

**DON'T FORGET TO VOTE FOR STUDENT SENATORS!**

# THE **NAIT** NUGGET

Thursday, October 11, 2012  
Volume 50, Issue 7



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

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**View the candidates  
running for student  
Senate, pages 12-17**

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Hospitality student Jakub Bandowski gets some air during an intramural dodgeball game at the NAIT gym earlier this month.

Photo by Tyler Frith

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# NEWS & FEATURES

## IKEA LEDing the way



**Connor Cosaro**  
Assistant Issues Editor

The plan is simple. To reduce the carbon footprint of the major furniture store Ikea, the company has decided to convert all their stores to 100 per cent light emitting diode bulbs by 2016. Not only this, but the chain will also only sell home lighting that is LED.

"I am an Ikea shopper on occasion and I noticed right now there isn't much there for LED lights, however this is a plan for the next four years. I don't think they would make a promise like that unless they were serious about it," said Rick Castelein the associate chair of Electrical Engineering Technology.

"It's a very realistic goal, as well. LEDs are expensive but they are practical because they last about 50,000 hours."

**"LEDs are expensive but they are practical because they last about 50,000 hours."**

**— Rick Castelein, associate chair of Electrical Engineering Technology**

To put that into perspective, 60,000 hours is seven years of continuous use. Conventional incandescent bulbs only last about 5,000 hours and fluorescent bulbs about 20,000.

"These LEDs are much more energy efficient, producing 80-120 lumens per watt, whereas halogen bulbs only produce about 20 lumens per watt and fluorescents produce 40-60 lumens per watt," said Castelein.

It is said that LED lights will last approximately five years without having to change them. The price is the only thing that turns people away.

"Why would you buy a \$50 lamp when you could buy a \$10 one and even pay less for the light bulbs?" Castelein said.

"That's the mentality people are going to have towards this, and, in reality, they would probably save money in the end because instead of changing bulbs every four months, with LEDs you only have to worry about them every few years. I think in the end it's a money saver."

Although the environmental and long-term economic gains are tantalizing, there are some down sides with the new LED technology.

"LEDs run on DC current so they need

converters and normally they need to be plugged into a wall socket. Hopefully they can do something about that, too," said Castelein.

As shocking as it may be to hear that you may have to plug in lamps of the future, because LED lighting on a consumer level is relatively new, the entry level costs can be a big deterrent.

"LEDs are expensive right now. However there is already a price drop in outdoor LEDs so I can imagine that Ikea has something up their sleeves to reduce the cost of them, and in reality the more that they sell the cheaper they will get," said Castelein.

"It's only a matter of time before they are really affordable. It's a lot like when halogen lights first entered the scene."

In a statement, Ikea revealed it hopes to lead the charge in the push for LED light bulbs, and with the scale of their sales base it may be the push consumers and suppliers need to make this technology available and viable.

"This is going to work for them," said Castelein.

"Ikea is a big enough company and if they lead the way then others will jump on board really quick, if not match their goal of 2016. And no, I don't have shares in Ikea."

Only time will tell if this environmental policy proves economically sustainable for Ikea.



LED bulb

## Last chance for Scarecrow Festival

By **LUCAS ANDERS**

Looking for something fun to do this weekend? Scarecrow Festival is a great opportunity to spend some time with family and friends.

The Scarecrow Festival has been an all

ages staple for Edmonton and area residents for a number of years.

The festival came from humble beginnings. The purpose is to allow families to enjoy the spirit of Halloween all while raising funds for a valuable school program.

"It started with a group of people that wanted raise money for ABC Head Start," said Anne Hanson, public relations chair. "It's a pre-school program for underprivileged kids but it's a unique program in the sense that it also includes the parents."

This program helps parents by allowing them to attend school with their kids. At the school, parents gain knowledge about what to expect and how to support their children.

The Scarecrow Festival has been a tradition for over 20 years. This will be the last year, though, due to rising cost of running the festival, the great deal of manpower and funding required to run the festival. There are many volunteers who have been helping with the event for each of its 20 years. The difficulty has been maintaining volunteers beyond the core group.

"They don't want to raise the admission price, because you want it to be accessible to families," said Hanson. "The cost of running the festival has gone up and up and up over the years."

With the rising cost, the lack of funds raised and the desire to keep the cost minimal for families, ABC Head Start has made the difficult decision that this will be the final year

for the Scarecrow Festival.

With the festival having run for so many years, kids who first went as children are now adults and are attending with their kids.

The festival is one of a kind with crafts for toddlers, opportunities for pictures with scary apparitions and story time with the library. But, be warned, big kids, there is a haunted house for you too!

If you ever have attended this event in the past as a child, this is your last chance to experience the festival. Don't miss out on your chance to be part of the action, this could be the best year yet.

"I think it's going to be a big loss to Edmonton," said Hanson. "It's something you want to share with your kids. It's your last chance to go and it would be great if we could get a lot of people out this year."

If you want to help support a great cause and have a whole lot of fun, be sure to join everyone for the festivities this weekend at the Expo Centre Hall B on the Northlands grounds.

Scarecrow Festival's family friendly hours:

Friday, Oct. 12, 9:30 a.m.-8 p.m.

Saturday, Oct. 13, 10 a.m.-8 p.m.

Sunday, Oct. 14, 10 a.m.-5 p.m.







Photo by Bryan Cooper

### ZOMBIE WALK

These zombies gather on the steps of the Legislature on Friday Oct. 5 after they made the trek from Whyte Avenue. The event was held to raise contributions for the Food Bank.

# Arch. Tech grads all get jobs

By Effy AAT-Mensah

NAIT's full time Architectural Technology program is boasting a 100 per cent employment rate for graduates.

Architects provide designs for buildings by applying the science of architecture. Planning, design, communication and computer technology are the core components of the profession. On average, students can expect to spend about 28 hours per week attending classes each semester.

Architecture students from NAIT compete to

design the feature garden for the Edmonton Home and Garden show every year. The winning team manages the project to completion, including establishing a budget, securing all the materials and supervising construction at the show.

When asked, here is what students had to say about the program. What's your favourite part about your program? "I'd have to say probably the computer programs class."

Does the computer program help you with your planning sheets? "Yes, we draw all the buildings and everything on the computer."

Does your planning involve details, such as where piping will be going?

"It involves pretty much everything. Basically the walls, floors and just the construction part of it, but you have to take into consideration everything else as well."

Is there anything that you don't like about your program?

"Most definitely the English course they make me take."

How long is your program?

"It's a two-year diploma program."

## Women in Technology and Trades presents:

"Know Your History-Shape Your Future" Seminar in celebration of Women's History Month on Saturday, Oct. 13.

Registration and refreshments start at 9:30 a.m.

Keynote begins at 10 a.m. with sessions to follow and the day ends at 3:30 p.m. with door prizes!

This is a seminar for anyone interested in preparing for their future in technology and trades. The seminar will encourage positive growth and support for women in non-traditional roles.

The seminar is FREE! Includes lunch and parking! Please go to <http://fluidsurveys.com/s/knowyourhistoryregister/> to register.

Registration is required.



# Break-taking needed

By AMANDA SCHULTZ

Family, friends, wine, turkey, potatoes – all of these are synonymous with the weekend that just passed.

Students visited family or family came here to eat and be merry so everyone could see one another after being apart.

For some, it's a great excuse to be able to see family and recharge yourself, but for others it means you might be worrying about homework or about school or may be even seeing your family is stressful.

"It depends on the family and the students connection to the family, for the most part I think it is better for the students to go home and plan with family and friend and familiar circumstances, especially if they are a new student starting at NAIT," said NAIT student adviser Margaret Marean.

Even with the turkey doing its best to keep you subdued, it seems the security of friends and family can be ultimately rejuvenating.

That being said, for some students the stresses of balancing an unforgiving workload

with the demands of family life can be in itself overwhelming,

"They came here and I haven't done homework at all but if I was in the comforts of my home not

trying to entertain them I'd do homework and be relaxed at home," said NAIT student Ali Mullock, whose family paid her a visit.

Although it may be tough to balance it all, using the extra time off around the holidays to get back into a positive routine and ease yourself back into classroom demands can make your

holiday productive and make your life easier on the other side.

For those who might feel the emotional pull from home a little more around the holidays, a quick phone call can be an easy way to reconnect and recharge.

Even without a holiday, booking time off to give yourself a break is important to stop you from being overwhelmed by an over filled schedule.

For those of you lucky enough to have spent time with the family (or in some cases, those of you who were lucky enough not to) pack up your turkey sandwich and relish in happy holiday memories.



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[studenteditor@nait.ca](mailto:studenteditor@nait.ca)

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

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

## Letters

### We want your views

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

Get those thoughts into print.

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

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

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

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

# Vehicle seizures on the radar



theepochtimes.com

By CRAIG SEPHTON

Start making friends and understanding your speed dial now, because Edmonton Police are pushing for the right to seize your vehicle if you are caught driving at excessive speeds.

Excessive speeders have been a frustration for local law enforcement for many years and now they have had enough of seeing people driving in excess of 160 km/hour on Anthony Henday Drive and sometimes even breaching the 200 km/h mark.

Usually drivers driving more than 50 km/hour over the speed limit face six demerits and an automatic appearance in court, where they could face a licence suspension and fines of up to \$3,000. But police want to take it one step further to completely take the reckless driver off the road instantly by impounding their car right there and then.

"It's more of a deterrent to those that are being reckless on the road," says Const. Travis Cruise.

Speed is believed to be a factor in 14 of 25 traffic fatalities, including nine pedestrians on Edmonton roads this year. With every 10 km/h increase in speed, the injury risk increases incredibly. If struck by a vehicle at 30 km/h, one in every 20 pedestrians will die. If hit by a car going 50 km/h, that number increases to 10 in every 20. If hit at 65 km/h, that number increases to 85 per cent.

"I am in full support of this law. If you're going 50 km/h over the limit, then you're an immediate threat to everyone on the road. I wouldn't mind seeing people going over 30 getting impounded," says one student.

"The job of the police is to enforce the law, not punishing you for breaking it. That's not how the justice system works, so no, I don't agree with the possible change," said another student.

Another student takes a look at the bigger picture. "Over the years, there have been so many laws to prevent speeding. And there have been just as many fines as there have been speeders. The bottom line is, people are going to speed regardless of the consequences."

Police are now waiting to see what the provincial government will say to their claims and proposal to change the law, and how it views the rights of police.

So keep an eye on the speedometer, it may save your livelihood and keep the keys to your car in your hands for longer.



edmontonsun.com

Police in Edmonton, right, and Calgary, above, want tougher sanctions against serious speeders.

## Poll clerks needed for student elections

**Duration:** Oct. 15, 2012

**Compensation:** \$15/hour

• Poll clerks are needed on Oct. 15 from 10 a.m.-2 p.m. for the NAITSA student Senate election.

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

• All poll clerks must attend a

paid training session on Friday, Oct. 12 at 4 p.m. in Room E-129.

• Poll clerks must have a complete understanding of the online voting process and must be com-

fortable in providing guidance to students.

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



# OPINION

— Editorial —

## Where are the good men?



**CLAIRE THEOBALD**  
Editor-in-Chief

Having been in a relationship for some time, I relish the opportunity to get together with my single girl friends and live vicariously through them as they recant the horror stories of the current dating scene.

I laugh wholeheartedly as they recount details of that horrible date they had or the guy who keeps calling after they drunkenly made the mistake of giving out their real number or describing the sight of the guy who shows up to take you for a night on the town wearing the same stained T-shirt he wore the last time you met.

But lately, a trend has emerged from their single-lady tales.

Each and every one has given up on dating in their age range. Why? Because they are sick and tired of dating boys.

While they search for a broad shouldered, ambitious dreamboat, they are greeted by pimple-faced video-gaming momma's boys.

### Lack of mental development

While it is true that women do mature physically at a faster rate, it is the lack of mental development that they find particularly frustrating.

Bonnie Tyler said it best when she belted out the lyrics of "I need a hero," asking, "where have all the good men gone?"

My theory: our generation of young men haven't grown up because they don't have to. But I don't blame them for this sad state of affairs, they are no more than a construct of societal shifts and cultural transformations that have left them adrift.

I blame the bustling economy!

Back when our economy was based on agriculture, young men would be pulled out of the classroom and sent to work the fields at a young age. There was little time for boyish games when your family relied on a fruitful harvest to make it through the winter.

Now, instead of spending their time doing back breaking labour while trying to make sure none of their limbs get ripped off by farming equipment, young men while away the hours with their Xbox, living in a perpetual state of childhood.

### Blame to go around

I blame peace!

During times of war, young men sometimes as young as 13 or 14 were called into action, forced to face extreme violence and the threat of death at every turn.

Although Canada has enjoyed an extended period without a major war and war for any reason should not be the answer, it forced an entire generation of boys to turn into men for the sake of survival.

After they returned home, they were expected to work in the factories to support a family and a mortgage, thus denying them a return to the comforts of childhood.

I blame chicken!

It turns out, artificial hormones used to make chickens develop faster (and at the risk of sounding crude, make their breasts larger) have been shown to cause estrogen dominance in those who consume them.

In men, this can cause symptoms including developing

gynecomastia (in layman's terms, man-boobs) and low sex-drive, eliminating the caveman style lusting traditionally associated with strong and virile young bucks.

I blame feminists!

The women's liberation movement has helped advance the status of women worldwide, but perhaps nowhere more than in Western culture. But while young women have been encouraged to break through the glass ceiling with a hammer, young men have been pushed to the wayside.

It seems all of the focus has been put on the evolution of a woman's position in society without much thought towards incorporating men into our plans.

For example, a woman can now be a very well respected nurse, but a male nurse is still regarded widely as a joke (which I for one do not find funny). A woman is generally now just as comfortable in traditional domestic roles as she is in any career path, but a stay-at-home dad is still an oddity.

This means that young men are struggling to discover a new identity and role in a society that has yet to fully achieve true equality.

I blame Internet dating!

There was a time where dating a girl involved a series of social niceties and courtship often as complicated and extensive as the mating dances performed by the birds of paradise.

But in our age where the world is only a click away, we have created a culture of instant gratification where courtship as been traded for convenience.

To meet a girl now, a man doesn't even have to run a comb through his hair or practise impressive quips to drop into conversations, he just has to Google "single" and "hot."

As well, fewer North Americans are pursuing marriage and when they do it is far later in life, further prolonging the adolescent phase.

Short of a great depression, the outbreak of a Third World War, eating only the most exclusive natural foods, ending women's suffrage and cutting off all access to the Internet, it seems young men are doomed to struggle through a prolonged adolescent phase and young women are doomed to babysit without fair compensation.

Until we are able to find a true gender balance where the transitioning roles of men and women are accepted equally, it looks like I have a few more coffee date laughs with the girls ahead.



lennierossrites.com



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

Trust us on that. Write us.

# SPORTS

## Thanksgiving for sports



**EVAN DEGENHARDT**  
Sports Editor

Last weekend was the inaugural “turkey” event that fills our hearts and our bellies with warmth.

As I write this, I’m across the border in the land they call Saskatchewan. If you’re unsure where that is, shame on you. I suggest you buy a map.

As I sit with my coffee listening to my relatives murmur around me and soaking in the smell of turkey and glazed-maple ham in the air, it’s hard to focus on anything productive.

Plus, my cousin Doug is a world-class

cook. My drool is making the typing hard ...

Ahh ... I digress. This is the sports section. I need to set all of these “turkey” shenanigans aside.

Before I fade into my food coma, I wanted to bring my love of food, family and sports together.

When you think about Thanksgiving, your first thought doesn’t immediately go to sports.

You think about food. You think about family. But I think there’s a hidden connection among all three of these things that we’re missing.

For a number of years now, I’ve been trekking it out to “the land of the living skies” to partake in Thanksgiving festivities. We eat a ton of food and we all end of feeling pretty damn lazy.

Luckily enough, there are at least a dozen kids in the house over the weekend and they’re usually amped up on sugar, plus they all really like going outside and trying as many different sports as possible.

There’s soccer, ultimate frisbee, flag

football and street hockey, just to name some of the sporting variety that we get into during those autumn afternoons.

The whole thing usually ends up starting with only a handful of kids but by the end of it, the backyard is jammed full of legs, feet, flailing arms, grass stains and, of course, laughter.

As one of the oldest guys in the backyard, I end up controlling the pace of things and making the wagers for both teams. The losing team always receives the threat of not getting a second helping of turkey. But the reality is, we’re all serious winners.

For some reason, I think I’m the biggest winner of all. That might be selfish, but let me explain.

Through our random “backyard sport” league, I get to spend time with all of my little cousins that have grown up in front of my eyes. The world of sports is just helping our generations bridge the age gap. Anyone can kick a soccer ball or throw a football ... unless you’re my grandma. Then you just sit and worry about who’s going to fall

and break a leg but that’s why we love her.

See, that’s just it, a simple backyard soccer game is enough to connect a 22-year-old college student to a bunch of kids. I’ve said it before, but sports is a powerful thing. And it is definitely something to be thankful for!

Sports connect us, as a society.

There’s not a lot that I have in common with my seven-year-old cousin, but pass us a soccer ball and we’re immediately connected with each other. We kick the ball back and forth and we catch up on all the things that we missed in each other’s lives since the last Thanksgiving.

Whether you’re a diehard fan or just in it for the company, the world of sports allows individuals to connect, no matter the age, gender or ethnicity.

It’s funny how a simple game of backyard soccer with a bunch of little cousins can put the Thanksgiving holiday into perspective.

I should probably get back out there though, Game 5 of our best-of-seven series is about to start ... loser does dishes!



**T.J. Foster, above, scored four goals for the Oil Kings on Sunday in a 6-5 away loss to the Calgary Hitmen. The four markers are a modern era record for the team.**

## Oil Kings 1-2 on weekend

By **AVRY LEWIS-McDOUGALL**

The Oil Kings had a weekend that started flat as they fell to the Prince Albert Raiders 4-1 on Thursday night. However, they responded with a win on Saturday against the Saskatoon Blades.

On Thursday, Edmonton got off to an early jump, outshooting the Raiders 8-1, but Prince Albert’s Logan McVeigh would strike first, beating Tristan Jarry to open up the scoring. Edmonton had their chances early but Luke Siemens was strong in net for the Raiders, robbing Kings Stephane Legault and T.J. Foster on multiple chances in the frame.

Prince Albert added to their lead on a goal from Carson Perreux. However, the lead was cut in half when sophomore Oil King Curtis Lazar fought hard for a goal on a mad scramble in front of the Prince Albert net. But after reviewing the play, the officials ruled that the puck had been whistled down before the it crossed the line.

The third period saw Edmonton finally getting on the board with a goal from Foster. But the Raiders captain and 2011 first-round pick of the Chicago Blackhawks, Mark McNeill, restored the Raiders’ two-goal cushion. Prince Albert would eventually add an empty netter to end the night with a 4-1 victory.

Prince Albert head coach Steve Young was pleased with his club, especially the

efforts of McNeill.

“He shows leadership,” Young said. “He’s capable of doing a lot of things and tonight was a good example of that with his blocking the shot and scoring a big goal.”

Oil Kings head coach Derek Laxdal talked about what his team must try to do better.

“As a group, we have to do an all-around better job and come ready to play. Our efforts tonight were not spectacular,” said Laxdal.

He also mentioned that last year’s championship is exactly that ... last year. “What we do this year depends on the effort we put on the ice.”

The Oil Kings did bounce back in their second game of the weekend, beating this year’s Memorial Cup hosts, the Saskatoon Blades 4-1 Saturday at home.

Travis Ewanyk, Michael St. Croix, Dylan Wruck and Brandon Baddock all scored for the Oil Kings.

Although they pulled off a win against Saskatoon, Edmonton ended the weekend in Calgary on Sunday with a tough 6-5 loss to the Hitmen. The Oil Kings were led on the strength of an impressive four-goal game by Foster, who set a modern era franchise record for most goals in a game. There’s always a little silver lining to everything!

The Oil Kings are in action next in Medicine Hat on Oct. 10.



## WOMEN'S VOLLEYBALL

# Many new faces on team

By KEVIN MARTIN

Other teams in the ACAC will be facing an unfamiliar opponent this year when they play the NAIT women's volleyball team.

This year's Ook team is almost unrecognizable. That's because the team is welcoming seven rookies as well as a couple of other unfamiliar faces.

Leading the team is first-year head coach Lorne Sawula.

Sawula signed a one-year interim term with the NAIT women's volleyball team as regular coach, Erminia Russo Thorpe, takes a leave of absence.

NAIT got lucky as Sawula bleeds the game of volleyball.

He has coached multiple university teams and coached the Canadian women's national team for five years back in the '80s.

His resume includes six world championships, seven world university games, two Pan American games as well as the Olympics and the Canada Cup.

This new-look team headed to MacEwan to take part in their final preseason tournament. The Oaks were 4-1 in preseason play but ended up facing some tough competition in MacEwan.

Friday night saw the experienced Grande Prairie Wolves take on the Oaks.

While Sawula may be a legend in Canada, it's going to take some time for the girls to gain chemistry with each other.

The Wolves welcomed the Oaks with a 3-0 win. The Wolves had a consistent block defence the whole night, while the newly formed Oaks team showed less confidence.

The sets were decently close, but the Wolves took home the win with scores of 25-20, 30-28 and 25-21.

The Oaks didn't have much time to digest the loss as they hit the court two hours later to face MacEwan's alumni team.

The average rallies were not very long as both teams showcased



the power that they have. The high-powered offences led to a great game but the alumni won in a close one with the sets going 25-22, 25-18, 25-27, 20-25 and 15-12.

Saturday morning was when the Oaks realized that team chemistry definitely does take time. Lakeland College was too much for NAIT to handle and the Oaks lost in three straight sets.

Sawula knows that getting experience usually comes with growing pains. He encouraged his girls to come back strong after three straight losses and they did.

The Oaks took care of Briercrest 20-25, 25-22, 26-24, 25-21 and then Medicine Hat 21-25, 25-23, 25-21, 25-18.

NAIT dropped their final game to SAIT in a close one, 24-26, 25-23, 25-15, 25-22.

The Oaks finished preseason play with a 6-5 record and now have a couple of weeks off before ACAC conference play starts.

The preseason meant more to the Oaks than any other team because of their inexperience with each other.

Now that they have some playing time together, the Oaks should be a force.

NAIT opens up their regular season against Concordia at home on Oct. 25. The first serve is at 6 p.m.



Lorne Sawula

## WOMEN'S BASKETBALL

# Blue Gold tourney set to go

By KEVIN MARTIN

The Oaks women's basketball team was welcomed to SAIT this past weekend for their final preseason tune-up. The girls were 2-1 heading into the weekend's tournament.

The Oaks were set to play Medicine Hat Thursday evening.

NAIT came into this game with an aggressive mindset. Their first priority was to get business done on their side of the court.

Fifth-year veteran P.J. Wells led the charge on defence. Wells dominated the paint and set the tone early with her rebounding and shot blocking. The girls went to bed on Thursday after a dominating 88-58 win.

Friday's semifinal match was against the always tough Mount Royal Cougars.

The Cougars were 5-0 heading into their game against the Oaks. It was a battle between two experienced teams that are not strangers to each other. The game turned into a physical one with a few fouls that seemed unnecessarily aggressive.

The match provided the intensity every sports fan loves with a well-played game from both teams. The Cougars finished third in last year's ACAC and ended up prevailing in this well fought outing.

The Cougars booked a spot in the final with a 55-47 win.

NAIT went into the third-place game

against Calgary knowing that the home town crowd was going to be electric. The SAIT Trojans and the NAIT Oaks gave the fans the game of the tournament.

The Oaks had to deal with cheers every time their opponent scored but NAIT embraced their role of visitor and increased their defensive intensity.

It was an intense game right down to the buzzer, but the Oaks were the only happy team in the gym when it rang, taking home third place with a 69-65 win.

"There is a great deal of parity in our league this year so a tough exhibition schedule against quality opponents helps us to prepare for a very competitive conference schedule," said head coach Todd Warnick.

"I am pleased with our performance to date and we have been tested against some very good basketball teams.

"We will definitely see some more high quality competition at our home tournament coming up this week," he said.

Come support the NAIT women's basketball team next week as they host the Blue-Gold Tourney.

All the games will be played in the NAIT gym. The Oaks open things up against Augustana at 4:30 p.m. on Thursday and play Keyano at 4:30 p.m. on Saturday.

The weekend will come to a close as the Oaks play their rivals, MacEwan, at 2 p.m. on Sunday.



Todd Warnick



P.J. Wells

# A new season starts

By **MIKE MacMULLIN**

NAIT Athletics is coming to the start of a brand new season once again. It's time to preview what can be expected heading into the new Ooks season.

There have been some big changes in coaches, including men's volleyball, women's volleyball and men's basketball. The coach of these three teams have left, based on family commitments and/or personal reasons. Linda Henderson, director of NAIT's Athletics and Recreation department, sympathizes with the demanding hours expected of coaches.

"Family commitments often get in the way," she said in a recent interview.

### 'Demanding hours'

"I think of professional coaches. There are some truly demanding hours that coincide with being a coach. Being away from families, especially if they're young, is a very difficult thing to deal with."

The teams were sad to see the coaches go, but Linda is very happy with the new coaches put in place, two of whom were recruited after a nationwide search.

The last four years have been filled with laying down an athletic groundwork. This plan has included such areas as proper training and infrastructure, financial planning and proper training for and from the coaches.

Now that all of these things have been put in place within the athletic program here at NAIT, Henderson is very excited to see how the program will flourish.

NAIT Athletics is very confident in the ability of the new coaches to perform, and the teams are only going to benefit from the extra support. Last year was a huge year, seeing that all 12 of the Ooks teams made it into their respective conference playoffs or championships. Henderson is hoping for even better results this year.

"The next step, I think for us, would be that we have more teams go to nationals and that we have more provincial or conference championships," he said.

Even though the teams have been performing well over the last couple of seasons, there are

always obstacles that block the path to success.

One major issue is the space required for 12 teams to function properly.

NAIT has only one gymnasium, and with all of the teams' practice times, game nights and other school events, it's a very crowded schedule. Factor in that the gym can only be open between 4:30 and 10:30 p.m. due to class times and it's clear that there is an issue here.

Henderson explains that renting out a place somewhere else isn't that easy.

"We get asked that question a lot. They say, 'You should be able to rent a high school gym.' And I'm going ... three issues there. One is we have to pay for the rental and we're limited in our budget as it is. Also, the schools themselves use [their gyms] so we might be able to get our athletes in at 10 at night. Our students have classes to go to, so this just doesn't fit," Henderson said.

"The third issue that comes with renting another space is the transportation it would take to go back and forth for our athletes."

So NAIT Athletics makes the best with what they have.

Henderson is extremely proud of the entire Athletics department for all of their efforts.

"We do exceptionally well considering the challenges we are faced with each season."

### Construction a problem

Challenges as simple as ongoing construction in the NAIT fields has huge implications for the teams.

NAIT Athletics would like to see a newly finished gym floor and a field that isn't being blocked by construction projects, but obstacles like this aren't going to get in the way of paving the road to success.

With a dedicated staff, good coaching and the huge efforts put in by everyone involved, it makes a whole world of difference in the grand scheme of things.

NAIT's soccer teams have been going strong since Sept. 8 and are doing incredible things on the pitch. Men's hockey has their first home game this Friday, against Keyano. Women's hockey plays SAIT on the Oct. 20 to open up their regular season and men's and women's volleyball teams play Concordia on

Oct. 25. As for men's and women's basketball, both teams will play SMU on Oct. 26.

If you are looking for more information on the athletics teams on campus, you can download the NAIT OOKS ATHLETICS app for free in the iTunes App Store. The app gives you live updates, along with the ability to check the schedules, team rosters and score sheets on the go and it offers a ton of other features.

This is predicted to be one of the best Ooks seasons of all time, so you'll definitely want to stay up to date with NAIT Athletics as they begin their regular season!



Linda Henderson

# ACAC Standings

### MEN'S SOCCER

#### North Division

TEAM	W	L	T	Pts	GF	GA	+/-
NAIT .....	6	0	0	18	21	2	19
Concordia.....	5	2	0	15	11	5	6
Grande Prairie .....	3	2	1	10	9	6	3
Keyano .....	3	2	1	10	12	10	2
MacEwan.....	1	6	0	3	6	13	-7
King's Eagles.....	0	6	0	0	1	24	-23

#### South Division

Team	W	L	T	Pts	GF	GA	+/-
SAIT .....	6	1	0	18	17	10	7
Medicine Hat .....	4	2	1	13	20	9	11
Red Deer .....	3	1	2	11	19	10	9
Lakeland.....	3	2	1	10	10	10	0
Olds College.....	1	6	0	3	12	24	-12
Lethbridge.....	1	6	0	3	12	27	-15

### WOMEN'S SOCCER

#### North Division

TEAM	W	L	T	Pts	GF	GA	+/-
NAIT .....	5	0	1	16	20	5	15
Concordia.....	5	1	1	16	41	4	37
MacEwan.....	4	3	0	12	15	15	0
Grande Prairie .....	2	2	2	8	14	15	-1
Keyano .....	0	5	1	1	2	24	-22
King's.....	0	5	1	1	1	30	-29

#### South Division

Team	W	L	T	Pts	GF	GA	+/-
Medicine Hat .....	6	0	1	19	20	3	17
Red Deer .....	4	0	2	14	27	2	25
SAIT .....	4	2	1	13	16	10	6
Lakeland.....	2	4	0	6	15	18	-3
Lethbridge.....	1	6	0	3	7	28	-21
Olds College.....	1	6	0	3	3	27	-24

# Paying jobs in Athletics

**Announcers** – Basketball, volleyball - \$75/night, hockey - \$60 / night

This position is the voice of the Ooks. You will introduce teams, announce the score, promote and explain events and thank sponsors. A strong microphone presence is essential and

there will be auditions.

Please contact:

Andy MacIver

Athletics & Recreation Events Programmer

E-mail: [andym@nait.ca](mailto:andym@nait.ca)

Phone: 780-471-7606

The NAIT Athletics and Recreation department is looking for hard working individuals with strong customer service experience. This is a great opportunity to make some extra money on campus.

Positions available:

- Fitness and weight centre monitors
  - Sports equipment centre staff
  - Gymnasium monitors
- Please Contact: Nash Klimosko  
Athletics & Recreation  
(780)471-7729 [nashK@nait.ca](mailto:nashK@nait.ca)

FALL STUDY SKILLS WORKSHOPS			
Check out these FREE DROP-IN Student Engagement Workshops			
*Sessions are held in H003 (basement)			
October 2012			
11	Thurs	*Stress Management - Presented by NAIT Counsellor (W201)	11:15am-12:05pm 12:15pm-1:05pm 4:30pm-5:20pm



**Want to share your opinion?**  
**Interested in testing new technology?**

**Participate in the City of Edmonton's test of internet voting!**

We're exploring the possibility of offering internet voting as an option for Edmontonians.

The Centre for Public Involvement invites you to share your opinion through online surveys and roundtable meetings.

You're also invited to vote in the 2012 Jellybean Internet Voting Election and test the internet voting system.

We want to make sure it meets our expectations for voter privacy, security, auditability and usability.

### Voter registration:

October 8 – November 1, 2012

### 2012 Jellybean Election:

October 22 – November 2, 2012

The great part about voting for jellybeans is that you don't have to live in Edmonton to vote — so tell your friends to get online to register and vote!

**Learn more about internet voting and how to share your opinion on internet voting.**

**[www.edmonton.ca/internetvoting](http://www.edmonton.ca/internetvoting)**  
**or call 780-496-8008.**





# Athlete Profile



**Player:** Brie Gray  
**Sport:** Basketball  
**Position:** Guard  
**Program:** Personal Fitness Training

By CRAIG SEPHTON

**Why did you start playing basketball?**  
– I wanted to play all the school sports. Back in Grade 7, all my friends were doing it so I started playing basketball. I love playing it, I like the team camaraderie and I like the competition of it. I like the physical aspect of it.

**Why did you choose to play at NAIT?**  
– I like the programs here. Because of the eligibility of the programs, I could go into Personal Fitness and then get into Power Engineering. NAIT allows me to do all of that here. I really want to do that. I like the teaching here and Todd (Warnick) is a really good coach, I knew a couple of the players coming in and they are solid players.

**Where has your basketball career taken you since you started?** – I have done a lot of tournaments, one really cool place I have been to was Washington and we brought our team down for a really good team camp. That was fun, a really cool atmosphere.

**Craziest/greatest thing you have done or seen on the court?** – Our Medicine Hat game

that we won in NAIT’s first playoff was pretty exciting.

**How does your team here at NAIT mold together?** – We’re really good. Everyone gets along really well, no drama or anything. We are like a bunch of boys in girls bodies. We spend a lot of time together. We go out often and we see each other every day. We are all really cool with one another.

**What’s the end goal for this year for the team?** – For this year, I’d have to say probably provincials and then a try at nationals. Of course, the biggest goal would be to win nationals. That would be awesome. I think we have the ability to do it, if we work hard enough.

**What’s your plan for your basketball career after NAIT?** – That will probably be it, I want to play out my four years of eligibility here and I will probably be done. And then I’ll just play women’s league.

**Who’s your idol player?** – Kobe Bryant, by far.

**What position are you on the NAIT team?** – Shooting guard.



# Athlete Profile



**Player:** Bryce Cardinal  
**Sport:** Volleyball  
**Position:** Left side  
**Program:** Academic Upgrading

By CRAIG SEPHTON

**Why did you start to play volleyball?** – I started playing volleyball in Grade 6 when my best friend wanted me to try out with him.

**Why did you decide to play for NAIT?**  
– I played for a club team that was created through the NAIT volleyball program which influenced me, as well as NAIT’s courses.

**Where has your volleyball career taken you?** – Playing volleyball has had me all across the province, my favourite being Abbotsford for club nationals.

**What was the greatest/craziest thing that**

**has happened to you?** – When my team pulled off an underdog win and made it to provincials in my Grade 11 year.

**How far are you planning on going with volleyball after NAIT?** – I believe college will be the highest level I compete at. I will focus on my career when I’m done my program.

**What has been your favourite tournament?** – Club nationals has been my favourite tournament.

**Who is your idol volleyball player?** – Gavin Schmitt. He plays on the Canadian National team.

**What position do you play?** – I play left side.



## Athletes of the week

Oct. 1-7

**Josephine Peacock**  
Basketball

Josephine helped lead the Ooks to a 2-1 record at the SAIT Fall Classic, tallying a total of 40 points and 25 rebounds over three games. “Josephine’s on court leadership and impressive level of play have been instrumental in our team success at the SAIT Fall Classic,” said head coach Todd Warnick. Josephine is a fourth-year Business student from Edmonton.

**Tyler French**  
Hockey

Tyler scored a goal and added an assist Friday evening in the NAIT Ooks men’s hockey team’s 4-3 victory over the Concordia Thunder in ACAC non-conference action. French will now focus his efforts against the Keyano Huskies this upcoming weekend in the Ooks season opener. “Tyler was a force for us Friday night,” said assistant coach Mike Gabinet. “He then proceeded to lead the charge at the team’s off-ice boot camp the next day.” Tyler is a second-year Business student from Kelowna, B.C.

### HOME GAME SCHEDULE

#### MEN’S HOCKEY

FRI OCT. 12 @ 7:00PM		
SAT OCT. 13 @ 2:00PM	VS	

#### BLUE GOLD TOURNAMENT WOMEN’S BASKETBALL

THU OCT. 11 @ 4:30PM	VS	
FRI OCT. 12 @ 4:30PM	VS	
SAT OCT. 13 @ 2:00PM	VS	

## WHAT'S GOING ON AROUND CAMPUS

**WHO** Gamers of Dungeons and Dragons  
**WHAT** Game Session  
**WHEN** Every Friday 5:00pm – 10:00pm  
**WHERE** Room W-312

**WHO** PGC  
**WHAT** Beer Garden  
**WHEN** October 12, 2012 4pm-10pm  
**WHERE** Engineering Annex (The Dock)

**WHO** AHT 2013  
**WHAT** Bake Sale  
**WHEN** October 10-11, 2012 11:30am-1:00pm  
**WHERE** HP Center, 2nd Floor near Computer Commons

**WHO** LGB Tech  
**WHAT** Meetings  
**WHEN** Every 2nd Mon. (Oct 1; Oct 15; Oct 29) 12:20pm-1:00pm  
**WHERE** Room W-312

**WHO** Anime Club  
**WHAT** General Meeting  
**WHEN** Thursdays 4:30 – 7:00pm  
**WHERE** Room X-107

**WHO** InfoNAITon Toastmasters Club  
**WHAT** General Meeting  
**WHEN** Mondays 4:45pm  
**WHERE** Room H-003

**WHO** 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

## CAMPUS CLUBS NEWS

**October 10** Clubs Connection #1: 4:30pm Room X-105  
**October 11** Grant #1 deadline

**JOIN THE PGC FOR**

**So many beers...**

**ALLEY KAT**

• \$5.00 AT THE DOOR. INCLUDES 1 DRINK OR 1 SLICE OF PIZZA  
 • DRINK TICKETS ARE 3 FOR \$10

**...so little time**

**AT THE DOCKS - L BUILDING**

**OCT. 12TH 4:00pm - 9:00pm SPONSORED BY ALLEY KAT**

The NAIT International Club invites you to join the Welcome Event of Café Corner

An Opportunity to Meet, Greet & Engage with Other students

Come for FUN - Snacks & FRIENDSHIP

Come learn a new language or teach a friend

Play board games, cards, and brew!

International Student Centre  
**E124**  
**Thursday**  
**October 11th**  
**3:30pm - 5:30pm**

for more info visit E124

**StarCraft At NAIT**

**In House Tournaments!**  
**Collegiate Star League!**  
**Welcoming All Players!**

Email: [starcraftatnait@gmail.com](mailto:starcraftatnait@gmail.com)  
 Check us out on Facebook!

**NAITSA**

**CLUBS**

**365**

## VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus  
 780.471.8457 | 780.471.8871  
[campusclubs@nait.ca](mailto:campusclubs@nait.ca) | [nait.ca/clubs](http://nait.ca/clubs)

Check out the Clubs Website for other upcoming Important Clubs Dates





SARAH STILWELL

# What are you thankful for?



"Good weather and not having snow on the ground yet."

**Ryan**  
CNC Certificate



"For all my family and friends and to be taking Culinary Arts."

**Paulina**  
Culinary Arts



"I'm thankful to be in my program."

**Elizabeth**  
Electrical Engineering Tech



"My family and friends and having the best neighbours on the planet."

**Michael**  
Academic Upgrading



"Not being dead, and my kids."

**James**  
Automotive

## TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



# Social networking safety



Social networking websites like MySpace, Facebook, Twitter, and Windows Live Spaces are services people can use to connect with others to share information like photos, videos, and personal messages. As the popularity of these social sites grows, so do the risks of using them. Hackers, spammers, virus writers, identity thieves, and other criminals follow the traffic.

Read these tips to help protect yourself when you use social networks:

- Use caution when you click links that you receive in messages from your friends on your social website. Treat links in messages on these sites as you would links in email messages.
- Know what you've posted about yourself. A common way that hackers break into financial or other accounts is by clicking the "Forgot your password?" link on the account login page. To break into your account, they search for the answers to your security questions, such as your birthday, home town, high school class, or mother's middle name. If the site allows, make up your own password questions, and don't draw them from material anyone could find with a quick search.
- Don't trust that a message is really from who it says it's from. Hackers can break into accounts and send messages that look like they're from your friends, but aren't. If you suspect that a message is fraudulent, use an alternate method to contact your friend to find out.

This includes invitations to join new social networks.

- To avoid giving away email addresses of your friends, do not allow social networking services to scan your email address book. When you join a new social network, you might receive an offer to enter your email address and

password to find out if your contacts are on the network. The site might use this information to send email mes-

sages to everyone in your contact list or even everyone you've ever sent an email message to with that email address. Social networking sites should explain that they're going to do this, but some do not.

- Type the address of your social networking site directly into your browser or use your personal bookmarks. If you click a link to your site through email or another website, you might be entering your account name and password into a fake site where your personal information could be stolen. Be selective about who you accept as a friend on a social network. Identity thieves might create fake profiles in order to get information from you.

Choose your social network carefully. Evaluate the site that you plan to use and make sure you understand the privacy policy. Find out if the site monitors content that people post. You will be providing personal information to this website, so use the same criteria that you would to select a site where you enter your

credit card.

- Assume that everything you put on a social networking site is permanent. Even if you can delete your account, anyone on the Internet can easily print photos or text or save images and videos to a computer.

• Be careful about installing extras on your site. Many social networking sites allow you to download third-party applications that let you do more with your personal page. Criminals sometimes use these applications to steal your personal information. To download and use third-party applications safely, take the same safety precautions that you take with any other program or file you download from the web.

- Think twice before you use social networking sites at work.

Be careful with social networking sites, especially at work. Some employees have replaced the daily computer solitaire break with a daily check of Facebook, LinkedIn, Twitter, MySpace, Windows Live Spaces, or other favorite social networking site, many workplaces report.

Online social networking might be a more interactive distraction for employees than playing cards, but it's a lot more dangerous to the health of the corporate network.

Several recent reports attest that phishing scams, viruses, spyware, and other unwanted software are spreading through social networks and into workplace networks. These outbreaks can damage computer systems and might even steal sensitive information from your company.

Some workplaces block social networking

Web sites, but because these sites can also be a valuable tool at work, you still might have access.

If you do, here are some ways to use that access more safely:

- Find out what the company policy is regarding visiting certain Web sites using your corporate network.
- When you sign up for a social networking site, use your personal e-mail address, not your company e-mail address.

Use caution when you click links that you receive in messages from your friends on your social networking site. Treat links in messages on these sites as you would links in e-mail messages.

- Be choosy about who you accept as a "friend" on a social network. Identity thieves may create fake profiles in order to glean information from you. This is known as social engineering.

• Be careful about the information you reveal about your workplace or company on your social networking site. (This is a good rule to follow for blogs too.)

Information obtained from the Edmonton Police Service.

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). Your 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](http://www.nait.ca/security) for more information.

Everybody benefits, except the criminal.





#### **Culinary & Hospitality** **Joslyn Black**

Hey NAIT! My name is Joslyn Black and I am running for Senator to represent the Program Area of Culinary and Hospitality Management. I want to be a voice for the students to bring forth concerns that may arise. I am in my second year of Hospitality Management and have always been passionate about being supportive and helping others. This is my first year running for Senator but I am ambitious and am ready for anything it throws at me. So please vote for me between October 10, 2012 and October 15, 2012 at [www.naitsa.ca](http://www.naitsa.ca). I am looking forward to representing you all, so to do that you need to vote! I appreciate and thank you all in advance for your support.



#### **Building Construction & Design** **Quintin Poole**

"Vote for me, if you do, all of your wildest dreams will come true!" Pedro.



#### **Building Construction & Design** **Karen Wong**

Hi, I am Karen Wong from second year of Engineering Design and Drafting Technology, representing the school of Building Construction and Design. Prior to NAIT, I had the opportunity to attend school overseas and other post-secondary education institutions within Edmonton. This gives me the advantage of truly knowing what it means to be a student and what is important to us. I am really interested in learning and representing what YOU want from the student association.

People have always told me that I am approachable, enthusiastic, a good communicator and have strong work ethics. I believe in open communication and that NAIT will continue to be a better place for students having Student Senate being your voice. I want to be YOUR VOICE and to represent you fairly and honestly. If elected, I promise to keep my ears to the ground and be available to hear your concerns and thoughts.

Please take a few minutes of your time and VOTE FOR KAREN on [www.naitsa.ca](http://www.naitsa.ca)!

# ONLINE VOTING

## Oct 10 12am - Oct 15 4pm





# STUDENT ELECTIONS

candidate biographies



## Information Technology & Electronics Jacqui Fraser

Fellow students, I'm asking you for your vote in the student senate election. I'm a 2nd year DMIT student and a volunteer extraordinaire. You may have seen me in the halls, helping plan the Women in Technology & Trades events here at NAIT, or through the many other activities I'm involved in. If we haven't met, there is no better time than the present, reach out by email [Jacqueline.M.Fraser@gmail.com](mailto:Jacqueline.M.Fraser@gmail.com) on Twitter [@SavageTiner](https://twitter.com/SavageTiner) or on LinkedIn <http://ca.linkedin.com/pub/jacqueline-fraser/23/453/441>.

By voting for me as your senator, you are voting for someone to represent you. I'll be your voice on governance issues, such as improving communication about NAITSA events in the HP Centre or the upcoming renewal of the U-Pass contract, and advocate a position or express an opinion on any matter of concern to students.

You vote for two senators for our program grouping. There is a Yes/No vote for each candidate since there are only two of us. My personal mission is to be a connector, to incubate ideas and to make things happen. I believe these qualities will be valuable in your senator. The voting opened yesterday, so I am asking you to go vote "YES" for Jacqui Fraser now. Thanks!



## Information Technology & Electronics Dean McLaren

I'm fueled by a power that radiates from a star-sized nuclear fusion reactor 150 million kilometers away in space, and I'd really like to represent you as Senator. I know what you're thinking, and I'm way ahead of you: I'm fully aware that Emperor Palatine started off as a Senator. Keeping that in mind, my number one campaign promise is that I will NOT become a Dark Lord. I've studied many Dark Lords such as Voldemort, Sauron, Ganon, Darkseid, Skeletor, and the Lich King and I will not fall prey to any of the events or circumstances that turned them evil. On a lighter note, I'm very involved with extra-curricular activities at NAIT. As a member of Toastmasters, Enactus (formerly SIFE) and the LEAD program I've proven time and time again that I like doing things and interacting with people. So won't you please vote YES for Dean? Rest easy at night knowing that at least one elected official personally guarantees to not become a Dark Lord!



## Environmental Management Aditya Gurupalli

Hello everyone, my name is Aditya and I am in Chemical Engineering Technology Program and this year I am representing "Environmental Management" program group. I am an executive member of PGC student club. Through participation in student activities, I developed leadership skills, teamwork, communication skills and also a complete commitment to any given task. My goal is to bring up any concerns or opinions that students might have relating to campus life and to discuss them with my fellow senate members and NAITSA. Let us make our opinion matter in the student council and let me be your voice that will bring change in the campus. Student life in college is supposed to be a memorable experience. Let me be the person that will make this possible. Vote for Aditya! **The change we need. The voice we deserve.**

# POLL STATIONS

## Oct 15 10am - 2pm




[facebook](#)
[twitter](#)
[yourNAITSA](#)
[naitsa.ca](#)

780.471.0055

[naitsa@naitsa.ca](#)


**Business & Administration**  
**Amanda Aldrich**

STOP, It's Votin' Time! My name is Amanda Aldrich; currently I am studying Business Administration Human Resource Management at NAIT. I am running for a Student Senate position. As a Human Resource student, I am a people person and am looking to represent you, the people. If you have any concerns or ideas about how to make NAIT a better place, Tell Me! I am an expert negotiator and am looking to negotiate on your behalf. NAITSA fees are our money; let me voice your ideas and concerns to where this money should go! Voting begins online Oct 10th, just go to [NAITSA.ca](#) to vote.

NAIT...  
Your School, Your Future,  
Vote Amanda Aldrich as  
Your Voice!



**Business & Administration**  
**Jan Batong**

No Resume Submitted



**Business & Administration**  
**Cecelia Harvie**

I'm just a student at NAIT who's committed to making the best of what we've got. I'm passionate about helping others, plain and simple. I have no agenda of my own because I recognize that I'm just a small sample of the wants and needs at NAIT. So, I'm taking my cue from you, the students. When you see me around, come say hello; I'd love to meet you and discuss what you'd like to see at NAIT and I'll do my best to make it happen. Kindly vote for me and allow me the great honor of representing your concerns and your priorities in Senate. In return I will represent you fairly, honestly and with the best interests of all at heart.

# VOTE FOR YOUR





# STUDENT ELECTIONS

candidate biographies



**Business & Administration**  
**James Head**

Hey everyone! My name's James Head; I'm a 3rd year BBA-Management student, Frosh Leader, NAITSA volunteer, member of the Dean's Student Advisory Committee, part-time Research Assistant at the JR Shaw School of Business, and former Business Connex executive. Most importantly, though, I'm a former Senator. Last year, my first year on Senate, was certainly a learning experience, but this year, it's a great opportunity to make a difference. Senate is a very formal, technical, and perhaps even overwhelming environment at first, but now I'm comfortable with the formalities and procedures; I know how the system operates and I'm ready to make a difference!

This is where most candidates would list what they want changed around NAIT, but the fact is I'm here for **you**. If you have an issue or want something done, talk to me! I want to make sure you have an enjoyable, stress-free NAIT experience and that your NAITSA fees are being used in a responsible and appropriate manner. I'm a proud NAIT student and will represent the Business and Administration Program Group with pride and professionalism. With me, it's all about you, so use your vote to **re-elect James Head!** (Vote at [naitsa.ca](http://naitsa.ca) October 10th-15th)



**Business & Administration**  
**Dane Hingorani**

Ladies and Gentlemen, For those of you who don't know me, I'm Dane Hingorani, an Ex Avionics Engineering Grad of NAIT. Currently, I am in my first year of Business Administration and will get into Management next semester. Voting for me will benefit you, but I won't stop there though. I'll be **YOUR** voice. Any questions or concerns don't hesitate to email me at [danehingorani@hotmail.com](mailto:danehingorani@hotmail.com). Anything the student's need I'll be there to get the work done!!! As I've said time and again, if you elect me to be **YOUR** face in the student body council, there will be plenty of things I'll do to ensure **YOUR** needs are met day in and day out across this campus. I'm not a politician who'll lose touch once elected, my work and experience as a student and as a team leader and supervisor at my current job will definitely gain you and this campus. If elected I promise to give my all to **YOUR** concerns and will make sure that **YOUR** questions are raised during the meetings at the local NAITSA level.

Thank you and Regards

Dane J Hingorani | Business Administration – Management | Avionics Engineering Tech. | NAIT



**Business & Administration**  
**Sam Reyes**

My name is Sam Reyes. I am 1st year student here at NAIT, and I'm currently enrolled in the Applied Banking and Business program. I decided to run for a seat in the senate because I want to make a change. I wanted to be the voice that represents the students in my program. I want to make a difference not only for the students in the business program, but reach out to as many in the student body as possible. Even though I am a first year student, I am willing to put in my best efforts and I will always listen and not judge. My goal is to make this year at NAIT an awesome and unforgettable year.

# STUDENT SENATE REPRESENTATIVE





**Health Sciences**  
**Jordi Cocks**

HELLO NAIT!! My name is Jordi and I am asking for YOUR vote!! I love this Health & Science grouping because we are proactively changing lives! I am excited to get to know ALL of you during this campaign and year so that we can build trust, because I know that, "Change will not come if we wait for some other person or some other time. **We are the ones** we've been waiting for. **We are the change that we seek.**" B.O Some things that I love are: the PFT program, being actively engaged in a balanced life, teaching fitness classes, being a friend, leadership, Figure Skating and Coaching. I will be your representative to lead this amazing student body because I value you, your programs, and I have the work ethic and enthusiasm to unify our goals. I believe that through Senate WE can become our BEST! I want to be able to work as a collective student body because I believe that we can truly succeed IF we communicate. NAIT is a tremendous school and I want us to seize each opportunity, because your voice matters. Vote for me today, that our voice will be strong this year!



**Health Sciences**  
**Reese Harrison**

Hello future voters!

My name is Reese Harrison and I am looking for all of the Health Science constituents to give me their votes in the 2012/2013 senate election. My main goal is to address and resolve any concerns or issues that people in the Health Science programs may experience throughout the year. Also, I intend to make student life as fun and exciting as I can. Currently, I am the Vice President of the Paramedic class of 2014. If you don't know what a Paramedic is, we are the people who work on ambulances and help others when they are sick, injured, in an accident, at their lowest point in life, or need help of any kind. I have worked for the past three years on ambulances in nineteen different towns and cities around the province. When I wasn't responding to emergencies I was getting involved with those communities. Now that I am back in school at NAIT, I am looking for ways to get involved in our student community. I know that, with your vote, I can help make our student experience the best it can be!



**Health Sciences**  
**Kris Johnson**

Hello fellow NAIT students! My name is Kris Johnson, I am a first year Denturist Technology student, and I respectfully ask for your vote as Student Senator with NAITSA. I chose NAIT for this school's outstanding reputation and commitment to excellence. This is something I strive for in all aspects of my life – not perfection, but excellence. I want to work with you to find out how we can get the most out of our student experience and continue to contribute to the legacy of excellence NAIT has built over the past 50 years. A considerable part of the role of a Student Senator is to "fairly represent and communicate with students". As a former broadcaster and media representative, I understand the value of open and active communication – which relies heavily on listening and following through in order to be effective. My previous experience on a variety of committees will be a valuable asset to NAITSA. I am approachable, communicative, and here to help! If elected, I promise to be open, available, accountable, and to advocate for you, the student body. Vote online @ [naitsa.ca](http://naitsa.ca) from October 10-15, 2012, or in person at NAIT on October 15, 2012. Thank you!

**There are NO CANDIDATES**  
**running in the following program groups:**

**Media & Design**  
**Skilled Trades & Apprenticeships**  
**Engineering Technologies & Academic Upgrading**





# STUDENT ELECTIONS

candidate biographies



**Health Sciences**  
**Kathleen Ryks**

My name is Kathleen Ryks. I am in Medical Transcription, and am thrilled to be running for senate. It is important for all students to have confidence in their senate. Not only does their representative need to be approachable, but that person must be ready to follow up on issues and work toward solutions.

As a senate representative, I understand the importance of being a team player and working with diverse groups. NAIT is a cross-section of different backgrounds, cultures, and a variety of student interests. A single person may not be aware that other people share the same concern. A member of senate can hear more about an issue and how it is affecting many areas.

When talking to people, I like to have enough time for a person to talk about their concerns. It can be frustrating if a conversation is cut short before an issue is fully expressed. People need to feel that they have been heard and that they were treated with respect. I have a cool head, able to listen to different sides of an issue, and represent each equally. I am a creative problem solver and enjoy seeing solutions happen to benefit people.



**Health Sciences**  
**Brad Schmermund**

My name is Brad, a second year Occupational Health & Safety Student. More importantly I'm a student wanting your voices to be heard. There is nothing worse than feeling like you don't have a voice. I'm here to try to change that.

As a Scouts Canada Council Youth Commissioner, I represent the voice of youth in Northern Alberta Scouting to National meetings held across the country. This experience I've gained to capture input and share it at decision making tables will help me be an effective senator. This is needed here at NAIT now more than ever.

I'm here because I want to represent you and ensure your voices are heard at the senate table. I have no slogan, no platform, because I want to bring grass roots feelings and opinions to the table; not my own agenda. I want your input, your complaints, your ideas, your hate mail, and your thoughts. I'm serious! Drop me a line at [brad.schmermund@outlook.com](mailto:brad.schmermund@outlook.com), Facebook me at my real name, tweet me at @b\_schmermund, even Skype chat me at [brad.schmermund](https://www.skype.com/en/contacts/brad.schmermund). I am looking forward to hearing from you! Here's to a great 2012-2013 NAIT year!

**ONLINE VOTING**  
**Oct 10 12am - Oct 15 4pm**

**POLL STATIONS**  
**Oct 15 10am - 2pm**

**Poll Station  
Locations:**

**NAITSA Office (E-131) | South Lobby Kiosk (Main Campus)**  
**HP Centre | Engineering Technologies Annex Building**  
**North Cafeteria/Fresh Express (Main Campus)**  
**South Learning Centre/X Wing (Main Campus)**



# ENTERTAINMENT

## Rising to the occasion



**MIKE JONES**  
Assistant Entertainment Editor

As a massive Rise Against fan, I naturally want what's best for the band. I want the band to be huge. They do have a huge following here in Edmonton, judging by the fact that they come here at least once a year and always seem to attract a solid turnout.

The last two times Rise Against played at Rexall Place, both times with a solid opener (Rancid in 2010, Flogging Molly in 2011). The shows were entertaining and the crowd was raucous but something was missing. The energy didn't quite measure up to the group's epic shows at the Shaw Conference Centre in earlier years or their romp on Warped Tour in Calgary in 2008. Last night it finally dawned on me.

### Don't belong in an arena

Despite their radio ready punk rock being blasted in arenas at sporting events without anyone batting an eyelash, Rise Against themselves do not belong in an arena. Sure, Rexall Place is the biggest room in the city and naturally the next logical step after you've sold out the Shaw three times in a row.

But the jump from the 6,000 person Shaw to the 17,000 person Rexall is a large one and as a result the group was playing to half empty arenas in the 8,000-9,000 range. Factor in that only 1,000 of these fans were allowed on the floor and you can see why the show's weren't quite as fun.

Enter the Edmonton Expo Centre. Not designed for acoustics by any stretch, it is a giant open space. And after seeing this show, it became clear to me. Rise Against excels in sweaty, in your face hall shows.

### Anticipation high

Before the show even began, the entire front half of the crowd was swaying back and forth in anticipation. As the lights dimmed, a large roar let out and everyone jockeyed for position as clips from the legendary war flick *Catch-22* played over the P.A. Jockeying for position proved fruitless as the second the group launched into "Survivor Guilt" it became impossible to stand still unless you were standing at the very back.

The breakdown created even more pandemonium as bodies crashed into each other side to side. Next up was one of their biggest hits "Ready to Fall." The group incited simultaneous bouncing from nearly all of the 4,000 or so fans.

Lead singer Tim McIlrath took the opportunity to address the crowd, "We love playing



straight.com

### Rise Against

Edmonton because we know Edmonton loves to dance!"

Before stampeding into "Collapse (Post-Amerika)," which fans sang along to every word, despite the song being four years old and a non-radio single. Crowd favourite, "The Good Left Undone" came next, followed by "Broken English" (from the group's second album *Revolutions Per Minute*) for the group's long-time fans and *Endgame* lead single "Help Is On the Way."

The energy continued as the band flew through "Drones" and "Disparity By Design" before Tim addressed the audience once more, this time telling everyone to leave whatever weight was on their back, before launching into "Re-Education (Through Labor)," which brought out another massive chant-a-long.

Bassist Joe Principe took a moment to whet the crowd's appetite with a few bass licks before launching into old favourite "Blood to Bleed," which encouraged one of the most passionate sing-a-longs of the night.

The song was dedicated to legendary Canadian post-hardcore group Alexisonfire who are calling it quits this year. Many a mind was blown when during the breakdown Alexisonfire screamer George Pettit suddenly appeared on stage to a massive ovation.

The band exited the stage briefly as the epic opening scene from the phenomenal TV Show *The Newsroom* played over the P.A. with Jeff Daniels' character Will McAvoy ranting on why America is not the best country in the

world anymore. This led to recent singles "Satellite" and "Wait For Me," which both encouraged more sing-a-longs. This was followed up by another of the group's most popular hits "Prayer of the Refugee."

Not many punk bands can play with the energy that Rise does for 90 full minutes, nor can the crowd be expected to keep up that energy. Rise Against seem to have found the answer to this.

At the highest point of the set, stop the music, give the rest of the group a break and McIlrath emerges with an acoustic guitar to play the group's most successful mainstream breakthrough, "Sing Life Away," which inspired many fans to join hands and belt out the lyrics.

### Heartfelt moment

McIlrath appropriately changed the lyrics to "Sing Life Away" and stayed on for another acoustic song in one of the most heartfelt moments of the show as he paid tribute to Tony Sly, the lead singer for the iconic punk band No Use For a Name, who tragically passed away over the summer. He played a beautiful rendition of No Use's "For Fiona."

The group returned to the stage for "Make It Stop (September's Children)" before bringing openers Hot Water Music out for a cover song from Chicago punk band Pegboy.

Next up was live staple "Give It All," which McIlrath dedicated to all the "hardcore fans who have been coming to see Rise Against

every time we come to town for the last 12 or 13 years."

The encore served up more goodness with "Broken Mirrors" and "The Strength to Go On" but things really got crazy with the show closer "Savior" which included a brand new mid-song jam which saw body after body crowd surf over the barricade.

Co-headliner The Gaslight Anthem brought a lot of hype with them for this show with their critically acclaimed release "Handwritten." The group lived up to the hype and then some, encouraging mosh pits and sing-a-longs of their own, busting out all the hits like "45" and "The '59 Sound."

Opener's Hot Water Music got the crowd into a frenzy with a 35-minute set of punk anthems like "Remedy" and "Trusty Chords."

Edmonton is known for being a very late-arriving crowd, yet almost every single person was through the door and ready to dance before Hot Water hit the stage at 7 p.m.

As someone who has seen Rise Against 12 times in various halls, arenas, stadiums, parking lots and race tracks, I can safely say this was the group (and their fans) at their best.

Despite the sound snafu, hopefully next year Rise Against returns to the Expo or perhaps their old stomping grounds at the Shaw.





FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By MIKE MacMULLIN

Despite the fact that so many people are putting their faith in the fact that an ancient dead-and-gone civilization's stone tablet told us the new world begins after Dec. 21, 2012, (or as Hollywood likes to put it, the end of the world), there will definitely be some great music to accompany us on our journey into the unknown. In the last month alone, there have been some highly-anticipated albums released by the likes of Green Day, Mumford and Sons and No Doubt, and 'no doubt' there are many more to come throughout the year. For

now, enjoy what 2012 has to offer for us. As far as I'm concerned, 2012 is the year of the music.

1. Oh Love – Green Day
2. Broken Crown – Mumford and Sons
3. Keeping Secrets – Tyler Ward
4. Hell or Hallelujah – KISS
5. Settle Down – No Doubt
6. Singing – Command Sisters
7. I Gotsta Get Paid – ZZ Top
8. Surprise, Surprise – Billy Talent
9. For Baltimore – All Time Low
10. I'm Shakin' – Jack White

11. Someday – Two Door Cinema Club



VIRAL VIDEO

# Bieber has a 'hiccup' on stage

By CONNOR CORSARO

This could be the viral video of the century.

Justin Bieber has been a Canadian pop sensation for a few years now. The boy has managed to pick up many a fan worldwide. However, with many fans comes many people who don't like you.

That is why this video has so many hits already, in fact more than 12 million is a good approximation.

A big pop star throwing up on stage? That's the kind of thing people want to see, especially when it's Justin Bieber.

Not only does this video show him walking across the stage with two women but also the full on

vomit, while the song continues to play! Now, this normally wouldn't be a big deal, if the song would stop when the singer vomited. At least the vocals have to stop.

However, Justin's voice continues to come through, even when he's bending over barfing his guts out. To lots of screaming fan girls this little mishap doesn't matter much, but to a lot of people, get ready to ask for your refunds because you've been cheated by a lip-synching teenager.

Now, there's no doubt the heart throb has fans who will defend him to the bitter end about this mishap, claiming it is just that.

The video raises the question though, was he sick? Or was he

drunk? The star blames it on milk he drank before the show. It must have been bad because later on in the show he ran out again to repeat the incident.

"It's hard for me, you know, not feeling great and throwing up in front of a bunch of people. Will you love me even though I'm throwing up on stage? OK, I wanted to give you my best show ever, so do you mind if I finish it?" Justin Bieber says in the YouTube video.

Oh Justin, they paid \$80 for a ticket, of course they want you to finish the show! It could just be me, but if an artist throws up on stage I expect them to finish the show anyways. Unless they are dying or so



sick they can't sing, then they'd better be finishing that show.

This video is only 12 seconds long but you really don't need any more than that. It gathers everything into a fun little packet! The dancing,

the singing, the stage show, and of course the vomiting.

Search for "Justin Bieber throws up twice at concert" video. <http://www.youtube.com/watch?v=KY3tLA544r4>

# City, NAIT can claim singer-songwriter

By CRAIG SEPHTON

Mae Anderson is an Edmonton born and raised singer-songwriter, with a beautiful voice, great guitar skills and mature lyrics that surpass her teenage years. Mae is also a bilingual Television (RTA) student at NAIT.

Anderson is releasing a self-titled album that will, without a doubt, pull your heart strings with one track and get your foot tapping with another. With this extremely talented artist surely bound to make ripples in the music industry at only 19 years old, there has been a long journey that's led to this point.

"The first day that inspired me to song write," Anderson explains, "I only knew three chords on the guitar, 'G' 'E' and 'A' and then I learned 'D' and added it to a song and I was so proud of myself. I wrote the song in my bedroom when I was 12. I have the lyrics still and my mom just loves it. I think it's her favourite song."

Anderson began singing even younger. At the age of 3, She snuck up on stage without her parents looking and sang "Twinkle, Twinkle Little Star" in front of an audience.

"I have been a music fan my whole life and everybody knows but I think Elvis Presley was a huge inspiration for me," she said. "The grandeur of everything that he had done and I wanted that. I thought it was amazing that someone could just burst onto the scene and change everything and still be known to this day. He still makes girls cry and it's

hard to wrap your head around it."

At the age of 16, Anderson landed a distribution deal with Universal Music Canada, which released her first CD, *Off the Floor*, recorded in Montreal. She also journeyed down to Las Vegas to work with Yves Frulla, who was Celine Dion's musical director, to work on a nationally released Yuletide single "Perfect Christmas."

"I love to explore music but if I had to be boxed into some sort of category, I guess I'm more folk-pop," she said.

"So pretty much all my shows are acoustic. I don't play electric guitar anymore. I don't like it when people ask me what style I am, because I feel that changes from day-to-day. And maybe that's because I haven't found exactly what I am yet," says Anderson.

The self-titled album *Mae Anderson* will feature songs in French and English and is inspired by her spontaneous life.

"The story or stories behind the album are personal stories, like one song was for two of my friends that got married. It does hit a heart string and when I listen to the songs, I have memories that come to me and mean something to me. I think it's important to understand what you write and be able to feel what you're singing," she said.

"That's why I like to write my own stuff"

Look out for Mae's new CD this fall and check out her Facebook page 'Official Mae Anderson' and Myspace page.

This Elvis-driven artist will be making ripples in the music scene for many years to come.



Mae Anderson

Supplied photo

# Bouncing back to Edmonton

By **MIKE JONES**  
Assistant Entertainment Editor

Pop-punk icons The Bouncing Souls are heading back to Edmonton in support of their new album *Comet*.

*Comet* is the group's first release on Rise Records after over a decade on Epitaph. This also marked the first outing with legendary producer Bill Stevenson.

"We've known Bill since '95 or '96 per-

sonally but we were fans of pretty much everything he's done way before that," front-man Greg Attonito explains. "We were so excited to actually work with him and it was even cooler that he was almost more excited. When someone that you love a lot of stuff they've done; it's pretty cool to see how excited they are to work with you."

Stevenson is renowned in the punk community not only for his lengthy production credits but also as the drummer for legendary punk bands including Descendents, All and Black Flag. Stevenson's recent production credits include Hot Water Music's *Exister*, Rise Against's *Appeal to Reason* and *Endgame*, NOFX's *Self-Entitled* and As I Lay Dying's *Awakened*.

For *Comet*, the Bouncing Souls went into the studio with an old school mentality, aiming to record the 10-track album in 10 days.

"I think it was like 11 or 12 all told," Attonito said. "That was part of the fun. We wanted to do it old school style and record X amount of songs in X amount of days and then be done. Bill totally got that and hadn't done that in a long time so it was fun that he really embraced the idea."

"The reason we did that is you want to capture a spontaneous energy. That's what we loved about a lot of early recordings that we did and other bands did because they really only had a moment to capture it. They didn't have a lot of time to think about guitar parts and all this other stuff that you think about when you have time."

The group was careful to not sacrifice

production quality and praised Stevenson's studio The Blasting Room for its process.

"It's a fine line between it being unfinished and sounding awesome," he said. "We were completely satisfied, considering. There was like two little things everybody had a thing about it. It was nothing, like a backup vocal thing and that was about it. It's amazing that Jason Livermore mixed all the songs in barely even two days. He mixed as we went along. The process with Bill and Jason and everyone at the Blasting Room made that possible because there's a lot of stuff going on at the same time. We had drums going while bass was going and editing at the same time."

The group are gearing up for a cross-Canada tour with Luther and Dave Hause (ex-The Loved Ones).

"Luther is releasing a new record on our collective label called Chunksaah Records and Dave has been a good friend of ours for many years and his music is great," Attonito said. "We're all good friends and looking forward to touring together."

The Souls aren't taking risks when it comes to unpredictable October weather, however.

"We're playing Eastern Canada and then we're gonna fly to Edmonton. We're not driving across," Attonito laughed.

The Bouncing Souls play the Starlite Room Friday, Oct. 12.

Tickets are \$27.75 plus service charges and available at <http://www.primeboxoffice.com>. The show is 18-plus.



## CD REVIEW

# Ascension exceeds expectations

By **CONNOR CORSARO**

*The Afterman: Ascension* is the first of a two-part album by prog rock messiahs Coheed and Cambria.

There are two things one has to understand before delving into this album.

The first thing is that Claudio Sanchez (vocals, guitar) has developed a universe around his albums. The band is one of the most successful concept rock bands in the world at the moment, not only for the music but the story as well.

*The Afterman: Ascension* is the prequel to all other stories, so jumping in here is a good start. It is also gives a good grasp for the style of music the band has landed on after their sound took a more electronic approach on their last album.

Like most Coheed albums there is a series within the album. "Key Entity Extraction" is a four-part series that describes the entities that the main character Sirius encounters, this includes "Domino The Destitute" (Part 1), "Hollywood the Cracked" (Part 2), "Vic The Butcher" (Part 3), and "Evagria the Faithful" (Part 4).

The first single of the album is enough to take any doubt of the band's ability without former bassist, Mic Todd. "Key Entity Extraction I: Domino The Destitute" is, put simply, an epic. The first time I heard the track it blew me away. The eight-minute single is pure magic.

The first line, "If you had the courage to stop me from turning, into what would be the

worst in everybody's eyes." This is followed by, "Hey I'm no angel or the devil of your conscience to tell you who to be," and brings you into the song. When you start listening, time flies faster than the speed of light. All of a sudden you're in the boxing ring with Domino, undisputed champion of the world.

Returning after a six-year hiatus, drummer Josh Eppard manages to make every beat remind the listener of a collision of boxing glove to body or the chants of the crowd for Domino. Everything in the song works together to make something so beautiful it cannot be ignored.

The intro track is something that anyone can appreciate, a soft melodic Gothic piano sound, something that Coheed fans will find oddly familiar when suddenly we hear, "All Mother, are you awake?" It is assumed that it is Sirius talking to the A.I. on his ship. "You'll stay with me, won't you?" he asks her. "I'll be there every step of the way," she replies to him.

As the music slows, the listener is drawn by the conversation and is soothed by the works of guitarists Travis Stever and Sanchez. The album has a few cut-ins with talks between Sirius and the Mother where she assures him she is there with him, which simply adds to the story and makes it a little easier to follow.

The entire album played from front to back is an experience that really cannot be put into words. This is an album you have to put in, crank the volume so loud that the roof shakes and listen to it straight through.



richardthinks.org

## Coheed and Cambria

Even though the album is only nine tracks, the length makes up for it with a few songs over six minutes and as mentioned before, one that is about eight minutes.

Can my words do justice for this album? No, not in the slightest. Only listening to this album will truly do it justice. This is not just an album, it is an epic that is being developed.

The best way to describe listening to Coheed and Cambria is that you have to imagine yourself watching your favourite movie. Now imagine the movie was a rock/metal song. I think you get the picture. Pick up this album. You won't regret it.





# A different kind of guy



**ANIKA NOTTVEIT**  
Entertainment Editor

"You can hurt me tomorrow." With K'naan's song, "Hurt Me Tomorrow" on the radio, it's been stuck in my head.

Recently, I have become a fan of K'naan. I know he's been around for a while. Yes, I am tired of "Wavin' Flag," just as much as the next person. That song may have brought K'naan fame by it being the anthem for the 2010 FIFA World Cup (It was a pretty big deal) but if you look past that song and dig into some of K'naan's other stuff, you may be surprised. His tunes are fun and catchy, yet full of meaning.

What I found interesting is his pre-fame life. How you grow up can really shape a person.

K'naan was born in Somalia in 1978. He lived through the Somali Civil War. His family moved to New York City with relatives before moving to a Somali community outside of Toronto. At 13, K'naan barely knew English yet he started teaching himself hip-hop and rap.

Life wasn't easy in Canada. K'naan lost a lot of friends to murder, suicide, being banned from the country and imprisonment. His songs

reflect these hard times.

He talks a lot about his past and real life problems. In his song "Somalia" K'naan talks about guys that rap about rapping. K'naan's different.

"Do you see why it's amazing. When someone comes out of such a dire situation, and learns the English language, just to share his observation."

He isn't overly political in his songs. He talks about what he has seen.

*"I just wanna tell you what's really crackalackin. Before the tears came down, this is what happened."*

—K'naan, Somalia

Topics are apparent in his lyrics, stopping bloodshed, violence and what his past has taught him.

"All Somalis know that gangsterism isn't to brag about. The kids that I was growing up with (in Rexdale) would wear baggy (track) suit pants and a little jacket from Zellers or something and they'd walk into school and all the cool kids would be like, 'Ah, man, look at these Somalis. Yo, you're a punk!' And the other kid won't say nothing, but that kid, probably, has killed 15 people." K'naan says on [celebafrika.blogspot.com](http://celebafrika.blogspot.com).

In 1999, K'naan was able to perform before the United Nations High Commissioner for Refugees. With great courage, he did a spoken word performance calling out the UN for not helping Somalia. Someone in the audience took note and got K'naan involved in a project which allowed him to tour world.

His songs have purpose and show his dedication for global change. It makes me think,



globalfusionproductions.com

**K'naan**

how can I use what I've been through for the betterment of the future?

I may not have witnessed a war or murders or had the chance to stand in front of promin-

ent people but I can try to live with purpose, to help the future generations. A good place to start, being aware of the areas I can give today so I don't hurt tomorrow.

## MOVIE REVIEW

# Suspense for action lovers

By **LYNDSAY COWAN**

The trailer for *Looper* leaves an intriguing

impression, has a seemingly unique story line, credible actors and a suspenseful hook. It's a



benendsbasement.blogspot.com

**Joseph Gordon-Levitt in Looper**

strong buildup for action and sci-fi junkies and director Rian Johnson did not disappoint.

*Looper* offers movie-goers the combination of shocking visuals and an unpredictable plot line. Within the first few minutes I had jumped out of my seat and was completely hooked.

Joe (Joseph Gordon-Levitt) is a young and reckless man in 2042, an age when time travel doesn't exist. However, 30 years into the future it does exist, but is completely illegal and used only on the black market. That's where Loopers come in. They are assassins whose targets are sent from mobs of the future. They have to get the job done and keep it under wraps, period.

Having a gun in hand gave Joe a life of luxury in an otherwise poverty-ridden world. It was a good gig with nights full of partying and high status, until the boss decided to "close the loop," sending Joe's older self (Bruce Willis) back as the target.

If Joe kills his future self, he has 30 years to live his life. If Joe doesn't complete the job, he has a mob of higher-ups to answer to.

*Looper* brings an action-packed and thought provoking plot. If anything, some scenes leave the viewer confused and anxious for more.

There isn't a second left for boredom.

Johnson includes some lighthearted and humorous moments, but they are far outweighed by the graphic action scenes of *Looper*. With the combination of time travel, assassins and unpredictable plot twists, I found myself constantly guessing ahead and constantly being proved wrong. *Looper* has a complex story line, but trying to predict the film is what kept me interested.

The visual effects are stunning and, in some cases, shocking. The makeup and mannerisms of Levitt show a remarkable similarity between the future and present Joe.

The scenery sets the time very well, and the action scenes hide nothing. In some cases I found myself looking away at the more intense moments. Expect to cringe in a movie about assassins.

*Looper* probably isn't the choice for girls' night out, but the suspenseful flick won't disappoint for action lovers. The film had me hooked from the first minute and kept me guessing until the last.

If sci-fi is your kind of movie, I definitely recommend the big-screen experience of *Looper*.



# Combatting exam anxiety



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

Being somewhat anxious prior to exams is a normal state. It motivates you to stay alert and do your best. Exam anxiety, however, is the state of being so nervous during a test that you don't do your best and you lose marks even though you know you have studied, know the material and are well prepared.

1) Build up confidence by reviewing the material frequently. Overlearning is the best insurance against going blank on an exam.

2) Devise a system for practising rapid problem solving as part of your review for the test. Try making up mock exams and setting a timer while doing them. Being experienced at working under time pressure can help alleviate exam anxiety.

3) Focus on self care so you have the

physical and mental resources to combat anxiety. Eating properly, exercising and getting enough sleep are good places to start. Learn relaxation techniques that work effectively for you. Counsellors at Student Counselling would be more than happy to work with you on improved stress reduction and relaxation techniques.

#### PRIOR TO THE TEST:

4) If you have problems with anxiety, avoid or limit caffeine intake (coffee, dark colas, chocolate). Caffeine mimics and escalates the symptoms of anxiety. Sugary foods can also increase stress.

5) Try not to study the same day as the exam.

6) It is often helpful to go for a brisk five to 10-minute walk before the exam. This increases blood flow and gets you breathing deeply, which automatically reduces stress and helps you think more clearly.

7) Arrive early enough that you can sit where you are most comfortable, get organized and avoid people who are anxious and might cause you to doubt your knowledge, but don't arrive so early that you have a lot of time to let your stress build up.

#### DURING THE TEST:

8) Do not let yourself get into a negative mindset such as "I always panic on exams" or "I blanked out last time so I will blank out again." Instead, think thoughts such as "I know

my material," "I can stay calm and relaxed," etc.

9) Test taking strategies:

- Look over the questions to familiarize yourself with the test. Underline key words or phrases in the test directions. Many students with exam anxiety make errors because they don't read the question thoroughly.

- Don't rush through the test, but work at a comfortable pace and don't worry about how far along classmates are.

- Don't panic when you don't know an answer. With multiple choice questions, eliminate options you know are incorrect and then make an educated guess. For other questions, start writing what you know that is related to the question on a scrap of paper. This often triggers ideas that will help you find the answer.

- Regard a lapse of memory as perfectly normal, do not let it throw you into a panic. If you block on answering one question, leave it for a while and return to it later. Find some questions you can answer.

10) Quick relaxation strategies during the test (try them out while studying to see which works best for you):

- Don't forget to breathe. Focusing on your breathing while taking five to 10 slow, deep breaths gets more oxygen to your brain, thereby reducing stress. Do this any time you start to feel panicky.

- Humour works to reduce stress and to help with creative problem solving. If you are stuck, try thinking of the funniest thing that has happened to you in the last month.

- Visualize a very soothing place like a beach or a forest. Get a clear picture of the scene, hear the sounds, feel the warmth of the air.

- Tense your muscles as hard as you can and then release. Doing this three or four times will reduce tension. (Every action has an equal and opposite reaction).

- Sipping water or chewing gum can lower stress for some students

Counsellors are available to assist you with techniques to overcome exam anxiety or with any other academic, career or personal issue that may be affecting your success at NAIT. To book an appointment call 780-378-6133 or come in person to Student Counselling, Room W-111PB, HP Centre.

## GAME REVIEW

# Pick a dragon

### By AMANDA SCHULTZ

It's Friday and for once you have decided not go out on the town. But just staying at home is not going to be sufficient. What else could be just as fun? Oh wait. This new board game, Tsuro.

As someone once described, it is like Tron versus the game Snake. So why not call up a bunch of friends, tell them to bring some munchies and get this game going?

You all pick a dragon to be, which really looks like a stone. You pick up three tiles all with a different line (paths) you can take. It's almost like a really deep game, as in you would choose the path of life for your dragon.

The oldest member of the game begins by placing one of their tiles down and deciding on the path.

This is a game of strategy. You need to make sure the move you take is not going to knock yourself out as well.

The rest of the players take their turns and pick their paths and then it's back to you. You need to watch because not only can you meet up with another dragon to beat them, but you can make it so their path eventually takes them right off the board.

With every tile you lay you have to follow the trail. So you decide to start to advance on

the player right across from you.

As you start to get into the thick of the game, people are really getting close to finishing one another off and finally you get the tile you have been waiting for. Although, with this tile you may get into hot water in the long run, you go for it.

You take out the red dragon but now it's the yellow dragon's turn and if they have the right path you could be a goner and your next

path could lead right off the board. The room goes silent. No one knows what yellow is thinking. Finally the tile is laid and it works in your favour. Hooray!

You cheer silently to yourself, thinking I have made the play of the game and got away with it, when, all of a sudden, the white dragon lays a tile and you go right off the

board. Dang-it! Next time.

The game goes by fast and it's a fun, thinking type game. I would suggest going to any game place and picking it up. Its extremely enjoyable.

I would give it four dragons out of five. Tsuro is the game for anyone with ADD and whoever likes Tron.



## 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.



## Breast Cancer...

*not just a disease of older women*

**Shanna (Shan) Larsen was only 24 when she lost her life to breast cancer**

### Facts

- over 900 young women (15-39 years) are diagnosed with breast cancer every year in Canada
- over 100 young women with breast cancer die every year in Canada
- breast lumps are the most common symptom
- breast cancer does not always start as a lump
- breast cancer can spread
- breast cancer in young women is often very aggressive
- early detection saves lives!

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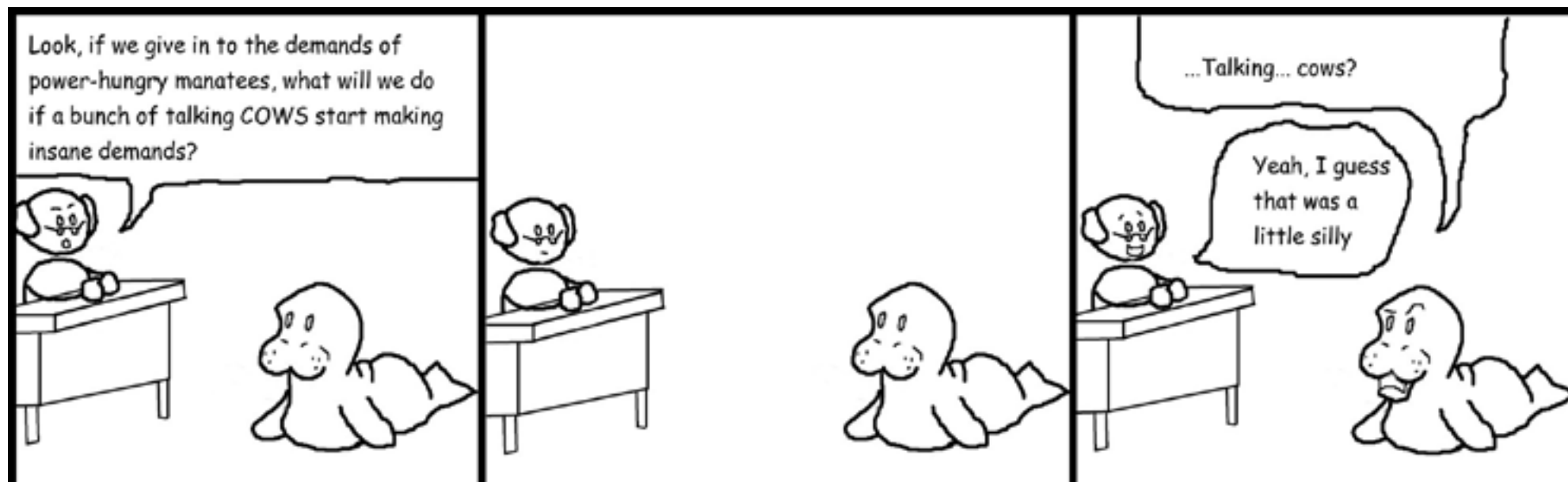
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THE NUGGET PRESENTS:

## NUGGET COMICS



Comic by Rory Fidler

## Teamwork makes the difference

By CRAIG SEPHTON

NR92 - *The Wake-Up Call*  
Thursdays 9 to 10 a.m.

Nicole Murphy, Sarah Stilwell, David Hansen

**Nugget:** Why did you call your show *The Wake-Up Call*?**Nicole Murphy and Sarah Stilwell:** We help people cope with the walk of shame, so *Wake-Up Call* is something happy when people are doing the inevitable walk of shame, after they have just had sex with a stranger. [She laughs] Not really, we are just chipper in the morning.

We also really like Maroon 5, just kidding. With that also, we found out later that Maroon 5 had a song called "Wake-Up Call."

Originally we wanted just an acronym name but we couldn't come up with a good acronym

with our names. At first it was just me [Nicole] and Sarah, and we were like, *Sn'N in the Morning*? It sounded delightful at the time, but then David came on board.**N:** What do you talk about on your show?**N&S:** We talk a lot about entertainment actually, a lot about music. And because it's on Thursdays, I thought it would be a good idea to talk about the movies coming out on the weekend. So we always have two or three movies coming out the day after that we talk about.

In music, we usually talk about shows that are coming up, like last week we played and talked about Rise Against because they were playing that weekend. We usually theme our

shows around what is happening in town, so Rise Against is known for its live shows, so the theme was Best Live Shows.

Sarah is really good at coming up with the themes, I must say.

**Sarah:** It's a God-given talent.**N:** Why did you start to do a show in the first place?**N&S:** Well, Nicole and I [Sarah] were really interested in learning and David was kinda like, "Hey I want to learn too," and we thought it would be a good dynamic and good to have a guy point of view. Can't have too much estrogen on the radio.

We are all really different, we've found. David comes from a country background

and we girls don't, so we're a little different in those ways. Plus, it's really good for us to learn how to work in a group who isn't like us, so we all have different visions at times and we have to compromise and come together to decide what's the best decision at the moment.

**N:** Why should people tune into *The Wake-Up Call*?**N&S:** Really because we are so interactive and we are always asking people how they feel about stuff. We use our Facebook and Twitter heavily and we get quite a lot that we can't always respond to but we do our best to work it out. Like if you want a song, put it on our Facebook page, and it has to do with our theme we will play it. So Listen!

## THEATRE REVIEW

## Lots of laughs in local production



facebook.com

By CRAIG SEPHTON

Prepare yourself for a magical night of music, drag and hilarity.

Magic hits Fort Edmonton Park this month with the new show, *Poof! The Musical*. The production is set to take stage Oct. 11-21 at the Capitol Theatre, the newly restored 1929 ex-vaudeville house at Fort Edmonton.*Poof!* is a creepy and camp musical about a young witch who wants to be normal. Her twisted mother (also a witch) has other plans and wants to keep the young teenager in her evil ways.

To beef the story up, the teenage boy of the girl's dreams pops into the scene. A decision has to be made. Either the young witch listens and follows her mother in the evil ways, or she betrays her mother and runs off with the boy of her dreams — intense.

Hype has already built up around this production that is being labelled

as a magical night of music, drag and hilarity.

"It's really fun. It's got a lot of really sweet moments with the characters," said director Amanda Bergen.

"The music is really great, very sweet with a lot of humour. It's a campy musical so I think people will enjoy themselves and get something a little different than what we have put up here (Capitol Theatre) so far."

Bergen has been directing stage productions over the past six years, from plays done at the University of Alberta to plays at the Fringe.

During four of the days that the production is playing, there will be a dinner special available, so families and parties will be able to have dinner before the show for very cheap. Those dinner specials are on Oct 12, 14, 19 and 21.

Garrett Ross plays the young witch's mother and will be wearing drag and

walking in high heels.

"I now have more respect for women and drag queens. I don't know how they wear heels all the time," says Ross.

"I am now finding my hips are swaying when I walk and when I wake up my calves are stiff."

With Halloween just around the corner, the timing of this play couldn't be better.

"It is a completely fun comedy and I hope people walk away laughing or just have a really good evening, a nice time with their family," Ross says. "Especially for Halloween, because I always found it difficult to find things to do on Halloween outside the trick or treating. So it makes for a nice night out."

Tickets start at \$20. You can purchase them through the Fort Edmonton Park website, [www.fortedmonton-park.ca](http://www.fortedmonton-park.ca).

THE NUGGET PRESENTS:

# HOROSCOPES



## MADAME O

### Oct. 11-Oct. 17

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

### Libra (Sept. 23-Oct. 22)

Life for you is crazy right now. There's so much going on, and things are so complicated, when they shouldn't be. My advice is for you to focus on the things that matter most, and don't get worked up over the things that don't.

### Scorpio (Oct. 23-Nov. 21)

Even though there are people that wish you ill, you must persevere. Success and absolution is just around the corner. You will be presented with a choice and your choice will affect the future.

### Sagittarius (Nov. 22-Dec. 21)

You are too angry. You need to relax, and take life by the horns. Force yourself to go out and make friends, before you start to lose the ones that you have now.

### Capricorn (Dec. 22-Jan. 19)

You have lots of energy, and you have too many projects going at once because of this energy. You need to drop a few things, and focus on a few projects that will make you proud in the end.

### Aquarius (Jan. 20-Feb. 18)

If you were any more awesome, you'd probably explode. My only advice to you this week is, don't be too good, you are just right the way you are.

### Pisces (Feb. 19-March 20)

This week will be a lonely week for you. You are going to have to put a lot more effort into making friends, but your efforts will determine the next treasure in your life.

### Aries (March 21-April 19)

Sometimes you get too involved or too concerned and you end up getting let down. This week, try to live in the moment, and take a step back from life. Life's a journey, not a destination.

### Taurus (April 20-May 20)

Financially, you are secure right now. But you are alone. This week, your goal

is to make a friend and to be a friend. You never know who you will meet and what you can do to affect someone in a huge way with a simple action.

### Gemini (May 21-June 21)

You have been off the wall lately. You're excited about something. You don't know what, but the feeling is there. Do not fret, the surprise is coming soon. In the meantime, keep doing what you're doing. You're doing it right.

### Cancer (June 22-July 22)

You've been too standoffish lately. Don't

let the bad things in your life take away from the good things. Take a few moments each morning to reflect on the positives, and walk with a boost of confidence in your step.

### Leo (July 23-Aug. 22)

You've been alone for far too long. This week, keep an eye out for a new friend that will be entering your life. This friend is someone who will turn out to be very helpful in a future crisis. Hold your friends close.

### Virgo (Aug. 23-Sept. 22)

Be a man. Do the right thing – wise words to live by this week, even if you are a woman.

## Who ya gonna call?

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

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

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

**NAIT Security** – 7477.

**Part-time campus jobs/volunteering** – Contact Matt Bell; 780-471-8617; Room E-131; or e-mail [matthew.bell@nait.ca](mailto: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.

THE NUGGET PRESENTS:

# Dr. CONwisDOM



## CODY MALBEUF AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,

I got a pair of tickets to the Rise Against concert Friday. I told my dad, expecting him to be excited, but he came back with "Well that's when we're having Thanksgiving dinner. Enjoy your hotdog." I went to the concert anyways, but I feel guilty for missing Thanksgiving. Did I make the wrong call?

Sincerely,

Turkey leftovers full of judgment

Dear Turkey leftovers full of judgment,  
Just remember your family will always be with you, but Rise Against isn't always in

Edmonton. Loving a band is like loving your country or a step-parent. You never really feel the love returned, but it doesn't matter because you care for them and/or have self-esteem issues. Missing a big family supper is what microwaves were invented for. Don't let your guilt suck the flavour out of it. Also hotdogs are delicious, so check and mate judgmental parent.

...

Dear Dr. CONwisDOM

I just really blew it with a girl. I asked her if she wanted to hang out with my friends sometime. She said, "No, I don't think I'd get along with your friends. Maybe just me and you could do something." I came back with no, my friends are cool. Shoot. What do I do now?

Sincerely,

Second chance for third base

Dear Second chance for third base,  
Women are like leprechauns. They are typically shorter and smarter than you and it's very hard to catch one. No crazy survivalist uncle of mine ever let a leprechaun go, except for that one midget, and even then only after the police got involved. You let your lepre-

chaun go. It's not likely to come sauntering back. There is a plus, though. She'll probably be vulnerable and more open to kinky stuff after your rejection. Do you mind sending her number my way?

...

Dear Dr. CONwisDOM

I ate way too much over Thanksgiving. My boyfriend hasn't said anything but I can tell he thinks I look fat now. Do I work hard to lose the weight or just be content with my leftover turkey sandwiches?

Sincerely,

Stuffed like the turkey on Thanksgiving

Dear Stuffed like the turkey on Thanksgiving,

If this is a good looking guy with washboard abs, he's done his part in the relationship and you should, too. If he's some scrawny little fella, good thing you did this. Any couple should have a joint weight of at least 300 pounds or it's weird. Just too much tinyness. Thanksgiving has always been a holiday of sharing and too much butter. If your man is surprised by this weight gain, just do it every holiday so he won't be stunned next time.

Dear Dr. CONwisDOM

I'm six-foot-nine and I'm dating a girl who's only five-foot-six. Not weirdly tiny, but the foot-and-a-half difference sure makes Christmas cards weird. Do I keep going with this relationship or do I find another girl who's a reasonable height compared to me.

Sincerely,

The confused giraffe

Dear The confused giraffe,

Not many people are as tall as you. Only one in three girls are easy, so you're not playing the odds that all of those land in the tall category. Just stick with your smurfette. You'll just have to accept that the first question people ask when they see you together will be "Oh. How does that work? She must be smothered." Unless your girl has a tall roommate. Then it's just geographically convenient to go for a girl your size, so you might as well.

...

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



# HOT SINGLE OF THE WEEK



Photo by Emily Fitzpatrick

## Amanda Schultz, 27 Radio

**What's your type?** – A guy with good fashion sense, a sense of humour and a good smile. Oh, and beards.

**What's your ideal first date?** – Going for beers and then maybe a long walk.

**What's one of your pet peeves?** – When people spit in public.

**What are some of your turn-on's?** – When someone compliments me for no reason.

**If you could fly anywhere now, where would you go?** – San Diego. It's awesome and chill and the ocean is there.

**What are some of your hobbies?** – Taking pictures, drinking beer and going to concerts.

**What are some of your favourite bands?** – Alexisonfire and Imagine Dragons.

**What's your favourite food?** – My mom's spaghetti.

**What's your sign?** – Aries.

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

# Turkey and all

## CAMPUS FOOD REVIEW

By MEAGHAN WILLIS

It's Thanksgiving weekend and my mother is off to Phoenix for the week, thanks a lot, Mom. No turkey this year, I guess.

It's probably the first time in three years I actually have the weekend off and I'll be spending it alone, eating ramen noodles in my apartment downtown, nice life.

That's fine, I think to myself, I can have my own turkey. In fact, everyone can, all they need to do is head to Fresh Express for Thanksgiving dinner for less than \$10.

So between the 10 assignments I have due and the six classes I have, I make my way down to Fresh Express to check out what they have to offer. Walking into the cafeteria I don't even have to look up before I'm being called over by the lady selling the meal of the day. She's a nice older lady, who kind of reminds me of my grandmother, so I begin to feel the spirit of Thanksgiving and I can't help but smile. She fills me in on the details of what I get included for the solid price of just \$7.84.

It's the works - turkey, mashed potatoes with gravy, stuffing, peas and carrots, cranberry sauce and a pumpkin pie tart. I'm sold, especially on the pumpkin pie tart.

As I mention how excited I am for the dessert, my friend Caitlan makes a wise crack to the sweet old lady, "a tart for a tart." Thanks Cait, Happy Thanksgiving to you too. I smiled and rolled my eyes, only blushing a little bit and made my way to the counter to pay. It already smells amazing, I can't wait to sit down and start eating.

The meal is all made by NAIT culinary students and I have to say they definitely know what they're doing in that kitchen.

The turkey was cooked perfectly, the mashed potatoes were delicious, soaking with homestyle gravy and the peas and carrots were still a bit crunchy, which I like.

The stuffing is always the best part and it was done excellently. The pumpkin tart was everything that I thought it would be and in the spirit of Thanksgiving I even shared it with my sarcastic friend, Caitlan.

The only thing I didn't enjoy was the cranberry sauce, but, really, who actually eats that?

All in all it was a delightful Thanksgiving dinner for a price that won't break the bank.

Who needs family and friends when you can charge a plate full of food to your student loan?

# Feel like some fish?

## RECIPE

By MIKE MacMULLIN

Today, I'm going to show how easy it is to make a great meal out of simple ingredients in your own home. Instead of going online to some random site that you can find just as easily as me, I decided to create my own meal and test it. I hope you like fish, because that is the meal of the week! Let's start off with the ingredients:

### Fish

- Highliner wild Pacific salmon
- 2 Tbsp vegetable oil
- 1 Tbsp lemon juice

### Rice

- 2 cups parboiled rice
- 4 cups water
- 2 Tbsp butter
- 1 tsp salt

### Stir fry

- peppers (yellow, orange, red)
- ½ onion
- 2 celery stalks
- snow peas
- 2 Tbsp vegetable oil
- 4 Tbsp soya sauce
- 1 pinch of seasoning salt
- ½ - 1 cup of water

### And, of course, spices for the fish:

- dill weed
- seasoning salt
- celery salt

- pepper, other interesting spices

Heat the oven to 450 F, season the fish to your taste, add some lemon to each fillet and put it in the oven on a broil pan.

Cook the fish for 20-30 minutes or until golden brown on the edges. While that's cooking, put the rice ingredients together in a pot and cook on high heat until it boils.

Once boiling, put it on low and let it simmer, soaking up all the moisture until you are ready to eat.

The stir fry is simple. Chop up all the vegetables (I prefer long, thin slices). Put the vegetable oil, the soya sauce and half the water in a pan. Heat on medium high until the pan is hot and then, drop it like it's hot! Put the veggies in the pan, mix them in with the liquids and sauté them, stirring occasionally. If they soak up too much liquid, just pour some more water into the pan and let it heat up more. The stir fry is done once the veggies are soft with a little bit of crunch or to your desired taste.

Now that everything is cooked, it's time to enjoy your meal. It's nothing fancy, but it's a meal that costs you less than \$30 and will get you through one night and a few meals after that.

If in doubt, just try a new spice. You never know what gems you might find.

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in Oct & Nov



Oct. 11



Nov. 5 & 6



Jan. 24



# Spa Day

**MAKES A GREAT GIFT**

**Saturday,  
November 3**



## Package A

Choose from either 9:00am or 12:30pm appointment

Facial with body wrap

REGULAR PRICE

NAITSA PRICE

~~\$140.50~~

\$60.00

Package also includes a limo ride to and from  
NAIT main campus, and light snacks.



## Package B

Choose from either 9:00am or 12:30pm appointment

Manicure, pedicure & hair style

REGULAR PRICE

NAITSA PRICE

~~\$140.50~~

\$60.00

Package also includes a limo ride to and from  
NAIT main campus, and light snacks.

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