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THE NAIT NUGGET

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

SOCCKER STAR SCORES

Leanne Kadatz sets career ACAC goal-scoring record, story Page 7



Photo by Bryan Cooper

HAVING A BALL!

NAIT President Dr. Glenn Feltham gives the game ball to Ook Leanne Kadatz Sunday after she scored two goals against the Grande Prairie Wolves to set a new career ACAC soccer goal-scoring record with 59 in just 32 games. The contest, played at NAIT field, ended in a 3-3 draw.

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NEWS & FEATURES

Organic: good reasons



ALLISON KARCH
Issues Editor

Earlier this month, Stanford University released a study that questioned whether organic food is any healthier than conventionally grown food. Predictably, this study has generated a flurry of controversy.

Many news outlets have reported on it. Online news and social media platforms have bloomed with opinions, which run the gamut from praise for Stanford scientists for exposing the “organic sham” to detailed explanations of the study’s shortcomings.

The study, entitled, *Are Organic Foods Safer or Healthier Than Conventional Alternatives?: A Systematic Review*, was not a scientific trial, but a meta-analysis – an aggregation and assessment of the results of many previous studies. The four-year project examined 237 studies of organic fruit, vegetables and meats.

The study found no strong evidence that organic foods are more nutritious, but they are less likely to harbour pesticide residue and, on some meats, antibiotic-resistant bacteria.

However, since conventional foods have pesticide and bacteria levels within current safety limits, this finding doesn’t equate organic with healthier.

I’m not a scientist (despite trying years ago in university), so I will leave any refutation of all the scientific details of this study to the professionals who have the chops to make a case against it.

One of the things about this study that vexes me is that it focuses on what I believe is a non-issue. I’ve never been under the impression that organic food is more nutritious than non-organic food.

I would never imagine that a banana would

have more potassium in it simply because it had never been sprayed with pesticides – it just doesn’t stand to reason.

And therefore, I don’t care whether organic food is more nutritious. When it comes to personal health benefits, what I value in organic food isn’t what is there, it’s what’s not there – pesticides.

The Stanford study backs this up, saying that there is less risk of pesticide residue on organic food.

So, by looking at nutrient levels in organic versus non-organic foods, the Stanford scientists are asking a pointless question. It doesn’t matter that organic food has the same nutritional content as conventionally grown because that’s not why most people buy it in the first place.

While the study showed that organic food has lower levels of pesticide residue, it also found that conventionally grown food has pesticide levels that are within government safety standards. In Canada these standards are set by Health Canada and in the U.S. by the Environmental Protection Agency.

I understand why the Stanford study would use government-set safety levels as a benchmark for the healthfulness of a food. But I think they oversimplify the conversation by calling foods with more pesticide just as healthy as foods with less pesticide, provided both are below those safety standards.

What if the maximum residue limit isn’t actually safe, and we should be consuming less than we currently do? Even if the limit is safe, isn’t ingesting less of a bad thing probably better for my health?

It is entirely possible that lower-than-legal levels of pesticide contamination are better for us than we know. After all, many chemicals used in conventional farming have been in use – and thus been studied for health risks – for well under a century. Perhaps we just haven’t had time to see the long-term ramifications.

My other beef with this study is not so much what it says, but what it ignores. The study doesn’t acknowledge the myriad of other reasons, aside from personal health, that many people choose organic.

Many people believe that organic food tastes

When it comes to personal health benefits, what I value in organic food isn’t what is there, it’s what’s not there – pesticides.



locavoreldelundo.wordpress.com

A basket of organic produce from El Salvador.

better. More important, organic farming does a host of positive things to the land. It encourages biodiversity, increases soil quality and fertility and doesn’t contaminate groundwater with toxic chemicals, antibiotics or hormones.

Graham Sparrow runs Sparrow’s Nest Organic farm, which is currently celebrating its 10th year of organic certification. He supplies organic produce to a number of Edmonton restaurants, including Culina, Corso 32, Elm Café and Noorish. He also has a stall at the St. Albert Farmer’s Market and runs a CSA (community supported agriculture), in which members or subscribers pay at the onset of the growing season for a share of the anticipated harvest.

Sparrow says he has seen drastic changes in the land he farms since he took it over.

“When I moved onto this farm there were no ground-nesting birds like grouse and killdeer,” says Sparrow. “When the fields are sprayed they tend to disappear, and now they’re coming back. That’s encouraging.”

They’re coming back in no small part because the things they eat – insect larvae, worms and small frogs – are also making a reappearance. The insects that would be eliminated by pesticides are allowed to live, providing food for other creatures. “If you’re not spraying, the ground critters like the frog and the newt start coming back, too.”

Organic farms also don’t use synthetic fer-

tilizers, which require a great deal of energy to make and are often made from fossil fuels. Instead, they utilize things like manure, compost, and “green manure,” which is a crop that is grown and then plowed into the soil. This stimulates microbes in the soil, which break down the plant matter into nutrient building blocks.

“That’s what organic farming does, it creates soil that is rich in microbial life,” says Sparrow. “That doesn’t happen in conventional fields because the microbes have nothing to feed on.”

Sparrow notes that he even sees more and more earthworms every spring.

“They’re a great indicator of [soil] health. Every year the soil’s getting richer, it holds moisture better.”

If a thriving, diverse ecosystem isn’t enough, organic farming doesn’t expose farm workers to pesticide levels that are far more dangerous than the traces that remain on our non-organic produce. Also, organic food may not be irradiated, which is done to non-organic foods to delay spoilage.

What’s more, organic farming supports the view that some things – like the well-being of the earth we rely on – are more important than productivity and profit.

It recognizes that the earth is a closed and unimaginably complex system, and that ultimately we are far better off working within that system than ignoring it.

New parkade set for January

By DAVID ADOMAKO-ANSAH
Assistant Issues Editor

Students who drive to school will have a lot more places to park in the New Year.

Parking has always been a priority at NAIT and come January 2013, students will no longer be forced to make that long walk from Kingsway Mall to get to the campus (where we all don’t park anyway, right?).

Currently, 103 Street and 118 Avenue are

being bulldozed and revamped in order to provide staff and students with a 989-stall facility to park their cars, trucks and other vehicles.

The A/B parkade has been repaired and upgraded. Safety fences have been upgraded, as well as repairs and waterproofing of concrete were carried out over the summer.

NAIT spokesman Frank Landry says that the new parkade will be equipped with elec-

tric plug-ins for vehicles during the winter. Elevators will be installed within the new, heated parkade as well.

“The new parkade is on track to open in January 2013, weather-permitting,” Landry said. “We are very excited to be offering this new parking option in the near future.”

There will be passes for the new parkade available to both NAIT students and staff. The parkade will primarily be monthly parking although it will include options for daily

and hourly parking.

Landry adds that car pooling and public transit are still encouraged. Consider sharing your ride with fellow students under the NAIT Rideshare Program. Check out www.carpool.ca for tips and guidelines.

Students around campus who were asked about the new parkade appreciate another option other than regular parking stalls and the A/B parkade to park their vehicles for the day.

Students' time to shine!

By EFFY MENSAH

Boobs. Now that I have your attention, this upcoming Saturday at the NAITrium, there's an event that you should probably come out to.

Scratch that, you should definitely come out to Shinerama, Canada's largest post-secondary fundraiser involving students at almost 60 university and college campuses across Canada, which raises money for cystic fibrosis research.

Not only will there be cool people your age who care about advancing cystic fibrosis research coming out, the main reason to attend is that you also have a chance to make a dent in this issue by adding to fundraising dollars that researchers need to find a cure.

In case you're not an expert on cystic fibrosis, it's a debilitating genetic disease that affects your respiratory system, to the point where the lungs are no longer able to work the way they should, leading to difficulty breathing and frequent lung infections.

This disease affects people of all ages, and because it's genetic it makes no bones about attacking children right from infancy. Babies



suffer from intestinal blockages because of it, and sometimes it's only spotted once children visit their doctor to diagnose why they are not growing as fast or gaining as much weight as healthy children do.

A cure is not available at this time, which is all the more reason you should come out Saturday and do your part.

Medical miracles are only possible with the funding that pays for research to look into this and other such diseases, and it's up to forward-thinking people like us who believe that we can make a difference to lead the charge.

As much as I would like to bribe you into coming out (I bake a mean sugar cookie), the

only thing I can promise you for sure is a warm fuzzy feeling and a sureness that you have contributed to making the lives of others that much better.

Plus, if you don't come out, you will miss out on the sweet, sweet pancakes that will be available at the event.

You can also help out by participating in the five kilometre run with a donation of \$20, for those of you who don't lose their breath after 20 feet, like I tend to.

You can register at the Running Room website if that's something you are interested in doing. Shinerama starts at 9 a.m. at the NAITrium, see you on Sept. 22!

Pssst, want a great deal?

By KEVIN MARTIN

Fall is the season of spending money. Whether it's to update your wardrobe or having a pumpkin spiced latte with a friend, money moves as the leaves change colour.

A new application wants to make sure Edmonton shoppers have a unique way to save money in the check-out line.

"Dibsin" is the latest app to offer discounts to shoppers through their smart phones and already 22 local businesses are offering deals on the Dibsin app.

The app performs a simple search of your location and then shows you the deals nearby. Marble Slab, Public House and Oodle Noodle are a few popular eateries currently offering bargains.

There are always deals available online and in the local newspaper. These usually come across as generic and boring. The spam builds up and starts frustrating you after a couple of days.

The thing that makes Dibsin special is that

there is an element of luck with every discount. The fun starts when you open the app and allow the cashier to scan the barcode.

A giant "Price is Right" wheel will appear on your phone. Give the wheel a flick and your discount lies in the hands of lady luck. Depending on the store's agreement with Dibsin, your bargain can range from just a few dollars to a completely free meal.

The thrifty application was released at the start of September and is only available in Edmonton. The creators of Dibsin, Sean Solbak and Shawn Sidoruk, are encouraged by the warm response from our city.

"Lots of people are really excited about Dibsin," Solbak said. "Of course we would like to see high numbers but it doesn't happen overnight. We decided that Edmonton is the ideal place to test

and launch our app. We'll see how things go after a couple of months, but we're definitely looking to move into other cities."



The duo of Sean and Shawn have been all over Whyte Ave this past month promoting Dibsin. They're planning to have a few events around Kingsway and NAIT to get some exposure in Northern Edmonton.

"It's all about how Edmonton receives the app," Solbak said. "I don't expect people to fall in love with Dibsin because of a promotion. I expect people to fall in love with Dibsin because it's a great app."

Whether the app becomes a success or becomes a dinosaur is yet to be seen.

Dibsin is free on iTunes and currently has around seven hundred downloads.

Time capsule beckons

By JENNY OATWAY

NAIT students, get ready to send your personal and treasured school belongings to the future! At normal speed of course, but still, the future!

With the 50th anniversary celebration coming up fast, the staff at NAIT have decided to celebrate with history's most nostalgic message in a bottle, the time capsule!

Of course, being that we live in the 21st Century, it wouldn't be fitting just to have a box of things stashed away. There must be virtual records as well, since we live most of our day to day lives in a virtual space. So, that being said, there will be two time capsules to by "locked away" so to speak, come April of next year.

The first will be the traditional, physical capsule containing items from the school and the students that represent and reflect their time at NAIT during its golden anniversary. It could be anything from a chef's hat from the Culinary program, a jersey from one of the Oaks sports teams, and most certainly, a

copy of your favourite weekly NAIT publication, the *Nugget*!

"Anything that would really represent a student experience today," says Sabrina Giordano, Manager of Advancement Services on what they are looking to see submitted from students. "Really anything that would show what being a student at NAIT is today."

Officially, what NAIT wants to see submitted into the capsule should fit under one of the following categories: Staff and Student Activities, Athletic Achievement, Diversity in the Classroom, Community Involvement, Academic Success, and finally, the four NAIT pillars; Science, Technology and the Environment, Health Care and Trades, and Business.

You can drop off any physical memories at the NAIT Alumni Office.

"We've been collecting items for a while

because we want to also showcase them for the 50th anniversary," says Giordano. "They of course won't all fit into the time capsule, but the committee is in place to decide what will be displayed in the end."

As for the digital time capsule, images that have already been compiled by staff can be seen on the

nait.ca/nait50 website, or on the NAIT Alumni Facebook page. If you have any photos or well wishes you would like to share, you can do so at either of these locations.

The deadline for submission is Jan. 31, 2013, so you have lots of time and the official time capsule burying ceremony will not take place until sometime next April. So when choosing how you would like NAIT to be remembered at 50, choose wisely.

It's your opportunity to be a part of NAIT@50, the Golden Anniversary!



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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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

Awesome power of the sun

By **ASHLEY CALLINGBULL**

It's a frightening scenario: the lights go out, gas pumps don't work, food deliveries stop – even pumps that deliver water to your home won't work anymore, to say nothing of cellular phones, computers and tablets.

It's not a movie script, it's a warning about what life would be like without electricity from those who keep a close eye on the sun.

Sunspots are regions of the sun that have intense magnetic fields, and those magnetic fields are what can cause trouble here on Earth. You may have learned about sunspots in school – they're those black spots on the surface of the sun.

Solar storms

Sunspots can trigger enormous solar flares, sometimes called solar storms. Large solar flares may emit a cloud of highly energetic particles. If this cloud moves towards Earth, it can interact with the Earth's magnetosphere, triggering geomagnetic storms that sometimes knock out power.

The sun's activity is expected to peak over the next year or so as part of an 11-year cycle that can bring strong solar storms. Solar storms can be especially devastating if the flare happens to be aimed at the Earth, hitting the planet directly with powerful charged particles.

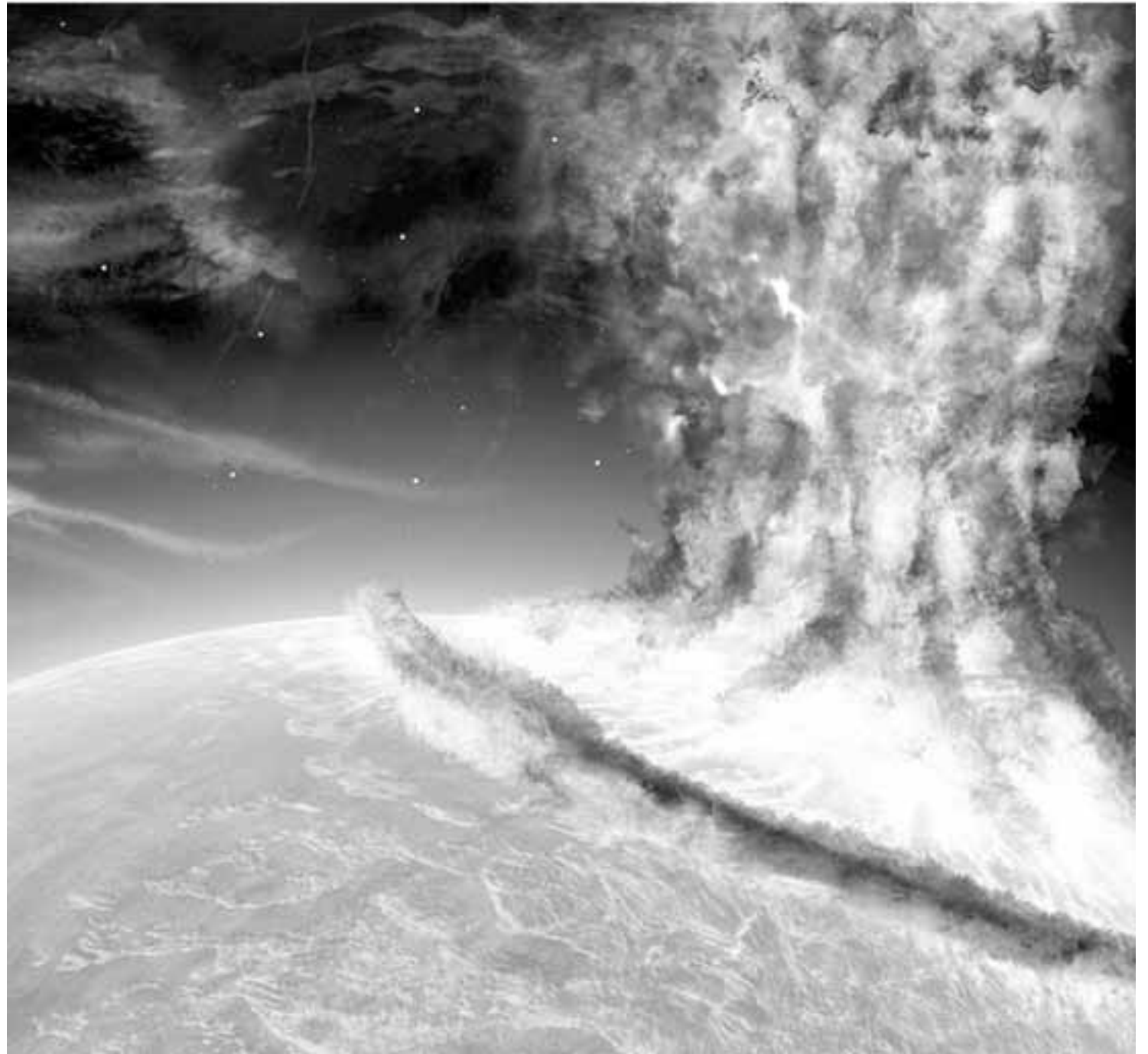
A huge solar storm, called the Carrington event, hit the Earth in 1859, a time when the only electrical infrastructure consisted of telegraphic lines. There was so much energy from this solar storm that the telegraph wires were seen glowing.

900 miles per second

The orbiting Solar Dynamics Observatory (SDO) of NASA has recorded a solar flare sending a cloud of electrically charged particles in Earth's direction.

The flare was observed hovering inside the Sun's atmosphere before it exploded on Aug. 31, sending a filament more than half-a-million miles into space at a speed of 900 miles per second.

NASA said the charged particles ejected by the flare did not travel directly towards Earth but did deliver Earth's magnetosphere



bizarrenecessities.com

Solar flare

a “glancing blow,” producing aurora but no damage.

Solar particles also produce one of nature's wondrous spectacles – the auroras – natural light shows in the Earth's atmosphere. The

auroras visible in the Northern and Southern hemisphere are known as the Aurora Borealis (Northern Lights) and Aurora Australis (Southern Lights), respectively.

The auroras are most visible at high lati-

tudes – usually in the Polar regions. However, the intensity of this light show is influenced greatly by the amount of solar flare activity. Solar flares are beautiful to look at but can have a severe impact on our planet.



Photo by Tyler Frith

Denturist student Ryan Anderson at work.

Money savers at NAIT

By **ALLISON KARCH**
Issues Editor

Here at NAIT, students learn by doing. That's one of the great things about a technical school like ours – learners get practical hands-on experience as part of their education. This means graduates are highly employable and well prepared for a career in their chosen field.

It also means a few sweet deals for the rest of us. Many programs need volunteers for their students to practise on, so there are a number of products and services available on campus at a reduced cost, or even free.

Personal Training

We all know the benefits of regular exercise, but many of us also know how hard it can be to get started or to stick with it. If you want some direction and encouragement in your workouts, apply to be a

volunteer client for the Personal Fitness Trainer students. All you need to do is commit to 16 sessions and fill out a few forms, which are available in room S105 near The Nest.

Dentures

This may not apply to you, but it might fit your older relatives to a tee – the Denturist Technology program is currently looking for patients for this school year. If you or someone you know needs dentures, call 780-471-7786 for more information.

Veterinary Care

The Animal Health Technology program is accepting appointments for vaccinations, spay/neuter surgeries and dental evaluations. Take care of your furry friend and your wallet by calling 780-491-3137.

Cheap Baking

If you miss mom's home baking, check

out the shelves near the tills in the Common Market. Every day shortly after 3:15 p.m., the Bakery students roll out the day's delicious projects. Check often – you never know when your favourite baked good will be on the lesson plan!

Discount Meat

The Retail Meat Store, located in the back of the Common Market, opens in mid-September. Every Tuesday, Wednesday and Thursday from 10 a.m. – 2 p.m. you can find out what fresh cuts the Meatcutting students have been working on, and take some home for less than you'd pay in a grocery store.

Tax Consultation

During tax season, accounting students prepare tax returns for other NAIT students at no cost. Watch for posters in early spring next year to find out how to make your appointment

OPINION

— Editorial —

The lure of the runway



CLAIRE THEOBALD
Editor-In-Chief

Growing up, I was the girl with glasses and braces. Skinny and awkward, let's just say I would not describe myself as "traditionally attractive."

That being said, I didn't really care too much. Cute was never a priority.

It's not that I'm some kind of anti-glamour martyr. On the contrary, as I have aged I have found pleasure in pretty beads and baubles. But let's just say I'm more of a plain Jane than a Lady Gaga.

It's a rare opportunity when the average gal has an excuse to break out all the glitter and feathers.

With that in mind, I got my chance over the weekend to peek into the full-glam world of fashion and walk the runway at Western Canada Fashion Week.

Best on display

For those of you at NAIT not in the know (I'm betting there are more than a few) Western Canada Fashion Week displays the best E-town has to offer the fashion world, showcasing local fashion designers, stylists and modelling talent.

After being invited to be a volunteer for the Marvell College hair show, I couldn't pass up my chance to crank the glamour up to 11.

My regular morning routine usually stators with three laps of the snooze button followed by a rushed shower, quick wrestle with a hair straightener, some kindergarten quality eyeliner application and rustling around for whatever clean clothes I have left before racing off to wherever I have to be.

The day of the show was, let's just say, a little more intense.

Getting to the salon at the break of dawn I was rushed into the sink for a colour before being slapped into rollers.

The room was a flurry of activity, with flying hair pieces and glitter on all sides. Hair spray hung in the air like a fog.

An hour-long stint in a hair dryer was made far more pleasant by the company of my stylist, who shared my love for the N-64.

Whisked upstairs

One girl rushed around painting nails while another affixed false eyelashes and spread wild pigments across each model's face. I left looking a little bit like a really great brunette Marilyn Monroe drag queen. Expertly crafted, but a touch on the heavy side.

After being combed, teased and sprayed, I and 24 other models were whisked up the stairs for a rehearsal.

The room was tense, as each model approached the runway with feigned confidence to hide their insecurity.

I felt the butterflies as well, eyeing up each of the other girls to pick out which ones were professional and which, like me, had been pulled out of thin air.

The tension was broken amidst flamboyant poses, and my group, representing the Bombshells theme, bonded quickly.

After some guiding man-handling by a modelling director, rehearsals were through and we raced off to the TransAlta Arts Barns for the show.

The dressing rooms were once again flooded with hairspray and wild combs, repairing whatever damage the commute had caused to the hair sculptures.

The last run-through offered us the first glimpse of the runway. As I marched past the empty seats, I could almost hear the crowd.

I imagined the students excited to see their work on display, critics and patrons who take in fashion week year after year, the flashes of the cameras – could this really be happening?

Could a Prairie bumpkin like me really be trading braces and glasses for a spot on a runway?

There was no time for reflection. The show must go on. The lights were dimmed, the seats were filled and the music started.

As each girl turned from behind the curtain and floated down stage, my turn crept closer and closer.

The models in line flashed each other nervous smiles and a thumbs-up, while those who came off the runway shared sighs of relief.

I felt the cold grip of the modelling director on my arm. It was

my turn.

I took a deep inhale, felt the beat, released and took my first step out.

Boom, I was hooked.

Suddenly my plain Jane was replaced by Sasha Fierce, with each stride I felt my confidence build.

Pose, pose, turn and walk.

I could hear the cheers. My stylist waved from the audience. It was exhilarating.

Before I knew it, the show was done. After spending the last two days with each other, we parted ways.

For some, this experience may seem mundane, just a way to pay the bills, but for me it was the chance to explore glamour usually reserved for magazines.

For just one day, I got to trade my practical sensibility for frivolous glamour, and I loved every second of it.

Come the weekday, I will be back to my usual ways, but if you watch carefully you might catch a little extra swing in my step.



Western Canada Fashion Week 2012

westerncanadafashionweek.com



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Trust us on that. Write us.

SPORTS



It's not hard to figure out how these NHL fans feel about the current state of the game.

bleacherreport.com

Bright side of the lockout



EVAN DEGENHARDT
Sports Editor

As the clock struck 12 last Saturday night, the NHL's old collective bargaining agreement expired. Yes, boys and girls, it's time for another NHL lockout.

In a previous article, I went into some depth to try to explain the process that was trying to be worked out. But unfortunately, both sides have run out of time and now we are all left to speculate when hockey will resume this season, if it does at all.

But before we all start yelling frantically about the end of the world, we should really sit back and take a look at this whole lockout from both sides of the fence.

And although this might come off as a little crazy, I think this lockout has some serious benefits, especially for the Edmonton Oilers.

Let me explain. Many Edmontonians would like to consider themselves as diehard Oilers fans. We celebrate the victories and take the losses together as a city. Here in Edmonton, we are some of the most passionate and unforgiving fans in the NHL.

So to fans like that out there in our fair city of champions, a lockout pretty much robs us of everything we hold dear in the world of hockey.

But let's face it, even though we love our Oilers, lockout or no lockout, they weren't taking the Stanley Cup this year. We are an incredibly young team, with a pressure to succeed weighing on the team's shoulders. For a young team like the Oilers, a lockout will only serve to benefit the team in the long run.

The lockout could have the potential of lasting this entire season. It's terrible to think about, but from an Oilers perspective, the potential year off could work wonders for an up-and-coming squad.

Think about all of the young Oilers having one full year to potentially develop their hockey skills and take their game to the next level, all while doing it away from the pressures of the National Hockey League.

To me, this has the implications of making the Oilers a stronger overall team.

However, with the lockout comes the fact that most players get the choice to play where they

deem fit for their abilities. This does mean that the Oilers group had the potential of playing hockey away from each other for the time being.

But, this is actually quite the opposite for the Oilers.

Because the team is so young, most of the players have decided to go down to the Oiler's farm team, the Oklahoma City Barons in the American Hockey League.

This is huge for the Oilers.

All of the young guys on the Oilers now have the ability to work on improving their game, while maintaining and even building chemistry with the guys that will make up most of Edmonton's roster over the next couple of seasons.

Most NHL teams facing this lockout see their players planted all over North America and even Europe. But this isn't the case for the Oilers, who may actually build momentum and strength during this lost season, which is something that a lot of other NHL teams can't say!

Here's the kicker to this whole scenario.

There has been some speculation that Edmonton's farm team, the Oklahoma City Barons, might be able to play some hockey games at Rexall Place this year.

Now this is totally a pipe dream as of right now, but if some sort of contract or deal could be established between our arena here in Edmonton

and the Barons organization, Edmonton could still be a serious hockey city, even in the wake of a lockout!

As a city, we still have our WHL champion Oil Kings to cheer on during the season, but adding the Oklahoma City Barons to that hockey lineup would be an incredible bonus.

And with a lot of NHL calibre players actually heading down to the AHL to play out the lockout, this year's American Hockey League has some serious potential.

If we could see some Barons hockey at Rexall Place this year, the people of Edmonton would definitely be treated to some NHL worthy hockey, at an American League price!

That is a pretty sweet deal if you ask me.

I know I'm asking a lot of you to reach out for the silver lining in this situation, but in lockout times like this, we have to look at the positives.

Maybe you'll completely disagree with me on all my points made in this article and continue down a path of pity and anger that we could miss out on a full year of hockey action.

But don't assume that our city won't have great hockey action this year.

More important, do not think that there won't be great hockey still continuing this year. I for one am considerably excited about the thought of how great this season of AHL hockey could be.

NAIT Ook Zach Kaiser (8) gets set to make a pass during a game against Grande Prairie on the weekend. The men won the contest 2-1 to maintain a perfect record at three wins for the season.



Photo by Kevin Tuong



Photo by Bryan Cooper

Kelly Tataryn (10) congratulates Leanne Kadatz (9) after the fourth-year player set a record for career goals in ACAC women's soccer on the weekend.

Record set!

By NAIT Athletics

In 2011, Leanne Kadatz was named NAIT's female athlete of the year. Last weekend, she went into the record books as the highest scoring woman's soccer player in ACAC history.

The fourth-year Ook, who was named athlete of the week, scored the winner Saturday in the Ooks 2-1 away win over Concordia then added two more goals Sunday in the team's 3-3 draw at home with the GPRC Wolves.

The Business Administration student now has 59 goals in 32 games, breaking the previous mark of 58 goals in 54 games.

"I am not surprised that Leanne has broken the record — she is a fierce competitor and has contributed so much to the NAIT women's soccer program," said head coach Carole Holt.

"She is the kind of player you hate to play against because she is so difficult to contain and can score all kinds of goals."

Last weekend's win over Concordia by the women, who are ranked No. 2 in the nation, followed a 1-0 victory over the Thunder the weekend before. With a record of 2-0-1, they lead the ACAC's North Division.

The men, who are defending national champions, defeated Concordia 1-0 on Saturday and downed GPRC 2-1 on Sunday.

Their record now stands at 3-0 and they are the early season favourites to repeat as ACAC champions.

Ook Dexter MacLachlan, who was named athlete of the week, leads the team with three goals in three games.

Despite coming off the bench in both games, the Continuing Education student used his minutes to good advantage by scoring the game winning goal in both wins over Concordia and GPRC.

"One of the difficulties in having a very deep team is that some players will always not get as much playing time as perhaps they deserve," said head coach Jeff Paulus.

"All we ask when they do get in the game is that they make an impact on our play. Scoring both of the game winning goals for us this weekend is exactly the impact we want!"

The Ooks will go back to work this week as they prepare for another game, this time against King's College. The men's team will have a 5 p.m. start on Sept. 21 at King's field.

The women will play at 5 p.m. the same day at home to the Eagles.

"We had two very tough games for our team this past weekend," Holt said. "We know that we have a lot of work to do still, so perhaps this weekend was good for us. It gave our group a bit of a wake-up call."

With their sights set on nothing but an ACAC title, both the men's and women's soccer team are feeling good about their start to the season.



Leanne Kadatz
Sets record

WOMEN'S HOCKEY

Speed, physical play stressed



Photo by Kevin Tuong

Star Danielle Brown, right, is one of the prime returning players on this year's team.

By AVRY LEWIS-McDOUGALL

The regular season for the women's hockey team is still a few weeks away, but in the meantime the team has been playing in a few tournaments.

However, the Oaks are coming off some major victories already, winning the Blue Gold tournament at NAIT arena. In the process, the Oaks had to defeat the Grande Prairie Storm, the Edmonton Thunder (2012 Esso Cup Bronze medallists) and the Saskatoon Stars.

Some notable roster changes have also been taking place for the women's hockey team. This year, the Oaks have added former Grande Prairie defenceman Sharlena Debruyne, Vanessa Kilmpke and Czech national team member Jana Fialov to the squad.

The Blue Gold tournament was not the only action the Oaks have seen as of late. Recently, the team was also involved with a ball hockey tournament that was hosted last week at NAIT. It was a great opportunity for the staff and students on campus to get to know the new team this year.

Returning to this year's roster are some veteran players, notably NAIT's 2011-12 athlete of the year, Danielle Brown. Brown led the team last year in scoring with eight goals and 13 assists.

Sherri Bowles, Lindsey Browner and Taryn McCormick are also players of note who are returning to the Oaks squad for the upcoming season.

For those of you wondering how last season finished for the Oaks, the team made the

playoffs but lost to Grant MacEwan in the ACAC quarterfinals, three games to one.

Looking at this past weekend's action, the Oaks were in Saskatoon, Caronport and Wilcox, Saskatchewan.

The team was involved in games that head coach Deanna Iwanicka considers a great measuring tool for her squad. The Oaks took on the University of Saskatchewan, the University of Regina and the Notre Dame Hounds.

NAIT unfortunately lost all three of their games in the trip, losing to Saskatchewan 7-1, Regina 5-0 and Notre Dame 3-2. During the trip, Kilmpke was able to get her first goal as a member of the Oaks and is expected to be one of the main point producers for the Oaks this season.

Even with the losses, coach Iwanicka was pleased with the performance and found positives in every game.

"The games were an effective development tool for the season and while we are not satisfied with the final scores in our three games, the trip was intended to create a greater desire to compete and win," coach Iwanicka said.

"These past few games have also challenged the team to play a more physical and fast paced game."

After the Saskatchewan trip, the Oaks come back home to take on the University of Alberta Pandas on Sept. 22 and will have the very special opportunity to play the Japanese National Team on Sept. 24.

As for the Oaks' regular season, that starts on Oct. 19 versus SAIT in Calgary.

Time running out for Eskimos

By ADAM BRILZ

It was the last time Edmonton would be playing in Ivor Wynne Stadium, and they didn't get the result they wanted.

The Eskimos had a tough time against the Hamilton Tiger-Cats, losing 51-8. Despite quarterback Kerry Joseph having a reasonable game for Edmonton, throwing 290 yards in the loss, the Eskimos haven't been able to close a game in their last three battles.

On the other side of the pigskin, the Tiger-Cats flexed their offensive muscle, scoring four touchdowns as Henry Burris threw his first 400-yard game of the season with a three-TD performance.

After the first quarter, Edmonton had an 8-0 lead, which was not the case in their last two losses.

Coming into the second quarter, Hamilton rallied as they were just as in need of a win after five straight losses that saw them fall in the Eastern Division standings.

After a touchdown drive early in the second quarter, Eskimo kicker Brody McKnight lined up for a 48-yard field goal. It was blocked and Hamilton's Bakari Grant returned it all the way back for a touchdown, really ruining any sort of momentum Edmonton had.

To make matters worse, their third string quarterback Matt Nichols was injured when he made a courageous dive for extra yardage.

After this loss, Kavis Reed once again

defended his team, admitting that he did not prepare the group for this game and that the Eskimos did not execute.

It's been a rough few weeks for Edmonton, as they lost two heartbreakers to the Calgary Stampeders, and it's not going to get any easier. Next up, the Eskimos will be at home to duel the defending Grey Cup champion B.C. Lions, and then they hit the road for an away game against their provincial rivals.

The Eskimos are currently sitting in a tie with the Saskatchewan Roughriders for the final spot in the West Division playoffs and they need to start winning.

As for Hamilton, they will be heading to Winnipeg to duke it out with the struggling Blue Bombers before a major tilt back in Tiger-Cat territory against Montreal. Hamilton has to step it up as well since the crossover rule could be in effect, giving either Edmonton or Saskatchewan the current final spot in the East playoffs.

The only thing the Eskimos can do now is regroup.

In the CFL, no game is an easy one, and every playoff spot requires the offence, defence and special teams to be "on the ball."

Unfortunately, at the moment the Eskimos seem to be lacking in all three of those categories.

With playoffs looming, things need to change for the Green and Gold, and quickly.



esks.com

Kavis Reed

Take an app

By CRAIG SEPHTON

NAIT sports are not just situated in the Athletics department anymore. Right now and available for free, is the NAIT Looks Athletics app, where real time updates are sent to an iPhone or Android about what's happening with the Oaks.

To start off the new season of Ook sports, NAIT alumnus Lyle Mozak, CEO of APPS Developer Inc., developed Alberta's first college sports app for NAIT.

Mozak played on NAIT's men's hockey team as a centre in '67 and '68 while attending NAIT for Electronics Engineering Technology.

The App itself is extremely easy to use and has a simple interface with a side-scroll menu on the bottom of the screen. It has many features already, even with it being a fairly new development. It was originally released in April and developed over the summer in time for the 2012-2013 school year, which coincidentally is the college's 50th anniversary.

Among the app's features are news updates on the different sports, team rosters, game schedules and a recruiting feature where you can sign up to try out, etc.

Some of the extra features include a tip calculator (really handy for figuring out who owes what at a table down at the Nest), a link to the Oaks photo gallery on Flickr and a voice recorder for any memos and reminders for school.

While at an athletic event, photos of the action

can be uploaded to the app by users. The photos will get reviewed and when approved it will be posted on the Fan Gallery on the 'NAIT Looks Athletics' application and can be viewed by all users.

This development within the app is to promote the Athletics department and keep students and Ook fans updated on what's happening in sports around their school.

Allowing the push notification on a smartphone will enable the app to send instant updates and reminders of events that are happening.

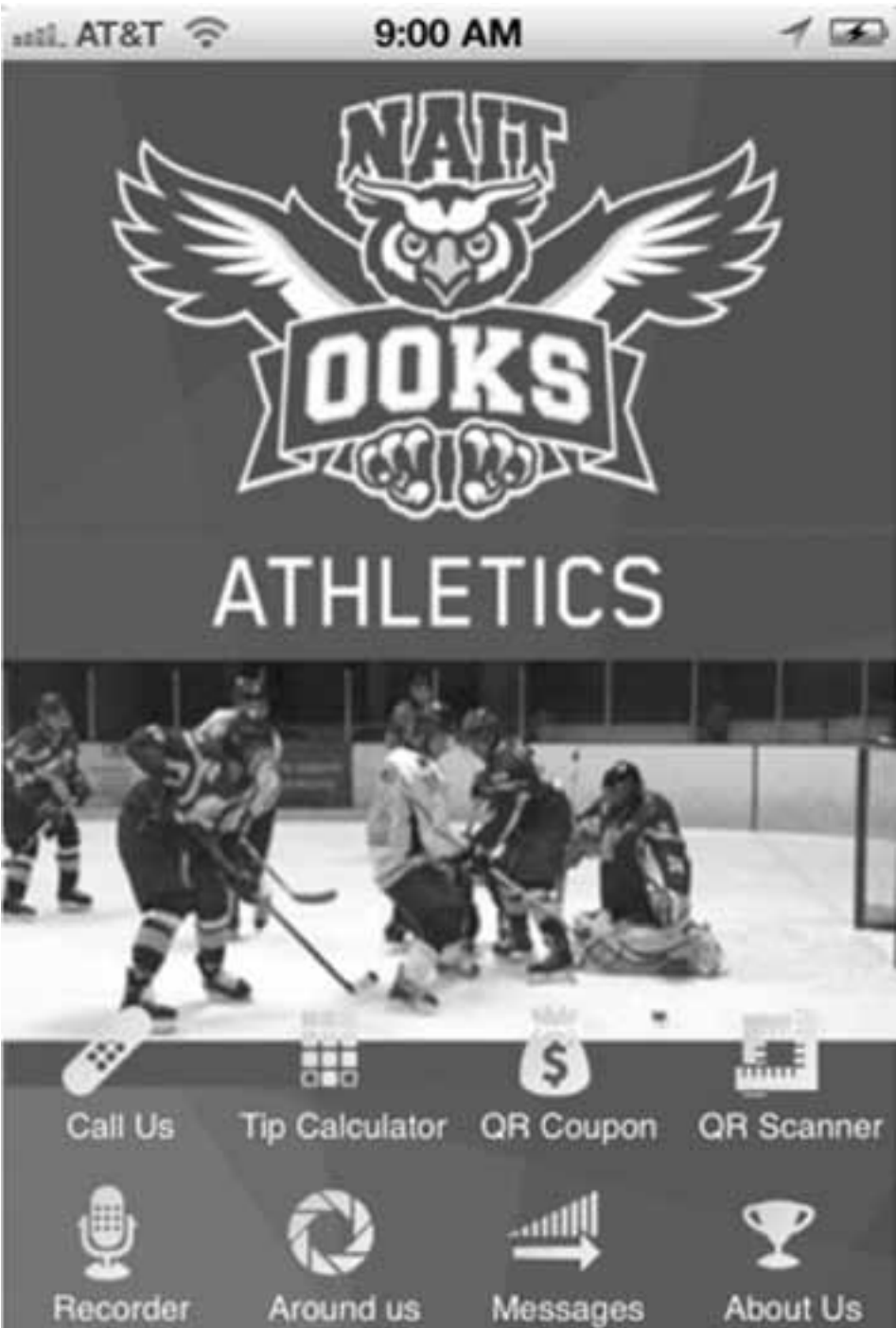
Not only does the user stay connected with sports, the program also rewards the loyal sports spectator.

The app's loyalty program rewards users when they attend events. When someone comes to an Ook event they can get a code to put into the app and with that you can unlock different benefits like discounts on food or clothing at the book store here at NAIT.

"We are excited about the capabilities and possibilities of what the app can do, and we'll be updating and adding more cool stuff as we go along," said badminton head coach Jordan Richey.

The prediction of when the app will be fully operational, with full team rosters and full schedules, is mid to late October.

Search 'NAIT Looks Athletics' in the app store on iTunes when you get the chance. It's a free download!



Athlete Profile



Player: Kristen Hansen
Sport: Cross-country
Program: Personal Fitness Training

By CRAIG SEPHTON

What got you into Cross Country Running? – I was really active as a kid, but stopped and got into those teenage years! After that, I just wanted to get fit again like I was when I was younger. I ran for Concordia last year, so that's how I got into cross country running.

How long have you been doing cross country now? – In total I've been at it a year and a half.

How do you train with your team and away from your team? – We do group training on Mondays and Wednesdays, and Saturdays if we're not racing. I also run Sunday, Tuesday and Thursday on my own.

How well do you think NAIT's Cross Country team is going to do this year? – I think we'll be OK. We have some strong people and some really new runners but if they stick around, it'll be better next year.

Cross Country seems like a lonely sport, what do you do to remain close with your teammates? – You think it's an individual sport but it's not. Runners are a very tight knit group. Even in training we are encouraging each other. It's more of a team sport than people think, even though you're competing as an individual.

What's one important thing to remember while doing Cross Country? – You get out of it what you put into it. If you work hard you'll see the results and if you don't you won't. So always work hard.

What pumps you up before a run? – I'm usually pretty relaxed before a run. I am one of those weird people who doesn't get nervous. I don't need to get pumped up before a competition.

What's your favourite exercise for running? – I enjoy doing hills. I don't spend much time in the gym. I have the upper body strength of a 12-year-old.

Favourite running shoe? – Asics.

What are you planning to do after your NAIT career? – Well the Personal Fitness Training is a two-year program, and I already have my Bachelor of Arts degree in English so I plan on combining the two, writing about fitness.

NAIT 2nd in tournament

North Regional Golf Tournament
at Red Tail Landing Golf Club
Men

1. MacEwan University	610
2. NAIT	638
Jared Donnelly (76-80-156)	
Aaron Gartner (81-77-158)	
Mike Zimmerman (78-81-159)	
Dylan Hanson (81-84-165)	
William Gillette (88-X-X)	
Aaron Landry (90-86-175)	
3. RDC.....	660

Women	
1. MacEwan University	350
2. Medicine Hat College.....	394
3. Red Deer College.....	496
4. Olds College.....	497
Note: ACAC Championships to be held Sept. 30 - Oct. 1 at Desert Blume Golf Course, hosted by Medicine Hat College	



Jared Donnelly
Low Ook

NAIT CURLING

Recreation and team tryouts

Every Monday at 4:30-6 p.m.
Location: Avonair Curling Club,
10607 Princess Elizabeth Ave. (Across the street from NAIT)
Cost: \$40/person/year; Individual sign-up

Registration

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

Nominations close 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.

For **more** detailed **information** and to
hear our stories please **visit us online** at
naitsa.ca/senate



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780.471.8855



rm e-131

WHAT'S GOING ON AROUND CAMPUS

WHO CETSC

WHAT Eat for the Cure BBQ

WHEN September 21; 11:30am

WHERE HP Centre, outside at West Doors

WHO EDSS

WHAT Bake Sale

WHEN September 21; 12:00pm – 2:00pm

WHERE Engineering Annex (2nd floor common area)

WHO Accounting Club

WHAT Executive Elections

WHEN October 2; 4:30pm – 6:00pm

WHERE T-409

WHO Anime Club

WHAT General Meeting

WHEN Thursdays; 4:30 – 7:00pm

WHERE X-107

WHO InfoNAITon Toastmasters Club

WHAT General Meeting

WHEN Mondays at 4:45pm

WHERE H-003

WHO LDSSA

WHAT General Meeting

WHEN Thursdays; 11:15am – 1:10pm

WHERE WA-212

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 28-30 Clubs Training Retreat (Pre-register your club by September 21, 2012)

OCTOBER 10: Clubs Connection #1, Room X-105; 4:30pm

OCTOBER 11: Grant #1 Deadline

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

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

NAITSA

CLUBS
365

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
upcoming Important Clubs Dates

ENTERTAINMENT

Pole dancing comes of age



ANIKA NOTTVEIT
Entertainment Editor

Pole dancing is becoming increasingly popular as a form of exercise and fitness. Traditionally seen only in bars and strip clubs, poles have made their way to fitness clubs.

It is a combination of gymnastics and dancing. Aerobic moves are done on a vertical pole.

There's no certainty as to when pole dancing began. Travelling American dancers probably used them in their tents until the poles moved into bars in the 1950s.

A group pushed for pole dancing to be in the Olympics in London 2012. Being a new sport, there isn't a universal scoring system established yet, so it wasn't a part of the Olympics.

It is unclear as to when the first pole dan-

cing classes started but the first ever World Championship was held in 2005 in Amsterdam.

Some schools are considering implementing it as part of Physical Education class. This has sparked some controversy about pole dancing being too sexual for educational purposes.

Pole dancing teachers will say it's a unique way to get kids interested in exercising and is completely separate from strip clubs. A young kid wouldn't associate the two, would they?

Parents may wonder why their kids are being taught a skill that is useful in strip clubs. There are other ways to exercise, after all.

Pulling yourself up on a pole takes a lot of strength and all muscles are in action during pole dancing. Arms, shoulders, upper back, lower back, core, glutes, abdominals, obliques, quads, ankles, calves, wrists and forearms are all worked. Balance is also a vital component in successful pole dancing.

One of my friends recently started pole dancing classes. I was curious about it. Wouldn't it be awkward?

The classes are gender specific, therefore eliminating some embarrassment. They start the class with yoga and stretching. There are multiple poles throughout the room stretching from floor to



Pole dancing is attracting women from all walks of life.

poleexercise.co.uk

ceiling and everyone gets their own. Music plays as the students learn moves on the pole.

NAIT student Taylor Jackson took her first lesson a week ago.

"We started off just walking around the pole with a sexy edge. Then we learned a spin. We drew a circle with one foot around the pole, wrapped one knee around the pole and spun until we were sitting," she said.

I can see why parents wouldn't want their

kids learning this in a co-ed gym class! Walking with a sexy edge is using your hips a lot and always having pointed toes.

If you're curious as to what it's like to pole dance, there are classes offered for as cheap as \$5.50, surprisingly. The classes don't include the strength training necessary to complete cool tricks on the pole, so a personal trainer at NAIT might have to help with "pre-pole" workouts!

Tips on what to without the NHL



MIKE JONES
Assistant Entertainment Editor

Well here we are again. For the third time since Gary Bettman took office, the NHL is on the verge of losing all or a portion of its current season.

Politics aside, this is a dreadful loss for all hockey fans. Rather than moping about and waiting for sanity to prevail between the owners and players, let us look on the bright side, shall we?

Think of all the extra money you will save on tickets, concessions, jerseys, foam fingers, parking and, of course, the infamous \$9 Rexall heroin beer. That doesn't even take into account watching road games at the local pub or your buddy's place.

And don't even get me started on the emotional trauma. I mean how many last place finishes can a guy who bleeds Copper and Blue take?

This is a year to take advantage of all that extra money and free time. It's time to work on the relationships with those you care the most about. It's a good time to hit up the gym a little more and eat something healthier than beer and pizza every night.

This is a year to focus on your studies ... Ah, who am I kidding ... Here are six better things to spend your time and money on!

Go to an Oil Kings game – Yes, just because the NHL's fiercest battles will take place in the board room this year doesn't mean all hockey ceases to exist.

In fact, the Oil Kings are coming off an incredible season. While the Oilers were toiling in the bottom of the standings for most of the season, the Oil Kings were winning an improbable 22 games in a row.

The Oil Kings kick off their season Sept. 20 against the Kootenay Ice.

Tickets are just \$25, a mere fraction of Oiler tickets. Expect regular beer prices, though.

If the WHL is too low on your radar, move up a level to the AHL and support the Oklahoma City Barons. It's the Oilers farm team and a lot of the Oiler young guns like Jordan Eberle and Ryan Nugent-Hopkins are expected to suit up for the team this year.

Pick up a copy of NHL 13 – Lockout or no lockout, there will darn well be a season on my TV screen.

Sporting brand new features like the all new Winter Classic mode and a revamped physics system it makes the skating more realistic than ever.

You can bet some fans will let the computers take control and sit back over some brewskis and watch.

Adopt an NFL team – A year without hockey may be depressing to us, but a lot of our friends south of the border have probably never sat down to watch a hockey game.

That's because of the action on the gridiron, and the bragging rights that come when your team beats your buddy's thanks to a fourth-quarter drive.

But not to worry, it's not like adopting a child, you can always change teams if your squad craps the bed in the first week. But yes, we will judge you.

Watch a TV show (front to back) – It's time to catch up on those TV series that everyone has told you to watch but you just haven't had the time.

Lots of great shows resume this year but if you can't afford a DVR, it can be difficult to catch your favourite shows live. My advice, wait for the DVD.

Head down to your local video store (they do still exist). Movie Studio on Whyte Avenue and 109 Street has a great selection. Rent a season and blow through it in a few days.

I'd recommend *Arrested Development*, *Battlestar Galactica*, *The Office* or *Fawly Towers*.

If simply watching a TV show is not enough of a challenge, put a twist on it. Try watching an entire season of *24* in real time or watch *Community* and figure out which characters most resemble your classmates!

Keep an open mind. My neighbour recently got me hooked on *Doctor Who*. You can bet I wouldn't even have popped in the first disc with the Oil in town.



insidehockey.com

Make a movie night – Co-ordinate with some friends or classmates and mark down a night every week where everyone's free. Grab some "Snuggles" and some microwavable popcorn and rendezvous at whoever has the comfiest couch and the biggest screen for a night of cinematic goodness.

Watch those long forgotten DVDs that have sat on your shelf collecting dust bunnies for years or pitch in a couple of bucks each and enjoy the ever growing selection that Netflix has to offer.

Support your local music scene – OK, so you've spent a lot of time cooped up in front of the television. Before you go insane and vow to learn to ride the unicycle (like one of my classmates), it's time to get out of the house and go see a show!

Of course there are lots of national and international acts coming through town this fall/winter (keep your eyes on the *Nugget* for all the details) but literally every night there's a local band or artist playing a pub near you. And you can bet the beer will be a lot cheaper than nine bucks!

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By KEVIN MARTIN

Edmonton music fans held their breath as our mayor made the announcement. We knew that it was going to be a big name when Stephen Mandel took the podium to share the news with Edmonton. All the greats were thought of as everyone tried to brainstorm who this legend could possibly be and there was no disappointment as Mayor Mandel shared the news that Paul McCartney would be coming in late November. Paul also finds himself in our 3.99 Mixtape as we count down the Top-

10 best selling artists of all time.

10. Mariah Carey – “Love Takes Time”
9. Pink Floyd
– “Shine on You Crazy Diamond”
8. ABBA – “Dancing Queen”
7. Queen – “Somebody to Love”
6. Led Zeppelin – “Ten Years Gone”
5. Elton John – “Love Lies Bleeding”
4. Madonna – “Angel”
3. Michael Jackson – “Billie Jean”
2. Elvis Presley – “Heartbreak Hotel”
1. The Beatles – “Twist and Shout”



VIRAL VIDEO

Seeing the world in slow mo

By ANIKA NOTTVEIT
Entertainment Editor

Have you ever watched things in slow motion? Dan Gruchy and Gavin Free have a YouTube channel devoted to videos featured in slow motion. They call themselves the Slow Mo Guys.

Now, you think it would be slow and boring to watch things at a reduced speed. Well, your mind is about to be blown. Normal activities in slow motion are hilarious and very intriguing. The detail in these movies is incredible.

Their latest upload two days ago has over 400,000 views. They take turns trying to

swallow a spoonful of cinnamon. If you have ever tried this, you know how impossible it is. It's filmed in a close-up view, allowing us to see every detail in their facial expressions.

Getting punched in the belly, jumping on a giant water balloon, a soccer ball to the face and smashing a TV are just a few examples.

Gav and Dan, from the United Kingdom, won YouTube's On the Rise contest in April of 2011.

They use high speed HD cameras with excellent cinematic quality to slow down real life. Slow down your life for a minute and check out some videos at 'The Slow Mo Guys' on YouTube.



ATTENTION ALL STUDENTS

STUDENT HEALTH & DENTAL BENEFITS

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SEPTEMBER 28TH, 2012

You may opt out online at www.mystudentplan.ca
or come to the Student Benefit Office
in room E-125 for more information.

Phone 780.471.7730

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

Emily Moore
Student Benefit Office
780.471.7730
studentplans@nait.ca





MIXOLOGY

Monday Sept 24

4:30 pm - 7:00 pm

@ the Nest Taphouse Grill

Free admission, space is very limited.
Sign up online at naitsa.ca/howto or at
the NAITSA office (e-131). THIS IS A
NO MINORS EVENT.



COMING SOON...



For more information on How To's please visit naitsa.ca/howto

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5KM FUN RUN \$20

Starting at 11am, At Louise McKinney Riverfront Park

CAR WASHES (WITH A DONATION)

Starting at 10:15am

Check online at naitsa.ca/shinerama for locations



Cavalía inspires and delights



horsejournals.com

By EMILY FITZPATRICK

If you haven't seen the posters and the billboards, or the giant white tent right next to NAIT, well you've been living under a rock. If you have, you are aware Cavalia is the newest show to come to Edmonton.

The show was created by a co-founder of Cirque Du Soleil, Normand Latourelle.

It includes 48 horses of different breeds. The show aims to celebrate the relationship between humans and horses featuring acrobatics, aerialists and dancers.

I was lucky enough to have the chance to check out the opening show on Tuesday night. I went with no expectations and no idea what I was in for.

Huge white tent

The performance takes place in a gigantic white tent and the artists perform in front of a 200-foot-wide constantly changing digital background. That in itself was impressive. The show started with two beautiful brown horses running onto the stage. The handler came on after and managed the horses in a way they call "Liberty" which essentially is controlling the horses with just your voice.

I don't mean to be a cynic but I thought most of the Liberty bits were a little over the top. It's a lot of graceful hand movements, and "ta-dah" gestures. It could be because I have no idea how hard it is to get a horse to kneel or lay down. However, mostly during these bits I was thinking, fewer horses, more acrobats!

My personal favourite was the cute guy with the dreadlocks. We first met him when he jumped on top of a giant ball and proceeded to do flips and somersaults while balancing like a pro. He really won my heart when he came on and did a Russian Bar routine. You've probably seen this act on shows like *America's Got Talent*. It's when two people hold a flexible balance beam typically made of fiberglass and the artist does flips and tricks and somehow manages to land back on the four-inch bar.

Artists, acrobats, dancers and riders

All in all, it's a pretty amazing show. The 34 artists, acrobats, dancers and riders all come from a variety of different backgrounds and countries including France, Canada, Belgium and Morocco. Each one is immensely talented in their individual specialties.

Vanessa Fournier, an acrobat specializing in bungee and trampoline, got her start when she was 10-years-old.

"I started riding and I did gymnastics before that so I kind of mixed gymnastics and circus and horses together when I started at Cavalia," said Fournier.

This is one of the coolest shows I've ever seen. It is definitely worth the \$40 to \$200 tickets. Cavalia is running until Oct. 11. If you're wondering if you'll be into the show, be assured you will enjoy something it offers. Trick rider Fairland Ferguson says "whether you're two-years-old or 92-years-old, black, white, green or purple, you really will take something inspiring away from this show."

Channel your inner bartender

By LYNDSEY COWAN

NAIT students are ready for a new experience behind the bar at the Nest Taphouse Grill. How To Mixology, sponsored by the NAIT Students' Association along with Ultimate Bartending, is returning on Sept. 24 and promises to live up to last year's sold-out status.

The event is a free two-and-a-half hour session for students who want a glimpse into the world of mixology. So whether you want to test out bartending as a possible job or you just want to imitate Tom Cruise in *Cocktail*, this is your chance!

Erick Rosende, director and master mixologist with Ultimate Bartending, says that students will be introduced to every aspect of the job.

"What we try to do is an interactive training session. So we're doing flair training, we're picking five to six of the most popular cocktails, showing a little history about mixology, and product knowledge," Rosende said.

This variety will give every student a chance to improve on what interests them most. How To Mixology will leave you with a new party trick and the knowledge to stock your own home bar.

At the very least students will leave ready to host their own cocktail party or ready to impress the crowd at someone else's.

Rosende also showed his excitement for the competitive finale of the interactive session.

"We're going to put the attendees in groups of five and make them create a cocktail after the training ... they'll all get a chance to win a prize for the group," Rosende said. "They pick the ingredients, go behind the bar and make the cocktail. Then we're all going to rate them."

He added that the instructors are all from the Ultimate Bartending School and all work in the industry at different venues around Edmonton. Their expertise will have the students ready for the friendly competition after just a few

short hours of training.

Rosende says his favourite aspect of teaching is focusing on the art of mixology.

"I want to make the students at the mixology class able to create their own cocktails. Creativity's really important ... You can do nice cocktails where you have ingredients at home that you might not know," Rosende said.

The NAITSA event was a success last year and should be even better this time around with the newly renovated Nest Taphouse Grill.

Mixology, the first instalment in this year's "How to" series, takes place on Monday Sept. 24 at 4:30 p.m.

Students can sign up at the Nest, NAITSA office or online at naitsa.ca/howto.



ifood.tv

CONCERT REVIEW

Stone Temple on auto pilot

By CONNOR CORSARO

I have come to refer to this September as the September Concert Slew. While much of it has come to pass, there is still much more to see.

I have wanted to see Stone Temple Pilots for a long time before this September but never had the chance.

Stone Temple Pilots have been a landmark band since the '90s, pumping out hit albums like *Core* and *Purple*. However, as of late they have put out very little.

In reality, the Stone Temple Pilots have done nothing to attract a new fan base and less to keep the old one. The band was scheduled to play the Shaw Conference Centre but was forced to move to the Edmonton Events Centre due to low ticket sales.

Opening the show was the always incredible Crash Kings, who, like STPs, have released nothing new for a considerable period of time. This, I learned, is about to change.

Crash Kings came onto the stage with a handful of new material to get the crowd moving, using their bass heavy riffs and unique piano sounds to drive the crowd mad. They had me entertained from the moment they got on the stage until the dying seconds of their massively popular hit "Mountain Man."

They got the crowd excited for the headliner and encouraged some excitement for their upcoming record.

The show did very little for me as a fan of the early Stone Temple Pilots material.



nukethefridge.com

Stone Temple Pilots

minutes late.

Once the band finally came onto the stage the crowd was already tired of waiting. There were a lot of people standing around who had just lost interest in what was happening on stage and just wanted another beer.

Even after throwing "Vaseline" and "Crackerman" in the mix quite early, the crowd still held back from getting rowdy. As the night progressed the band played many more songs that kept people quiet with one or two in the middle that got people singing.

As the night began coming to a close the band started playing major hits like "Interstate Love Song" "Plush" and "Trippin' On

Expecting more off of the major albums such as *Purple*, instead I heard many album cuts that were displayed in a less than entertaining fashion. It is no surprise the band had trouble drawing a crowd, considering that they haven't even announced a new record.

The whole tour screams money grab and fans don't appreciate that. Even labelling it a *Core* 20th anniversary tour would have made more sense, even drawing in a more considerable crowd with the many fans of the band's breakthrough album.

Not only this, but the band didn't even arrive at the venue until 45 minutes before their scheduled time and took the stage 30

A Hole In A Paper Heart" even throwing in a Cheap Trick song "Surrender" to start off their encore.

In the end, the show failed to impress.

The hordes of drunken people managed to provide entertainment enough for themselves so they didn't seem to mind the concert being boring as long as the music was playing. There were even a few people falling over at the end of the night.

Overall, not the worst show I have attended. But there have definitely been better.

★★★★☆

ALBUM REVIEW

New album worth the wait

By CAYLA ELLSWORTH

Five years after the release of their second album, *The Open Door*, in 2006, I was excited to find out Evanescence finally released a new album last October.

Simply titled Evanescence, the 12-track single edition CD is a little mellower than the band's previous works.

The band released their debut CD, *Fallen*, in 2003. With songs that include, "What you want," "The Other Side," and "Sick" that have a more upbeat rock edge to them.

It features the electric guitars, bass and drums associated with your typical rock band.

There are also tracks like "Swimming Home," "Lost in Paradise," and "My Heart is

Broken," that have a softer sound that are more like ballads, featuring the piano and an orchestra of violins, cellos, bass and the harp.

You don't have to be a fan of classical music to enjoy the CD. On most tracks the orchestra is electrified.

Songs "Never Go Back," "Oceans," "Made of Stone," and a few other tracks have a combination of both the rock sound and the string instruments that Evanescence is known for. It gives the listener the chance to hear all the instruments no matter what the song may be.

Amy Lee's vocals, which have a very wide range, are still as strong as ever. She continues to be one of the few true female vocalists in today's modern rock scene. She also wrote or co-wrote the lyrics.

There is a special edition with an additional four tracks that give more diversity to the album's array of tracks, including "Say you Will," which is one of the songs that is straight up rock. Another bonus track is "Secret Door," one of the softer tunes which showcases the harp and piano.

Personally, I am a bigger fan of the songs that have more of a rock sound or a mix of both worlds. They are the songs I want to listen to again and again before listening to the rest of the CD. Afterward, I'd have certain lyrics stuck in my head for hours.

The other songs that were more on the softer side took a couple of times to really listen to before I started to enjoy them.

Even if you're not a big fan, I think it's worth it to take the time to listen. Hopefully the band won't take so long to release their next album.



nohazik.com

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In the beginning ...

By **CRAIG SEPHTON**
RADIO 101 with Evan Degenhardt
Show time: Wednesday 7:30 p.m. - 9 p.m.

Nugget: Where did *Radio 101* come from?

Evan Degenhardt: It's weird, I was racking my brain for about two weeks trying to come up with a name for a show that has some connection to the audience. I was putting names together and nothing was working. It was the night before my first show and I was in front of the computer and I thought to myself this will be my first show by myself. I am starting from scratch. We are in college and the first class you take is always a sort of 101 of the program. So I thought why not "Radio 101" where no one can expect anything to happen, nobody can expect anything out of me, just what's there. Something that is right from scratch and just as amateur as you can get and just build something up from there. So *Radio 101* became my brain child, at 12:30 a.m. the night before my first show.



N: What do you want to do with your show?

ED: My show is something so I can get my feet wet, have fun with it and ease my way into something else. With *Radio 101* it seems like there will be really cool things I can do with the show. I am coming up with new things as I go with it, so that's pretty cool. I have come up with this character called The Professor, so he may be taking some up-front action on the show and we'll see where he goes with that.

N: Tell us more about this Professor character.

ED: I developed this character as a grumpy old teacher. He will just come in and interrupt my show from time to time. He is kind of like a Teddy Peterson, the studio usher from the *Garner Andrews Show*. He pre-produces that stuff and they banter back and forth and it makes it a little bit more original. I kinda stole that idea from Garner so if he reads the *Nugget*, I'm sorry, sir. I thought it would be kinda cool to make a character and have some fun and I like voices and stuff like that.

N: Do you have a specific style of topics that you will be talking about?

ED: No rhyme or reason at all. My first show was pretty much right off the top of my head. I think for me *Radio 101* is gonna be a way to just get my creativity out for the week, because the after-hours shows on NR92 are just a way to express yourself in a way you probably wouldn't be able to on real radio.

It's kinda cool at NAIT where you can take control of different things and go off on different tangents, in your own way. So I think for me, I am just going to throw the rule book out the window for my show. I am not gonna try and stick to a format. I am gonna try and be off the cuff and let things happen. It may sound really amateur-ish and not be tight, but it's just a way for me to have fun with myself. I think people expect that from me. That's what I like, to have people laugh at me when I mess up and I know I will. I think it will help me grow in the process of becoming a better radio professional.

N: Is your show going to be like Talk Radio or will you have songs etc.?

ED: It's definitely going to be music related, I'm gonna get some talks in there, get callers involved, get jokes flying but it's going to be focused a lot around the music, too.

My first show I just brought in my iPod and I just randomly scrolled and hit shuffle, so every single song you heard was just me scrolling the screen and just picking a song. I actually got a lot of positive feedback on all the songs I played, so that makes me feel good about my music library and the taste in music I have. There will be a wide variety of people listening, from family members to friends, so I do want to appeal to a wide variety of people. You will hear a lot of different songs.

N: Why should people tune in?

ED: I think people should tune in just to hear the shenanigans that I am going to get into and call me out when I mess up and make fun of me that way. But the reason to tune in is, it's a guy who is doing his first show to make his way into radio, so you don't really know what to expect.

N: Do you have any social media?

ED: The show has a facebook page, which is: <http://www.facebook.com/Radio101>

I am probably going to also start a Twitter down the road as well.



Evan Degenhardt

Photo by Craig Sephton

FALL STUDY SKILLS WORKSHOPS					
Check out these FREE DROP-IN Student Engagement Workshops					
*Sessions are held in H-003 (basement)					
September 2012					
18	Tues	Learning How to Learn	11:15am-12:05pm 12:15pm-1:05pm 5:20pm	4:30pm	
20	Thurs	Memory Learning & Concentration	11:15am-12:05pm 12:15pm-1:05pm 5:20pm	4:30pm	
25	Tues	Time Management & Procrastination	11:15am-12:05pm 12:15pm-1:05pm 5:20pm	4:30pm	
27	Thurs	Learning Styles & Listening	11:15am-12:05pm 12:15pm-1:05pm 5:20pm	4:30pm	
October 2012					
2	Tues	Exam Preparation & Writing (Bring your class notes/text)	11:15am-12:05pm 12:15pm-1:05pm 5:20pm	4:30pm	
4	Thurs	Reading to Remember (Bring a text to read)	11:15am-12:05pm 12:15pm-1:05pm 5:20pm	4:30pm	
9	Tues	Managing Exam Stress	11:15am-12:05pm 12:15pm-1:05pm 5:20pm	4:30pm	
11	Thurs	*Stress Management - Presented by NAIT Counsellor (W-201)	11:15am-12:05pm 12:15pm-1:05pm 5:20pm	4:30pm	

MOVIE REVIEW

Just another demon drama



The Possession

nukethefridge.com

By MIKE MacMULLIN

You know those movies where you see the preview and you know it's not going to be a very unique movie, but you still get that slight pang of excitement about it? There's always something about the trailer that makes you want to watch the movie.

For me, it happened with *The Possession*. The trailer was very well put together and the line “based on a true story” always gets me hook, line and sinker.

If you haven't seen the trailer, the movie is a horror flick directed by Ole Bornedal. The story is based on the allegedly haunted Dybbuk box.

The Dybbuk box is the name of a wine cabinet that is said to be haunted by a Dybbuk, an evil possessing spirit. Jewish folklore states that this possessing spirit is the dislocated soul of a dead person. This box became famous after one was auctioned on eBay with a horror story.

The Possession opens with an old lady who is trying to open a box with strange carvings on it, whilst protecting herself with holy water and a gavel looking hammer.

There's a lot of noise and she is thrown exorcist style around the room until she is knocked on the floor.

Next we meet Clyde and Stephanie, a couple in the midst of a divorce. They have two daughters, Em and Hannah. Early in the movie, Clyde takes his daughters to a garage sale where Em finds a strange box with Hebrew markings on it, coincidence? Clyde, being the great father he is, buys it for her. From this point on, everything goes downhill.

Em becomes obsessed with the box, never leaving it alone, and always insisting only she can touch it. She begins to develop erratic behaviours and Clyde starts to fear the worst.

After many Google searches, it is decided that Em is possessed by a Dybbuk and is being slowly devoured by the demon.

The demon is not God-fearing. Go figure. Seeing as the demon doesn't fear God, it's going to take more than a simple exorcism. That's where the family comes in.

The entire Brenek family must unite as one in order to survive.

After seeing this film, I for one will not open up a locked box with Hebrew carvings on it.

I thought this was a decent movie, but it's not one that I would watch more than once. The first half had a lot of subtle atmosphere and it was pretty creepy.

I actually really enjoyed it until the surprise was ruined. Once Clyde realizes that his daughter is, in fact, possessed, the demon begins to show itself in a much stronger form and the movie goes full-blown Hollywood demon horror.

It seems like the movie got rushed and they had to cram way too much stuff into the last half hour. They spent all this time setting the mood and getting me excited and then they blew it on the climax. The movie would have been a lot better with an extra half hour to extend everything proportionally.

My verdict is go watch it, though I wouldn't suggest watching it in theatres because I don't think it is worth the price tag.

There are some great audio and visuals, but the rushed ending blew it for me. There's not a whole ton of originality here, but after the amount of demon-possessing-small-children stories out there, can you blame the director? It's a bit lazy.



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CD RELEASE

Owls rock the Avenue Theatre

By JENNY OATWAY

Local Edmonton band Owls By Nature rocked the Avenue Theatre Friday night (Sept. 14) in celebration of the release of their second album *Everything is Hunted*.

Fans not only got a chance to sample the new tunes from the boys, but also to hear the likes of other fantastic Edmonton acts, including Scenic Route to Alaska, Rusty, Fire Next Time, Marlaena Moore and Swear By The Moon.

'Unique'

"I've been anticipating this [CD release] for quite some time," says promotional co-ordinator and self proclaimed super fan Richard Canfield.

"What I really appreciate about Owls By Nature is how they are able to take a grass roots sound and put a beat to it that gets people really energetic and moving to something that's unique and different."

Owls by Nature consists of Ian McIntosh, Sean Hamilton, Cory D and the newest additions, guitarist Doc de Groot and drummer Fred Benton, who will hopefully be a more permanent fixture after the band's relative revolving door of drummers in the past few years.

Began in 2010

Owls By Nature is the love child of McIntosh and Hamilton, who started it together in 2010 and were joined shortly after by bassist Cory D.

The new album covers all manner of subjects near and dear to the lead vocalists' heart, including religion, their much loved Edmonton music scene and, of course, women.

At one point in the evening, McIntosh prefaced a tune by offering up some choice words about the woman who inspired it. Hell hath no fury like a scorned musician.

"It's like blending an old school concept with new ideas and new people that are interested in getting involved in a grass roots movement in a local community," says Canfield. "I'm really



sonic1029.com

Owls by Nature

excited to be a part of it. They create something that has a really positive sound with a lot of effervescence that adds to how they portray themselves on stage – with passion."

Edmonton has a very unique musical contribution to give to society, and after attending the Friday evening concert, it was that much more obvious. Upwards of 200 fans came out to support McIntosh and the boys.

Being a part of that helps you really appreciate what a recep-

tive group of young people live in Edmonton and just how much they are benefiting local bands and musicians with their willingness to get involved and support them as they grow.

Last night's show also kicked off the start of a 12-date tour of Western Canada, including two shows in Vancouver.

You can check out the band's newest single "Heartbreaking Ways" and the new music video on the band's website www.owlsbynature.com or download it for free at bandcamp.com.

CONCERT REVIEW

20 years and still going strong

By JENNY OATWAY

Canadian East Coast rockers Sloan hit the Starlite Room Sept. 11 in what was the sixth stop of their *Twice Removed* Tour.

The 25-date tour is snaking its way throughout Canada and the U.S. from September to November. Sloan is comprised of front man Chris Murphy, who sings lead vocals and plays bass, Patrick Pentland, another vocalist and lead guitarist, Jay Ferguson who plays rhythm guitar and Andrew Scott on drums.

The idea behind this tour is a peculiar one, as the band is celebrating a record that is already 18 years old. It's not exactly your usual tour format. The 1994 album *Twice Removed* has been called one of the best albums to ever come out of Canada.

The four-piece Toronto based band, originally out of Halifax, has been together for over 20 years. So, for a lot of fans, a chance to celebrate one of their earliest albums is a welcome opportunity.

I got the impression that fans at a Sloan concert are some of the coolest, most easy going fans you will ever meet. Murphy once joked in an interview that he thinks they're one of very few bands to stay together for 20 years, still have all the original members and still aren't successful. I can see how he would see this

on a numbers level, but I think Sloan has some of the most devoted and long term fans I have ever met.

When *Twice Removed* was released on Geffen Records on Aug. 30, 1994, it was the band's second full length album. Despite the overall long-lasting success of the album, the more melodic style of the writing caused Geffen to drop Sloan from their label and the band went on a hiatus until *One Chord To Another* in 1996. *Twice Removed* did finally receive its due when it was certified gold in Canada on Oct. 20, 1998.

Twice Removed also contains two of the band's seven singles to ever make it onto the Canadian charts. "Coax Me" peaked at the No. 30 spot, and "People of the Sky" stopped at No. 58. These are not great numbers you might say, but consider Sloan only had seven singles to make the charts and all of those were released before 1998.

There are a lot of things that make these guys so uniquely Sloan. From Murphy and Scott trading places every few songs, to Murphy's hair cut, Coke bottle glasses and his beat up old Fender Mustang. I'm fairly certain these things haven't changed much since 1991. Overall, one of the most pleasant rock shows I've ever seen.



blogs.theprovince.com

Sloan

PLAY REVIEW

Fun with Victor and Victoria

By LUCAS ANDERS

If you didn't get your fix for theatre at the Fringe Festival, now is your time to take in some engaging and fun theatre.

The Kill Your Television theatre company has been working in the city for over a decade. Nathan Cuckow and Kevin Sutley formed the company in 2001 and have been writing and performing ever since.

They have won seven Elizabeth Sterling Haynes Awards and numerous nominations over the past decade, awards that celebrate outstanding theatre in Edmonton.

Their aim is to present theatre that is engaging to younger audiences, from the college crowd to people in their mid- to late 30s.

"We produce theatre we believe in, that we feel is high quality, and theatre that is engaging to audiences," said Nathan Cuckow. "We want to create entertaining theatre but theatre that can pack a punch."

Victor and Victoria's Terrifying Tales of Terrible Things has been in the works since 2009 when it first debuted at the Edmonton Fringe Festival.

Beth Graham, an artistic associate of Kill Your Television, co-wrote the show with Nathan Cuckow. They continued to develop the show while presenting it to audiences at The New York City International Fringe Festival in 2011.

Victor and Victoria's Terrifying Tales of Terrible Things draws inspiration from the world of Tim Burton, often a dark and

comedic world. They also see macabre stories and Gothic depictions of Edward Gorey as a catalyst for their work.

Kevin Sutley directs the play, which follows two fraternal twins played by Beth and Nathan.

The two characters wake up from a dream in a dark and scary house, believing they have been abandoned by their parents. Many things happen in the house that scare the siblings as they try to pass the time through their mischievous antics and play.

While they play, the twins stumble upon a book called *The Terrifying Tale of Terrible Things*. The twins begin to read the book and become so immersed in the world that they take on the personal-

ity of these characters.

The twins bring the world in the book off the pages, but get more than they bargain for when the world that they enter reveals a gruesome deep dark secret about their family.

"It's emotionally hilarious, but sometimes horrifying black comedy," Cuckow says. "We are offering a fun scary time."

This show is bound to entertain the casual viewer of the theatre. Don't miss out on an opportunity to see some live theatre at its best.

Call up a friend, make it a date and immerse yourself in the world of *Victor and Victoria's Terrifying Tale of Terrible Things*.

KILL
YOUR
TV



prweb.com

Nathan Cuckow and Beth Graham play fraternal twins.

GAME REVIEW

A hidden gem with great tunes

By RORY FIDLER

Released two months ago, but receiving very little hype or attention, *Final Fantasy Theatrhythm* for the Nintendo 3DS is a charming and fun game. It might be the arcade-style, pop-in-and-play title you're looking for.

The *Final Fantasy* franchise has its share of hits and misses, but one consistent high point

has been the music. Theatrhythm embraces this success by creating a rhythm based game centred around the series' best tunes and songs.

Much like *Guitar Hero*, the main aspect of the gameplay involves hitting the beats in time with the notes that appear on the screen.

Using the dual screens of the DS, the player watches the multicoloured notes pass by on the

top screen and uses the stylus on the bottom to activate the notes, which is as simple as tapping, sliding or holding the stylus on a longer beat.

The commands are easy enough to pick up and learn and are intuitively woven into the songs, allowing new players to become acquainted with the tracks and build confidence as they ascend into higher difficulty levels.

Be warned, though, the game is easy to learn but it is difficult to master.

Songs like "Battle with the Four Fiends" on the Ultimate setting will have you tapping and swiping your DS screen like a hummingbird on caffeine.

The music is, of course, the worthy focus of the game. Long-time fans will recognize many of their favourite songs and people who have never played a *Final Fantasy* game before will still be able to enjoy the sensational scores on their own merits.

There is a wide assortment of classic tunes, from the beats of battle to overworld jaunts to iconic songs such as the themes of Aeris and Celes.

With 72 songs to choose from, and the option to purchase more online for a dollar per song, the game offers a musical feast.

The game doesn't end its *Final Fantasy* charm with just its choice in music. Players are able to create a four-person party of their favourite *Final Fantasy* protagonists, now in a cuter cartoon form, who then appear on the top screen during song levels.

They might be running along the road while you play a typical overworld track and trip and fall should you fail to hit the notes.

During battle, songs will appear to fight off the bad guys, with every successful note resulting in another successful attack.

The game inserts more classic RPG elements such as "levelling up" and giving your party new powers. While this doesn't necessarily affect the base gameplay of just hitting the right buttons in accordance to the rhythm, it adds more depth and significant replay value as you try to see how many enemies you can get Terra and Squall to tear through.

Offering a game that is easy to pick up, fun to play and adds a fresh take on the rhythm game, *Final Fantasy Theatrhythm* is a hidden gem that's worth trying.



gamezone.com



AMANDA SCHULTZ

What do you think of public breast feeding?



"Necessity. You have to do it. But there should be discretion about it."

Nicolette Sky



"It's fine, it's a fact of life but you shouldn't be sitting there with your breast hanging out."

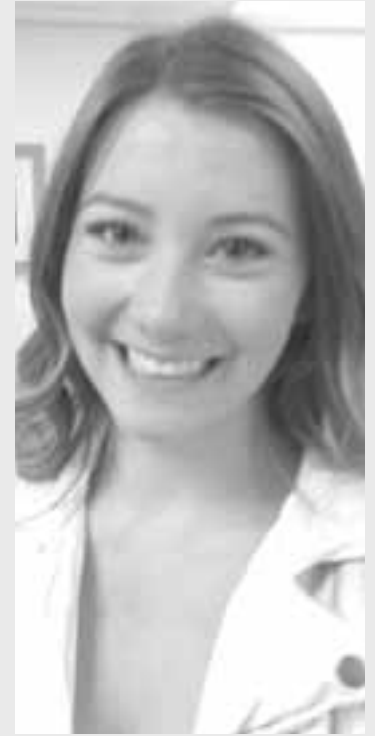
Sabrina Marback



"In the right setting it's perfectly fine, but in certain settings it is not acceptable."

Zack Strzelec
Power Engineering

"That is just awkward."

Steve Black
Academic Upgrading

"It is just weird."

Lauren Fink
Radio and Television

TIP OF THE WEEK FROM NAIT PROTECTION SERVICES



Vehicle safety and parking



How do you keep your vehicle safe?

No vehicle or anti-theft device is 100 per cent theft-proof and discouraging thieves is not an easy task. A thief's greatest enemy is time. The more difficult your vehicle is to steal, the more time it takes to be stolen. Courtesy of the Edmonton Police Service and AMA, here are some tips to make that thief move to an easier vehicle:

- Always lock your vehicle, even when you are only going to be a "minute."
- Never leave your vehicle running.
- Park in a well-lit area unless you have a garage.
- If you have a garage, use it.
- Be careful with your keys; put them in your pocket.
- Secure your registration and insurance documents; they have your home address.
- Completely close car windows, including sunroof, when parking.
- Install a car alarm or steering wheel locking device.
- Turn your stereo off before you get to the parking lot.
- Park with your wheels turned towards the curb.
- Back into your driveway if you have a rear-wheel drive or four-wheel drive vehicle.

- Never leave valuables where they can be seen and remove portable items.
- Engrave expensive accessories – join Operation Identification.
- Join the STOP THIEF program sponsored by AMA.
- Drop business cards, address labels, or other ID inside vehicle doors.
- Activate your vehicle's security system.

Parking Enforcement

NAIT Parking Services maintains the institute's parking facilities and endeavours to provide as many parking spaces and services for staff, student and visitor use. Because of the demand for parking space on campus, it is necessary to have a significant level of parking enforcement on campus in order to protect the interests of paying permit holders. Campus Security Services is responsible for providing parking enforcement and has the authority to issue the City of Edmonton bylaw tickets.

When the deterrent value of parking signs, yellow curbs and parking violation tickets is not sufficient to serve the interests of NAIT regarding safety, emergency services, the rights of other parkers or key personnel essential to the function of NAIT, tow-away action may be implemented. Vehicles illegally parked at NAIT

may be tagged and/or towed at the owner's expense.

City of Edmonton bylaw tickets

Within 15 days of receiving a bylaw ticket, a final notice is mailed to the registered owner of the vehicle if the voluntary payment is not made by the due date.

After 45 days, a violation ticket is created for processing. This ticket will have the required court appearance date printed on it. Failure to attend court may result in a "conviction in absence." Please be aware that additional penalties and a motor vehicle services denial may be put into effect until all fines and penalties are paid.

If you wish to appeal a bylaw ticket, you must contact the Bylaw Ticket Administration office. Violations may be appealed within 15 calendar days from the date that the ticket was issued by writing a letter of explanation and appeal to the address listed below:

Bylaw Ticket Administration
2nd floor, Chancery Hall
9930-102A Avenue NW
Phone: 780-496-5161
Fax: 780-496-5352

Hours of Operation: Monday-Friday, 8:30 a.m. - 4:30 p.m.

For more information regarding parking

and parking enforcement, please visit www.nait.ca/security and click on Parking.

If you have information about a crime, contact NAIT 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.

Visit our website for more tips and information: www.nait.ca/security.



THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Sept. 20-26

(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)

Find a way to bust out of familiar territory. Step outside of yourself and interact with someone you wouldn't on a regular day.

Libra (Sept. 23-Oct. 22)

Don't let anyone give you grief. Speak up!

Scorpio (Oct. 23-Nov. 21)

Your enthusiasm could get the better of you. Look before you jump or you will very likely fall flat on your face.

Sagittarius (Nov. 22-Dec. 21)

You have worked hard enough lately. Put the engine to neutral and let yourself coast this week.

Capricorn (Dec. 22-Jan. 19)

Your mind is ready for new information. You may finally solve a problem that has been nagging you for weeks.

Aquarius (Jan. 20-Feb. 18)

There is positive energy around you and even the small things will be going your way.

Pisces (Feb. 19-March 20)

This week brings possibility for change, excitement and even heated-up romance.

Aries (March 21-April 19)

This week calls for a special treat, something just for you to get you in a happy motivated place.

Taurus (April 20-May 20)

You appreciate the beauty of clouds, but you don't appreciate being within one at the start of the week. How are you supposed to see where you are going?

Gemini (May 21-June 21)

The details of this week will be overwhelming unless you do something healthy for your mind and body to blow off steam.

Cancer (June 22-July 22)

Don't hold back this week. Follow the urge to let other know how you are feeling.

Leo (July 23-Aug. 22)

With everything on your mind this week expect to be unusually introverted.

THE NUGGET PRESENTS:

Dr. CONwisDOM



CODY MALBEUF AKA Dr. CONwisDOM

Dear Dr. CONwisDOM

I already paid my tuition for my program at NAIT but I'm already sick of my TV program. Instead of going to class I just keep going to other classes and bothering the people there. How do I get my interest in my class back? Alternative question: How do I get the teachers of other classes to stop kicking me out of the room?

—Sincerely, Trolling fanatic the fourth

Dear Trolling Fanatic the fourth

I can't even get the teachers of my classes to stop kicking me out, so no way can I persuade the ones whose classes you're not attending. If you want to get the motivation to start going to class, look at your bank account. The missing \$2,600 should be all the motivation you need. If you still insist on losing money and getting nothing for it, writing these articles isn't quite enough for rent.

Dear Dr. CONwisDOM

I want to write a thank you letter to my mom for the birthday present she gave me, but my bed is so comfortable and my computer is all the way downstairs. How do I get out of writing the letter so I can sleep in today?

—Sincerely, Computers are for porn, why aren't they in bed?

Dear Computers are for porn, why aren't they in bed?

I'm going to skip over the fact that you had to get up to write this. It's like you punched me in the face with irony. Either way you are the kind of person who mourns the fact that McDonalds doesn't deliver. Just write the thank you card instead of writing to me. That way you'll get presents next year instead of sarcastic responses.

Dear Dr. CONwisDOM

My roommate ate a piece of my hot dog. This would be fine but he didn't take any bun. I was sitting there with an uneven bun to hot dog ratio like an idiot. My meal was ruined. How do I retaliate against him for this crime?

—Sincerely, Anal with hot dogs

Dear Anal with hot dogs

Kill him. Did you look up surprised when you read that? If so, good job, you're not a lunatic. Thievery of hot dogs is not something that requires retaliation ... unless next time they take two bites. Then all bets are off and take that &#*@ down.

Dear Dr. CONwisDOM

I just bought Netflix but now my Xbox won't sync it with my TV. How do I fix it so I can watch movies? I pay \$20 a month, I should be able to watch what I want.

—Sincerely, Chad Bennet

Dear Mr. Chad

What's your favourite episode of *Three's Company*? If your answer is the one that always had a misunderstanding, then you've watched as many episodes of *Three's Company* as you've read my articles. Not only is this an advice column for emotional problems, it is written by a man who couldn't figure out how to set up a Facebook account so his mom did it for him.

Please write in again when your loneliness consumes you.

...

Do you have any personal questions that you want to have answered by the good doc-

tor? Just send an e-mail with your concerns to conwisdom@nait.ca or submit them online to www.thenuggetonline.com and your sex doctor will have your "prescription" ready for you the following week!

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

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

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. Cost is approximately \$15/hour.

NAIT STUDENT COUNSELLING

Room W111-PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ab.ca/counselling

Improving your self-esteem



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

People with high self-esteem have positive yet realistic views of themselves. They trust their own abilities, have a general sense of control in their lives and believe that they will be able to meet most of their goals.

High self-esteem means accepting yourself for who you are, and not depending excessively on the approval of others in order to feel good about yourself. People with high self-esteem take reasonable risks and do not feel they have to conform to the expectations of others. Typically people have areas where they feel confident (such as academics or social relationships) and areas where their self-esteem is not as high (for example, personal appearance or athletics).

Lack of self-esteem is not usually related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. We usually carry the messages we have learned as children

into our adult lives. The good news is that you can improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Here are some strategies for enhancing your self-esteem:

Identify your self-defeating thought patterns and work towards changing them.

- All or nothing thinking. "I am a total failure when my performance is not perfect".
- Magnification of negative/minimization of positive. Examples include when you expect that things will always go wrong, when you let a single negative detail, piece of criticism or comment colour your whole day or when you don't emphasize good things nearly as much as bad ones: "She didn't say hi to me so nobody likes me." "I got five As but the one C really shows my abilities".

- Jumping to conclusions. Concluding things are bad without any definite evidence.

- Emotional reasoning. "I feel ugly/stupid/unpopular so it must be true".

- Overemphasis on "should" statements. "Shoulds" distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. "Should" statements are often perfectionistic and reflective of others' expectations rather than our own. For example "I should be getting straight As".

- Labelling. It is much more affirming to say "I made a mistake and I can learn from that," rather than "I am a loser and it is all my fault."

- Difficulty accepting compliments. "You like this outfit? I think it makes me look fat."

Use positive self talk. Healthy self esteem is built the same way as low self esteem – by the messages you give yourself. If you keep putting yourself down or beating yourself up

for past mistakes you will only lower your self-esteem further. When you notice that you are doubting or judging yourself tell yourself "stop" and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

Emphasize your strengths. Give yourself credit for everything you try. By focusing on what you can do, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with them. People with low self-esteem generally focus on weaknesses and perceived failures and negate strengths and successes. If you find it difficult to identify strengths ask others what they would say your strengths are.

Develop your skills. Learn and practise the skills that you feel you are lacking and that would add value to your life.

Set realistic goals. Establish goals on the basis of what you can realistically achieve. Look for projects that stretch – but don't overwhelm – your abilities. Break your goals down into small steps and then work towards completing each step. To strive for perfectionistic absolute goals such as "Anything less than an A in school is unacceptable," sets you up for stress and feelings of failure.

Take risks. Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process; don't be disappointed if you don't do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of

self-acceptance.

Be assertive. This means looking after your own needs while being respectful of the needs of others. Look for experiences that really fulfill you – not things that only give immediately gratification.

Make decisions and take action. Trust yourself to make good decisions and to deal with the consequences. Procrastination lowers self-esteem so get to work right away on important projects and goals.

Love yourself. Spend some time pampering yourself and treating yourself like your own best friend. Stop comparing yourself with others and accept yourself for who you are. Loving yourself may mean letting go of the past, of unhealthy relationships, of anger you are holding onto, of anything that is holding you back from reaching your full potential.

Use available resources. There are many books, seminars and audio-visual materials to enhance self-esteem. *Ten Days to Self-Esteem* by Dr. David Burns is a good book to start with.

There is only one person who can really improve your self-esteem – you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours.

"Today is yours to make it whatever you want it to be"
– H. Johnson

If you would like further assistance enhancing your self-esteem or dealing with other academic, career or personal concerns, contact NAIT Student Counselling, Room W111-PB in the HP Centre; phone 780-378-6133 to book an appointment with a counsellor.

Laughing all the way to the bank

By RIANNE McDONALD-ZWICKER

Yuk Yuk's Comedy Club is the largest chain of comedy clubs in North America. Who would have thought the founder came from an English literature background?

Mark Breslin graduated from York University with his B.A. in English Literature. It was the period after graduating that inspired him to open up a comedy club.

After York, he got a job as director of theatre and music for Harbourfront Corporation, where he met everyone from actors to musicians and comedians.

"When I met the comics and started writing their comedy night, I just fell in love with comedy," said Breslin.

After leaving Harbourfront, Breslin opened up his first comedy show in the basement of a community centre.

Now, he is a Canadian entrepreneur that owns Yuk Yuk's around North America and has written three books, his latest being an autobiography titled *Control Freaked*. It wasn't smooth sailing getting to where he is today.

"Finding the money is still the hardest part, and I have to say any problem that an entrepreneur has that is constant across the board is under-capitalization," he said.

"There was a point that I was thinking about a merger with another business, a bigger business or selling it to someone else."

But some advice from a lawyer, telling him to never sell Yuk Yuk's, helped him decide against the idea.

"He is right," said Breslin.

"If I had done that they would have forced me out of the business in two years. It's always what happens when an

entrepreneur sells to a bigger company."

With acts like Jim Carrey coming out of Yuk Yuk's, Breslin believes authenticity is a big part of what makes Yuk Yuk's so popular. It has uncensored comedy acts that cut deeper than other shows.

"You are coming for a good time, but we like people to take away something when they leave," Breslin said.

"When you listen to stand-up comics that we book, they give you something extra ... they give you something to feel, that's what separates us from the pack."

He believes he has been successful because he's a match for the industry. If he had picked something other than comedy it wouldn't have matched his personality. His advice to young entrepreneurs is to pick the business that suits their personalities.

"So many entrepreneurs pick business that make no sense for those people," he said.

Breslin describes his own personality as one that is slightly defiant.

"I was very, very lucky that I picked comedy to get into because it's just my personality which is a grand anti-establishment and kind

of vaguely confrontational. I want excitement all the time," he said.

"Everybody is unique and everybody should find their own vision that is true to themselves, and if you do that you are ahead of the game right from the start."

Breslin describes entrepreneurship as an extreme sport and should be played as such.

"Sure I could talk about profitability and I could talk about the independence that you have as an entrepreneur, but to me it's all about the fun and you can't say that if you work

in a bank," said Breslin.

Mark Breslin is coming to Edmonton to talk about his adventures in getting where he is today at MacEwan University on Sept. 25 at 4:30 p.m.



Mark Breslin

humberetc.com

THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

Last Band Standing postponed

By CONNOR CORSARO

NAIT's Welcome Week has suffered quite the blow this year. However, the cancellation of a few events has not dampened the spirits of the NAITSA staff.

"We knew the Last Band Standing event was a long shot from the get go, many bands just didn't have enough time to prepare an event that took place so quick into the year," said NAITSA Director of Campus Culture, Jen Grundke, who wasn't discouraged that not one band had signed up for the event that was supposed to take place on the Sept. 7.

"This event has lasted up to three nights before so we know it can be successful," Grundke said. "Normally it is held in the second semester anyways, allowing bands to have more time to prepare."

The Last Band Standing event will now take place on March 15 instead, around the same time it was last year.

"The goal with booking it so early was that we wanted to get some bands interested in booking gigs at the newly renovated Nest, spread some awareness about the venue and how good it was to play at," said Grundke. "There was really no loss in doing it the way we did."

Although disappointed about the Nest Fest cancellation, the Pirate Party cancellation and the cancellation of Last Band Standing, other events have gone quite well.

The ball

hockey tournament went well, even though only six teams registered and played, and the Speed Dating was a major success even though female students weren't as enthusiastic about the event. NAITSA is also encouraging people to join the Frosh Leaders this year.

"We have a lot of leaders this year," Grundke said. "There are a lot of enthusiastic firsts and the seconds who did it last year are coming back, too."

Nest Fest's cancellation is still being assessed.

"I think that there was a combination of things that caused Nest Fest to get cancelled. One was that people just weren't interested. The other was that this is still quite early in the year, people are busy and still trying to get organized in their classes," admits Grundke.

"The expectation for the year is that people will start going to more events around campus as time progresses and people get more comfortable in their schedules."

Anyone who wants to participate or has an idea for an event should get in contact with Grundke through email at jgrundke@nait.ca or via the NAITSA office.

Registration for the Last Band Standing's new date has already begun. Giving bands months of preparation time to get a set ready

for what NAITSA hopes will be a major event in the next semester. Only one member of registering bands needs to be a NAIT student.

Other events planned include the Shinerama fundraiser for cystic fibrosis, and the How To Mixology session which was a huge success last year.



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nait.ca/familycampaign



HOT SINGLE OF THE WEEK



Photo by Justin McLeod

Carly Krause, 19 Business

Carly works as a server at a bar and just got a tattoo that says "Live for today, hope for tomorrow."

Favourite type of food: Italian.

Hobbies: Travelling, camping, partying with friends.

Favourite Music: Country, Top-40.

Turn-Ons: Good hair, stylish clothes, bad boys, tattoos, good sense of humour, fitness.

Turn-Offs: Unhygienic, arrogance.

Idea of a Perfect Date: Relaxing by the lake watching the sun set.

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

Fresh Express

CAMPUS FOOD REVIEW

By ADAM BRILZ

I've found the Fresh Express a nice place to eat. I've spent quite a few lunches (and a few more dollars) eating meals prepared by the culinary students at NAIT.

With the menu bringing in a few more items from the Common Market, my eye was drawn to the hot crunch sandwich. I had it once before, but the Common Market is a long trek from the V-Building, so I took a chance to see how this spicy chicken burger tastes when prepared by the chefs-to-be in the Fresh Express.

Even the wasps were attracted to the aroma coming from my meal as I headed outside!

The sandwich consists of three chicken fingers dipped in a hot sauce, topped with some mayo, lettuce, and tomato. You can have a choice of salad or fries with the chicken sandwich, so I took the choice of fries beside the heat-packing chicken fingers.

To start off, the fries did a decent job accommodating the hot crunch sandwich. If anything, the fries needed a little bit of season-

ing, but I was content with the hot sauce that basically served as a dipping sauce.

Then came the hot crunch sandwich. Before I continue, if you can't handle spicy food, this may not be your meal. I enjoy the occasional spicy sauce at a taco shop, but this sandwich really gives a kick to your taste buds.

The first bite was a strong mix of hot sauce, chicken and tomato. As I was just starting to savour the taste, I realized that the mayo and hot sauce were dripping on my hand.

The rest of the meal was pretty good, and for seven bucks I was fine with it. My only concern was the amount of mayo packed inside. It was all to one side, so a huge heap of mayonnaise was at one end while the other side had none whatsoever.

Overall, I would have to give the hot crunch sandwich a 3 out of 5. It has the potential to be a five-star meal for a college student's stomach, but all it really needed was a little less mayo and to be a few pennies cheaper. Oh, and definitely grab a few napkins!

Crispy apple muffins

RECIPE

By TAYLOR JACKSON

Let's face it, even if it's just the beginning of the school year we have already started looking for reasons not to study and do homework.

Well, I have the perfect procrastination recipe for you! Students, meet the delicious muffins that take just the right amount of time so you can take a good break from studying. These muffins are amazingly crispy and great for apple lovers, and of course ready to serve to all of your friends.

Ingredients:

1/4 cup shortening
1/2 cup sugar
1 egg

1 1/2 cup flour
1 cup chopped apples
1/2 cup nuts
1/2 teaspoon salt
3 teaspoons baking powder
1/2 teaspoon cinnamon
1/2 cup milk
1/2 cup brown sugar

Method:

Cream shortening and sugar. Add egg and beat. Add dry ingredients alternately with milk. Fold in apples and place in greased tins. Sprinkle mixture of brown sugar, nuts and 1/2 teaspoon cinnamon on top. Bake in oven at 375 for 20-25 minutes.

Makes 20 muffins.

Smoked meat on stage

By ADAM AVRASHI
CUP Arts Bureau Chief

MONTREAL (CUP) — "Smoked meat: Can you write a play about it?"

That's what everyone in Montreal has been asking themselves for the past week while scratching their heads. It also happens to be the opening remarks in *Schwartz's: The Musical*.

Schwartz's is one of the most famous eateries in Montreal, world renowned for its smoked meat sandwiches. Smoked meat is one of the city's glutinous staples — along with poutine — but this past week it was brought to a whole new level of reverence as the sandwich made its way to centre stage.

"A lot of people were skeptical at first," said Holly Gauthier-Frankel, one of actresses in the show. "People don't know what to make of it, but it's one of those things you have to see to really get."

Schwartz's has been a local hotspot since it opened in 1928. The Hebrew delicatessen is known for serving smoked meat on rye with a bit of mustard, and a pickle and coleslaw on the side. The no frills restaurant is always crammed full, so much so that patrons are usually seated at tables with com-

plete strangers.

With such a rich history, and enough kooky customers to draw inspiration, no wonder the delicatessen was chosen as the subject for a full-fledged musical, reportedly costing nearly a quarter of a million dollars to produce.

The musical is loosely based on a series of short stories written by local newspaper columnist Bill Brownstein, who had been frequenting the delicatessen since the age of five.

The short stories were then adapted by musical-comedy duo Bowser and Blue, who wrote 18 original songs, mostly dealing with smoked meat, Montreal living and the city's everlasting competition with Toronto.

The plot of the show is as simple as they come. A business woman from Toronto is looking to buy the popular Schwartz's, hoping to make a nice turnover when she turns the joint into a Canada-wide franchise. But before finding out the secret to the delicious meat, she succumbs to the charm of the greasy spoon and its patrons. Not to mention a bit of a love connection with the head waiter.

There is talk that a cast album is potentially in the works.



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