

ONLINE VOTING OCT. 10-12 A.M. TO OCT. 15-4 P.M. AT [NAITSA.CA](http://NAITSA.CA)

# THE NAIT NUGGET

Thursday, October 10, 2013  
Volume 51, Issue 7

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

## DECISION TIME

Your NAIT student senate candidates, pages 14-20



Photo by Fletcher O'Grady

### SERIOUS SOAKER

A competitor tumbles into the water during the 40th annual bridge building competition at Whitemud Creek on Saturday, Oct. 5. Eight to 10 teams, drawn from NAIT students, alumni and construction industry representatives took part.



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# NEWS & FEATURES

## It's time to vote, people



**JOSH YAWORSKI**  
Issues Editor  
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As democracy has grown from its centuries of existence, from the male only Ancient Grecian origins through to the system instilled after the French Revolution that inspired and helped finance the democracy that North America now lives in, there has been many changes. There have been inclusions and alterations to just what it is that democracy means but the necessity of one thing has never wavered: Voters. There is always the require-

ment for the population to vote, to make decisions. And, as our democracy is rule by representation, it cannot exist without voters choosing their representatives. But ever since our first federal election's 73.1 per cent voter turnout, that number has progressively shrunk in every level of government. Merely 61 per cent of Canada turned out for the 2011 federal election, a number nearly twice the percentage of Edmontonians who turned out to the last municipal election.

About 33.4 per cent of Edmonton chose the last local government for 100 per cent of the population. That's 33.4 per cent of Edmontonians deciding where 100 per cent of the city's money went. The expanded LRT Lines, the City Centre Airport, the 2005 Edmonton Urban Aboriginal Accord, all of these decisions were made without the involvement of 66.6 per cent of Edmonton.

Democracy is a contract, an agreement between the people and politicians

allowing some the power to represent all members. But Canadians, and voters in most other first world countries without mandatory voting laws, are slowly becoming less and less compliant with this contract. In Edmonton, the municipality decided where \$3.3 billion would be spent, of which some no doubt came from *Nugget* readers. Some came from *Nugget* readers' parents or their landlords. Any service utilized, from ETS through public parks, the municipality has a major part in. Upset about no park zones for snow removal? That's municipal. Thinking candidate Zombie was right to be worried about urban sprawl? Municipal. Problem with potholes? Municipal.

About 66 per cent of the population let all those decisions be made by anyone who walked up on nomination day. But as young adults, NAIT students have the potential to create massive change. Post-secondary students number 65,000 in Edmonton. Those 65,000 students are more than enough to

change the shape of the city and the students' associations and unions of the cities post-secondary institutes recognize it. The U of A, Grant MacEwan, Kings, Norquest, and Concordia are all working together to help every Canadian citizen who has lived in Alberta for the past six months vote by bringing voting stations for mayor, councillors and school trustees onto campuses to create an easy, quick way for students to be represented. And NAIT gets to vote first of the three campuses on Oct. 15. Grant Mac gets a go on the 16th and the U of A on the 17th.

There can no longer be an excuse for students to not have their votes counted. We can vote on campus, for any candidate, from any ward and ID is all you need. Our millennial apathy and first world compliance should not be the end of democracy, and each NAIT student do their part to protect it by helping fulfill their social contract right here, on campus, on Tuesday Oct. 15.

## Parking woes? Take transit!

By SHEEBA JOHNSON

As everyone is getting in the flow of things some of us are struggling with a very annoying matter that just won't go away! For those of us who were too late to get a parking pass, parking is turning into an everyday battle. You come to school every day and try to hunt for a free spot somewhere close to School or maybe just give in and pay the \$8 or \$9 for the day and if you can't find a spot in the day parking, well, you have no other choice but to park at the hourly parking meters. And God forbid if you exceeded the time limit of the meter and come back to your car to find a parking ticket.

"I park 10 blocks east of here near 102 Street every day," said NAIT student Sam Galbraith.

"If you park anywhere closer, there is a two-hour time limit, so I walk 10 blocks to school every morning and 10 blocks back to my car after school.

"If I need something from my car in the middle of the day, I'll walk back to my car to get it because I don't have a locker. It would be nice if the day parking wasn't as pricey because you end up spending \$45-\$50 a week just for the parking," he said.

"Not all students have a job and not everyone can afford it."

Most students I talked to had something similar to say about the price and some of them have found some spots a little farther from the school that work for now.

So with these parking problems, I was glad to find out that there is going to be more parking available in the near future.

Daryn Rainer, NAIT Students' Association

Vice President External, informed me of some parking in the basement of the under-construction Centre for Applied Technologies building, which he believes will be allocated to staff. He also informed me that the new parkade is budgeted to cost \$24 million for nearly 1,000 stalls and it came in slightly under budget.

"Looking at the numbers, you can see it costs over \$20,000 per electrified stall to build an unheated parkade! he said

"Parking is managed by NAIT Facilities as an ancillary service. Revenue goes towards maintenance and, in this case, servicing the loan to build the new parkade.

"Any excess revenue generated through ancillary services is used to support NAIT operations."

Rainer also went on to say, "I'm really excited about the LRT line making it easier for students to commute to campus. Hopefully, it will put downward pressure on demand for parking, making it easier for students to secure a stall with less advanced notice."

For now, it looks like we will be getting some more stalls for parking but the real questions here are, will the parking costs go down? Will the extra stalls be enough for the students? I personally think that this problem is not a new one and will be around for some time. I can only encourage those of us who can, to take public transit to school instead of driving. For now we can only hope for some genius to invent a tele-transportation device! Till then let's do our best to adapt to our circumstances and have a level head about our problems.



Photo by Taylor Mah

# Choose your senate

By **WHITNEY FOX**

Election season is in full swing on the NAIT campus. The nominations for the NAIT Students' Association Senate candidates are in and those running are on the campaign trail.

There has been an underwhelming response to the election process. When asked, a majority of students in a variety of programs either said that they had not heard of the senate or they had similar responses to Noelle Taha, an Academic Upgrading student, who said that she had "heard of the elections but not anything other than that."

This lack of awareness could be why there are so few candidates running.

The senate is made up of 18 members. The student population is divided into nine different program groups. Each group has two representatives. This

year the nomination deadline was Sept. 30. At that time, six places were empty. The nomination period was extended and three more candidates stepped forward as of Oct. 3.

The Skilled Trades and Apprenticeships program group still has no candidates and the Health Sciences group has only one.

When asked about the lack of interest, Mea-

gan Strachan, NAITSA Vice President Academic, had this to say: "I think students right now are really busy with schoolwork."

"Some of the programs we offer at NAIT are really heavy ... so getting students from those particular programs is a little more difficult," she said.

James Head, NAITSA Vice President Student Services and former member of the 2011-12 and 2012-13 senates, had this explanation:

"NAIT is a very unique institution. The average age is in the mid to high 20s."

He said there is a "high level of apathy" which is "common amongst technical institutions" where students are more likely to go to school and then home without as much involvement in campus life.

Culinary Arts student Connor Davidson is an example of that. Davidson has been at NAIT for over a year and had never heard of the senate. "This is like work," Davidson said of his

studies. "I come here, I do my thing and then I get out as fast as possible."

The senate is the governing body of NAITSA and is responsible for its bylaws, for approving the annual operating and capital budgets and for general governance.

"They make sure we're on track and spending funds appropriately ... that we're doing our

best for the students," Strachan said.

"They can raise issues. So if things are going on they can bring those up in the senate and then we're obligated to look into that."

NAITSA is also responsible for publicizing the senate. A great deal of this is done through word of mouth.

Head adds that mentorship is a primary method of getting students involved, citing his own experience in clubs and with the NAITSA

executive as he worked his way through the organization.

The voting structure for senate candidates is somewhat unique. Online polls are open from Oct. 10 at 12 a.m. to Oct. 15 at 4 p.m. There will also be poll stations open all over campus from 10 a.m. to 2 p.m. on Oct. 15. (More information can be found at [www.facebook.com/naitstudents](http://www.facebook.com/naitstudents) or at [www.naitsa.ca/elections](http://www.naitsa.ca/elections).)

Also unique to the Senate election is that students can vote "yes" for more than one candidate for their program group.

Strachan wrapped up her thoughts with the appeal to NAIT students to "just vote. Go vote! These students are representing your program area so, it's important to vote for the right person to represent you."



**Meagan Strachan**  
VP Academic



**James Head**  
VP Student Services

# City signs vandalized

By **CARLY ROBINSON**

Those driving into the city Tuesday would have seen the city's slogan, The City of Champions, replaced with other less serious slogans; City of Shenanigans, City of Speed Traps, Road Construction City and City of Champignons (mushrooms).

The Edmonton-Calgary rivalry was even fuelled with a "Suck it Calgary" replacement. Most NAIT students, when asked, found the vandalized new slogans for the City of Edmonton humorous.

"I'm OK with that one," said Dylan Seymour, an Academic Upgrading student at NAIT, when he heard one was badmouthing Calgary. What he wasn't OK with was the damage that was done to city property.

"It kinda sucks I guess, they did drill through the signs," Seymour

said. "The comment was funny, just not the actual vandalism part."

"As long as the slogans aren't hurtful to anyone, they're pretty much just funny things," said Colton Simmard, also in Academic Upgrading. "It's that they did drill through the signs, that's what I have a problem with"

The humour did come at a price for Edmontonians, as the vandals first used a wood adhesive to attach the new slogans before screwing them on as well. Because of the adhesive, the city had to act fast to take them down before the adhesive fully set. The price tag for the repairs, according to the Edmonton Police Service, is about \$14,000.

Six of the 10 "Welcome to Edmonton" signs were discovered to be changed Tuesday morning and all were down by 8 p.m. that night.

"That money could have been used somewhere else that it was needed, not on stupid stuff that happens like that," said Valarie Schacker in Business Administration.

"People shouldn't be disrespecting Edmonton's signs, that's just rude to Edmonton, Schacker said. "It makes everyone else in Edmonton look bad, like, when it was just a few people."

Many are taking a lighter approach to these events and are even trying to see what witty slogan they can come up with. The CBC posted a photo ready to be photoshopped, inviting viewers to express their opinion online rather than going out with adhesive and screws and risking fines. Some that have come out via the web are: "A confusing ratio of hipsters to pickup trucks" from Misfit, and coming from the CBC Edmonton newsroom "Luckily, snow kills mosquitoes."

This has also raised the question about changing the dated City of Champions motto.



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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?

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

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# Mayoral hopeful boosts NAIT

By **STEPHAN SUTTCLIFFE**  
Assistant Issues Editor  
@StephanAlexand

NAIT is an important part to the fabric that makes up Edmonton. And, with the upcoming civic election, the *Nugget* wanted to talk to the candidates for mayor to better understand what they can do for NAIT and communities that many of us live in surrounding the campus. The top three mayoral candidates were asked the same seven questions, the *Nugget's* plan was to take their answers and turn it into an article as if the candidates were writing to NAIT themselves. The first candidate to respond was former city councillor Don Iveson.

NAIT's slogan is essential to Alberta and Iveson absolutely believes it is essential to Edmonton.

"Each of our post-secondary institutions plays a key role in supporting innovation and empowering more Edmontonians to work in tomorrow's key jobs," Iveson said.

Our time at NAIT is important, but when we leave school we want to find a job. Iveson thinks NAIT has put itself in a great situation for its students to find employment in Edmonton after school.

"NAIT trains people to work in 19 of the 21 most in-demand jobs in the province, according to a recent conversation I had with NAIT's President Glenn Feltham," he

said.

"Many of the jobs that will need workers in the coming years haven't even been invented yet, but NAIT grads will fill them, and many of those grads will create those jobs themselves, as long as our economy remains strong."

"Innovation bridging today's economy with tomorrows is key and NAIT itself plays a central role in applied research that can lead to new companies and new jobs with them."

But before we leave NAIT we have one seemingly endless problem to deal with. NAIT has a parking problem, too many people driving not enough places for them to park. There are other methods for students to get to campus. Iveson wants you to embrace taking transit, he argues.

"I helped negotiate the first U-Pass deal for the University of Alberta in 2007 and continue to believe that helping more students get to campus by transit benefits all students, either by freeing up parking, reducing traffic congestion around the campus or by justifying better transit service for those who do rely on the bus or LRT."

With NAIT on the brink of welcoming its first student to campus on the new, still under construction, LRT line. Iveson wants to make LRT a big priority and shared his plan.

"LRT expansion is a major priority for Edmontonians, so it's a major priority for me. I've laid out a plan for getting our LRT network substantially completed by 2030, including northwest beyond NAIT by 2021."

You can read more at [doniveson.ca/transit](http://doniveson.ca/transit)

The City Centre Airport is set to close, and NAIT has the opportunity to take advantage of the Blatchford Neighborhood.

Iveson sees NAIT's role in Blatchford as a major stakeholder.

"NAIT's consolidation to a single campus in central Edmonton is the right move for both NAIT and Edmonton, and the jobs and innovation economy that can spring up around it are key elements of the Airport development. An expanding NAIT will be a great catalyst supporting residential and commercial development in the Blatchford Neighbourhood."

The area around NAIT outside of the Blatchford has undergone a major facelift. He sees the surrounding community going in the right direction.

"I trust the ongoing neighbourhood revitalization efforts in the area will make the corridor more attractive to students who reside and recreate on the up-and-coming 118 Avenue."

Even with a fresh face, the area around NAIT can be a little seedy. Iveson believes some initiatives are working towards a safer community.

"The work REACH Edmonton is doing for crime prevention, and the City's Neighbourhood Empowerment Teams in partnership with Edmonton Police Service's are critical."

The *Nugget* looks forward to hearing back from the other two major candidates, and thanks Iveson for getting back to us. The municipal election is Oct. 21 and you can vote here at NAIT.



Don Iveson

metronews.ca

## See Blackberry crumble



By **ROBERT MacGILLIVRAY**

If your grandma has ever made blackberry crumble for you, you've probably experienced the following. You taste the crumble and like it. It's a little tart but altogether fairly enjoyable and you can see why your dad says that it's his favourite dessert.

Sometime later you see an apple crumble and, being curious about what it tastes like, you try it out. Your mind is blown, "This is way better than that blackberry crap Grandma makes!" One thing leads to another and you find yourself having a taste of your friend's newest Google crumble and ... wait. I guess that's where this metaphor falls apart, but you get the idea. Blackberry has let itself become a dinosaur in the mobile world and for a device that used to be the only smartphone on the market, that's a bad place to be.

Once upon a time, the Canadian company Research in Motion (RIM) was the big kid on the playground with a top of the line phone that could do everything

a day planner could do and more. It was a novel concept and a novel concept that really caught steam in the business world.

The image soon spread, with rich, powerful people using Blackberries, and this led to average folk going out to buy a "cool" new upgrade to their flip phone. I was just finishing junior high while I saw this happening and that was about the time RIM's share prices peaked at \$149.90 a share.

Where did they go wrong? How did they go from being the only player to a company worth less than \$8 a

share? Nikkita Campiou, a Business student here at NAIT and former Blackberry user, told me that she didn't think it had much to do with their business practices

and had more to do with the fact that they didn't stay ahead of Apple and Android.

"Now they're paying for it and trying to catch up themselves," she explained. "After seeing what they're doing now, it's making me interested in getting a Blackberry again."

An applications development student, Rel Savo, had much the same answer for me.

"Their software is good, but they were late. They didn't move into their new platform soon enough and it ended up being more of a reaction to

Android."

Interestingly enough, Savo still uses a Blackberry, so I asked him why. His answer?

"Android is getting more secure now ... but Blackberry has always been the king of security," he said.

He also enjoys their level of professionalism since he doesn't need a phone that's a computer, he needs "a phone that's a phone that's secure, that does what I need."

This last point interested me because more than one company has been part of talks with Blackberry about purchasing all or part of the company. What if Google were to purchase the rights to the Blackberry network? What if Samsung were to purchase some of the Blackberry patents which help keep their devices so secure? Those last few people in the business world that still use a Blackberry because of its security could move over to Samsung devices running Android and all of a sudden the newest iPhone would lose some of its shine. I know I wouldn't mind having a taste of that Blackberry/Google crumble, so maybe Blackberry has one last chance to shake the market after all.



# Citizen Zombie makes his point

By SAMI SILVER

Last month, Edmonton citizens were shocked to see a zombie standing on the steps of city hall. On Sept. 23, a zombie candidate, known as Citizen Zombie, filed his nomination papers for the mayoral race but was “denied eligibility on account of being dead.”

This publicity stunt was designed and executed by Citizen Zombie’s human counterpart, Yuri Wuensch, the man behind the Edmonton Zombie Wall Campaign, which urges a greater interest in sustainable infrastructure in Edmonton.

The main talking point of the Zombie Wall Campaign appeared to be the building of a giant zombie-proof wall around Edmonton, to keep out hordes of undead when the Zombie Apocalypse comes but actually it was a clever metaphor for stopping urban sprawl.

The idea came about when Wuensch and a friend were joking about how a giant wall would be a good way to stop urban sprawl and zombies. The group’s twitter handle is, “build the wall, save us all,” but rather than the undead, the Zombie Wall Campaign wants to save us from our own insupportable infrastructure goals.

Most of Edmonton’s infrastructure budget has been going to developing sub-

urbs, rather than maintaining and re-building the infrastructure already present. Edmonton has been growing exponentially and new families need new homes. However, urban sprawl becomes hard to support. Taking into consideration the amount of maintenance that roads and buildings require, as well as snow removal in a city with a freeze/thaw cycle as harsh as Edmonton’s and additionally, the amount of transit needed to reach those far off suburbs, the Edmonton Development Plan may be dooming itself.

Wuensch has harboured concerns about Edmonton’s sustainability and infrastructure for a while. According to him, “right now, 86 per cent of Edmonton’s growth is concentrated in suburbs, [which] means we’re only doing about 14 per cent of our growth on infill.” This is “actually below the target that the city of Edmonton has set for itself ... the city of Edmonton has set a development target of 75 per cent suburban growth and 25 per cent infill.”

Wuensch does not want his campaign to be misconstrued as “anti-suburb” however; rather, he wants more people to be aware that Edmonton may not be engaging in “a financially feasible development model.”

The campaign has definitely had an effect on Edmonton voters. The group



cnews.canoe.ca

Citizen Zombie, AKA Yuri Wuensch

now has over 300 likes on their Facebook page and a vested interest from the Edmonton community. The campaign itself was started through the Make Something Edmonton program and was designed to make voters ask more questions of their nominees and promote discussion between the city and its citizens. Wuensch says that the main goal of the campaign was to increase awareness about an issue which

often goes unspoken for and from seeing this renewed interest in the situation, calls his campaign “a success.”

Though this campaign may be unorthodox, it certainly has grabbed the attention of voters and candidates alike. The group has released a survey to all political candidates with five main questions about sustainability. You can read the candidates’ responses online at [www.zombie-wall.com](http://www.zombie-wall.com)

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# Point Counter Point Tizzy over a ticket



**JOSH YAWORSKI**  
Issues Editor @actuallyjosh

**N**AIT is unique in its role as a technical school. Short study periods, different student demographics and near pure experience oriented learning make NAIT a more mature and focused post-secondary institute. But many other institutes are less mature and focused, and have larger portions of their populace that are as well. These schools serve as a sort of limbo, a zone in between obnoxious teenager and semi-functional adult. And as such, this zone has its own temporary reality. A place where experimenting of all sorts should be fostered, with caution, and where behavioural norms cannot be expected. By creating this, we allow for our youth to build their adulthood upon a foundation of recklessness, creating a more rounded person.

## Years of excess

A big part of the norms that shouldn't be expected are those regarding public spaces. These are the years of loudness and excess and these are years of pride and passion. As many NAIT Ooks fans know, sports will raise the emotions and the volume quicker than near anything else. And at schools that host cheerleading teams alongside their sports teams, the pride and passion has a team of students whose job, role on campus is to excite. The University of Western Ontario in London Ontario has just such a cheerleading team and a pretty good one. And their homecoming night is their night. It is UWO tradition to spend the walk from residences to the stadium, alongside hundreds of fans, cheering, chanting and performing, alongside hundreds of other fans. Thankfully, the London, Ontario police force have put together a task force, called LEARN, to ensure that no one enjoys themselves, or the walk, in public.

The Ontario Police have devoted an entire squad to policing students, and their only job is to ensure that as many students as possible are ticketed and given criminal records before they become adults. These LEARN officers saw the cheerleaders approach an empty parking spot, spreading good spirit and happiness as they did and quickly reacted with prejudice. Without a warning, a cautionary report or informing the cheerleaders that what they were doing, which they had done for years previous, was inappropriate, an officer walked up, requested who was the leader, and the brave officer quickly dealt with the fearsome criminal by issuing a \$140 ticket.

## 'Killing mosquito with a machine gun'

UWO cheerleading coach David Lee Tracey told the *National Post* how he felt about the ticket, which the London police force publicly defended this weekend.

"It's like killing a mosquito with a machine gun, why couldn't the officer just walk up and say hey its getting rowdy, move on?" Tracey asked.

Why didn't the officer do this, or any other option? Because it's his duty not to. LEARN officers are explicitly hunting out youth out on weekend nights and giving them tickets. Increased patrols, instant ticketing, and zero tolerance policies have all been enacted. It's all apart of their public nuisance by-law.

If EPS units were told to look out for any other unique identifier exclusively, there would be outrage. If officers were told to explicitly look for seniors committing driving offences, or if ethnic groups were targeted for specific crimes, there would be public outcry. Whether the cheerleaders did or did not create a "public nuisance," the idea of a police sector whose only job is to police the youth while operating under zero tolerance is ridiculous. This is the time in which youth most need second chances and the London police are ensuring that they don't get it.



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

**I**f there is one thing that I have learned in my nearly 10 years spent in various colleges and universities it's that kids are dumb. No, I don't mean elementary kids, though they are dumb too for entirely different reasons ... trust me I used to teach them. No, this time I mean college kids. For some reason college/university kids are the single most stupid group of people I have ever encountered and again I used to teach kids that thought paste was part of the food pyramid.

Recently in London, Ontario, a group of cheerleaders from the University of Western Ontario decided to put on an impromptu cheer performance on the street as they were heading to a football game. They were promptly rewarded with a \$140 ticket from the police for causing a nuisance on the street. Josh, being a completely rational and non paranoid conspiracy theorist, read this article and then simply moved on with his day ... oh wait – that didn't happen at all.

## Delicate house of cards

As I am sure you know, assuming you've read Point Counter Point before, Josh's psyche and rationale is a delicate house of cards, which even the smallest breeze threatens to bring crashing to the ground. Well, ladies and gentlemen, this ticket is that breeze. Josh decided that this was not just a ticket, no, this was perhaps the greatest injustice ever!

Let's set the stage, shall we. Imagine you are walking down a street to watch your favourite team's final home game and with you are 3,000 fellow fans ... all fuelled up on adrenaline, booze and stupidity. Sounds like shit's about to get out of hand, doesn't it? Now, throw in a group of cheerleaders that decide this is the best venue to do their cheer routine cause, you know, YOLO! right. Anyway a cop sees this and being the sober rational thinker that he is decides "those young ladies throwing each other in the air in the middle of a drunk crowd of college kids with the functioning levels of a mentally deficient walrus kinda seems like a bad idea." So, he gives them a \$140 ticket and tells them to stop. Justice has been served and everyone is safe and able to enjoy the game, right. Ha, ha, of course not! These are cheerleaders, remember? They're better than other people.

## 20 bucks each

That's right, the cheerleaders decided that the \$140 ticket wasn't warranted, despite the fact that it was one ticket that worked out to about 20 bucks each. So now they're whining that their right to do their cheer whenever and wherever they damn well please is far more important than all that safety mumbo jumbo. Basically their argument against the ticket boils down to "We've done it before," which last time I checked, wasn't really a defence for anything after you reach the ripe old age of 12.

This argument was more than enough for Josh and he instantly leapt into action ... after a rather lengthy nap, some GTA 5 and other activities that would probably result in his permanent departure from Point Counter Point ... where was I again? Oh ya, Josh is an idiot and the cheerleaders deserved the ticket.



File photo



# OPINION

— Editorial —

# Reaching into space



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

The cliché phrase, “The more you learn, the more you realize how little you know,” rings true in most areas of my life but nowhere as much as space science. I have never loved something so much and understood it so little ... besides men.

I watch the Discovery Channel and the words being said and diagrams being shown enter my head but somehow get lost in the abyss of my mind. Don’t get me wrong I enjoy every confused second of delightful learning, as the possibilities of the universe straight up blow my mind!

Most recently I had the chance to sit down with a U of A space physics graduate and PhD student David Miles, who recently saw years of his work take to the skies!

Since 2002, Miles has worked on what is called a magnetometer.

## Dense atmosphere

“During what are called magnetic storms, basically our atmosphere can well up into space and as satellites plow into that upwelling, they hit this denser atmosphere and they can fall out of their orbit a little bit and then you need fuel to bring the satellite back up,” he said during a recent interview.

The magnetometer “measures how the earth’s magnetic field is changing during this magnetic storm to try and understand when these storms will occur, how often they can occur and what we can do to predict them.”

On Sept. 29, the Canadian space agency sent the MGF magnetometer on the Cassiope/ePOP to space aboard SpaceX’s Falcon 9 rocket, from an air force base in California. (At this moment I feel like I am writing for Star Trek Weekly.)

David Miles expands on how being able to predict this space storms can help with the life span of satellites.

## Runs out of fuel early

“The more times you hit this atmospheric upwelling, the more fuel you have to spend in bringing your satellite up and that can mean your satellite runs out of fuel early, causing the satellite to not last as long as hoped.”

This was all very interesting, as I did not realize we have space storm chasers but how does this effect the average Joe? Well, Miles mentioned that satellites control things like GPS, and Internet banking transactions, so making better satellites that save on fuel by avoiding space storms may not directly improve your life but may improve the cheque book of others.

The magnetometer is zooming around the earth on the Cassiope/ePop every 90 minutes, giving readings, numbers and

data that far exceed my understanding. Miles checks in and the excitement is apparent. This is the first project he has sent to space but not the last.

Currently he is working on an instrument set to go to space in November or December, but has even bigger dreams.

He hopes to take a leadership position in future space projects that are innovative. Miles talked a bit about how

in space little reactions turn into large ones.

“What we would like to do is put together constellations of say 30 or 50 little bitty satellites flying in a big array so we can see how little effects add up to create large effects and that is something that has never been done before.”

A gang of satellites going around the earth one day ... perhaps a time machine the next!



[www.pulsamerica.co.uk](http://www.pulsamerica.co.uk)



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# SPORTS

## Taking aim at paintball



**LAUREN FINK**  
Sports Editor  
@LaurenFink\_

Earlier in this past week, I took a shot at trying the unconventional sport of paintball.

Growing up, I tried a variance of different sporting events. Some were very short lived, while others became lifelong (so far anyway) passions of mine. One sport I had never tried

was paintball (recreational or competitive.) So, when assigned a story in class (I'm a broadcasting student) where I had to learn a new sport for our news show, NAIT NewsWatch, I knew exactly which I would try.

Once I picked the sport, I researched paintball places in the city and came across Action Paintball Games, which has two Edmonton locations. I walked into their indoor location, signed my life away and got suited up! After getting my gear on (coveralls and face mask), I got a quick rundown on how my lesson would work and headed to the field.

My lesson, from competitive paintballer Michael Santin, started off with learning how to use my gun. This was surprisingly easier than I anticipated and the gun itself was a lot lighter than I expected. After learning how to shoot, I was ready for basic drills.

The first drill was laning, which is usually done at the beginning of the game at a countdown of three, two, one – also known in paintball as, “off the break.” The basic idea of laning is to shoot someone right off the break as they are running across the field, to put your team at a man advantage early on.

After a few tries, some pretty good and one where I shot myself in the foot, Santin and I decided I was ready for the next drill.

One of the most essential moves in paintballing was up next, snap shooting. Snap shooting is where you either stand, kneel or do what you feel necessary behind a bunker (a blowup obstacle) and quickly peek with just your gun out to shoot your target. While doing this, you should be keeping your lower body planted behind the bunker and your arms tight to your body. This is to lower the chances of you being seen when you shoot your opponent and it allows quick movements in the bunker.

After trying a few standing snap shots, Santin had me switch from standing to kneeling while snap shooting. After doing this a few times, I really regretted not stretching beforehand!

Then it was time to incorporate both sides of the bunker. This meant I had to learn how to switch my shooting arm. This takes a lot of hand-eye co-ordination, which I usually don't have too much of. But, after a few times, I got the hang of it. You know what they say: “Practice makes perfect!” With that, I could vary my

shot from any angle of the bunker.

Next up, we did running and gunning, which is exactly that – running while shooting. This one I found quite difficult because your legs have to be in the direction they are running and your torso needs to be in the direction you're shooting. Think running bases in baseball while shooting at the pitcher. It definitely is challenging but the more I practised, the better I got. After running and gunning, we combined all three drills into one, which gave me a glimpse of a real game of paintball.

There are a lot of tactics and skills in paintball and a lot of team work. Paintball is completely a team sport. You could have a pro playing with people for the first time against a team that plays together and he would lose.

Since we weren't playing an actual game and I hadn't been shot, (except for when I shot myself in the foot) I made Santin shoot me, which he reluctantly did. The pain from the welt is nothing compared to the pain my muscles are in from that full body workout.

Before I left to ice my exhausted body, Santin explained what makes a good paintballer: “Hours, upon hours of running drills ... the best kind of practice is against someone who is better than you and losing, because you know if you keep practising against them and start winning you're getting better,” he said.

Now I can't wait to get out there again to practise some more and then try my hand at a real match!



Kody Davidson video still

**Lauren does battle**

*You can watch  
Lauren try paintball  
on Newswatch on  
CTV2 at 6 p.m. on  
Saturday or at NAIT  
NewsWatch.ca*

### SOCCER

## Four weekend wins for Oaks

By **KRYSTA MARTELL**  
@TweetsByKrysta

The NAIT men and women's soccer teams hit the road this past weekend for a windy northern Alberta battle against the Grande Prairie Wolves.

On Saturday, the women's team came out strong and dominant as they scored a goal less than one minute into the game. Kelly Tataryn added another before the end of the first half, which was controlled primarily by the Oaks. Eleven minutes into the second half, the Wolves scored their first and only goal of the game. Veteran Oaks Tataryn and Leanne Kadatz were quite the duo as Kelly set up Leanne for two more goals to put the score at 4-1, Oaks. The Oaks walked away with the win and Darcie Kutryk was named the player of the game.

Sunday's matchup was another exciting game as the Oaks came out strong and saw a high scoring contest. Loren Burke-Gaffney scored the first goal less than two minutes in. Three more followed before the end

of the first half and the team maintained their confidence in the second half, scoring four more times. The Oaks walked away with another win, this time with a final score of 8-1. Scorers for the Oaks were Burke-Gaffney, Tataryn, Jay Hart, Kelsey Langille, Kadatz (3) and Kutryk. Hart was named player of the game.

Head coach Carole Holt was pleased with the weekend results.

“We had a good weekend in Grande Prairie – especially our game on Sunday. It was a solid team performance and that feels really good to have under our belt this time of year,” Holt said.

With a playoff spot clinched, the Oaks will wrap up league play with their last home game of the season on Oct. 19 against

the Concordia Thunder and then against the MacEwan Griffins on Oct. 20 at MacEwan.

“In preparation for Concordia, we need to maintain the standard of play that we expect from everyone and that stems from hard work,” Holt said.

“With only two games left in the season, we still have an opportunity at first place but that will not be easy so, we really need to focus on keeping things simple and working together.”

The men's team rebounded from their loss to the Keyano Huskies on Sept. 28 as they too walked away with wins

this past weekend against the Grande Prairie Wolves.

“Our preparation does not really change for the upcoming games. The boys are

focused and have been working hard this week for what is a couple of really big games in the hunt for a provincial berth,” said head coach Charles O'Toole.

“The Wolves are the only team we have not seen so far this season and they are off to their best start in the last few years,” O'Toole said. “Head coach Chris Spaidal has got his team playing well and both games should be very competitive and we look forward to the challenge.”

Even so, the Oaks were a tough match for the Wolves and in their first meeting of the season, the Oaks would soar. Saturday's game against Grande Prairie saw Zachary Lun's first goal of the season for the Oaks at the 30-minute mark, which resulted in a 1-0 victory for the team. Sunday's battle saw two goals from Zack Kaiser and one from Lun, resulting in a 3-0 win.

The team returns home where they will meet the Concordia Thunder on Oct. 19 and then they will head to MacEwan to take on the Griffins on Oct. 20.



**Carole Holt**



## HOCKEY

# Men, women – victorious

By BRIDGETTE TSANG

@BridgetteTsang

Both the Oaks' men and women's hockey teams were ready for the puck to drop this past weekend!

The women's team is back from their exciting trip to Ontario, in which they played four exhilarating pre-season games against Ryerson, University of Toronto, York University and UOIT (University of Ontario Institute of Technology.)

"Overall, the trip was a success," said Coach Iwanicka.

"Well worth the planning and preparation. Now I just hope we carry this same level and lessons learned into league play."

Ooks defenceman Kaitlyn Whaley believes that although the team came up short on the scoreboard for a few of the games, they definitely had some major winning points on this trip.

"I think the most exciting thing was being able to come together more as a team on and off the ice," Whaley said.

"I definitely learned to keep my confidence up within the game, and have confidence in myself and my team and learn to trust them. If we work together, we will succeed because there were a couple games that were pretty bad but, in the end we all came together."

And they sure showed that team spirit on the ice last Saturday night (Oct. 5) when they took on St. Francis Xavier. The Oaks came out firing on all cylinders and the score was 4-0 after just the first period. That would be all the scoring they would need in that game as they won by a score of 4-2.

The Oaks women's hockey team next action is on, Oct. 19 and 20 against the Calgary Coyotes at NAIT.

The men's team was hungry for their



Photo by Josie Baerg

**Ook forward Dante Borrelli has a scoring chance against Red Deer College at NAIT arena Saturday. NAIT won 4-0.**

first win of this season. After their heart-breaking loss to Concordia in an overtime thriller last week and having their next game postponed (due to unsafe playing environments at Concordia), the boys were hoping to get back in the winning column as quickly as they could.

Despite the wait, assistant coach Mike Gabinet believes that the team has what it takes to win if they keep their level of play from their game against Concordia.

"I think [after the game against Concordia] that we could improve upon being fully committed to our habits," Gabinet said. "We deserved a better fate but if we maintain the same effort and pay attention to details, we will be successful."

The Oaks played their second game of

the season hoping to do just that against one of the top teams in the league right now – the Red Deer College Kings.

Before the game started, the Oaks were honoured in a special ACAC championship banner raising ceremony from last season's win. That appeared to rally them for the game ahead because they scored early on a powerplay goal by Jordan Abt and mounted a barrage of shots on the opposing goalie.

Abt's goal decided the game as the Oaks won their first game this season 1-0. Both goalies put on a clinic as the game went right down to the wire. Ook goalie Ty Swabb was the second star of the game in his first shutout win this season.

The team was hoping to carry their

momentum into Penhold Arena to face the Red Deer College Kings the next night. And, they did.

Seven minutes in, Michael Piluso scored to make it 1-0 Oaks. And it didn't stop there. The Oaks scored two quick goals in the second period from Dante Borrelli and Liam Darragh to make the score 3-0. A goal in the third period from Zack MacArthur sealed the deal for the Oaks and allowed Swabb his second shutout of the weekend with a final score of 4-0.

The men then headed to the University of Nebraska Omaha for a non-conference game on Oct. 7 and their next two games are also on the road – on Oct. 11 and 12 against Briercrest.

# Oil Kings sputtering early on

By KELSEY LYDYNUIK

@KelseyLydyniuk

The Oil Kings headed out on the road and their first stop was a battle royale in Manitoba as the Wheat Kings and Oil Kings faced off.

The Oil Kings started their back up goaltender for this game, Tyler Santos, who has been seeing quite a bit of playing time given the way Tristan Jarry has been playing as of late. In addition to that, the left side of Curtis Lazar's jersey was looking a bit heavier since returning from Ottawa Senators camp, as he took over the captaincy as the New York Islanders decided to keep former captain Grif-fin Reinhart.

The first period saw a tilt between Rene Hunter and Mitchell Moroz, with nothing on the scoring front. However, the second period was a different story as Brandon notched

three quick goals. Needless to say Moroz was on top of his game as within three minutes he recorded a hattrick and tied up the game for Edmonton. At that point Santos was pulled and Jarry was put in. Unfortunately for the Oil Kings' shining star Moroz, that was not enough as Ryan Pulock maneuvered the puck past Jarry in the last two minutes of the second. Brandon maintained their lead for the third and the Oil Kings would head back west to take on the Prince Albert Raiders.

After dropping below .500 for the first time since 2010-11, the Oil Kings looked to snap their two game losing streak in Prince Albert and they came ready to fight. Edmonton absolutely dominated the game, as Riley



Kieser, who was acquired from Vancouver, sparked the energy for the Oil Kings 30 seconds into the game. Two goals from Oil Kings' new captain Lazar and Cody Corbett's

fifth of the season would put Edmonton up by four at the end of the first. The Oil Kings were on fire and kept on going as they notched four more from Henrik Samuelsson, Mads Eller, Kieser and Edgars Kulda. It seemed as if the Raiders came to their senses in the third, with Carson Perreux scoring a short handed goal, however Lazar was on top of it and notched a hattrick on the night, for the Oil Kings to move on to 'Toon Town on a high note with a 9-1 victory.

Saturday in Saskatoon started off on a

high note, with Brett Pollock scoring just over a minute into the first. Moroz and Reid Petryk would also score to put the Oil Kings up by three. However, things took a turn late in the first, as Saskatoon began to hit their stride and Collin Valcourt cut Edmonton's lead to two. The second period saw a power play goal from the Blades' Graham Miller and Saskatoon really turned things up in the third. A shorthanded goal from Nathan Burns tied up the game Graeme Craig would notch two more in that third period to send Edmonton packing with a 5-3 upset. With games like this it makes one wonder if the Oil Kings are taking notes from the other Oil in town ...

The Oil Kings return to Rexall Place this week as Washington State comes to town. They take on Everett on Wednesday and Spokane on Friday.

# Eskis stagger out of Montreal

By **RACHEL PRAZAK**  
@RachelPrazak

Over the weekend, the Edmonton Eskimos took on the Montreal Alouettes at Commonwealth Stadium in a game that was pegged as a crucial must win for both teams as the final playoff spot in the East Division is still up for grabs.

Even though the playoff race has been an important topic of conversation, most of the pre-game talk revolved around Mike Reilly suffering a concussion (the week previously) after taking a hit to the head and whether he was able to play or not. After being cleared to play by the Eskimos medical staff, Reilly was slated to make the start against the Alouettes just a few hours before kick off. Despite having only six days to recover and prepare for the upcoming game, Reilly showed no signs or concussion like symptoms throughout the game.

After finding wide receiver Adarius Bowman for a 25-yard gain, Reilly and the Eskimos offence were unable to move the chains a second time and were forced to settle for a field goal attempt. Eskimos kicker Hugh O'Neill missed the field goal

and the ball was taken out of the end zone by the Alouettes to keep the game tied at zero.

Making his third straight start, Josh Neiswander got to work early as he found receiver Brandon London for a 54 yard reception to bring the Alouettes inside Edmonton's 35-yard line.

After back-to-back first downs by running back Jerome Messam and receiver Arland Bruce, Neiswander found receiver SJ Green in the end zone for a six-yard touchdown giving the Als an early 7-0 lead.

The Eskimos tried to pull together a successful drive of their own, but they ran into some trouble. Moving into Montreal territory, Reilly heaved a pass in slot-back Fred Stamps direction but, the ball was intercepted by defensive back Jerald Brown. Reilly's turnover was a costly one for the Eskimos as Neiswander connected with Bruce for a 62-yard catch and run that led to a 22 yard touchdown by Green.

The Eskimos finally got onto the scoreboard thanks to a 24-yard field goal by O'Neill. Neiswander led the Als 74 yards down field, before back up quarterback Troy Smith plunged forward for a one yard touchdown extending Montreal's

lead 24-3. Before the half, Montreal added another touchdown, a seven-yard catch for Bruce. The Eskimos went into the second half down 31-3.

After a rough first half for Mike Reilly which saw him throw three interceptions, the Eskimos brought in backup quarterback Jonathan Crompton to start the half.

In a third quarter that saw very little offence for both the Als and the Eskimos, Crompton threw two interceptions.

At the beginning of the fourth quarter, the Als took over on the Eskimos 21-yard line following another interception by Brown. In no time at all, Neiswander found Bruce in the endzone for a 21-yard touchdown. Bruce's second touchdown of the game increased Montreal's lead to 36.

Finally, the Eskimos reached the end-zone as Crompton found Shamawd Chambers for a 31 yard touchdown. Later on in the fourth quarter, Chambers scored his second touchdown of the game to cut the Als lead to 23.

On Montreal's next possession, backup quarterback Troy Smith saw his pass deflected and picked off by Joe Burnett. The cornerback returned the pick 56 yards to the Al's three yard line, setting the Eskimos up in excellent field position. Three plays later, Crompton found Stamps in the endzone to pull within 16 of the Alouettes' lead.

With less than two minutes left in the game, Montreal sealed the deal on the game as tailback Tyrell Sutton scampered seven yards into the end zone for the touchdown. The Als defeated the Eskimos 47-24.

The win by Montreal gives them a six point lead over the Eskimos for the final playoff spot in the East Division. If the Eskimos want to keep their slim playoff hopes alive, they will have to start by getting a win in Regina this weekend.

The Edmonton Eskimos will be playing the Saskatchewan Roughriders in Regina on Saturday Oct. 12. Kickoff is at 7 p.m.



# Sports concussions not new

By **MIKE ST. JEAN**  
The Argus  
(Lakehead University)

THUNDER BAY (CUP) – On April 8, 1952, Montreal Canadiens legend Maurice "Rocket" Richard scored a goal that has become a part of Stanley Cup playoff folklore.

With the game tied 1-1 late in the third period, and the Canadiens facing elimination at the hands of the Boston Bruins, Richard took a neutral-zone pass from teammate Butch Bouchard into the Bruins end and put it home to give Montreal the lead.

While that would have left the goal as a memorable one on its own, the event was far more legendary due to the fact the Rocket's game seemed all but over earlier in the period.

Richard, the Canadiens biggest scoring threat, was knocked to his knees by Boston defenceman Leo Labine. Seeing a chance to eliminate their rival's clutch scorer, the Bruin's Bill Quackenbush kneed Richard in the head, leaving him sprawled spread-eagle on the ice.

It would take the help of the team's doctor to get the Rocket back to the dressing room but even a bloodied face and a pair of black eyes couldn't keep a man who could barely stand up minutes earlier from returning to the game. The picture of him shaking hands after the match with Bruin's enforcer, "Sugar"

Jim Henry, has become one of the most iconic photographs in hockey history.

In interviews years after the historic goal, the Rocket admits he has little memory of the game and its aftermath.

Many fans point to this incident as an example of playoff heroics, an example of an athlete who committed the utmost sacrifice for the better of his team.

In retrospect, however, it seems highly likely that Richard suffered a concussion, and this story, while undoubtedly heroic, can serve as an example of how poorly head injuries were treated in the past.

The narrative of this legendary goal, and even the more recent 'heroic' lamp-lighting play Paul Kariya made in the 2003 Stanley Cup Finals after being flattened by Scott Stevens, should remind us that concussions are not a new aspect of professional sports.

The media's recent focus on concussions has been biased, for lack of a better word. The general term used to describe head injuries as of late has been "epidemic," which implies concussions have come out of nowhere to sweep the sports world by storm.

Nothing could be further from the truth. Head injuries have long been a part of professional sports; the only thing that's changed is the rate at which they are detected and reported and the ways that they are treated.

In recent years, the brains of several NHL players who have passed away have been donated for studies looking

into the link between hits to the head and brain deterioration.

Studies of the brains of Rick Martin (who played in the NHL from 1971-1982) and Reg Fleming (who's pro career lasted from 1956-1978) have shown that both players suffered from degenerative brain diseases likely caused from repetitive hits to the head.

If head injuries are the new found problem they are presented as, how is it that these two players, both of whom hung up the skates more than a quarter of a century ago, were found to have been suffering from the very issue that has been continually attacked as hockey's plague of the new millennium?

We've heard stories of old-time players being on the receiving end of a big

hit and being hard-pressed to make it back to the bench, only to be given a dose of sniffing salts and being sent back on the ice moments later. It was a practice that was encouraged, as athletes lived under a code that their personal health was secondary to the goal of the team.

This mentality has changed. If Sidney Crosby played in the 1950s, he likely would have been on the ice during his battle with post-concussion syndrome.

Unless we're somehow able to go back and compare the number of head injuries reported versus the ones kept in the dark, it seems unethical to label concussions as a new epidemic in sports. After all, just because we were unaware something existed doesn't mean it wasn't a problem.

The real epidemic surrounding head injuries is how far behind our knowledge and treatment for them remains, as well as the continued insistence that many players won't report them in order to follow the "code."

To put it into simple terms, having an increase in the number of concussions reported doesn't mean head injuries are on the rise in professional sports, just like not calling in sick to work once over the course of the year doesn't necessarily mean you were healthy for 365 days.



Sidney Crosby



## PRESEASON

# V-Ball, B-ball teams tune up

By **BAILLIE SCHEETZ**  
@BaillieScheetz

## Men's Volleyball

This weekend the men's volleyball team competed in two non-conference home games. Their first match was an informal scrimmage against Augustana on Friday night at NAIT. The Oaks came up short in what was possibly their

worst performance of the year so far, losing all three sets. The loss made it the team's 10th straight set-loss.

"Communication was poor and we produced little offence," said head coach Douglas Anton.

"Adjustments need to be made and players need to begin to step up and perform. We have been playing 'not to lose' and we need to make the shift to 'playing to win.'"

We need to be pragmatic though as we do have injuries to a couple key players."

These injuries include captain Cody Cuthill with an injured shoulder and Mount Royal transfer Spencer Voight with a broken hand. The Oaks finished off the weekend with another game at home, this time against Lakeland College on Saturday.

The Oaks performed well and came away with a win, ending the losing streak. "A very strong team effort," said Anton. "Adjustments we made to communication were very effective. We did a great job controlling errors and managing our overall game. Blocked very well. We applied good serve pressure, but our serving and attacking needs to become more consistent and we need to reduce our passing errors."

The Oaks are back in action Oct. 18 at Lakeland College.

## Women's Basketball

This past weekend the Oaks took part in the second annual Canada West/ACAC showcase tournament put on by Basketball Alberta at The Saville Sports Centre in Edmonton. In their first game on Thursday night, they tipped off against the Briercrest Clippers. The Oaks came out of the game with a solid 93-48 victory thanks to tenacious defence and up-tempo play from the whole team. On Friday, the Oaks took on the University of Northern British Columbia. After a hard fought and very physical game, the Oaks managed to prevail after a pair of game winning free throws by fifth year Kirsten Molesky. The end result was a clutch 65-62 win over UNBC. NAIT hit the court on Saturday for a rematch against their southern rivals, the SAIT Trojans, who they had played only a week earlier in the Medicine Hat tournament. The Oaks were unable to stop the Trojans early due to poor shooting and a porous defence and they were not able to regain their momentum, losing the game 61-52.

When asked about preseason play thus far, Coach Todd Warnick acknowledged the benefits of a tough preseason schedule "all of our games have served to give us direction and focus as we prepare for the regular season."

The Oaks hit the road for their final preseason tournament at the SAIT fall Classic in Calgary next weekend, where they will be playing Lakeland College on Thursday Oct. 10, St Mary's University College on Friday and the ACAC defending champions the Olds Broncos on Saturday.

## Men's Basketball

The men's basketball team also participated in the the second annual Canada West/ACAC showcase at The Saville Centre this weekend, playing three non-conference games. The Oaks opened the weekend with a game against the SAIT Trojans, in a close affair where all players were utilized. The Oaks lost by a score of 69-62. Guard Muraso Yergo had a standout performance in the first game.

The Oaks then went on to play Briercrest on Friday. In an extremely tight affair that came down to free throws, the Oaks couldn't quite come out on top, losing 70-66.

"Our team came together and battled hard all 40 minutes. It was a one-point game with only 19 seconds left and too bad we couldn't pull the win," said guard and second-year player Sebastian Cava.

"All these games are making us a better team and getting to know ... how we will work together in the future."

The team closed out the weekend with a well-deserved victory over the Olds Broncos. The success of this game was due to hard defence and fast overall play. The Oaks open their regular season on Oct. 18 against the Keyano Huskies.



Photo by Sara Tetz

NAIT Oak left side, Bryce Hayes, in action against Lakeland College Saturday at NAIT gym.



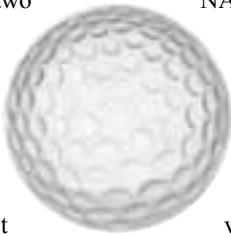
# Donnelly leads Ook golfers

By **WHITNEY FOX**  
@whitfox

The NAIT Ooks men's golf team, led by coach Jules Owchar, competed in two tournaments for the 2013 season.

The first, the 2013 Alberta Colleges Athletic Conference (ACAC) North Regional Golf Tournament, was hosted by Red Deer College (RDC) and took place on Sept. 14 and 15 at the Lacombe Golf and Country Club.

As a team, NAIT was fourth at this tournament, with the best four scores (achieved by Jared Donnelly, Aaron Gartner, Will Gillette and Luke Konschuh) totalling to 651.



MacEwan University won this tournament with a best four total of 624.

The top placing individual golfer from NAIT was Donnelly, a Business student who scored a 76 on both days of the tournament for an overall of 152, putting him in fourth place.

Kyle Morrison of Red Deer College had the top overall individual score with a total of 143.

The Ooks then played at the 2013 ACAC Golf Championships, hosted by Olds College at Olds Golf Club on Sept. 28 and 29.

NAIT did not compete with a full team of four at the championships, but Gillette, Luke Steedan and Donnelly

earned overall scores in this event of 172, 171 and 163 respectively.

MacEwan won the team event again with a top four total of 623.

Donnelly was the top individual from NAIT again with a score of 85 in the first round and 78 in the second round for a 16th place total of 163, a score he shared with golfers from University of Alberta – Augustana College, Medicine Hat College and MacEwan University.

RDC's Morrison again came first in this event with a final score of 145.

NAIT and other northern and central ACAC schools are at a disadvantage in the league due to the very short period of good weather for golf.



**Jared Donnelly**  
Fourth place



File photo

### WANTED: Ooks Mascot

The Athletics Dept. is looking for a new Ooks mascot. This is a pivotal position that requires a lot of enthusiasm and energy. You will interact with the crowd by maintaining a high level of energy and entertainment. The person chosen must be good with kids. You will be required to work part of every home game and a few special events.

If you are interested, please contact Andy MacIver at 780-471-7606 or by e-mail [andym@nait](mailto:andym@nait).

# ACAC Standings

### MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
SAIT	4	4	4	0	0	0	20	10	8
<b>NAIT</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>6</b>	<b>2</b>	<b>5</b>
Concordia	3	2	2	1	0	0	9	10	4
Portage	4	2	2	2	0	0	15	16	4
RDC	4	2	2	2	0	0	3	6	4
UAA	4	2	1	2	0	0	16	10	4
MacEwan	2	1	1	1	0	0	9	7	2
Briercrest	4	0	0	3	1	0	11	25	1
Keyano	2	0	0	2	0	0	5	8	0

#### October 4

##### NAIT 1, Red Deer 0

SAIT 7, Portage 4; UAA 11, Briercrest 4  
Concordia 4, MacEwan 3

#### October 5

##### NAIT 4, Red Deer 0

UAA 4, Briercrest 3 (OT)  
SAIT 5, Portage 1  
MacEwan 6, Concordia 3

### MEN'S SOCCER

North Division									
Team	W	L	T	Pts	GF	GA	+/-		
<b>NAIT</b>	<b>6</b>	<b>1</b>	<b>1</b>	<b>19</b>	<b>19</b>	<b>4</b>	<b>15</b>		
MacEwan	6	1	1	19	32	8	24		
Concordia	4	4	0	12	19	23	-4		
Keyano	3	4	3	12	13	16	-3		
Grande Prairie	3	4	1	10	12	11	1		
King's	0	8	0	0	5	38	-33		
South Division									
Lethbridge	5	2	2	17	24	17	7		
Red Deer	5	3	0	15	17	15	2		
Medicine Hat	4	2	3	15	20	10	10		
SAIT	4	4	0	12	23	17	6		
Lakeland	3	2	3	12	20	11	9		
Olds College	0	8	0	0	4	38	-34		

#### Results

##### October 4

King's 1, Keyano 2

##### October 5

##### NAIT 1, Grande Prairie 0

MacEwan 6, Concordia 0  
Keyano 3, King's 0

SAIT 2, Lethbridge 0

Medicine Hat 4, Olds 0

Lakeland 3, Red Deer 1

##### October 6

##### NAIT 3, Grande Prairie 0

Lethbridge 5, Olds 1

Medicine Hat 3, SAIT 1

### WOMEN'S SOCCER

#### North Division

Team	W	L	T	Pts	GF	GA	+/-
MacEwan	8	0	0	24	44	2	42
<b>NAIT</b>	<b>7</b>	<b>1</b>	<b>0</b>	<b>21</b>	<b>52</b>	<b>5</b>	<b>47</b>
Grande Prairie	4	4	0	12	21	25	-4
Concordia	4	4	0	12	16	27	-11
King's	1	6	1	4	5	38	-33
Keyano	0	9	1	1	3	44	-41

#### South Division

Medicine Hat	8	1	0	24	27	4	23
Red Deer	4	2	2	14	14	10	4
Lethbridge	4	3	2	14	14	15	-1
SAIT	3	3	2	11	15	15	0
Lakeland	2	5	1	7	16	21	-5
Olds College	0	7	1	1	3	24	-21

#### October 4

King's 1, Keyano 1

#### October 5

##### NAIT 4, Grande Prairie 1

MacEwan 7, Concordia 0

King's 2, Keyano 0

SAIT 3, Lethbridge 0

Medicine Hat 3, Olds 0

Red Deer 5, Lakeland 0

#### October 6

##### NAIT 8, Grande Prairie 1

Lethbridge 3, Olds 1

Medicine Hat 3, SAIT 0

### GOLF STANDINGS

#### Men's Individual

1	Kyle Morrison	RDC	143
2	Mitch Kurtz	MH	147
3	Darren Windle	RDC	149
<b>4</b>	<b>Jared Donnelly</b>	<b>NAIT</b>	<b>152</b>
5	James Charpentier	GMU	153
6	Drew Horn	GMU	156
7	Devin Kohlhauser	GMU	158
8	Barrett Belland	GMU	158
9	Cole Feth	UAA	159
10	Samuel Kirkness	OC	159

#### Men's Team

##### North Region

1	MacEwan University	624
2	Red Deer College	629
3	Medicine Hat College	648
<b>4</b>	<b>NAIT</b>	<b>651</b>
5	Olds College	663
6	Drew Horn	665
7	Portage College	751



# Athlete Profile



**Player:** Dante Borelli  
**Sport:** Men's hockey  
**Position:** Forward  
**Program:** Millwork and Carpentry

By SHEEBA JOHNSON

**What inspired you to play hockey?**  
I got put into it by my parents at a very young age and I have thought about very little else since then. I love the feeling of being part of a team and I always get this sense of achievement everyday coming to the rink. It's just a great sport and community to be involved in.

**How has your experience at NAIT been so far?**  
My experience at NAIT has been great, after having such a successful season last year all I want to do is stay in school and play here as long as I can.

**Who's your favourite athlete?**  
Martin St. Louis, from the Tampa Bay Lightning.

**Do you have a pre-game rituals?**  
Nothing out of ordinary really. I'll eat my pre-game meal four hours before. I always tape my stick a certain way and

then listen to the same three songs before I go the rink.

**What's your favourite colour?**  
I like every colour, my favourite colour is rainbow.

**If you could be any one else living or dead for a day, who would you be?**  
I wish I could be Mike Fisher for a day cause I could play a game in the NHL, then come home to Carrie Underwood at night.

**Do you have pets?**  
I have two dogs, a German Shepard-Husky cross and a Shih Tzu-Bichon. I also have a gecko.

**What's your workout song?**  
"Carry on my Wayword Son" by Kansas.

**Energy drink: Love them or hate them?**  
I don't mind them. I don't use them to enhance my performance but once in a while for a pick-me-up to start off the night is fine.

# Athlete Profile



**Player:** Sherri Bowles  
**Sport:** Women's hockey  
**Position:** Forward  
**Program:** Business Administration

By SHEEBA JOHNSON

**What inspired you to play hockey?**  
I come from a huge hockey family and hockey town so that had a lot to do with it. I'd say mostly my dad, though. I tried figure skating – not my forte!

**Who's your favourite athlete?**  
Evgeni Malkin, he's my boy.

**Do you have pre-game rituals?**  
Nope, no pre-game rituals. I just go with the flow. I like to dance sometimes!

**What's your favourite colour?**  
It's between baby blue and coral.

If you could be any one else living or dead for a day, who would you be?  
This is hard. Pavel Datsyuk, because he is a sick hockey player and has some nice dangles or Shania Twain because I wish I could sing like her.

**Do you have pets?**  
Nope, no pets! Parents always said we were too busy running around with

hockey to have any!

**What's your workout song?**  
Shania (Twain) gets me through a lot of workouts.

**Energy drink: Love them or hate them?**  
Hate them. I've only ever had one in my life and that's when I was 12. I can get energized without them!

**How has your experience at NAIT been so far?**  
My experience at NAIT has been amazing. I have nothing but good things to say about schooling and the Athletics program. I'm in my fourth year and knowing that I am getting closer to my fifth makes me kind of sad! I've learned many things at NAIT, not just hockey related but just with life in general as well. It's prepared me for my future and I couldn't be happier to be an Ook!

## Athletes of the week

October 1-6

Darcie Kutryk  
Soccer



Ooks defender Darcie Kutryk played hard all weekend, playing two solid, all-around games against the Grande Prairie Regional College Wolves. She was rewarded for her solid effort on Sunday, as she scored the final goal of the game. "Darcie is composed all the time, which really helps her teammates play around her. They know that she will get her job done and support them when they need it," said head coach Carole Holt. "Darcie has been one of the most consistent and hard-working players on the team all year and it's nice to see that she is now finding the back of the net." Darcie is a fifth-year Architectural Technology Student from St. Albert.

Ty Swabb  
Hockey



Ty was unbeatable in goal over the past weekend, turning away all 64 shots he faced, while leading the Ooks to back to back shutout wins in a home and home series against the Red Deer College Kings. Ty needed to make all 33 saves in a low scoring affair on Friday night, as the Ooks beat RDC 1-0. In Saturday's game, Ty was just as sharp as he blanked the Kings once again, making 31 saves including several big stops against a talented group of RDC forwards. "Ty provided us with tremendous goaltending this weekend," said head coach Serge Lajoie. Ty is a first-year Academic Upgrading student from Edmonton.

### HOME GAME SCHEDULE

#### MEN'S HOCKEY

HOME OPENER

FRI SEP 27 @ 7:00PM

VS

#### SOCCER

SAT SEP 28

WOMEN'S @ 2:00PM

VS

SAT OCT 19

WOMEN'S @ 12:00PM

VS

MEN'S @ 4:00PM

VS

#### MEN'S HOCKEY

FRI OCT 4 @ 7:00PM

VS

FRI OCT 18 @ 7:00PM

VS



**STUDENTS'**  
**ASSOCIATION**  
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rm e-131



### Building Construction & Design Bhanu Bhatnagar

What I do: Along with being enrolled in Mechanical Engineering Technology Program at NAIT, I am also a part of Mechanical Engineering Student Association (MECSA). As Vice President (Communications) in MECSA, my role is to establish contact between the University and NAIT for better transferability into Mechanical Engineering Degree Program.

I love to: Play guitar, longboard, travel, read comics, play Battlefield, read about aeronautics, be humorous and sarcastic, and goof off.

Why the Senate? I would like to affiliate myself with the Senate because I want to advocate student welfare and partly because I'm awesome.

Goals in life: After receiving my diploma from NAIT, I will apply for a degree in mechanical engineering and specialize in aeronautics. Following my degree in engineering, I will enrol in the Air Force in order to become a pilot, and eventually become an astronaut because I love to fly literally and metaphorically.

— Bhanu Bhatnagar (Mechanical Engineering Technology Program) (Senate Candidate for Building Construction and Design)



### Building Construction & Design Glen Jeong

Hello NAIT,

I encourage you to vote for myself, Glen Jeong, second year in the Mechanical Engineering Technologist program, in the student senate election. As treasurer in Mechanical Engineering Technology Student Association as well as a member in the LEAD program, I believe that I can make changes at NAIT. You, the students, have good ideas that can benefit your experience and I would like your voice to be heard. I WILL BRIDGE YOUR THOUGHTS TO NAITSA.

"Vote for me, if you do, all the dreams will come true!" Pedro.



### Building Construction & Design Greg Steeves

Hello NAIT Students, my name is Greg Steeves and I am running for a seat as a representative in the NAITSA Senate for the Construction Building and Design Program Group. I am currently enrolled in the second year of Architectural Technology, and am the acting Vice-President of the Environmental Design Student Society campus club. I am a very outgoing and personable individual hoping to get more involved in students' and campus life at NAIT. If elected into Senate, I plan on being a strong voice and an accurate representative of the Construction Building and Design student body. One of my objectives as a Senate representative will be to raise awareness throughout the student body on the importance and role of the NAITSA Senate, as well as attempt to give every student the opportunity to be heard about any issues they may have at NAIT. I will do my best to relay those issues to the NAITSA Senate, and do everything in my power to have those issues resolved. Thank you for your consideration as a candidate for the NAITSA Senate.


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**Oct 15 10am - 2pm**

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# STUDENT ELECTIONS

candidate biographies



## Building Construction & Design Paul Eisenkrein

My name is Paul Eisenkrein and I am running for student senate. Currently enrolled in my final year of Construction Engineering Technology, I am interested in using my experience to represent NAIT students. With a background in business, I have experience collaborating with others to both solve problems and plan ahead. I have a keen eye for detail and a love for policy; these strengths will represent you well. During my last year, I used my strong leadership skills to captain a bridge building team, worked with my peers on student council activities, and continued to balance the demands of both running a successful business and attending school. These interpersonal activities have helped me gain a better understanding of student life and how to work with others. I would like to use these experiences. Watching the student senate meetings last year, I realized I wanted to be part of that organization. One of my goals as senator is to keep the senate focused on students and their future successes. If elected, I commit to be approachable, dedicated and focused on future goals and needs of NAIT students.

Thank you for considering me, Paul Eisenkrein, as student senator.



## Building Construction & Design Rhys St. Jean

As this scholastic year marks the end of my college experience, I am wondering if I have given back to the construction community that has given me so much. The training that we receive here is in such high demand in the workforce; are we simply rushing through our time here?

I wish to make the voices of the **Building Construction and Design** students heard. As the CAT building begins to take shape, the Engineering Annex will host its last few years of classes. This is the time for us to start thinking about the changes we want to be a part of, if not for ourselves, then for the alumni in years to come. This last year at NAIT has shown me the value of camaraderie and making friends for a lifetime. Although this institution has given us so much, without the students, it would be nothing. We are the governing body here. We have the right to effectuate change. Speak your mind and make the most out of your education here.

Elect me as your **Building Construction and Design** Senate Representative and you will make your voice heard.

Rhys St. Jean



## Media & Design Alex Sackiw

The Television and Radio program usually attracts the musically inclined. And Alex Sackiw is VERY musically inclined. Born and raised Albertan, Alex has a strong drive for getting things done. You can trust him to make the right choices for your well being. For more information, please contact him directly as Alex is very approachable and encourages you to talk to him about any concerns you have involving NAIT.

Alex Sackiw.

A choice you can trust.

A voice you can touch.



## Media & Design Carly Robinson

Who is Carly Robinson? Read on to find out more. Born in the small town of Lac La Biche, she has now grown into a (slight) overachiever. After two years in political science at the University of Victoria, she is now here at NAIT in the Radio and Television program. Fluent francophone and a self proclaimed crazy hedgehog lady, Carly is ready to represent Graphic Design students on the NAIT Senate. If you want someone high energy and approachable, then vote yes for Carly to represent you!



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#### Business & Administration Chris McNally

What can I say that won't be said by other candidates; long monotonous talk of honor and duty. The joys of serving your fellow students in the hopes of making their stay here just that little bit better, maybe even, the ability to get things done. No! I will explain to you the person you are actually voting for, the true conviction I possess through the actions I take. I'm the guy that hangs out at the Nest when he has free time, you might often see me playing pool there. I'm the guy that cracks jokes in class that tries to make friends with everyone he meets. I'm the guy that dresses up in a crazy Halloween costume in October, grows a mustache in November, and wears a Santa hat at Christmas. I'm going to steal a quick quote from mayor Nenshi of Calgary but twist it to my needs here "I may not be the senator you want, but I am the senator you need." Make the right choice when voting time comes; **vote Chris McNally** for student council senate.



#### Business & Administration Kaylee Banky-Sword

As business students, we know that communication is essential to success. I want to be your voice at NAIT to ensure you have the tools, support and opportunities to be successful in your post-secondary careers.

Your voice matters. If you have concerns about anything from microwave locations to bylaws I will ensure your voice is heard, understood and acted upon! You also deserve to have your best interest in mind when decisions are made. This is my priority.

So what qualifies me to represent the students of the business administration programs?

I am currently the Campus Ambassador Coordinator at NAIT. Working with students on a regular basis, I have the opportunity to listen to concerns students have at NAIT. I have recently been elected as the VP of Public Relations for IntoNAITion. This position, and working at NAIT, provides multiple avenues for you to contact me.

As a member of last year's Alberta's Dean's Case competition, I understand the struggles of being an ambitious business student. Possessing insight to this, I know how important it is for your representatives to stand up for your needs!

Your Voice. **Vote Kaylee Banky-Sword for Senate!**



#### Business & Administration Kristina Schesnuk

To my fellow classmates!

My name is Kristina Schesnuk and I am a third year Finance student in the BBA program. I am running for one of two Student Senate positions to represent the JR Shaw School of Business. I started my journey at NAIT volunteering as a Frosh Leader for the past two years to educate students on what NAIT Student Association has to offer. This position has become a Class Representative, which I have recently received. Lastly, for the past three years I have been an active member of a club on campus called Business Connex of NAIT, which I have recently taken on the Presidency role. Being heavily involved within NAITSA allows me to have an advantage when it comes to knowing the services that can be provided for students on campus.

Business students deserve a knowledgeable, hard-working, energetic individual who will be able to address their needs; I am this person! I will be committed to the students, strive to provide the best services, and listen to the needs of my peers.

Put a check for Schesnuk in the 2013 Student Senate Elections and allow me to be the voice for all business students.

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# STUDENT ELECTIONS

candidate biographies



**Business & Administration**  
**Marco Bombino**

Your voice is mine. You all have different opinions on what issues you want addressed on campus. Let me, Marco Bombino, promote your voice. If you've seen my posters you can tell I like to have a good time and am very easy to get along with. However, when passionate about an issue I conduct myself very professionally which is why I am running for Student Senate. Being a Business Connex member now for two years has given me the essential leadership skills for this position. As VP of Blood Donors of NAIT our goal is to create a bi-monthly blood drive on campus to benefit the community. Looking to expand my role at NAIT I have joined Enactus, plan on running for an executive position, and to become heavily involved with NAITSA as well. I love being involved with the community and I am passionate about helping people too. Anyone can be book-smart, but it is the common sense and logical thinking aspect along with a strong set of morals that I bring to the table. Vote Marco Bombino for Student Senate. Let your voice be heard!



**Business & Administration**  
**Nicolas Brown**

Hey everyone, my name's Nicolas Brown. I'm a 2nd year BBA-Accounting student and a dedicated community volunteer. I decided to run for the Student Senate because I want to contribute to the NAIT community. What better way to contribute to NAIT than to represent YOUR interests as students. As a community-oriented individual, I want to make sure that students' needs, YOUR needs, are met by NAITSA. I want to make sure that you, the students, have access to the programs and support that you need, and that you know where and how you can access them. In the end, I don't want to be just another number; I want to be an active member of the community. So please, if you see me in the halls, say hello, ask me questions. If you have any questions or concerns, you can also email me at [nicolas4senate@gmail.com](mailto:nicolas4senate@gmail.com).

Make your voice heard; remember to vote online @ [www.naitsa.ca](http://www.naitsa.ca) from October 10th – 15th.



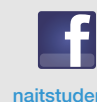
**Business & Administration**  
**Rechelle Eklund**

Hello, my name is Rechelle Eklund and I am running for a 2013-2014 position in the Student Senate. As Senator, my main goal is to make sure you as students, are more than satisfied with your post secondary experience! I am also here; to make sure the Student Government is doing their best to help you achieve this. As Senator, I will be available whenever needed to represent students on any issues. I will preform not only with the best intentions of NAIT in mind, but also to the best of my ability. I will be available for contact to discuss any concern. Whether it is an issue about a more convenient quiet space to study, the upkeep of the 8th floor lounge, or any other matter that students are passionate on, you can come to me with questions and I will find the answers. My goal as Senator is to be the voice of the students.



**Business & Administration**  
**Shantelle Lamouche**

No resume provided.



#### Culinary & Hospitality **Allannah Wrobel**

Hey NAIT! I'm Allannah Wrobel, I am in my second year of Hospitality Management and I am currently the President of the NAITSA Club 5 Star. I am reliable, loyal, dedicated and have exceptional motivation. I'm outgoing, trustworthy and charismatic. I truly have your interests at heart and I will go above and beyond to ensure that you, the culinary and hospitality programs, are represented. Please vote for me for senate!



#### Culinary & Hospitality **Brittani Blake**

What's up NAIT! Just wanted to let you know that I am running for the Culinary and Hospitality representative of the senate. As a previous student of the amazing Culinary Arts program and current student of the Hospitality Management program I am perfectly positioned to hear and understand your specific needs. It will be my pleasure, if elected, to manifest your thoughts through my own voice at senate meetings. Don't forget to vote!



#### Information Technology & Electronics **Jessica Archibald**

Hello, NAIT! My name is Jessica Archibald, and I am a 2nd year Captioning and Court Reporting student. I would love to be one of your senate representatives for the Information Technology and Electronics Program. I am an OOKS athlete on the badminton team as well as the vice president of my program's grad committee. You have probably seen me roaming around the T-building and the gym, and know me as the girl with the flower in her hair. During my first year at NAIT, I was so surprised to learn how much NAIT has to offer for its students. This year I've decided I want to be a part of everything that is going on in our school community and to continue learning more so that I can help other students be aware of all that is offered here at NAIT and to take advantage of it! I am hard working, responsible, and I can get results. If you let me, I will make sure your voices and opinions are heard and that we all have a fun, successful year together!

Thank you for considering my candidacy, and I wish all the other candidates the best of luck!




#### Information Technology & Electronics **Elizabeth Royal**

To the tune of Fresh Prince of Bel-Air:  
In Wetaskiwin, Alberta born and raised  
In NAIT is where I spend most of my days  
Writing, reading, learning all the rules  
Rep'n all the students because the Senate rules  
When a couple of days have gone by at NAIT  
Don't forget to pick me as your candidate  
To represent the program of IT  
I'm here to be your voice - Vote for me!

Elizabeth Royal  
IT & Electronics





# STUDENT ELECTIONS

candidate biographies



## Engineering Technologies, Academic Upgrading & Open Studies Amelia Nash

Hello fellow students,

My name is Amelia Nash and I am running for Student Senate representing the Engineering Technologies, Academic Upgrading and Open Studies program group. I previously graduated from the Graphic Communications program and then took a year working in my field before deciding to upgrade and pursue further education. I started my time here at NAIT volunteering as a Frosh Leader to help make new students feel welcome and current students aware of what NAITSA has to offer. From this volunteering, I went forth to work in NAITSA as an Event Coordinator and then onwards to Student Senate. Having previously been a representative on Student Senate gives me a deep understanding of services provided to students, the roles and responsibilities of a senator, and how I can continue to improve and expand upon what is best for you, the students. This knowledge and prior experience paired with my never-ending commitment to you makes me the best choice for Student Senate.

For the 2013 Student Senate elections, I ask for your support. Vote Nash; a determined, hard-working, and enthusiastic individual, for Student Senate and have your voice heard. I will let my actions speak louder than my words.



## Engineering Technologies, Academic Upgrading & Open Studies Chris Burton

Hi! My name is Chris Burton; I'm a first year Nanotechnology student and I'm very excited to be part of the NAIT community. Though I have little experience in student body government, I believe my work ethic, willingness to listen and dedication to honesty make me a valuable asset in representing NAIT students' voice. My goals and motivation for running for Senate are to do my part and use my voice to enhance the experience of students as we attend NAIT. We have such amazing opportunities at this first-class institution, and I see great potential in the vast variety of opinions, ideas, experience and goals of NAIT students. Concerns about class sizes, lab space and resource accessibility are a major priority, as we're all looking to make the most of the time we put in at NAIT, one way or another. I'm very approachable, and though I'm terrible with names, if I meet you, I can guarantee I'll remember your face and what we talked about. That's a skill I intend to put to full use to bring all issues to the table as a member of NAITSA Senate.

Go Oaks!



## Engineering Technologies, Academic Upgrading & Open Studies Coleten LeBlanc

My name is Coleten LeBlanc. I am running for a seat in the Engineering Technology, Open Studies, and Academic Upgrading category for the student senate. You might thinking to yourself what type of qualifications he has to fill this position. Well I will tell you I have been in different leadership programs since my grade nine year. I am here to tell you my goal as a senator is to listen to you people. I want to be the voice that speaks out for the student body. When I think of Nait I think of the diversity of people that Nait has. I can speak to people from all walks of life from coming here from the military to meeting someone from Algeria. I enjoy learning about the world through these people. Nait is more then just a college it is the classroom to learn about the world. With this amazing college the way it is I would be honored to represent it for the people of my category. I live by a simple quote " the difference between try and triumph is a little umph". I will be the umph.



## Engineering Technologies, Academic Upgrading & Open Studies Silas de Leeuw

Hi, I am Silas James de Leeuw and I am in the running to be one of the NAITSA Student Senate members. I have joined the running because it provides an opportunity to get involved in the workings of NAIT and a chance to learn about the concerns of the NAIT Student body. As a first year student of the Nanotechnology program I will be representing the Engineering Technologies, Academic upgrading And Open Studies Program group. If you have any questions or concerns I can be reached at SenatorDeLeeuw@gmail.com. I hope that we all have a very good year full of leaning.



# STUDENT ELECTIONS

candidate biographies



## Environmental Management Brian Harvey

My name is Brian Harvey, I'm a first year chemical technology student, looking to become more involved with the inner workings of Nait. I have little experience with being in a managerial role or acting as a councilmember, but I wish to change that. I've always been a person that identifies problems and brings them to the attention of others, and have grown tired of being powerless to act in resolving those issues. I look forward to becoming involved in a role which will allow me to be a part of the solution to problems or issues, thereby enriching the student experience for everyone at Nait.

Sincerely, Brian Harvey



## Environmental Management Ken Howey

Hello my name is Ken Howey, I am a chemical technology student who is trying to run for your senate group. I am a great listener who wants to improve your school by listening to the issues of the students to make NAIT a better school for the greater good. I want to represent the students because I believe that all the students need to have someone represent them in the school system so that their experience at school can be made amazing.



## Health Sciences Emilie Berger

Hi! My name is Emilie Berger and I am a first year in the Dental Technology program. Although it is only my first year at NAIT, I just completed my Science Bachelor Degree at UNB. During my four years at UNB, I was involved with House Committee as Merchandise Representative, Treasurer, and Secretary for Tibbits Hall and, in my last year, I was the Biology Society's President. I believe that with my experience from these positions and my experience from attending a post-secondary school in the Maritimes, I would be excellent candidate for the Senate.

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## WHAT'S GOING ON AROUND CAMPUS

**WHO** Gamers of Dungeons & Dragons  
**WHAT** Weekly Meetings  
**WHEN** Wednesdays, 5:15pm – 11:00pm Room WA-114  
 Fridays, 5:15pm – 11:00pm Room WC-316, WC-312

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

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

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

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

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

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

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

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

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

**WHO** Improv Club  
**WHAT** Weekly Meetings  
**WHEN** Thursdays, 4:15pm – 7:15pm  
**WHERE** Room L-164 (Club Room)

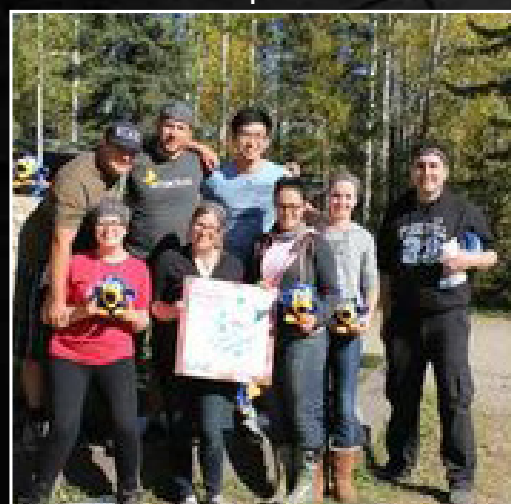
**WHO** Blaze Dance (Hip Hop) club  
**WHAT** Weekly Meetings  
**WHEN** Fridays, 5:00pm – 8:00pm; Sundays, 11:00am – 3:30pm  
**WHERE** Studio

**WHO** Muslim Students Association  
**WHAT** Dawah Booth (Information)  
**WHEN** Mondays, 12:15 – 1:00pm and Thursdays, 11:15am – 12:00pm  
**WHERE** NAITSA, main campus Rm E131



## CAMPUS CLUBS NEWS

CONGRATULATIONS! To the U.F.C. Retreat Winners - First Place Team Octoposse; 2nd Place Team Gladiators; 3rd Place Team Griffindor

1<sup>st</sup> place2<sup>nd</sup> place3<sup>rd</sup> place

## VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus  
 780.471.8457 | 780.471.8871  
[campusclubs@nait.ca](mailto:campusclubs@nait.ca) | [naitsa.ca/clubs](http://naitsa.ca/clubs)

Check out the Clubs Website for other  
 upcoming Important Clubs Dates



# ENTERTAINMENT

## Making something app-en



**CHRIS FIGLIUZZI**  
Assist. Entertainment Editor  
@chrisfigliuzzi

Technology has become both a blessing and a burden in our society. On the one hand, it's hard to imagine just how people got anything done before computers, e-mail and smartphones. Yet, on the other, it's quickly become hard to imagine a person doing anything that doesn't involve some form of technology.

The number of kids riding bikes, playing street hockey or just generally enjoy a healthy active lifestyle is small, instead most are choosing more and more often to stay inside and play video games or watch TV. This obviously has led to a huge increase in the number of obese and overweight kids in our communities.

This was not something that was lost on Don Patterson, who notes "one of the huge challenges out there these days is that there are fewer opportunities for kids to be active and be healthy."

This becomes even more of an issue when Patterson goes

on to point out that "every study out there shows that kids who are active do better in school. There's a lower rate of juvenile delinquency and they're better at time management."

Patterson joined with Janice Ryan and created *Spirit Runner*, a truly amazing app for your smartphone to help motivate aboriginal youth to keep active while also allowing them to keep track of their activities. This app is everything that technology should be. It has stunning visual art work, created by the incredibly talented aboriginal artist Jessica Desmoulin, which has a warm, comforting and inviting feel to it that draws the user in.

The app also offers rewards for achieving certain goals



and even for simply participating and trying out various activities. One of my favourite aspects of the app though is that it allows the users to share their activities with friends or coaches. What better way to motivate other kids to be active than having their friends show them what activities they have been or are doing? Motivational quotes were also added after working closely with aboriginal communities.

"They told us that motivational quotes are really important to them," Ryan said. "That sometimes they feel a little down, there's nobody to talk to or they're just teenagers having an off day and feeling a little insecure."

What really separates this app though is the people behind it. Patterson and Ryan could have just stopped at the features above but they wanted more. They have actually gone out and are currently working with two-time Olympic cross country skiing medallist Beckie Scott and her program "Up Ski North Alberta" to help promote an active lifestyle within the community. Patterson and Ryan also got former NHLer and founder of Greater Strides Hockey Academy, a hockey school for aboriginal youth, Brantt Myhres on board with them as well.

This app is the essence of what technology should be. It engages the user in a fun and positive way, while also providing a link to a network of people able to provide support and encouragement.

For more information you can check out *Spirit Runner's* website at [www.spiritrunnerapp.com](http://www.spiritrunnerapp.com), or download the app for free on your smartphone.

# VOTE FOR STUDENT SENATE REPRESENTATIVE

Online Voting Oct 10 12am - Oct 15 4pm  
Poll Stations October 15 10am-2pm

NAITSA Office (E-131) | South Lobby Kiosk (Main Campus) | HP Centre | Engineering Technologies Annex Building  
North Cafeteria/Fresh Express (Main Campus) | South Learning Centre/X Wing (Main Campus) | South Campus | Patricia Campus

For **more** detailed **information** and to hear our stories please **visit us online** at [naitsa.ca/senate](http://naitsa.ca/senate)

**STUDENT ELECTIONS**  
your voice, your vote



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rm e-131



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By ALEX SACKIW

This week on the shuffle, I have something special for all you readers out there. Something that resonates to the core of music fandom are the classics that never seem to leave us. Before dubstep, before auto-tune, before

gangster rap and boy bands, there was real music. Now, I'm not saying that all things previously mentioned aren't music, but the definition has changed over the years.

Let's take this farther back, back before we had MP3s, before we had CDs, back before we even had cassette tapes (Yes, we're really going that far back). Lets go back to a time when "the new hit single" was recorded on vinyl records, played in studios and broadcast around the world on radio waves that reached into our living rooms through a box that makes today's toasters look compact. Yes, let's go back to the 1960s.

This collection of tasty licks is pretty much the most iconic songs that I could bring to you, sampling just a hint of the amazing recordings made during this time – from Vietnam to the Beatles and all the music

that influenced them. You need to listen to these:

1. Creedence Clearwater Revival – Bad Moon Rising (1969)
2. The Beatles – She Loves You (1963)
3. James Brown – I Feel Good (1965)
4. Rolling Stones – Sympathy for the Devil (1968)
5. Box Tops – The Letter (1967)
6. Jimmy Hendrix – Purple Haze (1967)
7. The Kingsmen – Louie, Louie (1963)
8. The Beatles – Yellow Submarine (1966)
9. Buffalo Springfield – For What It's Worth (1967)
10. David Bowie – Space Oddity (1969)
11. Ben E. King – Stand By Me (1961)
12. Nancy Sinatra – These Boots Were Made For Walking (1966)



## VIRAL VIDEO

# These videos are very, very scary!

By KODY DAVIDSON

It's the month of Halloween! And I have not one video but 31 videos for you all to watch up until the big day itself. Every year Cinemassacre.com hosts a monster madness, from Oct. 1 to Halloween Day. One video a day for the month of October.

Cinemassacre.com is owned and run by James Rolfe. You may recognize the name from the popular web series *Angry Video Game Nerd*. This year is the seventh annual

monster madness on Cinemassacre.com. He has been doing these short reviews for seven years now. I told you this week was going to be more long form. This year's monster madness is all about sequels! In fact, he did that a couple years ago, so this is a sequel to the sequels.

These video are generally only around five minutes long but very entertaining. They are short reviews letting you know if the movie is crap, good or otherwise. This

year, James plans on doing some more franchises that he missed doing a couple of year ago in the first sequel-a-thon. It just good fun for the Halloween season. If you're like me you'll wait until Halloween and binge watch all 31 at a time. If not there should be 10 videos out already.

If you can't get enough then you can always watch monster madness from years past. Just click around the website and you'll find a ton of great videos.

You can watch the videos at: <http://cinemassacre.com/category/moviereviews/montermadness/sequel-a-thon-2/>



**Alexander Keith's Birthday at the Nest**  
4

**Clubs Connection**  
7

**How to Run**  
7, 15, 21, 28

**Oilers vs Penguins at the Nest**  
15

**Oilers vs Canadians at the Nest**  
22

**NAITSA & the Edmonton Food Bank Trick or Treat Food Drive**  
31

**Scary-oke at the Nest**  
31

**OCTOBER EVENT LIST**

STUDENTS ASSOCIATION  
naitsstudents

f naitsa

t naitsa

YouTube yourNAITSA

naitsa.ca

naitsstudents

rm e-131

## HOT SINGLE OF THE WEEK



Photo by Kyra Muller

### Tyler Laszek, 19 Culinary Arts

Tyler Laszek is a first-year Culinary Arts student at NAIT so, yes ladies, he can cook. In his spare time, Tyler enjoys outdoor sports, movies, drinking on the weekends and just having a good time. Tyler is looking for a woman with a sense of humour and a carefree attitude. His ideal date would be a romantic international crime spree, so if you are a single lady looking for a man that can cook and take you on a very romantic crime spree, Tyler is the guy for you!

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

# How to dress for sex-cess

By BAILLIE SCHEETZ

Is the way you dress repelling the opposite sex? In a study of 1,000 men and women in America it was determined that 64 per cent of women and 48 per cent of men judge members of the opposite sex based purely on what they are wearing.

Women are also less likely to accept a date if the man is badly dressed. Only 47 per cent would accept a date with someone who has bad fashion sense compared to 55 per cent of men. Women are more likely to try and change the way a partner dresses by shopping for them.

Nearly half of the women polled have tried to "educate" their boyfriend in the fashion world by advising him on his appearance.

Men, however, are slightly more likely to let fashion get in the way of a good relationship. Eleven per cent have broken up with a girl because they didn't like the way she dressed, compared with nine per cent of women. Onesies, leopard print, Ugg boots, oversized sunglasses and big earrings are the fashion trends that men seemingly dis-

like the most on women.

Men voted almost unanimously in favour of the natural look, putting hair extensions, cheek piercings, heavy make-up and dip-dyed hair in the turn-off column. They also said no to jumpsuits, rainbow coloured hair, "hooker heels," chipped nail polish and exposed undergarments.

When it comes to looks that ladies don't like on guys, low hanging jeans, fake tans, girly scarves, extra low V-necks and baseball hats worn on the back of the head topped the turn off list. Women also disliked socks and sandals, spiky earrings, full tracksuits and short shorts.

When asked, men gave Kate Middleton, Jennifer Anniston, Kate Moss and Jennifer Lopez as celebrity examples of women that have attractive style.

Women cited David Beckham, George Clooney, Brad Pitt, Robert Pattinson and Harry Styles as men they wished their significant other would dress like.

These compiled lists heavily prove that classiness is key for clothing when trying to appeal to members of the opposite sex.

WE'RE BACK

**NAIT  
NEWS  
WATCH**

Catch us every  
Saturday on CTV2  
at 6 P.M starting  
September 28

CTV  
two





Muhammad Waqas

## Winter is coming. What suggestions do you have for other students?



"Walk carefully on snow, and try not to slip."

**Parminder Kaur Aujla**  
Business  
Administration



"If you are new to Edmonton and not used to the weather, then dress appropriately ... and don't stay out for a long time."

**Elizabeth Hermoso**  
Business  
Administration



"This is going to be my first winter in Canada and I think I need suggestion from all you guys about it."

**Abhinay Peshwani**  
Digital Media and IT



"Wear woolen clothes."

**Puneet Guliani**  
Electrical Engineering  
Technology



"Wear up to 10 items of clothing, if possible. This is my first winter here, so I am sure you know why I said 10."

**Blessing Okeke**  
B. Tech – Technology  
Management





## TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



# Social networking security



Social networking websites like Instagram, Facebook, Twitter and Reddit are services people can use to connect with others to share information like photos, videos and personal messages. As the popularity of these social sites grows, so do the risks of using them. Hackers, spammers, virus writers, identity thieves and other criminals follow the traffic.

Read these tips to help protect yourself when you use social networks:

- Use caution when you click links that you receive in messages from your friends on your social website. Treat links in messages on these sites as you would links in e-mail messages.

- Know what you've posted about yourself. A common way that hackers break into financial or other accounts is by clicking the "Forgot your password?" link on the account login page. To break into your account, they search for the answers to your security questions, such as your birthday, home town, high school class or mother's middle name. If the site allows, make up your own password questions and don't draw them from material anyone could find with a quick search.

- Don't trust that a message is really from who it says it's from. Hackers can break into accounts and send messages that look like they're from your friends but aren't. If you suspect that a message is fraudulent, use an alternate method to contact your friend to find out. This includes invitations to join new social networks.

- To avoid giving away e-mail addresses of your friends, do not allow social networking services to scan your e-mail address book. When you join a new social network, you might receive an offer to enter your e-mail address and password to find out if your contacts are on the network. The site might use this information to send e-mail messages to everyone in your contact list or even everyone you've ever sent an e-mail message to with that e-mail address. Social networking sites should explain that they're going to do this but some do not.

- Type the address of your social networking site directly into your browser or use your personal bookmarks. If you click a link to your site through e-mail or another website, you might be entering your account name and password into a fake site where your personal information could be stolen. Be selective about who you accept as a friend on a social network. Identity thieves might create fake profiles in order to get information from you.

- Choose your social network carefully. Evaluate the site that you plan to use and make sure you understand the privacy policy. Find out if the site monitors content that people post. You will be providing personal information to this website, so use the same criteria that you would to select a site where you enter your credit card.

- Assume that everything you put on a social networking site is permanent. Even if you can delete your account, anyone on

the Internet can easily print photos or text or save images and videos to a computer.

- Be careful about installing extras on your site. Many social networking sites allow you to download third-party applications that let you do more with your personal page. Criminals sometimes use these applications to steal your personal information. To download and use third-party applications safely, take the same safety precautions that you take with any other

- Think twice before you use social networking sites at work. Be careful with social networking sites, especially at work. Some employees have replaced the daily computer solitaire break with a daily check of Facebook, LinkedIn, Twitter or other favourite social networking site, many workplaces report.

Online social networking might be a more interactive distraction for employees than playing cards but it's a lot more dangerous to the health of the corporate network.

Several recent reports attest that phishing scams, viruses, spyware and other unwanted software are spreading through social networks and into workplace networks. These outbreaks can damage computer systems and might even steal sensitive information from your company.

Some workplaces block social networking websites but because these sites can also be a valuable tool at work, you still

might have access.

If you do, here are some ways to use that access more safely:

- Find out what the company policy is regarding visiting certain websites using your corporate network.

- When you sign up for a social networking site, use your personal e-mail address, not your company e-mail address.

Use caution when you click links that you receive in messages from your friends on your social networking site. Treat links in messages on these sites as you would links in e-mail messages.

- Be choosy about who you accept as a "friend" on a social network. Identity thieves may create fake profiles in order to glean information from you. This is known as social engineering.

- Be careful about the information you reveal about your workplace or company on your social networking site. (This is a good rule to follow for blogs too.)

— Information obtained from the Edmonton Police Service.

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

Everybody benefits, except the criminal. Visit our website for more tips and information: [www.nait.ca/security](http://www.nait.ca/security).

## CROSSWORD

### Across

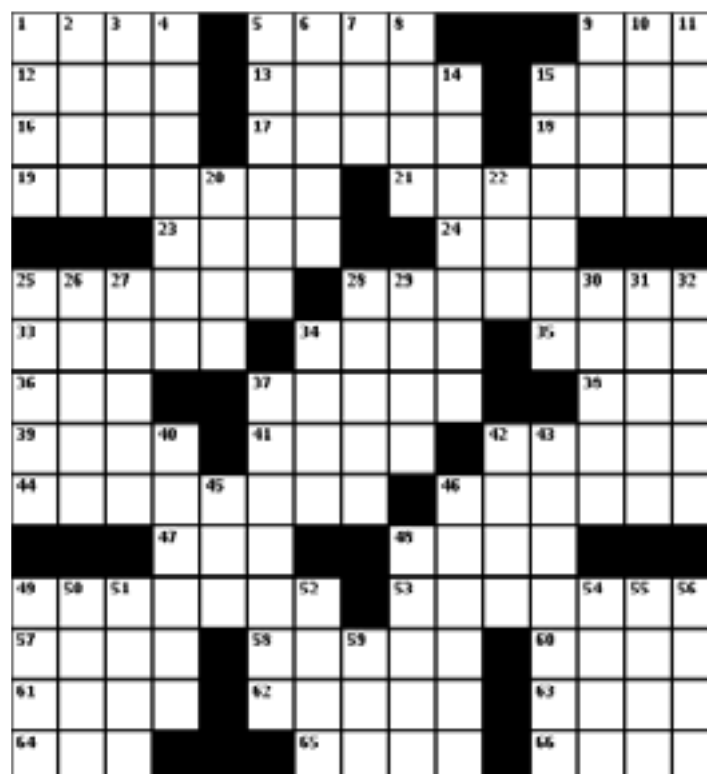
- 1- Not many
- 5- "The Time Machine" race
- 9- Shamus
- 12- Cordelia's father
- 13- Partly melted snow
- 15- Type of song, sung solo
- 16- Longfellow's bell town
- 17- European capital, in song
- 18- Gave temporarily, holy period of 40 days
- 19- Shoot-'em-up
- 21- Least difficult
- 23- The Stooges, e.g.
- 24- Plaything
- 25- Although
- 28- Temporary inactivity
- 33- "Mule Train" singer
- 34- Person who is liable to tell untruths
- 35- Injure
- 36- Sitcom planet
- 37- Arranges in groups
- 38- Cry out loud
- 39- Always
- 41- Fastens a knot
- 42- Machine for lifting heavy loads

- 44- Stately Spanish dance
- 46- Trader
- 47- Seminary subj.
- 48- Not a dup.
- 49- Erased
- 53- Military person
- 57- Cameo shape
- 58- Temporary paper currency
- 60- Capital of Norway
- 61- Start of a counting rhyme
- 62- Musical sounds
- 63- Go the distance
- 64- Compass dir.
- 65- \_\_\_ a soul
- 66- Caustic substances

### Down

- 1- What there oughta be
- 2- Celebration
- 3- Hearing organs
- 4- Expressed in writing
- 5- Lively wit
- 6- Grassy plain
- 7- \_\_\_ Town
- 8- Aha!
- 9- Corner
- 10- Half of zwei
- 11- Suffragist Carrie
- 14- Radiators

- 15- Immigration of Jews to Israel
- 20- Pennsylvania port
- 22- Non-dairy milk
- 25- Healing plants
- 26- Insect stage
- 27- Member of a motorcycle gang
- 28- Ventilated
- 29- Cave dwellers
- 30- Like Fran Drescher's voice
- 31- Hag
- 32- Cinder
- 34- Beef cut
- 37- Least fresh
- 40- Seldom
- 42- Slather plaster on the upper surface of a room
- 43- 4 Seasons No. 1 hit of 1964
- 45- You \_\_\_! Sure!
- 46- Edema
- 48- Bendable twig, usually of a willow tree
- 49- Evil is as evil \_\_\_.
- 50- Nights before
- 51- Narrow path for walkers, cars or ships
- 52- Pest control brand



- 54- Brit's exclamation
- 55- Otherwise
- 56- Spoils
- 59- Genetic material
- 60- Mid-month times
- 61- Flood survivor
- 64- Made a hole

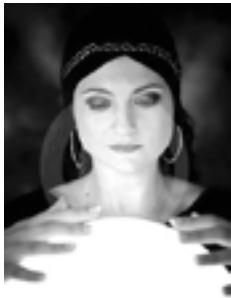
Puzzles provided by BestCrosswords.com (<http://www.bestcrosswords.com>). Used with permission.

**SOLUTION**  
**Page 35**



THE NUGGET PRESENTS:

# HOROSCOPES



## MADAME O

### October 10-16

(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)

It is always hard for you to get into a serious relationship. You will enjoy this week talking to your siblings, neighbours and relatives sharing your personal life, especially issues with your love life. You will be surprised at how much love there is in your life and don't be afraid of letting other people know how much you love and care about them.

### Scorpio (Oct. 23-Nov. 21)

Use this time to plan your birthday and start telling others about it to make it the best time of your year. Involve others in your plans and do not be afraid to spend money decorating your house.

### Sagittarius (Nov. 22-Dec. 21)

This is a best time for you because everyone wants to spend time with you. Be careful not to share a personal secret that could hurt your reputation. This week is a good time for you to spend some money to buy new items for your wardrobe.

### Capricorn (Dec. 22-Jan. 19)

This week will be busy but the weekend will be fun. You must go out somewhere with your friends and enjoy the evenings. Be careful with your spending and don't let your emotions guide you.

### Aquarius (Jan. 20-Feb. 18)

You still want to escape and this might be because of tension with your partner and close friends. Be patient and try to understand others because this will help you to change the outcome of a situation that is bothering you the most.

### Pisces (Feb. 19-March 20)

This week you will work hard as usual. This will make you shine in front of your peers. People will usually come to you for help, so try not to be too standoffish. A new love relationship will put perfection in your work.

### Aries (March 21-April 19)

This week you really want to travel because you want a visual change. If you cannot afford travelling to other countries, you might as well just travel locally to see new

things. People from other cultures will appeal to you this week and you might end up flirting with someone different.

### Taurus (April 20-May 20)

This week is good for you in terms of money. Money will come to you through your loved ones and this is a good time for you to ask for a loan, if you need one. Don't let romance bring you down and try to avoid jealousy.

### Gemini (May 21-June 21)

You cannot expect anything this week and will be interested at what comes your way. Every single minute will bring a new and different experience. This will be a delightful time for romance and relationships and an easy way to escape from your routine.

### Cancer (June 22-July 22)

This is the perfect time for you to focus on home, family and your personal life. You should also give extra thought to your health. Be careful

eating too many sweets, especially chocolate products.

### Leo (July 23-Aug. 22)

You love to party but you're afraid of it at the same time, which is why you spend most of your time at home. You also know your limits and care about your loved ones. This is the best time for you to party and as well as spending time with your loved ones or people close to you, and to show off your skills like time management and creativity.

### Virgo (Aug. 23-Sept. 22)

You will stay confused this week and have a hard time choosing what is best. It is hard for you to communicate with your crush but the only way to get your crush is to overcome your fear. You will be relaxed this week and have more chance to party with your friend. Don't plan ahead because your plans are not going to work, so just go with the flow and you will like your surroundings.

## Who to call?

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

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

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

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

**NAIT Security** – 7477.

**Part-time campus jobs/volunteering** – Go to [www.naitsa.ca](http://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](mailto:tutor@nait.ca). Cost is approximately \$15/hour.

The NAIT Nugget is looking for  
part-time writers!

Join us Tuesdays in E128  
from noon until 1 pm

## THE NUGGET

Local and international news,  
entertainment, sports and  
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## MOVIES

# Jackass franchise fortune



By KURT FABISCHE

*Jackass* was a reality/comedy show that aired from 2000 to 2002 on MTV. It was a show about a group of guys running around, doing stunts, pranking ordinary people and each other.

The show established a large cult following and was a big enough hit that they spun the TV series into a film.

That film was *Jackass: The Movie* and it is where the Jackass crew hit the mainstream in 2002. On a \$5 million budget, the film brought in \$79 million.

Richard Roeper said one of my favourite critical comments about the film on *Ebert & Roeper*, calling the film the “feel-sick movie of the year” and said the film is “a disgusting, repulsive, grotesque spectacle but it’s also hilarious and provocative. God help me, thumbs up,” he said.

He perfectly captured the appeal of this franchise by saying, “These are all outtakes. Everything here is a deleted scene.”

A sequel was released in 2006 called *Jackass: Number Two* and it made the first film look tame. In 2010, we got *Jackass 3D*, which made a whopping \$170 million.

So, naturally a follow-up had to be expected. That follow-up is *Jackass Presents: Bad Grandpa*.

The film is directed by Jackass creator/director Jeff Tremaine and written by Tremaine, Johnny Knoxville and Spike Jonze (the Academy Award nominated director of *Being John Malkovich*, *Adaptation* and *Where the Wild Things Are*).

Unlike previous Jackass films, this one actually has a plot!

Irving Zissman (Knoxville, in old age make-up), an 86-year-old man on a journey across America with his eight-year-old grandson Billy (played by Jackson Nicoll).

The “story” is about a grandpa taking his grandson across the country with several stops along the way. But the loose narrative is just set up for a series of hidden camera pranks and



movies.yahoo.com

## Scene from Jackass 3D

stunts, in the vein of Jackass. Or in this case, more in the vein of Sacha Baron Cohen’s work in *Borat* and *Bruno*.

The theatrical trailer highlighted a number of scenes::

- Irving launches himself through a storefront window via a quarter-fed rocket car ride.
- Irving crashes a wedding by knocking over a champagne tower and crashing onto the table, toppling the cake.
- Stages a funeral for his “wife” and during the eulogy, knocks the casket over and her corpse rolls out.

And the trailer’s biggest moment:

Billy dresses in drag to enter a girl’s beauty pageant. On stage, he begins a dance to the song “My Bonnie Lies over

the Ocean” in a sailor outfit. He then strips to reveal his lingerie and does an exotic dance to the tune of Warrant’s “Cherry Pie,” during which Irving goes on stage and “makes it rain” dollar bills. The crowd and talent judges are stunned into silence. One audience member makes one clap and realizes it’s best to remain silent.

That is something one isn’t going to see in another film in 2013. I think the film could be hilarious. It’s right in this team’s wheelhouse – pranks and stunts. It’s what Jackass does and does well.

I’m looking forward to seeing *Bad Grandpa* when it’s released on Oct. 25.

**SCARY-OKE**  
**October 31, 2013**  
**3pm-7pm**  
**At The Nest**  
**\$4 | Rye, Rum, Vodka & Gin W/balls**  
**\$3 | Shots of Tequila**  
**PRIZES FOR BEST COSTUMES!**

THE NEST 25  
 TAP-TOUCH BOTTLE



# Auresia's career taking off

By KATIE HUDSON

Edmonton-born singer, songwriter and guitarist, Auresia, resides in Montreal, as she puts it, for now. Auresia grew up in Edmonton and came from a Ukrainian family where both of her parents sang, her father played the accordion and her mother played the piano. As a result of often performing in the family's household alongside her brother, Auresia was influenced at a young age to play the guitar and began writing her own songs.

## 'Always loved reggae'

Auresia's music certainly seems open to other genre's inspiration but some listeners may classify her songs as part of the reggae genre.

"I always loved reggae, especially blues and soul and singers like Etta James," she told the *Nugget* in a recent telephone interview.

"In general, my first album was roots reggae and then, this time around, I threw in a bit of world beat flavour, '90s disco, pop but reggae has definitely been a huge foundation."

The single from her new album, "So In Love You," features a reggae beat but includes a horn section for accent, vocal pop stylings full of riffs and lyrics about being in love with someone far away. Her other songs feature Caribbean, soul and Latin flavours.

Now, Auresia has completed a world tour and developed a global fan base from her performances in Chile, Colombia, Peru and all the way to Montreal, Toronto, Edmonton and even smaller venues such as Camrose.

Auresia describes this world tour as, "an amazing opportunity" and adds: "I had the opportunity to play in South America, such a beautiful and immersive experience. Maybe I will go back there to do another tour, that is kind of in the works."

On stage, Auresia often performs solo with a track and a DJ, but her favourite, she explains, is when she is on stage with a full live band – including backup singers, a bass, guitar and keyboard. Auresia writes the majority of her music but she does collaborate.

Auresia has been nominated for the Favorite World Artist for the Independent Music Awards and the Canadian Reggae Music Awards.

"I was so excited when I first found out about all those things," she says

## 'It was really cool'

"I'm getting flown down there and meeting other artists and other people in the industry. It was really cool. I really loved that."

The last time Auresia performed in Edmonton was on July 5 at Padmanadi's restaurant. When asked if she planned on coming to play in Edmonton soon, she replied: "I definitely want to come back, by next summer," which would be part of another larger tour.

We'll keep our fingers crossed that she does but until then you can find Auresia's latest album, *Risin'*, which debuted Sept. 3, on iTunes. Auresia's other albums include *Auresia*, the EP *So In Love With You* and the single "Fuel Up (on Love)," which can also be found on iTunes or on her website [www.auresia.com](http://www.auresia.com).



music.cbc.ca

Auresia

# Looking at food differently

By DYLAN HACKETT  
The Aquinian  
St. Thomas University

FREDERICTON (CUP) — Next time you're in a restaurant, try ordering a burger without meat, cheese or the bun.

That's what Sarah Roach does and surprisingly, many others.

The proper term for those people is not lunatics but vegans. It's a growing and popular trend that is sparking some serious interest among the health conscious.

The decision began when Roach gave up gluten, along with her sisters and mother a year ago.

"To me, I was always healthy and then basically I ended up reading the Wheat Belly Diet last summer. My mom read that and we both decided to cut gluten out and we lost a bit of weight and we both felt a little better about ourselves," said Roach, a University of New Brunswick student.

If you're unsure of what exactly a vegan

is, it's a few notches up on the vegetarian scale.

Not only do vegans not eat meat, but they also cut out all animal bi-products from their eating habits. No dairy products no eggs and no seafood.

"I had no money, I had nothing," said Roach. "I just kinda thought I'm too poor to spend \$17 on meat, and was like, OK, people do it, whatever. So, I just researched it and justified it and watched a couple of documentaries.

"My mom just began buying the vegan replacement for stuff in our house and so all summer we ate vegan, apart from when we were guests in someone's home."

Roach said people still don't understand what vegans are all about and still tend to judge.

"It's just so weird that it's looked at like 'oh you're eating healthy?'" Roach said. "I don't want to always be defending the world of vegans. People are like, 'why are you doing that? Where do you get your protein?'"

Morgan Hicks, a student at St. Thomas University in Fredericton, has been a vegan for six months and said the most challenging aspect of her lifestyle change is the judgment she receives.

"The most frustrating part is when people judge you for making that decision and not being educated on what it is and what you can do for the earth," said Hicks.

Hicks made her decision based on a more ethical background.

"It's not about losing or giving up anything. It's about feeling harmonious with myself and every living thing on this earth."

Hicks also noticed the health benefits of her switch. She said she lost weight that was gained through consuming salt, MSG (monosodium glutamate) and fatty foods.

"I went to the doctor to make sure I was still healthy because my mother was skeptical and my cholesterol and blood pressure were one of the best my doctor had seen," said Hicks.

Roach said her favourite vegan meals are spaghetti squash and curried chickpeas and rice.

"I eat a variety of different foods, I make smoothies almost every day, I live basically microwave free, make almost all my food from scratch and have found all new uses for avocado, chick peas and tofu," said Hicks.

Laura Michaud is 72 and her husband is 75, they have been raw vegans, limited to no cooked meals, for nearly 10 years. She currently teaches vegan cooking and lifestyle to her clients. Michaud completed a course on the vegan diet through Hallelujah Acres, an organization in Ontario that promotes a healthy a lifestyle through changes to a person's diet.

"It's a choice that you make; it's giving up not just meat but everything really, dairy, and sugar. We found things that are much better instead and have learned to cook all over again," said Michaud.



# It's growing season again!

By **WHITNEY FOX**  
@whitfox

My moustache envy began at a young age. I was around eight years old when I realized that I would never be able to grow a 'stache and, at the time, I was devastated.

It took me many years to recover and I never really stopped feeling that twinge of envy and resentment whenever I saw a fellow sporting a really impressive handlebar or Burt Reynolds.

The pain did dull, however, and I was making my way through my whiskerless life the best that I could when November 2007 rolled around and my already somewhat shaky inner peace was once again upended. Canadians were starting to participate in Movember and, although I really had no idea what it was, I knew it had to do with moustaches and I was a mess. I have to admit that during that first year, the entire month passed me by as I wallowed in my facial hairless self-pity.

However, as the year progressed I once again pulled myself together and I realized that if I didn't prepare for it, I would lose another month in a resentful stupor. So I decided that the best method at hand to deal with this blatant attack on my sense of wellness was to investigate further into the cause. I needed to find proof that the uni-



verse wasn't just bullying me and that some good must be coming from this Movember.

This turned out to be pretty easy. With minimal Googling, my vision was cleared and the greater good of this amazing cause shone through.

I found out that Movember was started by some friends in Melbourne, Australia in 2003 as a fashion statement. By 2004, they began to raise funds for men's health. Soon, Movember spread internationally, to the point where, in 2012, over a million participants in 21 countries raised \$146.6 million to go towards various men's health organizations around the world.

This year, Movember has reached NAIT. The NAIT Students' Association has registered with Movember as a network

and will hold Movember events throughout the month to get students involved with the cause. Taking part this year was somewhat strategic; Fe Maquinay, NAITSA events co-ordinator, says: "Because we have more guys here, it's really gelling ... sponsoring this kind of charity works well."

The rules are simple. Start the month clean shaven – NAITSA will be holding a "Shave Off" event assisted by representatives from the Est-elle Academy in the South Lobby and outside the NAITSA office. The next step is to raise funds and awareness by talking about all of the radical moustaches everyone is seeing everywhere.

NAITSA will be holding progress parties each Wednesday of Movember at the Nest, where the moustaches will be photo-

graphed. The participants really just need to grow that mo until the end of the month when there will be a finale party. Here, the photos will be on display and sashes will be awarded to the "Man of Movember" and other such titles.

A lot of students already take part. Dylan Seymour, an Upgrading student at NAIT, says: "I always participate. I haven't participated with money; it was always a thing for hockey."

So, NAITSA is asking participants to make it official by growing those mo's and supporting the 'stache cause. For more information, fuzzy-faced Mo Bros and their supportive Mo Sistas can visit [www.naitsa.ca/wearyourstache](http://www.naitsa.ca/wearyourstache) and [ca.movember.com](http://ca.movember.com).

HOW WILL YOU WEAR YOUR

# 'Stache?

Join the NAITSA Movember team!  
Already have a team? Join the NAIT network!

NOVEMBER 1 Shave Off | NOVEMBER 6, 13 & 20 Progress Parties  
NOVEMBER 29 Movember Finale | [WWW.NAITSA.CA/WEARYOURSTACHE](http://WWW.NAITSA.CA/WEARYOURSTACHE)

NAIT STUDENTS' ASSOCIATION

EST-ELLE ACADEMY

SURFACE



## TELEVISION

# Good to the very end

By JOSEPH RANGER

The series finale for *Breaking Bad* defied expectations – pleasing fans, AMC and the show's producer Sony Pictures Television.

It tied up virtually every loose end, giving closure to the anti-hero Walter White, his family and a new beginning for long-suffering sidekick Jesse Pinkman.

## Defied conventional logic

The show also defied conventional logic, which dictates a show doesn't drastically increase viewership in the final episode – especially a show centred on a high school chemistry teacher (White, portrayed by former *Malcolm in the Middle* father Bryan Cranston) facing terminal lung cancer, along with a former pupil (Aaron Paul) he previously flunked in Chemistry 101, as they transform into brilliant crystal meth cooks – battling family, rivals and law enforcement along the way. Add to the fact it was on a relatively unknown station, AMC, which until that point was primarily known for *Mad Men* and, later, *The Walking Dead*.

Numbers steadily increased from 1.9 million viewers who watched the Season 5 premiere, to 10.28 million who watched the finale, according to Nielson ratings.

Series creator/writer/director/producer Vince Gilligan credited an unlikely source for the increased viewership, specifically streaming web services, while speaking to assembled media following *Breaking Bad*'s win for Best Drama at last month's Emmy Awards.

"Television has changed a lot in six years," said Gilligan, shortly after winning the Primetime Emmy Award for Outstanding Drama Series. "And I

have to credit it – I'm no expert on the sociological elements of it, but I've got to think a big part of what has changed is streaming video on demand, specif-

ically with operations like Netflix and iTunes and Amazon streaming and whatnot.

"I think Netflix kept us over here," Gilligan said. "Not only are we standing up here tonight with a win for best show, I don't think our show would have even lasted beyond Season 2 if not for streaming video on demand and also the social Internet component of it – where folks get to chat online with folks all around the world afterward really has helped.

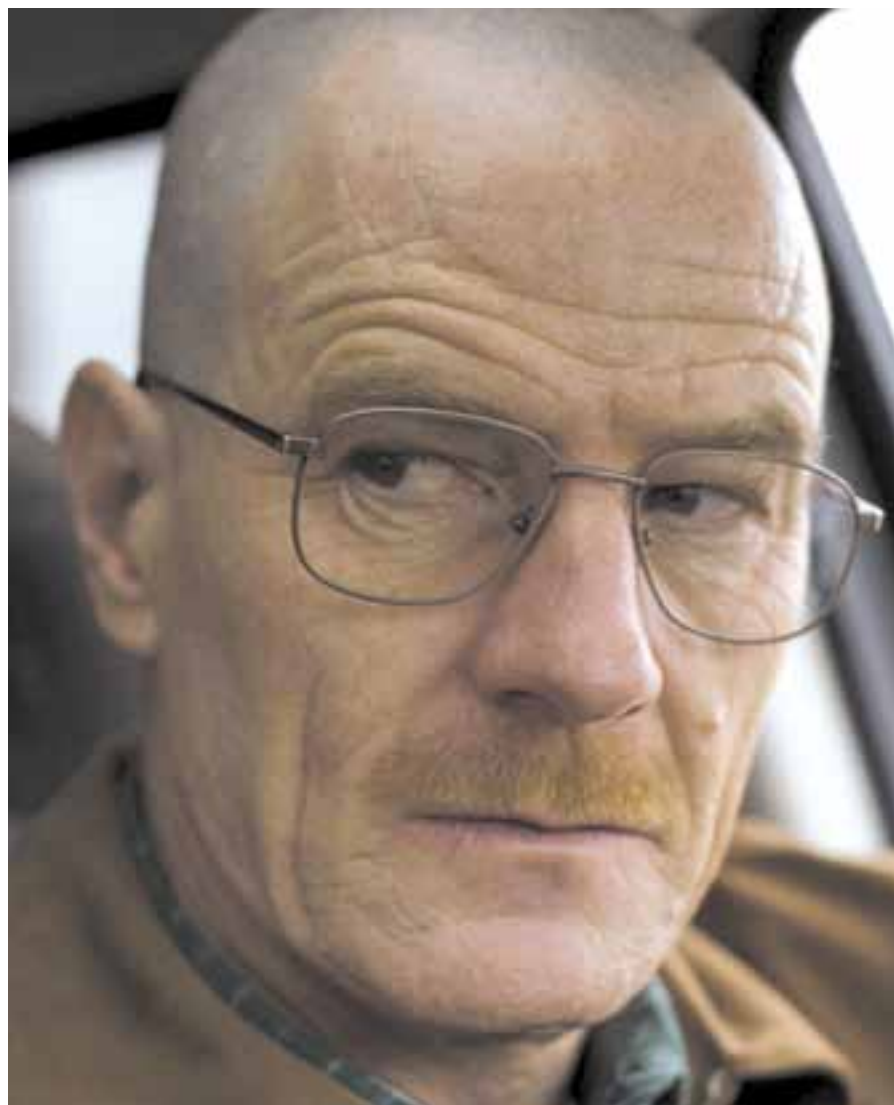
"It's a golden era of television and we've been really fortunate that we've reaped the benefits of these two wonderful developments."

## Feelings

On AMC's website, Gilligan responded to a fan's question about his own feelings regarding the series finale.

"As tough as it is to say goodbye to one another and to say goodbye to the fans and lose this week-in and week-out job that has been the best, most exciting, most satisfying moment in my career thus far – and may turn out to be the highlight of my career period – I hate the thought of the show peaking in quality and then going into some sort of long, slow inexorable slide into mediocrity.

"I would rather risk going out a little too soon than going out a moment too late. Having said that, I think we've got the right number of episodes at 62 episodes of TV. And I just couldn't feel any luckier than I feel having had the opportunity to do the show and have it work out better than I ever saw it in my wildest dreams."



www.businessinsider.com

Bryan Cranston as Walter White

## PORN REVIEW

# Unmarried without children

By CHRIS FIGLIUZZI

Assistant Entertainment Editor  
@chrisfigliuzzi

TV is amazing. It has the power to entertain, inform and even unite us. TV is even responsible for some of my most fond memories, I still remember lying in bed forcing myself to stay up till midnight so I could sneak down stairs to sit with my Dad snacking and watching *Married with Children*. Every now and then I still catch an occasional episode and I can't help but give my Dad a call so we can watch it together, even if it's just over the phone.

Needless to say, when I came across the *Married with Children* parody, creatively titled *Al Bundy Parody*, I had to watch ... and before you ask ... no, I didn't call my Dad. The video is available on fantasti.cc and stars Madison Scott as a customer look-

ing for some new shoes in the shoe store Al works at.

Before I really get into it, I have to say the set is amazing. It looks almost exactly like what I remember, aside from one stray brick wall that makes a couple of awkward appearances. Even the people they hired to play the characters have a shocking resemblance to the original. It's to the point where if this aired on late night TV and I had drunk a moderate amount of alcohol, I might actually think that it was just a really, really bad episode that was never supposed to air.

Unfortunately, that's

about where the similarities end. The script was absolutely dreadful, in fact the whole dialogue consisted of Al's coworker telling him to "lock the door, make sure no customers come in and watch this" ... this is

the last we see of the Al Bundy character. Actually, now that I think about it, the Al Bundy character is on screen for about 30 seconds total and he does nothing to contribute to the story. I mean the actor has his mannerisms down pat, it's amazing really but how can you call it a parody if the one character that actually makes it a parody is on screen for less time than the "actors" are wearing clothing?



Madison Scott

And let's look at these actors. I have no idea what their motivation is or why they are doing what they are doing. They don't even seem to know. I mean at one point the male offers the female a mint. I don't know what else to call them since they are never given names. The scene seemed completely unscripted and honestly was still my favourite part of the film.

At the end of the day this was an absolutely terrible parody and very well may have ruined a treasured memory of my childhood forever. I now hate everyone even remotely involved with creating this video and really need a stiff drink. I reward it no stars on any available rating system and will be starting a serious search for a shrink immediately.



# Combating exam anxiety



## TIMELY TIPS

**MARGARET MAREAN**  
NAIT Student Counselling

Do you experience rapid heartbeat, nausea, dizziness, sweating, fidgeting or feelings of hopelessness before an exam? It is normal to be anxious prior to tests. It motivates you to stay alert and do your best. Exam anxiety, however, is the state of being so nervous during a test that you don't do your best and you lose marks even though you know you have studied and are well prepared. These tips can help alleviate exam anxiety and are also helpful for anyone who just experiences the normal stress of exams.

### How can you reduce exam anxiety?

#### While studying:

- Allow plenty of time. Spread review over several days rather than cramming.
- Make a schedule including time for each subject and allowing some flex time.
- Set study goals for each study session.
- Build up confidence by reviewing the material frequently. Overlearning is the best insurance against going blank on an exam.
- Make sure you are "really" studying. Many students prepare for a test by reading their notes or textbooks. As you read along, you may feel that you know (understand) what the author is saying. Understanding what you are reading at the moment does not mean that you know it well enough to remember it for a test when the book isn't there to help you.
- Try to think like your instructor. What types of questions has she or he asked on previous exams? What would you ask if you were making up an exam on the material you are studying?
- Study actively by thinking of

potential exam questions and the correct answers, and by making sure you can recite or jot down key concepts with your textbook closed.

- Devise a system for practicing rapid problem solving as part of your review for the test. Being experienced at working under time pressure can help alleviate exam anxiety.
- Practise doing what you will do on the test – e.g. solving problems, writing out short or long answers.
- Take care of yourself by eating a balanced diet, getting enough rest and exercising.
- Learn relaxation techniques to use while studying and while taking the test, such as deep breathing, progressive muscle relaxation, visualization, and positive self-talk). Counsellors at Student Counselling can work with you on improved stress reduction and relaxation techniques.

#### Prior to the test:

- If you have problems with anxiety, avoid caffeine (coffee, dark colas). Caffeine mimics and escalates the symptoms of anxiety.
- Try not to study the same day as the exam.
- It is often helpful to go for a brisk five to 10-minute walk before the exam. This increases blood flow and gets you breathing deeply, thereby reducing stress.
- Arrive early enough that you can sit where you are most comfortable, get organized and avoid people who are anxious and might cause you to doubt your knowledge, but don't arrive so early that you have a lot of time to let your stress build up.
- Do not let yourself get into a negative mindset such as "I always panic on exams" or "I blanked out last time so I will blank out again". Instead think thoughts such as "I know my material", "I can stay calm and relaxed", etc.

#### During the test:

- Look over the questions to familiarize yourself with the test.
- Underline key words or phrases. Many students with exam anxiety make errors because they don't read the question thoroughly.
- Don't rush through the test, but work at a comfortable pace and don't

worry about how far along classmates are.

- If you go blank, skip the question and go on. Find some questions you can answer.
- Regard a lapse of memory as perfectly normal; do not let it throw you into a panic. If you block on answering one question, leave it for a while and return to it later.
- Don't panic when you don't know an answer. On multiple choice questions, eliminate options you know are incorrect and then make an educated guess. For other questions start writing what you know that is related to the question on a scrap of paper. This often triggers ideas that will help you find the answer.
- Use positive self talk. Come up with positive statements which help to keep you calm, such as "This is only one test," "I am familiar with this material," "I can do it", etc.
- Humour works to reduce stress,

and to help with creative problem solving. If you are stuck, try thinking of the funniest thing that has happened to you in the last month. Another quick technique is to visualize a very relaxing place, such as a beach, and to imagine yourself at that place for 30 seconds.

- Last but not least, don't forget to breathe. Taking five to 10 slow, deep breaths when you are feeling panicky doesn't take long and helps to calm you, while shallow, rapid breathing can create further stress.

Counsellors are available to assist you with techniques to overcome exam anxiety or with any other academic, career or personal issue that may be affecting your success at NAIT. To book an appointment call 780-378-6133 or come in person to Student Counselling, Room W-111PB, HP Centre.

We're open 8-4:30 Monday to Friday and until 5:30 on Tuesdays.

## Peer writing tutor opportunity

The Student Life Department at NAIT is looking to hire four peer writing tutors. This is a new position on campus and, if you have a passion for writing, this is the job for you.

#### Qualifications

1. Completion of a first year Communications or English course with a grade of 3.0 or above (on a 4.0 scale).
2. An overall GPA of 3.0 or above (on a 4.0 scale) is preferred.
3. A strong knowledge of writing, grammar and the English language. This will be demonstrated through a sample of your writing.
4. Strong listening skills and an ability to provide constructive and supportive feedback to students.
5. Strong communication, interpersonal, intercultural and time management skills.
6. Current student.

#### Primary Activities

To provide peer writing services (i.e. support with writing, grammar, research papers, essays, etc.) for students across disciplines and courses such as English as a Second Language, Business Administration, Health Sciences and Engineering Technologies on a drop-in and/or appointment basis.

*If interested, please forward a resume and writing sample to Sarah Walz at [sarahw@nait.ca](mailto:sarahw@nait.ca) by Oct. 11.*

*Unofficial transcripts would also be appreciated.*

## Poll clerks needed for student elections

**Duration:** Oct. 15, 2013

**Compensation:** \$15/hour

• Poll clerks are needed on Oct. 15 from 10 a.m.-2 p.m. for the NAITSA student Senate election.

- Poll clerks must have a strong command of English and have a complete and clear understanding of the democratic election process.
- All poll clerks must attend

a paid training session on Friday, Oct. 11 at 4 p.m. in Room E-131.

- Poll clerks must have a complete understanding of the online voting process

and must be comfortable in providing guidance to students.

- Apply in person at the NAITSA office, Room E-131 from 8 a.m.-4 p.m.



## CHILDREN'S BOOKS

# Potty training remembered

By ROBERT MacGILLIVRAY

Our dear Assistant Entertainment Editor, Chris Figliuzzi, has systematically destroyed many of my fondly remembered childhood stories. He's tainted everything from Dr. Seuss to Robert Munsch and when I got the opportunity to borrow his column for the week I decided to do a 180-degree turn and defend one of the last great books from my before-I-could-read memories.

*Once Upon a Potty: Girl* by Alona Frankel was the literature my mom read to me during my potty training phase. You'll have to ask my mom why she couldn't have picked

up *Once Upon a Potty: Boy*. Maybe it was an early attempt to take care of the discovery that boys and girls are different? In any case, *Once Upon a Potty: Girl*, is the tale of a two-year-old learning how to move from going "Wee-Wee" and "Poo-Poo" in her diaper to doing it in her brand new potty delivered by none other than her grandma. This delivery is followed by a number of humorous scenarios involving Prudence finding innovative ways to use her new potty such as for a hat and a bowl for the cat. While some authors might have thought it enough to write and illustrate these scenarios without an explanation, Frankel takes the time to explain that

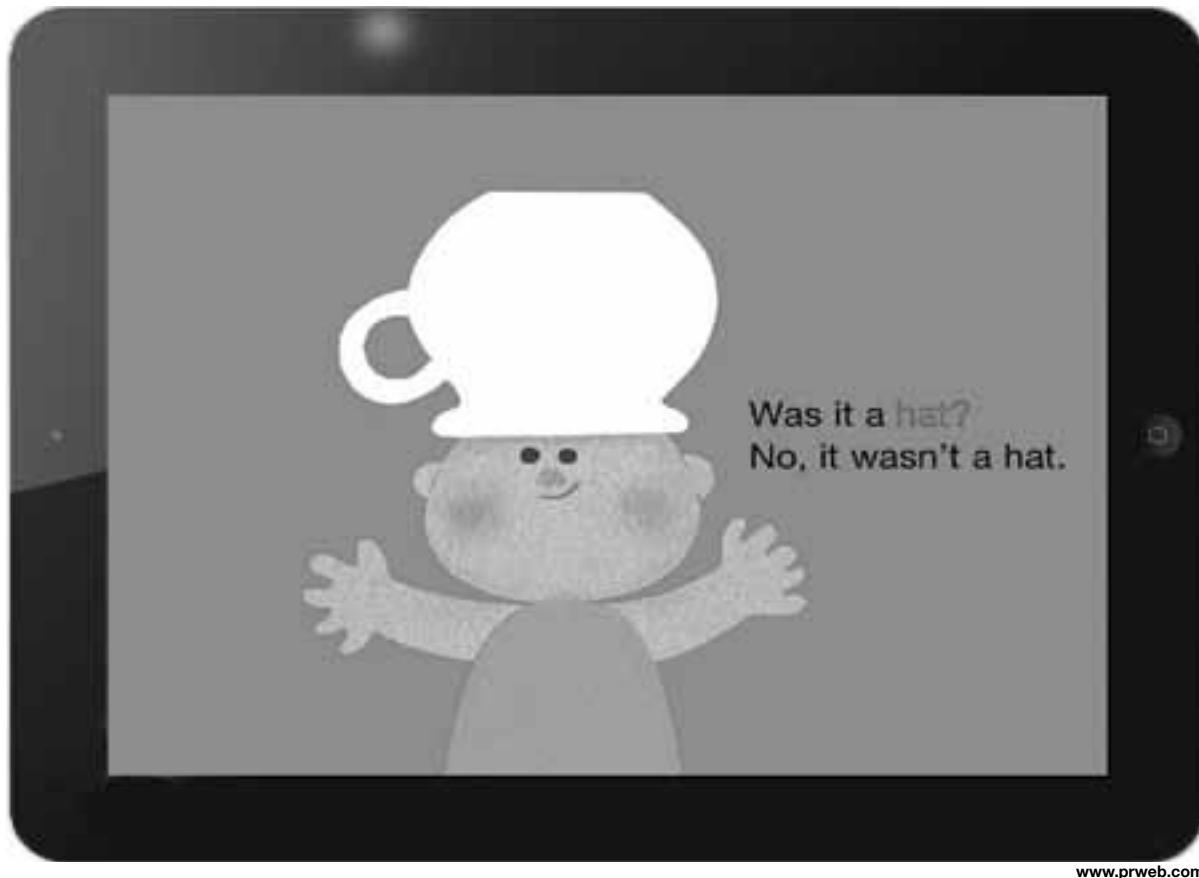
these are not the proper ways to use a potty before going on to explain exactly what it is for. Don't forget, when you were two you probably couldn't have figured out whether or not those were legitimate uses for a potty without someone telling you. Everything's fair game for a child in their terrible twos.

## Useful tool

As a parent trying to potty train your child, I can see how this would have been an extremely useful tool. Not only does it explain where (with illustrations) where that yucky stuff in a diaper comes from, it teaches children that it's OK to make mistakes. At one point, Prudence misses the potty but it is explained that this is OK, as long as she gets back on and tries again next time. My favourite part of the story was always the climax when Prudence "sat and sat and sat ..." (this is repeated a total of 105 times) before she got up, only to find that there was indeed "wee-wee" and "poo-poo" in there this time. I always felt that if Prudence could sit on there for that long until something happened then I could, too.

## More than worthwhile

I suppose the proof that this book is more than worthwhile is in the pudding: my potty training has remained a success to this very day. There are naysayers who would claim that illustrations of a girl who spends around half of a 32-page book running around without pants on are bad enough, but add the fact that all parts are present in those illustrations makes the book something to be burned in the next round of book-banning that modern society seems fond of. So tell me, what's wrong with children learning that all those weird parts they have are perfectly natural and have important functions? Nothing! I don't think that this book would get published today because of the same mentality that slaps parents on the wrist for having bath pictures of their naked little munchkins. It's sad what a bunch of prudes we've all become. It's time for society to grow up and shed the "our young ones should live in ignorance" mentality so if you, or someone you know, is trying to potty train a child, do yourself a favour and pick up a copy of *Once Upon a Potty*.



www.prweb.com

## DR. NUGGHEAD

Special food edition! Yay!

Dear Dr. Nugghead

What's the best alternative for cows milk?

— Eevvee

Dear Eevvee,

I would probably go with human milk, but most developed places around the world apparently frown upon that.

...

Dear Dr. Nugghead

Why do campers eat marshmallows for dinner?

— ScrapMetalLover

Dear ScrapMetalLover

If I were a betting person, which I am not, as I am a doctor, I would say that if you tried it yourself you might just understand.

...

Dear Dr. Nugghead

Are tomatoes fruits or vegetables?

— 20conwaycj

Dear 20conwaycj,

I think that tomatoes can be whatever they want to be, and maybe you should be more open to change in this world. Unless you mean scientifically, then I would say fruit because it contains seeds.

...

Dear Dr. Nugghead

What does a blueberry muffin taste like?

— Chloeyoung

Dear Chloeyoung

Quite a bit like a blueberry pie, actually — just more doughy and healthy tasting, though I'm not really sure how to describe

the latter.

...

Dear Dr. Nugghead

How long after the expiration date can you consume eggs?

— Askmeiknowitall

Dear Askmeiknowitall

There's actually a cool thing about checking if eggs are still good after the expiration date. You can put the egg in a cup full of water and if the whole thing sinks to the bottom of the cup/glass/bowl/ancient china dish that you are using because you really don't want to wash any dishes, most of the time it will be safe to eat. Apparently it's due to gas build up within the egg over time. If it floats, then there's usually decomposition within the egg and it should not be eaten. Also, if your name is "Askmeiknowitall," then why are

you asking me this? Are you a phony?

...

Dear Dr. Nugghead

Is it bad to eat paper?

— TgarciaMTHS

Dear TgarciaMTHS

Well, I see a lot of rappers eating money sandwiches and since many people under the age of 25 listen to said rappers, I would say no. Unless you don't mean slang paper, then I would say (aside from the possible chemicals you might ingest) no.

...

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! Tweet them @nuggetonline.

## BAND REVIEW

# Cancer Bats can deliver!

By RICHARD LUKACS

Without any exaggeration, I can say that I grew up and spent the most significant part of my life on rock gigs. I was born with the costly addiction of metal but since I moved to Canada I was clean – until last Friday and now I'm wasted again and already having withdrawal symptoms, because it has been a while since I felt so alive.

Rock and roll is my past, present and future – my blood, my life, my religion. And a good believer goes to church every time possible.

It was my first, but definitely not the last, visit to The Pawn Shop, a premium venue. The size is excellent for an underground show, the atmosphere is outstanding, the prices are reasonable, the beer is cold and the crew is horrendously friendly. When the almighty Clutch rocked out from the speakers and I had a beer in

my hand, I was already satisfied. And the mass hadn't even started yet ...

The Dusty Trucker from Red Deer got the chance to warm up the audience and they didn't waste the opportunity. They matched with the Bats perfectly; I might say a little bit too well. They look similar, their music is similar and they play with similar energy. This is actually a huge compliment but a bigger percentage of their own ideas in future would be beneficial. I still enjoyed their performance, just like the already substantial crowd.

At exactly 10 p.m., the ballsy leading riff of "Lucifer's Rocking Chair" peeled and Cancer Bats exploded onto the stage with their peerless lumberjack-core. One hour later, they finished their first set with the devastating "Hail Destroyer." What happened in between could be the standard of an irreproachable



www.concert-news.de

## Cancer Bats

hardcore show with everything that makes us love these guys so much.

"Their raw energy and aggression gets the crowd going and always make for a great show," said my bro Quinton just before the show.

"Besides that, they're a fun band to see and listen to, because they've never taken themselves too seriously, which is important if you want your audience to."

He's absolutely right. Even if this music is extremely harsh

here and there, it is pure joy at the same time. Instead of blind anger we got a nearly lethal dose of positive punch and it filled up every single person in the pit. The crowd was just as great as the band. No one was there to start a fight but to have a good time and gosh! We did.

After like 20 minutes of recovery the band returned to stage and started their Bat Sabbath set. Anyone who knows me can tell you that tribute bands and I are not quite pals. But Bat Sab-

bath is not a tribute band. It's the Cancer Bats who gathered a fan base around the world with their own songs and now they are paying tribute to their biggest influence, Black Sabbath. They had fun on stage and we had fun in front of it, I couldn't wish for any better.

After this "double bill" I was seriously considering the option of applying to be a roadie for Cancer Bats. I could bear a night like this every single day till I die.

## THROWBACK THURSDAY

# Cardboard boxes are magic

By ALEX SACKIW

Let's go back to a time when there were no gaming systems, when there were no 24-hour cartoon networks.

Let's take a magical journey back to the time when kids had to go outside to play, rather than sitting in their room crouching up and down on pixelated dead bodies. Back in my day, we didn't have X-box, or the Wii, not even the N64. Back in my day, kids had to use their imaginations, played outside and discovered the world around then in a unique way. A stick became a sword and a dog became a dragon. Through the eyes of a child, the world was a wonderful and mysterious place, always being explored each new day. This Throwback Thursday is dedicated to all the childhoods lost to our new age civilization.

I know, some of you are wondering what exactly is this throwing back to? How can imagination be something old? To

that, I ask thee reader, do you remember how you used to play outside as a child? How your friends were great knights on a quest or explorers deep in the jungle? Maybe you were a pilot, maybe a solider. It doesn't matter. What matters is you experienced life in a way that was your own. Do you ever see children playing that way anymore? Children these days are so protected from nature itself, the only time we see it these days is on a playground at elementary schools.

Industry has made millions, if not billions of dollars on the "Child Safety" market. From sanitizing wipes to making sure hands are clean from all those dangerous germs, to toys with no sharp edges. Even dirt and sand has become a taboo, being taken out of playgrounds in favour of minced car tires. The imagination of what the world can be beyond convention has even started to be eroded. Toys these days have one, straightforward point, leaving nothing to the creativity of deciding what it could be. Besides the obvious mention of LEGO, most kids these days don't see any value in playing games other than ones advertised to them.

If you told a child that a stick could be a ray gun or a shovel or a flaming sword with which he could smite a dragon, they would most definitely call you weird. Even *The Floor is Lava* has fallen victim to the dreaded anger of pixel birds. Yes, the imagination is in danger of being lost all together. In a world where our children are told what to think and what to know, the true spirit of individualism is being lost –

starting with our imaginations.

I remember when I was a child I didn't have much in the way of toys. I played outside for hours, digging holes or running around. I made my world the way I saw fit, without the need for complex plastic items that broke the first time I used them. The most interesting and entertaining toy I had as a child was a marker ... and a box. It was my airplane, my starship, my car and my fortress. My imagination ran wild though the world without ever having to use anything made in a factory.

In this day and age of technology, its easy to loose sight of our roots. As children, we grew up looking upon the world with mystery and wonder, never knowing what the next day would bring. As adults, that nostalgia is lost on us, knowing that the world is not as infinite as we once thought. Now, even the children of today are becoming as jaded as we are now. Technology delivers to them a huge range of possibilities but those possibilities are scripted, acted out or automatically assumed by some designer in a factory somewhere. We need to pick up that marker, find ourselves a big cardboard box and get back in touch with our imagination.

Imagination is the foundation for architecture. Imagination is the soul of music. Imagination is the emotion of art. Without our imaginations, without that ebb and flow of creativity rushing forth from young minds, eager to explore and make believe ... who will design the next wonder of the world? Who will be heralded as the next Mozart of the modern age? Who will stop to ask "Why not?" instead of "Why?" Without our imaginations ... we will lose that which makes us curious, that which makes us seek answers ... that which makes us human.

Thank you.



www.letthechildrenplay.net



# Best new TV programs

By JENNIFER ROBINSON  
**The Gateway**  
**(University of Alberta)**

EDMONTON (CUP) — With midterms fast approaching and school beginning to get stressful, it's time to start procrastinating with some new fall TV shows. Every year, the end of September marks the start of a competition between the major networks, each one seeking the best ratings for their latest programs. But with so many new shows each season, there's bound to be plenty of train wrecks among the few hidden gems. Here's a look at five shows that, after premiere week, seem to promise that the new fall season won't be a complete wash.

## **Trophy Wife**

**Tuesdays at 10:30 p.m. on ABC**

Ever wonder what it's like to be a gold digger? From the outside, they appear to have it all, but seeing things from the inside may change your mind. Trophy Wife follows young, carefree single-girl Kate (Malin Akerman) as she falls in love with an older rich man named Pete (Bradley Whitford) — only to find herself married, dealing with three step-kids and two crazy ex-wives one year later.



abc.go.com

Though she leads what some may call a blessed life, Kate has her own difficulties, from downing an entire water bottle of vodka for her step-daughter so that the girl's mother doesn't find her with it, to navigating a family crisis while wasted out of her mind. The plot is both silly and hilarious and it'll make you laugh out loud often, earning it's stripes as a fall TV success.

## **Lucky 7**

**Tuesdays at 8 p.m. on ABC**

Admittedly, the story of a financially strapped group of people suddenly coming into a fortune and changing their luck sounds a little cliché. Fortunately for Lucky 7, the characters and clever individual story lines bring new life to the idea that money brings problems instead of happiness. The show follows seven misfits (Summer Bishil, Lorraine Bruce, Stephen Louis Grush, Matt Long, Anastasia Phillips, Luis Antonio Ramos and Isiah Whitlock Jr.) who work at a gas station and collectively win the lottery one day. What makes the show interesting is the fact that each character has their own story and world separate from the rest, and the win is the collision that brings them all together. While the win is an exciting moment, it brings its own

set of complications, such as what happens when one of the usual lottery players forgets to buy into the pool that week? Or when two of the employees, desperate for money, take drastic action before finding out about the winnings? Whether the money brings them all together or forces them further apart, Lucky 7's worth a watch this fall.

## **Brooklyn Nine-Nine**

**Tuesdays at 9:30 p.m. on Fox**

If you only watch one new fall show this season, make it Brooklyn Nine-Nine. Following the detectives of the 99th Precinct, the show's dry and sarcastic humour makes it impossible to avoid continuous fits of laughter. Saturday Night Live veteran Andy Samberg stars as slacker Detective Jake Peralta, who spends his days goofing off. But all that comes to an end when Captain Ray Holt (Andre Braugher), a by-the-book leader intent on cleaning up the precinct,

steps in to replace the lazy and unobservant former captain. The team is rounded out by four other detectives (Terry Crews, Joe Lo Truglio, Stephanie Beatriz and Melissa Fumero) and their sassy, tell-it-like-it-is civilian assistant (Chelsea Peretti). Together, the misfit crew solves the

city's weirdest and often most pointless crime sprees — such as a tagger drawing penises on police vehicles — while also trying to adjust to a new captain who doesn't put up with their slacker ways. With a cast full of comedic geniuses and flawless writing, this show won't disappoint.

## **Back in the Game**

**Wednesdays at 6:30 p.m. on ABC**

In a TV world full of crude comedies and shocking dramas, it's nice to find a simple, upbeat show to take your mind off of studying. Back in the Game is just that type of program, and with an extremely loveable cast of characters consisting of many adorable children, it's impossible not to fall in love with their stories. An All-American softball champion back in her college days, recently divorced Terry (Maggie Lawson) finds herself back in the baseball diamond — a place she swore she would never return to — to coach her son's Little League team. Determined to teach the kids that even a band of outcasts can be winners, she enlists the help of her estranged father, retired baseball player "The Cannon" (James Caan). As she helps the kids overcome their problems, Terry must also reconcile with her dad. Back in the Game is a heart-



blog.zap2it.com

## **Brooklyn Nine-Nine**

warming family comedy that proves that while you can't change your past, you can learn to see it as a strength instead of a weakness.

## **Agents of S.H.I.E.L.D.**

**Tuesdays at 9 p.m. on ABC**

The latest installment in the Marvel franchise has arrived, this time in the form of a television series. Agents of S.H.I.E.L.D. picks up where the last Avengers movie left off, showing a world still dealing with the aftermath of the "Battle of New York." After the return of presumed-to-be-dead Agent Coulson (Clark Gregg), a new group of agents band together to protect and con-

tain the world's most powerful superhumans. Led by Coulson, the new team is an unlikely group consisting of a by-the-rules agent (Brett Dalton), a seasoned vet with a secret past (Ming-Na Wen), two fun-loving tech analysts (Elizabeth Henstridge and Iain De Caestecker) and a computer hacker previously working for the other side (Chloe Bennet). Written and directed by geek god Joss Whedon, it's likely that Agents of S.H.I.E.L.D. will be both thrilling and heartbreaking. Though the story lines are a little convoluted so far, the diversity and talent of the ensemble cast make this show worthwhile.

# CROSSWORD SOLUTION

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