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# THE NAIT NUGGET

Thursday, September 13, 2012  
Volume 50, Issue 3



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



Photo by Kevin Tuong

## DON'T MESS WITH THE BOSS!

NAIT President Dr. Glenn Feltham shows a few moves of his own at the NAITSA Ball Hockey tournament, held on Sept. 6. Nine teams took part in the annual event, won by the Moose Knuckles. Story, Page 6.

# SOCCER TEAMS STRONG

National champion men  
and ACAC champion  
women shut out  
MacEwan in season  
openers – Pages 10, 11

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# NEWS & FEATURES



Photo by Bryan Cooper

A road crew does some patch work on the road in front of NAIT's main building this week. The area has been turned upside down by the construction work that is being done for the new LRT station.

## Traffic snarl is worth it

By JUSTIN McLEOD

Traffic around NAIT has always been a little hectic. With a number of major roads leading to its doorstep and a busy mall across the street, just parking your vehicle can be a source of limitless stress.

The congestion has been made worse by the recent LRT construction around campus, leaving Princess Elizabeth Avenue and 106 Street a nightmare to traverse.

"It took a half hour to get out of the NAIT area today," said business student Carly Krause. "It's going to be way worse in the winter. I'm really not looking forward to that."

Students coming from the north side of the school also have to pass by construction on 118 Avenue near the new parkade, which inhibits pedestrians and causes bus detours.

The news is good for patrons of the public transit system, however, as the new LRT route will take them from Churchill Station directly to the southwest corner of the school's main campus in only nine minutes.

The \$755-million route will go through two new stations at MacEwan University and Royal Alexandra Hospital.

It is expected to be completed by December 2013 and open to accommodate the projected

13,200 new riders by April 2014.

The project will also involve a number of aesthetic additions to the surrounding landscape, including a tree canopy above the tracks and stations designed to showcase local art and encourage the use of bicycles and other active modes of transportation.

NAIT station will be the end of the line, but not permanently. Plans have been made to expand the LRT throughout the city by 2040, in part through an extension past campus toward St. Albert and the Edmonton city limits.

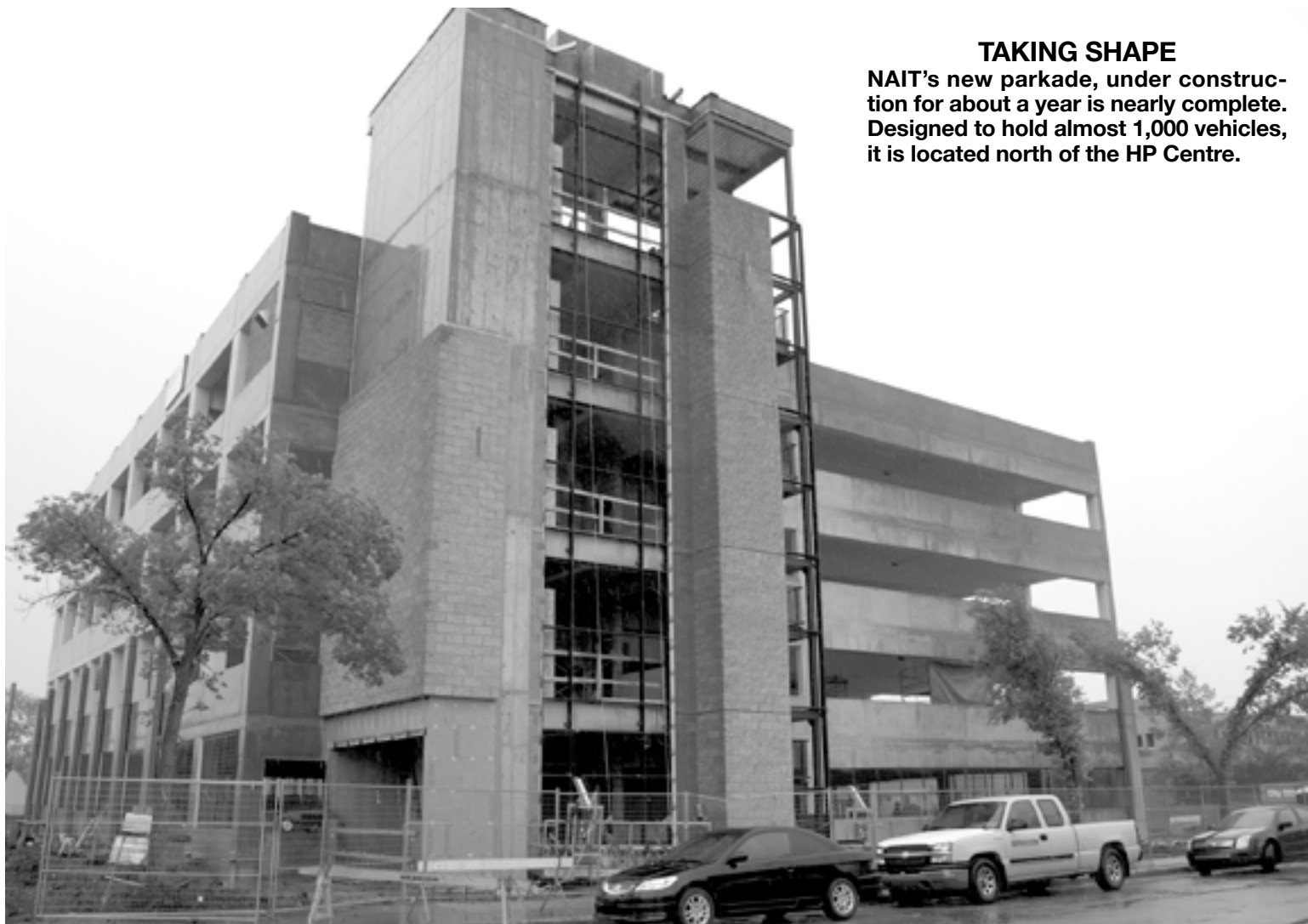
Jacob, a Radio and Television Arts student, said: "I'm jealous of the kids who come here

two years from now. If I didn't have to drive to school every day, paying U-Pass fees every semester might actually be worth it. Plus, then I could sleep on the way to school."

It's often joked about in Alberta that the only two seasons Edmontonians see are winter and construction, but with this 15-year project well on its way to completion, let's hope we can all buckle down for just a few more semesters.

The new system should bring about a faster, easier commute for drivers and transit connoisseurs alike. I know I'll be happy hitting that snooze button a few more times.





**TAKING SHAPE**  
NAIT's new parkade, under construction for about a year is nearly complete. Designed to hold almost 1,000 vehicles, it is located north of the HP Centre.

Photo by Sara Tetz

# Cash mob strikes again

By ADAM BRILZ

For an average person living in Edmonton, a day may consist of a McDonalds breakfast, Tim Hortons coffee, buying that patio set you always wanted at Home Depot or even getting Grandma's organic food at Safeway.

One group, however, is looking to give Edmontonians a local alternative to buying everyday necessities.

The cash mob has been a viral trend ever since the first official occurrence in Buffalo, New York one year ago.

Since then, it has blossomed into an international craze, expanding across the United States and into Canada and Australia.

The first Edmonton-based cash mob was in March and they will be moving onto their fourth organized "mob" later this month.

At a cash mob, people of all walks of life go to Facebook and suggest local businesses to the Cash Mob Edmonton group ([facebook.com/groups/CashMobEdmontonAB](https://www.facebook.com/groups/CashMobEdmontonAB)). All businesses are put into a random draw and from that draw a business is chosen to be mobbed.

On the date of the mob, participants meet up at the business. The mob then enters and each person spends at least \$20 on something in the store.

The mob can involve one place or multiple locations, such as heading to a local watering hole after a successful mob in another store.

The first event in March was a strong start for the group.

"We raised about \$1,500 in just an hour and a half", says Monika Czuprynski, one of the organizers and an entrepreneur herself.

About 30 people participated in the premiere

featuring Carbon, an environmental boutique, which extended its hours for the group.

The support continued as nearly 50 people crammed into Alhambra Books in April.

But organizers aren't just looking to boost finances for these shops.

"The money is really great. We know that businesses that are locally owned are thriving, surviving just fine as they are," Monika says.

"It's more about getting people out to these places and expanding their horizons, expanding their boundaries."

Those interested in participating in the next cash mob can visit Cash Mob Edmonton's Facebook page and join the group.

The next cash mob currently has no location set and organizers are looking for suggestions of local stores.

# Smart Bus to the rescue!

By SARAH STILWELL

For those of us who have had an ETS bus commute at one point or another, we often have heard horror stories.

Sometimes that means finding people who sing their life stories to you or educate you on why their popcorn maker is the best popcorn maker in the world.

Unfortunately, more serious crime does happen – and happens often to students.

Peak times of crime and theft happen at an unexpected time of the day, which is usually between 3 p.m. and 6 p.m., also peak hours for student travel.

According to ETS drivers, there has been an increase in student targeted theft over the past year specifically.

"Students are texting on their phones at the stops and somebody will run by and grab it," said

one ETS driver. "It's the same for iPods. It only takes a couple of seconds."

When MacEwan University student, Ann, was asked what she would do if she were to witness a theft, she said she would exercise caution, warning, "you could put yourself in danger."

In hopes of curbing the danger to students and the general population, Edmonton Transit will be equipping 45 Edmonton buses with Smart Bus technology starting April 2013. Their goal is to provide more accurate information for bus routes and to enhance the security on Edmonton buses.

This new technology will be able to tell bus riders exactly when the bus is to arrive and will inform them of any traffic or technical delays as soon as they happen.

This means less time for bus commuters to spend waiting around at dingy transit centres or stops. This information will be available online,

on mobile devices through text and e-mail and on information signs at major transit centres within the city.

The Smart Bus technology will also improve the safety and convenience for those riding the bus and for the bus drivers themselves who can then focus more on driving.

When coming to a stop, there will be audio and visual announcements revealing which stop is coming up, similar to the current LRT announcements. On the bus, there will be live-feed cameras, which will give the ETS controllers an enhanced ability to manage situations and crime on the buses, even if the driver is unaware of it.

Even though these changes are taking place, if you witness a theft, do not compromise your own safety and keep your valuable electronics secured away from easy to grab locations.



## The Nugget

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## Submissions encouraged: studenteditor@nait.ca

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

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

# Letters

## We want your views

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

Get those thoughts into print.

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

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

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

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



# Highway 63 condition critical

By **ASHLEY CALLINGBULL**

How many more people have to die on Highway 63?

The public has made it very clear that they expect strong, prompt and decisive government action to improve safety on Highway 63.

Residents of Wood Buffalo have strenuously affirmed the need for action. People who live in, work in or visit Fort McMurray and its surrounding areas have registered their opinion through rallies, correspondence, social media, telephone calls to MLAs, participation in a telephone town hall and more.

Kyle Gladue, a Fort McMurray resident who travels Highway 63 to Edmonton every weekend, lost his friend Justin Slade to the dangerous highway. Justin was trying to overtake a few semis and suffered a head on collision causing his death.

"I believe Justin still would have been alive if the road was twinned," said Gladue. "If it was twinned he wouldn't have had to worry about oncoming traffic coming his way."

Family members have created the Justin Slade Youth Foundation in his memory and to empower young people to make better life choices and to express themselves in a positive way through music, drama, arts and sports.

While twinning is important, this alone will not create a safe road. Twinning Highway 63 is only one aspect of what must be a multi-pronged approach to create a safe transportation environment.

Changing driving behaviour will be another significant measure towards increased safety on this road and all other provincial highways.

"Twinning is a good idea, but that won't solve the problem," says Fort McMurray resident Allan Reid. "You can't fix stupid and that is what the problem is – it's stupid drivers that speed and pass at inappropriate times and end up taking the lives of innocent people."

Ensuring that drivers behave responsibly on Alberta's highways is a critical component of improving safety on Highway 63. Many respondents related incidents in which they witnessed reckless behaviour on Highway 63

resulting in either a close call or, worse, a collision. Enforcement plays an important role.

"Twinned or not twinned, the police presence needs to be evident and abundant," says Reid.

The most common improper driver actions committed on Highway 63, according to Alberta Transportation, include running off the road, following too closely, driving left of centre and improper passing.

Twinning the highway will not be the cure to all dangers on the highway but enforcement and education will play a key role.

An integrated and widespread education, awareness and information strategy focusing on Highway 63 will positively impact driving behaviours and lead not only to a safer Highway 63, but also to a safer road system throughout Alberta.

**Twinning Highway 63 is only one aspect of what must be a multi-pronged approach to create a safe transportation environment.**



cbc.ca

Seven people died in this accident on Highway 63 earlier this year.

Communication tools such as billboards, posters, radio and television commercials, advertisements on social media networks and roadside safety message signs are also believed to be effective ways to educate the public on the importance of being a safe driver.

Completion of these improvements is beyond the funding approved in Alberta Transportation's program. A number of potential options are available, such as using existing revenue, toll models, new enforcement initiatives, federal funding or financing through capital markets.

If the government continued with a cash-based allocation, at a rate of \$50 million per year, full twinning of Highway 63 between Highway 55 and Fort McMurray would take an additional 11 years. Eleven years is not acceptable.

Highway 63 should have been twinned years ago. The Death Highway will have to

wait another 11 years to be finished.

I myself have been driving back and forth to Fort McMurray to visit loved ones for the past two years. I have experienced the danger of this highway and have had my close moments with drivers who were speeding, not paying attention or simply trying to change lanes.

Just this past Sunday, two people died and two others, including an eight year-old boy, are in the hospital after a serious two-vehicle crash which forced the closure of Highway 63 just north of Wandering River for several hours.

The real question is, how many more tears are the people of Alberta willing to shed over the next 11 years?

One hundred and forty nine people have died since 1990 on the highway that links the Edmonton area to the oil sands region. It's time to stop playing politics and get this done.

No more delays.

## ATTENTION ALL STUDENTS STUDENT HEALTH & DENTAL BENEFITS

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# OPINION

— Editorial —

## About wax and feathers



**CLAIRE THEOBALD**  
Editor-In-Chief

Lately it seems a lot of people have asked me why I chose to pursue journalism, and to be honest I haven't had much of an answer.

At one point, I thought I would be a truck driver and rock around all day in one of those giant dump trucks trolling Fort McMurray, but then I decided that I didn't want to smell like bitumen all day.

Then I thought I would be a bartender but when I took my flare bartending course my instructor told me he had never seen any student hit themselves in the face as many times as I did. I decided it was time to quit.

I thought I would love to be a zookeeper. I have always had a way with animals and every day would be a new adventure. But then I remembered that caring for animals meant being outside, a lot, even in the harsh winter. Zookeeping was out.

### Adrift

I was at a loss, adrift at sea with no land in sight. I was never really good at anything and was a horrible student. The only reason I did as well as I did (which is not exactly saying much) is because I could write my way around pretty much anything.

I could always write and I thoroughly enjoyed it but I was no real writer. Writers are scholars, with informed opinions and the ability to shake the world with their pens. Surely, there was no room for a hapless young kid with no direction.

There I was, sitting in my high school English class, contemplating my dismal future, when my instructor started reciting the fable of Icarus.

For those of you not in the know, Icarus is a Greek myth about the son of the master craftsman, Daedalus, who flew on a pair of wings fashioned by his father out of feathers and wax.

The story goes that Icarus, so exhilarated by his flight, ignored the warnings of his father and flew too close to the sun. His wings melted and poor Icarus plummeted to his death.

The fable is meant to warn arrogant youngsters not to get ahead of themselves and take on unnecessary risk, lest they be left to face the consequences.

### Secret admiration

But as I sat there, I could not help but secretly admire Icarus.

Icarus found something so wonderful, felt something so powerful, he was willing to risk everything he had to get it, and paid the ultimate price for his actions.

But is it really better to live a life of security, to ignore your passions and pursue a life of mediocrity?

Or is it better to throw caution to the wind and risk everything you have chasing your dreams?

As she read, and the class discussed, I was immediately struck with a thought. When I leave high school, I will never write again.

A weight dropped on my chest. My hands got clammy, I could feel my temperature rising, I couldn't breathe. Could I really give up writing for good?

I knew what I had to do.

I burst out of class, ran down the stairs and threw open the doors to the career councillor's office.

"I need to change everything, I want to be a writer!"

She rolled her eyes. This wasn't the first epiphany I'd had. How could I be sure?

That's just it, I wasn't sure. I was anything but sure, but in that instant I knew I had to try. I couldn't stand the thought of being haunted by what could have been. Besides, Walmart is always hiring.

I sent a portfolio to MacEwan's journalism program, my first ever, and waited for any news. Months went by, still nothing.

Had I made a mistake? Had I flown too close to the sun? Everyone had warned me, told me it was a mistake, should I have listened?

Just as I thought all hope had been lost, I got a phone call saying I had been fully accepted into the program, a first-round pick.

Now I've had the pleasure of working in a newsroom, and have seen my work published across Canada. I've found my place and for the first time feel like my life has direction.

Maybe I am flying too close to the sun, and maybe one day I will meet my destiny in a pile of feathers and melted wax, but what I can tell you now is that the view from here is incredible.



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Icarus



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Trust us on that. Write us.



# SPORTS

## Beers, balls and pillows



Photo by Kevin Tuong



**EVAN DEGENHARDT**  
Sports Editor

The following events are completely true and will reveal, in detail, my personal recollection of what happened on that fateful Thursday afternoon at NAITSA's Ball Hockey Tournament and the events leading up to it.

Let's lay a little ground work before we dive head first into it.

I'm in the Radio Broadcasting program here at NAIT. This is our last semester and over the last year, the 12 of us in the program have become really close with one another.

Towards the end of summer, a few of us classmates got to talking and we were all in agreement that we should probably go out on a limb at the start of the semester and try something new.

A few days later, Mike Jones, whom you have all come to know as "Assistant Entertainment Editor" here at the

*Nugget*, phoned me up and said: "Evan, NAITSA is hosting a ball hockey tournament outside the Nest on Sept. 6, I think we would be fools not to enter a radio team into the tournament."

I immediately agreed.

As the tournament was 3-on-3, with one player in net, Jones and I were now set up with the task of finding at least two more brave souls to join our radio team.

Jones and I enlisted the help of two other eager radio students, Kevin Martin and Cody Malbeuf and Team NR92: "Broadcast This" was born.

All we had to do now was wait to bring our "talents" to the pavement.

Let this next paragraph be a lesson to all of you out there who do not read the fine print.

"I've got some rough news, guys," Jones said nervously. "I've just found out that ball hockey equipment will not be supplied to the teams that will be participating tomorrow."

Luckily, all the guys had sticks of their own to bring, but that wasn't the issue. Not one of us own any goalie equipment.

Luckily for us, we are all radio students, and that means we are naturally creative and thrifty.

Cody, our illustrious goalie, reassured our team that he would put something together that night and have everything ready to go.

By the next day, the nervous

vibes had manifested themselves into anxious excitement.

At 12:15 p.m. Cody walked into the lunchroom with an assortment of items.

In his left hand he had two large, downy pillows, which, I might add, he took from his parents' guest room without consent.

In his right hand, he carried a baseball glove and one massive roll of duct tape.

One look at Cody and his "makeshift" equipment and it was clear to me that either he was completely insane or the bravest man I had ever met.

We were still missing a blocker, a helmet and something to protect Cody's nether regions.

Kevin took one for the team and ran home to get an oven mitt that could be used as a blocker, complete with multiple stains from years of kitchen use. We happened to find an old motorcycle helmet in our radio prep room.

### My brain child

The protection for Cody's crotch area was my brain child and would come moments before our first game started.

I would like to take a minute to admire and appreciate all the work that NAITSA put in for this event.

The whole thing was organized with class. Fences surrounded the entire event and the beer gardens were easily accessible (which is a must in a tournament of this style.)

The ball hockey courts were all separated and marked out, so everything was simple. Each court also had two referees, which were actually NAIT athletes, who kept time during the games and always made sure we had an orange ball to play with at our disposal.

Now, back to my introspection.

After tossing back one or two beers in preparation for the tournament, we quickly duct taped the pillows Cody brought to his legs. They actually looked extremely official.

We were quite the spectacle to say the least. A lot of people were pointing and a lot of cameras snapped in our direction, but as a team, we didn't mind. We were ready.

With only minutes to spare, I advised Cody to grab a stack of napkins to stuff down his pants. That would have to be his make-shift jock strap.

### Played our hearts out

As for the tournament itself, we played our hearts out.

Most teams had come with at least three or four extra guys for substitute players, and a complete set of ice-hockey calibre goalie equipment. All we had was the four of us and that was all we needed.

By the end of the tournament, we were all completely bagged.

Team NR92: "Broadcast This" made it into the quarter-finals out of nine teams, which was further than any of us expected. We were playing with less than half of the guys and with almost 100 per cent less goalie equipment, but I would not have changed a thing.

This is just how we roll.

After being knocked out in the quarters, a giant group hug among the four of us wrapped up our tournament.

The winner was the mighty five-member Moose Knuckles, who took home a trophy, medals, and a Budweiser sweater and hockey bag for each member.

To end things, I will just leave you, the reader, with one thought. If ball hockey is a go next year, I suggest you think about entering a team of your own. Who knows? Maybe you just might find yourself lining up against a couple of radio guys sporting some duct taped pillows and an oven mitt.



Photo by Kevin Tuong

Cody Malbeuf, above, decked out in his homemade goalie pads, is all business. Earlier, Nugget Sports Editor Evan Degenhardt, top photo, helps him get ready.





Mark Pysyk

thepipelineshow.blogspot.com

# Athletics has jobs

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

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

**Ticket Takers** – \$60/night

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

**Score Sheet** – \$60/night

This person's main responsibility will be to fill out the score sheet, keeping a running tally of the score and tracking fouls and timeouts during the game. (Basketball/volleyball/hockey)

**Score clock** – \$60/night

The main role of this position is to run the score clock while keeping the rest of the table organized and up to date with the game. An in depth knowledge of basketball is an asset. (basketball/volleyball/hockey)

**Stat keeping (DakStats)** – \$75/night

The stat keeper will be required to track all the ACAC required stats throughout the game. You must be able to quickly transfer the information to the DakStats computer program. (Basketball)

**3-Ball** – \$40/night

You will be required to hold and collect volleyballs when they are not in play and throw balls to the ready server. You will also help with setup and take-down. (volleyball)

**Goal judge** – \$50/night

Goal judges in hockey are responsible for

flicking on the red light when a puck crosses the goal line. They must also record the shots taken on the net that they are working. (hockey)

**Concession attendants** – \$60 / night

The concession attendant provides food and drinks to customers at athletic events. Alcoholic beverages are sold, so ProServe is required, along with money handling training. (basketball/volleyball/hockey)

**Setup/Cleanup** – \$60/night

Two dependable staff will set up the main gym before home games and clean up afterward. Pulling out bleaches, chairs, floor mats, setting up the inflatable Ook, volleyball nets, etc., are a few of the expectations of the job.

**Ooks Mascot** – \$900 per semester

The Oaks mascot is a pivotal position and requires a lot of enthusiasm. You will interact with the crowd, must be good with kids and will be required to work part of every home game and special events.

**Cameraman** – \$900 per semester

The camera operator will film every home game, which will be webcast across Canada. Setup and take-down of equipment will be required. (basketball/hockey)

**Photographer** – Pay to be determined

The NAIT Athletics photographer will take action shots at part of every home game and a few special events. The photographer will be exposed to 12 different sports teams and will gain valuable work experience.

If you are interested in any of these positions, please contact:

Andy MacIver  
Athletics & Recreation Events  
Programmer  
E-mail: andym@nait.ca  
Phone: 780-471-7606

# Ready to go

By AVRY LEWIS-McDOUGALL

The other Oil in town is back and they are ready to defend their WHL title in 2012-13 season.

The Oil Kings are coming off a historic year in which they had 50 wins, including two huge winning streaks where they won 11 games and 22 games in a row. Along with this impressive feat came the Oil Kings first WHL title, where they won in a thrilling seven-game final series victory over the Portland Winterhawks. This WHL championship meant that last season's Oil Kings became the first squad to make the Memorial Cup since 1972.

Edmonton was led on the blue-line by Team Canada World Jr. member, Mark Pysyk, who was a rock for the team all season. Pysyk also managed to bring in a 38-point season last year.

Offensively, the Oil Kings' attack was led by winger Michael St. Croix, who had 45 goals. The team was also anchored by second-year forward Curtis Lazar, who had 20 goals and a fantastic post-season for the Oil Kings, sparking the debate that he could be a potential top three draft pick in 2013.

This year, the Oil Kings will have to do without the talents of Pysyk, Rhett Rachinski and their key trade acquisition from the Everett Silvertips last season, Tyler Maxwell. All of these players have moved on with their hockey careers. Pysyk and Maxwell are now NHL hopefuls and Rachinski is playing CIS college hockey.

Goaltending for the Oil Kings stays the same as last season with Laurent Brossoit still maintaining his role between the pipes. Bros-

soit had a spectacular campaign with a 42-13-2 record last season and turned up his performance even more in the playoffs with a record of 16-4 and a GAA of 2.00.

The Oil Kings are ahead of schedule in the "franchise plan" and will be back among the elite of the WHL this season.

The team still has leaders in the likes of Dylan Wruck, Klarc Wilson and T.J. Foster to lead the offensive attack. To add some grit to their lineup, Henrik Samuelsson will return. Samuelsson came over to the Oil Kings from Sweden last year and contributed 23 points in just 28 games.

The rest of the WHL will be gunning for the defending champs this season and, with the possible NHL lockout looming for the foreseeable future, players who still have WHL eligibility may just decide to use it.

Ryan Murray, the second overall pick in this year's NHL draft, has already decided that he will return to the Everett Silvertips. With calibre players like that returning to the WHL this year, it makes it that much harder for the young Oil Kings squad to make a championship repeat.

Even with the NHL lockout playing a potential factor for this upcoming WHL season, the Oil Kings could be one of the strongest teams in the league. If they can put together a season like last years, there's little reason why the Oil Kings wouldn't finish with around 95-100 points.

The regular season for the Oil Kings starts on Sept. 20 versus the Kootenay Ice at Rexall Place, whom Edmonton swept in the first round of the playoffs last year.



## Athletes of the week

Sept. 3-9

**Leanne Kadatz**  
Soccer



Leanne helped lead her team to a season opening 2-0 victory over the MacEwan Griffins Saturday by setting up the first goal and scoring the second and was a dominant player all game. Kadatz's goal leaves her just two goals shy of the all-time ACAC women's soccer goal record. "We are very excited to see Leanne return to the program this year. She is a leader both on and off the field and this leadership has been recognized by her teammates as she has been named one of this year's team captains," said new head coach Carole Holt. "She is a natural goal-scorer and a fierce competitor who always does whatever she can to help the team be successful." Leanne is a fourth-year player in the Business Administration program. She is from Edmonton.

**Austin Berry**  
Soccer



On a weekend when the Oaks began defence of their national championship, Austin was instrumental in the team's 3-0 shutout over the MacEwan Griffins. He was all over the field, earning him player of the match honours. "Setting up the Oaks' first goal with a great cross to Edem Mortotsi, Austin was a threat the entire game as he continuously made runs down MacEwan's flank and crossed in several very good balls that just lacked the finish," said head coach Jeff Paulus. "He also proved himself as a very good 1v1 defender. He was not beaten at all during the game and played a very important leadership role in keeping the back line organized." Austin is a fourth-year Business student from Edmonton.



## MENS HOCKEY

# Ooks looking for balance

By MATT INGLIS

With last season's silver medal finish in the ACAC finals still fresh in their minds, the NAIT Ooks men's hockey team is gearing up for a new season.

There are the obvious hopes of building upon last season's success and pursuing a gold medal. However, the Ooks will have to overcome losing some key players and will need to look for some of last year's returning players to step up and fill those key positions.

One of NAIT's most notable losses is last year's ACAC play-off scoring leader, Steele Boomer.

With an obvious hole in scoring that will need to be filled elsewhere, Ooks head coach Serge Lajoie said that if the team wants to build upon last season's success they will need to find depth in scoring.

"It's an ongoing process. You always want more depth," said Lajoie. "We need balanced scoring in the top nine forwards."

With many veteran players returning and some holes up front, NAIT promises to be a

solid environment for some up-and-coming rookies to get the chance at some big minutes. Along with these minutes, NAIT's new players will also get a shot at learning from the guys who helped lead the Ooks to a silver medal performance last season.

Coach Lajoie stated that last season's success came as a result of very healthy competition in goaltending, which created stability within the team.

That competition between the pipes continues this upcoming season, with female Olympic goal medallist Shannon Szabados coming in as NAIT's No. 1 goaltender. Last year's third-string goalie, David Simpson, will look to remain hot on Szabados's heels this season and will fill the backup position in net.

Coach Lajoie is looking to expand on last year's silver medal run by "building a system based on the strengths of the team."

"This is going to be a team that is very, very aggressive in the forward attacking zone."

The Ooks are not planning on sitting back and letting the play come to them this year, but

want to attack the puck and play their defensive game in the opponent's own end.

Lajoie is also focused on learning from last year's regular season and playoff run and has had his coaching staff working with the players on what he thinks will make a winning team.

"It's all about repetition and minor details," Lajoie said.

That attention to detail is important for the Ooks coaching staff, which is not overlooking anything for this upcoming season.

Through tryouts and training camp, Lajoie has had his team doing everything with a purpose.

The efficiency of his methods will be tested every period of every game this upcoming season, where he plans to bring it at all times.

"We cannot take any other teams in this conference for granted," he said.

With a month to go before the Ooks see any action, they'll be vigorously training and preparing for another lengthy season, with their sights set on multiple victories and the ACAC gold medal.

The regular season kicks off on Oct. 12 when NAIT has a home-and-home series against the Keyano Athletics.

The Ooks will get their first shot at redemption for last season when they play the defending ACAC champs, the Augustana Vikings on Nov. 1.



Shannon Szabados



Serge Lajoie

# Are e-sports really sports?

By MACLAINE CHADWICK  
The Fulcrum (University of Ottawa)

OTTAWA (CUP) – When we think of *Call of Duty*, *World of Warcraft*, *StarCraft*, or *Halo*, it's unlikely that our minds conjure up the image of a professional athlete – but that may change in the not-too-distant future, thanks to the explosion in popularity of electronic sports.

It doesn't come as a surprise that electronic sports, or e-sports, is one of the fastest-growing leisure activities around – just ask any kid with a Nintendo DS. E-sport's roots lie in Korean culture, where, for years, gamers have attained professional status and actually make a living from sponsorships and competition winnings.

The popularity of e-sports has triggered the age-old debate of what is and isn't a sport. Not surprisingly, many people say the absence of physical exertion is what prevents e-sports from being recognized as an athletic event.

## More similarities

But when comparing e-sports to more traditional sports, one may find more similarities than differences. "There is the same level of competitiveness, this overall sense of connectedness and sense of sportsmanship in the international community," said Scott Job, a member of the University of Ottawa's *StarCraft* team. "The only thing that makes it not a real sport in the eyes of many people is just the fact that you're not running around on a field, thus the term 'e-sports.'"

In some countries, extremely skilled e-sport players can attain professional status and even play on sponsored teams. "The pro players are training 10-16 hours a day. They're training really hard," said Job.

In cultures where gaming is the most popular, players are idolized like professional ath-



letes. "Especially in Korea, where it's the biggest right now. These people are celebrities and sex symbols in Korea," said Job.

In Canada and the United States, Collegiate StarLeague (CSL) is an organization that governs 240 college and university *StarCraft* teams. The teams, which consist of at least five players, compete weekly against other schools, and gather two to three times per season to compete at Local Area Network (LAN) events. The league has grown significantly in its first five years of operation, and is expanding even further to create high school leagues. The U of O team joined CSL in its third season and competes locally, nationally and internationally on a weekly basis.

Even though they compete against teams from schools like Harvard University and Duke University, the *StarCraft* team cites none

other than Carleton University as their biggest rival. The LAN events mimic traditional sports events as well.

"You're not gathering around and watching people playing online; they are usually there playing the game and you can see them. I'd liken it to a sports event," explained Job. Professional events in pro leagues can even attract some rowdy spectators.

"People go and support their favourite teams, their favourite players. And they go nuts, I've seen the body paint," said Job. Another facet of e-sport spectatorship is the many smaller events planned for spectators to meet, play, and socialize – defying many conceived stereotypes of the participants.

"People think that it's nerds in their parents' basements playing video games, but it's

not. That's not what it is at all. There is an event that runs every couple of weeks called Bar-Craft. You go to the bar and they project it on the wall," explained Job.

The structure and strategic elements of e-sports mimic those of almost every other team sport, yet e-sports still face one major criticism: unless a game involves physical exertion, it can't be referred to as a sport.

## Physical component

*StarCraft* players, however, argue that there is in fact a very important physical component to the game, which is developing a strong actions per minute (APM) rate. "The APM is a big thing – being able to type and click the mouse in a meaningful fashion twice a second is definitely something that takes a lot of skill," explained Brandon Bay, former U of O *StarCraft* club president. "But it is definitely more of a strategic, mental sort of game."

Although many would argue that typing and clicking at high speeds should be considered a fine motor skill as opposed to a physical ability, both Job and Bay emphasized this is not the case.

"I'd like to take a pro-football player and try and get them to do it – they wouldn't be able to," said Job. "It's just a different skill set, and it's really hard to say that one is more legitimate. Obviously you're not going to break out sweating playing *StarCraft*, unless it's over nerves."

That's not to say that physical health isn't an important part of the e-sport lifestyle. Professional teams make sure they balance game training with physical activity, and often live in houses equipped with a full gym. "You can't compete in anything if you neglect your physical health," said Bay.





# Nationals in Spruce Grove

By JACOB McKAY

It was an exciting time in Spruce Grove, Alberta from Aug. 27 to Sept. 2 as they held the week long President's Cup at the Grant Fuhr Arena.

Five lacrosse teams travelled to Alberta to face Rocky Mountain Lacrosse champions, the Rocky View Knights, and the host team the Spruce Grove Slash.

In keeping with tradition, the host team always plays in the tournament regardless of how their season went. As for the other six teams, there were no season criteria.

How exactly does a lacrosse team make it to the President's Cup?

### Annual event

The Canadian Lacrosse Association (CLA) presents the Presidents Cup annually at the end of August or the beginning of September.

Seven teams play as there are six leagues throughout Canada under the CLA and the host team fills the seventh spot. The winner from each league after the regular season and play-offs square up to determine the best team in the nation. All teams play each other once in a round robin, where three are eliminated and four go on to play for medals.

With all that said, which team took top honours this year?

The Saint Regis Braves defended their 2011 Presidents Cup win well when they visited us. In fact, all the teams played seven games in seven days. Winning all of their games, the Braves cruised easily into the winners circle.

It should be noted that in these seven games the closest matchup was with the St. Catherines

Saints from Ontario with a score of 7-6.

The Braves faced the Saints again in the gold medal game where they had a bit of an easier time getting the win as well as the Presidents Cup.

Here in Edmonton, fans were all watching to see how the Spruce Grove Slash would stand up to the competition.

The hometown favourite Slash had an abundance of highly skilled players including Jarret Toll and Jimmy Quinlin, both from the Edmonton Rush, as well as Ryan McNish from the Calgary Roughnecks.

The Slash looked like a team that could contend from the beginning, and they definitely did not disappoint the home town crowd. Spruce Grove turned a few heads and gained early notice as they went 4-0 to start the tourney.

After an overtime loss to the St Catherine Saints, the Slash's goal was simple – beat the Braves by one on the final day to push a three-way tie.

Or, they could win by more and take first place going into the medal round.

However, the defending champions handed them a three-goal loss, forcing Spruce Grove to play for bronze.

Although the Slash were defeated, many felt that it wasn't a fair game as a result of the refereeing. An appeal was launched and accepted by the tournament director, but another appeal needed to be done through the CLA. This would force all games after the game in question to be played over again, resulting in a huge cost to teams and the tournament alike, so the Slash decided to bite the

bullet and drop the appeal before their game with the Rocky View Knights.

After three periods of intense back-and-forth lacrosse, an extra period was needed and it was in this period when the Knights beat the deadlock and handed the Slash fourth place.

You may be asking yourself what's the big deal in the grand scheme of things?

Well, it's simple.

Many Canadians are unaware that lacrosse was once Canada's national sport.

### Growing in West

But then hockey replaced it in 1994 and it was renamed as Canada's summer national sport. Since then, the growth in the West has made lacrosse almost as big here as it is in the East. As more and more exposure is given to lacrosse, we will be a top contender in the Olympic Games in 2024, where it is slated to make its return to the games.

All in all, the Presidents Cup has some pretty big implications for the sport of lacrosse here in Alberta.

"The tournament was great exposure for the kids and parents alike," said Norm Shaw, tournament director and Slash goaltender. "Especially here in Alberta because it feels like we are about 100 years behind the other provinces in terms of lacrosse growth."

Many avid lacrosse fans feel as if the game in the West is much different than the game



The Spruce Grove Slash added Edmonton Rush captain Jimmy Quinlan to their roster for the Presidents Cup.

Ontario, Quebec and Islands leagues play.

If anything, the Presidents Cup tournament saw the lacrosse community come together here in Alberta and create such much needed growth for the sport as a whole.

## Athlete Profile



**Player:** Kelsey Bleier  
**Sport:** Women's volleyball  
**Position:** Setter  
**Program:** Business

By MATT INGLIS

What pumps you up before a game? Good dance music.

How do you stay in shape during the summer? I do a lot of biking.

What's your favourite part of playing volleyball? The competition, I like winning.

What motivates you to play your best? Having good coaches always helps.

What do you do for fun outside of volleyball? Just hang out with friends and go to movies.

What's your dream career after school? I don't even know, I haven't gotten quite that far.

What is your goal for the upcoming season? To win a gold medal at provincials.



**Player:** Luke Ryan  
**Sport:** Mens volleyball  
**Position:** Left side  
**Program:** Millwork & carpentry

By EMILY FITZPATRICK

When did you start playing volleyball? When I was about nine years old I started playing competitively.

Why did you choose to come to NAIT? Simon Fedun, NAIT's previous volleyball coach recruited me. And I was also looking to get in to a trade so NAIT appealed to me.

Do you have any pre-game rituals? I have a specific playlist I like to listen to before all my games. And we do some mental preparation as a team.

What are some of your hobbies? I like to play all sorts of other sports, I also like playing video games and ping-pong.

Do you eat anything specific before games? Last year I used to eat KD a lot but this year I'm trying to eat healthier so maybe things like fruits and pasta.



What do you listen to before games to get pumped? Usually a mix between techno and Coldplay.

If you could fly anywhere right now where would you go? Somewhere warm, probably Hawaii. Nothing too fancy I'd just go to the beach and golf.

What did you do over the summer? Worked out and slept and played slow pitch.

What's your favourite personal sports moment? I played my brother's team at Augustana. Camrose is my hometown so friends and family were out to watch and both my brother and I got player of the game. So it was a pretty special night.

NAIT CURLING

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Oct. 1 (Monday) late registration

Bring equipment 4:30-6:30 p.m. at the Avonair

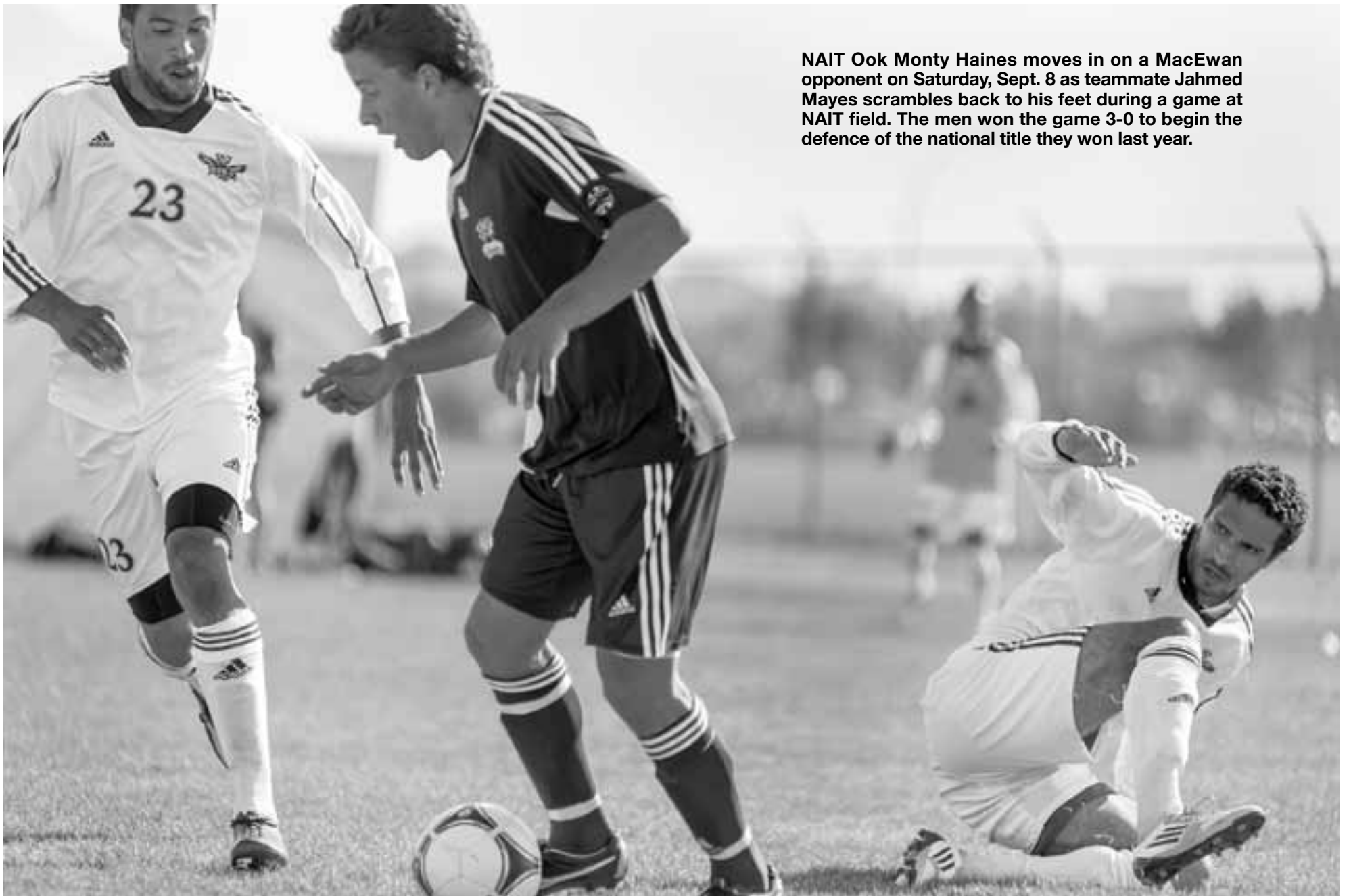
For further information, contact Jules Owchar at 780-221-1717





**NAIT Ook star Leanne Kadatz puts the ball behind the MacEwan goalkeeper in a game on Saturday, Sept. 8 at NAIT field. Kadatz was named Athlete of the Week for her efforts in the contest. NAIT won 2-0.**

Photo by Chad Steeves



**NAIT Ook Monty Haines moves in on a MacEwan opponent on Saturday, Sept. 8 as teammate Jahmed Mayes scrambles back to his feet during a game at NAIT field. The men won the game 3-0 to begin the defence of the national title they won last year.**

Photo by Bryan Cooper



NAIT Ooks Kelly Tataryn heads the ball during a game against MacEwan on Saturday Sept. 8 at NAIT field. The Ooks won the contest 2-0.



Photo by Chad Steeves

## Good start for women's soccer team

By NAIT ATHLETICS

For the NAIT Ooks, the more things change the more they remain the same in Alberta college soccer.

With a new head coach, several new players and many of them being tested in unfamiliar positions, the Ooks on Saturday, Sept. 8 made their first step a successful one toward defending the ACAC championship they won last year.

Incoming head coach Carole Holt mentioned that several minor injuries were incurred in a 2-0 victory over the MacEwan Griffins and also pointed out that it was nothing new for Leanne Kadatz to pace the Ooks offence.

The reigning ACAC scoring champ connected for a goal at the 39-minute mark after a well-placed cross. Special praise was directed toward a handful of defenders: Daphne Bince, Ashley Woodford, Loren Burke-Gaffney and rookie Nikita Panousis.

"They were extremely steady and did a good job of breaking down any of the attacks that MacEwan created," said Holt.


Holt cautioned against over-confidence in next week's pair of matches against the Concordia Thunder and Grande Prairie Wolves.

"Concordia has a number of good returning players so we will need to work hard this week to get organized (for) a strong game plan against them. Grande Prairie also will be tough," she said.

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# A heads-up for athletes

By **SHELDON KENNY**  
**The Sheaf**  
**(University of Saskatchewan)**

SASKATOON (CUP) — Last November I lost my brother Lyndon Kenny to suicide.

Lyndon was a very good hockey player. He was drafted by the Brandon Wheat Kings of the Western Hockey League and he was not only a highly-skilled defenceman and strong skater, but also the toughest person I have ever known.

His ability to scare opponents and produce game-changing hits and fights was unparalleled for someone of his age.

Unfortunately, this enforcer style of play made my brother vulnerable to multiple concussions and, therefore, more susceptible to depression.

Enforcers are the designated tough guys on a hockey team. Players in this role often struggle with depression not only because they suffer numerous and severe head injuries, but also because they must deal with the pressure of fighting almost every game in order to keep their spot in the lineup.

## No exception

Lyndon was no exception.

My brother became addicted to alcohol and drugs at an early age. His addictions carried on through most of his life, even with multiple stints in rehab centres.

He was not a drug addict like those on TV shows, though. He hardly let it show in his personal life. He was the most loving and caring person I knew and was constantly looking out for others.

He struggled to explain his problems to me and our family, however, and for a long time he turned away from those closest to him — as the archetypal tough guy, he tried to cope with his struggles alone.

It was only recently that Lyndon came to understand that he needed help. He began to open up to our family and made an effort to guide me down a better path of life than he had taken.

He had been drug- and alcohol-free for two months before he took his own life on Nov. 1.

The depression and anxiety proved too much for him.

## 'Serious decline'

Only a few weeks before his death, Lyndon left a comment on a sports medicine website indicating his struggles.

"I'm 27 and have been on a serious decline since [my] early to mid-teens," my brother wrote.

"I have had hundreds of blows to my head since I was around age five. Most occurred from my reckless style of hockey throughout my teens. Here's a list of symptoms I have — Lack or loss of knowledge, insight, judgment, self, purpose, personality, intelligence, opinion, reasoning, train of thought, motivation, relationships, thinking, humour, ability to process information and learn, organize, planning, communicating, finding speech, decision making, visualizing, interest, sensitive to sound, ears ring, trouble sleeping, head aches, PCS [post concussion syndrome] etc."

Lyndon's comment ended with an appeal: "Protect yourselves and loved ones! What a scary situation. I feel so bad for my family."

His final wish came in the form of an unsent text message intended for me. Lyndon wanted to have his brain donated to research at the Boston University School of Medicine so we could

have the answers he had sought for years.

A concussion is defined as a short-lived loss of brain function due to head trauma. A direct blow to the head is not required to sustain a concussion; any sudden and jolting motion to the body that causes the brain to move around inside the skull can do the same.

For a concussion to occur the brain must bump against the skull, which can cause bruising. In some cases the brain will rotate inside the skull, and when it rubs against the bony surface of the skull it can shear off brain nerve fibres. In all cases there are no visible injuries to the brain that an MRI or CT scan can detect.

## Changes in behaviour

In addition to blurry vision, dizziness and confusion, the symptoms can be much worse: difficulty sleeping, a sensitivity to noise and light, nausea, ringing in the ears, trouble concentrating, difficulty tolerating alcohol or stress, difficulty speaking, communicating or understanding instructions, long- or short-term memory loss and a decreased sex drive.

People suffering the after-effects of concussions can also exhibit changes in behaviour including aggression, stubbornness, anxiety and depression. These effects may be noticed for a week or more after a concussion, but with post PCS one might deal with the effects for months depending on the severity and treatment of the concussion.

With each concussion suffered it becomes easier to sustain another and with multiple concussions the symptoms and side effects become more obvious.

With repeated head injuries, one can develop CTE, chronic traumatic encephalopathy.

Lyndon was adamant that he suffered from CTE.

He knew everything about it and the pursuit of the answers he needed led him to many medical professionals who could have helped him. However, he was extremely frustrated by every doctor's complete refusal of his claims and he was angry with himself because he felt like he could not explain to them exactly how he was feeling.

It has recently been released that legendary professional hockey players Bob Probert and Derek Boogaard both suffered from extreme cases of CTE, which is no doubt directly related to their roles as enforcers.

## Enforcers counted upon

When a team needs something to give them a momentum boost, enforcers are counted upon to go out and get a big hit or to get in a fight. This physical playing style leads to more blows to the head, resulting in concussions.

But the evidence does not stop with Probert and Boogaard. Rick Rypien and Wade Belak both committed suicide last summer after lengthy battles with depression. Both players played a tough game and they no doubt suffered many concussions.

While we have yet to hear the results of the

## Concussions

*Most often caused by blows to the head, these traumatic brain injuries usually result in temporary disorientation or short-term memory loss, but more serious concussions can do permanent damage.*

① Initial impact, or coup, causes a counter-coup when brain strikes inside of the skull

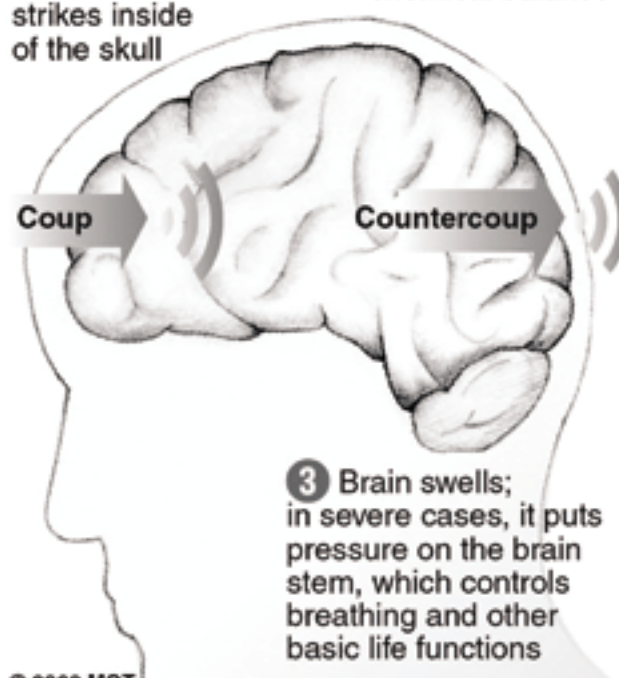
② Shaking disrupts the brain's normal chemical balance

### Levels of severity

**Grade 1** Confusion lasting less than 15 minutes

**Grade 2** Confusion and amnesia lasting more than 15 minutes

**Grade 3** Brief unconsciousness, more serious amnesia



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Source: U.S. Centers for Disease Control and Prevention. University of Pittsburgh Medical Center  
 Graphic: Andrea Machietto, San Jose Mercury News

tests performed on Lyndon's brain at the Center for the Study of Traumatic Encephalopathy in Boston, it is obvious looking back at all the conversations we had and the symptoms he listed that he had battled with CTE for a long time.

CTE is a degenerative brain disease most commonly found in athletes who have a history of repetitive brain trauma. It is a variant of dementia with symptoms similar to Alzheimer's, such as memory loss, aggression, confusion and depression, and may appear months or years after initial trauma — unlike Alzheimer's, however, it does not develop genetically.

It's uncertain how many concussive injuries it takes to develop this brain deterioration, how severe the concussions must be for symptoms to begin and how long it takes symptoms to start developing.

Upon studying the brains of deceased individuals, researchers have diagnosed CTE as black spots on the brain tissue, which is the build-up of an abnormal protein called tau. Poor recovery of head trauma is linked to this protein when it is found in excess in the fluid that surrounds the brain.

Sadly, there is no known way to reverse the effects of concussions. Even sadder is the fact that CTE can only be diagnosed after death.

As of 2009, only 49 cases of CTE have been researched and published by medical journals.

However, the Center for the Study of Traumatic Encephalopathy, which was founded in

2008, recently began a clinical study of over 150 former NFL athletes aged 40-69 and 50 athletes of non-contact sports of the same age, all of which are still alive and participating in sport. The goal of the study is to develop methods to diagnose CTE before death, which can hopefully lead to a cure in the future.

After witnessing my brother go through all he did, all I want is to see a higher level of understanding for concussions. They are deadly.

The cultures of all sports, not just hockey, need to change to adjust for this growing problem. Most importantly, the stigma of being the one to leave a game due to a concussion needs to stop because, in hindsight, the ones who take a step back and admit that there is something wrong are the tough ones.

## Scared

I would be lying if I said I was not scared for myself.

I've played a lot of hockey in my life, have suffered a number of hard hits to the head and have been knocked unconscious twice.

In the past few years I have dealt with depression and anxiety and, although it can't be proven, the fact that they may be a result of my concussions is a very real possibility.

I have also started to notice that I am dealing with some of the same symptoms that my brother felt he was experiencing. I have noticed a loss of personality, intelligence, motivation and humour. My ability to learn and communicate has decreased and I have had trouble sleeping.

I hope for my own and my family's sake that I am simply reacting to the loss of my brother, but right now I cannot be certain.



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# ENTERTAINMENT

## MasterChef a television treat



**ANIKA NOTTVEIT**  
Entertainment Editor

My inspiration for this week's editorial is a show called *MasterChef*. I'll explain to you why you'll enjoy the show and want to jump on the fan band wagon.

Before I begin, I will point out that I am not usually a fan of cooking shows. In the past I have deemed them boring, impractical and a waste of time. *MasterChef* has changed my opinion.

It is a show dedicated to competition within the kitchen. It's not your average cooking show and if you're like me, you might actually find yourself liking this culinary drama.

Over 10,000 unprofessional American cooks applied to go on the reality TV show for a shot at the prize of a quarter of million dollars and publishing their own cookbook. To go from amateur cook to *MasterChef* is the goal and only 100

people were chosen.

There are different competitions throughout the episodes to weed out contestants.

The three judges are one of my favourite parts. They don't sugar-coat anything. If they don't like what they taste, they will say it, straight up.

Joe Bastianich is a prestigious restaurant owner, Graham Elliot is a chef from Chicago and Gordon Ramsay has been a chef for 20 years and owns 20 restaurants. They make up the judging panel.

In one episode, Gordon Ramsay responds to tasting a tuna dish by saying, "I can't think of a worse way to cook a piece of tuna."

It seems so mean, but somehow you're laughing. Another Ramsay line, after he assessed a dish was, "It looks like a dehydrated camel's turd."

Each judge takes a turn, after tasting a contestant's dish, to say "yes" or "no." This indicates whether the dish passed their test and if the cook will go on to the next competition or not. The reactions of contestants after being promoted or getting kicked off the show are usually quite dramatic. The producers do a really good job of hyping up the tension.

The contestants are just regular people from around the United States and part of the show is revealing their back stories. This allows us to connect with the characters and makes it personal. Reality shows are usually easier for view-

ers to connect with as well, because the characters aren't professional actors and you can tell.

Another reason this show is intriguing is the appearance of the food. It is very different from the everyday, quick and easy, "student food" I'm looking at.

These cooks are amateurs but the dishes always look like something out of a fancy gourmet cookbook.

To put it into perspective, I make fettucini alfredo and feel like I've accomplished a great feat. They wouldn't even consider making that! Southwest seafood salad with a chipotle lime dressing is more their style.

Often in the competitions they are forced to cook with certain ingredients. How they can make frogs legs so appetizing is beyond me.

The food has really inspired me to want to try eating new things, because it looks so delicious.

Plus, I think I can trust the judges. Especially Ramsay, as this is his fourth successful cooking show. He has also been involved in and hosted *Hell's Kitchen*, *Kitchen Nightmares* and *Hotel Hell*.

Season 3 has just finished this week and I recommend that you see the final show and other episodes online at [www.fox.com/masterchef](http://www.fox.com/masterchef).

To make it through all the competitions to the finale is very difficult. Christine and Josh were the finalists. Josh is seven feet tall and



has always cooked with confidence and powerful flavours. Christine has overcome a great adversity to get to the end, being a blind chef. I couldn't help rooting for the underdog.

Their families came to witness the final competition. They watched from above the dual kitchen and cheered like sports fans. A previous contestant called it the "Superbowl of cooking." Christine and Josh had to make a three course meal, complete with appetizer, entrée, and dessert in just two hours.

Josh was ambitious and made, for the first time, buttered pecan lobster.

Christine made a Thai papaya salad with crab, which is considered a simpler dish.

It was tense when Gordon Ramsay announced the *MasterChef* winner, who I won't reveal so you can watch it for yourself.

I just began last week and didn't need the previous episodes to enjoy the show and figure out what was going on.

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# \$3.99 mixtape ...



By LYNDsay COWAN

Edmonton has been a revolving door for big-name artists in 2012. One minute Rexall is full of die-hard Coldplay fans raising their lighters to a ballad and the next minute it's a zoo of party-rockers in neon tights. This year has brought headliners for music fans of every type. So if you believe in the Mayan calendar ... we're going out with a bang! With only a few months left, it seems fitting to give a preview of this year's final concerts. If you have tickets, it's time to count down to your show! (And if you have Bieber tickets, call me.)

- 1) Justin Bieber, Feat. Big Sean – As Long As You Love Me
- 2) Rise Against – Help Is On The Way
- 3) Journey – Don't Stop Believin'
- 4) Red Hot Chili Peppers – Strange Man
- 5) Rihanna – Where Have You Been
- 6) The Gaslight Anthem – "45"
- 7) Wiz Khalifa – Roll Up
- 8) Alice Cooper – I Am Made of You
- 9) Bob Dylan – Knockin' On Heaven's Door
- 10) Paul McCartney – Dance Tonight



disneydreaming.com

- 11) Leonard Cohen – Amen
- 12) Loverboy – Working For The Weekend

VIRAL VIDEO

# Gangnam stylin' for millions

By JOE RANGER

In just over a month, Korean pop singer Psy (pronounced Sai, real name Park Jae-Sang) crossed musical borders and attracted over 130-million views to his addictive YouTube video "Gangnam Style".

As infectious as Carly Rae Jepsen's "Call Me Maybe" and as visually diverse as a Beyonce dance video, Gangnam Style captures the slightly rotund Psy dancing and prancing as though he's riding a horse while twirling a lariat through various locales. It's already spawned numerous parody videos expected, given the original has 1.3 million "likes" on YouTube. My personal favourite is The Oregon

Duck – Gangnam Style.

Psy appears to enjoy himself filming multiple scenes throughout the video, and it helped having a self-effacing sense of humour. He combines one part Weird Al Yankovic with one part LMFAO.

He goes from singing in an elevator, a bathhouse, a garage, an LRT station (probably the cleanest you'll ever see) to a nightclub and even a barn! Flanked by back-up dancers emulating the lead, it's hilarious and deserving of repeated viewing.

Even Canadian songbird Nelly Furtado got into Gangnam Style two weeks ago, performing an abbreviated version of the song

while on tour, replete with faux horse riding and lariat, in Manila. Flash mobs using the song and moves have popped up recently in Australia and several American cities. Miss Korea 2012 contestants have filmed a parody as well.

Psy attended the MTV VMA's last weekend and while on the red carpet, tutored the dance to CNN entertainment reporter Nischelle Turner.

It might be a one-hit wonder, but Psy went from relative obscurity in North America to recently signing with Justin Bieber's talent manager Scott Braun – who also counts Jepsen and Usher among his clients.


<http://www.youtube.com/watch?v=9bZkp7q19f0>

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# HOW TO... MIXOLOGY



**Mon. Sept 24  
4:30 pm - 7:00 pm  
at the Nest  
Taphouse Grill**

Free admission, space is very limited. Sign up online at [naitsa.ca/howto](http://naitsa.ca/howto); at the NAITSA offices (e-131), or at the Nest. **THIS IS A NO MINORS EVENT.**



**WHAT'S GOING ON AROUND CAMPUS****WHO** DMS2013**WHAT** Bar B Que**WHEN** September 14: 11:00am – 1:00pm**WHERE** Outside Business Tower**WHO** Business Connex**WHAT** General Meeting – Executive Elections**WHEN** September 18: 4:40 – 6:00pm**WHERE** T-103**WHO** Anime Club**WHAT** General Meeting**WHEN** Thursdays: 4:40 – 7:00pm**WHERE** X-107**WHO** IntoNAITion (Toastmasters) Club**WHAT** General Meeting**WHEN** Tuesdays: 4:40 – 6:00pm**WHERE** H-003**WHO** Business Connex**WHAT** General Meeting**WHEN** Tuesdays: 4:40 – 6:00pm**WHERE** T-103

Please mark your calendars. This year Clubs training takes place September 28-30. It is a weekend where we take you away from the city. We set you up for success in your Club experience, with guest speakers, information sessions on club services in how to do things from A-Z in an amazing interactive way. (Yes we have a theme and it will be a blast!!!!!!)

**Important newflash!**

Clubs that have representatives attend Clubs 365 Training weekend are eligible for full funding when applying for grants. Those that do not attend are limited to a maximum \$250 during the 2012-2013 academic year when applying for grant funding.

We have limited space, only 70 spots so sign up fast! There is a \$20 refundable deposit to secure your spot. You attend = you get your money back + amazing experience.

Come to the NAITSA Clubs Centre with payment (cash or club cheque request) to register.

We will be leaving NAIT on Friday September 28, loading bus at 4:30pm and returning to NAIT Sunday September 30 at 6:00pm.

Food, accommodation and transportation are all provided, only thing you bring is "YOU + clothing + bedding + essentials. Note this will be a dry camp (no alcohol).

**CAMPUS CLUBS NEWS**

**SEPTEMBER 13** Clubs Beer Garden Training  
Part 1 Theory (Pre-register your club)

**SEPTEMBER 15** Clubs Beer Garden Training  
Part 2 Venue Assessment (Pre-register your club)

**SEPTEMBER 28-30** Clubs Training Retreat (Pre-register your club)

Attention gays and straight allies!  
Help form a LGBT Club at Nait!

contact me at 780-819-8858  
or email at k.edward.ball@gmail.com

## FUTURE MANAGER, LEADER, CEO.

...Sound like you?

When: September 13, 2012 @ 4:30 PM  
Where: W202, HP Building

\*Food and drinks will be provided!

Learn how you can have the opportunity to gain:

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BUSINESS ECONOMICS

PROFESSIONAL NETWORKING

COMPETITIVE EDGE AND EMPLOYMENT

FOR YOUR LIFE-CHANGING EXPERIENCE

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**PAINTBALL ACTION SPORTS**

GENERAL MEETING

SEPTEMBER 23, 2012

Room 7-233

2:00pm – 5:30pm

STUDENTS' ASSOCIATION

For more information visit us on  
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Room E-131, NAIT Main Campus  
780.471.8457 | 780.471.8871  
campusclubs@nait.ca | naitsa.ca/clubs

Check out the Clubs Website for other  
upcoming Important Clubs Dates



## ALBUM REVIEW

# Beacon shows the way

By MIKE MacMULLIN

Let's step back from life and fall into the safe arms of Two Door Cinema Club.

The band has this easy-come, easy-go "hipster" aura and they fit nicely into the ever-so-generalized indie-electronic category. That said, they do pump out some good tunes. On Sept. 4, Two Door Cinema Club came out with their latest, and in my opinion greatest, album yet, *Beacon*.

I got the deluxe version which comes with some extra goodies I'll fill you in on.

Up until a few days ago I had never heard of this band. But upon hearing the iTunes Single of the Week, "Sun" I decided I can allow some more musical inspiration into my life.

The band consists of Alex Trimble on lead vocals, Sam Halliday on lead guitar and Kevin Baird on bass (touring member Benjamin Thomp-

son plays the skins). Remember these names. Now for *Beacon* which is not to be confused with bacon.

The album itself is split into two discs. The first disc includes all eleven of the album tracks, along with an iTunes bonus track "Remember My Name". The second disc is actually an entire live show, from Brixton Academy. I'm not going to review the live disc, you can do that for yourself.

Five seconds into the opening

track "Next Year", I felt myself tapping to the beat of the catchy intro. Then lead singer Trimble came in with the vocals and got me, hook, line and sinker. This is an emotional song. It talks about a love that just didn't last, but there's a little bit of a false hope. This is one of those songs where you need ample amounts of chocolate and tissue papers.

A pulsing rhythm draws you into "Handshake" pretty quickly. If there is one thing that Trimble and Baird do well, it's harmonizing synths.

## Love the funk feel

Bass guitar. That is all I have to say about "Wake Up." I love the funk feel in the background. Everyone has their moments in life where they feel lost or head down the wrong path but there's always a way to move on.

The thing that stands out to me the most in "Sun" is the vocals hit you good and hard. I couldn't imagine a better guitar lick and I can really appreciate the simplicity and magnificence of this song. This is a song about holding on, no matter what.

"Someday" gets me pumped up every time I hear it. It has a slow fade-in start that definitely picks up with a funky bass and guitar carrying the beat. I'm almost willing to say this is one of my favourites off the album.

The lead single, and rightly so, "Sleep Alone" is a really well structured song, with a steady, pulsating drum beat. I could be far off on this interpretation, but I feel like this song is telling me "You're only as strong as you think you are." You can push past just about any obstacle life throws at you as long as you have your mind set to it.

Ahh... here comes the ballad. In "The World is Watching," Two Door Cinema Club team up with Valentina

to make a beautiful harmony in the chorus of this feel good romantic track.

"Settle" is a powerful lyrical song. There's just something about a well-written song that makes you forget the music. It's like the author is speaking right to you.

"Spring" is all about turning over new leaves and finding new beginnings, while "Pyramid" commands attention and forces you to listen.

The title track "Beacon" slides in with a simple drum and bass beat that leaves you hanging. Then comes the synth. Oh baby. This is one of those songs that make me imagine a concert venue filled to the brim with pot smoking hippies, swaying in the invisible wind of drug induced happiness.

You really can't complain about the techno-like melody that flows right in sync with the words of the bonus track "Remember My Name."

## Lyrics special

One thing that you really have to respect about Two Door Cinema Club are the lyrics. Whether they inspire you or not, the songs are well written and composed. Each song has a deeper meaning that can be taken differently by everyone.

The reason they don't get five stars is because when I was listening to the album, a few songs started to fade together.

That's one danger you have to watch out for with heavily synthesized music. The raw sound is so similar, you really have to make sure you are being completely original so you don't lose the magic.

I truly believe this album is magical, and so is the band. Expect to be hearing a lot more from Two Door Cinema Club in the future.



hootingandhowling.com

## GAME REVIEW

# Horror game lives up to billing

By KEVIN MARTIN

Remember when a friend pulled out a horror movie at your junior high slumber party? Part of you wanted to reject the choice, but in the end you settled on the idea that you were "tough enough."

Insomnia followed as you couldn't get those disturbing images out of your head. In my recent experience with the horror genre, curiosity would have been better off caring about rainbows and kittens.

For the past month or so, the Internet has been obsessed with a horror game called *Slender*. "Terrifying" and "thrilling" are two common words seen on blogs and forums that describe the experience.

The game is based on a mythical villain named Slender Man. Rumours state that Slender Man is a seven-foot-tall lanky man that preys on children. He doesn't have a face but

earns style points with his always present suit. He likes to haunt wooded areas and mentally disturb his victims before he finishes them off.

The gameplay is pretty basic. You are a lone soul walking around the woods at nighttime. The goal is to collect eight notes. The only tool you have for your search is a flashlight. These notes are pinned throughout the area on trees and creepy rusty buildings. To escape from the dreaded Slender Man, you must collect all of the notes.

Slender Man makes your goal a near impossibility. The longer you take and the more notes you collect, the more Slender Man increases in speed.

Armed with the "tough enough" mentality I downloaded the free game after a Google search. As the green downloading bar stretched over the screen I shut off all the lights. Absolute darkness surrounded me and I was ready for the curiosity to be quenched.

With my heart rate at a slightly increased speed I started looking for the first note. After a minute I saw a piece of paper dangling from a rusty fence.

"One-eighth of the way there," I told myself.

That's when our friend decided to make his first appearance. Yes, it's just a video game but there's a part of your brain that can't separate reality from what your body senses.

My quest for the notes became second priority. All I wanted was distance from Slender Man. After fleeing from the first encounter I thought I was safe. I turned around and saw him at a distance way too close for comfort. At this moment my curiosity had been fulfilled. The laptop screen was slammed shut and lights were turned on.

Congratulations to those who can succeed in finishing this game. Sadly, my fear of horror games

meant that the *Slender* shortcut found a new home in my recycle bin.

This is a great game. I just don't have the stomach for it. I dare those who are sceptical to give a visit to <http://slendergame.com/> and see for yourself.



giantbomb.com





CONCERT REVIEW

# SONiC BOOM's the bomb

By CONNOR CORSARO

The slew of September concerts began Edmonton's fourth annual modern rock festival SONiC BOOM and did it ever set the bar high.

The day started with a slight snag as line delays caused many people to miss opening band Zerbin, even those who were close to the front of the line.

On top of that it was raining and gusty but the crowd seemed to be well prepared with hoodies galore. Many people wore three or more layers of clothing but the rockers waiting for the mosh pits suffered through the cold in nothing but their T-shirts and jeans.

## Sun came out

As the lineup moved and managed to get longer, the sun poked out around 12:30 p.m. and gave the audience a little assurance that the weather would pick up. Fan-selected Zerbin finished their set with the hit that made them the band of the month for SONiC 102.9 in the first place, "New Earth."

The second band to take the stage was Vancouver garage rock duo The Pack A.D. The female duo opened the floodgates for what the audience should expect from the day. From the punchy chorus riff of "Sirens" to the chant-along opening of "Haunt You" it definitely started to warm the grounds of Northlands as people came in and huddled together to watch the show.

## Incubus couldn't make it

After LP performed a mediocre set of songs that most people didn't seem too excited for, it was announced that Incubus would not be playing. Singer Brandon Boyd had cancelled the previous night in Calgary. It was later revealed that he had bronchitis. It was announced that other bands including Silversun Pickups and Linkin Park would get extended sets, causing both excitement and "booing" from disappointed Incubus fans.

Unfortunately due to the nature of the festival environment, some things have to be sacrificed for food, beer and everything else. According to people who didn't miss the band due to long lineups, the band played a solid set that kept pumping out until the very last note.

FUN. The name says it all. When the men and woman of the band FUN came on stage the



fanpop.com

## Linkin Park

crowd seemed to become excited. Pumping out tune after tune of catchy riffs and upbeat energy the crowd was thoroughly ready for more. The last four songs of their set closed with the two massively popular singles "We Are Young" and "Some Nights" which had the entire audience singing. The band announced quite early on that this was their first time in Edmonton.

The band that caused the biggest mess on stage was The Joy Formidable, playing through their set with faces that could frighten full grown adults and finishing up with smashing their instruments into the drum set. At one point the lead singer and guitarist Ritzy Bryan punched the ride cymbal and only a few seconds later she mouthed the words "F\*\*k that hurt."

Scary faces and antics aside, the band played through an incredible set and even managed to throw in a few new songs from the

highly anticipated new album.

"Young The Giant" were in the same league as The Joy Formidable, unleashing songs from an upcoming album that fans ate up. With a show that involved a lot of swaying, Young The Giant's newer songs and "My Body" both got the audience jumping with some heavy guitar riffs.

The band that really got the crowd moving was Silversun Pickups. Highlighting singles such as "Panic Switch," "Lazy Eye" and the most recent "Bloody Mary" the crowd responded in an appropriate fashion, sending body after body of crowd surfers towards the stage in a sea of people.

Mosh pits quickly followed the surfing and the crowd was in full swing. During the show the band pointed out the incredible sunset happening behind the nearby horse tracks.

The real show stopper was the long awaited Linkin Park, who had yet to make a stop in Edmonton in the 16 years the band has been together. Playing a 22 song set that lasted just over two hours the band caused chaos within the crowd.

You couldn't stand straight unless you were more than 100 feet back from the stage, and even then it was a challenge. During "Bleed It Out" the band broke into a cover of the Beastie Boys hit "Sabotage" which the crowd happily ate up before finishing "Bleed It Out" and leaving the stage.

After a four-song encore, fans left satisfied (even some of the disappointed Incubus fans) and held high hopes that one day soon, Linkin Park will return to our great city.

★★★★★

# CRTC turns down the TV sound

By LUCAS ANDERS

Viewers will no longer have to fiddle with the remote when their favourite TV program goes to commercial and they won't be hounded by loved ones to turn the volume down during the ads.

The Canadian Radio-Television Telecommunication Commission (CRTC) has set standards for the volume of television broadcasts when ads are aired.

MP Tina Grewal first brought forward the legislation of Bill C-621 in February 2011.

"I am pleased that my legislation brought the issue to the floor, generated debate across Canada, and produced action to address the issue," said Grewal. "Regulators in the US and United Kingdom have already taken concrete steps to control the volume of commercials. It was time for the

CRTC to follow suit with its own rules."

Although Grewal brought the issue forward, the bill was never passed into law. However, the CRTC has gone ahead with their own standards, which took effect Sept. 1.

"Today we must congratulate ourselves for a job well done, as we have now extinguished another nuisance from daily life," said Grewal.

Grewal is claiming victory over the volume of commercials being reduced. Was this simply a moral victory, or was it something worth celebrating? Did this change come too late to have any positive effect on the average Canadian?

"I have most of my shows on my computer," said NAIT student Brett Freeman. "I

don't really listen to or watch a lot of commercials nowadays."

Sometimes, such as while watching live sporting events, commercials are unavoidable. NAIT student Josh Yaworski has a beef with loud commercials, saying, "it's a shock thing. Trying to get someone's attention by suddenly changing the volume is a cheap alternative to having a properly done advertisement, its not right."

For students, school takes up most of their time, so when they have an opportunity to watch TV, most have the tools to eliminate commercials from the picture.

With the advent of personal video recordings and Netflix, viewers are able to erase com-

mercials from their viewing experience and manage their time better. Downloading commercial-free shows has also become a popular alternative to cable television.

Jacob Toews, a student at NAIT, stated, "actually I really haven't watched any commercials in a long time. In my house we have PVR, so we skip through the commercials anyway."

There was a time when commercial volume was an issue for students.

The move to change the standard for volume of commercials should be applauded, but the average Canadian has so many alternatives that offer commercial-free programming that the majority of the public has already eliminated loud ads from their viewing experience.





# Crazy world of speed dating

By NICOLE MURPHY

NAIT's boys and girls took to the Nest on Sept. 5 to enjoy drinks, food and a little one-on-one conversation with members of the opposite sex.

Speed Dating was the name of the game, and it went like this – after registration with the lovely Frosh Leader volunteers from NAITSA, we took a seat at a table decorated with candlelight and roses. Jonathan Bilodeau, NAITSA's V.P. Student Services, took the microphone for the night as MC. He was there to let everyone know when their three minutes were done and movement to the next table was to commence.

## Men moved

In an attempt to keep chivalry alive, men were asked to move from table to table, following the numbers that were clearly visible, as the ladies stayed put.

As the night proceeded, allotted bathroom or drink refill time was provided. Paper and pencil was also provided to write down names, and make notes about potential love interests.

At the end you were asked to circle your top five people and hand in your sheet. If they had circled you as well, you would then contact them through e-mail.

Overall, the event was a complete success.

While talking to fellow participants afterward, there seemed to be relief. The speed dating exceeded expectations and was way more fun than anticipated.

Almost everyone said they would take part again if the opportunity presented itself, except two women, which made me wonder, why are men more open to speed dating than women?

The male tickets sold out completely but the female side did not.

## Women in short supply

Is this fact solely based on the demographic at NAIT? With way more males attending the school, inevitably more men would be interested, right? Or are men at NAIT just more open to being put in a slightly uncomfortable situation with a member of the opposite sex? With only around 27 spots to fill, surely there are 27 single women at NAIT.



Photo by Tyler Frith

Kristina Schesluk and Kunal Chander take time out from their speed date Sept 5 to smile for the camera.

Either way, the people that did participate, both male and female, were enthusiastic, fun and seemingly confident for the most part. Then again, for some these characteristics may have been influenced by alcohol.

There were some bumps along the way. Apparently counting is an art slowly being forgotten.

Due to past issues with boys not being able to follow instruction, such as, "go from table 3 to 4," next year the event planning committee is thinking of having the girls move and the boys stay seated for the duration of the event.

Although this goes against traditional speed

dating rules, it may help smooth out some of the confusion with seating, thereby avoiding repeat dates.

Another common concern was the noise level, which made it hard for some to hear conversation with partners, and the instructions from the MC.

Finally, the lack of committed and serious females made the event a challenge at times.

Besides a couple of socially unaware people and those whose age exceed that of some teachers at NAIT, there were no interesting costumes or weird hobbies to be had.

On second thought, there was a guy named Rob and the first thing he said to me was, "I

just looked at your boobs!" Rob, if that is your real name, that is why you are single, my friend.

Most people stayed at the Nest afterward laughing, talking and meeting new people, which is exactly why these events are organized.

Events Co-ordinator Fe Maquinay Guico said, "we want to know the events you [the students] want in the future. Your feedback is the most important to us."

So if you have any ideas, need more information on upcoming events, or wish to volunteer, go to the NAIT Students' Association or check out the website at [naitsa.ca](http://naitsa.ca).

# Nest Fest's a no-go

By RIANNE McDONALD-ZWICKER

To kick off the school year, NAITSA was planning Nest Fest, an event that would have featured a mix of big and up-and-coming country artists including Aaron Lines, Jason Blaine and High Valley.

Due to underwhelming ticket sales, the event has been cancelled.

Jon Bilodeau, VP of Student Services, said, "that while analyzing the event cost, it was in the students' best interests to scratch the event and not to waste money on an event that the students may not attend."

"Instead of NAITSA taking the gamble of whether or not the event would be a success, they opted for the safe route so they will have more opportunities to give the stu-

dents what they deserve," Bilodeau said.

NAITSA believed that this year's country festival would have been a success following the popularity of Aaron Pritchett last year. NAITSA tried their hardest to get a great lineup this year that they believed students would enjoy.

They were able to get a good mix of popular and lesser known names as well as a mix between classic and more modern country. It seems that it still did not spark as much interest as the Pritchett performance last year.

Tickets for that event at the Nest last year sold out in three days, however this country event was less successful.

Since the decision to cancel the event was made over the weekend, NAITSA is

unsure how to approach organizing future events to generate more interest.

"Everything from past events displayed that Nest Fest could have been a successful event," says Bilodeau, who is hopeful that they can do better next year.

With the event is still being analyzed, NAITSA is not sure if it was lack of interest in the country lineup or if students were too busy to attend an event so soon after the beginning of the fall semester.

Another issue is the cost could have been a bit pricey for students.

Only one thing is known, the expected outcome from the initial planning that was done did not match the actual outcome and NAITSA is now looking into how they can better serve the students.



Jonathan Bilodeau



# Second City – a look back

By LUCAS ANDERS

Second City Television dramatically changed the landscape of Canadian television forever.

It is important to note that Edmonton was an incredible backdrop for the young and talented performers, John Candy, Eugene Levy, Dave Thomas, Catherine O'Hara, Rick Moranis, Andrea Martin, Tony Rosato, Robin Duke and Joe Flaherty, to grow as comedians.

Edmonton offered them what New York and Toronto couldn't – the freedom to experiment without the prying eyes of executives.

SCTV started in Toronto but early in the process of producing the show, Second City ran out of money. Just when they thought it was over, they received a phone call from Dr. Charles Allard, owner of ITV Studios at the time. He offered to produce the show and provide the studio space if they came Edmonton.

Dave Thomas and Joe Flaherty visited Edmonton and soon after chose to bring the SCTV cast to Edmonton. The rest was history.

It was late last year that Steven Sandor, editor of *Avenue Magazine*, was working on an article with Joe Flaherty, who was in the city for a comedy show. It was a natural fit to do a comedy issue for January, which featured Joe Flaherty on the cover.

Steve Sandor and Caroline Barlott, his assistant editor, were conducting interviews with Flaherty and the many people involved in the creation of SCTV.

"We were interviewing people and realized how important it was to the city in the early '80s," Sandor said. "It's too bad it's not more celebrated."

Steven felt that too many of our cultural contributions here in the city go unrecognized. Why not celebrate those cultural contributions like other cities?



ebay.com

Some of the members of Second City get together during their Edmonton days.

"There should be something here that says SCTV was done here," said Sandor. "This show is so influential and so important. It launched the careers of so many people."

He reached out to the readers suggesting a possible monument celebrating SCTV. The response was overwhelmingly positive and rather than simply put the idea out there, Sandor decided it was important to back up his suggestion with action.

"We thought, take some time and planning to do it and get the rights secured and make sure the right people are spoken to," said Sandor.

Once he got in touch with the right people the idea for SCTV Retrospective was born. It is a series of clips featuring prominent landmarks of Edmonton and memorable sketches filmed here in Edmonton. The prominent landmark features were Hawrelak park, Stanley Milner Library, Stony Plain Road and the Garneau.

Publisher of *Avenue Magazine*, Orville Chubb talked about this as a stepping stone for the beginning of an ambitious plan to create statues of the

iconic characters and the set of the Great White North for the public to appreciate.

The Great White North was a sketch created by Dave Thomas and Rick Moranis in response to a call for more Canadian content. Bob and Doug McKenzie were born and defined Canadians for American audiences for years. Orville felt this was just the beginning of a long process, but a positive step in creating a monument in honour of SCTV in Edmonton.

Joe Flaherty was set to host the event, but came down ill and was unable to attend. He expressed fondness of Edmonton in a recorded message

"Some of the best times we had were in Edmonton, even though the hours were long and we worked hard. It was great," said Flaherty. "We were surprised by how much daylight we had when we did day shoots there, it just kept going on and on."

Joe talked about how their time in Edmonton launched their careers and made them stars.

The night was a great way to introduce the

public to the idea of celebrating pop culture and the role Edmonton played in it.

Luther Haave was involved in the production of the show and remembered having to explain to the executives at NBC how they couldn't shoot SCTV on Wednesdays, because the camera and trucks were being used for the Edmonton Oilers games.

One of his favourite memories was when NBC executives were sent down to Edmonton to check up on them only to end up on the show. They were written into a sketch and included without their knowledge.

The cast of SCTV was fearless in their pursuit of comedy, because Edmonton offered them the right opportunity to take chances and flourish. This was reflected in the SCTV Retrospective, an event held at the Garneau this past Thursday.

SCTV started small and turned into a cultural phenomenon which Edmonton was a part of. The Retrospective was the start of a dream to recognize that our contributions to pop culture are important to the identity of Edmonton as a city.

# Where to go after last call

By AMANDA SHULTZ

Late at night, you're out with friends, having a great time, until you realize how hungry you are.

Where do you eat in this fine city of Edmonton? Look no further, we have your solution.

To begin, we will take you to the world of late night eateries, starting off with a real favourite and one you could almost say is your backup late night express.

The real question is where can you find some food late at night that you do not have to stand in line for or have to deal with all those super fun people walking around you and yelling at you? Oh wait! Pizza 73 is open till 3 a.m.

It's the, "I'm done and I don't want to wait in line anymore and all I want is food," food.

One other great thing about Pizza 73 is the fact that you do not actually have to interact with anyone. Pizza 73 has an ordering system online that you can get all your late night goodies and you even choose your preferred payment.

It's always rocking the two-for-one package deal. You can order pizza and wings, or even maybe rock two pizzas. It's a great deal,

especially for a student.

For myself, I like a simple two topping pizza.

Mine consists of donair sauce, donair meat (I think there is a pattern) and some banana peppers. It's the perfect pizza to eat after you have had your

fill of a fun night/weekend. Not only is the pizza great, it satisfies that craving for grease and yet you don't feel bad about eating it.

Finishing off, I usually go with lemon pepper wings. I do this mostly because I love the curly fries.

Lately, because wings and myself are not friends, I go for the chicken bites. Yes, they are a little bland, but I add some BBQ sauce and it's wonderful. That way I still get my curly fries, some carrots for obvious reasons and I get to enjoy some great pizza.

Any night you can rock this pizza all the way till 3 o'clock in the morning. It is a wonderful thing mostly because, you can get it at home, and you don't have to deal with all the hustle and bustle. You can get your late night fix of great food.

It's the perfect end to a day, as long as you do not fall asleep waiting for the delivery guy.







MEAGHAN WILLIS

## What was the highlight of your summer?



"I went camping with a big group to Slave Lake. We had an inflatable island and set it up on the lake with a cooler and speakers!"

**Jaycee**  
Marketing



"I moved away from my hometown, 'Middle of Nowhere,' Manitoba. I like Edmonton because I find there is a lot more culture here and the people are down to earth."

**Brittany**  
Chemical Technology



"I took my kids to Disneyland! My daughter got to dress up like a princess and that was really special."

**Chris**  
Electronics  
Engineering Technology



"I went to Shambhala Music Festival and it was amazing! There were six different stages, so you could listen to whatever you wanted. I think everyone should go once in their life. It changed me as a person."

**Andrew**  
Academic Upgrading



"Jamaica and Vegas! The best part of Jamaica was scuba diving and going to the beach. In Vegas I went to Electric Daisy Carnival and celebrated my 21st birthday!"

**Joanne**  
Business Administration

### TIP OF THE WEEK FROM NAIT PROTECTION SERVICES



## Safety and reporting crimes



Most of us work hard to earn the money we use to buy what we need and want. Thieves can take those possessions from us in a split second if we are not diligent. When it happens, we feel a sense of outrage and wonder how it could happen to us. It is important to realize that we are responsible for our own safety and the safety of our possessions. NAIT Protective Services cannot be everywhere and usually becomes involved only after a crime has been committed.

The Protective Services website is filled with tips on how to better protect yourself, your friends and your possessions. Visit [www.nait.ca/security](http://www.nait.ca/security).

To avoid theft, Protective Services suggests the following:

#### AT HOME

- Lock your doors/windows whenever you leave your room or residence.
- If you live in an apartment, do not allow unescorted strangers inside.
- Be suspicious of unknown persons loitering in the area of your residence.
- Never leave an exterior door propped open.
- Keep a record of your valuables, including descriptions and serial numbers.

#### AT WORK OR SCHOOL

- Do not work alone in an unlocked office or classroom.
- Do not bring large sums of cash with you to work or school.
- Do not leave your valuables, such as a laptop, purse or wallet, in your desk or locker.
- Secure your locker with a good quality lock.

#### AT THE LIBRARY

- Do not leave personal property unattended, even for a minute.
- Keep personal property in view at all times.
- Do not bring valuables with you to the library.

#### AT THE GYM

- Secure all personal property in a locker. Invest in a good quality lock.
- Avoid carrying large sums of money or valuables with you.
- Lock valuables in the high-security lockers provided or leave them at home.
- Keep your locker locked whenever it is unattended.

#### FROM YOUR VEHICLE

- Lock your vehicle every time you leave it.
- Don't leave your windows rolled down,

not even a crack.

- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate.
- Park in well-lit areas.
- Don't leave valuables in view for a thief. Store them in the trunk or under the seat.
- Affix your parking permit to your window.
- Consider investing in a car alarm.

Reporting a crime is not a hard thing to do. The dispatcher will walk you through the complaint. Remember, a five-minute delay in reporting a crime reduces the chance of catching the criminal by 65 per cent. Get involved. Help make our community a safer place for everyone to enjoy.

When reporting calls to NAIT Protective Services:

- Stay calm – don't get excited; take a deep breath
- State the problem: "I want to report a crime ..."
- a break and enter
- a theft
- an injury
- a fire
- a suspicious vehicle or person
- State the address and who you are.

– Give the full location, directions from nearest office or building

– Give your name, office number, and phone number where you are calling from

• Let the dispatcher control the conversation.

– Answer all questions

– Give your phone number so NAIT Protective Services can call back later if necessary

– Don't hang up – stay on the line. Only hang up when told to do so by the dispatcher.

• In the event of an emergency, dial 911.

This information is vital to our Peace Officers. Understand that even though the dispatcher is continuing to gather information from you, officers are already responding to the area to assist you. The dispatcher will also be able to determine if other services are required (police, fire, ambulance, etc.).

If you have information regarding 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.

Everybody benefits, except the criminal.



THE NUGGET PRESENTS:

# HOROSCOPES



MADAME O

Sept. 13-19

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

Virgo (Aug. 23-Sept. 22)

One step forward, two steps back? You're the exception, Virgo. The new school year is only inviting the forward steps. Those steps are headed in the exact direction that you want to go.

Libra (Sept. 23-Oct. 22)

Speak up Libra, we can't hear you! If you have something that needs to be said, say it, but speak it fearlessly and with confidence.

Scorpio (Oct. 23-Nov. 21)

You're in need of some advice, Scorpio. Here it is ... just breathe. A few bad days don't mean it's the end of the world. Take a deep breath and handle the bad days as they come, because only good days can follow.

Sagittarius (Nov. 22-Dec. 21)

Oh Sagittarius, you and your party ways ... prepare for this weekend, because it will be bigger and better than the last.

Capricorn (Dec. 22-Jan. 19)

It's a new school year and you are ready to take it on, Capricorn. You have a new found confidence that will only help you go after those hopes and dreams of yours.

Aquarius (Jan. 20-Feb. 18)

The good things in life aren't just handed to you, Aquarius. You have to work for what you want. Now is not the time to give up and slack off. Work for what you want.

Pisces (Feb. 19-March 20)

Your life is in need of a major upgrade. Whether it's your wardrobe or even your attitude, you need alterations. Modify and change things in order to get out of your old ugly rut.

Aries (March 21-April 19)

Patterns and familiarity aren't always a good thing, Aries. You need to climb your way out of your little comfortable box and explore what's out there. You might even surprise yourself and like what's on the other side.

Taurus (April 20-May 20)

Ever since school started, stress has been negatively affecting your sleep. Take a day for yourself and ignore tech-

nology and people that can conjure stress.

Gemini (May 21-June 21)

It's time to take off that mask. You have been holding back a lot of emotion lately, Gemini. Let all your emotion out. It's not good to be holding those different feelings inside of you for that long.

Cancer (June 22-July 22)

It's time to sympathize, Cancer. Someone you know needs your sympathy and your help to get them through the day. You are their "go to" person.

Leo (July 23-Aug. 22)

As a Leo, you are a natural born leader and very independent. These traits can sometimes make you seem headstrong and arrogant. Prove them wrong. Take the back seat for a change and maybe, just maybe, you and everyone around you will like the new you.

THE NUGGET PRESENTS:

# Dr.CONwisDOM

Dear Dr. CONwisDOM  
*I was in a bar and I accidentally knocked a friend's beer over. Rather than going through all the time and effort of wiping it up and buying him a new one, I just handed him a couple of napkins. He reacted ridiculously to this and demanded I buy him another beer. I refused to on principal. How do I show him he's in the wrong?*

— Sincerely,  
Five dollars a pint, zero dollars for napkins

Dear Five dollars a pint, zero dollars for napkins,  
That's one of the worst things I've ever heard. Spilling someone's beer and then handing them a napkin? That's like accidentally stabbing someone and going, "oh sorry here's a Band-Aid." I'm sure this man has stopped being your friend by now, so just give me a beer instead to make yourself feel better.

Dear Dr. CONwisDOM  
*I joined the ball-hockey tournament this week and was scheduled to play the school faculty in a game. However they didn't actually play. They just borrowed another team's sticks for a photo and then left without playing. What do I do? Do I call out the faculty, do I write about them leaving in the school paper?*

— Sincerely,  
Resolved itself if this is in the paper

Dear Resolved itself if this is in the paper  
I don't know about you, but I thank them. I was in that tournament as a goalie with no

proper padding. There are only so many shots to the nads a stack of napkins tucked into your underwear can absorb and I'm glad I didn't have to go through another round of that. I already have to pay the heads of NAIT tuition. I don't want them taking nut-shots on me also.

Dear Dr. CONwisDOM  
*My teacher has given me an unusual assignment. I just have to learn a new skill in the next four months. Not anything related to my course work, just a new skill. However I can't think of anything to learn that wouldn't be really lame. How do I get out of doing this assignment?*

Sincerely,  
Already skilled at laziness

Dear Already skilled at laziness,  
As you're trying to avoid this assignment you are exactly the kind of person this should apply to the most. You can't think of anything cool to learn? We live in a world where 99 per cent of us do not know how to ride a unicycle or play the ukulele. Unless you are a part of that elite one per cent, you have much to learn.

Dear Dr. CONwisDOM  
*My parents just bought me a parking pass as a birthday present. However they accidentally got me in a parking lot on the other side of campus. Do I tell my parents or do I just power through so they don't feel bad?*

— Sincerely,  
House eight blocks away, parking lot six blocks

Dear House eight blocks away, parking lot six blocks,  
Just power through. Before I got escorted out of the Kingsway parking lot by security I had a really close one, now I park down by the Yellowhead. To me my mom's self-esteem is worth a 10-minute walk. If yours is not, enjoy your cosy car close to the school with no bag lunch from mom in it.

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

## Who ya gonna call?

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

**Health insurance coverage** – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 28 if you have alternate coverage.

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

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

**NAIT Security** – 7477.

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

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

**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. Also at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing [tutor@nait.ca](mailto:tutor@nait.ca). Cost is approximately \$15/hour.



**MORE SPACE**

NAIT's new parkade, situated north of the HP Centre, is nearing completion and will soon help take some of the strain out of finding a parking spot on campus.



Photo by Sara Tetz

**RATE YOURSELF**

# Your study skills – effective?

**TIMELY TIPS**
**MARGARET MAREAN**  
**NAIT Student Counselling**

You can't change your IQ or the course content that you have to learn. However you do have control over your study habits. Forming consistent, effective study habits early in the semester is the most important thing you can do to improve your marks as well as your long-term retention and understanding of the course material. Rate your study habits and commit to incorporating at least one new technique that will enhance your chance of success.

**Where to study:**

- ☐ I have a regular study area (or areas: one at home and one at school)
- ☐ I have a study area I use for study only
- ☐ My study area is free of distractions such as noise, pictures of my girlfriend/boyfriend and interruptions from family, friends, phone calls
- ☐ I have good lighting and ventilation in my study area
- ☐ My study area is big enough to spread out my papers, books, etc.
- ☐ I study in the same place most of the time

**When to study:**

- ☐ I know when my peak time of day is and

I use that time to do my most important study/homework tasks

- ☐ I study at the same time each day
- ☐ I know how long to study before I lose concentration and become less effective (usually between 30 to 50 minutes)
- ☐ For difficult material I use SECS (short effective concentration sessions of 10 to 20 minutes)
- ☐ I take regular breaks when I am studying
- ☐ I always stop studying when I am exhausted
- ☐ I review important new material within 24 hours of the class
- ☐ I do a weekly review of all new material
- ☐ I use a daytimer or my cellphone calendar to note down all exams and homework assignments
- ☐ I control procrastination (e.g. I do not put assignments and studying off until the last minute, I start my study sessions on time, I get right back to homework or studying after a break, I do my most important activities first)
- ☐ I start working on assignments as soon as they are given out
- ☐ I space out my studying for an exam over four to seven days

**What to study:**

- ☐ I make a list each day of what I want to accomplish. I prioritize my tasks and always work on my most important or my most difficult projects first
- ☐ I allot more time to difficult subjects
- ☐ I sit down to study or do homework with a specific study goal in mind
- ☐ I use my course outline as a guide for what to focus on
- ☐ I watch what the instructor emphasizes in class, on overheads and with assignments
- ☐ I check with instructors to see what will be covered on exams

☐ I break material into small, manageable chunks when learning or studying

**Note taking:**

- ☐ I sit near the front of the class
- ☐ My notes are clear and complete
- ☐ I label, date and number all my notes
- ☐ I have developed a shorthand system for common words
- ☐ I leave a wide margin on each page in order to jot down extra points
- ☐ I take notes in point form
- ☐ I look my notes over and edit/revise them after each class making sure I clarify anything I am unclear on with a classmate or the instructor.
- ☐ I use diagrams or pictures to help clarify points
- ☐ I have tried Concept Mapping (also called Mind Mapping)
- ☐ I use a separate binder or notebook for each subject

**Reading:**

- ☐ I skim the chapter heading, all bold headings, the introduction and the summary before I read the chapter or note package in detail
- ☐ I turn each chapter or note package heading into a question before reading the content
- ☐ I read actively to find answers to questions and to identify main points
- ☐ I recite the main points after reading a section (40 per cent to 50 per cent of what we read is forgotten in about 15 minutes; immediate recitation helps with retention). Better yet, I jot down major points and sub-points in my own words
- ☐ I make notes in the margins of my textbooks/note packets
- ☐ I try to visualize what I have just read

☐ I use a highlighter but highlight no more than 10 per cent of my readings

☐ I have a dictionary nearby to check words I am uncertain of

**Other:**

- ☐ I attend all of my classes unless I am critically ill or have a personal crisis in my life
  - ☐ My goals are realistic for me
  - ☐ I am involved in a study group
  - ☐ I have the name of at least one classmate in each class who I can contact to clarify material
  - ☐ I exercise and/or relax regularly
  - ☐ I eat nutritional food and regular meals and snacks including breakfast
  - ☐ I get enough sleep each night
  - ☐ I take time each day for myself
  - ☐ I reward myself for good study habits
- Add up your score and see how you are doing.

46 – 52: Excellent study habits. Keep up the good work!

40 – 45: Good work. Look over the habits that you didn't check and see if you can add any.

30-39: Evaluate where you can improve your study habits and try to add one new habit each week. You may want to book an appointment with a counsellor to get more suggestions on improving your study habits. Don't forget to attend the study skills seminars starting Sept. 13.

Under 30: Run, don't walk to NAIT Student Counselling, Room W111-PB, HP Centre to book an appointment with a NAIT Counsellor who can help you enhance your study skills. You can also book by phone by calling 780-378-6133.

See the *Strategies For Success Study Skills* manual on-line at [www.nait.ca/counselling](http://www.nait.ca/counselling)

**NAIT STUDENT COUNSELLING**

Room W111-PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: [www.nait.ab.ca/counselling](http://www.nait.ab.ca/counselling)

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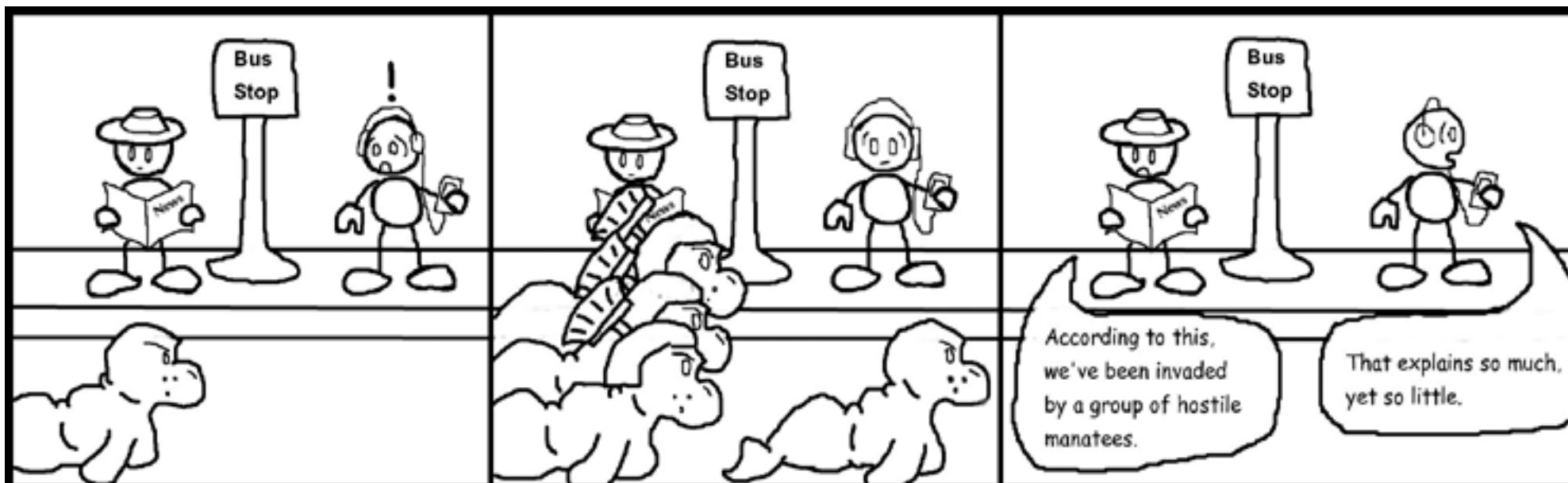
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THE NUGGET PRESENTS:

## NUGGET COMICS



Comic by Rory Fidler

## MOVIE REVIEW

## New face of the franchise

By CRAIG SEPHTON

Walking into a theatre for the fourth installment of a very successful trilogy, you have a very small part of the back of your mind yelling “money grabber!”

But I had faith that Tony Gilroy, the director and writer for the *Bourne Legacy*, would make this film just as well as the previous three films. With this in mind, it instilled confidence that Gilroy has a pretty good grasp on the Bourne Universe.

The movie itself holds very true to the already well established storyline of the previous films, so much that you really have had to pay attention to the previous films. The dialogue throws around key words like “Treadstone,” “Blackbriar” and “Outcome,” which, if you weren’t acquainted with in the Matt Damon movies, would have you lost in your seat.

## Floating in water

The *Bourne Legacy* opens with a similar scene to the *Bourne Identity*. It starts with a man floating in the water. In *Legacy*, this is Jeremy Renner’s character Aaron Cross.

As he surfaces, we discover that he is in Alaska for a training exercise. What makes Aaron Cross different from Jason Bourne is that to make him physically stronger and more intelligent there are blue and green pills that he must take. This is part of the program “outcome,” but we’ll get to that later.

As Cross makes his way through the terrain of ice and snow we get cuts to a CIA office where the plot thickens. A retired Air Force colonel, Eric Byer (Edward Norton), is overseeing the CIA’s operation to resolve the security breach and information leak that has been happening over the prior three films. Byer’s conclusion to clean up, is to completely eliminate the programs that Bourne and Cross are a part of, which means the demise of all associated with it. Of course, it wouldn’t be a Bourne movie any other way.

## Research scientist

Associated with the outcome program is Dr. Marta Shearing (Rachel Weisz) who is a research scientist that examines participants in the program to monitor the effect the enhancing drugs are having.

Dr. Shearing gets involved in a mass execution of everyone in the lab, as one of her colleague’s brain is washed into killing everyone, but narrowly escapes as security manages to break in and end it. Cross and Dr. Shearing naturally team up as his pill supply diminishes and of course the bad guys give chase.

Matt Damon’s shoes are pretty big ones to fill, as everyone who knows the trilogy sees him as the definitive Bourne. Jeremy Renner steps up to the plate as a separate lead role inside the



alone-in-the-dark-pg.blogspot.com

Jeremy Renner as Aaron Cross

Bourne Universe and performs spectacularly.

Executing very “Bourne-esque” fighting and action sequences, *Legacy* compliments the past movies and keeps you on edge. The character Aaron Cross is very loosely told, which would usually hinder the story, but Renner makes him absolutely believable and gives him a slightly mysterious quality. This, for sure, opens up character development for a fifth Bourne film.

Rachel Weisz’s character’s story is similar to Aaron as you don’t fully know her back story, but how she plays the character keeps you in the moment. Her pairing with Renner is rather like the original pairing of Damon and Franka Potente in *The Bourne Identity*.

For the role as a retired colonel in a Bourne Universe, Norton has to be chilling, intelligent and ruthless. Norton hits all the right chords as he plays Eric Byer. He gets across that shutting down these “programs” is a national security matter and makes

cold-hearted decisions, urgently pulling the strings without emotion. Norton was well fitted for this role.

The ending of the film was very typical of the Bourne movies, very open with the director having nothing else to say. With this in mind, it keeps the franchise open to more movies, should the studio wish to pursue more.

Having seen this movie, it could be viewed as a reboot to the Bourne series where Aaron Cross becomes the main character. Or is it a full-stop to the trilogy? I would love to see more, but only if they can keep the existing calibre of storyline. In retrospect, this movie was a bit of a cheap spy story, just really well told and filmed.

I would recommend checking *The Bourne Legacy*. A great popcorn movie that makes you think.





# HOT SINGLE OF THE WEEK



Photo by Meaghan Willis

## Liam Zahara, 23 Business Administration

*Liam is president of SIFE NAIT. He is six feet tall and has piercing blue eyes.*

**Ideal date** – Horseback riding hand in hand on the beach.

**Type** – A pretty girl with a nice smile. She should be outgoing and adventurous.

**Turn-offs** – Airheads with fake attitudes and girls that are unhealthy and wear too much makeup.

**Favourite food** – Thai.

**Hobbies** – Being involved with SIFE, sports, road trips to the West Coast (Best Coast!).

**Life goals** – To own my own business and become a multi-billionaire.

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

# New-look Nest, new-look menu

## CAMPUS FOOD REVIEW

By AARON YOUNG

It almost goes without saying that you like bacon cheeseburgers and chicken wings, and the new and greatly improved Nest Tap House and Grill will satisfy your hunger.

I went to the Nest in search of a good burger. My eyes widened upon the arrival of a meaty looking burger on a thick white sesame seed bun. As I write, I fondly recall the taste of the cheese melding with the delicious spices of the hamburger meat.

Included with the burger were delightfully crunchy onions, lettuce and tomato. Add in the perfect amount of tangy sauce and you have a burger fit for a king.

For the past two months I have been trying to bulk up. Therefore, I ordered a post burger plate of hot wings.

These 12 saucy hot wings arrived in a timely manner and I took my first bite. I felt the hot wings pleasantly tingling in my mouth,

followed by a cold bubbly “pop” cleaning my palate and anticipation for the next monstrous bite.

The price for the burger and wings cost \$23.50 together. In my opinion, this is an average price.

The Nest has made big changes in the last year, including an aesthetically pleasing new look.

Featuring pool tables, many HD televisions for sporting events, a tasty yet diverse menu, and dimly lit corners, the new Nest can suit your every need. The fireplace added to the raised platform area really sets the mood for the entire space, making it feel warm and mysterious. I could see myself enjoying many a beverage up on that platform.

My suggestion would be to grab your boys or girls, a cold one, hit up the fireplace, and take your pick of the Nest’s tasty array of food. You will be guaranteed to leave full and satisfied!



# Raspberry pie

## RECIPE

By JENNY OATWAY

This is one of the more ambitious recipes I’ve ever attempted, but I have made many pies with my mom growing up, so when it came time to try it by myself this summer, I felt prepared. The results were mouth-wateringly delicious and satisfying. While pie takes a little extra effort than most of us have time to spare, it’s definitely worth it.

measuring cup, and then fill with water to the ½ cup mark. Next, mix into the lard and flour mixture. Be careful not to handle the pastry more than you have to, otherwise it will lose

its flaky-ness. Put flour on your counter top and roll out your pastry, measuring it once to fit in the bottom of the pie plate, and again to cover the pie. Line the bottom of the pan with your pastry and then move onto the filling.



### Crust:

½ lb lard  
2½ cups flour  
¼ tsp baking soda  
¼ tsp salt  
½ tsp sugar  
1 egg  
1½ Tbs vinegar  
water

Combine lard, flour, baking soda, salt, sugar, and combine in a mixing bowl. Use your hands to get in there and get everything mixed together. When the lard is completely mixed in, put the egg and vinegar into a

### Filling:

2½ cups raspberries  
3 tbsp Cornstarch  
1 cup sugar

Mix berries, cornstarch and sugar in a bowl and then pour into the pie crust. Don’t worry about having whole berries, as everything will melt and combine as it bakes. Put your crust lid on top of the filling and pinch the edges. Cut five or six small holes into the lid so that your pie doesn’t explode in the oven. Bake for one hour at 350 F.

Enjoy!



# Nominations open

## August 13 - October 1 @ 4pm

"...(Students) want to **lead**.  
they want to be  
a part of something **bigger**."

*Govind Pillai - Former Senator & NAITSA President*

## Become a **student senator** & **grow your career**

The NAITSA Senate is comprised of 18 student representatives at NAIT. They meet 12 times throughout the school year to discuss and make decisions on issues that concern NAIT students.

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[naitsa.ca/senate](http://naitsa.ca/senate)



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