LEST WE FORGET

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

COFFEE: HOT TOPIC What gives with the lids in NAIT cafeterias? Page 4



MANNING UP FOR MOVEMBER

Photo by Fe Guic

Colby Bull gets a clean shave on Friday Nov. 1 in front of the NAIT Students' Association offices to begin growing his moustache for Movember. The annual event is held to raise awareness about prostate cancer and other male cancers and their associated charities.







JOSH YAWORSKI **Issues Editor** @actuallyjosh

I've always been a big guy. I was 11 pounds at birth, 90 in Grade One and I continued that trend of exponential horizontal growth for nearly my entire life. I was on the path to be severely overweight and I knew it. My parents knew it. It was just something that I did. I always loved food and frequently took that love to Bohemian heights of excess.

When I moved away from home, away from my mom's judging eyes, I ballooned another 60 pounds, by 2012 hitting my life long worst of 350 pounds. It wasn't anyone's fault but my own.

Since then I've lost 75 pounds. And while I'm still not healthy and still love food, I'm doing better than I have ever before. It wasn't a fad diet or a special point system that helped, it was just discipline and hard work. I essentially stopped eating everything that I was eating, because none of it was healthy and began eating fresh wholesome food. I went to the gym. And I hope others do the same.

But right now, more than half of all Canadian adults are overweight or obese, 21 per cent of youth. And that's a problem.

The Globe and Mail reports that obesity costs the Canadian Economy between \$4.6 billion and \$7.1 billion a year, when health care, lost productivity and disability are all totalled. There are 18 chronic illnesses that come as a result of obesity, including diabetes, cardio-vascular disease and many cancers. I had begun showing signs of fatty liver disease five years ago. Outside of situations arising from thyroid and metabolic problems, obesity is a problem that you eat vourself into. There is no one that can argue that there is any way a person benefits from being overweight.

To me, this reads as a personal decision costing our already fragile health care system millions of unnecessary dollars. A lot like smoking. So when a University of Alberta professor reveals that many doctors are exhibiting a weight bias in office, giving lectures and focusing on that issue rather than the complaints they came in with, I say good. Unfortunately, the professor doesn't agree, and she's making noise about it

Mary Fortman specializes in obesity issues and says stigma and insensitivity can prevent obese patients from seeking help. While I think no one should be kept from health care, what Mary calls insensitivity I call a doctor doing their job. When I was at my worst and gaining, seeing my family doctor and the lectures that came with it were a huge part of my motivation.

If a doctor recognized a person was abusing hard drugs, like the terrifying krokodil, it would be there duty to counsel you against that decision. Quite simply, overeating and inactivity is doing damage to yourself, intentionally.

Just because more and more people are becoming obese shouldn't justify us being treated as if we aren't making a mistake. In a culture where it's socially acceptable to slut shame, or condescend to smokers, how can the overweight be treated with silk gloves? What doctor isn't going to tell a patient they see carrying cigarettes that they are making a mistake?

This focus on ensuring that no one's feelings are hurt is leading us to forget common sense. If a person is choosing to harm themselves and our nation's health, they should accept the consequence of that decision, especially when the consequence is as simple as a lecture about not eating Baconaters and poutine. It's a lecture that costs tax payers at least \$4 billion.







SULLACO

NEWS & FEATURES

Will LRT bring crime?

By CARLY ROBINSON @carlydionne

The LRT extending to NAIT brings not just the promise of more convenient means for getting to school for staff and students, it also brings the possibility of higher crime rates in the area.

"Well, we've checked around," says Jerry Hove, manager of Protective Services at NAIT.

"We've talked to U of A, we've talked to Edmonton Transit to see what kind of things we can expect. And through conversations with them we think we might see some more petty crimes happening, where people are stealing and things of that nature."

Hove hopes that the unique situation of the NAIT LRT line will lead to fewer problems than those that other schools in the country have seen when a transit station is brought to campus.

"We're not on the main line, so that might have some effect but we are the end of the line," Hove said.

"We've talked to transit and they say that sometime the downtown street population will come down and get off at the end of the line. But we're kind of waiting to see if that is going to happen. We're not



eselledmonton.com

For soldiers, it's different

By SHEEBA JOHNSON

Remembrance Day, the day we remember, when we remind ourselves of all the souls sacrificed for the country. We think of all the good able bodied men and women who fought for Canada and we bow our heads in respect.

Army reservist Cpl. Brad Lindseth had a few things to share with me about this day.

"Remembrance Day for a soldier is a very sobering time. For me, before I joined the Army Reserve, it was a time to reflect on the sacrifice of those would give their lives up for Canada. This also included a great-uncle who died on his first mission as a bomber co-pilot in 1941, long before I was born," Cpl. Lindseth said.

He talked about how after he joined the Army Reserve his perspective began to change, particularly as the war in Afghanistan was ongoing.

"Remembrance Day was more than just remembering the fallen from World War I, II and Korea. It was also remembering those whose service has been in recent conflicts and peacekeeping missions as well," he said.

"For example, Sgt. George Miok from

my unit (41 CER) was killed in action on Dec. 30, 2009.

"On Remembrance Day, I recall his sacrifice for Canada as being just as important and enduring as my great-uncle's."

Lindseth made me realize that for us regular folks Remembrance Day usually ends up being the one day of the year when we might think of the fallen. We toast them and go on with our regular lives, but very few of us actually know the meaning behind losing a friend, a brother or a sister, a husband or a wife, a son or a daughter for the country.

Brian Webster, who is in the Canadian Forces, had something similar to say.

"Remembrance Day to me isn't about me or the things I've done as a soldier, Webster said.

"To me it's about knowing and having shared the trials, grief, fears and loss with those who have made the ultimate sacrifice and those who were willing to do the same ...

"I can only imagine what those who came before me have been through by knowing what my friends and family and so far away from the downtown core and is it really going to change? That much we don't know."

Those on campus won't need to worry much for their safety, as Protective Services has been staying up to date on various security features surrounding NAIT's connection to the LRT.

"We want to work together with Edmonton Transit to provide better security for the area," says Hove.

"We're looking at if we should adjust our staffing, say in the evenings if that becomes a problem, where at the end of the night people who are left on the platform if there are no more trains are exiting off onto NAIT property."

Other ways they are planning to keep staff and students safe include extra surveillance and lighting.

"We are just beefing up and adding external surveillance cameras to that area so that we can monitor as staff and students are utilizing the transit systems."

"Edmonton Transit we know will do a good job at lighting their platforms; we just want to make sure that the surrounding area is well lit as well. We are looking at what are the lights being put in and what are the city's plans for lighting and how they work together with NAIT's lighting.

"If it's nice light and bright people will feel much safer. Also people who maybe are here to do criminal activity, the light might be a deterrent."

friend's families have been through and

remembering them so that their sacrifices

do something special for the brave people

who spilled their blood for the country

and not just the fallen. We should send

a silent prayer for the brave men and

women fighting for us right now.

Both of the men I talked to

had a suggestion for how you

can spend Remembrance

Day, Cpl. Lindseth said: "My

best advice would be that

"If you have the day off,

you should take some time.

go to an event at a cenotaph or the

"That only takes you from as little

as a few minutes to a little more than an

hour. If you are working and can't get

away, try and be silent for two minutes

Webster told me to have a drink for

So this Remembrance Day, I plan on

having a few minutes of silence and go to

a Remembrance Day event to show my

respects for the solders of the country.

What will your plans involve?

from 11:00 to 11:02 a.m. on Nov. 11."

This makes me realize that we need to

won't have been in vain '

Butterdome," he said.

the fallen



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

Letters

We want your views

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

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We need to list your real name. Getting something off your chest is downright therapeutic. Write us.

NEWS & FEATURES

Wondering about the lids

By WHITNEY FOX

Students and staff at NAIT are wondering why the disposable hot drink lids at the Fresh Express and Common Market aren't closer to the drink dispensers. Currently customers pour their drinks at the dispensers, turn around to add cream and sugar and then walk to the cashiers to pay.

In the Common Market, after customers pay they can get lids just past the cashiers. At the Fresh Express, the lids are on a counter outside the shop.

This has many students bothered because of the inconvenience. Amanda Howell, a Dental Technician student, explained: "You have your wallet and your coffee. You're paying. It gets really busy, you don't have lids and the flow of it is really awkward."

Howell also pointed out the issue of hygiene: "You're touching your money and then putting the lid on."

The potential safety hazard is what James Mason, a Computer Engineering student, and many others are concerned about.

"You get your hot drink and someone could bump into you and you just burn your hand," Mason explained.

Staff at the cafeteria said that it is easier to see what customers are buying, and to correct errors, without lids on the cups. Brenda Fostey has been working for Food Services for 16 years and says that the layout has always been this way. Customers have asked many times why the lids are outside of the shop and Fostey always has the same suggestion to, "grab a lid on the way in and we'll ask what's in their cup."

Some of NAIT's staff have also noticed the lids. Rhonda Gazzola, assistant to the Dean, School of Health Sciences, is the chairperson of her department's Occupa-

tional Health and Safety Committee. Staff have approached Gazzola about the flow of traffic through the cafeterias, including one instructor who burned her hand.

Andy Smith, NAIT Director of Occupational Health and Safety, said that this instructor is the only documented incident involving the coffee in the past two years. From a risk assessment perspective, the single recorded occurrence does not present a "trendable issue."

Smith explained that with data like this, he would "leave it with the [Food Services] department to define and establish this as an acceptable level of

risk for their operation, because ultimately they own the risk."

"They're the ones in the location and power to run that part of the business," Smith said. "Health and Safety will certainly facilitate and support Food Services in whatever decisions they're going to make."

Many students assume that the lids are situated as they are out of concern for theft and the different costs for different kinds of hot drinks. Gloria Booth is the manager of Food Services. She stated that the benefit of having the cashiers able to see the contents of the cup without a lid is efficiency. She explained that as the current customer is preparing to leave with their order, the cashier can be looking ahead to the next customer.

"We do need to identify the drinks but this is not a major determining factor," Booth said.

"Everything we do at Food Services results from thoughtful processes ... the setup is as efficient as we can be."

She added that the coffee stations are very full and there is "not a lot of room for extras. We don't want an area overwhelmed."

Booth also reiterated that customers are welcome to bring lids with them to the coffee dispensers.

Electrician student Randall Frey pointed out there is congestion after the tills in the Common Market.

"I do find that end more congested just because they're trying to rush people through and you're trying to grab your napkins and get your lid on and stuff. When the lines are all the way down to the soup stations, it's going to make it better probably if people are putting their lids on beforehand."

Smith said that students with concerns about health and safety are represented on a joint worksite Health and Safety committee by NAITSA, NASA and AUPE. However, he recommends that students with specific issues like coffee lids approach Food Services directly.

One final solution to prevent spilling that Booth encourages is for students and staff to bring sustainable cups, with lids, for their hot drinks.

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Photo by Elana Hoddinott



Edmonton Campus

NEWS & FEATURES

The Duffy saga in brief

By CARLY ROBINSON

@carlydionne

The Senate and Mike Duffy have been making headlines across the county. However, without having followed the issue from the beginning it is a hard one to fully understand. This article will try to shift through the debris and explain the core of the issues.

Realistically, why should NAIT students be concerned about the Senate scandal? Ninety thousand Canadian taxpayers dollars, is why. This is the amount that an internal audit has found Duffy charged Canadians for things that Canadians should not pay for and the whole thing has been covered up. The web of connections is complicated, although Duffy has linked the prime minister to the whole ordeal.

Duffy was appointed by Stephen Harper to be a senator for PEI; he was already living in Ottawa. For the sake of the job, which required him to be a resident of the province he would be representing, he claimed a cottage in Cavedish, P.E.I., was his primary residence. He continued to collect living expense cheques, meant for senators needing to find a place to stay in Ottawa while Parliament is in session, all the while still living in his already owned Ottawa house. Also, he claimed travel expenses while helping Conservatives' election campaigns, a giant no-no. Campaigning funds should never come from taxpayers' dollars.

And this is where things get complicated. When this money was questioned, Duffy is said to have met with Prime Minister Stephen Harper and his chief of staff, Nigel Wright, where he was told to pay back the money no matter if he was guilty or not. Not having funds enough himself, Wright (who lost his job for this) wrote Duffy a cheque to cover it. It is also said that Duffy's legal fees, \$13,000, were also covered the same way. For months this was kept from the public, trying to avert media attention. The prime minister has now come forward condoning the first, but saying there is nothing wrong with the party paying Duffy's legal fees. Duffy has presented all of this information in trying to avoid being suspended without pay from the Senate, along with two other senators. This was all to no avail, however, as the Senate voted Tuesday night to suspend Duffy and colleagues Patrick Brazeau and Pamela Wallin for inappropriate expense claims..

The CBC has recently brought up the fact that the cost of auditing these senators has been close to double the amount of money in question.



Mike Duffy

Remember to remember

By KYRA MULLER

Next Monday many schools and businesses across Edmonton will have the day off in recognition of Remembrance Day, a day of memorial for those soldiers who have died in various military conflicts over the years. It's to say thanks for the work soldiers do on a daily basis. But if you are a student at NAIT and hoping to attend a Remembrance Day assembly this year, you'll have to go elsewhere.

"We don't have any events for that,"

says Fe Guico, an event co-ordinator for the NAIT Students' Association. "I don't think we ever have because we are always off that day." However, Guico did mention that poppies will be available at NAITSA's front desk.

This raises the question however, of whether or not post-secondary institutions should be holding some sort of assembly or ceremony that students can attend, so they too can pay their respects to those who have lost their lives.

According to an administrative assistant for the downtown MacEwan campus, the situation is much of the same, with no activities or events associated with Remembrance Day available for their postsecondary students. This raises the question of why post-secondary institutions feel that these events are not necessary.

"Probably have a moment of silence ..." suggested NAIT student Angel Chalifoux when asked what post-secondary's role should be to commemorate Remembrance Day.

"It's pretty important."

When NAIT students were approached on the subject many suggested that a school wide moment of silence the Friday before Nov. 11 would be a convenient way to incorporate a moment of respect into their busy lives.

Many Edmonton grade school students were required to attend Remembrance Day assemblies from as early as Grade One and some until graduation from high school. Once students arrive at a postsecondary institution, it seems custom-

> ary to leave them responsible for their own Remembrance Day commemorative activities, and can in turn, lower the number of students who take part in events when left to their own devices.

"Remembrance Day is important because it's a day

to remember the sacrifices that soldiers past and present made, and are making," said Cpl. Eric Tremblay of Lord Strathcona's Horse Armoured Regiment in North Edmonton.

"Without assemblies or a moment of silence, they're not given the proper time to pay respect," he said of post-secondary students without any events available on their campuses. He also said students are less likely to pay their respects when not provided the chance to do so at school.

It is difficult to fit optional assemblies, let alone mandatory ones into the busy schedules of students and instructors alike. But there still seems to be some desire by students to have a school-wide moment of silence, and it may perhaps be incorporated into NAIT's November schedule at a

later date if enough students have the urge to speak up.



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Point counter Point It's about time!

NEWS & FEATURES



JOSH YAWORSKI Issues Editor @actuallyjosh

Early Sunday morning on Nov. 3, a crime was perpetrated against me, and hundreds of thousands of others. We slept, and as the minutes marched toward 2 a.m., a metaphoric thief snuck into our bedrooms and stole away an hour of our lives. While Chris may try to tell you that this makes no difference, and that I'm over analysing and over reacting, take one second and realize that at Chris's well advanced age, an hour doesn't really make a difference. But for those of us young enough to still enjoy every hour of life, it's much more

important. It significantly alters our day to day life. Those of us who don't remember the installation of the first daylight savings time don't really see the necessity of it anymore.

The Germans first adopted daylight saving time during the First World War to attempt to save fuel for the war effort. Although it was adopted shortly after by many countries, it was just as swiftly abandoned post war, as it stayed until the Second World War. President Franklin D. Roosevelt mandated it in the U.S. and many others did the same. Nearly all countries outside of the tropics of Cancer and Capricorn use it. But why?

Simplified travelling

Many people are concerned about losing sync with the idea of natural or "solar" time. But just how linked is the modern world to that solar time? How many people are waking with the sun, eating at noon and sleeping at night? Think of the unity and the more simplified travelling that would come with removing daylight saving time. Imagine for a second, watching the East Coast feed for a television show or hockey game and seeing a commercial that actually told the time you can watch the show at, without even doing all this sticky math baloney.

And think of the social benefits! No more can so called friends use daylight saving time as an excuse to show up late or, even worse, early when arriving at social gatherings. Sleeping in too late because of spring ahead? Not anymore!

Who profits?

But here's what we really need to think about. Who profits from daylight savings time? I can think of a couple – BBQ companies, golf club manufacturers and other outdoor leisurely type industries. If there's more sun, there's more time for customers to buy and use leisure type equipment. Do you benefit from daylight saving time? Does it simplify your life? Nope, but business does. And now they're taking control of time, one of the most constant of all of man's creations and weaving it to suit their own goals of increased recreation and joy for the masses. How dare they?

Saskatchewan seems to be doing just fine without daylight saving time. Yes, they are still Saskatchewan and their boundaries are still disturbingly straight but there is no record of any increase in seasonal depression in Saskatchewan communities and no records that would suggest an increase in power consumption over the daylight saving time months. I'd absolutely love to use Alaska as an example of places where nothing bad happens thanks to no daylight savings time, but everything always goes wrong in Alaska.



It's not often that you get to sum up your entire argument with three words ... but in this instance I can't think of any way to better show how I feel about this issue.

I don't care. I

on't care. I don't care.

'I don't care'

I don't care. I don't care I don't care I don't care I don't care. I don't care.

'I don't care'

I don't care. I don't care I don't care I don't care I don't care. I don't care I don't care I don't care I don't care. I don't care. I don't care. I don't care I don't care I don't care I don't care. I don't care.

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OPINION

Board game night out



NICOLE MURPHY **Editor-In-Chief** @NicoleMurphvSt

dmonton's newest hot spot hopes to make what is old, new again. The Table Top Cafe is equipped with large tables, delicious food and a wall of games as far as the eye can see. Anything from Candyland to Pandemic to Jenga, the choices are endless.

It was owner Bryan Flowers' dream that was two years in the making.

"On the whole I like the idea of board games becoming a much more popular pastime," he said recently. "I enjoy them so much and I know they have a lot to offer."

The idea is to get people out with friends and interacting with whoever is right in front of them. It is taking game night at home and putting it in a social setting. In some ways you are disconnecting to reconnect - turning off phones and electronic devices and getting back to some good old fashion fun.

Test out games

The cool thing about the cafe is there are a bunch of games you can purchase as well. So if you have been wanting to try out a game but not sure if you want to buy it, you can test run it at the cafe and make your decision then.

The staff also have a passion for board games and enjoy learning new ones in their spare time. In fact, during slow periods at the cafe they are asked to play games! Imagine it being a requirement of your job to play while on shift. This means that assistance in understanding some of the more complicated games is always at hand.

The cover charge is \$5 per person and that gets you in all day to play whatever you wish. Lots of groups have shown up, and couples and some singles that then bounce around game to game and table to table.

Interaction encouraged

The Table Top Cafe is a also working on tournaments and events to hopefully encourage interaction with new people. A singles night but without a romantic vibe is in the works ... but who knows where love will blossom. I know that staring into someone's eyes while playing Monopoly has caused unbelievable sparks to fly in my life.

In addition to coffee, hot chocolate and tea, you can get some more grown up beverages. The cafe is licensed to serve alcohol and is currently expanded the selection of drinks.

"You can feel like you are staying at home, you can feel like you are going out with friends, said first time customer Blaine Thompson.

"When you are here you are out with your friends and in a public place but you have a stayat-home feel.'

It is a great place that brings the best of two worlds together. A chilled out atmosphere that skips overly loud music and heavy drinking but still offers the opportunity to meet and interact socially.

So grab a couple friends and head down to Table Top Cafe on 5716 75 St. For more information, hours of operation, game listings and food items, check out tabletopcafe.ca.





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SPORTS A role for hockey fights

There needs to be

accountability on

players who go out

there, hack and

whack and take runs

and cheap shots at

opponents.



KYLE HARRIS Assistant Sports Editor @theharrisshow20

The debate of fighting in hockey is one of the most talked about topics in the game today. "Is it needed?" "Why is it allowed?" "Is it worth the risk?" These are all questions that get brought up when you talk about fighting in hockey. It is allowed at the pro level and at the major junior level but, one league, the Canadian Junior Hockey League (CJHL) the Junior A hockey league around Canada, has taken a further step to prevent and decrease the amount of fighting.

Just recently, there was a vote for fight-

ing at the Junior A level. All of the Junior A leagues in Canada voted, and in a 9-1 unanimous decision, it would be a national rule that if a player now fights receives a five-minute major for fighting as well as a game ejection. The "One-Fight Rule" takes the players out of the game after a fight. The BCHL, AJHL, SJHL, MJHL and MHL were the only leagues in

the CJHL not using this rule but as of next season will be using the "One Fight Rule."

As a former player for three seasons in the AJHL, I'm really not in

favour of this decision. I feel fighting needs to be in the game of hockey for many reasons. There needs to be accountability on players who go out there, hack and whack and take runs and cheap shots at opponents. They need to be controlled. I'm not saying fighting is the only way to solve this but it is certainly an effective way to let that type of player know that it's not acceptable. Most of the time when a fight does break out for a something like this, it's very effective in holding someone accountable and forces them to play a more clean game. Players should be allowed to step up for a teammate. You see it all the time with a dirty hit or when a player gives a goalie a cheap shot, a teammate will go in and take care of business.

> Those types of fights I feel are 100 per cent needed in hockey. Fighting keeps the cheap shots down and controls the game. I'm certainly not one for staged fights, off an opening draw where

it's planned out. To me, those are pointless and have little effect on the game. Heat of the moment fights make hockey the game it is. With this new rule coming in, I worry a bit. I feel you will see an increase in stick work, behind the play and after the whistle shenanigans. It wouldn't surprise me if there were a lot of cheap shots and a lot of guys running around and doing stupid things, because they know that there will be little done to them about it. Guys can go out there knowing that there is a slight chance someone will be willing to drop the gloves with them.

What does a player do if his goaltender gets run over intentionally? Does he take the chance on fighting and removing himself from a game? Does a team send one of their grinders to draw the other team's best player into a fight, in hopes of taking that player out of the game? To me this rule could be a bad move for the game.

There has been a "Supplement Fighting Rule" for the past few seasons where a player is only allowed five fights per season. If the player exceeds five fights, he would receive a suspension. Every time this player exceeded the fight total the amount of the suspension would go up. An effective rule, in my opinion. It kept players honest, accountable and still kept the games intense and played the right way. With the CJHL being the first Junior A league to do this, we may start seeing it trend throughout all levels ... eventually.

Sinclair stars, Canada wins

By KRYSTA MARTELL @TweetsbyKrysta

The Canadian women's national soccer team rolled into town last Wednesday to play against the Korea Republic at Commonwealth Stadium. It was a cold evening and over 12,000 fans filled the stands at Commonwealth. In the first half, the Canadians came out strong as Christine Sinclair scored her 146th career goal in the 24th minute. In the 40th minute the ball would come in range of Brittany Timko and she put one into the back of the net, putting the Canadians up by two.

Goalkeeper Erin McLeod was in the zone as she saved a number of long range shots in the eighth and 21st minutes. Fellow Albertan Stephanie Labbe replaced McLeod for the second half.

At halftime, Canada was up two with Korea remained scoreless. Going into the second half, Canada didn't back down as they made some fine passing that opened up the Korean defense and Adriana Leon would score for Canada with just over 20 minutes left in the game.

Canada walked away with a 3-0 victory. Sinclair had another fantastic game and was selected as Canada's Player of the Match.

Canadian head coach John Herdman was very pleased with the end result. "For the game itself, we

tried a few new players," said Herdman.

"At times you just see the quality in Matheson, Sinclair, Schmidt: when they combine together this Canadian team looks fantastic. All in all, the Koreans were good for the game. They deserved a goal or two. It could have been a closer match but it shows we've still got a bit of work to do."

Sinclair also feels fortunate to play in Edmonton as well as rejoining her Canadian team,

"It's been incredible," Sinclair said.

"We have the luxury of obviously playing in our home stadium and getting ready for the World Cup but more importantly, it's just been nice to get together as a team. It's been a long



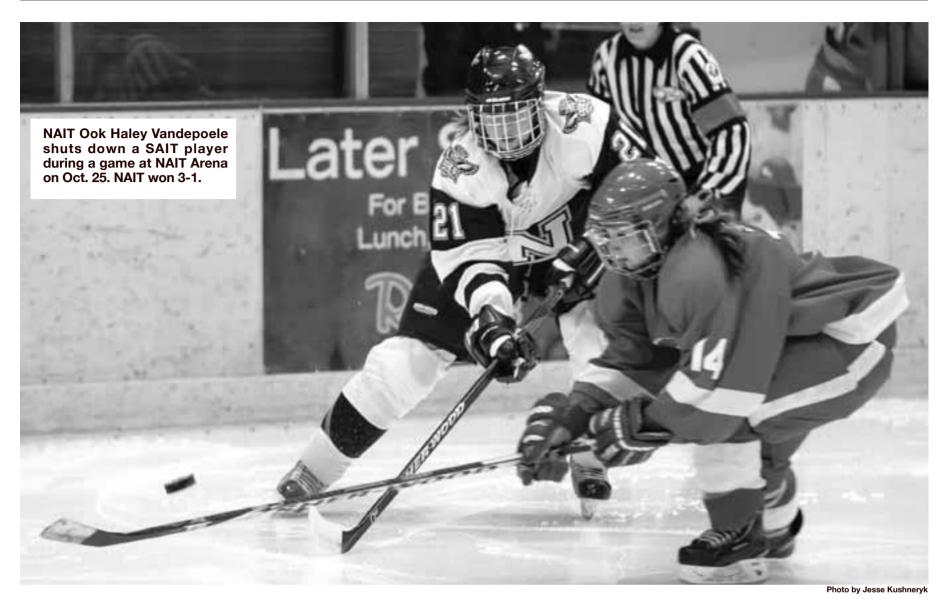
Canada star player Christine Sinclair eludes a Korea player during a match at Commonwealth Stadium on Oct. 30. Canada won 3-0.

time since we have played together and still have a lot of work to do but it was nice to get rid of some of the cobwebs tonight."

This is another accomplishment for Sinclair who was given the hon-

our of being the first soccer player to be inducted into the Canadian Walk of Fame on Sept. 21.

Next up for the Canadian women's team is a trip to Vancouver for a match with Mexico on Nov. 24.



Women sport 5-0 record

By BRIDGETTE TSANG @BridgetteTsang

The Ooks women's hockey team travelled to Red Deer for their first weekday game this season against the Red Deer College Queens on Thursday. After coming off two straight wins against SAIT to open up their season, the team was hoping to bring that level of play to Red Deer. And they would.

The game started out fast, with end-to-end action. Both net minders were keeping their teams in the game. The line of Renata Mastna, Karli Reeve, and Breanna Frasca had an exceptional night as they created lots of chances and put the pressure on the Queens goaltender all night. Their hard work would eventually pay off with a rebound-goal by Mastna from a shot off the point from Reeve. That would be all the Ooks would need as they held on to a 1-0 win.

After the game, head coach Deanna Iwanicka was pleased with her team's undefeated record so far, but believes the team still has something to prove. "We have yet to reach our standard of play determined by us, measured by our game objectives," Iwanicka said. "I am still waiting for that perfect period."

Unfortunately, their next chance to play that perfect period would have to hold off as the next night's game against the Queens had to be postponed due to not having officials to officiate the game. The rescheduled game date has yet to be announced.

They take on MacEwan next at home on Nov. 8.

As for the men's team, they played two thrilling games against the SAIT Trojans (October 18th and 19th) in the battle of Alberta, coming away with one win from two very close games. The line of Dante Borrelli, Michael Piluso and Joshua Lazowski were dominant and was everywhere around the ice for both games. Ty Swabb backstopped his team both nights, and it paid off well the second night as the Ooks won 3-2 in Calgary. Head coach Serge Lajoie was impressed with his team's effort, despite the loss.

"We did a lot of good things again; however, in this league you need to be prepared to play for a full 60 minutes and we did not do that," said Lajoie. "The potential is there.

It will be our main focus as coaches to make sure we work on getting full buyin from all our players. The process continues. We'll be better prepared [the next game]."

Lajoie was away this past week after being named the coach for the Under-16 team for Alberta.

The team then hit the road to Camrose to play against the Augustana Vikings (Oct. 30). The game did not start out as well as the Ooks would have wanted it. After a few mishaps, they found themselves down 2-0 in the first period. Michael Piluso put one past the Vikings netminder late in the opening period. The Ooks heavily outshot the Vikings 46-21 in the game, but it wasn't enough to get past the Vikings' netminder as they lost a tough game, 4-1.

After the game, assistant coach Mike Gabinet praised his team despite the loss.

"We outplayed Augustana heavily," Gabinet said.

"We played the game the right way, had a few mistakes and Augustana made us pay on it. We'll have a good practice and prepare for them [next game]."

After a day's break, the Ooks were right back at it last Friday night against the team that stole two points from them the previous game, hoping this time around the luck would fall on their side.

The Vikings once again scored early into the game, but the Ooks managed to even it up 1-1 with a goal by Col-

ton Yarmovich heading into the second period.

The period started out with an early goal by Jamie Johnson to pull the Ooks ahead 2-1 for the first time in two games. But unfortunately, the Vikings would respond with three more goals, and it was 4-2 Vikings heading into the third period. The Ooks' Joshua Lazowski would put one past the Vikings netminder to make the game 4-3 but, that was as close as it got as the Ooks suffered another heartbreaking loss to the Vikings. This is the first time this season the Ooks have lost two straight games.

Gabinet was impressed by the number of shots his team put on net but was disappointed that it did not pay off.

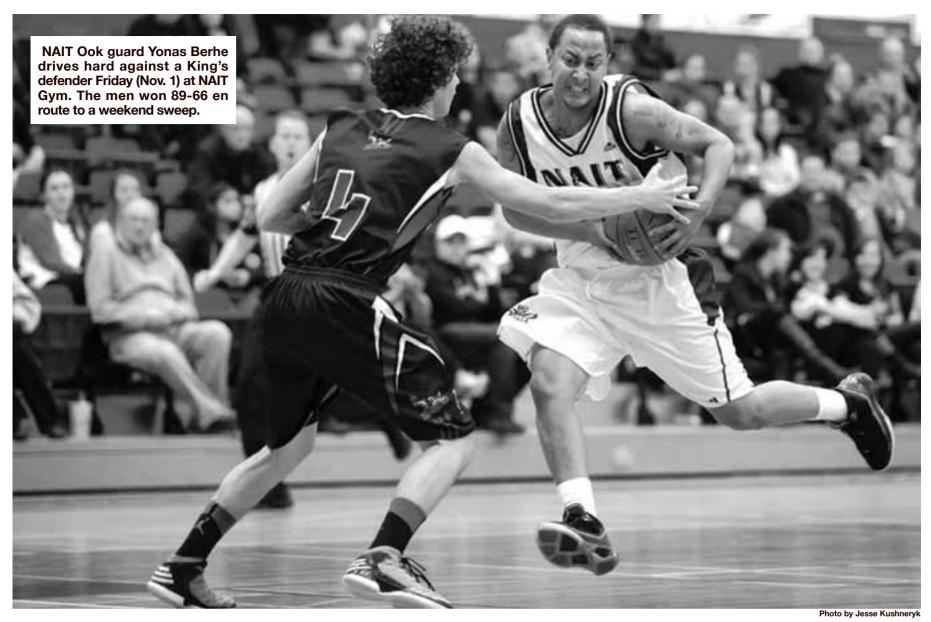
"I appreciate our guys' work ethic and compete. Anytime you have over 100 shots

in a two-game series the results are usually positive. That being said, there are some aspects of our game that we need to address and improve."

The Ooks will face the Portage Voyageurs in Lac La Biche Friday evening.



Mike Gabinet Praises men despite losses



Chase Campbell leads men

By BAILLIE SCHEETZ

@BaillieScheetz

The Ooks men's basketball swept the Kings University College Eagles this past weekend. In the first game on Friday, the Ooks earned a 89-66 victory with perseverance and a strong offence.

Trailing 39-31 at the half, the Ooks focused on defence in the second half and held the visiting Eagles to 27 points to earn the win. Chase Campbell was ACAC player of the game, scoring 24 points.

"We started slow but stepped up our efforts on defensive end to get the win," said head coach Mike Connolly following the game.

Saturday saw the Ooks travel to King's and come away with a 76-62 win. Again, Campbell led with 21 points.

"Although we got the results we wanted on the weekend, we are not playing at our desired level," said Connolly.

"Our offensive effort is getting there but we are not playing as a unit. This takes time and we are still getting to know each other and learning to trust each other."

Women's Basketball

The women's basketball team flocked to the Eagles' nest this past weekend to take on King's University College on their home court.

The weekend series consisted of two games. The Ooks were dominant on defence on Friday, holding the Eagles to only 32 points but they struggled on the offensive end, mustering 69 points in a win. Saturday, the Ooks found themselves in a battle to contain the Eagles' solid shooting, while the Ooks themselves put on hard offence for a season high 98-points for the win. The Ooks held only an eight-point lead at the half but exploded offensively, shooting over 50 per cent in the second half to score 52 points in the two final quarters of the game. Final score was 98-71.

Torey Hill earned player of the game for her 16 points and eight rebounds, while six other Ooks hit double digits with second year guard Shea-Lynn Noyes leading the way with 18 points, six assists and seven steals while second year forward Jordan Enns earned her first double-double on the year with 16 points and 11 rebounds.

The Ooks improve their regular season record to 5-0 in ACAC play and are heading into a weekend off due to a bye. **Women's Volleyball**

The women's volleyball team played two games this past weekend against the Lethbridge Kodiaks. In a hard fought, five-set battle at Lethbridge, the Ooks came up just short.

NAIT was led by Isabel Hess and Candice Hughes with 14 kills each. Tara Voogd was strong in the middle, with 11 kills and three blocks.

"We played our best match of the year, so there are plenty of positives to build on," said head coach Benj Heinrichs. "We had a few opportunities to get it done in the fourth set but these are the types of matches that will teach us how to play tough when the pressure is on."

On Saturday, women' rebounded from Friday's tough five-set match with a solid 3-1 victory in the Kodiak's gym. The Ooks were led by player of the match, Hughes, who had 16 kills, 10 digs and also led the team in serve receive.

"Today we played with more toughness and were able to stay focused for longer stretches," said Heinrichs. "We won the serving/padding battle which usually leads to good things on the scoreboard."

The Ooks have a home and home next weekend with cross-town rival King's.

Men's Volleyball

The NAIT men's volleyball team was in action in Lethbridge this past weekend as well. The team kicked off the weekend with a tough 3-0 loss to the home team.

"We passed and served well but that's about where the upside stops," said coach Doug Anton.

"We're having trouble sustaining the level of play we need to play with the top teams. We want to do the difficult things better when in reality we need to do the easy things better.

"Tomorrow we need to have a stronger blocking presence and hit the ball more consistently."

In the second game of the double-header weekend the Ooks lost 3-1 to Lethbridge on Saturday afternoon.

Left side Trevor Zemlak and right side Jordan Teliske anchored the Ooks offence while libero Taylor Pocock anchored the NAIT defence with 16 digs.

"It's hard to travel all this way and go home with nothing," commented coach Anton.

"But the Kodiaks are very experienced and were firing on all cylinders this weekend. We are just not yet able to sustain the level of play we need to play with the best.

"Eventually we would break down and give Lethbridge an opportunity and they happily took it every time. But, for a couple sets today we raised our level higher than it's been all season and that's progress."

The team is back in action Nov. 8 against King's.

goals to give them a

lead that they would

carry through to the

third. In the second,

Baddock and Tan-

ner LeSann dropped

the gloves but initiated nothing for their

teams, as they were

the only action in the

Samuelsson was able

to put the Oil Kings

on the board and

right after they pulled

goalie Tristan Jarry

for the extra attacker.

Unfortunately this did not work in their

favour as Connor

Late in the third.

scoreless second.

Oil Kings pick up road wins

By KELSEY LYDYNUIK @KelseyLydynuik

In the midst of an eight-game road trip and after a week off, the Oil Kings headed south to Calgary on Sunday to take on the Hitmen for the first time since the season opener (when Edmonton skated away with a 7-3 victory.)

Edmonton started the game on a high note as Edgars Kulda put the Oil Kings on the board first. However, a few minutes later, Hitmen captain Jaynen Rissling capitalized on a man advantage and

man advantage and tied up the game. Shortly after, Zane Jones showed why the Hitmen are ranked fifth in the league on the power play as he gave Calgary the lead on a power play goal.

To end the first period, Brandon Baddock and Dyson Mayo dropped the gloves and took on Calder Brooks and Elliott Peterson to keep the energy high heading into the second. Early in the second, Reid Petryk turned around Edmonton's special teams points and tied the game on the power play.



At the halfway point, Curtis Lazar returned the lead to Edmonton and a late goal in the third from Pollock gave Edmonton a 4-2 win and allowed them to go undefeated against Calgary this season.

Before their week off, the Oil Kings started their road trip off in Moose Jaw. Less than a minute in, the Warriors put themselves on the board.

Jesse Forsberg and Lazar went at it right after that and it sparked the Oil Kings as Aaron Irving tied up the game for them. Tyler Bell and Mitchell Moroz dropped

the gloves to end the period. It was a scoreless second and then the Oil Kings turned it on in the third. Kulda scored an early goal to give Edmonton the lead and some energy for the rest of the period. Riley Kieser scored an empty net goal at the end of the period and Edmonton chalked up a win to start their road trip.

After a one-day break, Edmonton was in Regina to take on the Pats for the first time since Regina was in Edmonton and embarrassed the Oil Kings, 6-0.

Petryk kept the momentum from Wed-

nesday's game, scoring early in the first to give the Oil Kings the lead. Halfway through, Henrik Samuelsson gave Edmonton a bit of padding, putting them up by

two. Edmonton dominated the second period, as Ashton Sautner notched an early power play goal. Another from Sautner and a minute later from Lane Bauer gave the Oil Kings a lofty five-goal lead.

However, not all was said and done for the boys from out of town as Lazar would find the back of the net and Brett Pollock would capitalize late on the power play, as the Oil Kings ended the second leading by seven. In

the third period the Pats seemed to wake up as Dyson Stevenson snagged an early power play goal. A fight between Petryk and Braden Christoffer sparked the Pats as Chandler Stephenson scored a short-handed goal. However that was not enough for Regina as they were dealt a 7-2 loss. That week, Saturday night was all right for fighting as the Oil Kings headed over to Swift Current. The Broncos had a strong first period as they notched two

Curtis Lazar

Sanvido scored an empty netter. The Broncos handed the Oil Kings their first loss of the road trip, as Edmonton fell 3-1.

The Oil Kings head to British Columbia to wrap up their road trip next week, returning to Rexall Place on Nov. 14 to take on Moose Jaw.





ACAC Standings

MEN'S HOCKEY

MEN S HUCKET									
Team	GP	W	RW	L	OTL	ΓIE	GF	GA	Pts
SAIT	11	8	8	1	0	2	58	23	18
Red Deer	11	8	6	3	0	0	33	24	16
Augustana	12	7	6	3	0	2	44	28	16
MacEwan	10	6	6	4	0	0	39	31	12
NAIT	9	5	5	3	1	0	31	18	11
Concordia	9	5	4	3	1	0	29	27	11
Portage	10	4	4	6	0	0	28	45	8
Keyano	9	1	1	8	1	0	26	36	3
Briercrest	10	0	0	9	1	0	17	70	1
		I	RESI	JĽ	TS				
		0	ctob	e	r 30				
	Aug	us	tana	a 4	, NAI	T	1		
		No	oven	nb	er 1				
	Aug	us	tana	a 4	, NAI	Т	3		
K	leya	inc	o 4, C	Co	ncord	lia	2		
	SA	IT	5, R	ed	Deer	• 1			
N	lacl	Εw	an 5	5, F	Portag	ge	1		
November 2									
C	Concordia 4, Keyano 2								
Ν	MacEwan 5, Portage 1								
	SAIT 3, Red Deer 2								

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	3	3	3	0	0	0	7	3	6
MacEwan	4	3	3	1	0	0	10	8	6
Red Deer	3	1	1	2	0	0	5	4	2
SAIT	4	0	0	4	0	0	6	13	0
RESULTS									
October 31									
NAIT 1, Red Deer 0									
November 1									
	Ma	acE	Ewan	2,	SAIT	1			

November 2 MacEwan 5, SAIT 2

MEN'S BASKETBALL North Division

Team	Div	GP	Div	InterDiv	W	L	Pts	
Red Deer	S	5	2	3	5	0	8	
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	4	2	1	3	1	4	
Concordia	Ν	3	1	1	2	1	3	
Lakeland	Ν	4	1	1	2	2	3	DI\
MacEwan	Ν	4	1	1	2	2	3	S
Augustana	Ν	4	1	1	2	2	3	S
NAIT	Ν	5	3	0	3	2	3	S
Grande Prairie	Ν	5	1	1	2	3	3	N
Keyano	Ν	5	2	0	2	3	2	N
SAIT	S	5	0	1	1	4	2	N
King's	Ν	4	0	0	0	4	0	N
Olds College	S	5	0	0	0	5	0	S
Wins versus o	livis	iona	lop	ponents	will	l re	esult	N

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

RESULTS November 1

NAIT 89, King's 66 Concordia 68, Augustana 57 Grande Prairie 74, MacEwan 69 Lakeland 105, Keyano 78 Medicine Hat 91, Briercrest 90 Red Deer 109, Olds 62 Lethbridge 85, SAIT 50 November 2 NAIT 73, King's 62

MacEwan 96, Grande Prairie 82 Kevano 91. Lakeland 85 Briercrest 87, Medicine Hat 82 Lethbridge 83, SAIT 71 Red Deer 99, Olds 66 Augustana 80, Concordia 79

WOMEN'S BASKETBALL **North Division**

_ ·							-
Team	Div	GP	Div	InterDiv	W	L	Pts
Medicine Hat	S	4	1	3	4	0	7
Augustana	Ν	4	2	2	4	0	6
NAIT	Ν	5	4	1	5	0	6
Lethbridge	S	6	4	1	5	1	6
MacEwan	Ν	4	1	2	3	1	5
Grande Prairie	e N	5	1	2	3	2	5
Lakeland	Ν	4	2	1	3	1	4
Red Deer	S	5	2	1	3	2	4
SAIT	S	5	0	1	1	4	2
Olds	S	5	2	0	2	3	2
Keyano	Ν	5	0	1	1	4	2
King's	Ν	5	0	1	1	4	2
Concordia	Ν	3	0	0	0	3	0
St. Mary's	S	4	0	0	0	4	0
Briercrest	S	6	0	0	0	6	0
Wins versus d	ivisio	onal	орр	onents v	vill ı	res	ult
in 1 point. Win	s ve	ersu	s int	erdivision	al c	pp	00-
		~					

nents will result in 2 points in the standings. RESULTS

November 1

NAIT 69, King's 32 Augustana 78, Concordia 62 Grande Prairie 68. MacEwan 64 Lakeland 76, Keyano 52 Medicine Hat 70, Briercrest 54 Red Deer 69, Olds 47 Lethbridge 50, SAIT 49 November 2 NAIT 98, King's 71 MacEwan 79, Grande Prairie 52 Lakeland 74, Keyano 50 Medicine Hat 66, Briercrest 49 Lethbridge 42, SAIT 34 Red Deer 57, Olds 47 Augustana 63, Concordia 52

MEN'S VOLLEYBALL

V Team	MP	MW	ML	GW	GL	Pts		
Red Deer	4	4	0	12	0	8		
Augustana	3	3	0	9	1	6		
Lethbridge	4	3	1	11	5	6		
MacEwan	4	3	1	10	5	6		
Gr. Prairie	4	3	1	9	6	6		
Lakeland	5	3	2	9	9	6		
Keyano	4	2	2	9	6	4		
SAIT	4	2	2	7	7	4		
NAIT	5	2	3	7	10	4		
Briercrest	4	1	3	7	10	2		
King's	4	1	3	6	11	2		
Medicine Hat	t 4	1	3	4	11	2		
Olds	3	0	3	0	9	0		
Concordia	4	0	4	2	12	0		
	RES	SULT	S					
(Octo	ber	31					
Augusta	ana (3, Cc	nco	rdia	1			
(25-16, 2	3-25	5, 25	-12,	25-1	5)			
Ν	love	embe	er 1					
Lethbridge 3, NAIT 0								
(25-18, 25-19, 25-16)								
Medicine	e Ha	t 3, E	Brier	crest	2			

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(18-25, 25-22, 12-25, 25-19, 16-14) SAIT 3 MacEwan 1 (30-28, 21-25, 27-25, 26-24) Lakeland 3, Keyano 2 (25-17, 20-25, 25-23, 19-25, 15-11) Grande Prairie 3, King's 2 (25-23, 25-20, 23-25, 16-25, 15-8) Red Deer 3, Olds 0 (25-15, 25-14, 25-18) Augustana 3, Concordia 0 (25-20, 25-16, 25-16) November 2 Lethbridge 3, NAIT 1 (25-18, 23-25, 25-19, 25-20) Red Deer 3, Olds 0 (25-12, 25-10, 25-18) MacEwan 3 SAIT 0 (25-19, 25-19, 25-18) Briercrest 3, Medicine Hat 1 (25-11, 20-25, 29-27, 25-21) Grande Prairie 3, King's 0 (25-20, 25-20, 25-20)

Keyano 3, Lakeland 0 (25-20, 27-25, 26-24)

WOMEN'S VOLLEYBALL

DIV Team	MP	MW	ML	GW	GL	Pts
S Red Deer	4	4	0	12	0	8
N Gr. Prairie	4	4	0	12	3	8
N Lakeland	5	4	1	12	6	8
N MacEwan	4	3	1	10	4	6
S Briercrest	4	3	1	9	4	6
N NAIT	5	3	2	11	11	6
S Augustana	3	2	1	6	5	4
N King's	4	2	2	7	6	4
S Olds	3	1	2	3	6	2

N Keyano 9 9 2 3 S Lethbridge 3 4 11 2 1 S SAIT 4 Ω 4 3 12 0 N Concordia 4 0 4 3 12 0 S Medicine Hat 4 0 4 0 12 0 RESULTS October 31 Augustana 3, Concordia 1 (25-23, 21-25, 25-19, 27-25) November 1 Lethbridge 3, NAIT 2 (15-25, 25-21, 21-25, 25-23, 15-11) Briercrest 3, Medicine Hat 0 (25-18, 25-21, 25-14) MacEwan 3, SAIT 1 (26-24, 19-25, 25-16, 25-20) Lakeland 3, Keyano 2 (25-18, 22-25, 25-16, 23-25, 15-4) Grande Prairie 3, King's 1 (25-15, 18-25, 25-23, 25-18) Red Deer 3, Olds 0 (25-18, 28-26, 25-15) Augustana 3, Concordia 1 (26-28, 25-20, 25-21, 38-36) November 2 NAIT 3, Lethbridge 1 (25-18, 24-26, 25-20, 25-18) Red Deer 3, Olds 0 (25-18, 25-16, 25-14) MacEwan 3, SAIT 0 (25-13, 25-14, 25-16) Briercrest 3, Medicine Hat 0 (27-25, 25-12, 25-13) Grande Prairie 3, King's 0 (25-18, 25-22, 25-19) Lakeland 3, Keyano 0 (25-20, 25-17, 25-19)

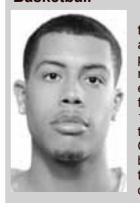
Athletes of the week Oct. 28-Nov. 3

Jordan Enns **Basketball**



Jordan was a major contributor for the Ooks this past weekend, leading the way to a sweep of the King's Eagles. Enns put forth a solid all-around effort for the Ooks on Friday night, scoring 11 points and adding eight rebounds. She was even better on Saturday night, recording a double-double with 16 points and 11 boards, while shooting 80 per cent from the field. "Jordan was critical for us in big minutes," said head coach Todd Warnick. "Her play was a major reason why we were able to earn a sweep over King's." Jordan is a second-year Business student from Ardrossan.

Chase Campbell **Basketball**



Chase led the Ooks to a pair of victories over the King's Eagles this past weekend. He outscored all players in both games, finishing with a total of 44 points in two games. In addition to Campbell's ability to rack up points, he also showed that he could be very efficient shooting the ball. On Saturday, Chase went five for eight from beyond the arc, and shot eight for 14 overall from the field. "Chase hit some very timely threes for us this weekend," said head coach Mike Connolly. "He is a big reason why we were able to get back to back wins against a very hard working Eagles team." Chase is a third year Academic Upgrading student from Toronto.

Athlete Profile



By SHEEBA JOHNSON

What inspired you to play basketball?

Mostly because of my parents, they got me to try many different sports when

I was young and I enjoyed basketball the best. I wasn't a really good at ballet.

What's the best part about being on the team? The friendships that

you make, they really

become your extended family. Working together and believing in each other to achieve our goals.

What's your pre-game ritual?

I don't really have a pre-game ritual, I try to stay calm and not think about the game too much. I eat well, hydrate during the day and get to the gym early to be with my team and to stay focused.

How do you manage to keep a fine balance between school, games and

Player: Alysha Zuczek Sport: Basketball Position: Guard Program: Biological Sciences Technology

personal life?

It's hard work to manage basketball, school family and work but you find a way when you are doing something you love. I found that being organized is a key. Family

and friends supporting me makes it much easier too

> How do you manage stress?

Playing basketball, it relieves my stress and takes my mind off everything.

Yes I have a dog, he is a standard poodle.

Is there a quote you live by?

Everything happens for a reason. If you could own a mystical creature, what would it be and why?

Athlete Profile

Player: Chris Neptune

Sport: Basketball

Position: Forward

Program: Personal

Fitness Training



By SHEEBA JOHNSON

What inspired you to play basketball?

My oldest brother. Kevin was the person who influenced me to play basketball.

What's the best part about being on the team?

Being a family and everyone being approachable.

What's your pre-game ritual?

I start off with a long pre-game shower to get my mind right then after that just listening to my music in the locker room.

How do you manage to keep a fine balance between school, games and personal life?

It's extremely difficult to do but it's got to be done. I'm still struggling to find that balance but coach is very helpful and understanding when there are things I need to do outside of basketball.

How do you keep stress out of your

That's a very difficult thing to do as well but, I try my best to remain positive and lean on the people closest to me when I need to. I know that I can't eliminate stress completely but, I try my best to not let it consume me.

Do you have nets?

No, I have no pets but I eventually want to get one.

Is there a quote you live by?

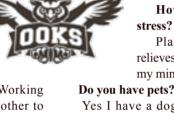
There are two quotes I live by the first one is from the Bible.

"I can do all things through Christ who strengthens me."

And, the other by Robert Anthony, "You can have anything you want if you are willing to give up the belief that you can't have it."

If you could own a mystical creature, what would it be and why?

I would say a Phoenix! I think it would be pretty cool to own because its covered in flames and it can fly.



I think I would like a dragon, because a dragon is loyal and would protect me. He would also fly me around to see and travel life? the world

Esks lose season and coach

By RACHEL PRAZAK @RachelPrazak

In a game that went back and forth until the final blow of the whistle, the Edmonton Eskimos defeated the Saskatchewan Roughriders 30-26 at Mosaic Stadium on Nov. 2 to end their season on a positive note.

However, the reality of a 4-14 year really hit home on Monday when the Eskimos announced on their website that Kavis Reed "will not return as head coach in 2014

'We thank Kavis for his dedication and hard work over the past three seasons and wish him the best in the future," said the announcement from General Manager Ed Hervey.

Reed ends his coaching career in Edmonton with a 22-32 record overall since being named the 19th head coach of the team on Dec. 10, 2010.

On Saturday, in the Regina game, the Eskimos drew first blood with kicker Grant Shaw kicking a 25-yard field goal but the first big play of the game came courtesy of the Eskimos defence.

Rookie linebacker Rennie Curran picked off a pass over the middle from Roughriders quarterback Drew Willy

and sprinted down the sideline returning it for a 56 yard touchdown to give the Eskimos a 10-0 lead

Before the end of the first quarter, Roughriders kicker Chris Milo added a 23-yard field goal to get the Riders on the board. Halfway through the second quarter, Willy finished a Rider drive with a pass to rookie receiver Eron Riley to tie the game at 10. Riley's first career touchdown capped off a 95-yard drive for the biggest offensive outburst of the first half.

Later in the quarter, the Eskimos were forced to settle for a 40-yard field goal from Shaw to give them a 13-10 lead at halftime.

Roughriders backup quarterback Tino Sunseri replaced Willy to begin the second half. The Roughriders managed an 11-yard field goal from Milo,

tying the game at 13. The Eskimos soon regained their lead on another field goal by Shaw. After getting a stop on defence, the Eskimos momentum was quickly diminished by a turnover on offence. Eskimos backup guarterback Jonathan Crompton came into the game and replaced starter Mike Reilly.

On Crompton's first drive he misfired the ball and it landed right in the hands of the Riders' Craig Butler, who was then quickly taken down in Eskimos territory.

Sunseri and the Riders took advantage of the miscue, capping off the short scoring drive with a seven-yard touchdown run by running back Chris Garrett to give the Riders their first lead of the game, 20-16. The lead was short-lived, however, as Miles responded with a big return into Rider territory.

> Crompton rebounded from his turnover, finding receiver Adarius Bowman for a 20-yard reception before hitting run-

10-yard touchdown, giving the

fourth quarter.

another field goal, the Riders continued to claw their way back into the game. To begin the drive, Sunseri threw to receiver Taj Smith for a first down and from there Garrett got running with consecutive runs of eight, 16 and 22 yards to get the Riders down to the one-yard line.

Despite a pass interference penalty and

several attempts from the one-vard line the Riders couldn't get past the Eskimos front seven, forcing an eight-yard field goal from Milo to put the Riders back ahead at 26-23.

Both teams exchanged points on their next drives

Before Eskimos veteran quarterback Kerry Joseph could even step onto the field and attempt a game-winning drive, it was Jamal Miles' time to shine. The rookie kick returner fielded the punt and dodged defenders as he tip-toed down the sideline and into the end zone for a 79-vard touchdown.

That was the first touchdown of Miles' CFL career and it put the Eskimos ahead 30-26.

The Riders stormed into the red zone and, with the clock stopped on one second, Sunseri failed to get a pass off as he was bulldozed by the Eskimos defensive line, preserving the win for Edmonton

The victory came as a confidence booster to the Edmonton Eskimos as they finished off the 2013 season. Despite a struggling season full of injuries, the Edmonton Eskimos remain confident in their team and are hopeful for next season.



ning back John White for a

Eskimos a 23-20 lead heading into the

After Milo tied the game at 23 with

ENTERTAINMENT Bus is a mixed blessing



ALISON MULLOCK Entertainment Editor @Alimullock_

Moving back to Edmonton for me was a tough time. Having an amazing summer and then heading back to somewhere I knew would eventually turn into a dark, cold dungeon, was hard to come to terms with. Regardless, I was coming back and had to find a place to live. I started looking rather late, settling for nothing over \$500 or within walking distance from the school. Looking mid-August for this was merely impossible. So, I took a friend up on an offer and moved out to the west end.

The place was awesome. I was comfortable immediately and really enjoyed not living at home again. I loved having pets around and an actual family atmosphere. There was only one major flaw, it was in the west end. I had to eventually accept that I was now a busser. I would now understand bus problems and bus people

(although, I don't think anyone really understands "bus people").

Since I lived a rather long distance from school, a bus transfer was necessary. I would walk, take one bus, get off, walk, take another one and then I would be at school. Waiting

for not only one bus but now two! I really was a transit user now. Originally I thought that I was going to dread taking the bus and making the transfers, when in reality I actually really enjoyed most of it.

Key part: I enjoyed "most" of it. In the past two and a half months I have realized

there are many flaws in the transit system. The buses regularly come late. They regularly don't come. They are reliable at being unreliable. They are impossible to see from the NAIT bus waiting area, if you are heading downtown (if you are a "bussy"

> you know what I mean). And last but most definitely not least, the headers are always so damn hard to read.

Reading them and figuring out which bus is approaching is so hard. I have 20/20 vision and the numbers are just so small. In my opin-

ion, the bus should have it in highlighter colours, surrounded by bright lights, accompanied by a speaker repeating over and over which bus is actually coming. The other night it was snowing and seeing that number through flurries was practically impossible. I officially have a real issue with the bus. Then, I began to notice something that was really driving me mental. This is something that most of you either really, really enjoy or really, really hate. The banner is not only hard to read and impossible to decode but now there are captions and sayings cheering on our local teams, events and really just Edmontonians themselves.

I have seen the most ridiculous banners go across my already confused bus sign. "Go Eskimos, Go!" Uhm, sir, the Eskimos don't even play tonight. "Go Oilers, Go!" The Oilers played last night and lost, my deepest apologies. "Go Oil Kigs Go!" ... I'm not from around here, but I do believe that it's Kings**. The worst of them all: "Proud To Be From Oil City." Is this bus driver for real? Stop blocking my vision and get a bit of sense.

Regardless, these banners are completely unnecessary and are really just distracting and disadvantageous to transit users. I think there should be an overall consensus that there should only be allowed Holidays on your banner; "Lest We Forget" "Merry Christmas" "Happy Easter. None of this sports fan nonsense.





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FOR YOUR LISTENING PLEASURE ... \$3.99 mixtape ...



By ALEX SACKIW

As Remembrance Day approaches, we must all have a somber thought for those men and women who lost their lives fighting to protect our country. Remembrance Day is not just about Canada's countrymen who have become the pillars of our freedom and security. Remembrance Day is a day to commemorate all who have fought.

This may sound a bit out of sorts but we

must remember all the nationalities of those who gave their lives for their countries. Canada, America, Great Britain, France, Germany, Russia, Italy and so forth. All countries have lost fathers, sons, mothers, daughters, men and women to the cold cruelty of war. We must not forget that we are all children of this earth, that we are all human beings. Regardless of the reasons behind why they fought or the means by which they were lost, we must never forget the sacrifices they have made.

This week, our mixtape takes a look at the music not only commemorating our fallen but also that which was inspired by it. The music shared with you today is something of a mosaic for the ear. It is taken from all over, either commemorating the fallen or bringing attention to their struggles, sacrifices and the horrors of war. I hope it resonates with you and you take a moment to remember those who have sacrificed their lives. They have given so much so that we may enjoy the freedoms we now have.

- 1. The Last Post
- 2. O Canada
- 3. The Choir of Westminster Abbey
- For The Fallen (By Laurence Binyon)
- 4. Charlotte Church Oh Danny Boy
- 5. Il Divo Amazing Grace
- 6. Samuel Barber Adagio for Strings
- 7. The Red Army Choir Oh Fields, My Fields
- 8. Bryan Adams Never Let Go
- 9. Terry Kelly A Pittance of Time
- 10. The Trews Highway of Heroes
- 11. Dire Straits Brothers in Arms
- 12. Creedence Clearwater Revival
- Fortunate Son
- 13. Edwin Starr War
- 14. Buffalo Springfield For What It's Worth

Everything you want to know about games

By KODY DAVIDSON

Last week we took a look at a show that covered video game theories and lore. This week we are going to take a look at a show called *Pop Fiction*. *Pop Fiction* is a web series covering video game myths and secrets produced by gaming website gametrailers. com. This includes the Tomb Raider nude code, Mortal Kombat's Ermac, Halo's gold warthog, hidden items in Banjo-Kazooie, Pokemon's MissingNo, Vice City's hidden City, playing Luigi in Mario 64, Golden Eye's Citadel level, Totaka's Song, and much more! Heck, one episode was a calibration with the Angry Video Game Nerd. It's like a Ghost Hunters slash Myth-busters for video games!

The show starts with a Myth new or old and searches the far reaches of the Internet to find the most popular methods to make the myth happen and then proceeds to test the myth in all versions of the game if necessary. It is checked to see if it works with different consoles, game cheat devices, cart swapping, anything to see if these myths are true. They ask for comments from game makers (even if most the time they get a "no comment") and sometimes get interviews. They even go so far as to search game code in order to find if the myths are true or not. It is a testament to how much we gamers love our games. Most the time the myths don't work but they are always interesting in terms of where they come from and for general gaming knowledge. Plus, when a myth turns out to be true and you thought for sure that there was no way it could be, it is just priceless! With 39 episodes as I write, you have some catching up to do. Episodes run about 10 minutes and new ones are made each month. You can watch them at: http://popfiction.gametrailers.com/



MOVIE REVIEW est horror film ever made

By RICHARD LUKACS

Countless movies are being made every year. Plenty of them become hits. Very few become legendary.

The Evil Dead is the best American horror film ever made. It left an imprint and is a cornerstone of a wonderful period in cinematic history. It is essentially an encyclopedia of an often despised but unbeatable genre, and an 85-minute long celebration of creative filmmaking ... and the reason I will never have a normal life.

Best thing about being an old egg is that I lived in the golden age of the enchanting '80s video era. I was six years old, already lovesick with cinema. My older cousin was my supplier of all the films I shouldn't see at that age. I was already through a pile of spaghettiwesterns and martial arts movies when he brought a pirated VHS tape, telling me for the first time that I'm was probably too young for this. I convinced him that a movie can't harm anyone. I think I was right ... my shrink said I was wrong.

Five teenagers go to a cabin in the woods to have some fun and they get fun from hell after accidentally unleashing ancient evil spirits and getting possessed, one by one.

That's it. This sentence is not simply the setting but pretty near the whole plot and in this case, it's just enough. It's a victory of simplicity.

What makes The Evil Dead so unique and unrepeatable is its own frantic spirit. The atmosphere is more possessing than any unholy fiend. It couldn't work in any other age, nor any other cast or in any another set. It couldn't work with a bigger budget or a more professional approach either (that's why the remake was a goner on all points). It's one of the very few examples where imperfection leads to perfection. That makes The Evil Dead the king of celluloid underdogs.

Every second of this film is a revelation of uncompromising independent moviemaking. Some of the special effects may seem clumsy today but I dare say that they beat even the best CGI because they have their own soul.

You can actually see this very young, inexperienced film crew in the woods with the determined will that they are going to make the creepiest movie ever and fussy trifles like the lack of budget or equipment can't stop them, because they are full of creativity and they have the guts. And all you need is guts to get gory.

Sam Raimi's directing here is outrageous and goes beyond all borders. You've never seen cinematography like this before and the suspense and pacing is peerless. His posterior career shows exactly what is wrong with Hollywood, though. Today he is a celebrated and famous professional, working on uninspired, soulless blockbusters from monster budget productions like the Spider Man franchise. He's become a tamed rebel who once transformed cinema with this rampaging, nasty piece of art

There are different types of horror. The scary ones, the funny ones, the gory ones, the cryptic and the creepy ones. The Evil Dead is all in one and flawless on each level.



BAND REVIEW Make room for Doom Squad

By QUINTON BERGER

If you listen to hip hop, it's almost guaranteed you've heard the over-used cliché "hip hop is dead."

The phrase comes from the belief of many old school hip hop fans that the genre has become watered down, superficial and has abandoned the values it had when it originated. And to some degree this is true, but only if you're listening to the watered down, superficial stuff getting played on mainstream TV and radio!

Hip hop is far from dead. It's alive and thriving here in Canada! Canada's hip hop scene has blown up over the past few years and Edmonton is no exception. Canadian artists from coast to coast have been slowly gaining recognition for their grimy beats, raw lyrical content and quick witted punchlines. None of this can be said, however, without including the ambition filled, in your face stylings of the north Edmonton based group, Doom Squad.

The trio, consisting of three MCs, Kryple, NineLivez and Trippz have accomplished quite a bit in the short time they've been releasing music.

"A lot of people say I'm one of the faces of Edmonton rap," said Kryple in a recent phone interview. "I think that's pretty cool."

Doom Squad shows that raw adrenaline and nonstop work pays off, gaining the group thousands of views on You-Tube, opening for some of underground hip hop's best, including Apathy, Celph Titled and Tech N9ne, as well as a slot in Western Canada's biggest music festival, Shambhala.

The group was founded by NineLivez and his older brother. After his brother's passing, NineLivez and Kryple decided to keep the group going in his honour.

"It just grew really fast and really well so we stuck with it," said Kryple.

It was after this that Trippz was introduced to the group and Doom Squad started to take off. Videos for their songs "This is it (feat. Winnipeg's Most)", "So Fly" and the fan favourite, "Asshole" have each received over 10,000 views on You-Tube and show no sign of slowing down. The group's first mixtape Countdown to Doomsday dropped last year, prompting the Hotel and Gas Tour, spanning from British Columbia to Manitoba.

'The road is good source of inspiration for me" says Trippz. "You can pull inspiration from anything."

While the trio have only been together since late 2010, they are by no means new to the Edmonton rap scene. Years before Doom Squad, Trippz and Kryple were part of a group called Kryptic Minds and Grim Empire which included NineLivez and seven other MCs. All three have also released solo albums previously

"It's just like any other market," explains Kryple. "You gotta work your way up and earn respect. It helps if you're a better rapper."

"We welcome anyone trying to grind as hard as we are," adds Trippz. "I don't like fake and neither does Edmonton, that's why the scene's dwindled down to what it is."

Kryple has also gained recognition as a battle rapper in the battling league, King of the Dot, battling is cities such as Edmonton. Vancouver and Toronto.

Currently, Doom Squad are working on a new album, which is almost ready for release along with numerous other projects. Their music can be found at reverbnation. com/doomsquad music and youtube.com/ kryple. The groups can also be found on Twitter under @kryple, @doomtrippz and @doomsquadfamilia.

"I stress the fact that our best music has yet to be released," says Kryple.

The group's constant work and determination have earned them a spot as some of Edmonton's greats and it's safe to say doomsday won't be far behind.



Doom Squad

TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES

Winter weather is here and now is the time ing from a stop on slick roads, start slowly and 5. One final note is to equip your vehicle communication or entertainment devices while

to prepare for the challenge of winter driving. Extra care is required to ensure safety

for everyone. Weather conditions can be unpredictable and place extra stress on driver and vehicles. Always adjust your driving speed to road conditions and to the limitations of your vehicle. Allow extra travel time in bad weather.

Slow down and stay alert. Maintain a safe following distance. It will take longer to stop your vehicle in slippery conditions.

Maintain good visibility. Clear all snow and ice off your windows, roof, lights and mirrors. Wait for the fog or frost to clear from all windows before driving. See and be seen.

Accelerate and brake slowly. When start-

ing from a stop on slick roads, start slowly and accelerate gradually to maintain traction and avoid spinning wheels. When stopping, apply the brakes gently.

- Always wear your seat belt.
- Some other simple reminders are:

1. Keep your gas tank near full to avoid ice in the tank and fuel lines.

2. Try not to travel alone, especially in unfamiliar places.

3. Let someone know your timetable and primary and alternate routes.

4. Fully check and winterize your vehicle. Be sure the tread on your tires is good enough to last throughout the entire season. Install chains on the tires if necessary. 5. One final note is to equip your vehicle with an automobile safety kit. No kit can fully prepare you for a winter driving season and all of the contingencies that could arise as a result of a sudden change in weather patterns. But make sure that you think about the individuals you will be protecting in your car or truck. Each may have their own needs. It is a better idea to pack an extra amount of the supplies needed than to be stranded without the proper equipment.

If you experience car trouble, stay in your vehicle to avoid personal injury.

If you need to use a cellphone to call for help, pull well off the road. Using hand-held cellphones and other hand-held electronic communication or entertainment devices while driving is against the law.

Remember to pay close attention to emergency vehicles and tow trucks. Under the Alberta Traffic Safety Act, if the lights on stopped emergency vehicles or tow trucks are flashing, drivers in the lane closest must slow down to 60 kmh or less.

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 eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

Album shows Katy Perry maturing

NEW WESTMINISTER (CUP) — *Prism*, the fourth studio album from former Christian pop singer Katy Perry, shows the mature, spiritual side of the woman who got famous for gimmicky songs like "I Kissed a Girl."

Perry began recording the album during her highly publicized split with actor Russell Brand. This event is firmly represented in many tracks on the album, including the rousing first single and opening track, "Roar," a song about Perry finding her voice after the trauma of her divorce.

Full of '90s nostalgia beats, *Prism* shows off its solid production and commitment to the legacy of pop music. Even throwaway tracks like "Birthday" and "This Is How We Do" had me dancing in my seat.

But pure cheese doesn't fill the whole album; *Prism* primarily contains songs that deal with self-empowerment, epic love, and growing up. On "Love Me," she sings about honesty, self-love, and saying goodbye to insecurities – good advice that is a far cry from *Teenage Dream*'s obsession with ménage-a-trois and drunken Friday nights.

Prism is firmly an album for the late-20s set. Perry, who was 27 during the writing of this album, references her age on the haunting and beautiful track, "By the Grace of God." Spirituality combines with the angst of approaching 30, as Perry gently sings

about picking herself up off the floor with the help of family and faith. This is just one of the songs on *Prism* that references Perry's religious background. She is the daughter of Pentecostal pastors and had an early career as a gospel singer.

But despite this, Perry's new effort does not come off as overtly religious. Rather, Perry's spirituality is held up as an incidental factor that helped her realize the true strength of herself as an individual.







MADAME O

November 7-13

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

Libra (Sept. 23-Oct. 22)

You will be stuck between choices this week. You will be required to maintain a balance between your family and friends, be very careful how you spend time with them. Make good use of the scheduler on your in everything you do, just don't let **Gemini (May 21-June 21)** phone.

Scorpio (Oct. 23-Nov. 21)

You might find someone close to you a tad bit annoying, be nice to them they might be going through a tough time. Take them out for a coffee, that might help relax them.

Sagittarius (Nov. 22-Dec. 21)

You will get a pleasant surprise this week; a pleasant week seems to be ahead of you. Enjoy it as much as you can you might not get a chance to just relax and have fun for some time after this.

Capricorn (Dec. 22-Jan. 19)

You will be swamped with work this week but don't worry, it will go by really fast and before you know it, you will be enjoying a drink at home on the weekend.

Aquarius (Jan. 20-Feb. 18)

This will be a good week to start new ventures. You will find success it go to your head, and remember it's your hard work that brought you success

Pisces (Feb. 19-March 20)

Love is in the air! You will meet a charming person this week. Keep your eyes open or you might miss the opportunity. Don't forget to ask them out on a date. Buy a new perfume or cologne.

Aries (March 21-April 19)

You will get a lot of things accomplished this week with time to spare; it's a good time to catch up on some TV shows and maybe get your room cleaned. too.

Taurus (April 20-May 20)

You will get a phone call from an old acquaintance asking for help. Try to help them to the best of your capabilities, make sure you don't go out of your way to do so or else you might end up jeopardizing vour time.

You have been struggling to make a decision for some time now; a stranger will help you reach a decision. Make sure you keep your eyes and ears open or else you will miss what's happening around you.

Cancer (June 22-July 22)

You should try something new this week, adventure is written in the near future for you. Keep an eye on the calendar you might be forgetting a birthday or an anniversary.

Leo (July 23-Aug. 22)

You will be thrust into a leader position this week. Try not to worry and just do what comes naturally. When in doubt, flip a coin. Make some fun art for your room.

Virgo (Aug. 23-Sept. 22)

You might be giving someone a few too many chances. It's time to stop giving them chances and move on, you will be better off with that person and might even make a better friend this week.

KIDS STORIES he ugly duckling disease

By ROBERT MacGILLIVRAY

This week I sat down and took a look at The Ugly Duckling by Hans Christian Andersen for the first time since I was a young 'un.

What I saw deeply disturbed me. If you leaf through the pages of this timeless classic (the original, not the new happy-go-lucky abridged versions), you're faced with the tale of a swan egg that was abandoned by his parents in the nest of a duck.

The duck is forced to hatch her eggs without the aid of an absentee mate. After he hatches, the swan is physically and verbally abused by everyone, including his new mother, because of his looks. He runs away to a family of ducks and geese who seem to grudgingly accept him only to see them all massacred in front of him by hunters: finds an old woman to take him in but has to leave because of the cat and hen who won't leave him alone: almost freezes to death until a farmer finds him; runs away because he is terrified of children; spends the whole winter hiding in a cave and eventually develops extreme suicidal depression, running at a group of swans with the assumption that they are going to peck him to death.

This is, of course, when he finds out that he has turned into the most

beautiful swan anyone has seen and lives happy just the way he was? Because socihappily ever after

As much as we would like to believe that this is a heartwarming tale of overcoming adversity and coming out on the other side a better person for it, we can see that it is a contributing factor to our obsession with cosmetically improving our bodies.

Why couldn't the little "duckling" be

ety was destroying every little bit of selfesteem he had, making him believe that his body was not good enough. The little guy ended up beaten, starving and almost froze to death because he was "ugly." As a young child, that story would definitely be enough to scare me into thinking my physical looks were all important. Heck, the main character says it himself, "I never dreamed of such happiness as this while I was an ugly duckling.'

Interestingly enough, The Ugly Duckling was first published in 1843 and it was a mere two years later that Johann Friedrich Dieffenbach wrote the first comprehensive text on rhinoplasty. Coincidence? I think not!

From there on out it was a slippery slope down to the horrors of Michael Jackson and the wonders of Pamela Anderson, ending in the society you see today where boob-jobs, nose-jobs and toothjobs are commonplace because none of us feels like a swan. Deep down we all feel like ugly ducklings and Hans Christian Anderson has made sure that we've all grown up knowing that if you get a better body everyone will love you.

Perhaps, just perhaps, if The Ugly Duckling hadn't opened the door for other media with the same message, we wouldn't have grown up with this fixation on magical body transformations that solve all of our social problems and elevate us to a position of popularity. I urge you to think twice before you read this tale to your children and take a moment to consider the impact it will have on the rest of their lives.



The Ugly Duckling

ITERTAINMENT



Dear Dr. Nugghead What do you do when your parents are fighting? SavannaHerman

Dear SavannaHerman

Ah, this scenario. I can give you advice here because it's something that I, along with too many other kids have gone through. In my best opinion, I would say to stay out of it and do not take sides. Parents fight all of the time and things usually get fixed fairly quickly. It's their fight and not yours, so try to just let them deal with it. There's usually more going on that you aren't aware of. If it's too much on you, you

can talk to a councillor at school about it. Don't be embarrassed to talk to them either; everyone needs help sometimes and don't let your pride get in the way. It could mess you up later in life.

Dear Dr. Nugghead:

What relationship advice would you give the teen version of yourself? AnisxxStyles

Dear AnisxxStyles

I'd probably convince my past self that women are expensive or at least to me they would be, cause you gotta treat them right. Not entirely if it's true though, as I have never had a girlfriend. Wait, wait a second, I. .I never had a girlfriend? Darn ninjas cutting onions in front of my eyes again ...

Dear Dr. Nugghead How do you make your hair longer really fast?

KittyKatAdam

Dear KittyKatAdam

I usually hang myself 30 feet in the air by my hair and let gravity do it' job. Now, because the potential for energy is much higher at 30 feet as opposed to one, it probably translates into more pulling. And more pulling clearly means more stress on the hair follicles and therefore more hair production. More hair production in turn equals more hair on top of your head. Can't argue with logic like that! If you try to argue though, you'll have to call the prime minister specifically for me. I only give out my personal number to close friends, family and chicks I try to pick up at the bar.

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.

tte wallet in minutes

By DARTANION JOHNSON @Dartanioni

Cassette tapes may be hard to find these days, but if you have any sitting in storage this is a creative way to utilize an obsolete object. Here's what you will need:

- · an old cassette tape
- zipper fabric

• scrap of fabric (as wide as cassette and

twice as tall.)

DIY

- scissors
- chalk
- sewing needle and thread
- hot glue gun

First, you have to disassemble the tape, which should be treated with care so you don't crack the tape. You might need a butter knife or a screwdriver, depending on what kind of tape you are trying to open. Once you have both sides of the tape free

you are going to lay the sides of the cassette top to bottom on your fabric and use the chalk to trace around them. Cut around your chalk trace and you will come back to the fabric later.

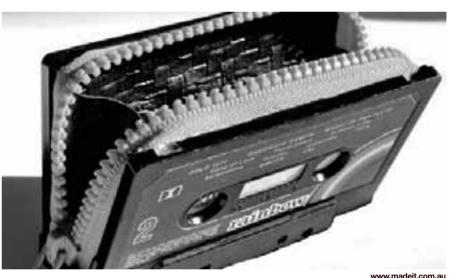
Now you want to take your hot glue gun and glue along the inside of the cassette. Then you will take your zipper and place it on the glue. Try not to get any of the glue on the zipper teeth. Once you have the zipper glued to the sides and bottom of one of the cassette sides, you need to sew the end of the zipper to keep the zipper from falling off. Next, glue on the other side of the cassette

but make sure you unzip the zipper. After that's dry, you will place glue around the zipper fabric and place the scrap fabric you chalked earlier inside. Do this to both sides of the cassette.

Finally, you will have to stitch the ends

fabric from the lining and the zipper fabric. will for sure stand out.

of the cassette to close the gap. Cut any loose After all this you have a unique wallet that



ey keep on doing

Bv BALLIE SCHEETZ

Every year, people dress in blackface, it's a controversy that reappears ever Halloween season

Blackface is the act of a non African American individual painting their skin dark to portray an African American person or character

The offensive nature of blackface is due to the fact that when blackface emerged in the mid-19th Century, it represented a combination of put-down, fear and morbid fascination with black culture. White North Americans would put dark paint on their faces and act out racist and offensive stereotypes about African Americans. The symbolism of blackface is incendiary. insensitive and inherently racist to most people.

Blackface is not widely accepted, yet

went as Crazy Eyes, an African American character from the hit Netflix series Orange is the New Black. Hough chose to paint her skin dark to enhance her portrayal of the character, a decision that put her in the media hot seat, being criticized by many. It is argued that the act of painting one's skin darker to portray a

character on Halloween

can be distinguished by much more than two men in Florida that decided to dress as just the colour of their skin. For example,

can American individuals such as Ellen Degeneres dressed as Nicki Minaj, and Miley Cyrus dressed as Lil' Kim, opted to not paint their skin and still had accurate and well received costumes.

many celebrities that chose to portray Afri-

On the opposite side of the spectrum, many also believe that blackface can be done tastefully and it is just staying true to an impression and not making any racial comment. A more extreme example of

is unnecessary and indecent, as a person blackface making the news this year is the Treyvon Martin - the 17-year-old African

American youth who was shot in Florida - donning blackface and an apparent bullet wound to the chest and Greg Zimmerman, the gunman that murdered him. These costumes were posted on Instagram and instantly went viral, causing much international media attention.

It is also important not to forget that Halloween insensitivity isn't just limited to blackface. During the Halloween season, it is not uncommon to see people dressed up as geisha's, terrorists, and Aboriginals, costumes that are also indecent and offensive to many

Though some argue that blackface and other racially targeted costumes can be done in a lighthearted tasteful way, blackface will always be a sensitive issue for people and it is best to avoid it when putting together a Halloween costume.



Julianne Hough

it seems every Halloween a few celebrities take the risk. This year, actress Julianne Hough





MUHAMMAD WAQAS

"A day to honour and remember past, current and future soldiers, since they sacrificed and we are free to celebrate to live our lives."

Derek Uhl Bachelor of Technology



"A day in remembrance of both world wars' soldiers, their dedication/sacrifices for the freedom of others."

Harrison Tchir Bachelor of Technology



"A day to remember those who gave their lives for us in World War 1 so that our elders can live. A moment of silence is a good way to give them a tribute."

Jutharat Suathim Bachelor of Technology



What does

Remembrance Day

mean to you?

"This is the day of remembering the soldiers, who served and sacrificed their life for this country."

Tong Zhao Materials Engineering Techology



"A day to remember the people who fought for our country and the people lost at war."

Amie Wright Bachelor of Technology



MOVEMBER

THROWBACK THURSDAY Scary memory By KYRA MULLER ginormous tentacle covered in su

A memoir: how my kindergarten class was almost eaten by an octopus.

Elementary school field trips have a special place in my heart. Whenever a teacher announced that we'd be having a field trip an electric feeling would surge through me. It didn't matter if we were just going to the swimming pool or even the dump. A field trip was a field trip and meant we got to spend the school day doing something else, most times, something fun.

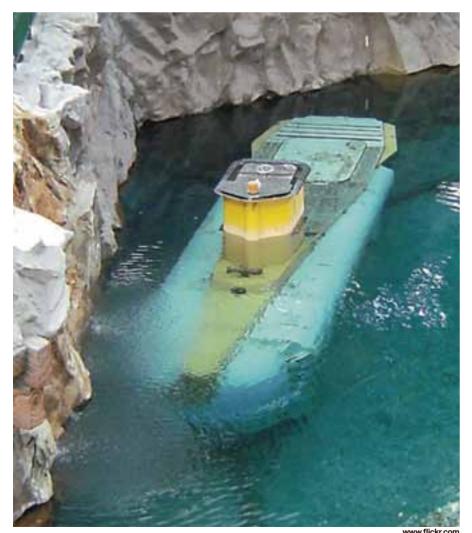
I have a plethora of favourite field trips, but one I look back on I'd say fondly, but fondly is not quite the word I'm looking for. It was memorable, to say the least. The first occurred during kindergarten when I was five years old and found everything exciting. We boarded the yellow bus, always pushing to get on first so we could get the coveted bouncy back seats. We headed to West Edmonton Mall where we didn't go on the typical swimming in the water park field trip, but rather we headed to the submarines that used to operate in the same murky waters as the pirate ship. We were going to learn about marine life, and get a real life submarine ride and I was psyched.

We piled into a submarine and descended into the dark waters. The phony sunken and marble statues lying on the "ocean" floor were very realistic to my five-year-old self, and I bought into the entire ride completely. Near the end, a ginormous tentacle covered in suction cups became viewable through our circular submarine windows. "Careful!" the tour guide said cautiously over the intercom, "that's the tentacle of a sleeping octopus and we don't want to wake him or he'll be angry."

I don't know if the intention behind this statement was to terrify my entire kindergarten class but we went from having our little hands and noses pressed against the windows to reeling back towards the benches in the centre of the submarine while screaming hysterically. The submarine jerked to the side a bit and we realized what we had done. We had woken the octopus. My heart sank in horror. I didn't know exactly how an octopus would kill us all, but my five-year-old mind was sure it could happen. I think we were all more than relieved when the submarine ride finally came to an end and we were allowed to come back to the surface.

To this day, I don't really remember what I learned or what I was supposed to learn about marine life through this exciting and simultaneously life scarring experience, but I do remember it.

I'm grateful for the teachers who went out of their way to give us field trips we would never forget even as we get older and that, my friends, is how you know a good field trip from a dud field trip – you remember it for years to come.



West Edmonton Mall submarine



The NR92 Movember Mamas Present NR92'S Movember Man!

Daniel is a NAIT student in the Electrical Engineering program, who is excited about Movember and is ready to show the world his mustache! Daniel likes country music. He's looking forward to changing your NAIT experience! Daniel's Movember music requests:

"Little Bitty" – Allen Jackson

November.

- "Cold, Cold Heart" Hank Williams
- "My Maria" Brooks and Dunn

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

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

WHAT'S GOING ON AROUND CAMPUS

	5 UUINU UN ARUUND GAMPUS
WHO What When	Gamers of Dungeons & Dragons Weekly Meetings 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 What When	Btech Weekly Meetings 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 What When	Christian Club Weekly Meetings 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 C lub
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

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

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

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

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

WHO **Breath Within Yoga** Yoga Class WHAT Thursdays 6:30pm – 8:00pm NAIT Studio WHEN WHERE

CCR Pubnight WHAT November 9; 7:00pm Hudsons South Common WHEN WHERE

WHO

DMS 2014 WHO WHAT WHEN WHERE Pubnight. November 9; 9:00pm The Rack

Chem Tech WHO WHAT When **Bake Sale** November 7; 9:00am – 4:00pm WHERE HP Centre, 2nd floor near pedway

CAMPUS CLUBS NEWS

NOVEMBER 7 Clubs Social: 4:30pm The NEST Taphouse Grill **NOVEMBER 25** Clubs Connection #2 **NOVEMBER 26** Grant #2 Deadline



CREATING THE ULTIMATE FOUNDATION FOR CLUBS

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





Natalia Bouajram

Managing procrastinatio



TIMELY TIPS MARGARET MAREAN **NAIT Student Counselling**

Most people struggle with procrastination to some degree. It is one of the biggest factors in determining how we do at school as well as in careers and other parts of our lives. The good news is that procrastination is a habit and, like any habit, it can be changed. However to change you will need to be diligent in taking action and doing the tasks that need to be done when you had planned to do them.

Here are some tips to deal with procrastination:

• Never label yourself as a procrastinator. Giving your self the procrastinator label just reinforces procrastination.

• Get into a routine of studying and doing homework at the same time each day.

• Make a daily to-do list and prioritize

the items on the list.

· Always work on your most important tasks first

· Define clear goals. Make sure your expectations are reasonable.

• If you are feeling overwhelmed, break tasks down into small chunks and work on one chunk at a time

• If you feel really unmotivated use the five-minute method. Commit to doing something on the project or studying for five minutes; when the five minutes are up, decide if you are going to continue for another five minutes. (You almost always will because the hard part is getting started!)

· Recognize how you procrastinate (watching TV, talking, phone calls) and use these activities as rewards. Set a study goal and don't let yourself do other activities until you have completed that goal

· Be aware of making excuses. Challenge faulty reasoning every time and get right back on task.

• Do not reward yourself for procrastinating. Every time you do another activity such as watching television, visiting with friends or washing your car instead of working on your goal you are rewarding yourself for procrastinating.

• Get enough rest. Fatigue is one of the

biggest contributors to procrastination.

• Recognize self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety.

• Take action now! Never put off important tasks until tomorrow, even if it means just doing a small portion of the task

• See a counsellor. If you need help with this or any other person or academic concern book an appointment

Counsellors are available to help with any academic or personal concerns. Phone 780-378-6133 to book an appointment or come in person to Student Counselling, Room W-111PB, HP Centre.



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

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

Housing - Online housing registry at www.rentingspaces.ca

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

NAIT Security - 7477

Part-time campus jobs/volunteering - Go to www.naitsa.ca under "Get involved." Program-related concerns - Contact Program Chair or Program Adviser.

Scholarships, bursaries - Student Awards Office, 780-491-3056, Room O-101. Special needs students – Services to Students with Disabilities, 780-378-6133, Room W-111PB. HP Centre.

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

Tutoring - The Tutor Centre in Room A-133 (main campus) offers free assistance with math, physics and chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday. Also at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors - Sign up online to get or to be a tutor by e-mailing tutor@nait.ca. Cost is approximately \$15/hour.



SACKVILLE (CUP) - You may be hearing more and more about the "eight by eight" fad or rule of thumb when it comes to ingesting enough water so that we don't shrivel up into prunes. The idea that eight glasses with eight-ounce volumes of water should be our consumption is a rather arbitrary concept. Where did this concept originate? What is the true biological importance of water? And is water our only option?

Water bottles are everywhere, and they are taking over every desk, table and backpack. Obviously, people are feeling the importance of getting in our eight daily glasses. But where did this number originate? It seems the eight by eight rule only

ter debate goes

applies to healthy adults in temperate conditions who exercise moderately. However, we all differ greatly in body stature, weight, height and metabolism.

Our bodies are made up of 50 to 70 per cent fluid. Our blood is 85 per cent water, muscles are 80 per cent, the brain 75 per cent, and bones are 25 per cent.

The most important thing to remember is to drink when you are thirsty. This does not necessarily mean you are already dehydrated, but it is your body letting you know some important information.

Whether or not the eight by eight rule is here to stay or not, it is important to make drinking water a part of your daily routine.

