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



Photo by Chad Steeves

FLYING HIGH

Reilly Horan, a student in Construction Engineering Technology, gets some serious air recently during practice at a jump he built near Sherwood Park.

STUDENT A 'SIZZLER'

NAIT's Ashley
Callingbull a top 20
under 30, story Page 2

INSIDE:

COMICS: Page 25

CONwisDOM: Page 23

Crossword: Page 20

Entertainment: Pages 14-26

Editorial: Page 5

Horoscopes: Page 23

Hot Single: Page 26

News & Features: Pages 2-4

Sports: Pages 6-11

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NEWS & FEATURES

Magazine makes choice

By DARTANION JOHNSON

Edmontonians Magazine is one of the best resources to find out what is going on in our city of champions. They focus on making Edmonton a hot spot with their insight into business issues, business people, and the social scene.

The most recent issue features the Sizzling Twenty Under Thirty. The Sizzlers are young adults who are known for their entrepreneurship, talents, and charitable endeavours. They were nominated by their friends, associates, or by people within their community.

Over the past 10 years, more than 220 trend-making young adults have been honoured with the elite title of Sizzlers. This year's group includes a marketing co-ordinator, a chef and a dancer, to name a few.

This month's cover girl is NAIT's own Sizzler, Ashley Callingbull.

"My family, friends, people from the community and a lot of aboriginal people from Canada, they were really proud," says Callingbull about the support she has received.

Callingbull, who is also a *Nugget* contributor, sees the title of Sizzler as not only another achievement but also another platform from which her voice can be heard.

According to the *Edmontonians*, Callingbull started her career as a model in a commercial for The Bay, and expanded her acting through a mini-series and doing voice-over work for cartoons. She currently appears in *Blackstone*, a television show that appears on APTN.

On top of her acting, Callingbull was second-runner up in Miss Universe Canada 2010, a first for a Cree First-Nations woman.

Ashley will be attending the Sizzlers Gala in a LUXX dress by local Edmonton designer Derek Jagodzinsky. The event is for all twenty Sizzlers to be recognized and awarded.

"Getting honoured in front of my family is pretty exciting," says Callingbull. "I get to meet the other sizzlers...I'm really looking forward to it."

Not only are all the Sizzlers introduced to each other, but they are also exposed to hundreds of businesses and sponsors at this event. Look for the winter issue of *Edmontonians Magazine* for the whole story on the Sizzler Party.

Edmontonians Magazine's next event is, "Opening Doors for Autism," on Sept. 28, a fundraiser, which includes a dinner and an auction, supports families that have loved ones with autism. Tickets are \$175 a person.

For more information on this event or to read the current issue of *Edmontonians Magazine* visit: www.edmontonians.com

Nominations for the next year's Top 20 Sizzlers Under 30 are now being accepted. There is a diverse set of criteria for what makes a Sizzler.

Only 10 men and 10 women will be chosen. Self-submissions are welcome.

Deadline for submissions is May 31, 2013, so get out there! Start trendsetting, volunteering, working hard, and make a name for yourself!



Ashley Callingbull



NAIT RTA student Ashley Callingbull on the cover of *Edmontonians Magazine*.

A great Albertan is gone



Peter Lougheed
1928-2012

By JOSHUA YAWORSKI

Throughout the course of history, great figures step forward to take on the mantle of the country they love and vigorously propel it into the halls of greatness. These people are those who inspire us, embolden us, and teach us the meaning of leadership.

On Sept. 13, Alberta lost one of arguably the greatest men it has ever known when the Honourable Peter Lougheed passed on in the Calgary hospital named for him.

Known for his devotion to his province and his family, Lougheed leaves behind his wife Jeanne, and children Stephen, Andrea, Pamela and Joseph and a province of 3,645,257 who wake up in his dream every single day.

Born July 26, 1928, in Calgary, his political ambitions showed early when he founded Calgary Collegiate Institute's students union and went on to lead it.

At the University of Alberta, Lougheed

played for the Golden Bears and, for two seasons, the Edmonton Eskimos, all while earning a Bachelor of Arts (1950) and a Bachelor of Law (1952). He also served as president of the students' union (1951-1952) and edited the sports section of the campus newspaper, *The Gateway*. He married Jeanne in 1952, whom he met U of A.

Harvard beckoned next, where Peter earned a Masters of Business Administration (1954). By the early '60s he was operating his own law firm. But it wasn't long before politics called him.

With his conservative ideology, he would have easily fit in as a Conservative MP for Alberta, but he chose instead to join the provincial Progressive Conservatives, a party that held no seats in the Legislative Assembly at the time.

The Social Credit party had been in control since 1935, and was quite popular with the farming community, but Lougheed knew Alberta's potential and saw the stagnation

within the oil sector under Social Credit rule, so he began working towards leading the province.

Without any real political background, he became the leader of the Conservatives in 1965 and had a seat in the Legislature by 1967. He became premier in 1971, a post he held for 14 years.

Those years were some of the most productive years Alberta has seen from a premier. For a decade, developmental growth within the province exploded, while Lougheed fought with the charismatic Prime Minister Pierre Trudeau, pushing back Trudeau's attempts to control Alberta's natural resources.

In 1976, Lougheed used some of the province's natural resource revenue to create the Alberta Heritage Savings Trust Fund which supports funding for things like health care and research.

Peter Lougheed was exactly the man Alberta needed, and we owe him a great debt for stepping up and fighting for his home.



Photo by Tyler Frith

Shinerama volunteers were treated to a pancake breakfast Saturday Sept. 22. About 65 volunteers showed up at the event, which raised \$3,000 for Cystic Fibrosis research.

NAIT shines again!



Photo by Katerina Kotsaftis

Faren Hochman and Ari Sniderman before participating in the Shinerama fun run at Louise McKinney Park.

By EFFY AAT-MENSAH

Students, grabbed a shirt and lined up for pancakes as they got ready for a full day. It was almost too early on a Saturday morning but there was laughter. Out of the corner of my eye I saw the cheerful OOK dancing Gangnam Style.

A little boy named Carter and his mom came in to talk about what a normal day for her son looks like. Carter gets up at 6 a.m. every day to do his physiotherapy treatments before school. In the last year, he has taken 12,775 pills and has spent 680 hours (25 days) in treatments, not including doctor's appointments or extra treatments. After listening to his heart-felt story, the volunteers found the motivation to get up and go.

They left the school at 10 a.m. to go to their different locations. There are three locations that the car washes are being held at; the Mac's on the corner of 167 Avenue and 91 Street, The Ranch (South Side) and the NAIT Patricia Campus. So when the *Nugget* asked, "What got you to come out today?" Here's what students had to say:

Sometimes you want to help out but you just need that little push to do it. My business class wants us to do some volunteering so I thought this would be good.

Nicole Ribnick
Business student

I had never volunteered before and I used to work at a car wash in Mexico so I thought that I would come lend a hand.

David Gonzalez
Nanotechnology student

I volunteered last year and I had a blast. It is a great way to meet people and the people I met in my class last year got so much closer.

Cameron Wood
Second year Respiratory Therapy

I didn't know what Shinerama was about when I went to school here last year, but I read an article about it somewhere and decided to get on board. From now I'm going to try and come support this cause every year.

Jason Greiner
Former NAIT student

I'm in Respiratory Therapy so I wanted to support the cause and wanted to learn a bit more before we learn more about the issue next semester.

Kayla Wood
Respiratory Therapy

By 1 p.m., the south side had over 30 customers and the owner of the Mac's on 167 Avenue and 91 Street commented on the event.

"I'm more than happy to help in any way that I can," he said.

"I love feeling like a part of the community and next year I'm willing to put on a BBQ and possible car show to help promote the event again."

All-in-all, it was a great day to be outside and it was a nice bonus to get a bit of a tan and meet some cool people, all while supporting a good cause.



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Claire Theobald
studenteditor@nait.ca

Issues Editor

Pending
issues@nait.ca

Assistant Issues Editor

David Adomako-Ansah
issues@nait.ca

Sports Editor

Evan Degenhardt
sports@nait.ca

Assistant Sports Editor

Pending
sports@nait.ca

Entertainment Editor

Anika Nottveit
entertain@nait.ca

Assist. Entertainment Editor

Mike Jones
entertain@nait.ca

Photo Editor

Chad Steeves
photo@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

For advertising, call 471-8866
or e-mail: fmackay@nait.ca

Submissions encouraged: studenteditor@nait.ca

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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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.

Canada buckles on asbestos

By CRAIG SEPHTON
and CLAIRE THEOBALD

Chances are you are already well aware of the dangers of asbestos, especially if mishandled or disturbed.

As of Sept. 24, Canada has officially added chrysotile asbestos as a dangerous substance on the dangerous materials list under the UN’s Rotterdam Convention on exports of hazardous materials.

Economic ramifications

Although the inherent safety was already considered by many who deal with these materials as common knowledge, the classification was delayed because of the economic ramifications that the reclassification could have on Canadian communities that mine the substance.

In Asbestos, Que., the town’s main source of revenue stemmed from asbestos mining operations and the income received from shipping the substance overseas to third-world countries where the material is still used.

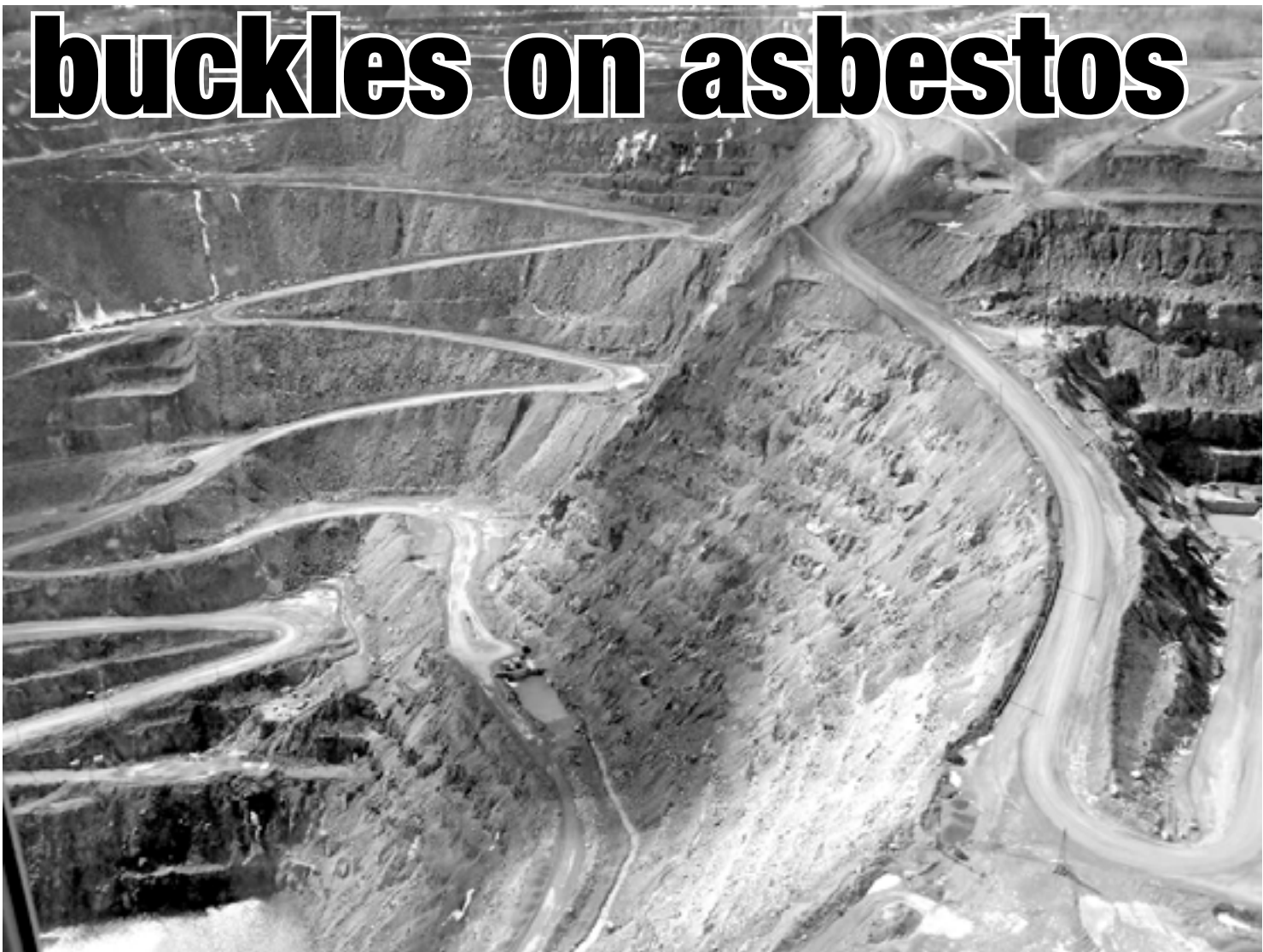
To keep the multi-million-dollar asbestos industry afloat and in the interest of preserving hundreds of jobs, the Canadian government resisted having asbestos added to the list of dangerous materials. That is, until now.

‘Moral obligation’

“Canada has a moral obligation, backed by well-grounded evidence, to close down this [industry] and stop exporting a potentially hazardous material to countries that are ill-equipped to protect the health of workers who handle asbestos fibres,” said Erica Di Ruggiero, chair of the Canadian Public Health Association (CPHA).

There are an estimated 100,000 deaths every year worldwide from work-related asbestos exposure, which has been linked to lung cancer and other lung diseases.

Since the mid-to-late 1980s, when the ill effects of asbestos became more common



Jeffrey Mine in Asbestos, Que.

knowledge, there have been licensed contractors and programs for the removal and abatement of asbestos.

“To have a licensed contractor come in to take care of asbestos is expensive but most of the cost goes towards getting rid of the substance in an eco-friendly way,” says a senior building operator in Edmonton.

At NAIT there are buildings that were built pre-1980s, when asbestos was largely used in the construction of buildings. However, Brenda Binette, supervisor for safety with NAIT’s

Occupational Health and Safety, explains that a system to control asbestos has been put into place since then.

“NAIT has an asbestos control program that monitors the condition of asbestos-containing materials (ACM) in NAIT-owned buildings built prior to 1985,” says Binette.

“The asbestos containing materials that may be disturbed are removed prior to any repairs or renovations to these buildings. Newer buildings were constructed using no asbestos containing materials.”

Although asbestos is controlled on Canadian soil, in many other countries asbestos is still imported and used. Canada has sacrificed its obligations to the world of trade to ensure its moral duties to protect people from further unnecessary harm because of mishandled asbestos.

So with Canada no longer against the introduction of asbestos onto the list of dangerous materials under the UN’s Rotterdam Convention on exports of hazardous materials, we can all sleep a little easier.

asbestosfacts.ca

Women in Technology and Trades presents:

“Know Your History-Shape Your Future” Seminar in celebration of Women’s History Month on Saturday, Oct. 13.

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

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

This is a seminar for anyone interested in preparing for their future in technology and trades.

The seminar will encourage positive growth and support for women in non-traditional roles.

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

Registration is required.



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

OPINION

— Editorial —

Using charity as a crutch



CLAIRE THEOBALD
Editor-In-Chief

Every time you turn around there seems to be another phone call, knock at the door, e-mail, pamphlet, television commercial or radio spot with somebody begging you for contributions for their charity.

No matter how much you give, there always seems to be another hand out asking for your change.

Before I continue, I want to make it clear I am not anti-charity. In fact, I'm a sucker for the images of the starving African child with outstretched hands begging me for my dollar-a-day, with promises that my pennies toward research will make the difference between finding a cure and dooming the diagnosed. But when is enough enough?

Dollar a day

"For just a dollar a day, you could save a child's life."

Let's start there.

According to statistics posted by the Childhood Poverty Research and Policy Centre, over 600 million children worldwide live in absolute poverty. Let's just say \$600 million total to simplify the math (I am, after all, a writer).

One dollar a day amounts to \$365 a year for each needy child.

That means, in order to save every starving child, we would have to come up with \$2,190,000,000 every year. Let's, for the sake of argument, round that puppy to \$2 billion.

According to Statistics Canada, Canadians alone donated over \$10.6 billion dollars to charity in 2010 (the most recent data available), a number similar to that recorded in 2007.

If only 20 per cent of those donations went to feed starving children, Canada alone could have technically fed every starving child for a year.

Why then, do I still flinch when I hear Sarah McLachlan's "Arms of the Angels," knowing I will be accosted by images of babies I have indirectly neglected?

Because, my dears, money doesn't buy happiness. At least, not on an individual level.

Money just a bandage

If money was all that was needed to solve the world's problems, we would have done it by now. The problem is a fundamental lack of effort on the macro level (aka governments and large-scale corporations) to work to create solutions.

Money is a bandage, but our world's festering sores need surgery.

I once spoke with a woman at a screening of the Christopher Richardson documentary *Where's My Goat?* who regaled me of her experiences while working as a nurse in Africa.

She brought up an interesting point when asked about the value of educating African children that has stuck with me to this day.

She said although the education does benefit the children in a larger sense, after they graduate they still have nowhere to go. There are still no jobs for them, so they still cannot escape the cycle of poverty.

As well, schools and orphanages constructed by the well-meaning sit empty and degrading, left to rot because of a lack

of ongoing funding and support.

To see the crisis first-hand, you don't even have to travel.

Edmonton's Food Bank serves 15,000 people per month, and 40 per cent of their clients are children.

Those using their services are more often than not working families who, because of minimum wage levels that are grossly disproportionate to the cost of living, cannot afford to keep a roof over their heads and food on the table.

In a count conducted by the city of Edmonton, there were 3,079 homeless people in Edmonton left to wander the streets.

A staggeringly large proportion of these people struggle with crippling addictions and mental health issues, but because of a lack of programming and safe and affordable housing options, these people are abandoned, left to live like animals in the capital city of the richest province in Canada.

What if these charities were to aim their guns at governments rather than nickel and diming citizens to fund stopgap measures?

What if we focused, instead of treating the symptoms of the social issues that plague our planet, on finding real and lasting cures?

Instead of buying supplies for Africa, why can't we focus on developing infrastructure that is sustainable so their economy can recover from the inside out?

What if our dollar a day went to buying farming equipment to increase the productivity of farms, or to pay the salary of out of

work African people to build and run their own schools and medical facilities?

What if, instead of sending people to the food bank when their cheques can't cover the basic necessities, we lobbied our government to increase the minimum wage for adults to something they can actually survive on?

What if, instead of funding revolving door shelters, we focus on providing real support for those with mental health issues and programming to help those struggling to break the chains of their addictions?

What if, instead of giving a man a fish, we teach him to catch it himself?

I'm not by any means saying stop giving to charities, or that charitable organizations are doing anything wrong.

If we stop using charity as a crutch, then maybe we would feel the true weight of our society's inadequacies and finally see the need to push for lasting solutions.

Take on my challenge. For every dollar you donate, tell your government about it. Let them feel the weight the average citizen has had to carry on their behalf.

E-mail your MLA, call your MP, send a letter to anyone you can think of, make it known that every extra dollar you spend out of pocket for social change is to make up for a dollar they aren't spending.



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Trust us on that. Write us.

SPORTS

Special people, special game



EVAN DEGENHARDT
Sports Editor

Sometimes life presents you with an opportunity.

It's how a person seizes these moments and makes the best out of the situation that truly defines a person's life. For some reason, one of these "moments" presented itself to me on an ordinary Tuesday night.

Being the sports editor at a school newspaper has some stipulations. First of all, you have to have some knowledge of sport.

You don't have to be an expert but you only have to have the desire and passion to adapt and explore the world of sports. Secondly, you have to be completely open minded to any sort of idea that could better yourself and the paper in the process.

All of this really began with one individual being introduced into my life. His name is Brad Bartko.

I met Mr. Bartko about eight months ago when he was accepted into the Radio Broadcasting Program here at NAIT. I could tell right away that this was a man with a sense of determination and passion that I had not seen before. He was at NAIT to realize his dream of becoming a professional sports broadcaster and nothing or no one was going to stand in the way of him achieving this goal.

I should also mention that Brad has cerebral palsy and requires the help of a wheelchair for his mobility. Now if you think for one second that his condition hinders Brad in any way, you would be dead wrong. Brad's a fighter, and nothing will ever change the spirit that this man possesses.

As we got to know each other, Brad and I began to share our love of broadcasting and our love for sports.

Towards the end of last semester, right before summer started, Brad began telling me about this sport that he had been playing since he was a young kid. It was called sledge hockey and it enables people who have limited mobility to take to the ice and experience a sport similar to stand-up hockey.

As a guy who loves to try new things, especially if it involves learning a new sport, my interest was immediately piqued! But unfortunately for me, Brad's season was basically winding down.

Our semester ended and Brad and I went our separate ways for four months, but my interest in the sport of sledge hockey was only growing. Those four months of summer flew by in a blur and before I knew it, I was running into Brad's smiling face again in the hallways at NAIT.

Too eager

He mentioned that his sledge hockey team was starting up again and his team's first practice was that night at 7:45 p.m. He also mentioned that they were pretty short on guys and that I should come test my mettle against him and his team. Who knows, you might like it, was the last thing Brad said to me before I stepped back into class.

Too eager, I arrived at the rink at 7 p.m.

As soon as I opened that locker door, for some reason I felt like I was exactly where I was meant to be at that exact moment in my life. It was pretty powerful stuff.

Before me were a handful of smiling faces, some in wheelchairs, some sporting crutches to help with their mobility and some being helped by their parents or friends because they couldn't physically put the equipment on themselves.

The locker door closed behind me and everyone looked up at me. Little did I know I was about to become a part of one of the most humbling experiences of my life.

Sense of kindness

No matter how affected their mobility was, every single player came up and personally introduced themselves to me. There was an overwhelming sense of kindness in the room.

I've been on many sports teams in my life, but the way that this group of people accepted me onto their team was unlike anything I had ever experienced before.

Everyone stopped what they were doing and pitched in to help me get my makeshift equipment together so that I would be good to go once the Zamboni was off the ice.

Teammates who had more mobility helped the other teammates onto the ice and we all got strapped in. I could feel the nervous energy in my body building up. I was about to test myself out in a way that I had never experienced before. I have to say, that feeling is a damn good one.

Practice started and I learned some of the basics from one of the coaches. Once I felt fairly comfortable with my abilities, I joined the rest of the team in a few drills.

Cheering me on

We started skating circles and I let everyone else go ahead of me. I'll never forget what happened next.

As I was coming around the last circle I looked up into the corner of the rink and saw the entire team waiting for me. They were all screaming and cheering and banging their sticks onto the ice, cheering me on as I rounded my last corner of the drill.

The moment was enough to take a guy's breath away. These people had only just met me and here they were urging and cheering me to the finish.

I can't really put into words the emotions that I was feeling as we finished the rest of the practice and I took my sledge off, but I definitely knew that I would be back again next Tuesday to try it all again.

As one of the players wheeled himself out of the locker room, I noticed a quote on the back of his sweater.

"Hockey is hockey, no matter how you view it."



NAIT RTA student Brad Bartko

Photo by Evan Degenhardt

SOCCER

NAIT gets a kick from soccer

By KEVIN MARTIN

You can only be humble for so long.

NAIT has the best male soccer team in Alberta. It's time to pat ourselves on the back and enjoy this dominating success. However, the great thing about athletes is that they're never happy with past success.

Not focusing on past wins, but only on the next game is a mentality that the male soccer team has developed. It seems to be working as the two-time defending ACAC Champions and are off to another great start this year.

They were an impressive 3-0 heading into a double header this past weekend with two away games on the slate.

The King's University Eagles welcomed the undefeated NAIT on Friday afternoon. ACAC soccer fans were in agreement that this match was one-sided.

The Eagles were 0-3 heading in and left 0-4. NAIT dominated every aspect of the game.

It was one of those matches where NAIT goaltender Ryan Callaway didn't see a lot of work. Efficient passing and discipline on the ball meant NAIT went home with a 6-0 victory.

One day later, two rivals were set to do battle on Saturday, with the Oaks taking the 10 minute bus ride to Grant MacEwan.

It doesn't matter what sport it is but the Griffins and the Oaks usually don't get along.

Rivalries lead to beautiful sporting displays, but the Oaks were the ones who enjoyed Saturday's match. A 3-1 victory left the No. 1 nationally ranked Oaks in a good mood.

The men only have one game next week and it's against the King's Eagles. After a 6-0 victory the previous week you would think that the Oaks are in cruise control.

However, head coach Jeff Paulus says that an apathetic approach is how you lose your edge.

"We approach our training and our games with the intent to get better each week. We pay little attention to the standings and any past performance against a particular oppon-



Photo by Bryan Cooper

WOMEN CAN PLAY, TOO

NAIT Ouk Lindsay Vicente winds up for a kick against King's Eagles on Friday Sept. 21. NAIT won 4-0 and went on to defeat MacEwan 4-1 the next day.

ent," Paulus said.

"Instead, we look to challenge our players by improving our game and fine tuning the way we want to play the game."

The dominating Ouk soccer team takes on the Eagles at home on Saturday. The referee will blow the starting whistle at noon.

Oil Kings hot

By AVRY LEWIS-McDOUGALL

It looked as if the 2011-12 season never ended.

The defending WHL champs, the Edmonton Oil Kings were in fine form on Thursday night as they defeated the Kootenay Ice 5-3.

Just over a minute into the game, Michael St. Croix opened the scoring and a short time later rookie Brandon Baddock gave the only Oil in town, for right now, a two-goal lead.

Edmonton was all over Kootenay early, as they dominated on the shot clock, but the Ice found a way to stay in the game, thanks to Jon Martin trimming the Edmonton lead to 2-1.

However, Oil King Keegan Lowe was quick to extend their lead once again, ending the first period with a score of 3-1 for the Oil Kings.

The second period opened with the Ice trying to get back into this game. Kootenay snapped a quick one in, but 2012 Phoenix Coyotes' draft pick Henrik Samuelsson got his first of the season to make it a 4-2.

Lowe also got into the first fight of the WHL season, squaring off with Kootenay's Jeff Hubic on route to a Gordie Howe Hat Trick (a goal, two assists, and a fight).

Lowe really only needed one assist to get "The Howe," but he added an extra one for

good measure!

The Oil Kings sealed the deal in the third period thanks to Cole Benson, who put home his club's fifth goal of the night, as the Oil Kings went on to get the 5-3 win.

Laurent Brossoit, star goalie from last season, had 25 saves on the night to get his first win of the year.

After the game, coach Derek Laxdal spoke about his team's effort.

"It's tough to play that first game at home after you win a championship," Laxdal said. "You got all that hoopla and the banner raising but you have to give our guys credit, they hung in there."

Laxdal further praised the play of Lowe and Benson, stating that

both men showed a lot of leadership.

After a bit of rest and practice, the team was back at it again for a Sunday afternoon tilt against the Red Deer Rebels.

The Oil Kings easily took this game 6-2 on the strength of a Curtis Lazar hat trick. Edmonton also dominated on the shot front in this game, outshooting Red Deer 53-20, moving the Oil Kings to 2-0 to start the season.

The team now heads to Lethbridge to play the Hurricanes on Sept. 26 and return to Rexall on Sept. 28 to play the Calgary Hitmen.



Athletes of the week

Sept. 17-23

Cecile Novel Soccer



Cecile scored her first goal as an Ouk and set up another Saturday in the team's 4-1 victory over the MacEwan Griffins. She was also a constant threat Friday in the team's 4-0 home victory over King's. "She has been working very hard since the beginning of the season to make an impact on the game," said head coach Carole Holt. "She has been doing this while also training with the women's hockey team (which she is also a member of) and managing a very demanding school schedule. She has been a great addition to our team this year." Cecile is a first-year Digital Media Technology student from Cancun, Mexico.

Monty Haines Soccer



Monty had a brilliant weekend, scoring five goals in two games and twice being awarded player of the game honours. The physical striker used his size and strength to his advantage this weekend in forcing his way to goal. In both of NAIT's wins, Monty also contributed defensively as his tireless work rate caused problems for opponents and often prevented them from building up out of the back. "Physically, Monty is a real handful for any defender to deal with," said head coach Jeff Paulus. "He has a nice combination of power, strength and pace and creates a lot of space for our other attackers to play in." Monty is a second-year Business student from Beaumont.

Women tested in exhibition

By **EVAN DEGENHARDT**
Sports Editor

The NAIT women's hockey team found themselves in some serious action over this past weekend.

On Saturday, the Oaks took to the ice against the University of Alberta Pandas and showed a lot of determination but fell short in the exhibition match, losing by a score of 8-1.

On Monday night, the Oaks were at home in the NAIT arena playing host to the Japanese national team. It was a gritty, fast-paced game, but Japan eventually got the win 3-1.

Although their season doesn't start until mid-October, the women's hockey team has been trying to get as many exhibition games in as they can. It's a tactic that has definitely been improving the overall chemistry of the team, as well as preparing the entire group for another tough ACAC season.

When it was announced that the Japanese team would be making a trip through Alberta, NAIT Athletics could not pass up an opportunity to have world-class calibre team face off against their Oaks.

With all the details sorted out, it was decided that the Japanese team would make the long trip out to Alberta and test themselves in a series of exhibition games against some of our women's hockey teams in the ACAC.

Stepping into the arena Monday night, there was a real excitement and nervous energy in the air. Both were warming up with each other, listening to their music or just preparing themselves mentally before the game.

The first period started off a little shaky for both groups, as neither team has played each other before. It took nearly half the period for the teams to settle into a game plan.

With the score still deadlocked at zero with less than eight minutes to play, both teams were looking for a break.

NAIT had more optimal scoring chances, creating some plays down low and setting up great shots from the blue line, however the Japanese were nearly perfect on the defensive side of the puck.

Japan had their sticks in just about every passing lane and made sure that their goaltender could see the puck from just about every angle on the ice. This style of play proved to be extremely beneficial for Japan, as the team stifled any offensive chance that the Oaks could throw their way.

NAIT was the first to head to the man advantage, but Japan countered with a tough offensive penalty kill that left the Oaks scrambling to get out of their own end.

It was impressive to see how a team could switch from a strictly defensive style of play to an all-out offensive attack! This speaks wonders about the calibre of hockey that Japan is teaching their young players.

With all of the momentum going their way, Japan put on the pressure and shot a rocket past Oak goaltender Shannon Giebelhaus with very little time left to play in the first period.

That's how the period ended, as the Oaks took to their locker room down by one goal.

AN Oak player attempts to deke the U of A goalie during an exhibition game Saturday Sept. 22. NAIT lost 8-1.

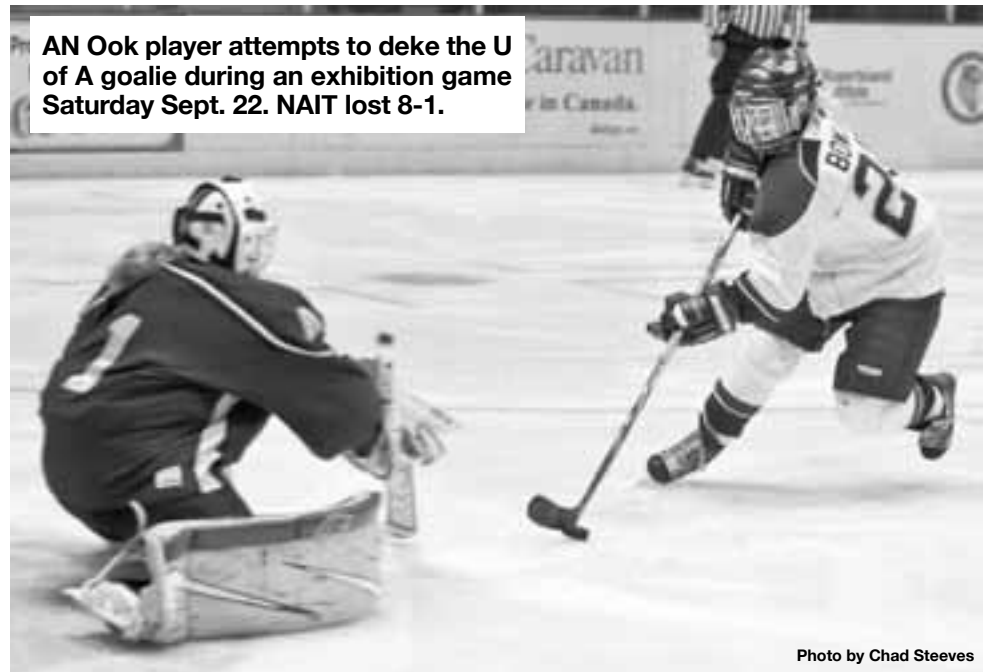


Photo by Chad Steeves

The second period began with the Oaks looking to solve Japan's rock solid defence.

They peppered the Japanese goaltender with chances, but they could not capitalize on their opportunities.

Mid-way through the second period, Vanessa Klimpke was called for a tripping penalty and Japan went on the powerplay.

It was on the man advantage where Japan truly showed their puck moving abilities. Japan capitalized on their chance and netted a powerplay goal past Shannon Giebelhaus, making the score 2-0.

The Oaks came back with some pressure

of their own towards the end of the period, but they still could not solve the Japanese goaltender. The second period ended with the Oaks being down by two.

As the third period started, NAIT's game play was intensified. The team came out with a renewed vigour and started gaining the upper hand on scoring opportunities.

Giebelhaus kept her team in the game with some timely saves as the Oaks began to feel a momentum swing in their favour.

Off a scrum in front of the Japan's net, Klimpke slid the puck past the Japanese goaltender to make it a one-goal game.

However, NAIT's celebration was short lived. Japan came back with intensity and scored a goal only a few minutes after Klimpke has gotten the Oaks to within one.

Despite any last ditch efforts, the Oaks were unable to complete the comeback.

To the delight of the fans from both countries, it was announced that both teams would take part in a five minute four-on-four overtime period and then a shootout.

The overtime period was extremely fast-paced due to all of the open ice and both teams traded excellent scoring chances. However, both goalies played exceptionally, keeping the overtime period scoreless.

The shootout was a different story.

Japan showed some skill as they scored on three out of four shootout attempts. NAIT was kept off the scoreboard.

Despite the loss, coach Deanna Iwanicka was thankful for the experience her team gained in the process.

"It's just exciting to come out on a Monday and play a game, instead of starting off with a practice and waiting all week for a game. Tonight's game against Japan was very motivating for our group," Iwanicka said.

When asked how her team fared against Japan's best, Iwanicka had mixed reviews.

"I thought we played well. I would have liked to see us play a full 60 minutes. We had moments when we were good and moments where we were awful, for lack of a better word. I think if we could've played more consistently throughout the entire game, we would have had a better match against Japan."

Whether or not the Oaks got a win, this exhibition game was huge steps in the right direction for women's hockey here at NAIT and as well for the Athletics department as a whole.



Photo by Kevin Tuong

A NAIT Oak moves in on a defender from the Japanese national team during an exhibition game Monday Sept. 24 at NAIT arena. The Oaks lost 3-1.

Athlete Profile



Player: Ellexis Lathan
Sport: Badminton
Program: Personal Fitness
Year: 2

By CRAIG SEPHTON

Why did you start Badminton and where did it take you? – It was one of the only sports that I thought I was athletic enough to try in high school. I did play other high school sports, but I played in a badminton tournament and was scouted by Concordia so I thought I'd give it a try. I was there for two years, but they didn't have any of the courses I wanted so I contacted NAIT and mentioned that I was interested in playing here and wondered if they had a spot for me and they did.

Have you played Nationals? – While at Concordia, I made Nationals for doubles with my partner (Grace Box), and last year for NAIT/Alberta for singles. I actually played my former partner at Nationals last year for the bronze medal, which was fun. She's my best friend so it was an awesome game, Box is an outstanding athlete and she has been playing since she was

four-years-old. I never have beaten her, but it was a fun game, we had the crowd going and everything.

If you could, would you represent Canada at the Olympics? – Oh for sure, I would definitely want that. The Olympics are something I really respect. Participating as an athlete in an event like that would be unreal. For badminton, I never see myself doing it. I have a lot of respect for my sport but I also have a lot of respect for the people that I also support. Yes, badminton is a individual sport and you see a lot of successes in yourself but your helping other people get there.

What has been your favourite tournament? – My favourite would probably be the Honolulu Open in Hawaii. It was with Concordia and I was playing with my partner Box, but it was definitely still my favourite tournament by far. In my first year at that tournament I didn't do so well, but the second year, we took the gold home.

Which do you prefer to play, singles or doubles? – Doubles, hands down. There is something so aggressive about badminton and when you get a good partner it's just like 'Hammer Time' and you beat each other up, it's awesome.

Is it harder to play doubles? – No, you kinda know where you have to be on the court, especially for Nationals. The coach tries his best to figure out who you are more compatible with. I have been very fortunate to be compatible with a lot of my teammates. I have had some awesome partners.

Have you ever been injured in badminton? – I rock a pretty good shin-splint, but I can't say I have been really injured in it other than just over-training.

How has the NAIT badminton team been playing? – Well we haven't picked our team yet for this year. We had a pretty strong standing last year with our females and our males.

How many people try out for badminton at NAIT? – It's funny. You go from year to year. Some years only three or four people try-out, and other years you have a whole stack of people showing up. Try-outs this year are Sept. 30, because it got moved to a second semester sport. From what I have heard, there is a lot of interest in it this year, which is good.

Do you have a badminton hero? – If I were to pick someone who I look up to it would be my best friend, Grace Box. Unfortunately, she doesn't play at National level but I really think she could have. She is a phenomenal badminton player. The amount of aggression and passion that Grace has on the court is incomparable.

If there were one other sport you could play, what would it be? – Hockey. I used to play it a lot and I debated on trying out for the team but I decided my focus would be badminton and I am happy with it.

A job for charity well done

By JACOB McKAY

Edmonton had its first shot at the Road

Hockey to Conquer Cancer event this year, and according to organizers it was a job well done.



Photo by Tyler Frith

Former Oiler Jason Strudwick celebrates a goal during a Road Hockey to Conquer Cancer Game last weekend at Northlands.

Paying jobs in Athletics

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

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

there will be auditions.

Please contact:

Andy MacIver

Athletics & Recreation Events Programmer

E-mail: andym@nait.ca

Phone: 780-471-7606

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

Positions available:

- Fitness and weight centre monitors
- Sports equipment centre staff
- Gymnasium monitors

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

The tournament took place at Northlands on Sept. 22, with games running from 8 a.m. to 5 p.m.

The event raises money for the Canadian Cancer Society, otherwise known as CCS. Proceeds go to funding medical research, as well as giving much needed support to those that have been diagnosed with cancer and their families.

The event is corporate driven, with each team expected to raise a \$10,000 entry fee.

Before any games were even played, there was a celebrity draft, where teams could select from a list of participating celebrities, including some hockey studs, to join their team. The more money a team raised, the better the draft pick position.

The first ever RHCC took place in Toronto last year, and it was a huge success. But the even bigger success has been the growth that the tournament has seen over the last year.

Toronto's second annual RHCC saw 193 teams come to show their support.

Here in the capital city, our event saw 50 teams. Not bad for their inaugural year.

Kris Noble, Chief Hockey Officer for the RHCC in Edmonton, applauded the city for its efforts.

"Thank you to the city of Edmonton. You

have been nothing but supportive," said Noble. "Edmonton has been a phenomenal host city, and has really helped make this event what it is."

For those of you who didn't know, the Canadian Cancer Society receives almost all of their donations by women, almost 95 per cent.

"It is because of this fact that we wanted to target men with a campaign that would help raise money for cancer research," Noble said.

One of the ideas on the campaign drawing board was ice hockey, easily Canada's most recognized sport. The people at CCS simply wanted to make an event that was as accessible as possible for as many diverse people to be able to join the in a movement that would help raise money.

Road hockey seemed like an obvious selection!

Next year, there will be three Canadian cities hosting their own version of the event.

Toronto will have their third, Edmonton their second, and Calgary will host their first event.

The expected growth of the RHCC movement has incredible potential. In a few short years, this event may very well be the CCS's leading fundraising event.

Keep an eye open on next year when the event returns to our city!

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

Gambling with your future

By **NICOLE SIENA**
The Eyeopener
(Ryerson University)

TORONTO (CUP) – Jamie Weidl started playing poker with his friends when he was in Grade 8. By the time he was 16, he had created an account on an online poker website, allowing him to play any time and bet as much as he wanted. He started by putting \$50 in his account and slowly started winning after a few missteps.

Over the course of the next few months, Weidl had reloaded his account two more times with \$50 – but after the third time, he never had to again. Soon he was playing up to 16 hours a day, turning a profit at a game he enjoyed. “It would go in spurts,” he says.

“Maybe I wouldn’t play for a few days, but then there would be three weeks where I didn’t even leave my apartment. It was pretty intense. It was definitely an addiction.”

According to a study done by Ontario’s Responsible Gaming Council (RGC) in 2005, one in 14 individuals in the 18 to 24-year-old demographic have a moderate to severe gambling problem. Men are twice as likely as women to be problem gamblers.

“We know that one in 14 young adults are at the highest risk,” says Barry Koen-Butt, the director of awareness programs and communications for the RGC.

“We recognize that demographic is of the higher risk than the general population.”

The Centre for Addiction and Mental Health (CAMH) says gambling is a problem when it gets in the way of work, school or other activities, harms mental health or physical health, hurts financially, damages reputation or causes problems with family or friends. Weidl did eventually drop out

of school to focus on poker. But unlike most addictions, Weidl’s was making him money.

“I was making enough money to pay for school and had enough money to live pretty decently in Toronto,” he says. He dropped out of Ryerson’s geographic analysis program when he was in his second year, leaving his academic life behind to play online poker full-time, even gaining a sponsorship from one site.

“They would pay me, basically, to play on the site,” says Weidl. “The more I played, the more they would give me. I was close to a major sponsorship, where they would pay me to go to events.”

However, in April 2011 the FBI seized the three largest poker sites in the United States, charging 11 defendants with fraud and money laundering. At that point, Weidl’s online career was essentially over. He moved back to Windsor, where he now plays at a casino for 50 hours per week. Mathematically, the typical gambler doesn’t have Weidl’s success rate.

Even if they do, a long run of bad luck can leave them with nothing if they haven’t planned accordingly. The advice Weidl gives to students is not to do it unless you have a big enough wallet.

“If you don’t have enough money to back yourself, then you can back yourself into a hole,” he says. “Some people don’t know how

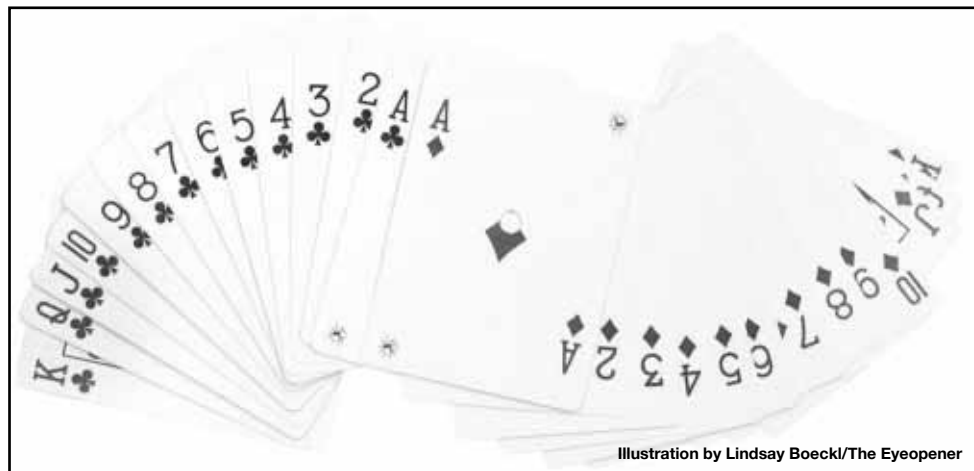


Illustration by Lindsay Boeckl/The Eyeopener

to manage it. You have to have a big enough bankroll to withstand the variance.”

Variance is a mathematical concept in poker to describe the ups and downs of a chance-based game. Playing poker in a style with a high variance means that your swings will be larger; you could lose everything in a run of bad luck.

Inevitably, most gamblers lose. But the thrill of winning money that keeps Weidl at the tables can still hold a losing player there, causing problems both socially and financially. To help raise awareness of gambling addiction, the RGC has created a program called Know the Score (KTS).

“We go into colleges and universities, talk to students about key messages and what the risks are [with gambling],” Koen-Butt says. The program started in 2001, after a study showed that university students are of the highest risk.

Ian Jenkins, a fourth-year criminal justice student who Weidl introduced to poker, says that someone with a serious gambling problem probably isn’t working out or having much of a social life, so the ads might not be effective.

“It’s probably better to target addicted gamblers online or on the poker sites themselves,” he says. “Kids might look at it as a joke – meanwhile, someone may be getting worse and worse. That should be the time you save them from falling into a pit of addiction.”

Robert Williams, a professor in the faculty of health science at Lethbridge University and research co-ordinator with the Albertan Gambling Research Institute, says that these forms of gambling education are largely ineffective.

“To be fair, it might help a few people sometimes, but in a group basis, there’s no evidence these things work,” he says. “It doesn’t mean they shouldn’t be done, it just means they should be done a lot better.” Williams argues more substantive education and prevention is needed.

“There are a lot of them out there, but most of them are one hour, one shot deals, which temporarily improve knowledge, but don’t impact behaviour,” he says.

Only two to three per cent of Ontario residents gamble online now, but it’s double that in the demographic of college-aged adults. And over 70 per cent of the population gambles in other ways, according to Williams. In colleges and universities, management and kinesiology students are the most likely to develop gam-

bling problems. Williams says the management students’ gambling problems probably have to do with an interest in money, but the kinesiology students have a more complex story.

“Athletes have a much higher gambling involvement and [rate of] problem gambling than other people. A good portion of people in kinesiology are also athletes or aspiring phys-ed teachers,” says Williams. “There’s something about athleticism that is associated with risk taking. I don’t quite understand it myself.”

The business students might also be interested in poker because, according to Weidl, it is a business. “It’s the same thing. People in business want to invest in certain places,” he says. “When you play poker, you look to invest in certain spots that you see are profitable.”

Weidl has read over 30 books on poker to educate himself on the game.

“It’s like a textbook. It’s teaching you what to do in order to make money,” he says. “If you don’t keep your strategy up, luck will eventually run out and you’ll fall behind. There will always be days where you’ll lose.”

Jenkins started playing after Weidl gave him some books to read. Once he started playing online, he began making his own profits. “I think sometimes people would just be ignorant, that there is a mathematical way to play poker or blackjack,” says Jenkins.

“If you go into a casino and are willing to pour all your money into slots, that’s gambling altogether because there’s no skill to that.”

He says that when playing games with any level of skill, you need to take time to develop them. Poker is no different, but also has the added risk of a bad run leaving you penniless.

“Even in poker, as good as you are, sometimes you just lose, lose, lose,” says Weidl. When he started to play online poker for hours on end, he says he was living with roommates but they never approached him about his addiction.

“They knew I was making money. It would have been different if they knew I was losing a lot of money,” he says.

However, he also says that problem gamblers may not let their friends know about their gambling.

“A lot of people lie about how they’ve done. Even if they lose a lot, they just lie.”

Jenkins says that he drops online gambling during the school year because he takes his grades pretty seriously. During the summers when he does play, he invests up to 12 hours per week to the game.

“I use the money to pay down my student debt and loans,” he says. “Last summer I made \$1,500 over the four months.”

But he acknowledges that not all gamblers share his skill.

“You can become addicted to anything, but I feel like gambling is something you use economically, that’s what makes it a problem.”

According to Williams, the two elements to look out for are impaired control and compulsive involvement. He says young gamblers lack preparedness. Unlike driving, where teenagers go through a series of graduated licensing, gambling comes with no manual.

Young adults in university or college are also more prone to gambling problems than their peers who didn’t go to post-secondary institutions, according to Williams. He says his best guess boils down to students hanging out with other students who have high-risk lifestyles in places like student residences.

“Their behaviour seems normative to their peers,” he says. “It also points to the fact that intellectual smarts in its self does not inoculate you from addiction.”

For students who have been identified as problem gamblers, Williams says they need ongoing support.

“You need a social context that you can exist in that doesn’t involve gambling,” he says. “It’s an episodic and chronic condition. You need a life long effort to minimize [the effects].”



pokeracademy.co.uk

There’s not usually a pot of gold at the end of the gambling rainbow.



Photo by Kevin Tuong

NAIT President Dr. Glenn Feltham drops a ceremonial puck before the NAIT Ooks women played the Japanese national team on Monday Sept. 24. NAIT lost 3-1.

WHAT'S GOING ON AROUND CAMPUS

WHO Accounting Club at NAIT
WHAT Elections
WHEN October 2, 4:30pm – 6:00pm
WHERE Room T-409

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

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

WHO Latter Day Saints Student Society
WHAT General Meeting
WHEN Thursdays, 11:15am – 1:10pm
WHERE Room WA-212

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

WHO Paintball & Airsoft Sports
WHAT General Meeting
WHEN 2nd Wednesday monthly, 4:30 – 6:00pm
WHERE Room X-203

CAMPUS CLUBS NEWS

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

StarCraft At NAIT

In House Tournaments!
 Collegiate Star League!
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 campusclubs@naithq.ca | naitsa.ca/clubs

Check out the Clubs Website for other
 upcoming Important Clubs Dates



LUCAS ANDERS

The NHL lockout is here! Do you agree with the players, owners or neither?



"I think that it's kind of selfish for the players to want to keep that much money, but at the same time it's really selfish of the owners to try and cut back what they have already promised the players ... Once you've been promised a certain amount of money, that's what you should be able to get ..."

Amanda Boisvert



"I think that the NHL players should suck it up with the discounts, because you guys are already millionaires. You know what I enjoy, watching millionaires play hockey but I don't enjoy not watching hockey. So please just figure out a deal so I can enjoy watching you guys play hockey and make millions again."

Duy Khuong



"I guess I'd agree with the owners more, because they're taking the risk. It's like having any employer really, they're taking the risk of losing money. You'd think that the players would eventually have to fold, because they're the ones who aren't going to get paid. The owners ... probably have other investments, other money that they're doing fine with."

Brett Freeman



"I don't really agree with lockout because it seems like they're fighting over little petty amounts of money when they're already billionaires, so I think it's a little selfish of them."

Chantal Froehler



"So I'm for neither, they should just get it all settled and we should play some hockey."

Spencer Sommer

TIP OF THE WEEK FROM NAIT PROTECTION SERVICES



Dealing with harassment



Harassment is described as conduct or comments which are intimidating, threatening, demeaning, and may be accompanied by direct or implied threats to a person's grades, status or job. The most common form is sexual harassment and can include:

- sexist or racist jokes.
- display of offensive material.
- derogatory name-calling.
- persistent and unwelcome requests for "dates".

How do you deal with harassment?

Most people involved with this behaviour only want the activity to stop. This requires action and may create some discomfort as most times the people work or have classes together. Some methods known to work are:

- Tell the harasser what the negative impact

of their action is and ask them to stop. This can be done verbally or by a written letter. An example is "When you make suggestive comments, I feel so uncomfortable that I can't concentrate on my work. I don't like these comments. Stop saying these things to me."

- Keep a written, chronological account of all incidents of harassing behaviour. Note what occurred, when and names of any others that may have witnessed the incident. Keep any inappropriate letters, jokes, pictures or objects that the harasser gives you.

• Many people who experience harassment feel uncertain or embarrassed; however, ignoring or minimizing the problem won't make it go away. Ask for help. Talk to someone. Seek the assistance of a counselor. NAIT students can call Student Counselling at 780-378-6135. NAIT staff members can call the Employee Assistance provider, Wilson Banwell, at 1-800-

663-1142. In extreme cases call the Sexual Assault Centre at 780-423-4121.

If you should receive an abusive/obscene phone call:

- Don't react. Most often the caller is looking for a reaction to the call.
- Don't ask questions to the caller, (i.e. Who is this?), as this is what they want you to do.
- Hang up the receiver promptly and gently.
- Never blow a whistle or yell into the phone. The caller will know you are angry and will probably call back. As well, you may face possible lawsuits.
- Never talk to anyone you don't know or are uncomfortable with.
- Consider subscribing to call display so you can see the number of the caller.
- Notify police of any calls you received. If the calls are regular make a log of dates, times and what was said.

If you are being harassed or are receiving abusive or obscene telephone calls, contact Protective Services at 780-471-7477 to file a report. We can also provide assistance by offering a Safe Walk. Visit our website for more information on the Safe Walk program and personal safety tips at www.nait.ca/security.

If you feel your personal safety is threatened, contact the Edmonton Police Service at 780-432-4567 or call 911.

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

Everybody benefits, except the criminal.

...need help?

Get your feet wet before taking the full plunge.

October 9, 2012
1 hour sessions start at 7pm

\$25/Student
\$30/Non-Student

Sign up at naitsa.ca/howto or
at the NAITSA office (E-131).



HOW TO
EVENTS
COMING
SOON...

HOW
TO...
EAT WELL
(on a budget)
Oct. 4

HOW
TO...
scuba
Oct. 9

HOW
TO...
Skate
Wednesdays
in Oct & Nov

HOW
TO...
DEAL WITH STRESS
Oct. 11

HOW
TO...
PHOTOGRAPHY
Nov. 5 & 6

HOW
TO...
SKI/SNOWBOARD
Dec. 6

NAITSA Presents: A How To Series
HOW
TO...
scuba

Your
NAIT STUDENTS' ASSOCIATION

The Dive Outfitters
Scuba Diving & Snorkeling

ENTERTAINMENT

A very public breakdown



MIKE JONES
Assistant Entertainment Editor

Last Friday night, Green Day performed at the iHeart Radio Music Festival in Las Vegas. After being told via teleprompter to cut their set short, lead singer Billie Joe Armstrong went on an f-bomb ridden tirade, ending with him smashing his guitar and storming off stage visibly upset.

The video went viral the next day and was greeted with mixed opinions. Some felt the display was childish and totally unprofessional, while others commended Armstrong for stating his opinion, particularly when he threw a shot in at Canadian pop sensation Justin Bieber.

Many felt it was the most "punk rock" thing Green Day had done in years, however, and with their album *¡Uno!* due for release in four days, a lot of fans felt it was a publicity stunt.

Two days after the freak out, rumours of it being a publicity stunt were put to rest when Green Day announced on their website that Billie Joe would be entering a rehab clinic for substance abuse. In the video it is fairly clear that Billie Joe was quite drunk.

Eyewitnesses at the show claim that the freak out was only part of the action as Billie Joe ranted between other songs about how the band wasn't given enough time.

While obviously I wish Billie Joe well as he gets help for his demons, I must say that he brought up some valid points.

The biggest issue for me however is a situation of the pot calling the kettle black. Green Day have always been an outspoken group and when they found themselves sandwiched between Usher and Rihanna it may have been obvious that they were out of place to begin with. But were they?

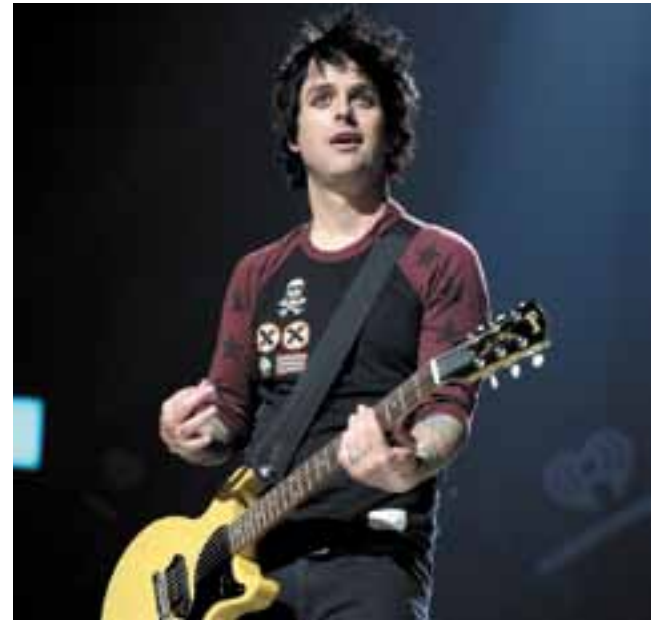
Green Day regularly sell out arenas worldwide, sell tons of albums and top rock charts with virtually every single they release.

And although the band has been around a lot longer than 99 per cent of today's Top 40 acts, reminding the crowd that he's been around since 1988 comes across as "sour grapes."

The other big issue is biting the hand that feeds. The iHeart Radio festival is put on by Clear Channel, who, of course, own virtually every radio station in the United States of America.

Radio has always shown a lot of love for Green Day and by slinging criticism towards that company they sure are treading on thin ice. What if Clear Channel decided to implement a boycott (or at least a suggested boycott) on Green Day's new album *¡Uno!*? Keep in mind *¡Uno!* was the first in a trilogy of new albums from the group to arrive this past week.

And while Billie Joe's demons may be real, the arrival of this rehab stint sure seems like a very defensive move from the Green Day camp. Especially since while Billie Joe never once mentioned Clear Channel during his tirade, the band's press release did, claiming, "we would like everyone to know that our set was



redalertlive.com

Billie Joe Armstrong

not cut short by Clear Channel."

The band also had to back out of several promotional appearances, which, while normally devastating on the week of an album's release, I don't think could have bought the same publicity that this video has.

One thing I will say though is having listened to *¡Uno!* and being slightly underwhelmed, this video was nothing if not extremely entertaining. Even Clear Channel can't argue that.

Nominations close October 1 @ 4pm

"...(Students) want to **lead**. they want to be
a part of something **bigger**." Govind Pillai - Former Senator & NAITSA President

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By JENNY OATWAY

Edmonton, if you look in the right places, has a wealth of musical creativity and invention. For a city of 750,000 people, you can find just as many emerging artists in as many genres as you can in some of Canada's larger and traditionally more cultural cities. Here is just a sampling of some of the artists who have called Edmonton home in the past.

1. Cocaine Trade
– Christian Hansen and the Autistics

2. On and On
– Scenic Route to Alaska
3. New Earth – Zerbin
4. Hurricane – Owls By Nature
5. River City Blues – Fire Next Time
6. These Kids are Acting Like Kids
– Greater than Giants
7. Boundless Rocketeers
– Audio/Rocketry
8. Money – Swear by the Moon
9. Girl in the Window
– The Sumner Brothers
10. Odessa – The Red Cannons



blogs.btedmonton.ca

Christian Hansen and the Autistics

VIRAL VIDEO

Seagull shenanigans on YouTube

By CRAIG SEPHTON

Looking for a viral video is much harder when great videos are shadowed by 'Gangnam Style' and videos of Britney Spears' facial expressions on *X Factor*. That being said, stumbling across the Internet I found this little gem stone on *The Guardian* newspaper's website.

It has over two million views on YouTube. It's called 'GoPro STOLEN by a SEAGULL - Unique San Francisco sunset.' Right there, the title gives the whole thing away.

It starts off with this beautiful view of the sun setting behind the Golden Gate Bridge in San Francisco, when the GoPro jerks its view as it is picked up by none other than a seagull.

As the bird lifts the camera you can hear the shriek of the owner, "No, NOOO!!"

Considering that a trial and error experiment has been performed over the generations, to catch birds by running and yelling at them, we now know for a fact, they won't stay still. It flew in the opposite direction.

As the seagull flies away, we get a tilted view of the coastline and the water, with the occasional flap of the wings on the side of the screen.

The bird takes a steep bank right back towards the shore where it lands on a walkway in front of an unknown building probably 200 metres from the original heist. The bird drops the camera and attempts to take a peck at it. Realizing that this is no

oversized cracker, we see the seagull fly off.

The video was obviously edited because there is a change in the shadows. At the end we see the owners find the camera and everybody is happy, except for the seagull, who thought it was a lunch box.

The video itself is under 60 seconds. Perfect for a quick look at during class time, and the video doesn't waste time, it just gets into it.

It definitely reminds me of those badly directed so called "this footage was found" movies, which I believe is an excuse for having it look like a four-year-old filmed it. Much like *Cloverfield* and this movie I found called *Alien Origin* that were so bad.

At least this viral video has a nice back-

ground, check it out. Type into YouTube, GoPro Stolen San Francisco at www.youtube.com/watch?v=RArofHji8CU. It's by a user named Nathalie Rollandin. Enjoy and share!



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Oct. 4

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Oct. 9

HOW
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Wednesdays
in Oct & Nov

HOW
TO...
DEAL WITH STRESS

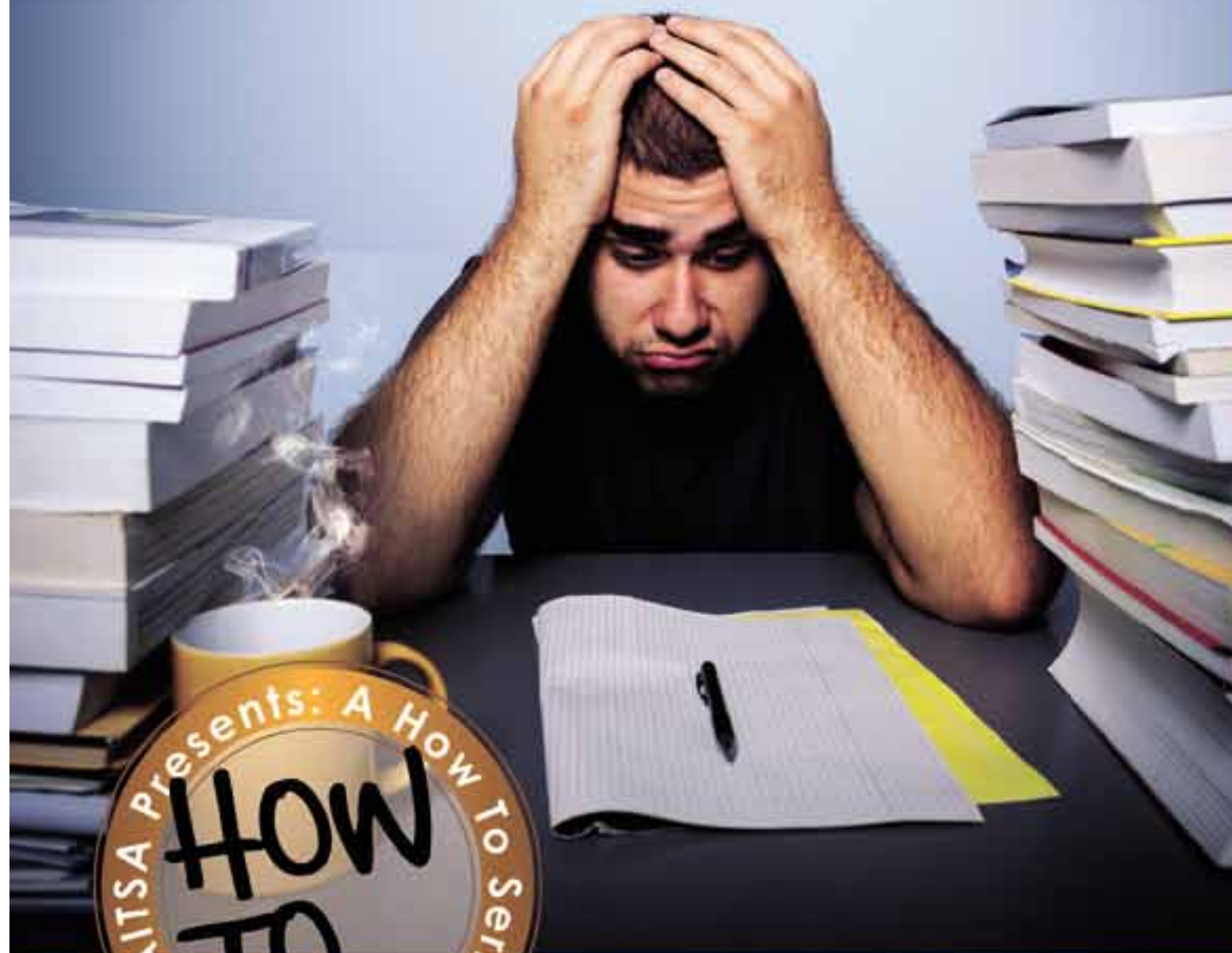
Oct. 11

HOW
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Diary of a tree planter



ANIKA NOTTVEIT
Entertainment Editor

In the fall we often answer the question, what did you do this summer? My response for the past three years has been, "I tree planted."

Usually the questioner responds with "Oh, do you get paid for that?" Or, "You must love the environment." Or a simple, "How does it work?" Literally, it's planting tree after tree, over and over. Yet, it's so much more than that.

A fellow planter, Matt Bashura from Ontario, described it well, "Planting trees is a test of mental toughness. Not physical strength but endurance."

"It's about a random group of strangers working and living together in the most extreme conditions. Because of that, some incredible friendships are formed."

Reforestation

The tree planting industry is a reforestation business with many companies involved. I worked for Folklore Contracting Ltd. We are hired by forestry companies to plant land they have logged.

Folklore has five camps of around 35-50 people in each. These people are broken up into crews that are manned by a foreman or crew boss. The foreman gets a percentage of what the crew plants. Crews are usually six packs, 12 packs or 15 packs.

A normal tree planting day goes as follows. Breakfast is at 6 a.m. in the mess tent where lunch is also laid out. Each crew then loads boxes of trees into their trucks. Each box usually holds around 270 trees. Most trucks have a

large insulated box on the back called a FIST, to hold trees. Around 7 a.m. trucks head out of camp to block locations. Blocks are logged pieces of land with various terrain. Sometimes blocks are 10 minutes away, sometimes they're two hours away. These details are factored into the tree price.

This is a very important aspect of tree planting. The tree prices play a role in whether your shift will be a money maker or not. When on "fast ground" tree prices will be less, usually 9.5-11 cents per tree. This ground will be "creamy" which means little or no logs, bogs, sticks, grass or rocks which slow a planter down. An average planter will quite easily put in three kilometres on creamy ground.

You can't just go "slutting trees in." That's the well known term for planting poorly. Quantity is important for making money, but quality is also important. If your block fails, then you have to replant. Replant is a scary word for planters. Fixing already planted trees is unpaid labour.

Once you arrive at the block, it's time to "bag-up." Everyone gets out of the nice, comfortable trucks and, with bags fastened around your hips, about 300 trees can be carried comfortably. The foreman will set up caches of tarp covered boxes of trees on the block. Periodically throughout the day, you'll return to the cache to fill your bags.

Tallies are stickers from the boxes planted each day and given to your foreman.

The best part of the day is walking back to the trucks knowing it's time to go back to camp. The food is amazing. You burn a ton of calories daily. A meal will usually include a soup, meat, a form of hot carbs, cooked vegetables, salad, bread and dessert. At supper, the mess tent is the happiest place to be. Especially at the end of a long shift. Our camp usually rocked the four days on, one day off. Sometimes we had to put in a five or six day shift if we had to finish a contract.

'Planting trees is a test of mental toughness. Not physical strength but endurance.'

The worst thing is the rain. There's no hiding from a torrential downpour. It can be as cold as four or five degrees. A quality rain jacket is a worthy investment. The only way to keep warm for a 10-hour day is to keep moving and wear layers of wool or fleece. It's a struggle to make yourself plant through the constant wet and mud. That's when you look to your partner for a laugh or conversations about anything but the misery. Sometimes it resorts to yelling.

My partner, Daniel Coffey, describes it as "monotonous work where you spend the entire day in your mind and suffer through everything nature throws at you."

Shania Twain, in her book, *From This Moment On*, says, "Tree planting is just a hard job, plain and simple."

Yes, the famous Canadian country singer was once a planter. Her family owned an independent camp in Northern Ontario. It's hard to imagine she was once in the primitive bush setting.

Blends in with nature

"I believe that once you sweat out the initial crap in your system after the first week of hard bush labour, your body odour starts to blend in with nature. This is my theory, at least from my personal experience of being in a camp with a large group of men and no showers," said Shania.

Fortunately, our camps have tarp showers now and include a lot more women planters. Out of the top four planters in our camp, two of them were girls.

The best thing about planting is the comradeship. You spend countless hours together, being exhausted and yet accomplishing more than you ever thought possible. Kevin Martin, a Radio student at NAIT, spent his summer as a tree planter.

"Signing up for tree planting was definitely an adventure. I literally had no idea how the summer was going to turn out," he said.



springwoodforestry.com

Upon his arrival at Prince George, his perspective was characteristic of a rookie.

"Walking into the camp, I thought everyone was homeless. Sure enough, over the weeks I became part of this "homeless" family. When you're out there if you don't connect with other planters the isolation will mentally destroy you. The family is what keeps you going."

It is not only a summer job, it's a lifestyle. You are isolated in the bush with the same group of people for three months. The goal? To plant as many trees as possible. The outcome? A good sum of money and a great group of friends.

Speaking from three years of experience, I quote my foreman, Wilson Sihlis, "It is the worst of times and the best of times." I never regret going out even though it's rough because in off-season, you only remember the best of times.

To take a look at pictures, videos or find more information go to replant.ca.

THEATRE REVIEW

Can you handle the truth?

By **RIANNE McDONALD-ZWICKER**

"You want the truth? You can't handle the truth!" Well, maybe you can.

A Few Good Men is now at the Citadel. The Theatre has teamed up with Royal Manitoba Theatre Centre to present the show.

The play has been running for just over a week and is getting rave reviews. The story was made famous by the 1992 film of the same name with stars such as Jack Nicholson, Tom Cruise, Demi Moore and Kevin Bacon appearing in the film.

A Few Good Men follows a military court case written by the Oscar and Emmy-winning Aaron Sorkin. The story line has elements that make it such a classic movie, but also elements that turn it into a riveting play.

A Few good Men first hit the stage on Broadway back in 1989 where it was critically acclaimed and was featured for almost 500 shows. The Citadel's play stars actors that were also in Citadel productions like *A Midsummer Night's Dream* and *A Christmas Carol* as well as many actors making their Citadel debut.

Court is in session! Following the murder of a United States marine at Guantanamo Bay the story illustrates a court-martial in which two marines are charged with murdering their comrade.

A Few Good Men uncovers a conspiracy discovered by military lawyers, the inexperienced Lieutenant junior grade Daniel Kaffee and Lieutenant Commander JoAnne Calloway.

Although it depicts a courtroom, this performance is anything but boring. It's filled with components that will keep anyone interested. The play is perfect for history buffs, drama enthusiasts and anyone who wants their attention captivated and their minds working.

Directed by James McDonald, the show is in the Citadel Theatre. Tickets range from around \$40 to \$75. The Citadel also offers subscription packages for the avid playgoer which saves you up to 33 per cent on individual ticket prices.

To get tickets you can either go online or call the box office at (780) 425-1820. If you want to see what all the rave reviews are about, it's playing until Oct. 7.



www.citadeltheatre.com

OCTOBER CONCERTS

Busy month for music scene

By CONNOR CORSARO

October, much like September, is going to be a busy month for concert goers in the Capital Region. Let the October onslaught commence!

Rexall Place will be busy this month, housing alternative rock legends the Smashing Pumpkins on Oct. 5.

This band has not had a major Canadian tour in 10 years and will be joined by Anberlin. Canadian sensations Justin Bieber with Carly Rae Jepsen on Oct. 15 and evolving pop icons Mariannas Trench with Down With Webster on Oct. 29, will both attract hordes of screaming girls. Bob Dylan, a man who needs no introduction, will play Rexall with former Dire Straits front man Mark Knopfler on Oct. 9.

The Pawn Shop

Metal heads unite at the Pawn Shop. Almost every weekend there is a metal show to see including, A Life Once Lost on Oct. 27. Not a metal head? No problem. Men Without Hats, most famously known for their singles "Safety Dance" and "Pop Goes The World" are taking over the Pawn Shop on Oct. 28.

Check out the Starlite Room and Brixx all October long. Events like The Order Of Chaos's album release on Oct. 5 and Cadence Weapon on Oct. 23, as well as an abundance of open turntables and themed events will be worth seeing.

The major out of town acts include Dragonette on Oct. 4, The Bouncing Souls on Oct. 12 and Matt Mays, who is stopping by on Oct. 18. Big Sugar come to town for an intimate set on Oct. 29 with reggae legend Willi Williams.

More greats

Other great acts coming to town include a pair of shows at the Edmonton Expo Centre with punk rock gods Rise Against, making their annual visit on Oct. 7. Support for Rise Against includes Hot Water Music and the Gaslight Anthem, who are currently solidifying a name for themselves with the new record "Handwritten" including the smash hit "45."

Ex-Oasis member Noel Gallagher and his High Flying Birds with Snow Patrol are on Oct. 27. Both bands have had amazing



plantsanimals.org

Rise Against is at the Edmonton Expo Centre on Oct. 7.

reviews and are looking to impress.

For lovers of the classics, Kenny Shields and Streetheart will be at Century Casino on Oct. 12. Fresh off their Boonstock performance, techno legends the Crystal Method will tear down the Empire Ballroom on Oct. 13.

The Bear's annual Halloween Howler invades the Shaw Conference Centre Oct. 26 with a pair of Canadian rock icons, Our Lady Peace and I Mother Earth, as well as up-and-comers Monster Truck.

The Edmonton Events Centre is going to be the place to be this month, though. Less Than Jake and Reel Big Fish are pumpin' out the 'ska' jams on Oct. 21 with guests Flatfoot 56.

Edmonton's favourite dance rock group Shout Out Out Out play SONiC 102.9's Halloween on the Oct. 27. It's also expected to feature a DJ set from the esteemed Vinyl Mitchie, better known as SONiC drive host Layne Mitchell.

Crystal Castles, a band known for their chaotic live shows, play the EEC Oct. 29 and are definitely a band worth checking out. Finally, Black Label Society, featuring the towering guitar guru Zakk Wylde return to town for a Halloween show on Oct. 31, featuring Protest the Hero, Pop Evil and Edmonton's own Killinger.

So take a break from studying and hit up some shows! Tickets for most shows are available at Ticketmaster. For all the latest show announcements check out Pollstar.com.

Host with most – garlic toast

By LYNDSEY COWAN

NR92 is serving up a new menu of shows this year. Wednesday's special is the *Garlic Toast Buffet* with Kevin Martin at 6:30 p.m.

Nugget: What is the inspiration behind your show's name?

Kevin Martin: There's something on this planet that has escaped my knowledge my whole life. That is the delicate edges and soft insides of a perfectly cooked piece of garlic toast. I also wanted my show to be enjoyable for everyone. That is what a buffet is. In a buffet, you have the choice of whatever food pleases you. Same idea with my show. I try to give every listener what they want.

N: Is there a specific theme or music genre to the *Buffet*?

K: I power my show based on requests. But I do stay away from heavy metal. Pretty much all other music genres fly.

N: What is your favourite moment from the first few shows of the semester?

K: I had a contest where the first caller on my show would get free garlic toast from Dominos pizza. So I called Dominos live on air, and the employee who answered the phone had no idea what was going on. The winner of the contest was from Northern Alberta, and let's just say that they didn't get delivery that night.

N: If someone offered you \$100,000 to give

up garlic toast for life, would you accept?

K: Absolutely not. Money cannot buy happiness and a slice of garlic toast is the definition of happiness.

N: If you had to compare yourself as a host to one famous movie character, who would it be and why?

K: I would compare myself to Al from Al's Toy Barn in *Toy Story 2*. All he wants to do is please his customers, even if that means putting on a chicken suit.

N: Describe the goal of your show. Do you want listeners to leave informed or entertained?

K: I want listeners to leave with three things: A better idea of why garlic toast changes the world; the understanding that I'm giving everything that I have to the industry; and every listener to have smiled during the show and to leave in a better mood.

N: Are you pulling everyone's leg with this whole garlic toast theme?

K: No. I have a deep love for garlic toast that flows from my soul.

The *Garlic Toast Buffet* will leave you satisfied and craving the greatest food item of all time. If you want the feast of your life, tune in to NR92 Wednesday nights at 6:30 p.m., and if you're feeling brave, call in at 780-471-8833. Who knows, garlic toast might even end up at your door.



Kevin Martin

News broadcast a challenge

By JENNY OATWAY

The Television students entering their third semester at NAIT have certainly hit the ground running this fall, having spent the past three weeks tirelessly preparing for the launch of NAIT's premier news broadcast, NAIT NewsWatch.

With just two rehearsals to get ready for their live television broadcast, the Television students have a lot of work to do. A lot of pressure is on their shoulders before the Sept. 29 debut.

'Bit nervous'

"I'm a little bit nervous, since it's the first show and I'm on air for entertainment," says Television student Rianne McDonald-Zwicker. "I'm hoping it will turn out well. It's actually going to broadcast, so if we screw up, everybody and anybody can see it."

Part of what makes NAIT NewsWatch so important is the fact that it is made available to everyone in the industry, and that means future employers for the soon to be NAIT grads.

"The big thing is, potential employers of ours, they watch it as well and they decide if that was a good anchor or this person was really good at that," says Television student Kevin Thomas.

Need to be in top form

"But if we mess up, that could hurt our chances of getting a job at a particular station. We need to be at the top of our game."

When practising for the official launch, the 17 students in the Television Broadcasting program split into two teams.

Each team gets a chance to do a live run-



Photo by Bryan Cooper

David Adomako-Ansah and Heather Grant, seated, and Taylor Jackson rehearse their program for NAIT NewsWatch.

through of the show. That way they get a chance to get a feel for how running a live show works and what actually goes into the production of it.

During the semester, the students will produce a show every Friday and that will then go to air on Saturday evening.

Students have a chance to cycle through

most of the roles, including anchoring, reporting, weather and entertainment. They also work behind the scenes running prompters, adjusting microphones, filming and producing the show.

"Our teachers are very supportive and they will whip us into shape, but at the same time, when we get lost and make mistakes, they will

be there to support and make sure we understand," said McDonald-Zwicker.

You can catch NAIT NewsWatch on CTV 2, every Saturday at 6:30 p.m. starting on Sept. 29. You can also watch online at <http://www.nait.ca/naitrta/nnw.asp> and check out the students who will be making the whole thing happen.

HD version of Kingdom Hearts

By RORY FIDLER

Celebrating its 10-year anniversary earlier this month, the PS2 classic *Kingdom Hearts* is still a nostalgic favourite of gamers.

Collaborated by strange bedfellows Square Enix and Disney, the franchise now has seven titles. It was announced recently at the Tokyo Game Show that the original *Kingdom Hearts* was to be re-mastered in HD format.

If you take off the nostalgia glasses, does the 10-year-old game hold up enough to warrant a re-mastered version?

The main selling point of the series is, of course, the strange merge of a Final Fantasy style RPG with major Disney movies and characters.

Playing as a young teenager named Sora, you fight alongside Disney icons Donald and Goofy to try and stop creatures called the Heartless from eating the heart of all worlds, *Kingdom Hearts*, and thus save the universe.

Though gamers might brush off the inclusion of Disney as too kiddy to be taken seriously, the game does a fantastic job of handling the subject matter and using it to make a compelling story.

Settings from films like *The Little Mermaid*, *Peter Pan* and more make up the worlds you visit.

Far from being treated as trivial or silly, the Disney content is handled with the same sense

of whimsical-but-serious context that made the movies so successful.

The nostalgia of visiting characters and worlds you saw in theatres as a kid is a huge plus, but the prospect of these childhood favourites being in real danger from the Heartless makes the player much more invested in winning, if only to protect their memories.

When the game takes Disney seriously, then I am more inclined to take Disney seriously.

The gameplay consists of a mix of platform jumping and arcade style beat-em-up combat. It makes the players hone their reflexes and precision as they jump and glide the worlds while battling hordes of enemies, requiring both a combination of skill and button mashing.

The result is gameplay that keeps the player constantly engaged with what's on the screen and giving a variety of senses to hone and indulge in.

Unfortunately, the action-RPG elements of *Kingdom Hearts* don't quite hold up by modern standards. Though the game does have the genre elements of levelling up and trying to adjust your statistics and abilities, players are very limited in what they can do.

Aside from opting for a strength, magical or defence-based levelling up system at the beginning of the game, you don't have a ton of input on how Sora develops. Not to mention that, given the hack-and-slash nature of the game, you generally wind up playing the same way no matter what class you opt for.

Fans of more in-depth, nickel-and-dime character creation will be left wanting.

In the end, *Kingdom Hearts* might not be as nuanced as more modern action-RPGs, but at its core it remains a fun romp with a lot of charm and nostalgia value. I look forward to seeing it remastered.



MOVIE REVIEW

Glorified action, zombie killing

By KEVIN ALLES

For many, the *Resident Evil* film series is a guilty pleasure.

There are never any Oscar-worthy performances or Tarantino-like story arcs. There is, however, a tremendous amount of slow-mo blood infused glorified action sequences and a ridiculous amount of mutant and zombie butchering.

Resident Evil: Retribution, the fifth installment of the series, embraces the stylistic slaying of the undead and runs – or rather, sprints with that premise.

Under attack

Retribution primarily follows a woman simply known as Alice (Milla Jovovich), the protagonist. The film picks up mere seconds where *Afterlife* left off, with Alice and company on a giant freighter belonging to the Umbrella Corporation (the bad guys) being attacked by hundreds – if not thousands of airships lead by Jill Valentine.

If that last sentence already confused you story-wise, don't worry, the story takes a back seat in this film.

Alice eventually finds herself in an Umbrella Corporation testing ground and is handed the seemingly impossible task of escaping the base in order to start the process of saving mankind.

Straightforward

The plot is simple and straightforward and doesn't require viewing the other installments to get the gist of what's happening.

Once an action sequence hits the screen, you'll most likely forget about the plot line anyways.

Director Paul W.S. Anderson (*Death Race*, *The Three Musketeers*) returns to the series for the third time (after directing the inaugural *Resident Evil* and 2010's *Resident Evil: Afterlife*).

After viewing *Retribution*, I can safely state



Milla Jovovich in *Resident Evil: Retribution*.

that he's the best fit for the R.E. series as far as directors are concerned. *Retribution* is available to view only in 3D but fret not, the opening sequence alone justifies it.

The first three minutes of the film use all the tropes and gimmicks one comes to expect when directors film with 3D in mind, but to astounding effect. Slow motion assassinations and bullets flying off the screen are par for the course when viewing an RE flick, but the way *Retribution* uses depth and eye-trickery (again, especially in the film's opening

sequence) is unmatched.

Despite being an entertaining 90-minute bloodbath, I do have some nitpicks about the film.

As aforementioned, the acting is primarily lacklustre (with the exception of Jovovich). This is nothing new to the R.E. films, as subpar acting has almost become a self-aware trademark of the series.

The film's story, much like the acting, is thin and transparent. Other than a plot revelation near the film's beginning, not much story progress is made in the RE universe. However, for anyone who's seen the other films, it should be appar-

ent that poor acting and an underwhelming story will be present before you step into the theatre.

Resident Evil: Retribution's aim is to shamelessly entertain you through glorified, polished and stylistic action set pieces and zombie killing. In this regard, it hits the bull's-eye. It misses the target on a few other minor aspects, but if you ignore those attempts gone astray, you'll thoroughly enjoy Paul W.S. Anderson's latest work.

★★★★☆

CROSSWORD

- Across
- 1- Martini's partner

6- Commoner

10- Horrors!

14- Choreographer de Mille

15- Accent

16- Make-up artist?

17- Chimes

18- Entr' _

19- Big do

20- Conical native American tent

21- Causing horror

23- Actress Peeples

25- Author Rand

26- "A Hard Road to Glory" author

29- Invitation letters

32- Biblical mount

37- USN rank

38- Chip in

39- Optimally

40- Cause light to pass through

43- Add fizz

44- Caspian Sea feeder

45- Edge

46- Passover feast

47- Old Dodge model

48- IRS IDs

49- Attorney's org.
- 51- Writer Hentoff

53- Highly productive

58- Started

62- Bunches

63- Sup

64- Eat away

65- Decant

66- Cornerstone abbr.

67- Negatively charged particle

68- Bluesy James

69- Foot covering

70- The house of a parson
- Down
- 1- All ears

2- Arch type

3- Break, card game

4- Greek goddess of the moon

5- Japanese immigrant

6- Egyptian deity

7- Bananas

8- Snare

9- Drunken

10- Minnesota's St. _ College

11- LP player

12- Bust maker

13- Acapulco gold

22- Infuse
- 24- "L.A. Law" lawyer

26- Take the role of

27- Carousal

28- Accumulate

30- Letters on a Cardinal's cap

31- Soft palate

33- Son of, in Arabic names

34- Approaches

35- John of "The Addams Family"

36- Units

38- Stellar

39- At full speed

41- Not for a Scot

42- Coffee container

47- Uncouth

48- Breastbones

50- Waits

52- At right angles to a ships length

53- Scheme

54- Defeat decisively

55- Other, in Oaxaca

56- A big fan of

57- Give up

59- Enter

60- Brouhahas

61- Branta sandvicensis

62- Big brute

1	2	3	4	5		6	7	8	9		10	11	12	13
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Puzzles provided by BestCross-words.com (<http://www.bestcross-words.com>). Used with permission.

SOLUTION
Page 23

ALBUM REVIEW

Own the Night's for all

By CAYLA ELLSWORTH

I've noticed a little bit of a shift in country music the past few years.

A lot of artists have created songs that have a bit of a pop music feel to them. One of these artists is Lady Antebellum.

The band made their debut in 2008 with their self-titled album and has been consistently coming out with new music over the past four years. Less than two years after the release of their second album *Need You Now*, Lady Antebellum released their third album, *Own The Night*, last September.

Having heard some of these songs on the radio beforehand, I had an idea of what to expect from the 12-track CD.

The album's title track has an upbeat sound showcasing a combination of both electric and acoustic guitars, drums, bass and an assortment of other instruments. Other songs like "Just a Kiss" and "Dancing away with my Heart" are slower moving songs with easy to remember



Lady Antebellum

onwardstate.com

lyrics that are traditionally found in ballads. Featuring instruments like the piano, fiddle, cello and other string instruments arranged in great, unexpected ways.

"Friday Night," "Singing me Home," "Love that I Found in You" are the upbeat songs that had me wanting to sing along with my headphones on.

Songs like "Cold as Stone" and "Heart of the World" are softer, slower ballads fea-

turing instruments like the cello, violin and mandolin with lyrics that made me stop and think.

Most of the songs are duets between band members Charles Kelley and Hillary Scott with the other member Dave Haywood on background vocals. Haywood also plays different instruments on each track.

The song "When you Were Mine" features Hillary Scott on lead vocals with the guys on

background vocals. It features the piano and mandolin with serious lyrics that are reflecting on the situation in the song. Lady Antebellum have a way of creating very vivid images with their lyrics and making them very relatable for their audience.

The band co-wrote most of the songs and co-produced the album as well. Whether or not you're a fan of country music, I think *Own The Night* is worth checking out.

Submerge ready to break through

By CONNOR CORSARO

Submerge is a band derived from original members of Submerge The Sky. A name change came with member changes, high expectations and personal struggles. By adding new screamer Cody Buhler, the band feels like they now have a complete package.

They have just released their new single on iTunes "A is for A**hole"

"We had 26 member changes before we decided we needed to start fresh, hence the name change," says guitarist Abel Black.

"Most were in the beginning but the fact remains. Our last guitarist had some personal issues that we could no longer support," he said.

"All of the music writers stayed the same so our style hasn't changed much and we pretty much picked up where we left off."

The band has been inactive since January and talked about how they had no problems picking up the fan base that had come to love them as Submerge The Sky.

"The expectations on Submerge The Sky were getting to be too high and we are family men, we have careers, this is our hobby not our job. We just want to put our music out there."

When asked about a future album, Abel simply responded with "As Submerge The Sky we released an album with little success.

"We had a better response to singles and so that's what we plan to do with Submerge.

"Eventually we might do a compilation of the singles and make it an album but we have a few songs done and ready to go now but singles seems to be the way to do this."

Abel commented on the band's new single "A is for A**hole" saying, "It's personal to me because it was something an ex-girlfriend told me and it just stuck." The explanation fits the song very well.

As for future touring plans, Abel said, "We are talking about it. Eventually I'm sure it will happen but right now we have other focuses, writing, families, jobs, etc."

"For now we have a few local shows planned and we'll go down to Calgary a few times, I'm sure."

The band also has a new shirt design that is going to be at shows now.

"We hired an artist from Indonesia because Americans want way too much money for graphic design and there is amazing talent over in Asia and they treat the

American dollar like gold.

"In the end, it's all about the music and we don't want to spend thousands of dollars on a design when we could spend a few hundred."

The change of members and name have affected the band, but mostly in a positive way.

"It's night and day," he said.

"Cody is a good change for the band. He scared us a little bit when we played our first show with him at Boonstock and was being quiet off stage and we were trying to pump him up and he just sat there and stayed quiet."

"Then when he got on stage he killed it. Took us all by surprise and got everyone into it. Other than that, there hasn't been much change. The writers are still the same and our style is the same. We've changed a few instruments around. I used to play bass but now am playing guitar."

The band is already playing shows again and drawing in the same crowds. Their next show is Nov. 1 with Endast, All Else Fails and Tyrant at the Pawn Shop. Tickets are just \$8 via yeglive.ca



myspace.com

Abel Black

Mixing lesson with pleasure

By KEVIN MARTIN

NAIT students learned how to party with a little more class Monday night. NAITSa hosted another successful event of their "How to" series. "How to Mixology" sold out for the second straight year. Students bustled into the Nest around 5 p.m. and took their seats behind an impressive setup. There were shot glasses, margarita glasses and bottles spread over the tables. Students were eager to learn some skills as well as taste test their own drinks.

The Ultimate Bartending School brought five professional bartenders to give advice on how to manage a bar, mix drinks and use flair techniques. These bartending gods run their own business here in Edmonton on Whyte Avenue. Chief instructor Erick Rosende started off by explaining different types of alcohol. He would mention a certain type of booze, such as Jaegermeister and then pass out tasters. The students were definitely warming up to this event as some of the tasters seemed to be more than the usual ounce.

Then the competition began! Erick split the students into six groups and demanded six perfect cocktails. The fun from this competition came from the fact that there were no real rules. Mixers grabbed a little bit of this – "That yellow stuff looks tasty." Then they grabbed a little bit of that – "Pink is my favourite colour,

it'll taste amazing!" After the dust settled a drink named "Jungle Fever" was crowned the champion. The producers of Jungle Fever took home cocktail shakers at the end of the night as their reward.

The last part of the course was the flair instructing. A couple of good looking young professionals took to the stage and started "juggling" equipment. It was an impressive display of hand eye co-ordination that included behind the back passes and blind catches. The bartenders passed out metal shaker cups and went through the basics with the students. Two seconds in, students were scrambling all over the floor to retrieve their dropped cups. According to Rosende, the skills are easy to learn but it takes a lot of time to practise. Students left the Nest with a little more knowledge about bartending and some alcohol in their veins.

Rosende has been bartending for over 20 years and appreciated teaching some of his skills to students. He explained that bartending is more than just the simple things.

"You have to sell yourself. Yes, people want their alcohol but if it comes with a grumpy attitude then they're going to go somewhere else."

Around 30 students came to the successful event. The "How to" series rolls on with, "How to Eat Well on a Budget", on Oct. 4.



Photo by Tyler Frith

NAIT student Chau Ngo is hard at work on his drinks at How to Mixology.

A street party!

By EMILY FITZPATRICK

Mark your calendars because downtown Edmonton will be celebrating the Alberta Culture Days kickoff party on Friday Sept. 28 when 104 Street to Jasper Avenue will be shut down to host the free, family-friendly event.

The festival will feature live outdoor performances by Edmonton locals headlined by the electro band Shout Out Out Out. The band started out in 2004 and has since released three albums. The latest is called "Spanish Moss and Total Loss." I have seen them three times and they never disappoint.

Also taking the stage will be the Mad Bombers Society, a highly energetic six-piece Ska band that has been together since 1997. Politic Live is a hip-hop group that describes their style as a fusion between hip-hop, soul,

jazz, R&B and reggae.

Together since 2002, they just released their third album. And last but not least, DJ Beat Burglar, aka James McCormick, a well-known member of the Edmonton music community. He plays a mixture of trip-hop, breaks, funk, soul, minimal, house, and down-tempo. With an impressive lineup of Edmonton talent like this, the show is sure to be a hit.

The Block party will also play host to local aerosol artists who will be creating and displaying their pieces live throughout the festival. Food trucks and bannock stations will be on hand all night to feed the masses after they work up an appetite dancing the night away.

The block party will run from 4:30 to 9:30 rain or shine. Events will be taking place all around Alberta from Sept. 28 to 30.

The Citadel will host a variety of different events such as drop-in theatre classes and Rapid Fire improv for a great rate.

For the complete schedule of events at the Citadel go to <http://www.citadeltheatre.com/alberta-culture-days-2012>. For any further information go to the Alberta Culture Days website at <http://culture.alberta.ca/culturedays>.

So don't miss out on this free event tomorrow night. Get out and support Edmonton culture.



2012 NAIT Family Campaign

60's BBQ CAMPAIGN KICK-OFF

Kick off the 2012 NAIT Family Campaign and celebrate NAIT@50!

Enjoy a jumbo all beef hotdog, tater tots, twinkie and a retro pop for \$5.00.

Play 60's themed games like Twister or give a hoola hoop a spin.
All proceeds support United Way.

North Lobby
Thursday, September 27, 2012
11:30am - 1:30pm

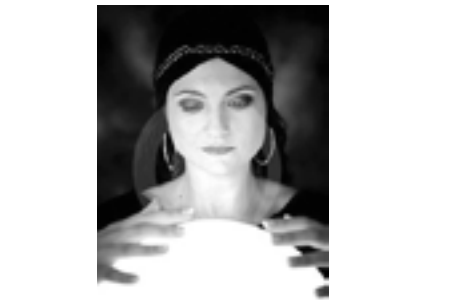
nait.ca/familycampaign

WE SUPPORT

United Way

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Sept. 27-Oct. 3
(Warning: These Nugget horoscopes are not written by an accredited astrologer however, believe them if you like, as they are absolute and unquestionable.)

Libra (Sept. 23-Oct. 22)
Don't be surprised if luck is on your

side this week. Keep your eyes open and accept the gift that falls into your hands.

Scorpio (Oct. 23-Nov. 21)
This week will be stressful and might seem too overwhelming. Don't let the workload get to you. Persevere and the payoff will be worth it.

Sagittarius (Nov. 22-Dec. 21)
Did you just see a unicorn cross Groat road? Maybe. Be prepared for a week full of weird encounters.

Capricorn (Dec. 22-Jan. 19)
Someone needs your help this week. Take it upon yourself to complete one random act of kindness. The results will leave you and a stranger smiling.

Aquarius (Jan. 20-Feb. 18)

Whatever you've been slacking in, stop. Manage your time and set your goals higher this week.

Pisces (Feb. 19-March 20)
Don't let people boss you around. This is the week to step up and say what you're really thinking. Being honest will be more rewarding than taking a back seat.

Aries (March 21-April 19)
Take the long way home this week. Drive down a street you've never seen and keep your eyes opened for a hidden gem!

Taurus (April 20-May 20)
When a crazy opportunity presents itself, say yes! It's your turn to take a risk, even if your friends think you're insane.

Gemini (May 21-June 21)
You deserve a little gift. Leave your thriftiness behind and treat yourself to something extra.

Cancer (June 22-July 22)
This week you'll reconnect with an old friend. If you've been missing someone, pick up the phone and call. It's not as complicated as you think.

Leo (July 23-Aug. 22)
Just remember one thing, the past is the past. If you got a little out of hand the other night, be willing to laugh at yourself, and remember to untag all Facebook evidence.

Virgo (Aug. 23-Sept. 22)
Stop over thinking. Make one tough decision and let everything else fall into place.

THE NUGGET PRESENTS:

Dr.CONwisDOM



CODY MALBEUF
AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,
I spent today running through a sprinkler. I thought this was a totally acceptable thing for a 20-year-old to do, but I'm being told by my parents that it's not. The main issue seems to be that I didn't know the person who owned the house. They were somewhat peeved to find me running around their backyard. Is this an activity I should stop doing?
Sincerely,
Young at heart, unfortunately legally convictable

Dear Young at heart, unfortunately legally convictable,
I say it's just like whether or not you get laid or hired as a car salesman, it's all about the clothes you wear. Outside of legal reasons though, if you brought a swimsuit that just shows running through a sprinkler is taking way to much forethought. My advice, shell out and buy your own sprinkler. If not,

you're one naked run through the sprinkler away from an unwilling naked shower experience in prison.
...
Dear Dr. CONwisDOM,
I did my grocery shopping at midnight last Sunday because I had to work late. I thought it would be sketchy but I met the coolest guy there. He was wearing a snuggie out in public, so you knew he was confident in himself. I figured that wasn't the classiest place to be but it turns out he's actually an entrepreneur starting his own Internet business so that's the only time he has to shop. I gave him my number, do I go out with him when he calls?
Sincerely, Love in the discount chicken aisle

Dear Love in the discount chicken isle
Sunday night at a grocery store is where everyone who didn't plan for the upcoming week ends up. No one has ever found "the one" after 3 a.m. next to the pickled eggs. Don't base your opinion of a man on what he says. Show me a guy who's a vegetarian and I'll show you a guy who's trying to have sex with a vegetarian. Your only saving grace is he definitely didn't go to Wal-Mart at midnight to pick up chicks unless he has a thing for missing teeth and women on mobility scooters. I say if you give him a shot don't hold the bar too high.
...
Dear Dr.CONwisDOM,
I woke up from a party and found

that I was sharing the same pillow as three other guys and was cuddling my British friend. We're all guys. Is this something that affects our friendship, or do we just move on?
Sincerely, awkward morning because of morning wood

Dear Awkward morning because of morning wood
There are more concerning things to wake up next to, such as a cousin. I myself have woken up cuddling a hummingbird feeder, which I have no idea how I obtained. Don't worry yourself about this. I don't consider myself true friends with somebody until I've drunkenly spooned them or been flashed by them ... Wow, I have a really large number of close friends. If my casual approach to this subject didn't help at least take comfort in knowing you don't do that kind of stuff nearly as often as me.
...
Dear Dr.CONwisDOM,
Summer has always been a time of fun, something to keep me from going postal during exam week. However, now that I'm in college I hate summer because I have nothing to do. Rather than using the computer to further my education I use it to pass the boring days of summer, but that's causing chafing in my private area. How do I fight the boredom?
Sincerely, need entertainment or more lube

Dear Need entertainment or more lube,
Wow, my advice is coming late. Sorry this slipped to the bottom of the pile, I hope you haven't worn yourself down to a nub by now. Either way I can't help you. I chose a job writing about what other people should do. That's the least active career I could find. I've spent more time with the comics on just for laughs than I have with my father. My suggestion, splurge on cable. You're not using the money

to do things, so spend it on watching fictional characters who do. Also ... dude get a girlfriend.
...
Do you have any personal questions that you want to have answered by the good doctor? Just send an e-mail with your concerns to comwisdom@nait.ca or submit them online to www.thenuggetonline.com and your sex doctor will have your "prescription" ready for you the following week!

CROSSWORD SOLUTION

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17	P	E	A	L	S		18	A	C	T	E		19	A	F	R	O
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68	E	T	T	A			69	S	H	O	E		70	M	A	N	S

Maximizing technical reading



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Reading scientific or technical material can be frustrating because of the large number of facts and details, and the complex terminology. Be prepared to read materials more than once for a thorough understanding. Here are some suggestions to enhance understanding and retention of scientific readings:

1. Preview the chapter looking over the chapter title, introduction, subheadings, figures, diagrams, italicized or boldfaced words and summaries. This lets your brain know what to expect so you can organize and store the information more effectively.

2. Skim the chapter – quickly read first and last sentences of paragraphs and try to pull out major ideas. The purpose of this is to get a general idea of the material. This should not be very time consuming.

3. Then read for detail, focusing on the material highlighted in your course outline and in class.

4. Read actively:

- formulate questions from the subheadings and read to answer them
- look ahead to homework questions or questions at the end of the chapter and read for the answers
- translate abstract formulas into verbal explanations
- write down procedures in step form
- draw your own diagrams to illustrate and explain problems and to summarize material
- visualize what you are reading
- anticipate possible exam questions and the responses
- think about application to the “real world” – how will this material be useful in your field or how is it related to something you already know
- make flash cards as you read – write a question on one side with the answer on the

back, a word on one side with the definition on the back, or a formula on one side and when and how to use it on the back.

5. Read dense material in small blocks; for example read one section or paragraph in your textbook and then make some notes on it or do some questions related to it.

6. Stop after reading every paragraph or subsection to recall what you have read; repeating what you have just read in your own words will help you to effectively understand and remember material.

7. Have an electronic or print dictionary nearby. Look up any words you don’t understand right away.

8. Leave a wide margin on the left hand side of your paper when taking class notes so that you can supplement them with notes from the

textbook or jot down examples, word meanings or questions. Try to create a single study source.

9. If you can read ahead by skimming the material for the next lecture, you will understand and retain the lecture information more easily.

10. When learning new material, you should not read for more than 25 to 30 minutes. Take a five or 10-minute break. It is usually best to change subjects every hour or so.

Think you might have a reading problem? A counsellor can help you determine if there is a problem and suggest ways to resolve it. For further information on this or any other academic, personal or career concerns contact a counsellor at Student Counselling, Room W111-PB, HP Centre. Open Monday to Friday, 8 a.m. to 4:30 p.m. Book in person or by phoning 780-378-6133.

Social Anxiety: The Fear Factor

Do you experience high anxiety in social situations?

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

If so, consider participating in our

four-week social anxiety group, running Tuesdays from 12:15 p.m. to 1:05 p.m. from Oct. 9 to 30.

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

Fashion and a good cause

By TAYLOR JACKSON

With fashion shows, photo shoots and runway walks, modelling certainly has it’s glamorous perks.

Twenty-two-year-old model Ali Don loves all the glamour but really admires how most modelling agencies focus on good causes and fundraising for charities.

She is a part of Nouveau Riche International Model and Talent Agency, which is an agency based in Edmonton with offices in Vancouver and Toronto.

Ali has been modelling since she was 13 with aspirations to become an international model and that is exactly the direction she is headed.

Being a usually shy and overall quiet person, modelling has taught this young woman all about confidence. Through it she has gained a

huge interest in the runway. This overwhelming industry has taught her to live outside of the box and that being the centre of attention and all eyes on you is sometimes a good thing.

Do you want to be a model?

“Don’t give up! Sign up with the right agency for the right exposure, promotions and variety of events and gain the confidence I know everyone has inside them,” Ali says.

Modelling is all about broadening your horizons and keeping an open mind.

Ali is one of the many models that will be modelling the eccentric Avant Garde and Couture looks in the Edmonton City Fashion Show presented by Models Against Trafficking Humans.

Agency CEO Rose Rosale explains how the models are chosen to participate in various fashion shows.

“Unlike most agencies, Nouveau Riche models are not expected to come into the agency with experience because they do train their models with things such as walking workshops,” said Rosale.

“Most models taken into the agency do have the criteria of being at least five-foot-seven and usually five-foot-eight and having an interest in runway walk. Training and making the models comfortable is a big part of what makes this agency different from others.”

The Edmonton City Fashion show is being held in the L1 Lounge (Lobby of Fantasyland Hotel) in West Edmonton Mall this Saturday Sept. 29 at 10 p.m.

Rose is proud to raise awareness about the “horrid” human trafficking that still goes on to this day. In the past six seasons, this fashion show has donated to numerous charitable causes such WINGS in support of Women and Children’s shelters.

“Human trafficking awareness will be a more permanent focus for fashion shows to come,” says Rosale.

The Edmonton City Fashion show is expected to be at full capacity with 200 people in the L1 Lounge. Ziyah Karmali, who was crowned Miss Edmonton in a beauty pageant in 2010, is now working as an entertainment reporter at Breakfast Television and will be the

exciting guest host.

This social awareness fundraiser is sure to turn heads, with a live photo shoot after the show, a silent auction and drink specials. You can buy tickets for this 18-plus event at the door or online at <http://www.nrimtm.com>.

Cats on display

By AMANDA SCHULTZ

Everywhere you look on the Internet you can see cats. They’re “pawsitively” everywhere. There are tons of pictures and videos of people showing off their “purrfect” felines.

Now, there is a place you can show off your beauty of a cat in person. Here in Edmonton, the Cat Fanciers Club has been showing cats for 50 years.

This coming weekend on Sept. 29 and 30, the club is putting on their annual Cat Show.

The show not only has beautiful cats, but you can also come and see which cats are up for adoption. You can score some new cat toys, scratch posts, cat jewelry and many other cat related things.

Being a cat owner myself I wanted to see if it was possible for me to enter my own cat. Sure enough, there is a category for household cats. Unfortunately, I missed the deadline to enter by only a few days but there is always another chance.

They host one or two shows a year, but also put on different events involving cats. If you go to the website www.tica.org which stands for The International Cat Association, you can look on the left hand side of the website and get the dates for upcoming shows to enter your felines.

If you missed the deadline as I did, you can still attend and see all the different breeds being judged.

At this upcoming show there has been

interest shown by a few new and different cat owners. This means there will be a variety of cat breeds shown this weekend.

The cats will be judged in a few different categories, such as kittens (four months to eight months), adults or alters, alters being champions from previous shows. There are also kittens or adults in the household category.

Lastly there is the category of NBC, new breed and colour, with kittens and adults. The way that the cats are judged is they all have a number and when that number is called the cats are taken to the ring in a cage and judged in structure, breed standard and beauty.

When the judges are satisfied, the cat is taken out of the ring and put back where it was originally.

Kathy Byram has been working with the club since 1985 and is the owner of some award-winning household cats. She has a passion for the Cat Fanciers Club.

“People are finding out more about these cat shows,” said Byram.

It’s a very interesting and unusual event. It will take place on Saturday and Sunday from 9:30 a.m. to 4:30 p.m. at the Edmonton Hotel and Convention Centre at 4520 76 Ave. It’s a new sort of entertainment for most Edmontonians.

If you’re into cats, put it in your calendar, right “meow!”



nouveau-richemanagement.com

THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

RESTAURANT REVIEW

Return visit on the menu

By KEVIN TUONG

The cold weather is starting to creep in these days, and despite this past week being absolutely beautiful outside, it could very easily be our last. So what better way to enter autumn than with some Mexican food?

Some classmates and I got off early and decided to head to the heart of downtown to Tres Carnales.

Parking in that area is outright ridiculous, if not impossible, since it's located in the same area as the Scotia building. The only immediately available parking is in the parkades,

which will easily cost you as much as your meal, if not more.

But I've always been a city person and I love the feeling of busy metro areas, so I didn't mind a little bit of walking.

Once we got in there at peak lunch hour, it wasn't as busy as I thought it'd be, but there was still a lineup at the door since this is one of those places where you have to order at the front counter before you get a table.

The first thing you'll notice, aside from the lineup is that the place isn't very big, so bringing a party of six like we did wasn't a

very bright idea. However, the interior is cosy despite a modern-grungy look. It suits the small space.

Naturally, with our larger group, we did have to wait a while until there was a table for us. They only have one large table and it seems to be shared by numerous parties of two.

This waiting gave me a good insight into their customer service. I had more than enough time to look over the menu and noticed that they get food out of the kitchen rather quickly – some plus points right there. Then despite a line growing behind us, the staff decided not to give

away smaller tables to smaller parties, in hopes that they could put something together for us since we have been waiting longer.

It's debatable as to whether or not that counts as good customer service but, from our point of view, it was.

The atmosphere that the staff gave off was friendly and somewhat energetic. Essentially, they looked like they liked their jobs and liked being there, which is a trait that not every restaurant has.

After about a 15-minute wait, the six of us somehow managed to get around a small table that was made to fit four. I decided to get a Pollo (chicken) Asado Torta, which was essentially a really big chicken sandwich.

For a gigantic sandwich, the presentation was actually well done. The bread was nice and crispy around the crust, the veggies were fresh and flavourful and the chicken was only just slightly dry, but it was absolutely loaded with flavour, and had a subtle kick of spice, which was just enough for me.

I can't handle a lot of spice, so for those of you who like spicy food, it's probably not enough, but for me it was just right.

I finished the meal off with a mandarin orange Jarritos soda, which was something completely new to me. I want more of it – enough said.

They also have a nice selection of Mexican beers to choose from and sangria (Spanish fruity wine) if that's more to your liking.

My experience at Tres Carnales was a bit short, and cramped. Essentially, I only got to try one thing on their menu but the flavour of the torta and the friendliness of the service was enough to make me want to go back there to explore more of their menu and their food.

Plus, if there's no table next time, then it's good to know that they also do takeout.

Tres Carnales

10119 100A St.

www.trescarnales.com

780-429-0911



Photo by Kevin Tuong

Pollo Asado Torta

HOT SINGLE OF THE WEEK



Photo by Justin McLeod

Micah Ellis, 20 Carpentry

What's your type? – I like a girl with dark hair, who's athletic and has her priorities straight.

What's your ideal date? – Maybe something simple like dinner and a movie.

What are some of your turn off's? – Swearing, smoking and drinking.

What is your favourite movie? – My top two would probably be Anchorman and Zoolander.

If you could fly anywhere right now where would you go? – Probably Australia. I've been thinking about Australia a lot lately. I've never been before so I'd like to go.

What kind of music do you like? – I like the hard stuff like headhunterz and showtech.

What are some of your hobbies? – Working out, reading, writing, hanging out and chilling with my friends.

What's one thing you want the ladies of NAIT to know about you? – That I'm single and ready to mingle. And I'm a gentleman.

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

Best hash browns

CAMPUS FOOD REVIEW

By AMANDA SCHULTZ

It's Monday morning, the weekend was just a tad too short, you're tired and a little agitated. What could change your day for the better? Maybe, the best dang hash browns in Edmonton.

Take a short walk to the main campus of NAIT and hit up the Common Market. There may be a short line, but for something as good as this there should be.

You take a long look at the menu and realize there's a lot of great breakfast food to choose from. You think, "what's my best option for the cheapest and best food?"

The "Early Riser?" Yes. Maybe its 9 a.m., which is not that early, but it seems to be the best choice.

You get up to the counter and the staff or student asks what your choices are. You say "Early Riser" and from there you get more choices; brown toast or white, bacon, or sausage, yogurt, fruit or hash browns and how you would like your eggs.

To make it simple, you choose brown toast, hash browns, scrambled eggs and bacon. As you wait, the smells start to take you away and before long you get your full plate of food.

You walk to pay for your food, but you

can't help but sneak a few hash browns on the way. You pay and find a seat – one where you can watch people and still enjoy your food.

You start with the toast. It's great, nicely toasted and buttered. Then you move on to the bacon.

Once finished the perfectly cooked bacon you start working on the hash browns and the eggs at the same time. The hash browns are crispy, but not the burnt kind of crispy. Unfortunately the eggs are not the greatest, so you eat a few to get your protein in and then you continue on with your hash browns.

They are so good you don't even need ketchup or anything with them. They are just greasy enough so you enjoy them, but don't feel really guilty about being unhealthy. They are graced with a good amount of spice.

It's probably just seasoning salt, but it is a deliciously familiar taste.

As you finish up, your day starts to look up. You toss your plate and continue on as you realize Mondays really are not that bad.

Go to the Common Market and start or end your week or even go on Wednesday and enjoy the "Early Riser." I guarantee you won't regret it.

Easy chicken

RECIPE

By LYNDSEY COWAN

It's time to pull the most invaluable trick a student can ever learn, fooling your guests into thinking you can cook! This is an easy recipe for baked teriyaki chicken. Why is that impressive? You can make teriyaki sauce from scratch faster than you can make Kraft Dinner. This meal requires minimal energy and the results will make your mother proud!

Ingredients:

½ cup soya sauce

½ cup sugar

¼ cup white vinegar

1 Tbsp cornstarch

1 tsp ground ginger

1 tsp ground garlic

3 pieces chicken thigh or breast

Method:

Preheat the oven to 375 F.

Take a 9 x 13-inch baking dish, line it

with foil and grease the foil. Set this aside.

Mix the soy sauce, sugar, vinegar, cornstarch, ginger and garlic together in a small sauce pan. Make sure all of the clumps are gone, then place over medium heat and cook. Constantly stir the sauce until it bubbles and becomes thick and glossy.

Arrange the thawed chicken pieces in the dish, and pour the teriyaki sauce over top. Coat all of the chicken evenly. Place the dish in the preheated oven and cook for 45 minutes to one hour. Every 15 minutes, turn the chicken and baste with the teriyaki sauce.

Once your chicken is cooked, it's time to make it look as impressive as possible. Sprinkle with sesame seeds and serve with rice or quinoa. Use the extra sauce to add more flavour.

Makes 3-4 servings.





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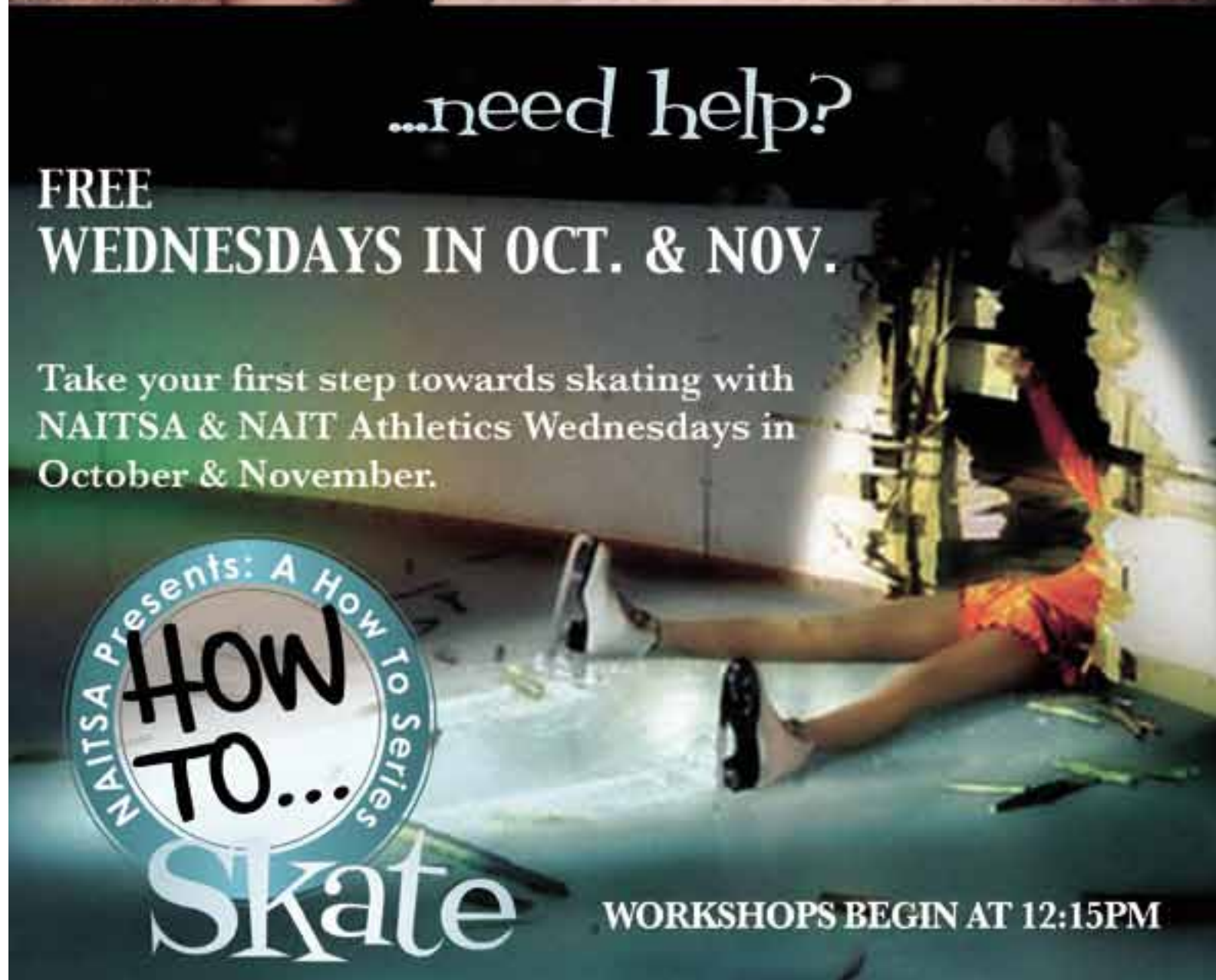
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