letting someone in your life go. It's tough but it's time to free yourself.

Gemini (May 21-June 21

Make lists this week, Gemini. There are certain things you need to remember and lately you've been ments are advised. very forgetful.

Cancer (June 22-July 22)

Yikes, might be time for an early hibernation. This isn't going to be a good week and unfortunately it's not in your control. You can be prepared but it's going to be ugly.

Leo (July 23-Aug. 22)

Good things are coming. Expect a financial boost this week. How you deal with it is up to you. Savings and invest-

Virgo (Aug. 23-Sept. 22)

Kick your feet up this week. Take an extra day off work and find time to relax, you've earned it. Reflect on your success up to this point and don't worry about the future.

Libra (Sept. 23-Oct. 22)

Yikes, tough week coming up. You'll have a strain on a relationship that is very important to you. Keep calm and try to get through it with a level head.

Who ya gonna cal

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

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 – Contact Matt Bell; 780-471-8617; Room E-131; or e-mail matthew.bell@nait.ca

Scholarships, 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 loans, grants - Financial Aid Office, 780-491-3056, Room O-111. **Tutoring –** The Tutor Centre in Room A-133 (main campus) offers free assistance with math, physics and chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday.



CODY MALBEUF AKA Dr. CONwisDOM

Dear Dr. CONwisDOM:

Lown a dog but soon I'm going to have to move out of my parent's house. I'll have to move into an apartment but then I'd have to give my dog away. How do I deal with having to give up my dog?

> Sincerely, Old Yeller before the whole "Rabies" thing

Dear Old Yeller before the whole "Rabies" thing:

Have you ever heard someone over 25 give a really cool reason for why they still live at home? Sure it flies when the person says

they're in school or mom will start microwaving cats if you move, but it's still awkward when you try to bring a girl home. Because you can't stand to leave your dog is not going to work well with the ladies, except the crazy ones, and sleeping with them is like playing tennis with the net down. Just trust that your parents aren't going to start terrorizing your dog as soon as you leave the nest.

Dear Dr. CONwisDOM:

I got invited to the birthday party of one of my old high school friends. I really didn't want to go so I faked sick, but then I felt guilty and invited him to come party with my college buddies. How do I keep my college friends from finding out how dumb I was in high school with this guy coming for a party with us?

> Sincerely, Used to fight teachers, now fighting embarrassment

Dear Used to fight teachers, now fighting embarrassment:

You're a college student. As much as you feel like you've grown up, your eyes still light up when you hear "Hey let's go shotgun some beers." You have not grown up as much as you think. Your college friends know how stupid

you are now, and they embraced that stupidity. Just because the girls in the high school stories weren't fully developed, doesn't mean you were being any dumber than here at NAIT.

Dear Dr.CONwisDOM:

I just started putting in hair gel for the first time in my life. I hate decorating myself up, but all my friends say they like how it looks. Do I stay true to myself and keep my crappy looking but low maintenance haircut? Or do I just suck it up and gel it?

Sincerely, Too lazy to be a pretty boy

Dear Too lazy to be a pretty boy:

Just remember what every after school special told you as a kid "Always be yourself." Now also keep in mind that the makers of those shows have never seen a naked woman except online. It's not important what you think of yourself, you don't have to look at the haircut all day. Just put on the goop on days when you think you could bump into a girl who is both shallow and easy. If it works just once, it'll be worth your integrity and waking up five minutes earlier.

Dear Dr. CONwisDOM:

I am working on selling stuff at my store but the Halloween stuff just isn't moving anymore. I need another holiday to make some extra cash but there are no commercial holidays for a while. I've been planning to sell Christmas stuff instead. Do you think this is a good idea?

Sincerely, I wish I'd spent more time at the

Dear I wish I'd spent more time at the office:

I don't normally give business advice. The \$13 in my savings account never gave me enough confidence to advise people on finance, but I know not to get greedy. You just had a holiday that used candy, family values and women dressed in skimpy clothing all in a single day. You had to have made money off of that. Give Frosty and Santa a month off before you start barking up that tree.

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



Matt Inglis, 20 **Television**

What's your ideal date? - Anything involving Ryan Gosling.

What's your type? - Short girls and brunettes. I like a girl who likes to dress up and look good.

What are some of your "deal-breakers"? - Girls with no confidence.

What was your worst date? - My first real date. We went and saw The Last Song and it was just awful.

How would you describe your personality? - Outgoing, seductive, extreme and curious. Enough adjectives for you?

What are some of your hobbies? – Sports and Internet kittens.

Boxers or briefs? – Silk boxers or Armani boxer-briefs.

If you could fly anywhere, where would you go? - Fiji, because it looks

Stay in or go out? - Both. I like to go out and have fun but nothing beats a movie night with the right girl.

What's your sign? - Taurus.

What should the girls of NAIT know about you? - I'm just the right amount of sensitive.

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

Bacon downer CAMPUS FOOD REVIEW

By MIKE JONES

Ah, another classic case of the Mondays. After working all weekend, I celebrated on Sunday by jamming in seeing the Edmonton Expo, a staff party and checking out Reel Big Fish in concert.

I was tired when the alarm went off much too soon at 6 a.m. I lazily jumped in the shower and just stood there for a second, allowing the pulsating jets to wake me from my slumber.

The sun was not yet up when I left for my commute to NAIT (albeit a brief one). I was finally awake after I powered through a 90-minute shift at NAIT's campus radio station, NR92.

I made the trek to get some food with a friend. This friend was not satisfied with Fresh Express coffee on this day, so we ended up making the walk down to Starbucks and the Common Market.

We arrived shortly after breakfast was being served which was unfortunate so instead I ordered the bacon cheeseburger with a side of poutine. Yeah, I'm healthy like that.

I've had this burger before and although it is not the greatest I have ever had, it certainly is adequate for that midday energy boost (there were plenty more classes and meetings to come).

The burger looked fine and the poutine had a decent gravy-to-fry ratio (which is a very difficult

The disappointment came when I went up to the till. I was informed that I was being charged for extra bacon.

I had not asked for anything extra and was perturbed. Upon asking the cashier why, she explained I had three pieces of bacon instead of two.

I told her it was a mistake and that I had not asked for extra bacon. I was informed that there was no possible way they could have made a mistake and that they would only give me extra bacon if I had specifically requested it. She would not let me throw out the extra piece of bacon.

I don't even like bacon that much, but the \$1.50 extra charge, while insignificant in the long run certainly put a damper on the rest of my day.

On further inspection, the third piece of bacon measured about an inch in length. I know there's supposed to be a bacon shortage but that is ridiculous.

The burger was cooked well and the poutine was adequate but I will be counting the amount of bacon on my burger and I recommend you do, too.

Easy Pad Thai

RECIPE

By NICOLE MURPHY

I love Pad Thai so I decided to be adventurous and try to make it at home!

I found recipes on the Internet that were easy to follow but I did not have some of the ingredients usually found in Pad Thai sauce, such as tamarind paste.

So I just Googled "Pad Thai sauce without tamarind" and found this gem.

About.com is a good place to start because people write reviews for quick reference. Pad Thai is very different than anything I have made before. Trying to learn new things can be scary, but step outside your comfort zone. Have fun and you may be pleasantly surprised.

Scrambling the egg into the Pad Thai was easier than I thought. I also added prawns, which tasted great and provided another texture. I also would double the sauce recipe, but I like lots of flavour.

Ingredients:

9 oz./250 g. pad Thai rice noodles 3/4 lb./1/3 kg. boneless chicken thigh or

breast, cut into small pieces or strips

- 11/2 Tbsp. soy sauce
- 4 cloves garlic, minced
- 1 fresh red or green chili, sliced
- 1 thumb-size piece galangal or ginger,
- 4 green onions, sliced
- 1 egg
- 2-3 cups bean sprouts

1/3 cup dry-roasted unsalted peanuts or cashews, ground or roughly chopped

- 1 fresh lime, sliced into wedges
- 2 Tbsp. vegetable oil

Pad Thai sauce:

1/3 cup chicken stock

3 Tbsp. rice vinegar or white vinegar

1 Tbsp. lime juice

3-4 Tbsp. brown sugar

2 Tbsp. fish sauce

1 Tbsp. soy sauce 1/2 tsp. white pepper

Combine sauce ingredients in a cup, stirring well to dissolve sugar. Note that this sauce needs to taste sweet first, followed by sour and then salty to create good Pad Thai. Set aside.

toss with 11/2 Tbsp. soy sauce. Set aside.

Place prepared chicken in a bowl and

Bring a large pot of water to boil. Add rice noodles and switch off heat. Allow noodles to soak approximately six minutes or until soft enough to bend easily, but still firm (this is the key to good Pad Thai, so be sure not to over-soak or boil the noodles). They will finish cooking later.

Drain and rinse noodles with cold water to keep from sticking. Set aside.

Heat a wok or large frying pan over medium-high heat. Drizzle in the oil and add the garlic, chilli, galangal/ginger, and half of green onion (or just the white parts), reserving rest for later. Stir-fry one minute.

Add chicken and stir-fry until cooked. If pan becomes dry, add 1-2 Tbsp. of sauce, enough to keep ingredients frying nicely.

Push ingredients aside and crack egg in centre of the pan. Stir quickly to scramble, then combine with other ingredients.

Add prepared noodles plus 3-4 Tbsp. of sauce. Using two utensils, lift and turn noodles to stir-fry and combine with other ingredients. Continue, adding more sauce every minute or two until it's all been added and the noodles are chewy-delicious and a little sticky (8-10 minutes). When sauce has been absorbed and noodles are cooked, fold in the bean sprouts (you want them to stay crispy).

Remove from heat and add fish sauce

Top with remaining green onion and squeeze over the lime wedge, then finish with a generous sprinkling of chopped/ ground nuts. For those who like it extra spicy, serve with Thai chili sauce on the side, and enjoy! Serves 3-4

RESTAURANT REVIEW

Dim Sum on the south side

By KEVIN TUONG

The food that best represents 'Chinese' isn't a house pet, nor is it something unrecognizable. It's also most definitely not sweet and sour pork or ginger beef.

The most 'Chinese' food out there is probably ... Dim Sum. But what is Dim Sum, exactly?

It's a lunch time style of Chinese dining that involves ladies pushing carts of hot steaming food around. When they arrive at your table, you pick out what items you want and they'll stamp your bill, which you use to add up your total for when you pay.

No, you don't pick out large dishes of stir-fry beef or chow mein. Instead, there are tiny round bamboo trays that hold anywhere from three to five items of a single food.

Most of them are hors d'oeuvre-sized and can be easily devoured in one or two bites. But there are bigger items such as sticky rice, stuffed rice noodles or even chicken feet and all of this is served with Chinese tea.

Lots of parking

I often get asked "What's the best Dim Sum place in Edmonton?" And quite frankly, I don't have a clear answer. They're all equally "meh" and none of them really stand out.

But this week, I'll be talking about a restaurant called "Beijing Beijing Dim Sum & Seafood" (but I'll be talking strictly about Dim Sum, duh).

Why are there two 'Beijings'? I don't know. But unlike most Chinese restaurants, this place isn't located in Chinatown, it's on the south side between Calgary Trail and Gateway Boulevard near 34 Avenue.

The good thing about this is that Chinatown is very crowded and parking can become a pain to find but, luckily, Beijing Beijing has a gigantic parking lot since it's a part of a large area of shopping and close to other dining establishments.

The interior is pretty nice. It's clean, modern and above the "average" interior of most Chinese restaurants. But like any Chinese restaurant during peak lunch hours, it is freaking loud.

Aside from the very loud conversations, there's also the clanging of glass cups and bowls everywhere and it can drive some people mad. But Dim Sum wouldn't be the same without the madness.

Not much smiling

There's one thing that's very consistent with Chinese restaurants throughout Edmonton and that would be service.

You would think that these ladies pushing the Dim Sum carts around the restaurant would be trying to sell you food and have a bright smile on their face. But rarely do you ever get a worker who is actually smiling. Instead they all look kind of miserable, and the same is true for Beijing Beijing.

So instead, you enjoy the company of the people you're with (which for Dim Sum, is usually large groups).

Dim Sum offers a plethora of different foods such as shrimp dumplings, pork meatballs, stuffed tofu and the list just goes on.

Beijing Beijing ranks pretty well on the



Photo by Kevin Tuong

taste-o-meter. Their flavours are strong and delicious and they tend to cook everything properly. Nothing's overcooked and the food is usually still hot and fresh by the time it reaches your table.

Better yet, by the time the carts get to your table, they actually still have food in them and there's actually a variety!

I later found out why their food actually tasted good – it was the MSG.

Having eaten in most Chinese restaurants in Edmonton, I'm pretty immune to MSG and don't really care about its potential health hazards. So I rarely feel the side effects of MSG (usually headaches, dizziness, nausea, thirst, sleepiness, etc.), but it seems like every time I go to Beijing Beijing, I leave somewhat dizzy and very sleepy.

Therefore my only conclusion is that they use a lot of MSG. That - or my tea is drugged. I'll go with the MSG theory, though.

Cost wise, they sit right in the middle. Dim Sum can cost you a lot if your party is small, or become very affordable if your party is big. It would take a long-winded amount of time to explain this, so just try it and you'll see what I mean.

Overall, although they're one of the better decorated and better tasting Chinese restaurants in this city; however, their seemingly heavy usage of MSG tends to deter me from coming to this place too often.

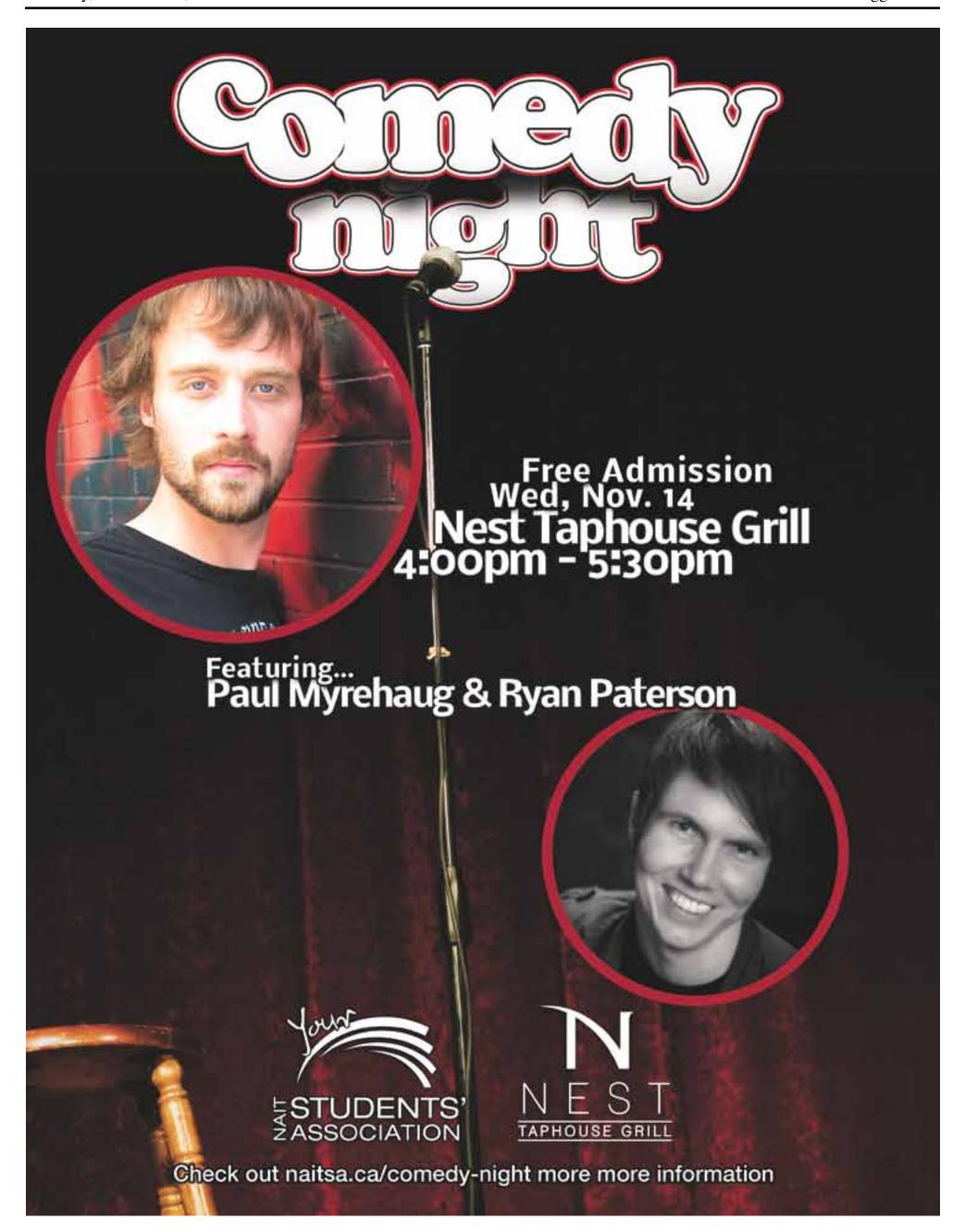
But of course, it's always worth a try! Beijing Beijing Dim Sum and Seafood Restaurant 3803 Calgary Trail www.beijingbeijing.ca 780-430-7720



Har Gao shrimp dumpling









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