

MOVEMBER ON!

THE NAIT NUGGET

Thursday, November 14, 2013
Volume 51, Issue 11

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

BUST THE STRESS!

Staying in the saddle as semester ends, Page 4



RODEO COMES TO TOWN

A rider gets ready to hit the dirt at Northlands during the Canadian Finals Rodeo, which was held from Nov. 6-10. See story, Page 11.

Photo by Jesse Kushneryk

HOW WILL YOU WEAR YOUR

'Stache?

NOVEMBER 29

November Finale

AT THE NEST

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NEWS & FEATURES

Time for that next step



STEPHAN SUTCLIFFE
Assistant Issues Editor
@StephanRadio

For NAIT students who are completing their final semester in school, now is the time to finalize plans for your next, out of school, semester. Whether your program includes a practicum or an internship – your

program might call it something different – or you're heading out into the world looking for employment, it's a very nerve racking time, for even the most confident person.

School, as much as we say it's hard, is the easy part. Finding a company willing to give you a practicum should come pretty easy but the challenge is to turn that opportunity into a paid job. It is not something you can worry about at this point because as you're told it is great to just get your foot in the door. But when looking for a practicum you really have to treat it like you're looking for a job because no matter what, it's a great opportunity to get some important names on your resume that could get you that next job after ward.

Finding the right practicum is important. You can look at it one of two ways. If you

already know what specialty you want to concentrate on out of school, you look for something different than someone who is looking for a more general entry level position. If you want the latter, looking for a job that you can use as a practicum is probably something you should consider. Maybe the former interests you more and that's where you need to look for an opportunity to specialize.

Finding the right place geographically is the next big step. Canada alone is a huge country that is completely different from coast to another. If your chosen career allows it, it is a pretty daunting thing to look at a map and pick one place to begin the rest of your life. In this case I say that you commit to a region, because likely you're going to be staying in the region as you move up in your

career.

Easily the hardest thing to do heading out into your industry is to temper or relax your expectations about what will happen in your career right out of school. You may be the best in your class but the people you will be working with have seen many like you come and go. If you're talented no doubt they should respect that talent but understand you're just getting started.

Those of us leaving school are truly about to go out into the unknown and that can be a scary thing, but it can also be something that's exciting. We have the world in front of us and our careers are in our control. I cannot wait for what is to come it should be one hell of a ride.

Christmas – earlier and earlier

By **ROBERT MacGILLIVRAY**

Christmas. For most of us that word invokes feelings of warmth and joy, images of colourful presents and smiling faces and a longing for the good times to come.

There's also a certain dread we start to feel when the Christmas season rolls around with demands for presents for our families, decorations for our houses and money from our pockets. So, while the holiday season is a happy one, the time leading up to it can be a little stressful.

Why is it that this stressful season keeps on coming earlier and earlier? As Dion Ford, a salesman at River City Games in Kingsway, said: "The day after Halloween they [Kingsway] were already setting up the Christmas stuff"

It is a trend that we can see happening all around us over the past few years. It used to

be that only big box stores like Costco (where I'm sure I saw Christmas trees in August) and The Real Canadian Wholesale Club swapped their seasonal merchandise a day or two after Halloween and it made sense. When you're dealing with bulk stock like that, it's best to keep the seasonal section looking full all year round with whatever is coming up next mixed with the past season's goods at discount prices. It's a little different when individual retail outlets and shopping malls have their Christmas decorations up before our jack-o-lanterns have started to wrinkle.

"Christmas is one of my favourite holidays but with that said, people kind of get out of hand with it, bringing it out too early," Ford said.

"I like my down time between Halloween and Christmas, just because you have all that candy and who wants to worry about presents and Christmas stuff?"

There aren't many people around who argue that point; we all wish we had a little breather between holidays. Don't get me wrong, I'm no Scrooge; there aren't many times of year I love more than Christmas. It's just the pre-Christmas period, serving as a reminder of the preparations I'm behind on, that I could live with less of.

Unfortunately, as Ford went on to say, "We [River City Games] usually leave decorating until midway through the month, end of the month ... but being that everywhere is already starting to put up their Christmas stuff, promoting Christmas deals, and this and that you don't want to be the Scrooge."

Maybe this is what's causing the ripple effect of an earlier and earlier Christmas season. When people around you are gearing up for the season, you don't want to look like Ebenezer.

The vicious cycle has now reached a point where we've bumped right up against Halloween in our malls, retail outlets and, most recently, our homes. One quick drive around the city is all it will take to notice the Christmas lights starting to go up and,

by the time you're reading this, I'm sure many more households will have followed suit. Luckily, there is some good to be seen in this trend: if you like Christmas music, you have more time than ever to enjoy it and sing along.



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



Photo by Taylor Mah

Edmonton's sky line will change if plans for a new 71-storey building are approved.

A sky-high city plan

By **ROBERT MacGILLIVRAY**

BCM Developments, a company which specializes in building condos, has proposed a plan for building the tallest tower in Western Canada. The proposed tower is to be called the Edmontonian and is planned to be 278 metres tall, which would dwarf Manulife Place, the tallest building in Edmonton for almost 30 years at 146 metres and the EPCOR tower, which took the record in 2011 at 149 metres.

Originally, BCM Developments had planned for a 53-storey building but Hartwig Architecture, the firm tasked with designing the Edmontonian, eventually brought back a proposal for a 71-storey version. With the City Centre Airport gone, many of the height restrictions on buildings in Edmonton have been removed and this allowed Hartwig to plan for a taller, more esthetically pleasing building with the same square footage. According to CEO Terry Hartwig, beating Calgary's record for the tallest building in the West (Bow Tower, 236 metres) may have

also been a contributing factor.

Some people think that it will just be an eyesore, sticking out of Edmonton's skyline like a sore thumb and casting a long shadow, but Keithen Coleman, a millwright student at NAIT, sees it differently.

With the height restriction caused by the airport's removal, "It's more efficient to build skyscrapers and we will be able to build more ... that means that there will be a spike in the demand for construction workers," he says.

In a city with a definite urban sprawl problem, building towers like this is probably a good thing. Increasing the density of the city-centre population with part-condo, part-hotel, part-restaurant, part-bar and part-office-space towers like the Edmontonian will give our core more of a metropolitan feel. Add to that the nearby downtown arena and you have a recipe for a core that feels like the thriving hub of the city instead of a downtown that's just part of the overall sprawl with taller buildings.

Whether building a dense core will be a good thing for Edmonton or not, towers like this one are on the way. In regard to a 71-storey tower like the Edmontonian opening the door for more huge buildings Coleman replied: "People will see that it can be done and I'm positive that somebody wants to make one taller because bigger is better. Also, the workers will get used to building big buildings like that."

The Edmontonian still has a long way to go before the parking lot on the corner of 101 Street and 105 Avenue is rezoned and BCM Developments receives the required development and building permits. It will be years before the Edmontonian adds to our skyline (if it gets approval), but even without the tower, more developers will be biting at the bit now that they can build up instead of out and one of them is sure to get approval. Might as well embrace it. Taking an elevator to get a coffee in the morning, head to work, and then head to the bar after work doesn't sound so bad, does it?

Letters

We want your views

Is something bugging you about NAIT or the world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

We need to list your real name.

Getting something off your chest is downright therapeutic. Write us.

Stress busters on campus

By **CARLY ROBINSON**

November tends to mark the beginning of a stressful period for most students. Mid-terms are in full swing and often it feels like one can't get a break until the semester ends. There are many different things that students can do to keep from letting these dog days get to them.

Third year automotive service technician student, Warren Tomlinson, says that the looming holidays can be a distraction, and that his main job is "just staying on top of all the studying"

He also recommends for those who are stressed to look into "finding a hobby that they enjoy and that doesn't involve their school work at all. I mean you have to spend a lot of time studying but you don't want it to consume you."

Hospitality management students Allannah Wrbel and Brittani Blake turn more towards technology for de-stressing, such as YouTube, movies and video games.

"I could not live without my Google calendar. Google calendar is my life," says Wrbel.

NAIT is also a campus filled with resources available to students who are going through a difficult time. We have counselling services on campus ready to aid in any way possible. There is also NAIT's own therapy dog in training, who seems to

be able to light up any room he is in.

The NAIT Students' Association works on promoting these services year round and making sure that students know they are not alone.

"We all experience [stress]" says James Head, vice president of Student Affairs. "It's good to talk to people. All students are going through the same things, so it's really good to be able to relate to other people, because if you're not stressing out about exams, that's really weird."

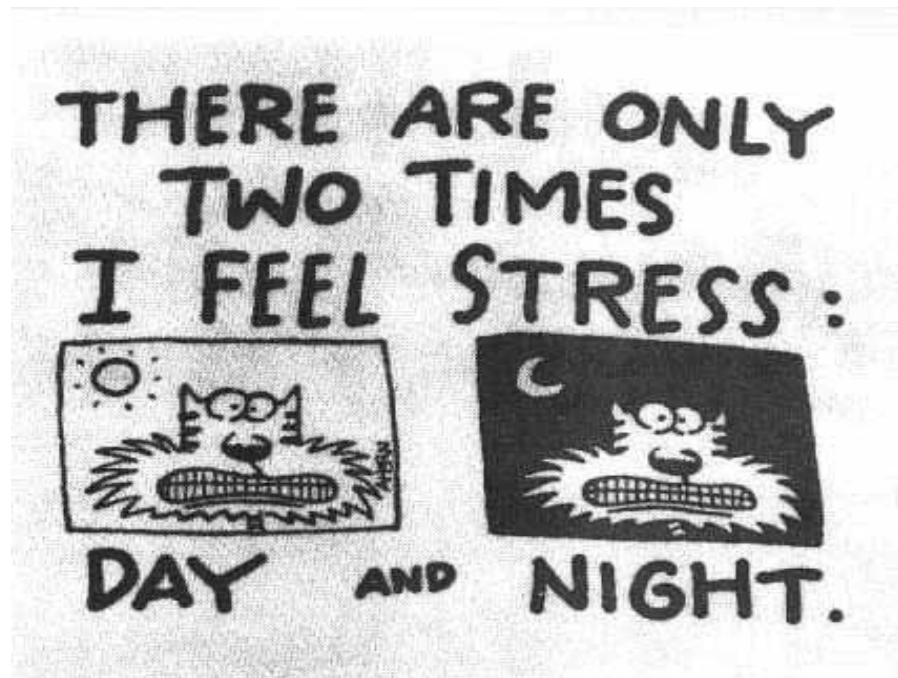
He also mentions the importance of understanding.

"I think we all know that mental health is a huge issue across Canada and North-America and it's really important to try and work towards eliminating the stigma that goes along with it.

"So [one should] feel free to talk about it, come out to events ... There's the mental health awareness committee at NAIT – it sets up a lot of booths. Take a look at the brochures and don't be afraid to talk about the issues and see someone who you will be able help," Head said.

"Don't see it as something terribly negative because it's so common and most people don't talk about it or feel like they can talk about it. Make sure you can be open to it."

Students can also look forward to



www.louisaavery.com

NAITSA's organized stress free zones, which will come around closer to the end of the semester.

"We are basically going to transform a couple areas around campus, so that includes the NAITrium and I think the dock at the annex," said Head.

"There is going to be puppy cuddling, there's going to be things like bubble wrap popping and other activities that have been

proven to relieve stress."

There will also be alternative stress relief activities, such as reflexology, massage chairs and chances for students to receive free cookies.

"Know that there are services available on campus. We have the counselling centre, for example. We will be working to promote these services at the stress free zones as well as the rest of the year," Head said.

Is phone privacy an illusion?

By **ROBERT MacGILLIVRAY**

Did you know that Bell, beginning Nov. 16 with their mobile users, is going to start providing information about their subscribers to advertising companies? This information will include information already collected for network optimization such as: GPS location, websites visited, apps used, online searches, TV shows watched and

calling patterns. The goal is to change the ads that people are already seeing into ads that will be more relevant to them. If you weren't aware of this, you're part of the majority. No one I interviewed about this issue, including Bell subscribers, knew that this was going to be coming into play soon.

Tomi Okunnuga, a video production student here at NAIT, knows he doesn't

want his personal information floating around: "If [my information] is in your system ... I don't want it going anywhere else. It has to remain in your system."

On the upside, Bell isn't giving those advertising companies a way to identify individual users; the ad companies will be receiving aggregate data about certain populations of users. Also, people will be able to opt out of the program at any time. On the downside, why is it an opt-out program that people have not been well-informed about instead of an opt-in program?

Ted Deurloo, a Bell user and NAIT student, had this to say: "It's not good, but everyone else is doing it. In this day and age, Google, Facebook – they're all doing it."

That's scary, isn't it? All of the big players in social media and the communications industry know everything we're doing at all times. Google knows what we search, Facebook knows what we like, our Internet service providers know where we browse and they're already sharing that data.

It's one thing for services that are provided free of charge to use targeted ads in order to generate revenue but you already pay companies like Bell for their services. Is using information they collect, anonym-

ously or not, to help generate ad revenue OK? Most people I talked to around campus said no. And is the information truly anonymous? Like Mr. Deurloo mentioned: "Are they doing things behind the scenes? We don't know. That's the thing: there is a lot I don't know about."

Assuming the best of Bell, that they do have good intentions for now, we could be seeing a domino-like effect over the next year where the two other big wireless providers, Rogers and Telus, follow suit with a similar strategy. Once a competitor has broken down that barrier, it's easier to do the same thing without losing customers.

The next logical step seems to be selling the catalogued demographic information and turning a larger profit. In Canada, there aren't any laws against this if the information is made up of aggregate data from multiple users who cannot be identified.

Luckily, there are laws out there to protect our privacy on a personal level ... unfortunately, laws can be changed and loopholes can be found. It's up to us, the consumers, to be aware of these issues and stand up for our privacy rights as compromising data comes to light. If we don't, we may soon find that our lives aren't as private as we think.



ghusk.wordpress.com

Point Counter Point Passing the torch



JOSH YAWORSKI
Issues Editor @actuallyjosh

An idea is immortal. The second an idea leaves the mind through the conduit of communication, it becomes so much more. It becomes eternal. Some ideas live on for their brilliance, others for their stupidity. Regardless of which it is, the idea of Point Counter Point does not belong to the three way mind meld of Figs, Josh and Sara that created it. It belongs to everyone, and deserves to live on in The Nugget for as long as it is wanted.

When we started PCP, it was to serve a purpose. Chris wanted to make fun of my crackpot theories and ideas publicly and I just wanted to argue. Chris and I have argued about matters as serious as gun control and as trivial as hot dog stuffed crust. Fluoride, How to handle Freshman Orientation, Quebec's Charter, we crossed swords on such an array of topics that we actually started getting bored of arguing face to face.

Others have stepped up

And really, it isn't as if Chris and I didn't know this was coming. We've been allowing occasional guest writers into PCP this semester and they've done great work with it. Joe Ranger and Carly Robinson's discussion of *Playboy* saw a difference in stature nearly identical to Chris and me and a range of arguments identical to it, too. Sheeba and Quinton even went so far as to dress up in costumes for their PCP cover photo, Q looking stunning in his nun's habit and Sheeba equally so in nearly no clothes at all. Though their arguments were shorter than average, as are they, they certainly were power packed. I was so thoroughly convinced by Sheeba's argument that I personally went out in a slutty little tutu. I was dressed as Ace Ventura, but it still showed some skin. And just like Q said, that skin got cold as all hell.

No worries about leaving

As I prepare to leave the *Nugget* to work in a newsroom in Hinton, I have absolutely no worries about leaving the paper. The incoming editors are all great and they're very familiar faces to our readers. And those new editors deserve the chance to continue the little bits of clever that we, the outgoing editors injected, from the porn review through the overly critical book review even to, yes, PCP. Even as Chris, Sara, Lauren, Ali, Kyle, Nicole, Stephan and I move on from NAIT and the *Nugget*, the changes and work we did for this paper lives on with every new generation of writers that set pens to paper or fingers to key.

You see, PCP is the feature that NAIT deserves, but not the feature NAIT needs right now, so we'll leave it here in the hands of fresh writers, because it can take it, it's not the hero, it is NAIT's written guardian of opinion, the Point Counter Point.



By CHRIS FIGLIUZZI
Assistant Entertainment Editor @chrisfigliuzzi

PCP is like a child to me and they say there is no greater sadness than a parent outliving their child. There is a special bond when you create something and watch it grow ... even if it's a one way bond that doesn't really make any sense. This is definitely the case with me and these Point Counter Point articles. I love them, I mean how can I not? I basically get to call Josh stupid for a couple hundred words and attempt to show him just how misguided his beliefs are.

Like all good things though my time here at NAIT is quickly coming to an end at the end of this term and Josh's even sooner as he leaves for a new job at the end of the week. This leaves us asking the question "Who would hire Josh?" ... oh, and also, "What should be done with PCP?"

Hog wash

Some people here at the the *Nugget* are under the mistaken belief that Point Counter Point needs to keep going and should be taken up by some new contributors ... what a load of hog wash. I mean why? You, the good people of NAIT, have had the pleasure, nay, the privilege, of reading my literary genius for the past term and a half. To take that away and bring in someone new at this point would almost be a crime. Imagine if halfway through *Animal House* John Belushi was replaced by his younger, no talent brother, Jim. It would have been a travesty, an injustice, a damn shame.

Point Counter Point is the cornerstone of this paper, granted a weird, angry and, at times, rambling cornerstone but a cornerstone none the less. Why mess with this formula? If there is one thing that we have all learned from TV and movies (the Dark Knight series excluded) it's that the gritty reboot doesn't work.

Worked and toiled

Furthermore, who the hell do these new people think they are? I mean I have worked and toiled, pouring my blood, sweat and time into this article and have helped it grow and blossom into what it is today. Now that I am moving on it's only right that I should be given the choice as to whether it lives or dies.

Point Counter Point is more than an article. It is my legacy, a creation from my mind that has flourished and allowed me an avenue to actively call people idiots under the guise of comedy. I live in constant fear that someone new will come and destroy all that I have worked towards and see only one way to prevent this. By destroying the article forever, and ensuring that it will never be tainted by the like of some sub par writer. No, instead I choose death! As the saying goes, "If I can't have it, no one can!"



File photo

OPINION

— Editorial —

What is success?



NICOLE MURPHY
Editor-In-Chief
@NicoleMurphySt

While watching a couple viral YouTube videos this past week, I had a revelation about success.

One video had a man doing a cover playing the drums to one of my favourite songs, “Everlong” by the Foo Fighters. He was really good at it but there was a catch – he had deformed arms, in fact he did not have much arm at all, or hands.

After watching this video I realized that maybe we cannot compare “success.” I mean, in this fast paced moving world we are told to go to school, get a good paying job, have a family, get famous and so on. We are constantly striving for success but most of us will never understand what the achievement of playing the drums with no arms or hands feels like, and we are not meant to.

Don't compare

I think when we start comparing levels of success and try to outdo each other we do not reap the rewards of true success.

I watched another video that had a physically disabled young boy running in a fun race. It was clear that it was difficult for him to walk, let alone run. His legs kind of went towards each other instead of in front of him.

As all the runners lapped him and finished the race, he kept slowing going. On his last lap, however, when his energy and determination where starting to fade a couple of kids fell in behind him, cheering him on. This couple of kids grew into a large crowd saying his name and giving him support.

He finished the race and climbed his “mountain” with the love and support of others. I have a bit of a radical belief now. I believe that everyone can be successful and it is in fact not a dog-eat-dog world.

What is success

What is success? The dictionary definition is the accomplishment of an aim or purpose.

Those kids in the race did the best they could to accomplishing their aim and then went and supported a friend.

Why are we constantly striving for success? If I am honest, for me it is to be happy, to be loved by others and to have a lasting impact somehow on the world. The funny thing is, I think the kids in the race felt more happiness helping their friend and cheering him on then actually running their own race.

I am just working through some ideas, I do not have all the answers. Ask yourself questions. Life gets so busy and there is a constant noise of people telling you what success is but what is your aim or purpose? Take some time to ask yourself “Why

am I doing what I am doing?”

I have found that some of the happiest, loving and caring people do things because it brings them joy, not because it brings them success. They choose to do what

they love without fear of how much money it makes them and not concerned about what other people think of that. To me this is true success. What is your true success?



Success can take many forms.



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. We're a newspaper, not an encyclopedia. Give us a break!

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

Poppy colours clash



By ALEX SACKIW

As we look back on Remembrance Day, there seems to be a black cloud hanging over the heads of our veterans this year. It is a symbol that the minister of Veteran Affairs has called “insulting” and “disrespectful,” I refer to, of course, the white poppy. Started in 1926, the “No More War” movement pushed for a different poppy, as its supporters wanted a more pacifistic symbol. In 1933, the first white poppies were created and distributed ... and people lost their minds over them.

From being fired from jobs for wearing them, to being publicly ostracized for it, supporters of the white poppy were not well received. Even today, the White Poppy Movement has garnered more than a little unfriendly attention, from veterans and government officials alike.

“So what’s the fuss now?” you may ask. “Surely, it’s been around long enough that the controversy has ended?” Ah, you may think that, but now the white poppy has been picked up, not by those who look to demonstrate for peace and diplomatic agendas, but by those who feel red poppies have become too mainstream. The white poppy has now become a symbol for those who feel they want to distance themselves from the rest of the herd and want to do it in an ironic fashion.

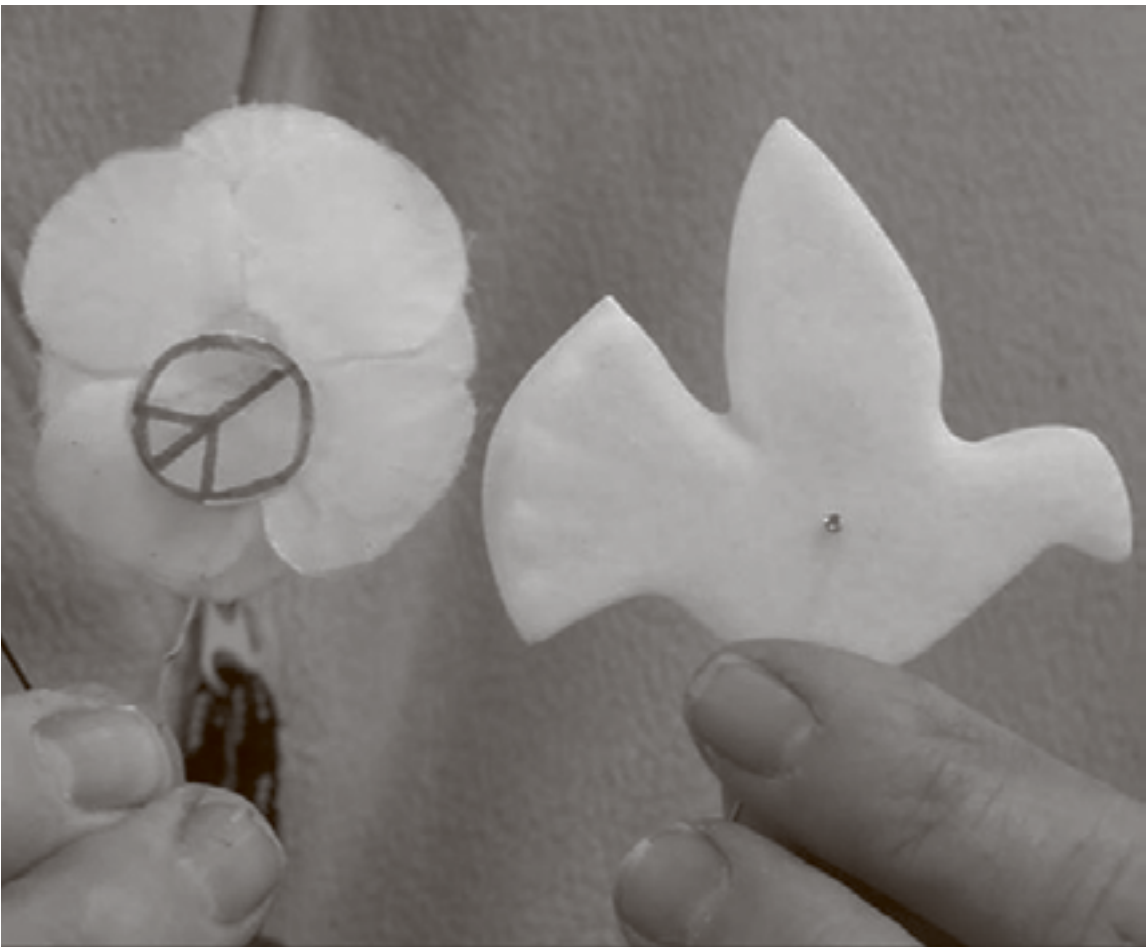


Photo by Sarah Stilwell

A symbol of rebellion?

On first reading the reasoning behind the white poppy, I felt inclined to agree with the message that all veterans should be remembered, the fallen and the living, that it is our job to tell our governments that we will not stand for future conflicts that send fathers, mothers, sons and daughters to war, that the whole of humanity will unite and say “no more war.” But that is not the case in this instance. From the multitude of videos and interviews done by wearers of white poppies, it seems it’s just become another symbol of rebellion against the status quo.

I recently spoke to Caitlin Fortier, a NAIT Respiratory Therapy student who served in the Canadian Forces.

“I understand the intent, I just don’t think they are necessary,” said Fortier. “I can’t help but wonder if some of the students who have been talking to the press are misinformed.”

It certainly seems like the true history of the white poppy has been misconstrued, especially after seeing videos of students saying they don’t care if the white poppy insults veterans. It’s a bold claim, especially when it was those veterans who made sure we could have a prime minister and not a chancellor. Now, some would argue that the white poppy is an alternative because it not only honours veterans, but civilians, animals and infrastructure that also suffers in war. It’s an honourable ideal but aren’t those also the ideals represented by the red poppy?

“I find that most times it’s the civilians who seem to not be informed about a lot of symbolism used in the military,” Fortier said. “I understand the intent of the white poppy but the red poppy already stands for the costs of war. That is the call for peace.”

It’s up to you

In Edmonton, there is a single distributor of white poppies, Earth’s General Store on Whyte Avenue, which carries both the red and white versions. They have an entire section devoted to explaining the true meaning of the white poppy and why they sell it alongside the red poppy.

“Remembrance Day is a day to reflect upon the lives lost and the sacrifices,” said Fortier. “How fortunate we are to live in a country that has those who do not have to lose loved ones fighting for freedom.”

In the end, the decision is up to you. In these instances, the true power lies in your hands. Whether you agree with the idealistic vision of the white poppy or hold a more traditional view with the red poppy, the ultimate decision rests with you. All I can hope is that, come white or red, we do not become so wrapped up in meaning, rhetoric and definition that we lose sight of that which is important – remembering those who have given, are giving and will give their lives to keep peace on this beautiful planet we call our home.

If you have a response to this article, tweet the writer at @AlexG_RTA. Hashtag #PoppyGate

NAIT STUDY SKILLS WORKSHOPS

Preparation is the Key to Success

Check Out These **FREE DROP-IN** Student Engagement Workshops

NOVEMBER, 2013				
18	Mon.	Learning How to Learn	Room J112	11:15am-12:00pm 12:15pm-1:00pm
20	Wed.	Memory, Learning & Concentration	Room X215	11:15am-12:00pm 12:15pm-1:00pm
22	Fri.	Time Management & Procrastination	Room X215	11:15am-12:00pm 12:15pm-1:00pm
25	Mon.	Learning Styles	Room J112	11:15am-12:00pm 12:15pm-1:00pm
27	Wed.	Exam Preparation & Writing	Room X215	11:15am-12:00pm 12:15pm-1:00pm
29	Fri.	Reading to Remember (Bring a text to read)	Room X215	11:15am-12:00pm 12:15pm-1:00pm

DECEMBER, 2013				
2	Mon.	Stress Management (Presented by NAIT Counsellor)	Room J112	11:15am-12:00pm 12:15pm-1:00pm

WE ARE ESSENTIAL TO ALBERTA

SPORTS

SOCCER NATIONALS

4th, 6th for men, women



LAUREN FINK
Sports Editor
@LaurenFink_

Coming off a second-place finish at the ACAC championships in Medicine Hat, the NAIT women's soccer team headed to Kwantlen College in Surrey, British Columbia where they placed sixth at the 2013 Canadian Collegiate Athletic Association (CCAA) Nationals.

Ultimately the finish wasn't what the team or head coach Carole Holt wanted.

"Well, the results weren't what we hoped for this year," said Holt.

"We faced some very strong opposition and we missed a number of good scoring opportunities throughout the tournament that we needed to go in. We created enough opportunities to come out ahead in each of the games we played in but unfortunately it just was not meant to be for us."

The No. 5 seeded Oaks started the tournament off with a win Wednesday as they defeated the No. 4 seed TRU WolfPack in the quarter-finals by a score of 1-0. The game's lone goal scorer was NAIT's Lindsay Vicente and NAIT's player of the game was Lorne Burke-Gaffney.

The Oaks then took on the No. 1

ranked Élans de Garneau in a semifinal match on Thursday. The Oaks fell to their opponent by a score of 3-1. NAIT's only goal came from Kelsey Langille.

In the bronze medal semifinal Friday, NAIT took on the Algonquin Thunder. The Thunder came out on top with a 2-1 win and NAIT's only goal came from tournament all-star team member Burke-Gaffney.

NAIT's last game of the tournament was the fifth-sixth place game against the Indiennes d'Ahuntsic. The Oaks lost that match 3-1, with their only goal coming from NAIT player of the game Darcie Kutryk. The Oaks finished sixth in the tournament.

Top award for Kadatz

Although the Oaks didn't fare the way they had hoped, captain and striker Leanne Kadatz was named the 2013 CCAA Women's Soccer Player of the Year and All-Canadian at the tournament. Kadatz has led the ACAC in scoring throughout her career, scoring 99 goals in 49 games. She also holds the conference's single-game scoring record with seven goals and the season-record with 25 goals in a 10-game season. Kadatz is also a five-time CCAA All-Canadian, two-time ACAC Player of the Year and two-time CCAA Academic All-Canadian.

This is Kadatz's last season with the Oaks. As team captain, she has led NAIT to back-to-back ACAC titles, as well as three consecutive CCAA national championship medals.

Looking ahead to next season, Holt has plans to stay a fierce competitor and make it to Medicine Hat for the 2014 CCAA Nationals.

"We lose a number of key players this year so recruiting starts now to ensure we are once again competitive as we prepare to compete for a return to the Nationals," said Holt. "You cannot replace a player like Leanne, so we will need to be patient as we re-build but we are excited to bring some new faces into the program."

The men's soccer team was also competing at the CCAA Nationals this weekend, which was hosted by the University of New Brunswick St. John in St. John, NB. The Oaks left the competition just shy of medalling, with a fourth-place finish.

"The competition at Nationals was fantastic with each team there capable of winning," said head coach Charles O'Toole. "It was well organized and the playing facility was very good."

The No. 5 seeded Oaks started the tournament off on Wednesday with a 2-0 win in the quarter-final against the Douglas College Royals. Both of NAIT's goals were scored by Zach Kaiser. NAIT's player of the game title was awarded to tournament All-Star team member Brandon Black.

Next up for the Oaks was the No. 1 seed and 2012 CCAA National champion, Humber Hawks. The Oaks ended up falling to the Hawks 4-1, with their only goal coming from NAIT player of the game, Zach Kaiser.

The Oaks then headed to the bronze medal semifinal to take on the Dawson College Blues. It wasn't NAIT singing the Blues as they defeated Dawson with a score of 1-0 on a Monty Haines goal.

After defeating the Blues, NAIT played the Douglas College Royals again, this time in the bronze medal game. The Oaks pushed the game to penalty-kicks but ended up losing the bronze medal to the Royals by a score of 2-1. NAIT's goal scorer was Haines and player of the game went to Jean Marie Perrault.

"The lads had a fantastic week at CCAA Nationals," said O'Toole.

"Finishing fourth in the nation is a major accomplishment for this very young team made up of 15 first-year players on a squad of 19. Had you told me this team would be in contention for a national medal at the beginning of the season I might have looked at you funny. However, this group of people came together as a team as the season went on and fully deserved all the success they achieved."

Motivation

Looking ahead to next season, O'Toole said Nationals has given the team the motivation to remain a top contender next year.

Their preparation won't wait until next season as O'Toole has plans for the offseason.

"Over the winter and spring we will be working with FC Edmonton allowing the boys to stay together and maintain a high level of competition and fitness," said O'Toole.

"We are also looking into an exhibition tournament with the University of Saskatchewan over the weekend of Feb. 22-23 where we can bring in some new players who are looking to attend NAIT in the fall and allow us to take a good look at them."



Supplied photo

NAIT player Lindsay Vicente, right, gets close to the action during a quarterfinal game against Kamloops' Thompson Rivers University at the CCAA nationals Wednesday Nov. 6. NAIT won the match 1-0.



Photo by Jesse Kushneryk

NAIT Ooks forward Kyle Harris battles in front of the Portage net on Saturday Nov. 9 at NAIT arena. The Ooks won the game 2-0.

MEN'S HOCKEY

Ooks down Portage 2-0

By **BRIDGETTE TSANG**
@BridgetteTsang

The head coach of the Ooks mens hockey team, Serge Lajoie, had the privilege to coach the Under-16 Team Alberta two weeks ago. It was an opportunity that Lajoie won't soon forget as he got to work with some great coaches and talented young athletes.

"It was a great experience from a coaching standpoint," Lajoie said.

"It allowed me to extend myself out of my comfort zone and work with a different age group and to work with high-skilled young athletes.

"It was a tremendous growth being able to learn and experience for myself. The team responded very well. I was very proud of the coaching staff and how we were able to

capitalize. These are the best 15-year-olds in Canada, so it was very gratifying."

Lajoie was back behind the bench for the Ooks this week as they took on the Portage Voyageurs. The men's hockey team hoped to bounce back after suffering two straight losses against the Augustana Vikings a week ago.

Lajoie says that the team, as a whole, can improve in all areas.

"We generated a lot of shots, created a lot of opportunities," he said Lajoie.

"We haven't been able to put together a full 60 minutes – from our goaltending to our defence and forwards who are all working well together. From the offensive side of things, we're getting better. But from a defensive standpoint, that's something we need to

address. Not just our goaltender, we're going to challenge everybody to be better."

The team was supposed to travel to Lac La Biche to face off against the Voyageurs in the first of two home-in-home games last Friday evening.

Unfortunately, because of a severe snowstorm and bad road conditions in the area, the game was ultimately postponed. But the storm did not dampen the Ooks' determination to get back into the winning column.

Luckily, both teams were able to play the next night at the NAIT Arena in an epic battle for the Ooks. The period started off fast as both teams controlled the puck well and exchanged penalties, The Ooks' Ty Carey opened up the scoring late in the first period after receiving a pass from Tyler French

to pull the Ooks ahead 1-0 heading into the second period.

Things got heated in the second as both the Voyageurs and Ooks started dishing out hits and penalties were handed out like candy. But that did not stop Tyler French from scoring the Ooks' second goal of the game and it was 2-0 for the home team.

Ook goaltender Ty Swabb continued to flawlessly backstop his team in the third period, which resulted in his third shutout this season, and a 2-0 win for the Ooks. The Voyageurs' goaltender Kirby Halcrow also had a superb night as he stopped 55 of the Ooks' 57 shots.

The Ooks will hit the road to Fort McMurray this weekend to face the Keyano Huskies on Nov. 15 and 16.

WOMEN'S HOCKEY

Ooks tie and lose to MacEwan

By **BRIDGETTE TSANG**
@BridgetteTsang

The women's hockey team played some of their best hockey this season, in a showdown against the MacEwan Griffins last Friday evening. The Ooks went into the game with a 3-0 record having played against SAIT and Red Deer College and were tied in points with the Griffins at six points each. The Ooks also had three of the Top-10 scorers in the league Renata Mastna, Breanna Frasca and Karli Reeve at the time.

On an early powerplay chance, Ooks defenceman Carlin Boey unleashed a rocket from the point two minutes into the game and the Ooks had an early 1-0 lead. As the Griffins continued to put pressure on in the Ooks zone, the Ooks turned that pressure into fuel as they scored a beautiful powerplay goal. Reeve had great patience with the puck behind the net and fed it in front to oncoming Ooks but it was be Samantha Dyck who picked up the rebound and scored the Ooks second goal. Making it 2-0. Goals were coming fast and Ooks netminder Jill Di-

chuk made crucial saves. Before the period ended, Becky Wall went on a partial breakaway with three Griffins surrounding her and scored an absolute beauty to give the Ooks a convincing 3-0 lead going into the second period. The second period saw less scoring than the first, but the lone goal was a game changer as the Griffins put one past Diachuk late in the period.

The Griffins had momentum going into the third trailing 3-1. The third period started out slowly for the Ooks as the Griffins made it a one-goal game and then scored another not long after to tie it up 3-3. It was sudden death overtime but both teams just could not convert any of their opportunities and the game ended in a 3-3 draw, as both teams picked up one point each and were tied in the ACAC standings with seven points each.

Their next chance to dance with the Griffins came soon as both teams got right back to where they left off the next night at Confederation Arena. The first period started off with



Photo by Jesse Kushneryk

NAIT Ooks forward Renata Mastna eludes a MacEwan player during a game Friday Nov. 8 at NAIT arena. The game ended in a 3-3 tie.

the puck being controlled well by both teams.

Although the scoreboard was without goals until overtime, the penalty box was not. The Griffins got the bulk of the penalties, which afforded the Ooks many

powerplay opportunities. Unfortunately however, the Ooks could not capitalize and it would hurt them as the Griffins' scored late in overtime to take the extra point. By the end of the game, the Ooks had heavily outshot the Griffins

40-13 but could not seal the deal in a heartbreaking 1-0 loss; their first of the season.

The women will play the SAIT Trojans on Nov. 22 and 23. The last time the Ooks faced the Trojans, they won both draws.

VOLLEYBALL

Men shut out King's – twice



Photo by Jesse Kushneryk

Tara Voogd sets up the ball during a game Saturday, Nov. 9 in NAIT gym against King's. NAIT won 3-0.

By **BAILLIE SCHEETZ**
@BaillieScheetz

The NAIT men's volleyball team defeated King's University College by a score of 3-0 in Friday night's game at King's. The game showed strong offensive performances from Bryce Cardinal with 15 points and Jordan Teliske with 19 points. The Ooks took control of the game early on and kept up the pressure up to come away with the win.

"Our side out play was really stable tonight," said head coach Doug Anton.

"It's a great accomplishment to win a match in such a decisive style in their gym. It's one of the toughest ACAC gyms to play in."

On Saturday, the Ooks beat the King's Eagles 3-0 at NAIT to close out the weekend's doubleheader with two wins. Game all-star Jordan Teliske and left side Bryce Cardinal led the Ooks offence with 16 and 20 points respectively.

"There might be something to this November 'stache thing," said Anton.

"We're 2-0 since November started and it feels great. We played very well again tonight. Our offence is evolving, we are starting to play very intelligent defence and learning to dictate tempo."

The young women's volleyball team

faced their toughest challenge of the season on Friday night against the Eagles. Though the Ooks kept it close, the Kings won all sets, defeating the Ooks by a score of 3-0. Kelsey Tymkow led NAIT with 11 kills and nine digs.

"Our inexperience showed tonight as we were unable to win many of the long rallies," said head coach Benj Heinrichs.

"We did some good things but will have to be much more disciplined to be able to hang in there with the best teams in the league," Heinrichs said.

"We have made some good improvements each week, and our potential is high, so we just have to stick with it and keep learning."

On Saturday night in their home gym, the Ooks got another chance against the Eagles. This time, it was the Ooks that took control of the game, winning all three sets and coming away with a 3-0 victory. The Ooks improved upon the previous night's mistakes and played solid on both offence and defence to come away with the win.

The Ooks will be looking to carry over the momentum of this victory when both the men and women face Medicine Hat College in a double header next weekend at home.



Photo by Jesse Kushneryk

This bareback rider hangs on tight during the 40th anniversary of the Canadian Finals Rodeo in Edmonton, held from Nov. 6-10. More than \$1.47 million in prize money was handed out and a total of 88,521 fans attended.

88,000-plus turn out for CFR

By **KRYSTA MARTELL**
@tweetsbykrysta

The Canadian Finals Rodeo rolled into town this past weekend for a five-day event at Rexall Place. Each day, 10 competitions took place ranging from bareback riding to steer wrestling to bull riding and barrel racing, just to name a few. Despite the cold weather, the event drew more than 10,000 fans per day and sold out for Saturday evening's event.

The bareback riding challenge saw success from Matt Lait, who won three times, Jake Vold won twice and Kyle Bowers was another winner. Overall, Lait was named the CFR aggregate winner and CFR champion. The champion horse award was given to Western Star – Kesler Rodeo.

The steer-wrestling round had Straws Milan winning twice; Hunter Cure, Cody

Cassidy and Clayton Moore were also among the winners. Moore was named the CFR aggregate winner and CFR champion.

The saddle bronc riding event had Taos Muncy winning three rounds as well as Rylan Geigar and Chet Johnson who also won. The CFR aggregate winner and champion was given to Geiger and the champion horse was Eclipse – Vold Rodeo.

Tie down roping competition had several winners including Curtis Cassidy, Timber Moore, Alwin Bouchard, Jason Schaffer and Kyle Lucas. The CFR aggregate winner was given to Chad Johnson while the CFR champion was given to Moore.

The ladies barrel racing rounds had Lisa Lockhart walking away with first place three times. Other winners included Tara Muldoon, Nikki Steffes and Kirsty

White. Lockhart was named the CFR aggregate winner and champion.

The bull-riding event had several winners including Scott Schiffner, Devon Mezei, Tyler Thomson, Dakota Buttar, Chad Besplug and Tanner Byrne. The CFR aggregate winner was Byrne as he achieved the highest score of 89.00. The CFR champion was Besplug and the champion bull was Pop Evil – Big Stone Rodeo.

The team roping competition saw strong performances from Kolten Schmidt and Tyrel Flewelling as they won twice, Roland McFadden and Trent Tunke also won twice. Other winners were Jesse Scheffield and Rhen Richard; Clay Ullery and Matt Fawcett. The CFR aggregate winner was given to Clay Ullery and Matt Fawcett while the CFR champion was given to Kolton Schmidt and Tyrel Flewelling.

The boy's steer riding event saw a strong performance from Kagen Schmidt who won three rounds, other winners included Griffin Smeltzer and Dawson Hay. The CFR aggregate winner and champion was given to Schmidt.

Novice bareback had Kody Lamb in the zone as he took home three wins and Philippe Harvey won twice. The end results revealed that the CFR champion is Lamb.

Novice saddle bronc had a consistent winner from Zeke Thurston who has won three events and Jake Watson winning twice. Thurston was named the CFR champion for this event.

The all round champion was Travis Reay who walked away with over \$20,000 and Morgan Grant was named the high point champion, receiving over \$82,000.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
SAIT	14	10	10	2	0	2	68	31	22
RDC	14	10	8	4	0	0	51	28	20
MacEwan	12	8	8	4	0	0	49	36	16
Augustana	12	7	6	3	0	2	44	28	16
NAIT	10	6	6	3	1	0	33	18	13
Concordia	11	6	5	4	1	0	35	34	13
Portage	11	4	4	7	0	0	28	47	8
Keyano	11	1	1	10	1	0	31	46	3
Briercrest	12	0	0	11	1	0	18	86	1

RESULTS

November 8

SAIT 6, Concordia 3

Red Deer 11, Briercrest 1

November 9

NAIT 2, Portage 0

Red Deer 5, Briercrest 0

MacEwan 4, Keyano 2

November 10

MacEwan 6, Keyano 3

Concordia 3, SAIT 1

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
MacEwan	6	4	3	1	0	1	14	11	9
NAIT	5	3	3	0	1	1	10	7	8
Red Deer	5	3	3	2	0	0	14	6	6
SAIT	6	0	0	6	0	0	8	22	0

RESULTS

November 7

Red Deer 3, SAIT 0

November 8

MacEwan 3, NAIT 3 (OT)

November 9

MacEwan 1, NAIT 0 (OT); Red Deer 6, SAIT 2

MEN'S BASKETBALL

North Division

Team	Div	GP	Div	Inter	Div	W	L	Pts
Red Deer	S	6	2		4	6	0	10
Briercrest	S	6	2		2	4	2	6
Medicine Hat	S	4	1		2	3	1	5
Lethbridge	S	6	3		1	4	2	5
St. Mary's	S	6	3		1	4	2	5
MacEwan	N	5	2		1	3	2	4
Concordia	N	5	2		1	3	2	4
Augustana	N	6	2		1	3	3	4
Grande Prairie	N	7	2		1	3	4	4
NAIT	N	5	3		0	3	2	3
Lakeland	N	6	1		1	2	4	3
SAIT	S	7	1		1	2	5	3
Keyano	N	5	2		0	2	3	2
King's	N	6	1		0	1	5	1
Olds College	S	5	0		0	0	5	0

RESULTS

November 8

Grande Prairie 93, Concordia 79

Red Deer 95, Lakeland 37

SAIT 75, St. Mary's 67

Augustana 79, King's 65

November 9

Concordia 83, Grande Prairie 68

King's 71, Augustana 60

MacEwan 72, Lakeland 56

St. Mary's 75, SAIT 64

WOMEN'S BASKETBALL

North Division

Team	Div	GP	Div	Inter	Div	W	L	Pts
Augustana	N	6	4		2	6	0	8
Grande Prairie	N	7	3		2	5	2	7
Medicine Hat	S	4	2		2	4	0	6
NAIT	N	5	4		1	5	0	6
MacEwan	N	5	2		2	4	1	6
Lethbridge	S	6	4		1	5	1	6
Red Deer	S	6	2		2	4	2	6
Lakeland	N	6	2		1	3	3	4
SAIT	S	7	2		1	3	4	4

Olds	S	5	2	0	2	3	2
Keyano	N	5	0	1	1	4	2
King's	N	7	0	1	1	6	2
Concordia	N	5	0	0	0	5	0
Briercrest	S	6	0	0	0	6	0
St. Mary's	S	6	0	0	0	6	0

Wins versus divisional opponents will result in 1 point. Wins versus interdivisional opponents will result in 2 points in the standings.

RESULTS

November 8

Grande Prairie 57, Concordia 36

Red Deer 66, Lakeland 62

SAIT 73, St. Mary's 32

Augustana 64, King's 35

November 9

Grande Prairie 78, Concordia 60

Augustana 80, King's 67

MacEwan 67, Lakeland 55

SAIT 89, St. Mary's 31

MEN'S VOLLEYBALL

DIV Team	MP	MW	ML	GW	GL	Pts
S Red Deer	4	4	0	12	0	8
S Augustana	5	4	1	13	4	8
S SAIT	6	4	2	13	10	8
N NAIT	7	4	3	13	10	8
S Lethbridge	4	3	1	11	5	6
N MacEwan	4	3	1	10	5	6
N Gr. Prairie	4	3	1	9	6	6
N Lakeland	5	3	2	9	9	6
N Keyano	6	3	3	12	10	6
S Medicine Hat	6	3	3	10	11	6
S Briercrest	6	1	5	10	16	2
N King's	6	1	5	6	17	2
N Concordia	4	0	4	2	12	0
S Olds	5	0	5	0	15	0

RESULTS

November 8

NAIT 3, King's 0 (25-14, 25-17, 25-19)

Augustana 3, Keyano 0 (25-20, 25-20, 25-22)

Red Deer 3, Lethbridge 0

Medicine Hat 3, Olds 0 (25-23, 25-15, 25-17)

SAIT 3, Briercrest 2 (16-25, 25-21, 21-25, 25-23, 21-19)

November 9

NAIT 3, King's 0 (25-18, 25-17, 25-22)

Keyano 3, Augustana 1 (21-25, 25-15, 25-19, 25-18)

Red Deer 3, Lethbridge 0

Medicine Hat 3, Olds 0 (25-15, 25-22, 25-23)

SAIT 3, Briercrest 1 (25-23, 25-20, 24-26, 25-16)

WOMEN'S VOLLEYBALL

DIV Team	MP	MW	ML	GW	GL	Pts
S Red Deer	6	6	0	18	1	12
N Lakeland	5	5	0	15	3	10
N Gr. Prairie	4	4	0	12	3	8
S Augustana	5	4	1	12	8	8
S Briercrest	6	4	2	13	9	8
N NAIT	7	4	3	14	14	8
N MacEwan	4	3	1	10	4	6
S Olds	5	3	2	9	6	6
N King's	6	3	3	10	9	6
S SAIT	6	1	5	8	16	2
S Lethbridge	6	1	5	5	17	2
N Concordia	4	0	4	3	12	0
N Keyano	6	0	6	9	18	0
S Medicine Hat	6	0	6	0	18	0

RESULTS

November 8

King's 3, NAIT 0 (25-19, 25-16, 25-17)

Augustana 3, Keyano 2 (25-17, 23-25, 25-23, 16-25, 15-11)

Red Deer 3, Lethbridge 1 (22-25, 25-15, 25-15, 25-16)

Olds 3, Medicine Hat 0 (25-23, 25-17, 25-8)

Briercrest 3, SAIT 2

(17-25, 25-14, 19-25, 25-22, 19-17)

November 9

NAIT 3, King's 0 (25-22, 25-22, 25-19)

Augustana 3, King's 1 (25-12, 20-25, 25-23, 30-28)

Red Deer 3, Lethbridge 0 (25-21, 25-22, 25-16)

Olds 3, Medicine Hat 0 (25-20, 25-15, 25-17)

SAIT 3, Briercrest 1 (12-25, 25-18, 25-19, 25-15)

Oil Kings 3-1 in BC

By KELSEY LYDYNUIK @KelseyLydynuik

After beating the Calgary Hitmen, the Oil Kings went to Vancouver on Tuesday. Cody Corbett opened the scoring against the Giants, and a second goal in the first period from Aaron Irving put Edmonton up by two. A fight between Griffin Reinhart and Tim Traber was all the action in the second period and Curtis Lazar netted another late in the third as Tristan Jarry recorded his second shutout of the season in a 3-0 win.

It was a quick turnover for the boys, as Wednesday they were in Victoria for a Royal battle. Brett Pollock got the ball rolling early in the first for the visiting team and a short-handed goal from Edgars Kulda gave the Oil Kings a two-goal lead at the end of the first. Two minutes into the second period, Ben Carroll scored his first WHL goal and the second remained uneventful after that, until Brandon Baddock and Keegan Kanzig dropped the gloves with 12 seconds left in the period, which ended with Baddock landing a monstrous right on Kanzig for the knockout.

The Oil Kings kept control of the game in the third, with goals from Cole Benson and Henrik Samuelsson and trumped the Royals, 5-0 as Jarry recorded back-to-back shutouts.

The Oil Kings had a few days off before arriving in Kamloops, where spectators saw an uneventful first period. In the second, the Oil Kings dominated with four goals from Brandon Ralph, Lazar, Samuelsson and Kulda. Late in the third, Ralph notched his second goal of the game and the Oil Kings had a repeat score of 5-0, this time with goaltender Tyler Santos recording his first WHL shutout.

Saturday, Edmonton stopped in Kelowna, where halfway through the second, Justin Kirkland slashed the Oil Kings' shutout hopes, as he scored a power play goal on Jarry. Early in the second, Kris Schmidli scored the final goal of the game to send Edmonton back to Rexall Place with a 2-0 loss in the final game of their road trip.

The Oil Kings are back in town against the Moose Jaw Warriors on Thursday night, tickets are available at www.oilkings.ca.

Athlete Profile



Player: Victoria Johnstone

Sport: Volleyball

Position: Middle

Program: Engineering Design and Drafting Technology

By SHEEBA JOHNSON

What inspired you to play volleyball?

Just watching other people play! I just fell in love with the sport.

Who's your favourite athlete?

Destinee Hooker. She's such a phenomenal volleyball player.

What do you like about being on the team?

They're my second family – the siblings I never had!

What's your pre-game ritual?

I get a coffee with Maegan.

What's your workout routine like?

I'm not really allowed to work out during my season because I have to focus on more volleyball training than physical training. So, I guess I really don't have one.

If you could choose any planet to live

on, which one would it be and why?

I would live on Venus because I was once told, "boys are from Mars and girls are from Venus."

What's your opinion on Uggs?

Well I don't have a pair but whatever floats your boat.

What's your workout song/artist?

Swing by Savage.

What are your thoughts on Remembrance Day?

I think it's good to remember the people who fought for us.

What are your thoughts on the early Christmas commercials?

I love Christmas, so they get me excited! But, I don't think they should be played before Halloween but after is fine!

Athletes of the week

Nov. 4-10

Kelsey Tymkow
Volleyball



Kelsey played extremely well this weekend, helping the Oaks earn a split in their series against King's. Kelsey was strong in both the offensive and defensive phases of the game, leading the Oaks in both kills and service reception on Friday and Saturday. "Kelsey's play was instrumental in helping us rebound from a tough loss on Friday, to get our biggest win of the season on Saturday," said head coach Benj Heinrichs. "She was very consistent this weekend and she was extremely solid in all phases of the game." Kelsey is a second-year Bachelor of Business Administration student from Edmonton.

Jordan Teliske
Volleyball



Jordan had back to back strong games for the Oaks en route to a weekend sweep of the King's Eagles, in which the Oaks won six straight sets. Jordan finished the weekend with 40 points and eight digs in two games. "Jordan was outstanding this weekend in our sweep of King's," said head coach Doug Anton. "He is improving and gaining confidence with every match we play. He is rapidly becoming a standout performer in the ACAC." Jordan is a second-year Millwork and Carpentry student from Fort Saskatchewan.

Athlete Profile



Player: Bryce Cardinal
Sport: Volleyball
Position: Left side
Program: Power Engineering Technology

By SHEEBA JOHNSON

What inspired you to play volleyball?

I initially started playing volleyball in junior high only because my best friend made me try out with him.

Who's your favourite athlete?

I don't have a single favourite athlete but I admire Gavin Schmitt because he is a Canadian volleyball player who is among the top players in the world.

What do you like about being on the team?

I like having the opportunity to build strong relationships with my teammates, and they act as my second family.

What's your pre-game ritual?

I don't have a specific ritual. I just like to stretch out really well and get focused while listening to some music.

What's your workout routine like?

Between school and practice there is little time left to work out but I try to get in the gym a couple times a week.

If you could choose a planet to live on, which one would it be and why?

I'd go with Mars. I would join the first group of people to inhabit any other planet; it would be interesting to build a new civilization from the ground up.

What's your opinion on Uggs?

They're plain boots. I'm not sure why girls are so obsessed with them. I apologize ahead of time to all the girls who will get offended by that last comment ha!

What's your work out song/artist?

I like to listen to anything high paced from any genre. Heavy rock usually does the trick.

What are your thoughts on Remembrance Day?

I have family members who have fought in World War II so, I highly regard Remembrance Day and support our troops.

What's your thought on the early Christmas commercials?

I think they give a false sense of hope that Christmas is nearer than it actually is.

CFL

East, West finals set

By RACHEL PRAZAK
@RachelPrazak

The Western and Eastern finals matchups have been set in the Canadian Football League playoffs.

In the Eastern Final, the Hamilton Tiger-Cats will travel to Toronto to take on the Argonauts after defeating the Montreal Alouettes in the semifinal in Guelph, ON. It was a hard fought battle that found both of the teams fighting into overtime with the Tiger-Cats coming up victorious.

In the Western semifinal, Darian Durant and the Saskatchewan Roughriders



took on Travis Lulay and the BC Lions in Regina. The Roughriders defeated the Lions in a close fought match. Saskatchewan will travel to Calgary to take on the Calgary Stampeders in the Western Final on Sunday.

Saskatchewan kicker Chris Milo booted five field goals to help lead the Roughriders to a 29-25 win over the BC Lions in the Western Semifinal in Regina. Both teams exchanged points back and forth until the final blow of the whistle to end the game.

Roughriders quarterback Darian Durant completed 19 of 23 pass attempts for 270 yards and a pair of touchdowns, while adding 97 yards on the ground as the Riders charged back from a nine-point deficit in the fourth quarter to book their ticket to the Western Final in Calgary.



Chris Milo's 45-yard field goal late in the fourth quarter turned out to be the game winner, while some strong defensive play and a lively running game took care of the rest for the Riders on a cold afternoon at Mosaic Stadium.

The Lions running game had a big day, as quarterback Travis Lulay, receiver Stefan Logan and running back Andrew Harris combined for 206 yards. In the end, it wasn't enough to overcome an impressive second half surge from the Roughriders.

The Riders' defence fed off the momentum, holding the Lions to a punt with just a few minutes left in the fourth quarter. On the next drive, Durant powered through the Lions' pass rush and rushed downfield for a 28-yard gain into Lions territory. A 15-yard penalty

on the next play moved the Riders even farther into Lions territory, before Durant scrambled again up the middle for another first down run. Milo added his fifth field goal of the game on a 28-yard boot and the Lions, with a few ticks on the clock remaining, couldn't pull off the comeback.

In Guelph, back up quarterback Dan LeFevour scored a two-yard touchdown in overtime, as the Hamilton Tiger-Cats pulled



out a thrilling 19-16 win over the Montreal Alouettes on a frigid Sunday afternoon at Alumni Stadium.

Quarterback Henry Burris led a 12-play, 97-yard touchdown drive against the wind in the final five minutes of the game to give the Ticats their second lead of the game. After the Alouettes tied the score in the final minutes of the fourth quarter, overtime was needed to put an end to the battle.

In overtime, the Alouettes started on offence, but came up two yards short on a second-down play and were forced to settle for a 34-yard field goal from Whyte to put the Als ahead 16-13. The Ticats started their drive against the wind, with receiver Greg Ellingson opened the drive with a quick catch before



LeFevour converted on a third down gamble of a few inches.

Burris went straight to veteran receiver Andy Fantuz

for a nine-yard gain on the next play, eventually setting up another conversion on third and inches, giving Hamilton the ball at the Lions 13-yard line.

On first down, LeFevour tucked the ball and sprinted through the middle of the Alouettes defence and powered his way to the two for a first and goal. On the next play, LeFevour punched it in for the two-yard score, giving the Ticats a thrilling 19-16 win in front of an ecstatic hometown crowd.

With the win, the Ticats set a date for next Sunday afternoon with the East Division champion Toronto Argonauts, who they'll play in the Eastern Final for a chance to play in the 101st Grey Cup game in Regina.

The Eastern Final kicks off on Sunday at 11 a.m. and the Western Final kicks off at 2:30 p.m. in Calgary.

ENTERTAINMENT

New rule punishes fans



By **CHRIS FIGLIUZZI**
Assistant Entertainment Editor
@chrisfigliuzzi

Canadians are a whiny group – polite, but so damn whiny. I don't have issue with us being whiny, I mean, hell, I count myself as being among the whiniest, one needs look no further than my various Point Counter Point articles to know this. Yet I can't help but get confused about what we whine about. I mean we complain about the stupidest stuff and just let the big stuff slide on by.

Currently there is a proposition on the table that is threatening the very fabric of the music scene here in Canada. The federal regulation would raise the travel cost of international bands to a whopping \$425 per art-

ist, per venue! That's ridiculous. Sure there are exceptions for major festivals and longer tours but these exceptions are clearly being implemented with major acts in mind.

The proposition will basically kill any and all chances of seeing the mid-level emerging foreign acts here on Canadian soil. This is a travesty. Some of my fondest music memories come from taking in a show in small intimate settings like The Artery, Wunderbar and the old Power Plant at the U of A. These venues all specialize in mid-level acts that we probably wouldn't get to see or even learn about otherwise.

The proposition is being played off as protecting Canadian culture and as an attempt to help build awareness about local artists and to help them grow. However, any musician you talk to (local or international) will tell you that music is a community and that the best way to grow and expose yourself as an artist is through this community.

Many acts gain the most exposure thanks to international bands coming through and giving them a chance to open the show, exposing themselves to fans that they would

not have otherwise been able to reach. By creating such a huge barrier for these mid-level bands, the government could and will be further hampering the growth and development of the Canadian entertainment scene.

In addition to this, we may be alienating our country from the future superstars and mega acts. By coming to Canada many musicians fall in love with its beauty, the people and their passion for the music. By limiting access to our country, we are limiting our ability to draw these acts back when they reach a level that touring here would be a reasonable expense under the new proposition.

The biggest issue I have with this is the fact that it seems to have been completely swept under the rug. There is no mention of it on the news in any medium

and the only way I found out about it was an online petition that has been spread around Facebook.

This is an issue that affects all Canadian music fans. It is not genre specific and should be something that we at the very least educate ourselves about. You can sign the petition against this proposition at change.org by searching "Canadian Government don't ruin live music," or face the possible loss of international artists and local venues.



franklin.thefunthingsguide.com

Small clubs will suffer.

YOU'RE INVITED

SHELL INFORMATION SESSION

Shell invites you to attend our information session to learn about current and Student/Intern career opportunities for Power Engineering Technology students. There will be a presentation, a Q&A session, and an opportunity to speak with Shell Hiring Managers and Recruiters. Food and beverages will be provided.

Date: Wednesday, November 20, 2013

Time: 4:30pm – 6:00pm

Location: Shaw Theatre

To learn more about career opportunities at Shell, visit www.shell.ca/jobs.

Let's deliver better energy solutions together.



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By **RICHÁRD LUKÁCS**

Last Monday, I was lucky enough to see the almighty Slayer live for the eighth time. Since then, I can't listen to any other band. So this week's mixtape will only feature Slayer songs and that's why it's going to be the best one ever.

Slayer is not a simple band, Slayer is a religion. Slayer is a pattern. Not just an essential pioneer but also the most powerful metal institution mankind has ever faced.

If you think I'm exaggerating, you clearly have never seen them reign.

I've been a Slayer fan for more than 20 years and the screenplay for each encounter is the same: few good bands in a pointless position (you can be great in your own right and show your best, no one will remember once Slayer slaughters you) total shock, evil

smile, dissolving declamation, then frenzy headbanging till no soul stays un-slayered.

There is no such thing as an ex-Slayer fan. I've seen tots from grade school with their grandparents at this show. I won back my faith in education. These kids will play Slayer covers in their high-school bands and later bring their own kids to Slayer shows. Slayer is for eternity.

I beg to remark here that I heard some mumbling about the late lineup changes. It was the first time I've seen Slayer since Jeff Hanneman has gone the way of all flesh (I bet he's jamming crazy right now with Dimebag, Cliff Burton, Chuck Schuldiner, Randy Rhoads and Mieszko Talarczyk on the other side). With all due respect, I have to say Gary Holt lived up to the challenge. It was shocking to hear that Dave Lombardo is not part of Slayer anymore as he's my favourite drummer and the most amicable celebrity I've ever met. But Paul Bostaph is not a drummer, he's a superhero. And, of course, there is Kerry King, the icon you will find next to the description of metal in any encyclopaedia. On his right is Tom Araya with his thunderous bass and the



www.metalinsider.net

Slayer

voice of all our own demons, fears and personal madness.

Besides being the most tremendous live act on Earth, Slayer is unique in one more thing. Unlike the other heavyweight giants, they never released a lame album (like Pantera did in their early years or Metallica lately). And that's exactly why it's impossible to pick the best Slayer songs. They don't have 12 flawless songs. They have a 120.

The baker bakes, Slayer slays. Everything is in order.

Slayer – Angel of Death
Slayer – Dead Skin Mask
Slayer – I Hate You
(Verbal Abuse cover)
Slayer – Mandatory Suicide
Slayer – Beauty Through Order
Slayer – Sex. Murder. Art.
Slayer – Seasons in the Abyss
Slayer and Ice T – Disorder
Slayer – Bloodline
Slayer – Chemical Warfare
Slayer – South of Heaven
Slayer – Raining Blood

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Eminem missing the magic

By QUINTON BERGER

There's no question that 2013 has been a big year for hip hop.

Wu-Tang Clan announced a new album in the works along with a plethora of new releases.

We saw albums from Jay-Z, Kanye, Tech N9ne, Kid Cudi, Tyler the Creator, super group Demigodz, Swollen Members, Classified, Drake and, most notably (and disappointingly), Eminem.

Eminem brings us *Marshall Mathers LP 2*, the much anticipated follow-up to his monumental 2000 release, *The Marshall Mathers LP*, the album that solidified Eminem's "bad guy" persona and

launched him into the record books.

Unfortunately, MMLP2 does all but live up to its predecessor. Eminem has said this album is sort of a revisit to the original but sadly, this revisit is like going to your childhood stomping grounds, only to find out a Burger King has been built over it.

I first heard Eminem's *Marshall Mathers LP* when I was 10 years old. I asked my babysitter to burn her CDs for me and then asked her not to tell my parents she'd done so. I remember being amazed and horrified at the same time. The first time I heard Kim I was so freaked out, I turned it off. Yet, as much as it sucks to say it, MMLP2 evokes no such emotion. While all of Eminem's skill is present, the passion and aggression isn't and while the production on this album is clever, it's nowhere near as gripping and captivating as his earlier work.

The only true revisits to the first *Marshall Mathers LP* come on the first two tracks. The album opens with "Bad Guy," a follow-up to the song "Stan." The sequel comes from the point of view of Stan's brother, Matthew, who kidnaps and kills Eminem the same way Stan kills himself and his girlfriend on the first LP. The second track revisits the bank robbery depicted in the song "Criminal," which finds the shooter being cornered by police and killing himself. The only other revisits

take place in "Rap God," where Eminem spouts the same tongue-in-cheek homophobia that put him in the hot seat in 2000 along with a reference to the Columbine Massacre, which was taken out of the *Marshall Mathers LP*. With the loose ends from the *Marshall Mathers LP* all tied up, MMLP2 begins to take its own form, which is where it unravels.

Between the empty beats and features from artists that a younger Eminem would have sooner dumped on, the attempt to stay relevant in a degenerating music industry is all too apparent.

Eminem's mastery of words is still alive and strong but unfortunately due to the collaborations with the same artists and producers who work with everybody else in today's popular music scene, he has wound up sounding like everyone else in today's popular music scene.

Most songs on this album follow the same tones and formulas found on the majority of songs on the Billboard charts and Eminem's brazen individuality and stubbornness which set him apart from the crowd is gone.

The album's lead single, "Berzerk," contains samples of "The Stroke" and Beastie Boys but sadly, even with Rick Rubin at the helm of production, the song comes off as incredibly phoned in. Rubin produced three other tracks on the album, all of which sample old rock songs and while the innovation is

impressive, the songs, as a whole, are not.

The most notable song on this album is a track called "Headlights (feat. Nate Ruess of fun.)", in which Eminem addresses his mother and apologizes for the negative portrait he'd painted of her in earlier songs like "Cleaning Out My Closet." Eminem comes out and wholeheartedly admits wrong doing and regret on his part and forgives his mother for the hardships he'd experienced growing up.

Few artists have let their audience in as closely as Eminem and "Headlights" shows undeniable maturity and growth. Although the originality and fervour of Eminem's old music has faded, the openness and honesty remain.

As a whole, *The Marshall Mathers LP 2* is a bland rendition of a predecessor whose shoes were too big to fill. As popular culture has shown us time and time again, sequels rarely live up to the original and the follow-up to the greatest rap album ever made is no exception. The amount of good songs to not-so-good songs lies heavily in favour of the latter, leaving us with a reminder of how great Eminem's music used to be.

The conclusions depicted at the beginning of the album and clever sampling make MMLP2 worth checking out but I recommend doing so with low expectations. It's like trying to remain friends with your ex after you break up. You can search for the good in it but no matter how hard you try, it's not the same.



www.audio.de

THE NEST IS TURNING

25

ON MONDAY, NOVEMBER 25

ON THE 25TH ENTER TO WIN A GIFT BASKET WORTH \$300!

ASK YOUR SERVER FOR DETAILS.

DR. NUGGHEAD

Dear Dr. Nugghead,
Can I die from eating a whole bag of popcorn?

J031

Dear J031

Well, if you're not a professionally trained popcorn eater, like myself, you could very easily die, yes. But the problem is not the popcorn, but the pie hole. You see, people get this crazy idea that they can inhale popcorn because of how light it is. While the latter is true, I do not believe we have developed the ability to inhale foods for digestion yet, competitive eaters aside. What you gotta do is chew the food at least 10 or a maximum of 58,000 times. Once the food has reached a liquid consistency, you must (and it gets very tricky here, back down

if you can't handle it) bypass the trachea and force the food down the esophagus. It's no easy feat, but it's the only way. And once you master it, oh boy, you are gonna be the life of the party, I guarantee it!

...

Dear Dr. Nugghead,
What is a Kigurumi?

XxbabsxX

Dear XxbabsxX

From what I gather on the world wide web, Kigurumi's are animal onesies. Know what a onesie is? Yeah, people wear them to parties, social events and even out in public. I'm told they're mad comfortable to wear and amongst the endless animal and

Pokemon designs, they come in extra large sizes too! Hmm, might buy one, actually ...

...

Dear Dr. Nugghead
What can I do with a lot of leftover Halloween candy besides than eating it?

Rainbow700

Dear rainbow700

Well, if you're too much of a pansy to finish the job you set out to do, you can always donate it to your friends, your family or, most importantly, my place! If you did not go trick or treating and did the right thing by partaking in this holiday, then congrats! I won't buy it off of you but you can get my certified "thanks for partaking in this national holiday

that doesn't really have a background affecting Canadian history" badge to show off to your friends and family. Just send \$89.99 and your leftover candy to the Nugget office (must have at least 20 pounds of candy to be eligible) and allow up to 18 months for printing, brewing and delivery.

...

Got questions? Need advice? Thought of something cool but don't know who to share it with? Then send 'em to the good doctor! Starting at rates as low as \$0.00, you can have personalized answers in as little as a week! Just send your question to drnugghead@gmail.com, or submit them online to www.thenuggetonline.com and then tune in to the next issue of the NAIT Nugget.

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Frauds and scams



Education and awareness of preventive techniques can help seniors and their caregivers in recognizing elder abuse, frauds and scams. The tips provided can help you recognize a potential crime situation and show you how to reduce or remove the risk.

Apartment buildings, lodges and care facilities

- Lock your door when you leave your suite, and when you arrive home – always use the dead bolt.
- Don't allow someone that you don't know or recognize into your building. Ask the person who they are, why they need into your building, and where they need to go.
- If someone tries to follow you into your building, use another entrance or go back to your vehicle.
- Do not keep large quantities of money in your suite.
- Use your eye viewer ("peep hole" in door) to see who is knocking. If you don't recognize the person, don't open the door. As long as your door is locked, they can't bother you.

General personal safety

- Do not carry large quantities of cash when you go out.
- When possible, travel or shop with a friend. You are less likely to be intimidated or approached if you are with someone.
- Avoid giving money to panhandlers.
 - If you feel threatened, go to the closest business or public space.
 - If you decide to give money to the panhandler or feel threatened, do not open your purse or wallet. This showcases how much cash or other valuables you are carrying. This could encourage a panhandler to become more aggressive, or try to take your property.
- Carry a cellphone for emergency purposes. Emergencies can happen at any time. Pay-as-you-go phones can be purchased for

very little, and could save a life.

Credit and debit card

- Protect your bank and credit card PIN numbers. Do not share your PIN.
- Never provide personal information over the Internet.
 - If you shop online, ensure there are good security protocols in place. Review your credit card statements for information security.
 - Only shop on reputable websites.
- Immediately advise your bank if you suspect fraud.
- Change your bank or credit card PIN number often.

Identity theft

- Never provide personal information over the phone to someone you don't know.
- If a caller is asking for your personal information – hang up the phone. You can immediately end the call. It is not rude if you are protecting your personal information.
- Never provide personal information over the Internet (e-mail, chat line, website).
- Shred anything with personal information on it.

Scams

Scams have many forms. Generally, the scam artist is attempting to get your personal information or money. Scam artists may have some information about you (your middle name or date of birth) but will not know much else. If you are suspicious, challenge the scam artist to identify themselves. Ask for identification, who they work for or ask to speak to a supervisor. The best way to stop a scam artist

is hanging up the phone or closing the door.

- If you don't recognize someone – don't open your door.
- If someone comes to your door soliciting money or posing as company employee, ask to see their identification. If they can't produce it, close and lock your door – call the police.
- Do not send money responding to an Internet ad, offer or sale unless it is from a reputable company website.
- If a caller poses as a credit card company or bank representative ask them to provide their information, your information, and ask to speak to a supervisor. Most scam artists don't have the information you and your credit card company / bank have. They also won't have a supervisor.
 - Advise your credit card company or bank if someone calls. Your information may have already been stolen.
- If you are asked to send money to a family member, relative, or family friend, it is likely a scam. Ask the caller to provide detailed information that only you and your family members know.
 - The caller's voice will likely not belong to a family member – hang up the phone.
 - Ask the caller about a family member that doesn't exist. If the caller insists they are doing well – they are obviously lying.
- If you identify a scam, report it:
 - Tell your neighbours.
 - Tell staff.
 - Tell the police.

For more information, check:
<http://www.rcmp-grc.gc.ca/scams-fraudes/index-eng.htm>

Elder abuse
Sadly, elder abuse and neglect happen every day. Elder abuse can come in many forms including:

- Physical

- Emotional / Psychological
- Financial
- Sexual

If you are experiencing abuse or neglect, or suspect that an older adult is being harmed or mistreated, help is available:

- Emergency: 911
 - EPS Non-Emergency: 780-423-4567
 - Seniors Abuse Helpline: 780-454-8888
 - Elder Abuse Intervention Team: 780-477-2929
 - Edmonton Seniors Safe Housing: 780-702-1520
 - Elder Abuse Awareness Network: 780-392-3267
 - Today Family Violence Centre: 780-439-4635
- www.albertaelderabuse.ca
Stop Elder Abuse – Report it!

– The Edmonton Police Service.

If you have information 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.

...

630 CHED Santas Anonymous

NAIT Protective Services has once again signed up to be a part of 630 CHED Santas Anonymous. CHED Santas Anonymous is devoted to bettering the lives of children in our community by delivering the "spirit of Christmas" to less fortunate children in Edmonton. Help us to make this Christmas a little brighter. Santas Anonymous serves children from infants to 12 years of age. They are often short of items for infants to two-year-olds and for nine to 12-year-olds.

Come by our offices (Main Campus, South Campus and Patricia Campus) to drop off new, unwrapped toys.

WHAT'S GOING ON AROUND CAMPUS

WHO Gamers of Dungeons & Dragons
WHAT Weekly Meetings
WHEN Wednesdays 5:15pm – 11:00pm Room WA114
 Fridays 5:15pm – 11:00pm Rooms WC316, WC312, WC306, WC320
 Saturdays 8:00am – 8:00pm Room T015

WHO Business Connex
WHAT Weekly Meetings
WHEN Tuesdays, 4:45pm – 5:30pm
WHERE Room T-116

WHO Btech
WHAT Weekly Meetings
WHEN Mondays, 5:00pm – 6:00pm Room WA-114
 Fridays, 5:00pm – 9:00pm, Room WB-314

WHO Latter Day Saints Student Association
WHAT Weekly Meetings
WHEN Thursdays, 11:15am – 12:10pm and 12:15pm – 1:10pm
WHERE Room WA-212

WHO Christian Club
WHAT Weekly Meetings
WHEN Fridays 12:15pm – 1:10pm Room E-201
 5:15pm – 8:00pm Room E-216

WHO ANIME
WHAT Weekly Meetings
WHEN Thursdays, 4:15pm – 6:10pm
WHERE Room WB-314

WHO Paramedics 2015
WHAT Weekly Meetings
WHEN Tuesdays, 12:15pm – 1:10pm
WHERE Room X-205

WHO Investment Club
WHAT Weekly Meetings
WHEN Wednesdays 4:40pm – 5:40pm
WHERE Room T-509

WHO Civil Club
WHAT Weekly Meetings
WHEN Wednesdays, 5:00pm – 6:00pm
WHERE Room L-164 (Club Room)

WHO CETSC
WHAT Weekly Meetings
WHEN Wednesdays, 12:00pm – 1:15pm
WHERE Room L-164 (Club Room)

WHO Improv Club
WHAT Weekly Meetings
WHEN Thursdays, 4:15pm – 7:15pm
WHERE Room A-122

WHO Blaze Dance (Hip Hop) club
WHAT Weekly Meetings
WHEN Fridays, 5:00pm – 8:00pm; Sundays, 11:00am – 3:30pm
WHERE Studio

WHO Aboriginal Club
WHAT Weekly Meetings
WHEN Bi-Monthly beginning Oct. 22; 4:15pm – 5:10pm
WHERE Room H-111

WHO Investment Club
WHAT Weekly Meetings
WHEN October 23 4:40pm – 5:40pm
WHERE Room J-210

WHO Veterinary Medical Assistant (VMA2014)
WHAT Bake Sale
WHEN November 14; 12:00pm – 4:00pm
WHERE E Hallway, near stairs to pedway and busses

WHO Instrumentation (IET) Club
WHAT Jelly Bean Contest
WHEN November 13/14; all day
WHERE Spartan Centre

WHO Chem Tech
WHAT Pubnight
WHEN November 15; 8:00pm
WHERE The Rack

WHO International Club
WHAT Global Village
WHEN November 18/19; all day
WHERE North Lobby, main campus

WHO Geo Tech Rockers
WHAT Silent Auction
WHEN November 20; 9:00am – 4:00pm
WHERE Annex Dock

WHO DMS 2014
WHAT Comedy Night
WHEN November 21; 7:00pm
WHERE The Comic Strip

CAMPUS CLUBS NEWS

NOVEMBER 25 Clubs Connection #2

NOVEMBER 26 Grant #2 Deadline



VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
 upcoming Important Clubs Dates

FRI NOV 15TH 8:00PM

BIOLOGICAL SCIENCES PUB NIGHT FUNDRAISER

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Watch the event page for more details and updates

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 ...because first impressions are everything.

What: A 4-course dinner where you learn the Etiquette of Business
When: Thursday, November 14th 2013
Time: 6:00pm - 8:00pm
Cost: \$10 per ticket (Includes an appetizer, glass of wine & 10% tip)

BCX XEROX CPA 100 N

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 (Ladies will be the Judge)

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TECHNOLOGIES ANNEX (L BUILDING)
3pm - 10pm

Friday November 22

Movie Night
WE'RE THE MILLERS

Dance Party
JUST DANCE 2014

Doors open at 4:30pm
Shaw Theatre
Just-Dance-Off for Prizes @ 4:30pm
We're the Millers begins @ 5:30pm
Judges are needed for the Dance-Off (no experience necessary, just enthusiasm). Contact: steven.happert@gmail.com if interested.

Advance tickets @ NAITSA \$5.00
 email: steven.happert@gmail.com (or at the door). Advance ticket holders have priority for the dance-off.
 Popcorn/pop available \$0.75ea
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Check out the Clubs Website for other upcoming Important Clubs Dates



QUINTON BERGER

How do you feel about ceasefire.ca's White Poppy campaign?



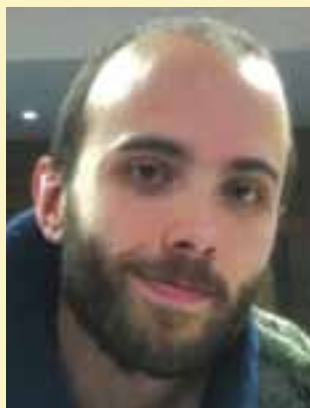
"I think tradition is tradition. It's disrespectful."

Heather Smith
Culinary Arts



"We are remembering the fallen, not promoting peace. We are honouring the men who gave/risked their lives so we could live the closest thing to peace."

Ray Johnston
Business



"I don't think you can appreciate peace if you can't relate it to war."

Robert Gatto
Culinary Arts



"These people clearly don't know anything about their own history and what Remembrance Day means to each and every one of us."

Kessia Kopeck
Business



"It's just another colour. I wouldn't mind if it's commemorating peace."

Sunsanee Lersongpaibool
Bachelor of Accounting

EDM good for the soul

By **QUINTON BERGER**

"If anything, a lot of electronic music is music that no one listens to at home, hardly. It's really only to be heard when everyone's out enjoying it."

— David Byrne

This quote could not be closer to the truth. electronic dance music (EDM) has exploded onto the popular music charts over the past couple of years. The sensation has pulled the genre out from the underground and onto the playlists of not only Top 40 radio stations but millions of fans worldwide. Electronic music festivals have become increasingly popular, gathering attendance from 10,000 to over 100,000 people, ready to be immersed in fast tempo'd beats, pulverizing bass and a nonstop stream of positive energy.

To quote a friend: "EDM shows for the atmosphere." Boodang's massive Halloween event, SCREAM proved exactly that.

SCREAM 2013 took place on Nov. 2 at the Shaw Conference Centre with an attendance of around 5,000 people, most of whom were dressed head to toe for the event. This year's lineup featured Dutch duos Bassjackers and Bingo Players along with the Trance powerhouse, Above & Beyond and the raunchy stylings of trap and dubstep producers Crizzly, Baauer and Figure, along with several others. And when it comes to production, Boodang never disappoints. The unbelievable sound systems, combined with amazing lights, massive, glowing Halloween decorations hanging from the ceiling and a plethora of high quality lasers ensured the absolute astonishment of everyone there.

I arrived at SCREAM around 11 p.m., just in time to see Above & Beyond at Scream's "Elm St." stage.

Above & Beyond's live performances, which they affectionately refer to as "group therapy," never fail to evoke emotion and leave the audience totally inspired. The uplifting melodies combined with the awe inspiring messages that appear on the screen behind them as they spin never leave the crowd disappointed. Phrases like "music is the only language we all understand" and "life is made of small moments like this" combined with uplifting melodies and good vibrations shared by everybody around are indescribable. It's something you absolutely have to experience for yourself. The set's highlight

came when the trio dropped their hit single "Sun and Moon" and as the lights came up and the entire crowd sang along to the chorus, time ceased to exist.

"Music has the power to define an entire generation" Above & Beyond writes. "We are the electronic music generation."

After an elevating session of some much needed group therapy, it was time to get down and get down hard to some loud, grimy bass fuelled music at Scream's second stage, "Camp Crystal Lake." Crizzly's trap/dubstep style, which he refers to as "crunkstep" combines samples of hip-hop music and infuses it with dubstep music, creating a unique and incredibly danceable sound. Blowing speakers, like Crizzly did, only makes the experience even more exciting.

Following was Figure, whose creepy brand of heavy bass music set the atmosphere of Scream so nicely, especially the sample of "This is Halloween (Nightmare Before Christmas)" followed by a mesmerizing drop brought the energy to a level unmatched by anything else that night.

What really make these events special though aren't the artists, the lights, lasers or even the bass drops. It's the people you meet and the interactions you have with them. Fortunately we live in a city where events like this are always happening. Having deep conversations with people you just met, meeting with old friends you haven't seen in years and strengthening the bonds you have with friends you already have are only some of what makes the electronic music scene unlike any other. I highly recommend checking these shows out. Everyone could use a little group therapy.



daily-beat.com

THROWBACK THURSDAY

'sno fun like
snow fun

By KYRA MULLER

The snow has arrived, and winter will once again be upon us. With the chilly air nipping at our faces, and having to bundle up in layer after layer, it's hard not to drift back into our winters past.

I used to be so excited when it snowed for the first time each year. Usually just before or after Halloween, the entire world would seem to be covered with snow. I'd press my little nose up against the window and peek outside to watch the snow fall from the sky.

We would put on our suspender style snow pants, followed by our scarf, then our heavy winter jacket, mittens, a hat and only then would we be ready to go outside. We'd run lopsidedly like we were stuffed into sumo wrestling costumes, which in a sense we were, and then catapult ourselves into the nearest pile of snow we could.

Every recess was dedicated to building the best snowman ever, and giant snowball after snowball would be rolled across the school fields and most of the time left there, creating a strange display of unfinished snowmen. The strongest kid around was always in charge of putting the heavy middle part of the snowman onto the base and special care would be taken to cement the two snowman body parts together.

Snow angels were a must. There was

something so magical about moving your arms in the same motions repeatedly while staring up at the sky. Standing up afterwards was always the hardest but was required to admire your work.

Snowball fights were impossible to avoid, and at some point, someone would always throw the first one and all-out war would ensue. When things got serious, even snow forts would be built for protection and as a location for scheming to take place.

Anything could become a makeshift sled. Cardboard, snow pants, plastic bags, you name it. It didn't matter what you were sliding down on, as long as it slid. No matter how many times we went down the hill it never seemed to be quite enough so we'd go again and again. When the recess bell rang, it meant climb up and slide back down, one last time.

Sometimes, when you needed a break, eating snow was the cool thing to do. Not the yellow snow, not by any means. It had to be fresh, white, crisp snow, eaten off of your dirty mitten for it to count. It didn't even taste good but we did it anyways.

Now I'm old and jaded, and playing in the snow is probably the lowest on my to-do list but it's hard not to be flooded by a few memories when the snow falls for the first time.



Making a snow angel

www.angelreach.com

HOT MOVEMBER MAN!



Photo by Sami Silver

The NR92 Movember Mamas Present NR92's Movember Man Shaan Kapoor

Shaan is a NAIT student in the Architecture program, who came out to NAITSA'S Nov. 1 Shave-off!

Shaan likes techno and house party music and has an affinity for Dubstep. He's looking forward to changing your NAIT experience!

Shaan's Movember music requests:

"Afterglow" by Phaeleh

"Get Up Ninja" by Dubstep

"Diveniere" by Ludovico Einaudi

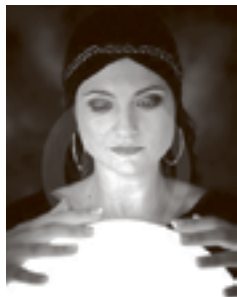
Listen to NR92'S Movember Request Hour, Monday at 6 p.m

To make a request of your own, tweet @NR92, or find the NR92 Movember Mamas around campus every Wednesday and Friday in November.

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

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

November 14-20

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

Scorpio (Oct. 23-Nov. 21)

You are in for a nice week. All that extra work you did is having positive results. It's time to relax a little. Don't forget – even hard-working ants need a break once in a while.

Sagittarius (Nov. 22-Dec. 21)

A promise will be made this week. You will be a witness to this promise and make sure you don't forget it because you will end up siding with the right person. It's time to get new curtains for your living room.

Capricorn (Dec. 22-Jan. 19)

Sometimes it's easier to do what is easy than what is right because it causes less heartache. People who make the right decision and do what is right are very brave. Don't regret your right decision.

Aquarius (Jan. 20-Feb. 18)

You have been worried about your looks lately – don't worry, you are perfect the way you are. Just because someone said something mean doesn't make it true. Get a dream catcher this week.

Pisces (Feb. 19-March 20)

If you just started a new relationship this week, take it slow and learn as much as you can about the person. It's great to have a best

friend who also happens to be your significant other.

Aries (March 21-April 19)

It's time to make a list. You tend to forget to buy a Christmas gift for someone every year. Making a list and checking it twice will help you remember everyone in the family and all your friends.

Taurus (April 20-May 20)

The answer to your problem is staring you right in the face. Don't over think or complicate things when the answer is really simple. Sometimes it's surprising how simple things actually are.

Gemini (May 21-June 21)

Someone in your family will need your advice this week. Make sure you listen, really think about the problem before forming an opinion. Make sure not to give the wrong advice by mistake.

Cancer (June 22-July 22)

The urge to slack off will be really

strong this week. Ignore that urge because you need to work really hard this week. Stay focused on the task at hand and you will be fine. Coffee will be your best friend this week.

Leo (July 23-Aug. 22)

You are stuck between two possible suitors this week. Be honest and make a decision fast. There is no point leading a person on when you know you will not hit it off.

Virgo (Aug. 23-Sept. 22)

You will meet a hot stranger this week. Don't get scared away or be alarmed! This means that you are moving on, which is a good thing. It's time to raid your wardrobe – donate the old stuff and buy a few new things.

Libra (Sept. 23-Oct. 22)

You will meet a mysterious stranger this week and they will say something that will answer a question you have been mulling over for some time. Also, don't forget to do the laundry!



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THE NUGGET PRESENTS:

NUGGET COMICS

Outlandish



Natalia Bouajram

Giving presentations



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Public speaking can be a huge challenge for students. In fact it is the biggest fear of most people. It isn't easy to get up in front of a classroom of your peers and it is not uncommon to think that public speaking is more difficult for you than for anyone else. In reality, almost no one is a "natural" public speaker. Remember other students empathize with how you feel and want you to succeed.

Rate your presentation skills

Preparing your talk:

☐ I choose topics that I am really interested in.

Usually you will have some choice in the topic so take the time to choose something you can really get passionate about.

☐ I research the material thoroughly.

I prepare an interesting introduction.

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

☐ I practise.

Going through your speech out loud is really valuable. You can monitor your time, clear up any areas that don't flow well, practice projecting your voice and iron out any areas that you might stum-

ble over. The more you practice the more confident you will become. Speaking too softly and/or too quickly are the main criticisms of new speakers – practising out loud several times, ideally at least once in front of friends or family members, can help with this. Videotaping yourself can be a really valuable way to evaluate changes you might want to make and to watch for distracting phrases such as 'uh', 'kinda', 'like.'

☐ I use cue cards or a PowerPoint.

Reading out a speech or having every word written on a PowerPoint is not very effective, but it is important to have cues that will remind you of your main points.

☐ I use visuals to take the focus off of myself.

Posters, PowerPoints, handouts, charts, graphs, pictures or objects focus attention away from you and give the audience something interesting to look at.

☐ I prepare dynamic conclusions. This is the time to sum up your points, present your conclusion and end with something that makes your speech memorable.

Before your speech:

☐ I do something to relax such as deep breathing or going for a brisk walk.

☐ I visualize myself presenting clearly, calmly and confidently.

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

☐ I expect and accept that I will be nervous. I realize that even seasoned speakers feel anxiety before they speak and that I will be much more aware of my nervousness than the audience is.

As you are speaking:

☐ I start with a deep breath and smile at the audience. I make eye contact with

some people I feel comfortable with. (If looking at people makes you uncomfortable speak to the wall just above their heads, or visualize them all as pumpkins or clowns).

☐ I speak slowly, changing the pace to add interest.

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

☐ I speak loudly, clearly and confidently.

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

☐ I show enthusiasm about my topic. Enthusiasm is infectious!

☐ I am not afraid to pause.

Pauses seem much longer to the speaker than to the audience. Take a moment to sip some water or take a deep

breath if you get flustered.

☐ I don't focus on changing movements or gestures.

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

☐ I evaluate when I finish a speech.

Assess what went well and what could improve. Be gentle with yourself but always strive to learn from your experience.

Remember, being over-prepared and practising are your best defences against being too nervous. The more public speaking experience you get, the more confident you will become.

If you are really anxious about public speaking, counsellors are available to help you with relaxation and presentation tips. Book an appointment for this or any personal or academic problem, by calling Student Counselling at 780.378.6133 or coming down to our office, W-111PB in the HP Centre.

Who ya gonna call?

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

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

Part-time campus jobs/volunteering – Go to www.naitsa.ca under "Get involved."

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

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

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

One man and his guitar

By RICHÁRD LUKÁCS

There is a guy in Montreal named Ian Kelly who picked up his guitar in the mid

2000s, started to play and never put that beautiful instrument down. He released three full-length albums (of which the

second one scored gold-certificate at a dash), put some well-deserved awards on his shelves and travelled around the globe to show how warm-hearted the sound of Canadian coolness can be. He just got back from a European Tour that reached Scotland, Ireland, the Netherlands and France among others.

Lucky for us, Kelly and tardiness are sworn enemies, so it seems he rushed straight to a nearby studio from the airport and recorded his fourth album called *All These Lines*. It will be released on Nov. 5 with the clean cut hit-compatible single "Do You Love The Rain" in advance.

The inspiration for Kelly in writing this song was just as natural as the result itself.

"In all honesty, I still don't understand why we say it's not nice out when it's not sunny," says Kelly. "I wrote 'Do

You Love The Rain,' while watching the rain fall and thinking how beautiful it was. Water falling from the sky, crashing on the streets or slowly weeping onto the leaves, eventually, returning to the earth, cleansing man's footprint and nourishing all that lives."

Everything this fine talent ever achieved is an achievement of one. He is writing his own songs and lyrics and recorded his complete debut on his own. He shortly ended up as an artist with Audiogram, one of Canada's top independent labels but he is still producing and writing his own material and no one can divert him in any musical direction he would like to take.

"I'm not the type who cares for tagging my own music, saying what one should think about it. To me it's quite simple, you listen and you enjoy it or you don't. It shouldn't matter whether there is more keys or more acoustic guitars or a big fat beat, the important thing is, do I like it or not."

The best thing about his music is that you clearly hear this simple and honest approach in each and every song. That's exactly why *All These Lines* sounds just as natural, straight and hearty as its predecessors. It's not a product of expansive suits in the will of obesity, but the impression of an artist who loves to write simple songs about simple feelings. And he is good at it.



www.sorstu.ca

Ian Kelly

NOVEMBER Event list

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November is Movember!

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Movember Kick-off at the Nest
6, 13, 20, 27

How to Skate
4, 18, 25 & Dec 2

How to Swim
6-10

Rodeo Week at the Nest
7

Oilers vs Lightning at the Nest
8

CFR at the Nest
9

NAITSA Kids Party
13 & 14

Xtreme Sports
15

Kokanee Movie Premier Party at the Nest
25

Clubs Connection
25

Nest 25th Birthday Party
27

How to Rock Climb
28

Oilers vs Predators at the Nest
29

Movember Finale Party at the Nest

BEAR MOUNTAIN

Making it on the road

By RICHÁRD LUKÁCS

Nugget: Bear Mountain is a young band but already has a surprisingly well-known name. Could you tell me a few words about the starts? Was there a sudden life-changing moment or a conscious work plan behind the success?

Bear Mountain: *We all met at a club in Vancouver called the No. 5 Orange. Kyle was a bartender and Kenji was the DJ. I (Ian) used to hang out there and in between dances I started chatting with Kyle and Kenji and we started a band. I think we all just had an idea in mind of how to make this band work and we never looked back.*

N: How stable is the lineup today and what you did before (generally and musically)? Did anyone from the band play elsewhere previously?

BM: *We've all played in bands since we were teenagers and always been working on music in some form. Before Bear Mountain, I just mostly stayed in my parents' basement playing Nintendo and making rap beats.*

N: Do you consider yourself a professional entertainer musician or is it just a hobby for you? Do you have or have you ever had a civil job?

BM: *We've been on the road basically since last February and have played more than 100 shows since then ... so, ya, I guess you could call it full time. But music is more than a hobby, it's my life and my passion. We still have to make ends meet back at home when we're on the road, so everyone has some sort of hustle they do.*

N: When and how was the debut album released?

BM: *We posted it on Bandcamp originally and sent it to a bunch of blogs. Everything went from there. It got a few posts on some good blogs and then we started getting some attention.*

N: How did it change the demand on live shows? How many gigs have you played so far and which were your favourites?

BM: *We've always been a live band, so playing so much has allowed us to tighten things up. My favourite gigs have probably been Lollapalooza and opening for Hot Chip.*

N: Have you got any experiences to share about playing at huge festivals as a fresh band alongside some of the actual veterans?

BM: *It was pretty surreal at first. We just try to learn as much as we can from the bands that have been through this before and we try to learn as much as we can every show.*

N: How was supporting Bloc Party?

BM: *Enlightening.*



www.straight.com

Bear Mountain

N: Have you got any interesting stories from the road? Intense touring usually contains intense parties or absolute temperance; middle course is rare. Which one do you prefer?

BM: *There's definitely some intense stories that explore the boundaries of male eroticism. I much prefer to be at home in bed with my girlfriend, but c'est la vie.*

N: Have you ever played in Edmonton before? What do you expect from the gig at The Pawn Shop? Any plans for before or after the show?

BM: *I have played in Edmonton before at NAIT with my other band Top Less Gay Love Tekno Party. We played to a empty crowd and got wildly drunk. It was something. I'll probably go thrifting before the show and maybe a strip club after.*

N: Your music is a very unique mixture of different genres. What are your

main influences?

BM: *Mostly cat memes and The Daily Show with John Stewart. I find the tongue in cheek political meanderings to be thought provoking, especially when writing music.*

N: Are there any other inspirations for your songs besides music? Personal experiences, books, movies, something out of fine arts?

BM: *I think to be an artist you must take inspiration from wherever you can get it, and also be able to cultivate inspiration, not just wait for it to hit you.*

N: Are there any common feelings or thoughts that connect the songs? Is there anything extraordinary you want to transmit musically (or lyrically)?

BM: *I think if the song is good, then the emotion that's being transmitted will be very clear. Listen to the songs and you'll know.*

N: The majority of news today is serious and weighty. Most celebrities and bands are taking sides in politics and proclaiming deep messages, too. Do you think it is a good tendency?

BM: *I think it's good to be informed about the world you live in. Obviously the media has a bias but a healthy dose of information will help you navigate all the messages that are being targeted at us every day. I think as an artist you can say whatever you want. For me personally, we don't have a secret agenda, we just want to make the music we want to make. If you like it, great. If you don't, listen to something else.*

N: Have you got a diploma or degree?

BM: *I have a geography degree from the University of Victoria, but I mostly just smoked weed and made stupid videos with my friends.*

N: If you could pick any course at NAIT in exchange for this interview what would you take?

BM: *Probably a pottery class.*

N: Is there anything else you would like to mention?

BM: *Free Tibet!*

We've been on the road basically since last February and have played more than 100 shows since then ...

Tips for the sleep-deprived

By **DARCY ROPCHAN**
The Gateway
(University of Alberta)

EDMONTON (CUP) – When it comes to getting a good night's rest, there can be a lot to lose sleep over – particularly for students. In the age of computers and tablets, which produce melatonin-suppressing blue light, getting enough beauty sleep can often be a tiresome endeavour.

Cary Brown, an associate professor in the Faculty of Rehabilitation Medicine, said when it comes to getting the right amount of sleep, society and universities run on a counterproductive model.

"We live in a society that's not set up for sleeping," Brown said.

"University is set up that way. In the daytime, we put you in dim lecture halls with the lights turned out and tell you to look at a PowerPoint way off in the distance. When the lights are out your body produces melatonin to make you sleepy. Then you go home after, working on your computers and tablets, and you're flooded with blue light so you're wide awake."

Brown explained it would be impossible for any university student to avoid the sleep-related stresses of post-secondary education, but she said making small, simple changes in everyday life can pay off. Switching to decaffeinated coffee instead of caffeinated

can help get students to sleep faster. So can acquiring blue light dimming software for computers or tablets. It filters out the blue light, so even if students are in for a late night of paper-writing in front of their computers, it won't keep them as awake at night.

Napping may seem like a worthy alternative for those who can't commit to a full night of sleep, but Brown warned that timing afternoon or evening naps just right is the key to getting proper rest.

"Sleep occurs in five stages. It's a cycle and you have to go through all the stages. You start off in a light sleep and then you go down into a very, very deep sleep where it's hard to wake people up, but then they start to come up from that and you go into a light sleep again," Brown explained.

"To go through a cycle takes about 90 minutes, so if you have a short nap, like 15 minutes, it's fine because you're not interfering with anything — you're in the early stages of your sleep cycle. If you have an hour-long nap and you need an alarm to wake you up, it startles you out of deep sleep so that stress hormones are created in your body and it counteracts the benefits of having a nap. If you're going to have a nap, either 15 minutes or the whole 90 minutes."

One of the problems with getting a good sleep is actually falling asleep in the first place, she said. For those with racing

minds, Brown advised students focus on one thing at a time in order to rest. Forcing themselves to listen and focus on an audio book is a great way to make their eyes feel heavy, she said. Because they're intently focused on the book, they don't have time to worry about not falling asleep — which makes them fall asleep. When faced with a tough test in the morning, Brown advised that students may want to reconsider pull-

ing an all-night cramming session.

"All kinds of studies show that students who stay up late trying to cram for exams do worse than students who just go to bed. When you sleep, your mind has time to process all the new information that came in during the day and if you don't process it, it doesn't get to go into your memory — it just drifts away."

And that's worth crying to sleep over.

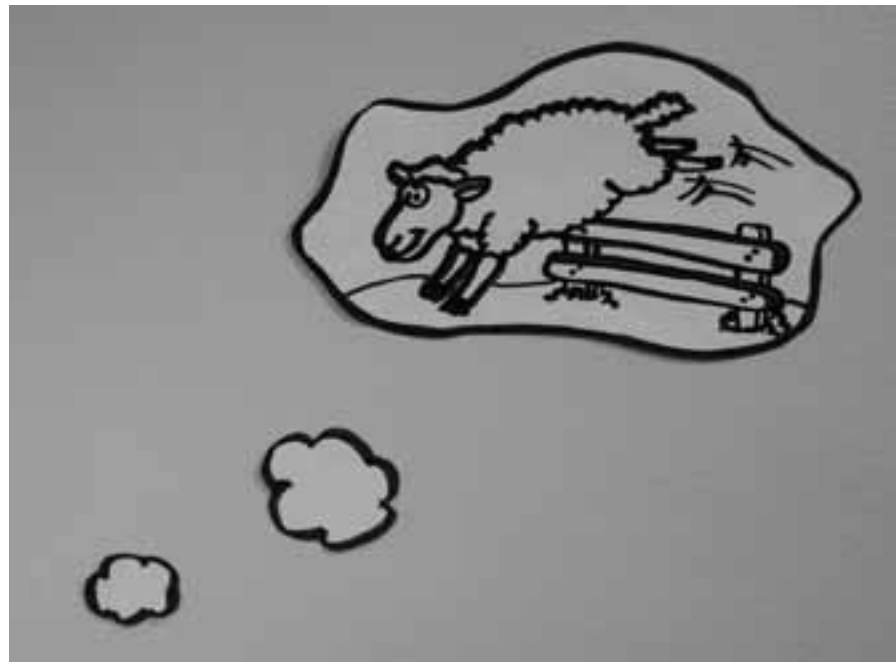


Photo illustration by Lara Kmech/The Gateway

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SURFACE

MOVIE REVIEW

New Carrie disappoints

By KYRA MULLER

Carrie is a dramatic horror film and a remake of the original *Carrie* from 1976 that was based on the novel by Stephen King.

It stars Chloë Grace Moretz as the timid Carrie White and Julianne Moore as Carrie's extremely religious mother. The story takes place in a modern 2013 high school and follows Carrie as she makes her way through days filled with torment by her peers.

Carrie finishes gym class one day and heads to the showers to wash off. There she discovers her period for the first time which comes as a surprise to her as she was never taught what it was by her very religious mother. The other girls at school decided to educate her by throwing sanitation products at her while she has a breakdown in the shower. Carrie's coach rescues her and lets her go home early and then to study hall the rest of the week.

Thrown in a closet

At home, Carrie's mother throws her in a small closet and demands that she pray for forgiveness because only sinful women get their periods. Carrie begins to notice that she may have some sort of telekinetic ability so, during study hall for the remainder of the week, she researches and develops her abilities. Back in gym class, Carrie's classmates are punished and one girl, Chris, is even banned from prom due to her cruel behaviour towards Carrie. Chris's friend, Sue, tries to make it right by letting Carrie go to prom with her boyfriend instead of attending herself. Carrie's evening is expected to be filled with bliss and enjoyment but is threatened by Chris and her boyfriend Billy's impending sabotage.

Lacklustre

This "new and improved" version of *Carrie* is rather lacklustre and does not present anything new or add any dimension to the plot. Many changes were made to modernize it, such as cyber bullying when a YouTube video taken by a smartphone of the incident was uploaded online and a prom soundtrack that was absolutely riddled with fun teenage hits.

These changes, however, are more likely to help the movie age, than become a classic like the original. By adding these touches, the story became more of a contorted horror film version of *Mean Girls* than a haunting spectacle of pushing someone too far. There were other aspects such as the extremes teenagers were willing to go to when locating their supplies for revenge, and having a mother as insanely religious as Carrie's that just seem more authentic set in the '70s than in 2013.



ufvcascade.ca

Moretz was also a different sort of Carrie than the original Sissy Spacek was. Her overall appearance and attitude was cute and pixie-like rather than oblivious, shy and awkward. Her fear did not seem as genuine and her powers came much less of a surprise as they did to the completely unsuspecting Spacek.

Carrie's final scenes in the 1976 version seemed like an uncontrolled outburst rather than a carefully crafted revenge and Moretz's expressions and subtle movements in this scene looked like a well-practised and sinister dark angel, not like a traumatized girl's with a pent up need for retaliation.

The special effects were often questionable and not very realistic. It's much easier to buy into those done in the '76 version even though they had nearly 40 years' worth of new technology to work with. There doesn't seem to be an excuse for a lack of originality in the effects category and doesn't leave room for scenes filled with effects so gaudy the viewer is left with a grimace. The remake used the special effects to dramatize rather than horrify, which definitely made the movie more cheesy than frightening.

Overall, I'd recommend anyone to educate themselves first by seeing the original if they feel like they must see the remake, which offered little more than alright effects and unbelievable acting. *Carrie* is a classic that shows everyone is human and in my opinion shouldn't be replicated.

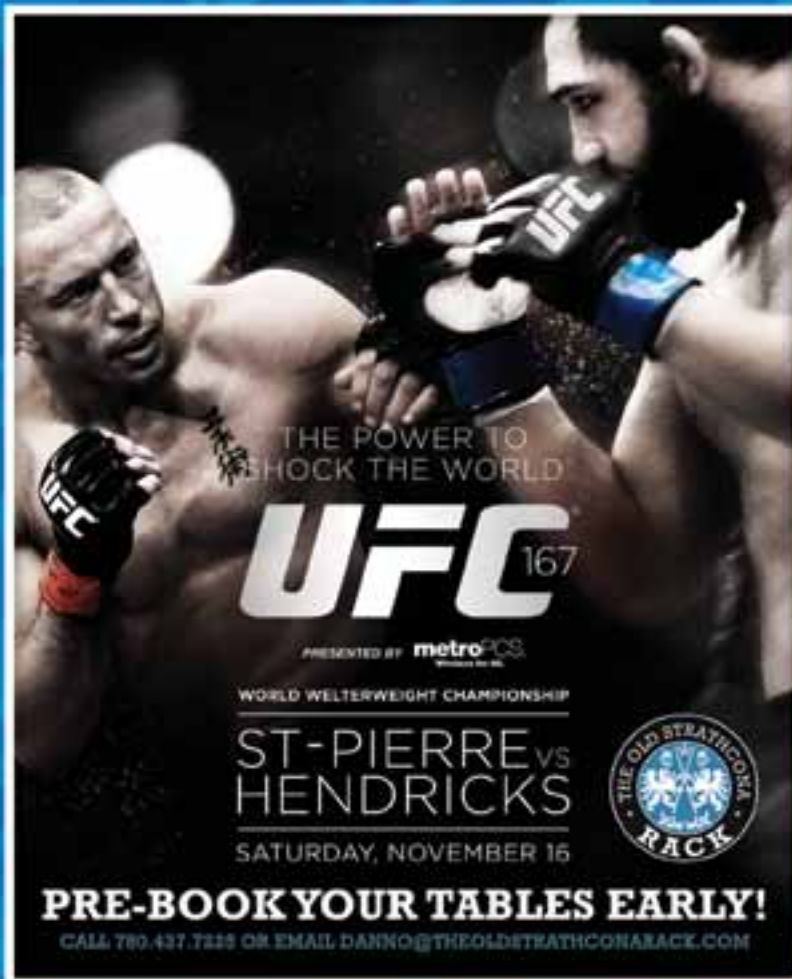
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