

NEXT NUGGET ON Nov. 1

THE

NAIT NUGGET



Thursday, October 18, 2012
Volume 50, Issue 8

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

NAIT'S NOTABLES

Institute names top 50 alumni of past 50 years, story page 4



Photo by Tyler Frith

BRAS FOR A CAUSE

Registrar office staff members Amanda Van Den Biggelaar, left, Shauntel Hancock, Tasha Klimchuk, Chalisse Rovere and Lindsey Schmidt toss some of the 148 bras they have collected for cancer research. Each bra donated will raise \$1 for the cause. Donations are being accepted at the Registrar's Office until Oct. 25.

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NEWS & FEATURES

Grits making a comeback?



Connor Cosaro
Assistant Issues Editor

So the Liberal Party of Canada, after a dismal showing in the last election, seems to have smartened up. They kicked their former leader Michael Ignatieff out the door after the 2011 upset that left the Liberals with only a few seats when they are used to having a pretty high number.

This, however, might be taking a turn now that Justin Pierre James Trudeau, an MP in Montreal, Papineau Division, has confirmed he is going to run for Liberal Party leader.

Why is this such a big deal?

Well for one thing, being the eldest son of the great Canadian Prime Minister Pierre Elliot Trudeau, his name alone gives him some pretty high recognition.

This raises questions though, questions like, do people love him because they hope he's going to do for this country what his father had done?

I certainly hope so, even though I am hardly old enough to vote I have always been a Liberal supporter, except for when Ignatieff

was leader. That was embarrassing...

But in all seriousness, the Liberals are a very centrist group who have managed to stay a major player in Canadian politics because they keep people happy in most cases.

For a long time Liberals and Conservatives were very close in their beliefs. So whichever way the tables turned didn't really change much of anything.

Our world today is an entirely different place. There are totally different factors involved now.

Conservatives have made a quite clear jump to a more capitalistic way of governing and Albertans love it, and why shouldn't we? We make the money, we can support ourselves.

Tell that to the striking teacher or the struggling students who didn't get the proper math class because of budget cuts.

Justin Trudeau is seen as the favourite for taking control of the Liberal Party, but some Canadians are still, like me, unsure about him.

As I said before, his name alone gives him the credit he needs to have an amazing campaign, but his policies and ideas are still pretty unknown by a lot of Canadians.

Will this be his time to shine even more? Or will Trudeau crash and burn? The biggest fear at the moment is that Trudeau's celebrity status will deter MP's from entering the race for leader of the party.

Well, whatever happens I truly hope the Liberal Party can grasp some seats back.



Photo by Tyler Frith

HONOURING TRADITION

Chayla Delorme of Eagle Sky Dance Troupe performs a traditional dance Friday, Oct. 12 to mark Aboriginal Awareness Week, an annual event showcasing First Nations, Métis and Inuit teachings and culture. This year's theme was "Our Elders' Teachings." The week began with a traditional tipi raising ceremony, led by a Cree Elder, and concluded with a traditional pipe ceremony and the taking down of the tipi.

Wood working meets 21st century

By **ALLISON KARCH**

As technology continues to advance, the way we do virtually everything changes along with it. Now, even woodworking – something we've been honing since humans started using tools – is firmly in the 21st century and NAIT's Cabinet Making and Carpentry programs are keeping step.

NAIT is purchasing three woodworking machines that represent the height of cabinet-making technology. The school currently has the machines on loan from industrial machine manufacturer Homag Canada Inc., but now that the curriculum has been changed to include them, NAIT can purchase the machines.

The curriculum is driven by industry's needs, and Cabinet Making program chair Paul Roberts says that the industry has indicated a need for more people with experience using these machines.

"There's a shortage of operators and programmers that understand this stuff in the industry," he says, noting that this technology is a big departure from the way millwork and cabinetry has traditionally been done.

The machines – a router, an edge bander and a table saw – are referred to as CNC, or computer numerical control machines. They are used with Computer Assisted Design/Computer Assisted Manufacturing (CAD/CAM) software, which has been included in the curriculum along with the new machines.

This new technology streamlines cabinet-making, right from the design stage through the manufacturing to end product. The three machines, which cost a total of about \$345,000, do the work of numerous traditional machines since each machine is capable of multiple functions.

They also remove some risk to the operators, since they are automated and fetch and change individual tool heads themselves.

Roberts introduced the workshop containing the machines as "a mini-IKEA" because those three machines are capable of producing cabinets just like what you'd get at the Swedish home company.

"This is a small room but it basically is a manufacturing cell that will allow us to do anything,

essentially, that IKEA could do ... and all custom millwork that you'd see in a cabinet shop too," said Roberts.

The acquisition of these machines will affect three different programs at NAIT.

The 140 or so Cabinet Maker apprentices and 30 of the 60 full-time Millwork and Carpentry students will use the machines.

Interior Design students can also benefit from using them to make the furniture they draw.

Roberts says that even if students have worked in their chosen field, this may be their first chance to use this technology.

"Right now a lot of them wouldn't get the opportunity to learn on this equipment in the shops," Roberts said.

Steve Nissen, who starts his Cabinet Making apprenticeship later this fall, is looking forward to his first experience with CNC machines.

"I've never worked with such high-tech machines before," Steve says, "so it'll be nice to learn on that."

The technology is representative of what graduates will be expected to use in the workplace.

"This is very much a part of how things are made today," says Roberts.

Roberts goes on to say that the technologies and techniques that students use during school have an impact.

"If you really want to be a good designer and craftsman, you need to work within your time," he says. "So you use the tools of your time and here they are."



Paul Roberts

The camera is watching

By CRAIG SEPHTON

Citizens may say that “Big Brother” is watching us even more so, especially with Edmonton’s police testing of new chest-mounted video recording systems.

As part of a pilot project, some officers are wearing cameras that are iPhone-sized and are attached to the police officer’s shoulder strap facing forward.

Edmonton Police Services (EPS) will be testing these audio and video recorders on officers who regularly patrol the downtown area. The test will take place over the next year.

The basic idea of these chest-mounted devices (there are also cameras that can be mounted on eye glasses and helmets) is to bring back accurate, objective recollection of what happens.

Although the technology may be new to EPS, NAIT’s Protective Services already has peace officers sporting cameras of their own.

Peace Officer Jon Sigurdson, with NAIT campus security says, “our eyes can’t be everywhere at once. So sometimes having the camera pointed on the scene or suspect you’ll catch them doing things on camera that you wouldn’t while you’re looking off in the other direction maybe talking to somebody else.”

A similar test was conducted in Victoria, B.C. and was deemed a success, but currently officers in Victoria aren’t equipped with these recording systems, simply because of cost.

The cost of the project in Edmonton, spread over three years, is \$465,300, with \$150,000 from the federal government. Each camera costs \$1,000.

Edmonton will be the only place in Canada where police are using the system. Similar tech-



Edmonton Police Service Supt. Ed Keller poses with the chest mounted video camera being tested by downtown patrol officers.

nology is being used in the U.K. and some U.S. locations.

The footage from these cameras won’t just be for prosecuting suspects, but any complaints from the public about police conducts can be reviewed.

NAIT’s Protective Services says the technology is used to maintain accuracy in their reports and ensure that there is evidence in case of a complaint or internal investigation.

“For covering ourselves and our own liabilities, basically having that evidence if somebody came to us about a complaint or any kind of internal investigation, we then have a little bit more proof, a little bit more evidence to say this is exactly what happened,” explains Sigurdson.

Issues have been raised about privacy and on how the cameras are used and operated. The cameras will not run constantly, but police have issued protocols when officers are to turn on and record.

When police are heading to a scene or observing something, they are required to turn on the device and make a note in their log of when they turned the camera on or off. Police are also required, when possible, to let the suspect and people at the scene know that they are being recorded.

These tests have begun in the downtown area and it will take the next year to observe the results in different conditions like cold and snowy weather and then hot and dry in the summer.

Cost of speeding your car?

By CODY MALBEUF

Edmonton is fraught with bad drivers. Rarely does a person drive anywhere without shrieking at least one profanity at a driver of questionable skill.

No law seems to have an effect on this yet, however a new effort is being made to change that.

The Edmonton Police Service is pushing for legislation allowing officers to impound any vehicle caught going 50 km/h over the posted speed limit.

Already without this law, the Edmonton Police Service seizes as many as 20,000 vehicles every year. However, the police seem to think it’s necessary to increase this number.

Chief Rod Knecht said in a statement to the public that some motorists have taken speeding to another level. The example used was a motorist travelling at 262 km/h on the Anthony Henday.

Driving at that speed is considered highly dangerous and is not typically done unless someone is robbing a bank or driving with a flatulent

mother-in-law.

However, it happens in Edmonton regularly. Police say they are clocking vehicles driving at speeds around 200 km/h fairly regularly.

Right now the law is more lenient. Drivers who have a lead foot on the gas pedal are currently fined and given six demerits on their licence. They are also ordered to make a court appearance.

Students at NAIT are split on the issue. Many drive to school every morning and some don’t think this new law will make a difference.

NAIT student Michael James MacMullin said: “Over the years, there’s been so many laws to prevent speeding. And there’s been just as many fines as there have been speeders. The bottom line is, people are going to speed regardless of the consequences.”

Some think this law is just plain unjust.

Teacher Helen Cyr said: “Police should be enforcing the law, not punishing people for not following it. This new law goes against how the justice

system works.”

However it is clear to police something has to be done. As of September there were 25 fatalities caused by traffic accidents. Speeding was a factor in many of them. That is double what that number was at the same time last year in Edmonton.

Some people at NAIT support this new law.

“I am in full support of this law,” said student Kevin Martine. “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.”

It is unclear if this new law will be passed but it is clear that if it does speeding will become a far bigger gamble than it was in previous years.

Edmonton police don’t just want to spring the new law on the city. The police want to get feedback on what the number over the speed limit should be. People can vote by going online at edmontonpolice.ca.

10 years of serving less fortunate

By JOSH YAWORSKI

For the 10th year in a row, NAIT’s Club Culinaire spent their Thanksgiving serving dinner to our city’s less fortunate.

Over the course of the dinner service, more than 1,500 people were served 70 turkeys, 750 pounds of carrots and 500 pounds of fluffy mashed potatoes.

Student Samson Su told the *Nugget* that the entire event was considered to, once again, be a roaring success.

This is his second year with Club Culinaire and he let us in on some of their secrets. He tells us that for over 30 years their coalition of meat cutters and culinary students have been overseeing this and many other charity events, including the bestowing of culinary grants.

For four days he and many other students dedicated their time and skills, finishing with back-to-back 12-hour shifts on Saturday and Sunday.

The Thanksgiving Dinner was administered by Boyle Street Community Services, which was

established in 1971 as a street-front agency, working throughout inner-city Edmonton.

Now they operate group homes, provide housing and organize mental health, family and youth programs.

They are one of the many essential lifelines to our prosperous city’s less fortunate. They contacted NAIT in 2002 and since then, every year the future chefs and meat-cutters of the Northern Alberta Institute of Technology have put forth their best to those who need it the most.



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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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



NAIT's Top 50 in 50 years



NAIT, which this year is celebrating 50 years of polytechnic education, has selected 50 graduates and retirees from the last five decades to honour for their contributions in their respective fields.

"The accomplishments of our Top 50 alumni reflect the quality and relevance of NAIT as a polytechnic," said NAIT President and CEO Dr. Glenn Feltham. "I congratulate these alumni and proudly recognize them as NAIT ambassadors."

Last year, NAIT asked for a compilation of candidates and a committee of alumni, retired staff, instructors, students and NAIT's departments of Advancement and Marketing and Communications arrived at the final 50.

They will be honoured at a special event Oct. 25 and featured in a commemorative issue of *Teclife*, NAIT's technology lifestyle magazine. The Top 50 alumni, by decade

1960s

Bernie Fedderly (Motor Mechanics '67) Canadian Motorsport Hall of Famer

Clifford Giese (Marketing '68) Mr. Lube co-founder

Victor Gillman (Biological Sciences Technology '69) Helped negotiate Canada's first comprehensive land claim north of the 60th parallel.

James McPherson (Distributive Technology '69) Organized NAIT's first Shinerama fundraiser, former MLA, Red Deer 2012 Citizen of the Year.

Jack Menduk (Architectural Technology '66) Retired associate vice-president of NAIT Capital Projects and Facilities.

Bob Morgan (Baker '66) Helped establish Skills Canada Alberta and Red Seal exam for apprentice bakers.

Ray Rajotte (Medical X-Ray Technology

'65) Renowned diabetes researcher and Alberta Order of Excellence recipient.

Archie Roberts (Architectural Technology '69) Entrepreneur, founder of Intex Consulting

Stewart Roth (Chemical Technology '69) President and CEO of Guardian Chemicals.

1970s

Fred Atiq (Mechanical Engineering Technology '72) President and CEO of Fibrex Glass

Gil Cardinal (Radio and Television Arts '71) Award-winning film director.

Nolan Crouse (Chemical Technology '73) Mayor of St. Albert.

Roger Dootson (Carpentry '77) Retired PCL executive.

David Dorward (Accounting '73) MLA for Edmonton-Gold Bar.

Marleen Irwin (Respiratory Therapy '75) Clinical researcher dedicated to combatting heart disease.

Andrew Lee (Survey Technology '73) Founder of Amar Surveys.

Shirley Long (Medical X-Ray Technology '71) Authored *Handbook of Mam-mography* – a groundbreaking textbook for technologists.

Holger Petersen (Radio and Television Arts '70) Founded Stony Plain Records.

Brian Straub (Hydrocarbon Engineering Technology '75) Retired president, Shell Canada.

Guy Turcotte (Gas Technology '72) Oil and gas executive, financier and property developer.

1980s

James Ahnassay (Civil Engineering Technology '88) Chief of Dene Tha' First Nation

Naseem Bashir (Electrical Engineering Technology '88) President and CEO of Williams Engineering Canada

Carol Blake (Dental Laboratory Technology '84) Community volunteer

Dave Buchaski (Electronics Engineering Technology '84) Teacher and mentor for NAIT ultrasound students.

James Cumming (Construction Engineering Technology '81) CEO of Creative Door Services

Kees Cusveller (Building Construction Engineering Technology '80) Executive with the Graham Group

Randy Eresman (Petroleum Engineering Technology '80) President and CEO of Encana

Greg Korbitt (Biological Sciences, Laboratory and Research '82) World-renowned diabetes researcher

Kevin Martin (Petroleum Engineering Technology '87) Olympic curling medallist.

Daryl McIntyre (Radio and Television Arts '83) CTV Edmonton news anchor

Mark McNeill (Business Administration – Marketing '82) President and CEO of Stream-Flo Industries

Mark Ohe (Air Conditioning Engineering Technology '81) Executive Chairman, Vector Industries Inc.

George Rogers (Business Administration – Accounting '80) MLA for Leduc-Beaumont.

Tracey Scarlett (Medical Laboratory Technology '87) CEO of Alberta Women Entrepreneurs

Julie Shaw (Architectural Technology '82) Shaw Communications executive

Bruce Woloshyn (Radio and Television Arts '84) Award-winning visual effects supervisor

Sandy Yakimchuk (Electronics Engin-

ering Technology '85) Owner and operator of Control Freaks Automation

Daniel Yeung (Dental Laboratory Technology '81) President of Universal Dental Laboratories

1990s

Michael Anderson (Business Administration – Marketing '98, Management '99) Founder of Trixstar Productions

Mark Hamblin (Computer Engineering Technology '95) Founder of Dynamic Manufacturing Solutions

Andrew Hore (Business Administration – Marketing '99) Co-founder of the Ooks Hockey Alumni Association

Chris Kourouniotis (Interior Design Technology '94) Principal of CKDesign Associates

Ashif Mawji (Computer Systems Technology '92) CEO of Upside Software

Corbin Tomaszeski (Cooking '92) Host of Food Network TV shows *Crash My Kitchen*, *Restaurant Makeover* and *Dinner Party Wars*

Dean Turgeon (Engineering Design and Drafting Technology '90) Founder of Vital Engineering

2000s

Stephani Carter (Interior Design Technology '01) Founder of EcoAmmo Sustainable Consulting

Don Oborowsky (Carpenter '07) President, CEO and co-founder of Waiward Steel Fabricators

Jules Owchar (Athletics Wall of Fame '03) NAIT curling and golf coach

Javier Salazar (Photographic Technology '09) Organizer of Edmonton's Help-Portrait

Marlon Wilson (Business Administration – Marketing '02) Musician, producer, co-founder of Music for Mavericks Entertainment

City wants to consolidate office space

By **DAVID ADOMAKO-ANSAH**
Issues Editor

The city is looking at cutting costs through consolidation of space.

In the long run, the city hopes it will save money by shifting its offices into a new downtown building. At the moment, the city both owns and leases spaces in the HSBC building, Scotia Place, The CN Tower, City Centre West and Churchill Square.

"Somebody said to us that our lease currently for staff downtown is \$13 million a year and to move a large floor plate single would be somewhere around \$9 million," said city councillor Bryan Anderson.

Other options include shifting civic accommodation into leased, larger floors for larger corporations and government.

With the numerous projects the city has already taken on such as the proposed new downtown arena as well as updates to Commonwealth Stadium and considering the limited number of development sites that meet location requirements, funding an office tower isn't high on the city's list of priorities.



Edmonton City Hall

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OPINION

— Editorial —

Age is not a dirty word



CLAIRE THEOBALD
Editor-in-Chief

As Editor-in-Chief of a newspaper staffed by the ever eager but inexperienced, I field a lot of complaints.

Every time a new issue comes out, I prepare myself for an onslaught of hate mail ranging from the basic “you spelled my name wrong” to the more extravagant “you’re newspaper quoted me but nobody ever actually talked to me,” and yes, that has actually happened.

I usually end up writing a note back saying that the *Nugget* is ever so sorry for any factual errors we have printed, but I chalk it up to experience and understand that the *Nugget*, which for the most part is error-free, is primarily a platform for students to explore print and learn rather than a delivery service for hard news.

One complaint stood out

As the saying goes, if you’re not making mistakes, you’re not trying hard enough.

Although the occasional complaints that we receive are garden variety, one e-mail I received from a Carolyn Rauch from NAIT Food Services stood out.

“I am also very surprised that your reporter didn’t check her facts,” she wrote. “A newspaper is supposed to report the news. Your reporter needs to go the extra mile to make sure the facts are accurate.”

First of all, let me start by saying we are very, very sorry for a factual error in one of our stories, and that we will endeavour to make sure our writers do their research before writing and that our editors look everything over more carefully before we go to print.

To be clear, the Thanksgiving turkey lunch reviewed in last weeks campus food review was actually prepared and served by the staff at Food Services and not by Culinary Arts students as our contributor wrote.

That being said, my reporter did speak to the person who served her the lunch and she was told directly that it was prepared by students (she has the notes to back it up).

Normally, this kind of complaint slips into the mundane, but it was a secondary complaint that caught my attention.

‘Really too much’

“I must also mention that I and several of my colleagues found Meaghan’s description of our staff member offensive. Saying ‘She’s a nice older lady, who kind of reminds me of my grandmother,’ wasn’t too bad but then she went on to say ‘the sweet old lady’ that was really too much,” the letter reads. “No woman wants to [be] referred to as an old lady especially in print and in a place where everyone knows who she is talking about.”

This struck me, and not because a woman was allegedly offended, but because this is a clear demonstration of how our society has undervalued the status of older women to a point where even those who have achieved senior status can’t respect themselves.

How tragic is it that we have created a society so youth obsessed that all of us, even our elders, have forgotten their value?

In cultures throughout the world, elders are respected for the knowledge and wisdom they have earned over many years of experience. In those cultures, age is something to aspire to,

not something loathsome.

Meaghan Willis is one of the nicest people I have met, and in my opinion is a genuinely good person through and through.

I can assure you that she only meant to compliment this staff member at Food Services because her warm and kind disposition left a positive impression so strong that she felt compelled to share it with the entire campus. That is how wonderful this staff member made her feel.

How tragic is it that consumerist ideals and over-sexualized media has corrupted our opinions to a point where being referred to as “a nice older lady, who kind of reminds me of my grandmother” is seen as distasteful?

As a woman myself, I aspire to one day achieve the status of a respectable elder, and if some young thing comes to me and calls me “the sweet old lady” I will know that it is because I have made

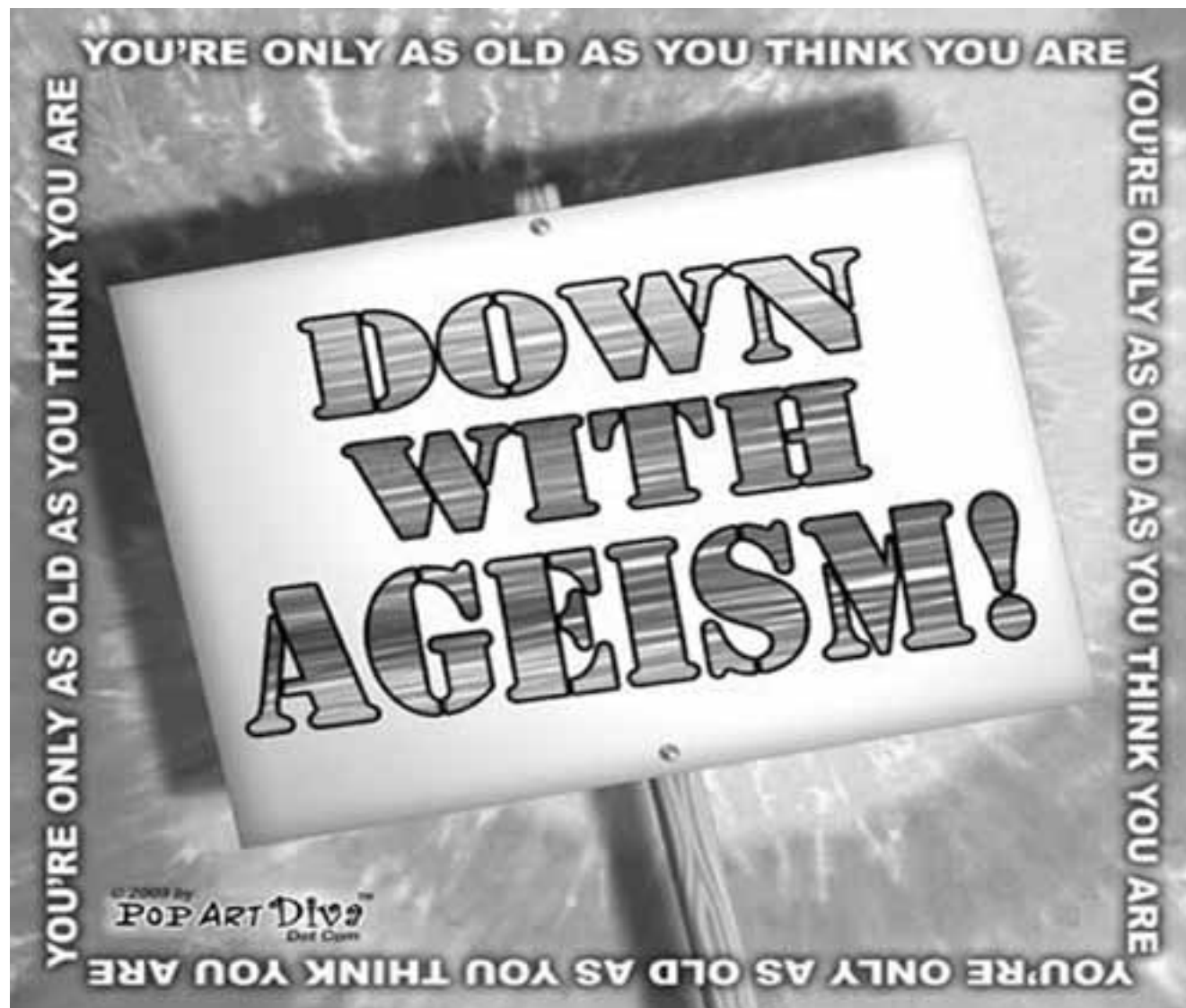
a positive impression on a younger generation who will one day carry on those values of kindness into their own senior years.

At the *Nugget*, we ourselves have benefitted from generations of strong female leadership in the roles of our editors and those serving as editor-in-chief. We ourselves travel a path forged for us by past generations of strong females, who themselves served as leaders in their own communities.

These are values I carry with me, and hope to continue, for the benefit of women who will perhaps follow a path that I, in turn, have forged.

This culture of devaluing our elders to a point where they cannot see their own value is desperately sad. And for that, I am truly sorry.

At the *Nugget*, we may occasionally spell your name wrong, and we may get our facts mixed up from time to time, but we will not stand for ageism on our campus.



bratinthehat.blogspot.com



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Trust us on that. Write us.

SPORTS

Fans revel in rivalries



EVAN DEGENHARDT
Sports Editor

Rivalries.

They fuel the sports world, especially for fans.

But for us fans, the word rivalry elicits hugely positive and drastically negative emotions, depending on what side of the fence our teams happen to fall on.

This week I wanted to dive head first into the beauty of sports rivalries and how we love to hate them.

Let's start with a rivalry that's extremely relevant in my life right now. In fact, I experienced it just this past weekend!

The Canadian Football League is our country's baby. We nourish it, we let it grow in our hearts, but when it does something wrong, we completely disown it.

All kidding aside, this eight-team league generates some of pretty heated rivalries.

Now, I was born in Winnipeg, so it's hard to ditch my "Blue Bomber" city. Unfortunately,

Winterpeg is over 1,300 km away, so it's safe to say I don't get to many of their home games. But I do get to the occasional Eskimo game, and every once and a while I get to watch a wicked football game.

I should also mention that I have acquired a large group of friends from Saskatchewan. I think this has something to do with my family being from there, but I'm not quite sure.

For the most part, we have managed to push our provincial differences aside.

That all changes as soon as the Saskatchewan Roughriders play the Edmonton Eskimos.

As I mentioned before, I'm not a diehard Eskimo fan, but when the Eskies are set to play the Riders, something changes in my psyche. It's incredibly amusing to cheer against a team just for the sake of cheering against them.



It's part of the rival ritual. In the grand scheme of things, if the Eskimos were to lose, my world would not collapse, but if the Eskies end up throwing a beat-down on the Riders, well then I'm a hero in my own mind. There's not a lot that compares to a sports victory when you know you can throw it in your buddy's face any time.

I don't know how to describe my animalistic nature, but I'm fairly certain that it has a large thing to do with the nature of a good rivalry.

There's just something about having 20 of your closest friends jeering at you and

attacking your choice in teams.

Fortunately enough for me, I was at the Eskimo game this weekend, but I would hardly call it an "Eskimo" game. Commonwealth Stadium was at least 60 per cent Rider fans. Because of the intense rivalry that has built up over the years with me and my Saskatchewan friends, there was a lot at stake in that Eskimo-Rider matchup!

There's not much a guy can say or do when he talks up a team, only to watch them lose in their home stadium.

However, much to my delight, and to the dismay of my Saskatchewan chums, the Eskies absolutely stomped the Riders 37-20 on Saturday.

The best part was watching many-a-Rider jersey exit the stadium with almost five minutes left to play in the fourth quarter.

Needless to say, I'll be taunting my friends for a long time to come and that's what a good rivalry is all about.

But a good rivalry isn't just found between the field goal posts at a CFL game, it's all over the sporting world.

Take a look at the New York Yankee-Boston Red Sox rivalry of the MLB. I'm sure if you talked to either side in a debate about which team they hated the most in the league, both sides would pick the other, hands down.

But this intense rivalry doesn't have to be met with a negative connotation.

In fact, I think the hatred these two teams have for each other only ends up bringing the best out of both teams.

That's a huge win for the fans in their books.

But I can't write an editorial about rivalries without including one that has been engrained in me since I was a little kid.

I'm talking about the NHL's Battle of Alberta.

I have, and will always be, a diehard Edmonton Oilers fan. So hating on the Calgary Flames just comes naturally with the territory.

The rivalry that these two teams have developed over the years has created some of the most entertaining and intense hockey that I've ever seen.

Sometimes the Oilers fall short and I bash my head against a wall but I wouldn't have it any other way.

It's this iconic sports rivalry that fuels some of my passion for the Oilers.

Edmonton needs Calgary just like Calgary needs us.

As a sports fan of most mediums, there's not a lot that beats a good rivalry, especially when your team's on the winning side of things.

And to all the Saskatchewan folk who came out to support your team last Saturday afternoon, I'll leave you with this: I hope you enjoyed your "rough ride home."



Oil Kings lose in a shootout

By **ANIKA NOTTVEIT**

Two Western power houses went head to head on Friday. The Calgary Hitmen played the Oil Kings for a hockey hungry crowd and they didn't disappoint.

The back and forth momentum of the game had everyone guessing. The game would eventually end on a shootout with a final score of 5-4 for the Hitmen.

It was their sixth game of the season and before the puck dropped, Daryl Havalok, an Oil Kings alumnus, gave a special cheque to the Oil Kings fund.



The first goal was scored three minutes into the game by Calgary's Brooks Macek.

A scramble in the corner upped the excitement. The first penalty was issued shortly after to Oil King Henrik Samuelsson for hooking.

The Hitmen got a second goal from Carson Samoridny a few minutes later. An Oil Kings penalty followed the Hitmen's goal again, as Mason Geertsen got two minutes for tripping.

The Oil Kings were not playing conservatively where penalties were concerned and this would have to change if they were going to get back in the game.

As always, in the game of hockey, there's always chance to "pass the pyrogy" or some other crowd interactive event between whistles. In this instance, a gigantic pyrogy pillow made its way around the crowd and if the music stops when you're holding the pillow, you're the winner! Yeah, I agree, what we do for entertainment in this country is really concerning at times.

Before the first period ended, Oil King Curtis Lazar scored on a power play. With one minute left in the first period, a fight erupted, resulting in five minute majors for each side.

Heading into the second period, both teams had nine shots on goal. The Hitmen dominated with puck possession and were leading on the scoreboard 2-1.

The Oil Kings started the second period off with a goal by T.J. Foster and only a minute later Macek followed up with his second goal on the night to restore Calgary's lead.

Next, Samuelsson scored with a five-hole shot to tie up the game at 3-3. He scored again on a power play one minute later, pulling the Oil Kings into the lead. With a few minutes left in the second period, Peter Kosterman from Hitmen tied up the game.

The Oil Kings had more shots on goal going into the third period but their lack of real chances, resulted in less optimal goal opportunities.

Both teams fought hard in the third. Each squad spent about equal time on puck possession.

Neither team managed to get a goal and the game moved into a five-minute four-on-four overtime frame.

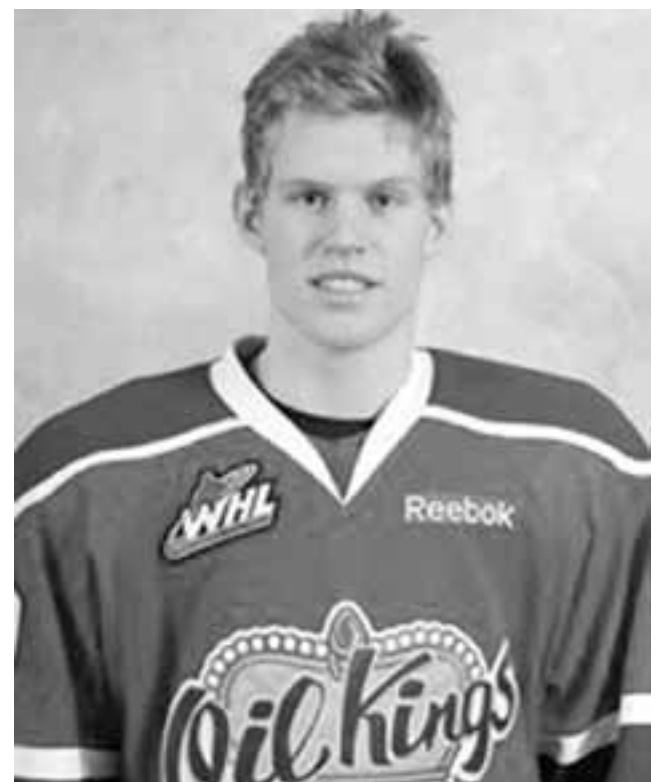
No teams scored in overtime, so they were forced to send their best snipers out for three chances in a shootout.

Samuelsson started the shootout with a goal for the Oil Kings. This was his third of the game. Only one hat made it onto the ice.

Calgary Hitmen's Cody Sylvester scored right after. Both teams didn't score on the next shots. Greg Chase scored in the

last chance available, giving the Hitmen a win on the road.

The Oil Kings took their third loss to the Hitmen this season.



Henrik Samuelsson

thepensnation.com

MEN'S HOCKEY

12 goals in 2 games for Ooks!

By AVRY LEWIS-McDOUGALL

The Ooks welcomed the Keyano Huskies to NAIT Arena this weekend, and they sure did it in style!

NAIT won the first game of their weekend series against Keyano with an impressive 10-0 victory. The game was definitely a physical affair for both sides, but it was one-sided when it came to goaltending. Shannon Szabados stopped all 14 shots thrown her way, and got her first shutout of the new season.

NAIT got off to a quick start thanks to a goal from Jordan Draper barely a minute in.

Took charge

The Huskies looked rattled as the Ooks outshot Keyano badly and took charge of the tempo for the rest of the frame.

In his first game as an Ook, newcomer Jesse Koch contributed, getting on the score sheet early. Former Edmonton Oil King Josh Lazowski also helped the cause, netting a power play marker midway through the first frame. Koch would add to his tally, scoring his second goal of the game and another former Oil King, Mike Piluso, capped off the first period with a goal, sending the Ooks to their dressing room up 5-0.

The second period boasted more of the same, as Piluso got his second goal.

Although she only faced a few shots over two frames, Szabados remained strong in net for the Ooks. Keyano was unable to really get any good scoring chances through two periods.

Dominant

The floodgates remained open in the third period, as captain Andy Willigar put up a tally of his own. Scott Fellnermayr got in on some of the fun with a goal of his own and the man who started up the offence, Draper, put home his second goal of the night.

The slaughter ended after Willigar's second goal as the Ooks finished with maybe their most dominant season opening game ever.

The Huskies took 12 penalties on the night and the Ooks were able to cash in three times on the powerplay. NAIT played a physical game but were also able to remain disciplined. The Ooks only took two penalties during the game and easily shut down the Huskies powerplay on both of those opportunities.

Ooks head coach Serge Lajoie was pleased with his club's performance and praised both

Josh Lazowski, NAIT's Athlete of the Week, leads a rush up ice during a home game against the Keyano Huskies on Friday, Oct. 12. The Ooks won the contest 10-0.

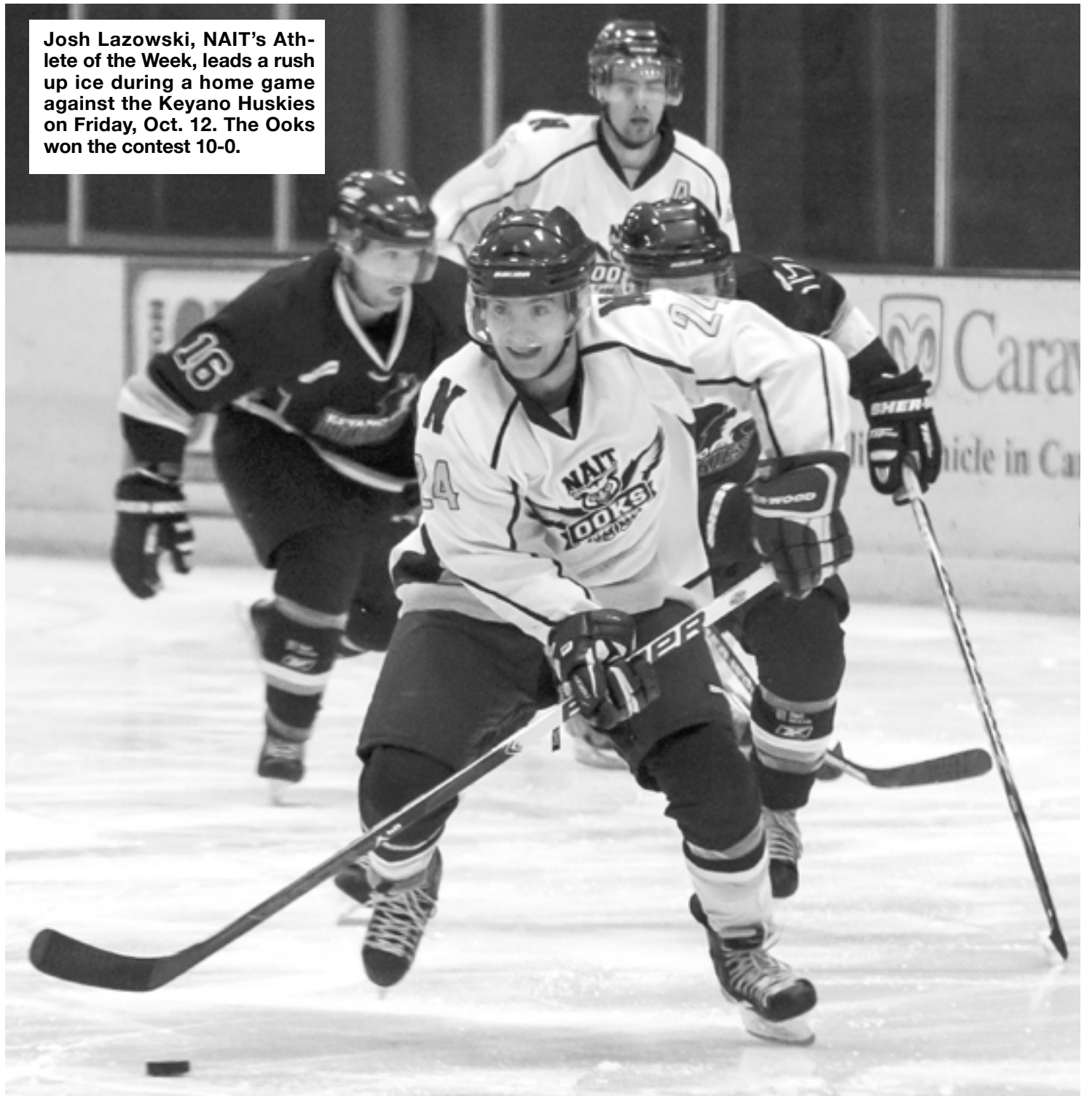


Photo by Kevin Tuong

Draper and Piluso.

"Our guys really benefitted from the play-making styles of Josh Lazowski tonight. He's somebody who's proven over the years that, at every level, he's a very good player. That being

said, all our guys saw the ice well tonight."

The teams met up again on Saturday afternoon and Keyano made things interesting, actually scoring the first goal of the game. But the Ooks stormed back with two goals of their

own from Lazowski and Kyle Harris who made his NAIT debut after missing the season opener due to suspension. The final score was 2-1.

NAIT plays two games on the road next versus the Briercrest Clippers on Oct. 19 and 20.

WOMEN'S HOCKEY

Final tune-up before season starts

By MATT INGLIS

As the regular season gets set to open this weekend, the NAIT Ooks women's hockey team closed out their final exhibition games last weekend with a three game set, starting on Friday against the Calgary Edge, followed by games on Saturday and Sunday against Banff Academy.

The weekend started off with a tough 4-3 loss for the Ooks, who bounced back in a big way over the next two games, routing Banff by scores of 9-2 and 7-2.

Friday's game was a back and forth battle between the teams, with NAIT opening the scoring early in the first.

Calgary responded with goals in the first

and second periods, holding onto the lead until the Ooks equalized in the third. The tight game broke open late in third, with the Edge scoring two quick ones to seal the win with less than six minutes remaining.

Head coach Deanna Iwanicka credited the loss to a lack of team communication.

Against Banff, NAIT really got a complete game going, with the team finding offence from variety of players in both games.

Coach Iwanicka said that, unlike their previous game, the team's communication was very strong through the offensive lines and the defence pairings both on and off the ice.



According to Iwanicka, a total team effort was key to NAIT's success on the weekend.

"Each and every player stepped up and played their part. Every person played a key role in scoring our goals and getting the wins."

The Ooks never sat back once on the lead against Banff, keeping the pressure on to seal the victories.

With the regular season fast approaching, the team has been working on system prep work and training to prepare for opening weekend.

The Ooks start the season off with a two-game set against the SAIT Trojans – Friday in Calgary and then a home opener on Saturday.

Coach Iwanicka talked about the preparation process.

"Although we have not seen [SAIT] play yet this year, we're expecting they will be a big and physical team, based on previous years."

SAIT will be a test early on for the Ooks, although Iwanicka likes what she has seen.

"I was happy with the step forward we took in the game against Japan, I was happy with our opening results in the Blue and Gold Tournament, and I was happy with the way the team grew together this past weekend."

With the exhibition pre-season all wrapped up, the Ooks season looks to be another exciting one. One that will hopefully build off last season's success.

WOMEN'S BASKETBALL

Passing the test

By KEVIN MARTIN

NAIT's gym was the place for women's basketball this past weekend as the Oaks hosted their annual Blue and Gold tournament.

The Oaks women's team usually has a large number of loyal fans to show their support for the home team, but this year's team had even more than usual due to the fact that there are only two first-time players.

The experienced Oaks team ran on to the court Friday amongst cheers as they took on the Augustana Vikings.

The contest close for most of the game. However, the Vikings played some impressive fourth quarter defence that the Oaks did not have an answer for.

The women were forced into some ugly turnovers and bad shots towards the end of the game. The Oaks fell in their first game of the tournament to the Vikings, 85-70.

Gritty Keyano team

NAIT took the court 24 hours later, looking to avenge their loss. The Oaks were up against a gritty Keyano Huskies team.

This was the game of the preseason for the Oaks who were led by the dominating post play of fifth-year star P.J. Wells.

Fourth-year Business student Josephine Peacock and third-year guard Janice Phung were also impressive in the Oaks' 73-38 thrashing of Keyano.

Phung, Peacock and Wells are seen as the big three on the Oaks bench and head coach Todd Warnick was quick to praise the threesome.

"P.J. provides great leadership for our team, along with Josephine Peacock and Janice Phung our other two captains and three most senior players," said Warnick. "Their presence on and off the court is key to our success this season."

Oaks supporters were not surprised as NAIT was set to face the Grant MacEwan Griffins for third place.

Battled it out

The Oaks and Griffins matchup is always one that always makes for an entertaining ACAC basketball game and in this case, they battled it out in a game that was decided by only three points.

To the heartbreak of the home fans, the Oaks took home fourth place with a 65-62 loss. It stings to lose to a rival like the Griffins but a little salt is added when it's in front of your own fans. Despite the 1-2 record in the Blue and Gold tournament, Warnick was happy with his team's efforts.

"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," explained Warnick.

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

The regular season kicks off Friday Oct. 26 as our Oaks welcome Saint Mary's College and then on Saturday play Lethbridge. Both games are in NAIT's main gym and tip off at 6 p.m.



Photo by Chad Steeves

MEN'S BASKETBALL

Ready for prime time

By KEVIN MARTIN

The NAIT men's basketball team made the most of their last preseason games this past weekend. With only two games left in their preseason, the Oaks took the court against the Grant MacEwan Griffins.

These two schools are all too familiar with each other and make one of the best rivalries in the ACAC. For the players, this wasn't just a preseason matchup. They were going to throw everything they had at each other.

The game was as physical as the fans expected it to be.

Every time someone drove to the basket they were met aggressively by an opponent's body.

The defensive intensity from both teams led to a low scoring game but a good one. The Griffins left the gym with a 69-56 win and the first victory in a heated matchup that's guaranteed to be reignited throughout the upcoming season.

Losing to a rival always hurts, but the Oaks refocused for Saturday's game against Keyano.

This time, the Oaks took advantage of their home crowd but the game proved challenging the whole way.

Keyano had an explosive offence the entire night. Great ball movement, combined with textbook outside shooting gave Keyano an impressive 83 points on the night. It's a solid number but it wasn't as good as NAIT's 86.

NAIT took a slim three-point lead into the dying seconds of the game and managed to hold on.

The Oaks were happy to get a win heading into the start of their regular season next weekend.

The men's basketball team will be controlled by a new face on the sidelines this year.

As mentioned earlier on in the year, coach Mike Hansen resigned for family reasons and left the reigns of the team to Ben Julius.

Julius is stepping into a big role as the

men's team dominated last year under Hansen's tutelage.

The Oaks posted a 16-4 ACAC record and were 30-5 overall. They finished the season by winning the ACAC bronze medal and just missing out on Nationals.

However, Julius is highly prepared and accredited when it comes to basketball, as he has been involved in the NCAA and had an internship with the Orlando Magic.

Before coach Hansen retired he left saying one thing.

"This is a high calibre basketball team," he said. "This team can win the national championship this year."

The regular season kicks off in NAIT's home gym this Friday at 8 p.m.

The Oaks will be looking to impress the always energetic Oaks fans with a win over St. Mary's University College.

NAIT also plays Saturday at home against Lethbridge College at 8 p.m.



Ben Julius

Athlete Profile



Player: Alison Mullock
Sport: Volleyball
Position: Setter
Program: Radio & Television Arts

By EFFY AAT-MENSAH

How many years have you’ve been playing volleyball? – I started in Grade 9, so seven years!

What got you started playing? – I was in almost every sport as I was growing up – basketball, soccer, dance and softball. When I got into high school, the coach approached me to get me to join because I was tall and kind of athletic. I just started playing volleyball and I fell in love.

What’s your biggest accomplishment so far with volleyball? – The biggest accomplishment of my sports career was last year when my CCAA volleyball team, Vancouver Island University, won nationals. It was an extreme accomplishment with an amazing group of girls. It’s definitely my proudest moment as an athlete.

Do you have anything that inspires you? – My inspiration is my love for sports.

What is one or two things you currently do in your training that’s key to your success? – I work hard and I always have a positive attitude. I am always smiling

and I try and be a leader.

What is your biggest challenge when it comes to volleyball and how do you compensate for that? – My biggest challenge would be the fact that I can’t jump high. I put in extra efforts in different parts of the game because jumping high is kind of a big thing in volleyball.

What’s the best advice you’ve ever received? – This quote came from my high school coach and it has always stayed with me. “Doubt kills more dreams than failure.”

On game day, what’s a typical routine like for you? – I have at least a half-hour nap before the game. I also listen to the same music play list and I drink Vega.

Do you have a particular diet to keep you at your best? – I try to eat a lot of vegetables, bananas and meat.

Is there anything else you want the students on campus to know about you? – I’m a really bad driver; I’ve also never broken a bone in my body. I almost went to UBC to play softball and I’m from the West Coast. Go Canucks!

Athlete Profile



Player: Jonathan Gasirabo
Sport: Basketball
Position: Forward
Program: Continuing Education

By EFFY AAT-MENSAH

What is your biggest accomplishment in basketball? – I’m from Rwanda so I’d have to say playing for team Rwanda.

What is your biggest challenge? – My biggest challenge has been co-ordinating everything with school and practices because sometimes practice is supposed to be for an hour and a half but sometimes we go for two hours or more. After that I have homework and then I have to get up early to get ready for class. Sometimes the hectic sporting schedule is hard, especially when you have online courses because I need to manage time by myself.

What is your diet like? – I wake up at 6 a.m. to eat porridge, and then around 10 a.m. I eat a normal breakfast. For lunch I eat rice, beans or something with meat and that’s the same for dinner, too. I try to eat four times a day because we burn a lot of calories.

What is the best advice you have been given by anyone? – Play defence before

offence. When you think about things like that, it helps.

Do you have a motto in life that you live by? – I’d say lead by example. I tell people I want to do this or that but I’d rather show them. Talking is easy but doing it is something completely different.

Where do you draw your inspiration from? – I play and practise with people that are better than me.

Anything else you want the students of NAIT to know? – As student athletes, we work very hard to be where we are at right now. Sometimes it’s very challenging to play sports because you have to leave family, go to school and manage everything else. Come on and show your support for us, we need a lot of support. We don’t have a lot of people coming to watch our games and we bust our asses off every day. NAIT is our home and, as athletes, we are here to represent the whole school. Everyone should be a part of it.

HOME GAME SCHEDULE

SOCCER

SAT OCT 20

WOMEN'S @ 12:00PM

MEN'S @ 2:00PM

VS

SUN OCT 21

WOMEN'S @ 12:00PM

MEN'S @ 2:00PM

VS

WOMEN'S HOCKEY

HOME OPENER

SAT OCT 20

7:00PM

VS

Athletes of the week

Oct. 8-14

Leanne Kadatz

Soccer

Leanne scored nine goals this past weekend, leading her team to two victories over the Keyano Huskies. Kadatz netted an amazing five goals in the Oaks 11-0 victory Saturday, including scoring in the first minute of the contest. She added four more on Sunday in the team’s 8-0 victory, drawing two penalty kicks with hard work in the box. “She continues to be a handful for whomever she is playing against and is leading by example,” said head coach Carole Holt. “I believe with her scoring nine goals this weekend, Leanne moves into the ACAC women’s scoring lead and added to the career scoring record that she broke earlier this season”. Leanne is a fourth-year Business student from Edmonton.

Josh Lazowski

Hockey

Josh had a strong weekend, recording two goals and two assists against Keyano and leading the Oaks to two victories. Lazowski was a force all over the ice and was commended by the Oaks coaching staff. “The line of Lazowski, Draper and Piluso were very effective on Friday in a 10-0 victory,” said head coach Serge Lajoie. “Josh’s strong play continued on Saturday as he scored our first goal and was dangerous the entire night.” Josh is a first-year Academic Upgrading student from Leduc.

SOCCER

Men, women keep on rolling

By ADAM BRILZ

A season that could top last year's dominance on the pitch seemed nearly impossible. This season's Oaks soccer teams had to back up last year's provincial championships, undefeated records and a gold and silver on the national stage. But with one week left to go, NAIT's teams are getting much closer to having historic seasons and have nothing to be ashamed about.

The opposition for the women this past week was the Keyano Huskies, who had been struggling this year, only scoring a total of two goals before their matchup with the Oaks.

Game 1 of the two-game affair in Fort McMurray was very lopsided, as NAIT's top scorer Leanne Kadatz scored five goals to lead the team to an 11-0 blowout. Kelly Tataryn netted two goals herself in the victory. Coach Carole Holt was very happy with the way the team clicked on the field.

"It's nice to see the players working as well together as they did. We made a lot of subs and moved players around so that was a very big positive in that everyone contributed to the final result today."

Their second match against Keyano was just as strong as their first. Even though they weren't on their home pitch, NAIT still managed to take an 8-0 victory in Fort McMurray over Keyano.

The Oaks remain first in the ACAC stand-

ings with a record of 8-0-1, as they continue their run towards Nationals for a second straight year.

Meanwhile, the men's team continued their punch on the pitch, as they also were playing Keyano.

The home team picked it up early on, keeping the Oaks on their toes. But Zach Kaiser netted the first goal of the game for NAIT, and the ACAC leading scorer, Monty Haines, continued his high-scoring pace, putting two more goals on the board leading NAIT to a 3-0 win over the Huskies.

Keyano needed a win this weekend, as they were jostling for the final playoff spot in the North Division.

Sunday's game between both teams was a chance for the Huskies to shine, and 15 minutes into the game, Justin Lodge put in a beautiful strike from just outside the penalty

area to give Keyano a 1-0 lead.

That goal marked the first time all season that NAIT's men's soccer team has been behind in a game, an impressive feat in itself.

NAIT shook off the Huskies' early first strike, as Haines scored yet another goal to tie the game at one goal apiece.

Zach Kaiser pocketed his second goal of the weekend, propelling the Oaks took a 2-1 lead into the half.

In the second half, the Huskies struck again when midfielder Jonathan Cordoba tied it up in the 58th minute.

As the clock was ticking down, the chances at remaining undefeated was dwindling for NAIT ... that was until Haines scored the game-winning goal in injury time to give the Oaks a 3-2 win.

With the victory, NAIT clinched first place

in the North, moving their record to 8-0 and maintaining the top spot in the CCAA rankings.

With the four goals over the weekend, Monty Haines increased his ACAC-leading goal total to 11.

Head coach Jeff Paulus had nothing but praise for Haines after his stellar weekend performance.

"Right now, [Haines] is just really on form," Paulus said. "He is such a strong physical player and that is really tough to deal with around the goal."

Both the men's and women's soccer teams will need to bear down, as they will have two very tough opponents to play against next week.

They will entertain Concordia on Friday, starting at noon for the women and 2:20 p.m. for the men. It won't be easy for NAIT, as the Thunder currently claim second place in both the men's and women's North Division.

The Oaks will play their final games of the regular season on Saturday, once again at noon for the ladies and 2:20 p.m. for the men.

Both teams are taking on the Grande Prairie Wolves.

As for the men's team, coach Paulus summarized his team's effort to up to this point.

"To date, we are very happy with the team's performance, we have hit our first goal of finishing first in the North and now the hard work starts as we prepare for provincials."



Jeff Paulus

MEN'S VOLLEYBALL

Top-four team?

By ADAM BRILZ

After a season that ended with an eighth-place finish last season for the men's volleyball team, the Oaks were aiming to start their year off well with a pre-season tournament at SAIT and it was definitely something good to build on.

SAIT took the first game 25-21, 25-22, 25-14.

NAIT looked for a rebounding performance against last year's bronze medallists in Briercrest, but after a strong start, NAIT just couldn't hold onto their lead, losing in a five-set thriller, 22-25, 27-29, 27-25, 26-24, and 15-12.

Following both of those tough losses, the Oaks finally got the win they were looking for, beating Concordia in three straight sets to qualify for the fifth-place match.

In that fifth-place finale, NAIT dominated ACAC newcomers Olds, beating them 25-23, 25-19, and 26-24 for a fifth-place finish to take home as a foundation for the beginning of

their regular season.

The Oaks will be looking ahead to their season-opener on Oct. 25, as they will be hosting the Concordia Thunder at 8 p.m.

NAIT has had a good past record against the Thunder, winning each of the five matches these two teams have played since the 2010-2011 season.

As for the Oaks, head coach Doug Anton believes his team has a great chance at competing for a medal this season.

"If we continue to steadily improve, stay healthy, maintain the necessary work ethic and have a little luck, a top-four finish could be possible this season for us," Anton said.

"However, it's a tough league and there are about six to eight teams who are capable of beating us. We will have to be very consistent night in and night out if we want to stay in the mix with the best teams in the standings."

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Please contact:

Andy MacIver
Athletics & Recreation Events Programmer
E-mail: 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:

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- Gymnasium monitors

Please contact: Nash Klimosko
Athletics & Recreation
(780)471-7729 nashK@nait.ca

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
SAIT	2	2	2	0	0	0	18	2	4
NAIT	2	2	2	0	0	0	12	1	4
Concordia	2	2	2	0	0	0	11	4	4
UofA Augustana	2	1	1	1	0	0	11	7	2
Portage	2	1	1	1	0	0	7	11	2
MacEwan	2	0	0	2	0	0	4	11	0
Keyano	2	0	0	2	0	0	1	12	0
Briercrest	2	0	0	2	0	0	2	18	0

RESULTS

October 12

NAIT 10, Keyano 0; SAIT 11, Briercrest 1; Concordia 4, GMU 2

October 13

NAIT 2, Keyano 1; SAIT 7, Briercrest 1; Portage 5, UAA 4; Concordia 7, GMU 2

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
MacEwan	0	0	0	0	0	0	0	0	0
NAIT	0	0	0	0	0	0	0	0	0
RedDeer	0	0	0	0	0	0	0	0	0
SAIT	0	0	0	0	0	0	0	0	0

MEN'S SOCCER

North Division

TEAM	W	L	T	Pts	GF	GA	+/-
NAIT	8	0	0	24	27	4	23
Concordia	5	3	0	15	11	6	5
Grande Prairie	4	2	1	13	11	6	5
Keyano	3	4	1	10	14	16	-2
MacEwan	2	6	0	6	7	13	-6
King's	0	7	0	0	1	26	-25

South Division

Team	W	L	T	Pts	GF	GA	+/-
SAIT	7	1	1	22	22	13	9
Red Deer	4	1	3	15	25	14	11

Medicine Hat	4	3	1	13	20	10	10
Lakeland	4	3	1	13	15	14	1
Lethbridge	2	6	0	6	13	27	-14
Olds College	1	8	0	3	15	32	-17

RESULTS

October 13

NAIT 3, Keyano 0; GMU 1, Concordia 0; Lethbridge 1, MHC 0; RDC 2, SAIT 2; Lakeland 4, Olds 1; GPRC 2, King's 0

October 14

NAIT 3, Keyano 2; RDC 4, Olds 2; SAIT 3, Lakeland 1

WOMEN'S SOCCER

North Division

TEAM	W	L	T	Pts	GF	GA	+/-
NAIT	7	0	1	22	39	5	34
Concordia	6	1	1	19	45	4	41
Grande Prairie	4	2	2	14	27	16	11
MacEwan	4	4	0	12	15	19	-4
Keyano	0	7	1	1	2	43	-41
King's	0	7	1	1	2	43	-41

South Division

Team	W	L	T	Pts	GF	GA	+/-
Medicine Hat	7	0	1	22	23	3	20
Red Deer	6	0	2	20	31	2	29
SAIT	4	3	2	14	18	13	5
Lakeland	2	5	1	7	17	21	-4
Olds College	2	7	0	6	4	30	-26
Lethbridge	1	7	0	3	7	31	-24

RESULTS

October 13

NAIT 11, Keyano 0; Concordia 4, GMU 0; MHC 3, Lethbridge 0; RDC 1, SAIT 0; Olds 1, Lakeland 0; GPRC 7, King's 1

October 14

NAIT 8, Keyano 0; GPRC 6, King's 0; RDC 3, Olds 0; Lakeland 2, SAIT 2



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WHAT'S GOING ON AROUND CAMPUS

WHO CETSC
WHAT Beer Garden
WHEN October 18: 3:00 – 11:00pm
WHERE Annex Dock

WHO RT2014
WHAT Halloween Bake Sale
WHEN October 30, 31 – 10:00am – 1:00pm
WHERE HP Centre Pedway

WHO DMS2013
WHAT Pub Night
WHEN November 2: 7:00pm
WHERE Billiard Club on Whyte

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

WHO IntoNAITon 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

WHO Gamers of Dungeons & Dragons
WHAT General Meeting
WHEN Thursdays, 4:15 – 9:15pm
WHERE Room WC-312

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

CAMPUS CLUBS NEWS

November 7 Clubs Showcase; 11:00am – 12:30pm

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Bake Sale**



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ENTERTAINMENT

Mangan likes the view



MIKE JONES
Assistant Entertainment Editor

Vancouver-based musician Dan Mangan has been riding quite the wave this past year. Along with the release of the Juno-winning *Oh Fortune* last September and the success of singles “Post-War Blues” and “Rows of Houses,” one of the most significant things was selling out the prestigious Orpheum Theatre in Vancouver.

Filmmakers Brent Hodge and Jon Siddall were on hand to capture the moment for their new documentary *What Happens Next? The Dan Mangan Documentary*, airing nationally on CBC this weekend.

Iconic Orpheum

“Every city has an Orpheum. Every city has their big mystical theatre that is older than anyone who is still around or lives in the city,” director and producer Brent Hodge says.

“Anyone who’s big and comes through Vancouver plays the Orpheum. Frank Sinatra played there. Marilyn Monroe had film screenings there.

“The people that have entered that building, it’s kind of phenomenal that you’ve been amongst them.

“The fact that Dan, this sort of hometown hero kid is all of a sudden playing the Orpheum was such a neat feeling. I’ve seen Dan play these little tiny bars that hold 300-400 people, and in the last couple of years he has really sky rocketed to a whole different level.”

Hodge was very interested in what Mangan had to say about the big show.

“We kind of assumed he might be running around all excited before the show. But he was so chill and I think the reason is he worked for it,” says Hodge.

The goal is cool

In the film, Mangan says playing the Orpheum “isn’t the goal, it’s just a reminder of how cool the goal really is.” It’s a statement that has stuck with Hodge on a personal level.

“I feel like I’ve learned a lot from Dan in the last year,” Hodge says. “I’ve loved to have a show on CBC, but once you get that, what do you do? I think you have to change your goals. I don’t think it can be about small things. Sure, you can have stuff you want to achieve but those should add up to the ultimate goal of enjoying yourself.”

For Hodge, taking on the documentary was an easy sell.



luminato.com

Dan Mangan and friend

“I used to work at CBC Radio 3. I was doing an online web show for them and then we pitched a full documentary and then did our first one with them. After we broke off with CBC, Jon (Siddall), who still works there as a producer, pitched another one internally. We figured Dan’s about to play this awesome gig and we really wanted to film that,” he said.

Hodge called Mangan a “film maker’s dream” and said that he quickly developed a friendship with him.

“He was so trusting in us and we became friends,” said Hodge. “It stopped becoming a work relationship right from the get-go. If he was going for a drive or backstage I was always allowed to be near him and with him. You don’t usually get that.

“He doesn’t beat around the bush or just give you what you want. He really answers

your questions and he thinks about them.”

The film draws comparisons between Mangan and legendary Canadian poet-songwriter Leonard Cohen, who has also played the Orpheum.

“I feel like Dan is a new-age Leonard Cohen,” Hodge said. “He has these prolific statements that stick with you when he says them.”

A pivotal scene in the film shows Mangan playing poker with his fiancée (now wife) Kirsten Slenning, as well as band members Gord Grdina and Kenton Loewen.

“John, the other producer, had this big idea about shooting a poker game because he knows Dan is a poker nut. We wanted to do less of a sit down interview and more of Dan in his element. So we asked him what he was doing the night before the big show

and he was like ‘most likely playing some poker.’ And it went from there,” Hodge said.

Hodge chose to use a lot of the dialogue from the poker table in the final version of the film.

“We had him talk a lot in the doc. Actually, when Dan saw the premiere he said it ‘was weird to hear me talk so much.’ But he was such an open guy. The thing with guys like Neil Young is they’re so untouchable. They’ll take a limo to and from the hotel where Dan would come and meet us on the bus in downtown Vancouver.

“People would notice him and say hi to him but he’s still very normal in Vancouver,” said Hodge.

The documentary airs nationally on CBC Saturday Oct. 20 at 10 a.m. MST with an online release to follow.

Dan Mangan will be playing in Edmonton’s own historic theatre, the Winspear, with guests The Rural Alberta Advantage, on Nov. 5.

— For an interview with Dan Mangan’s drummer, see page 17

“The fact that Dan, this sort of hometown hero kid, is all of a sudden playing the Orpheum was such a neat feeling.”

FOR YOUR LISTENING PLEASURE ...

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By LYNDsay COWAN

It seems to be this time of year that puts us in a slump. October means that students are elbow deep in the fall semester and the days of being asked about your summer break are officially over.

Then the leaves fall, leaving us guessing when the snow and joys of winter driving will be back ... and don't even get me started on hockey. Wing nights just aren't the same without the NHL on the screen or fantasy pools to check. So, whether you're missing the summer weather or *Hockey Night in Canada*, here are 10 songs to rem-

inisce with.

1. Blink 182 – I Miss You
2. Pink Floyd – Wish You Were Here
3. Pink – Please Don't Leave Me
4. Aerosmith – I Don't Wanna Miss a Thing
5. Zac Brown Band – Colder Weather
6. Fort Minor – Where'd You Go
7. Green Day – Good Riddance
8. Maroon 5 – Misery
9. One Republic – Marchin On
10. Sugarland – Stay



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Blink 182

VIRAL VIDEO

Bieber makes a video

By CRAIG SEPHTON

If by any chance you had been living under a rock over the last couple of decades, you might not know what a viral video is. It is very simple, it is a video that gains a heck of a lot of views in a short period of time, like millions of views. And a very good example, or few examples of viral videos are from Justin Bieber.

And his latest video that blew up bigger and faster than any other video of his, was his music video for "Beauty and a Beat ft. Nicki Minaj." Now, usually a music video wouldn't make it into this article, but because the hype around it generated 18 million views in two days and is still growing, it was extremely hard to ignore.

Days before the release of this video, Justin Bieber tweeted, "People should respect other people's stuff" and claimed that his camera, his laptop and some personal footage on them were stolen in Washington while on tour.

This, of course, blew up over the World Wide Web, and the news grew even bigger when pictures, supposedly of a naked Bieber with his private parts showing escaped onto the Internet. This was the idea of someone who wanted to take advantage of the situation and make some hits on his blog somewhere.

This was shot down quickly, as Bieber and his publicity team clarified that the tweet of the stolen stuff was just a teaser and a publicity move for the

new music video.

This video is also very cool in the sense that it simulates a one-shot music video. It isn't exactly a one-shot because there are obvious edits but it makes for an interesting watch.

The video was written and directed by Justin Bieber himself, which makes it intriguing to watch and see what an artist can do when they take control of a music video.

The video is shot at an outdoor water park at night. The lights of the park light it up with a variety of colours, and, as the scenes change, you go from a recreation area to under water, to a shallow water area where a creative dance takes place to back to underwater.



The park is populated by many teens and young adults, all of course acting like it's a party and then joining in the very carefully choreographed dances. It's a very enthusiastic atmosphere. Oh, and Nicki Minaj makes a short appearance.

Check it out, it's called *Beauty and a Beat* by Justin Bieber.

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This life isn't always fair



ANIKA NOTTVEIT
Entertainment Editor

The age old question remains today. Why do bad things happen to good people? You can do all the good things you want. You can get your friend's coffee, shovel your neighbour's walk or wash all the dishes in the kitchen, yet something bad can still happen to you. It just seems unfair. We have no control over some events.

One of these unfortunate events happened to me. I got home late on Saturday night to find a window in my car smashed out.

Now, my car is nothing pretty. Ellen is a 2003 grey Neon. She has no power locks, squeals when started and doesn't have cruise control. For a college kid, she does the job. The fact that she took a beating wasn't hard for me to stomach.

Why someone would do that didn't even phase me much. I live north of the Yellowhead. Some consider it the "ghetto." Random acts of vandalism are to be expected, I guess.

Financially, I wasn't too worried about fixing the window. I mean, it's just glass. It should be easy to slip a new piece in there, right?

What annoyed me the most was the inconvenience of it. When you get home late from a good time, the last thing you want to see is a bad time. A smashed car is a whole lot of bad time.

This happened on Thanksgiving weekend. There are so many things to be thankful for in this situation. I wasn't in the car, for one. Secondly, there could have been a lot more damage done to Ellen, like smashed headlights or slashed tires.

The cause of this random smash attack is a mystery. Rumours have been floating around about a couple kids with a BB gun. Others say a man was running down the street with a golf club. My car wasn't the only one. Other light coloured and grey cars also got their windows smashed out along our street. A pattern has formed. — the perpetrator has something against light coloured cars. That vague clue doesn't help us or the cops a bit.

Words of advice — if you ever try to drive a car down a highway for a long time, don't tape a bag over the window. It seems like common practice and everyone will suggest it. Don't get me wrong,

the duct tape will hold the bag in place, but as soon as you reach 100 km/h, that bag will be flapping wildly. Plus, it creates a huge blind spot.

I had plans to drive to my aunt's for Thanksgiving. Luckily, I only had to drive 50 minutes down a highway. Unluckily, this was the first snowy day in our area. I was very thankful for a big winter jacket and toque. Driving with an open window in bad weather got me a lot of weird looks. I bet they thought I had a temperature or a gaseous problem.

There were no problems getting the window fixed. Fun fact — glass repair places are plentiful in Edmonton.

I didn't have control over what happened to my car. Fluke things happen. The only thing I can control is how I react. It wasn't fair, just or right what happened, but if I let this get me down, then in a way unfairness wins.

Here's the beef and it's not bad

By **CRAIG SEPHTON**

Bad Beef — Wednesday nights 5:30-6:30 with Cody Malbeuf

Nugget: Why do you call yourself 'Bad Beef'? It sounds like a meat recall!

Cody Malbeuf: Well, my last name is Malbeuf, and that means 'Bad Beef' in French. I come from a very angry French household which apparently had a poor quality butcher as an ancestor, so my last name is actually 'Bad Beef.' I was originally supposed to do the show with someone else but he bailed so I decided

"I get to pick the name now, The Beef, guess who's the star of this show! The guy who's last name is bad beef!"

N: Bad Beef seems to be a negative title, is it a negative show?

CM: It depends, on how I am feeling that day. If someone peed in my cereal that morning, then yea, the show is going to be all rage. I remember I did a two-minute rant on how the smurfs were communists this one time. Just because

'Papa Smurf' is blue and cuddly, doesn't mean he's not as bad of a dictator as Stalin! I wish those smurfin jerks would just use a real swear word already!

N: What kind of music do you play on the show?

CM: I generally do whatever is on the playlist or requests, but when I wanna do my music I play lots of 'Ska' and 'Punk' type stuff.

N: Why should people listen to your show?

CM: People should listen to my show

because it is extremely funny and a very physically attractive man has a show right after. So you have to catch the tail end of my show to hear him. I'm like the opening act.

N: What's your favourite Barbie Doll?

CM: Easily Ken, the only dude one, just blows all the other Barbies out of the water. I just think, good for you Ken, you look like half a woman yourself but you can get a girl like Barbie, good for you, you're doing your job right.



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PHOTOGRAPHY
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Jan. 24

The Crackling tours

By CONNOR CORSARO

The Crackling, formed out of Vancouver, is the band that plays behind Dan Mangan. I recently had the opportunity to talk with singer for the Crackling (and Dan Mangan's drummer) Kenton Loewen about the upcoming tours for both bands.

"We tour across Canada with only one day off and that's because it's a really long drive from Winnipeg to Sault Ste. Marie, but the only day off is on that drive," says Kenton.

A long tour is planned for the band as when they finish this one they will almost immediately start up again with Dan Mangan.

"(The Crackling) were actually around before Dan Mangan. In reality it was something I had been working on when I was a studio drummer but it took my girlfriend at the time to push me towards doing something with these songs I had been sitting on all this time. When I started I already had a good rep and I had the pick of the crop when I was looking for musicians. Being in a good music town like Vancouver helped me out a lot, too. Jeremy Page (bassist with Mother Mother) started working with me when I brought the project to his attention. Our guitar player confronted me and told me he was playing for us. I was happy to have him aboard," says Loewen.

The Crackling currently exists as a trio featuring Loewen, Gordon Grdina and Tyson Naylor, all members of Mangan's backing band. They have one full length *Keep Full Ambitious* released in 2011 and are currently touring in support of the recently released EP *Ashen*.

Loewen says, "we are all really busy people and doing work with The Crackling can be difficult sometimes but we have a lot of music we want to get out there. The EP was more of a 'hey, we're still around' thing because we want to remain relevant and want people to know that we are still making music. There is an album in the works to follow the EP and we are working hard to release it early next year."

I asked Loewen about his influences and he gave me an interesting response. He said, "I really don't have any major influences that affect my style. I really like a lot of experimental jazz and I guess I just like experimenting. I wouldn't give anything a pinpoint influence. It's really a culmination of all our talents and skills with the instruments."

Loewen is a trained jazz drummer who has played with many greats of the genre and has also toured with several rock bands including Mother Mother.

"We toured with both Dan Mangan and The Crackling twice before and it was really cool to play a show one set after the other and the band really loves just playing. That's what it's all about, getting the most time on stage and just having a good time," says Loewen.

This time around, The Crackling are touring on their own. They were just in town on this past weekend for a gig at the Wunderbar. But Loewen and crew will be back if you missed them with Dan Mangan for a show at the Winspear Centre with guests The Rural Alberta Advantage Monday, Nov. 5.



Kenton Loewen

Supplied photo

4-track wonder

By CONNOR CORSARO

Youngblood Hawke is a five piece group from Los Angeles playing an interesting style of indie pop.

The release of their new self-titled EP has gained a lot of attention for the band, putting them on tour with Passion Pit (a band well known for their song "Take A Walk").

The four-track EP consists of the hit single "We Come Running" as well as "Stars (Hold On)," "Forever" and "Rootless."

Even for a four-track EP, this arrangement of songs is enough to make anyone get on their feet and dance. With styles that resemble Foster The People, Fun, Passion Pit and Imagine Dragons, the band had no problems landing a tour with Passion Pit this fall. The EP has gotten a lot of hype since its release, especially in the modern rock communities and it is mainly due to "We Come Running."

"We Come Running" is a difficult song to properly place. Highlighted by an array of synthesizers, bells and whistles the song does where a lot of bands are doing, but does it better.

The track develops a chant along that is hard to not chant along to - "Soon they're gonna know the sound, the sound, the sound, when we come running."



When this song comes on the radio or you look it up on YouTube it's almost impossible to sit through. Catching your attention with wild hooks, interesting riffs, and magical harmonies that keep the listener driven to finish listen, this track is one that you should put on a jogging playlist. It has that feeling about it where you would think "Yea, I could jog to this."

Inspired by the Herman Wouk novel of the same name, the band was born out of midnight jam sessions and flowing creativity between close friends Sam Martin and Simon Katz (former members of "Iglu and Hartly," who were New Wave revivalists).

Frustrated with touring with their bands the duo wrote songs in the dead of night and eventually broke away from their old bands forming the almost instantly successful group.

The EP was released this summer and quickly grabbed the attention of some pretty big players in the radio industry who gave the single air time almost immediately. Eventually the EP spread from California all the way to our wonderful neck of the woods and who knows where it will spread next, because it is bound to spread farther.



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GAME REVIEW

Almost like skating on ice

By JOSH YAWORSKI

The Edmonton Oilers are playing the Winnipeg Jets.

I am not blessed with a time machine, and I am also not so desperate for professional hockey that I am watching game footage from last year. No, instead I have dusted off my Xbox 360 and am playing me some NHL 13. And man, oh man, am I impressed.

The NHL games are a tried and true formula for a good time. Get a bunch of friends together, a flat of beer and a flat screen with an NHL game and you are guaranteed a good time. And this iteration is just as effective at that as any other has ever been, but with a couple of really great additions that make this game unlike the previous ones.

EA sports has totally revamped the goalies, making them the most athletic goalies ever seen in a game.

They can anticipate in ways that none have ever before, and show a versatility that is outstanding. This newfound versatility and anticipation really shines when you place it against the overhauled EA Sports Hockey IQ.

All of the AI players are now self aware, and are planning to take over the world, starting with your Xbox. Oh wait sorry I think I misread ... They are now aware of each other, and all other players, allowing them to make quicker, smarter reactions and more realistic decisions.

But those additions mostly help if you're playing by yourself, you poor lonely person, you.



tumblr.com

If you're playing with a friend, or a whole bunch of inebriated idiots that you for some reason allowed into your home, then the new true performance skating is what you'll find most interest-

ing. The skating experience has been adapted to use real world physics, including the momentum, top speeds and deking experience of real players.

It takes about half an hour to get used to, but once you get over the curve you will find yourself putting out brand new creative moves impossible in previous versions.

For \$60, you can buy a great sports game. You can pretend that your drinking habits haven't been irreparably shaken by the absence of hockey. You might even be able to convince yourself you don't miss Don Cherry.

★★★★★

Still going strong

By CONNOR CORSARO

David Usher has been a major player in the Canadian music scene since his band Moist was formed in 1992.

Ever since Usher has been touring and playing shows he's sold loads of records. In the early 2000s, grunge had long since died and inevitably Moist broke up, but Usher had other plans.

He launched himself into a highly successful solo career, which has gotten him just as much, if not more recognition than Moist did. David Usher has released eight solo albums to date while Moist only released three followed by a greatest hits album.

I had an opportunity to discuss with David how he felt about his newest record *Songs From The Last Day On Earth*, which was released Oct. 12.

The first thing I noticed about the album was that it was a much different sound from his previous works.

"On my last album I did a lot of acoustic versions of songs and toured for the album with an acoustic guitar," Usher says. "Part of why that album sounds the way it does is because when you play an acoustic show it becomes more intimate and gives you a different sense of voice and vocal. It was something I valued



celebritycorner.poezijaonline.com

David Usher

and wanted to keep doing it."

The Canadian singer has also done his first hit off the new album "Rice Paper" in French.

"I'm not very fluent in French, so it was quite the challenge to do that number, but I love to be challenged and that really was a fun thing to do. With a lot of my friends speaking French and me living in Québec, it was inevitable that I would release a French song," says Usher.

I asked him if he planned on doing more French material and Usher replied, "eventually, probably not on this album but the next one, for sure. It's a lot of fun writing the material in French."

When asked about the possibility of a Moist reunion with all of these '90s groups such as Soundgarden and Bush getting back together, Usher simply laughed.

"We don't have any plans yet. Me and the guys are all still in touch, though. It's a question that people ask me all the time and it doesn't surprise me, but that is just not at the top of my agenda right now."

It's understandable. With a career like his it would be hard to drop everything and rejoin another band.

"Back then it was all about putting out music, it was a simple system. There is so much more to it now. It's about the music and everything else that goes along with it."



Breast Cancer...

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

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MOVIE REVIEW

High school made real

By SARAH STILWELL
and CRAIG SEPTON

"You'll look back on high school as the best years of your life," muttered every teacher and guidance counsellor ever. Is that not the most blatant lie ever told?

The novel-to-film adaptation of *The Perks of Being a Wallflower* throws us back to the struggles faced by young adults in the films like *Dead Poets Society* and *The Breakfast Club*. It reminds us that problems with isolation, love and sexuality existed well before the Internet, Facebook and online bullying had ever surfaced.

Perks centres on protagonist Charlie's suburban Pittsburgh life in the early '90s as a freshman in high school. Charlie, who lost his best friend to suicide prior to starting high school, lives in seclusion and avoidance of the other students.

Like clockwork, the innately sweet Charlie is

accepted by two seniors who take him under their wing. Sam (post *Harry Potter* Emma Watson – who is absolutely stunning in the movie, gentlemen) and Patrick (Ezra Miller) introduce Charlie to a world of experimenting with alcohol, drugs and love.

The storyline definitely touches most of us, if not all, who remember high school truly for what it was. Either we've been there ourselves, or know somebody who feels like they are on the periphery of what's going on around them. Regardless, both of us felt like we resonated with the central characters and their problems on a certain level.

Lerman, Watson and Miller all play their cen-

tral roles very beautifully and strong and are backed up by an equally strong supporting cast.

Lerman reminds us that there could be much

more to that quiet, sad looking kid who used to sit behind you in Grade 10 math as we listen to the sometimes uncomfortable honesty in his voice-over. Watson reminds us that the label "slut" isn't as black and white as society often interprets.

Miller's portrayal of the quick-witted, outspoken Patrick shows us that even the loudest in the bunch could be hiding the most.

Having read Stephen Chbosky's novel, I

couldn't help but compare some of the differences between the novel and movie. Chbosky not only wrote the novel but also the screenplay for the film adaptation and directed the film.

As usual for film adaptations, the novel contains much more detail and information about the characters and plot, however, I found that the film emotionally sucker-punched me far more than the novel.

If you haven't read the novel and don't know what to expect apart from a ridiculously hot Emma Watson, you will be impressed with the storyline and just how well cast the movie is. You may even want to pick up the book afterwards.

Both young adults and adults would enjoy this movie for its witty and honest dialogue and depiction of high school. It doesn't glaze over the nitty-gritty and has a killer soundtrack to accompany it.

★★★★★



Lots of laughs in river city

By LYNDSEY COWAN

Edmonton is holding up its' nickname as "the city of festivals" with a five-day series of laughs.

The second annual Edmonton Comedy Fest is officially underway, bringing events for all audiences across the city. It features over two dozen comedians from around North America, including big Hollywood names, local celebrities and up-and-coming talent.

Graham Neil, President of The Edmonton Comedy Fest, says that he has high hopes following the success of last year's debut.

"What I am most proud of is the fact we had lots of people come up to and tell us how

much they enjoyed the shows. That's what really counts is the quality of the product on the stages and I think this year it is really high again," says Neil. The variety will bring the high quality atmosphere to viewers of all tastes.

The festival features Nikki Payne, recognized as a Last Comic Standing finalist and judge on MTV's *Video On Trial*, who will host the "Best of The Fest" on Oct. 19 at the Citadel.

Another big name visiting Edmonton is Jay Mohr, actor and *Saturday Night Live* alumnus, who will headline at River Cree Casino on Saturday Oct. 20.

As most of the shows feature mature content, the Edmonton Comic Fest made sure to

include a family friendly show at the Citadel on Saturday. It's a good variety, but the added events bring more pressure for ticket sales.

"The goal of the festival is obviously to sell out," says Neil. "We have a few shows already sold out but, like any event, the best yardstick is to have all of your tickets gone."

Another event from the River Cree, the Funniest Media Person contest, took place Monday.

"A lot of people in the media think they are really funny and it's true that they are. However, getting up on stage without being able to throw to a commercial or a song, and having to keep going for five minutes is a pretty good test," says Neil.

The second annual Edmonton Comic Fest, presented by ATB Financial, carries through until Oct. 21. Tickets are still available for a variety of events.

Call me Carly

By STEVIE WILD

While the weather outside is quickly cooling down, West Edmonton Mall couldn't have been any hotter last Sunday when Carly Rae Jepsen hit the NewCap Radio Stage.

The mall was an absolute zoo as hundreds of fans crowded around to see the Canadian breakout star break it down.

Jepsen belted out her smash hits "Good Time" and, as if you didn't know, "Call Me Maybe," alongside an acoustic accompaniment. The free show was to promote her new, bubblegum flavoured album *Kiss*, which was released Sept. 18.

Afterwards, she gave back to her biggest fans by personally meeting with the first 100 who purchased her album from the West Edmonton Mall HMV in September.

One by one, the lucky fans got a chance to come up on stage and get a photograph with the superstar. It was evident that Jepsen wanted each and every one of them to feel special, as she flashed a huge smile and dealt out a warm hug every time.

One excited fan in line said, "Carly is an inspiration and a role model to young girls."

Only an hour after appearing, she made her exit. The event was the definition of short and sweet. Some fans expressed they were a little disappointed but the fact of the matter is that

Jepsen was just being a tease.

Listeners who wanted to hear more of her music would need to attend her sold-out concert the next day at Rexall Place, where she opened for another Canadian heart throb, Justin Bieber.

Jepsen grew up in Mission, British Columbia where she developed a passion for music early on. Encouraged by her drama teacher, she auditioned for *Canadian Idol* at the age of 17. She placed third.

In 2008, she released a folk-pop album, *Tug of War*. But it wasn't until last fall when "Call Me Maybe" tore up radio that she had an international hit on her hands.

Going five times platinum, the song has been absolutely inescapable, even a year later. Celebrities like Bieber and Selena Gomez were partly behind the song's success because they lip-synced to it in a YouTube video.

That clip now has well over 50 million views and resulted in many other celebrities creating their own videos of the song.

The deluxe version of *Kiss* includes the songs she performed at West Edmonton Mall, the new single "This Kiss," and 13 other potential hits in the making.

Jepsen probably doesn't have any issues getting guys to call her back anymore.

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LUCAS ANDERS

Should we be using social media to make 911 calls?



"I would say no, social media should not be used in emergency cases because so many people already abuse the phone system. They call when there aren't emergencies and ... you just need to hire more people to sort through more things that aren't actually emergencies. I think it would be even more abused than it already is."

Kelley Lewis
Academic Upgrading



"There's a lot of fakes out there. You don't know which one's real, which one's fake. Anybody can make an emergency call online. Its best to hear it from the person and voice that something's wrong than from social media."

Ahnaf Adel
ENgineering Design and Drafting



"Why don't you just call 9-1-1?"

Neil Blue
BBA Accounting



"I believe, if there is an emergency, it's necessary that people be warned immediately ... U of A students complained that during that shooting, other than little things on Twitter, nobody knew what was going on. So maybe if they used that social media ... it would have helped ... keep more students safe."

Jessica Jezowski
Open Studies



"No we shouldn't use social media, because it's not as efficient. I attended the University of Alberta when they had that shooting. It was a failure when they were trying to send out the emergency through text messaging ... Social media ... it's really just to connect with people in other ways, but in emergency situations, I don't think so."

Tagried Zakkour
Academic Upgrading

TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Safety at Halloween

Halloween is upon us once again and little ghouls and witches will head out in costume for some long awaited trick or treating. Here are a few simple tips for you and your youngsters to have a safe and happy Halloween:

For kids

1. Trick or treat with a friend or your parents.
2. Do not go to houses where the lights are off.
3. Never go inside a stranger's house.
4. Know where a Block Parent house is in case you need help.
5. Start trick or treating early and do not stay out late.
6. Let your parents know where you will be.
7. Cross the road at the corner or a crosswalk.
8. Look both ways before you cross the road.
9. Wear reflective tape on your costume so drivers will see you better.
10. Carry a flashlight.
11. Never go into alleys, parking areas, or vacant lots.
12. Do not go near animals you don't know.
13. Eat a good supper before you go trick or treating and ask your parents for a sample of their treats to eat while you are out.
14. Let your parents check your treats before you eat them. Don't eat candy when you get it. Take it home and let your parents check it over.

15. Never eat unwrapped candy.
16. Keep away from open fires and candles. (Costumes can be extremely flammable.)
17. Use face paint rather than masks or things that will cover your eyes.

For adults

1. Using common sense can make a party a great one and avoid anything that may ruin it.
2. Keep an eye on the drinking; don't let it get out of hand. Take the keys away from anyone that may be driving. Have one person stay sober and offer to drive those people home who may be too intoxicated to drive.
3. When deciding on a menu, check and see if anyone attending the party has food allergies that might be a problem. Common food allergies to dairy products, peanuts and shell fish can really put a damper on the festivities.
4. Know the route your kids will be taking if you aren't going with them.
5. The best bet is to make sure that an adult is going with them. If you can't take them, see if another parent or a teen aged sibling can go along.
6. Know what other activities a child may be attending, such as parties, school or mall functions.
7. Make sure you set a time that they should be home by. Make sure they know how important it is for them to be home on time.

8. Explain to children the difference between tricks and vandalism. Throwing eggs at a house may seem like fun but they need to know the other side of the coin as well, clean up and damages can ruin Halloween. If they are caught vandalizing, make them clean up the mess they've made.

9. Explain to your kids that animal cruelty is not acceptable. Kids may know this on their own but peer pressure can be a bad thing. Make sure that they know that harming animals is not only morally wrong but punishable by law and will not be tolerated.

Happy Halloween!

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

Everybody benefits, except the criminal.

For more tips and information, visit www.nait.ca/security.

November

Help us make cancer history!

We are participating in a Reach for a Cure fundraising event to support the mission of the Canadian Cancer Society. The money raised

from this event helps fund leading-edge cancer research that is improving cancer treatments, preventing cancer and saving lives. It provides reliable and up-to-date information on cancer, risk reduction and treatment; offers vital community-based support services for people living with cancer and their families and advocates for healthy public policies.

Please pledge us and help us reach our fundraising goal! We are once again challenging the University of Alberta Protective Services department and are hoping to once again beat them this year.

Every pledge takes us one step further in the fight against cancer. Look for our upcoming online pledging link on Nov. 1. This is a secure site and it saves the Canadian Cancer Society money by reducing administrative costs. Please visit our website www.nait.ca/security for more information. Click on Protective Services – Community Involvements.



RESTAURANT REVIEW

Tasty, affordable

By KEVIN TUONG

One thing I never really liked about eating at high-class restaurants was that you had to dress up. I hate wearing semiformal clothing; I mean, if I had to spontaneously fight a duck sized horse then suddenly my clothes would become restricting and I would lose!

Luckily for people like me, there's a little restaurant at the west end of Jasper Avenue that can offer fancy French cuisine without fancy clothes. It's called Glenora Bistro.

That isn't to say that you should dress like a slob when going there, but if you're in a casual T-shirt and jeans, you won't feel underdressed.

Glenora Bistro sits under the Glenora Bed and Breakfast Inn and the exterior of the place is very tame, yet classy. It might even be easy to miss it if you're not looking for it.

The interior feels the same as the exterior – classy and cosy at the same time, and although the place looks a bit dated, it gives off a homely and “delicately pretty” atmosphere.

Soothing atmosphere

There is also some soft oldies music playing in the background, which makes for a nice and soothing atmosphere for dining.

The service is quite friendly and professional. They even say “thank you for dining with us.” When's the last time you heard someone say that to you at a restaurant? It feels a lot friendlier than “Thanks! Have a nice day,” don't you think?

However, there were some faults. Their attention to our table was a bit lacking, despite it not being a busy night. Our waters didn't get topped off until we asked and our empty and messy plates sat in front of us for an unacceptably long time.

It's fine to dine slowly, as this place isn't really a dine and dash (legally – with paying) establishment, but if I'm to have a conversation with the person at my table, I would at least like the fairly large plates in front of me to be gone so the atmosphere won't feel stuffy and crowded by dirty plates.

It was also very difficult to get our waiter's attention – I had to wave at her five separate times before she noticed me.

But alas, the food! I've only ever come here for breakfast or lunch (both are quite good by the way), but this was my first time eating dinner here.

The breakfast and lunch menus are quite light, and have traditional fare like omelettes, eggs Benedict, sandwiches, pastas, etc.

The dinner menu is quite a bit heavier. They seem to go all out on French cuisine, and most of it sounds freaking amazing. How-

ever, I ended up ordering the “special of the day” instead of their regular menu, which was pork medallions stuffed with bacon and cheese, served with bacon and squash risotto and vegetables that weren't plain or boring.

We serve pork medallions at the Nest here, but on a level comparison – Glenora Bistro was a 10, while ours is a depressing 0.7 (sorry guys, but it's true).

The pork was cooked perfectly. It was juicy, soft and absolutely packed with flavour but the flavour didn't feel like it was too much, it didn't overload my palette.

The risotto was cooked perfectly, it wasn't watery nor ‘goopy’ and tasted pretty good. I mean, it had to – it had bacon in it.

Most side veggies at restaurants are boring and lack absolutely any flavour. But here, each vegetable had their own distinct flavour brought out and tweaked to a delicious nature.

My guest had the lamb shank, which I was able to try a bite of, and it was extremely soft and moist – yum.

We finished off the meal with a banana flambé, which tasted amazing and was the perfect dessert to a great meal. The only downside was that we never actually got to see any flambé action.

Although I didn't have any, they had a fairly nice list of wines and champagnes.

10 times better

The reason I unfairly compared our campus bar to a French bistro is because their prices are the same for most items except for the entrees, but everything at Glenora Bistro tastes 10 times better.

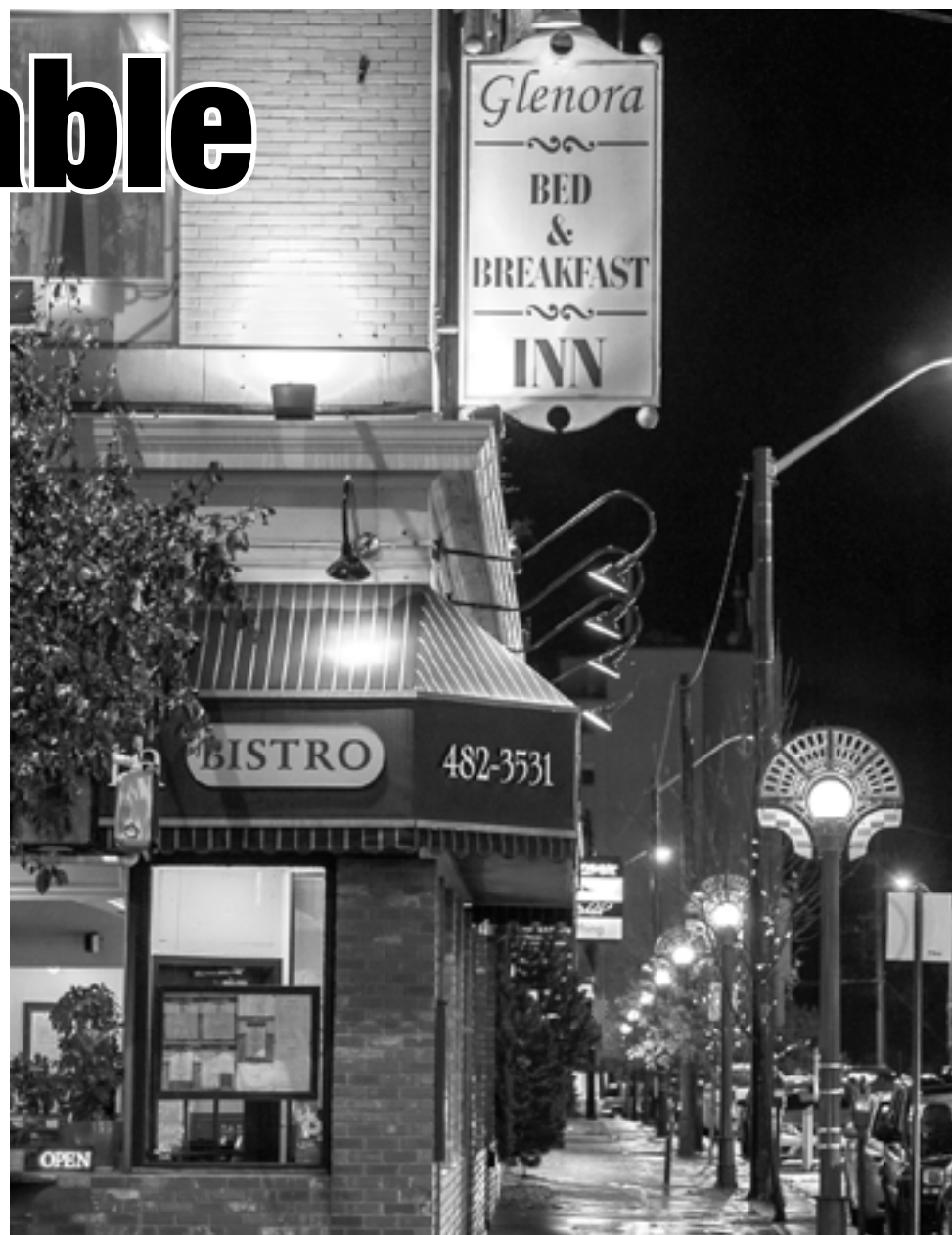
Given the quality of food that you get, this place is ridiculously affordable. Heck, it's even more affordable than most franchise restaurants like Joeys, Moxies or Earls, but the food is better.

The main reason why their food is better is because it's cooked fresh and properly, almost to perfection.

The flavours that they serve are the natural flavours of the product but that flavour is brought forward and seasoned perfectly. The food is good enough for me to overlook the somewhat slow service.

So essentially, you're getting amazing high-quality food for an extremely reasonable price, which is why Glenora Bistro is now one of my go-to restaurants for any occasion.

Glenora Bistro
10139 124 Street
www.glenorabistro.com
780-482-3531



Photos by Kevin Tuong

Glenora Bistro

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in support of United Way

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For more information:
Tammy Carreiro
780.471.7514 | tammyc@nait.ca
www.nait.ca/familycampaign



THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

Comics ... plus

By **MIKE JONES**
Assistant Entertainment Editor

The organizers of Calgary's popular Comic Expo are bringing their talents to Edmonton. The Edmonton Comic and Entertainment Expo will take place at the Edmonton Expo Centre Oct. 20 and 21.

Organizer Kandrix Foong says it was "an obvious decision to bring the show to Edmonton.

"There's a lot of buzz for it. People are happy that we are doing something in Edmonton. It was a pretty natural progression to go to Edmonton."

The Expo has already announced headliners like Billy Dee Williams, who played Lando Calrissian in *The Empire Strikes Back*.

Foong says they are also bringing in musicians such as Casey Orr, formerly of GWAR and Dave Lawrence who played Terry in the FUBAR movies.

In addition, GWAR founder Chuck Varga will attend. In addition, special panels are planned on the history of GWAR and the cult status of FUBAR. Foong says this is all in an effort to set Edmonton's festival apart.

"We definitely wanted to have a different flavour than the Calgary festival. So we put in the metal stuff, and some horror stuff," he says.

Organizers are hoping to attract more than

just comic book fans to this year's event. Foong admits the first few years will cater to people who normally would not attend a comic expo.

The festival has plenty to offer the hardcore fan, with Nichelle Nichols (who played Lieut. Uhura in *Star Trek* and Canadian Jewel Staite who played Kaylee Frye in Joss Whedon's *Firefly*. In addition, dozens of exhibitors and artists will be on hand to show off their stuff.

The organizers have seven years of the Calgary Expo under their belts. Foong assured fans that they have addressed the shutdown issue that left many fans stranded outside this year's Calgary Expo when the Stampede, along with city fire marshalls forced the event into lockdown procedures.

"It's the No. 1 issue we've been dealing with," Foong explained. "There's a lot of information that we can't publicly say, but when we were shut down it was the Stampede that shut us down. They told us we had a certain amount of tickets we could sell but then they kept cutting our numbers down," he said.

"Capacity issues were a top priority when organizing the Edmonton Expo."

The Expo runs in Hall E of the Edmonton Expo Centre. Tickets and the full lineup are available now at www.edmontonexpo.com.

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How to give presentations



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

It isn't easy presenting in front of a classroom of peers, and it is not uncommon to think that public speaking is more difficult for you than for anyone else. In reality, almost no one is a "natural" public speaker; other students empathize with how you feel and want you to succeed.

Preparing your talk

- Choose a topic that you are interested in. Usually you will have some choice in the topic, so take the time to choose something you can get passionate about.

- Think about your audience. Knowing who they are and what they might hope to get out of your presentation will be a key component for choosing effective material.

- Research the material thoroughly.

- Create an outline of key points, then organize these into topics and subtopics.

- Prepare an interesting introduction. The opening should clarify your topic and why it is important. Using a personal story, humour, or a quote hooks the audience in and makes them more interested in what is coming next.

- Make cue cards or a PowerPoint presentation. Reading out a speech or having every word written on a PowerPoint is not very

effective, but it is important to have cues that will remind you of your main points.

- Use visuals to move the focus away from you. Posters, PowerPoint, handouts, charts, graphs, pictures or objects focus attention away from you and give the audience something interesting to look at. Don't overwhelm the audience with too many visuals though.

- Prepare a dynamic conclusion. This is the time to sum up your points, present your conclusion and end with something that makes your speech memorable.

- Practise. Going through your speech out loud is really valuable. You can monitor your time, clear up any areas that don't flow well, practice projecting your voice and iron out any areas that you might stumble over. The more you practise the more confident you will become. Speaking too softly and/or too quickly are the main criticisms of new speakers – practising out loud several times, ideally at least once in front of friends or family members, can help with this. Videotaping yourself can be a really valuable way to evaluate changes you might want to make and to watch for distracting phrases such as 'uh', 'kinda', 'like' ...

- Think ahead about possible questions from the audience and how you will answer them. Remember, though, that you can't prepare for every question and if you don't know the answer you can tell the audience that you will think about the question and let them know later. Another option is to throw the question back to the audience by asking "Good question. What do the rest of you think about that?"

- You may want to see a counsellor at Student Counselling to learn some relaxation techniques that will help before and during your presentation.

Before your presentation

- Get enough sleep, eat properly, and do something to relax such as deep breathing or

going for a brisk walk.

- Visualize yourself presenting clearly, calmly and confidently.

- Take along a bottle of water. This helps with the dry mouth that often accompanies anxiety. In addition, taking a moment to sip some water can help you get your thoughts organized if you get flustered.

- Expect and accept that you will be nervous. Recognize that even seasoned speakers feel anxious before they speak, and that you will be much more aware of your nervousness than the audience is.

As you are speaking

- Start with a deep breath and smile at the audience. Make eye contact with some people that you feel comfortable with. (If looking at people makes you uncomfortable speak to the wall just above their heads, or visualize them all as pumpkins or clowns).

- Speak slowly, changing the pace to add interest. Most new speakers talk much too quickly. Make a conscious effort to speak more slowly than seems normal. It can be helpful to write reminders to slow down on your cue cards or notes.

- Speak loudly, clearly and confidently. New speakers tend to end statements as questions as if they are unsure of their material. Remember, you are the expert on your topic. You have done the research and know more about it than the audience.

- Show enthusiasm about your topic.

Enthusiasm is infectious!

- Don't be afraid to pause. Pauses seem much longer to the speaker than to the audience. Take a moment to sip some water or take a deep breath if you get flustered.

- Keep your audience interested by interspersing anecdotes, unusual details or questions for them to think about.

- Don't focus on changing your movements or gestures. Be you! If you talk with your hands don't try to bury them in your pockets. If you move around in front of the audience, or if you don't, that's OK.

- After your presentation, evaluate. Assess what went well and what you could improve. Be gentle with yourself but always strive to learn from your experience.

Remember, being over-prepared and practicing are your best defenses against being too nervous. The more public speaking experience you get, the more confident you will become. Joining the Toastmasters group on campus or another group that will provide practice in public speaking is a great way to gain skills and practice.

Scared stiff! Participate in the four-week *Public Speaking: The Fear Factor* group through Student Counselling. Contact Margaret or David at 780-378-6133.

Counsellors are available for any personal or academic concern. Book in person at Student Counselling, Room W-111PB in the HP Centre or call 780-378.6133.

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.

It's Justice for all

By TAYLOR JACKSON

Nickelodeon kid no more? Not quite yet for TV star Victoria Justice.

The teen, most famous for her roles in Nickelodeon's *Zoey 101* and most recently *Victorious*, is no stranger to comedic roles. Humour sticks close to her as she takes a step out of TV land and onto the film set for the teenaged comedy *Fun Size*.

Fun Size releases an appropriate just-in-time for Halloween on Oct. 26, to follow the Halloween theme of the movie. The plot begins when Justice's character, Wren, is invited to a teenage Halloween party by her crush. She soon becomes conflicted when her mother, played by Chelsea Handler, orders her to take her little brother out trick-or-treating on the same night of the party.

Being a typical teenager, Wren decides to go to the party instead and ends up losing her brother. Now she must find him before her mom finds out.

Wren and friends team up to find her brother and of course, end up going through a lot of trouble and shenanigans to find him.

Normally having a very G-rated and family oriented reputation, *Fun Size* is the second Nickelodeon film to

receive a PG-13 rating due to crude and suggestive material, partying and language.

Justice is very popular among young fans. She is a great role model in real life because of her passion about education.

Some are worried how the public and her child fans will perceive the more mature film considering it's coming from Nickelodeon.



clevertv.com

"It's obviously geared towards teenagers and adults," she said during a recent conference call. She added that she just "hopes that people do like the film."

Now that filming her TV series *Victorious* is over, Victoria is looking to branch off from Nickelodeon and grow up with more mature roles.

Fun Size may have been the perfect start to her future career.

"Something I love about it is that even though I started off on Nickelodeon, I think this movie is a perfect transition for me because it is slightly edgier and more mature," she said.

From starting off in the industry at only eight years old, there is no question that this now 18-year-old wholesome, funny actress is well on her way to a busy career in future films, television and her other passion, music.



Victoria Justice

justjaredjr.com

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Oct. 18-Oct. 24

(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)

Make time for yourself this week. Your busy schedule has taken away your ability to relax. Get it back this week.

Scorpio (Oct. 23-Nov. 21)

Make this birthday a good one. You never know if you are going to make it to the next one. Live in the moment because soon you won't have any left.

Sagittarius (Nov. 22-Dec. 21)

Your life may not be a movie, but it's pretty close. You are on fire this week, but don't let it go to your head. What

comes up, must come down.

Capricorn (Dec. 22-Jan. 19)

Remember what is important in life. Your anger may take advantage of situations – keep a level head and make sure you compromise. Some things are more important in life than being right all the time.

Aquarius (Jan. 20-Feb. 18)

Make a change. You never know what will happen if you drop your guard and just give yourself 20 seconds of complete courage.

Pisces (Feb. 19-March 20)

Stop feeling like a fish out of the sea. Not everyone is judging you. Put a smile on your face and go out and meet new people.

Aries (March 21-April 19)

"Fool me once, shame on you. Fool me twice, shame on me." Take this phrase into consideration this week. Some people may be taking advantage of you without you realizing it.

Taurus (April 20-May 20)

Beauty is not only skin deep. Take the time to get to know someone you may not normally approach. You will be surprised with the outcome. You never know, your perfect match could be right

in front of you but you could be too vain to notice.

Gemini (May 21-June 21)

You need to start to watch your money. Your frivolous spending will catch up to you and you won't have any way out. Take note of what is really important and prioritize.

Cancer (June 22-July 22)

February may be the month of love for most, but for you, Cancer, late October shows signs of love. Keep an eye out for that special someone that may smile at

you just a little too long.

Leo (July 23-Aug. 22)

Take a step back and assess the situation from another person's shoes. Sometimes you need to take a less dominant role and let someone else be the boss. It may not be your nature but it will be in your best interest.

Virgo (Aug. 23-Sept. 22)

You will overcome a struggle and come out on top. Remember how amazing you are. Nobody can take that away from you, rock star.

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

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

NAIT Security – 7477.

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

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

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

Student loans, grants – Financial Aid Office, 780-491-3056, Room O-111.

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with math, physics and chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday.

THE NUGGET PRESENTS:

Dr.CONwisDOM

CODY MALBEUF
AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,

I've been stuck in the same boring job for three years. I'm going to school, here at NAIT, but it's not getting me out of the burger flipping industry fast enough. How do I move on to something better? I want to get out of here and become someone big in the world.

Sincerely,

Hold the fries and self-achievement

Dear Hold the fries and self-achievement,

Have you ever looked at the *Nugget* archives? CONwisDOM goes back 40 years. If you believe the whole "CONwisDOM isn't just a sexually frustrated adolescent" story,

and accept that I am a professional, you know I can't help you. As low as your standards are, you probably realize a college advice column is not the top of the pyramid. I can't give you advice on how to get to the top. Write me again when you want to know how to get slightly below the middle.

...

Dear Dr. CONwisDOM,

I agreed to let my buddy pick my hair-cut, but with the condition that if he gave me something ridiculous, I got to cut his hair myself. I hate my hair with a passion but everyone else says I look good now that the mullet's gone, so he's saying I can't shave his head. Whose opinion should decide it, mine or everyone else's?

Sincerely,

Shaven head ... no, not that head

Dear shaven head ... no, not that head,

I follow the same principle that has kept me from ever purchasing acne cream or a non-track pants piece of attire: You don't have to look at it. It's not for you to judge. The world decides if it wants to stop looking at you. Your own opinion of your looks is not the factor, it's the opinions of the mean kids in the back of Grade 9 classrooms. If the

people like your hair, it's good hair. Wow ... that is not what I learned in kindergarten. I feel like I just punched after-school TV specials in the face.

...

Dear Dr. CONwisDOM,

My friend keeps saying I'm whipped. He thinks I'm a shell of a man just because I go to school, work and spend lots of my free time with my girlfriend. It's just a regular adult relationship. I say it's no big deal. How do I get him off my back, so I can go back to watching *One Tree Hill* with my girlfriend?

Sincerely,

Not whipped I played poker just last month

Dear Not whipped I played poker just last month, You could start by gently removing your tampon. Adult doesn't mean mature. It means anything you weren't allowed to watch but really wanted to when you were 13. If you're doing that and he isn't, then you can throw that in his face. He still has his testicles on his body rather than in a purse but it's not where something's located, it's who's touching it that counts.

...

Dear Dr. CONwisDOM,

I've lived in Edmonton my whole life, so I

have all the friends I've had since elementary right here in town with me. I thought it would be great to have all my friends close, but since I started hanging out with college guys, I can't relate to them. How do I get my old friends back?

Sincerely,

School and girls were easier in high school

Dear School and girls were easier in high school

I noticed this happening to me earlier in my college career. Whenever I pose a question to my college friends I get a logical, thoughtful response. When I ask my high school friends, it is a hormone-filled rant and/or gay slur. Somewhere in the time when I stopped trying to disable the child-block on the family computer and started dating real girls, I realized I don't want to hang out with my old friends anymore. If you really miss them though, wait for them to get back up to your level. Don't worry, it won't take long, you haven't gotten that much smarter.

...

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

HOT

SINGLE OF THE WEEK



Photo by Effy AAT-Mensah

Clarisa Borden, 30
Digital Media and IT

What do you want the NAIT students to know about you? – I haven’t been in school for the last 12 years, this is a challenge for me, and I hope to make some new friends while I have the time. I’m kind of an outgoing person but I’m shy at the same time.

What would be your ideal date? – Nice supper and maybe a little walk.

What do you look for in a guy? – I like guys that look nice and can dress handsome, they are the best.

What is your favourite thing to do on a Saturday when you have nothing else to do? – I work over night and get home at 6:30 Saturday morning, so I like to sleep.

If you could go anywhere, where would it be? – Unfortunately I don’t get a chance to travel often but I’d probably go see my family out in Regina.

What are your hobbies? – I’m a gamer. I play a little bit of *World of Warcraft* and *Diablo 3*. I like to read and I like to do stuff with computers.

What is your astro sign? – Sagittarius (the best one).

What are your peeves about guys? – I don’t mean to be rude but body odour.

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

For what ails you

CAMPUS FOOD REVIEW

By SARAH STILWELL

On a beautiful Friday morning after having way too many drinks the night before, “beautiful” was not my first choice of word to describe anything.

With each hung-over step I took to school, the smell of tequila radiating from my skin was enough to make me want to vomit. However, my need for greasy food was growing substantially.

For some people in this situation, a morning Caesar is the cure. For others, a breakfast of ibuprofen and Pepto-Bismol gets them through the day. This certain day, I knew what I needed – and needed bad.

I gathered a few of my like-minded, hung-over comrades and we headed over to Fresh Express. With all the options they offer for breakfast, it was hard to make a quick decision.

With a zombie-like expression, I watched the lovely ladies at Fresh Express create what looked like a dream come true on this groggy, hung-over morning of mine.

I watched them layer the hash browns, which weren’t the skimpy shredded ones or the ones that look like pellets for feeding farm animals, but the full on potato chunk hash browns! I then watched them layer scrambled eggs, green onions and cheese on top.

The breakfast bowl came to \$8.50. Before I knew it, I was ordering four extra sausages for only \$2.50, and one-quarter of the cheese sauce – cheese sauce doesn’t sit well with the lactose intolerant.

I grabbed some ketchup and pepper, dressed my breakfast and felt like I was eating heaven with each bite of breakfast bowl I took.

The sausage was juicy and greasy in the best way possible and the hash browns were perfectly crisped. The eggs were better with a little bit of flavouring help from ketchup and pepper and I had just enough cheese sauce on top to tie it altogether.

I walked to class feeling 48 per cent less hung over, prepared for the day and looking forward to having this breakfast again.

Look at me, mom

RECIPE

By EFFY AAT-MENSAH

This is the, “Hey mom, I actually learned to cook my own food while I was away” recipe.

This meal is for Sunday afternoon when you are done taking your nap and watching mindless hours of TV.

It only takes about half an hour out of your day and can last you a few meals. If you don’t have a slow cooker (I don’t know any younger college kids that do) just cook it on low heat instead. Heck, you don’t even have to cook beans. Enjoy!

Ingredients

- 1-1½ lbs. ground beef
- 2 or 3 cans (15 oz. each) pinto beans drained
- 1 large onion - chopped
- 3 large cloves garlic - minced
- 1 can (15 oz) whole tomatoes cut up (I use tomato sauce)
- 1 can (6 oz) tomato paste
- ½ cup water
- 2 to 3 Tablespoons chili powder
- 2 teaspoons salt
- 1 teaspoon dried oregano leaves crushed
- 1 teaspoon ground cumin
- ¼ teaspoon pepper

Instructions

1. Crumble ground beef into a slow cooker. Add beans, onion and garlic.
2. In a medium bowl, stir tomatoes, tomato paste, water, chili powder, salt, oregano, cumin and pepper until blended. Stir into meat mixture. Scrape down sides of slow cooker.
3. Cover and cook on high for 3½ to 4 hours or on low for 7 to 8 hours or until onion is tender.
4. Serve with shredded cheddar cheese and saltine crackers.



CORRECTION

In the Oct. 11 issue of the Nugget, our food review incorrectly identified the group that prepared the Thanksgiving turkey lunch on campus. The meal, which was served at seven of nine outlets, was prepared by NAIT Food Services.

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