

NEXT NUGGET ON OCTOBER 31

THE

NAIT NUGGET

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

CANDIDATES QUIZZED

Mayoral hopefuls answer student concerns, Page 2



Photo by Taylor Mah

A BEGINNING

Construction on the Centre for Applied Technologies (CAT) building has begun with completion expected for the 2016-17 academic year. The \$294-million, five-storey building, located north of the HP Centre, will include classrooms, simulation labs, student common areas and a 135-seat lecture theatre.

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NEWS & FEATURES

Questions for the top 3

By **CARLY ROBINSON**

With the municipal elections just around the corner, many students are wondering what the candidates think about the issues closest to them. To aid with this, students' associations across Edmonton, of which NAITSA is one, hosted a mayoral forum at MacEwan University where questions directly affecting students were asked of the three front runners in the upcoming election.

Of the topics discussed that directly concerned NAIT, Karen Leibovici, Don Iveson and Kerry Diotte were able to give their thoughts on the future of the city centre airport lands, transit and its funding and others.

The first official question asked of the candidates was what was their vision for the municipal airport land and what will become of the NAIT development plan. In a randomized order, Leibovici started the discussion.

"My vision is that it becomes an example of how to develop sustainably and how to develop in a fashion that can be replicated world wide," Leibovici said.

"What we're looking for in that is to partner with NAIT obviously, in their needs and I know that NAIT has a need for a residence and that would be a very a good opportunity to have residences built at the same time."

Diotte started by questioning what is

in the soil, which he says is yet to be fully tested for pollution.

"We could be in for a surprise and right now we do not have the kind money to go and knock down those buildings and dig up those runways, dig up the concrete. It's got to be placed on the back burner, unfortunately." He also referred to the project as

a failed vision, not knowing how much the operation could cost.

Iveson followed by saying, having been on the council when the decision was made, that he is fully invested in council's vision.

"It's actually a research opportunity," Iveson said.

"It's a chance for NAIT and U of A and anyone else involved in land reclamation to show what we can do here in Edmonton, show that we are good at cleaning up after ourselves."

He said that he supports NAIT's plan to consolidate to a single campus and said that it is the right thing to do to turn over some land for development of residences.

The next topic of importance for NAIT students is that of the candidates' future vision for transit, as well as how they plan to pay for it.

Iveson started off by saying he is a transit rider himself and therefore sees the dif-

ficulties within the system, as well as its benefits.

"So my vision for transit is I would like to see the LRT system completed for 2030. I laid out a road map for how we would do that in partnership with folks in our region who I have been working with for the past several years as chair of our regional trans-

it committee and in partnership with Calgary."

Iveson said that this partnership would make the issue undeniable. He said he does not believe Edmonton should finance it alone and wants the city to pay no more than 33 cents on the dollar like Toronto.

He said that a smart card U-Pass would also help the system.

Leibovici next said that what transit needs is "shorter intervals in between the buses. We need to insure also that there is better off-peak service, as well as insure that when you have those late night classes or study session you can get home."

She said that we need to make sure we have the most efficient system and to start the other LRT lines.

"In order to do that we are going to have to be able to sit down with the province because that is where some of our funding is missing," she said.

What I suggested is that we put in place a formula much like we have with the federal government ... to ensure that we have permanent long term sustainable funding for infrastructure like LRT."

She finished by saying she has supported smart cards from the beginning.

Diotte asked the crowd how many were

regular transit users, responding simply "wow" to the number.

"I think the first order of business is always to make sure we are getting good feedback on how we can improve our bus systems ... I support the LRT as well, but I think we hit a bit of a snag on funding and I don't think it is advisable to

go it alone."

Diotte concluded by stressing that his vision is to work with what we already have to make sure we have the right routes and schedules.

The candidates were also asked about residential taxes on student residences and the public asked questions ranging from potholes to funding for the arts and what was their plan for the urban aboriginal community, which is the second largest in Canada.

The latter was the only one which all candidates could agree on, that there needs to be action to stamp out racism.



Kerry Diotte



Don Iveson



Karen Leibovici

Nexopia making a comeback

By **BAILLIE SCHEETZ**

You probably remember Nexopia as the social media site that you used a few years ago, possibly in a phase of your teenage years that you are still trying to forget.

Nexopia.com was the go to social media website in Canada long before Facebook and Twitter gained popularity. Nexopia was created in 2003 by Edmontonian Timo Ewalds, a then 18-year-old programming wizard and digital renegade. Ewalds coded and created the site in his basement, and turned it into Canada's largest youth-oriented social networking website to date.

Designed initially as a way to fight back against his high school for banning floppy discs, Ewalds quickly took advantage of his programs potential to connect his friends online. Timo's vision was to create a space where people could meet

online to chat with friends and build new relationships at the same time. The end result became somewhat legendary. Within a few months, Nexopia was growing by an average of 10 per cent each day before it finally reached more than a million users.

Originally, Nexopia users were able to create and design their own profiles, friends list, blogs, galleries, articles, and forums. The interactive element of Nexopia was created through an internal personal messaging system and public user comments on profiles, blogs or through threads and posts on the forums.

Nexopia's community thrived for quite some time before being overshadowed by international social media sites like Facebook. Just recently, Nexopia has revolutionized and completely redesigned its website, now including a very prominent online magazine element. The original features of Nexopia still exist, the maga-

zine portion has just been added on top of it all. The online magazine features mainly entertainment and personal interest articles broken down into four categories; Student Life, Tattoos, Music, and Sex. There is quite the variety of material and topics available. Nexopia now features articles such as "How To Find a Good Hostel" and "Things To Do Before Getting A Tattoo." Nexopia is hoping that their new and

innovative website will bring back previous Nexopia members that have long since left their profiles in the dust, and also attract new, young users to the website.

It has yet to be determined if these new additions are enough to lift Nexopia back onto the map as a popular Canadian social networking site. That comes down to the whims of a new generation of Canadian youth.

Correction

A story, headlined "Khat and mouse" that appeared on Page 2 of the Sept. 26 issue of the *Nugget*, attributed a ruling to Justice Beth Allen of the Ontario Superior Court of Justice. That ruling, which granted an absolute discharge to a young woman who

brought 34 kg of khat into Canada, was in fact issued by Ontario Court Justice Elliot Allen. Other similarly attributed quotes and opinions in the story were also those of Justice Elliot Allen.

The *Nugget* regrets the error and any confusion this may have caused.

LRT line nearly ready

By **WHITNEY FOX**

The LRT expansion is moving along according to a plan set out by the City of Edmonton. This means that the LRT station at NAIT is due to open in the spring of 2014.

The Metro Line has an estimated total cost of \$755 million, to be funded by a combination of the Government of Canada, the Province of Alberta and the City of Edmonton. It will add 13,200 weekday riders to the LRT.

The line will run from the existing Churchill Station where passengers will change trains from the Capital Line. The Metro Line will continue through MacEwen Station at 105 Street and 105 Avenue, north to the Kingsway/Royal Alex Station (a transit centre on 106 Street and Kingsway) and then up to the NAIT Station.

This takes an estimated 15 to 25 minutes by bus. The LRT trip from Churchill to NAIT will be nine minutes.

The *Nugget* talked to NAIT students and there are mixed reactions to the new LRT service on campus. Some students will be completely unaffected by the extension. For instance, many students out of Sherwood Park and St. Albert will continue to take their local commuter buses that are subject to the daily rush hour traffic, with limited availability during off-peak hours. Others, both from within Edmonton and from outlying communities, will continue to drive their own vehicles and sort out parking for convenience. Still others will continue to take Edmonton Transit buses because the LRT doesn't affect their neighbourhoods yet.

Anthony Bourque, in his third year of the BBA Management program, lives in Highlands near Rexall Place and has a 20-25



Photo by Josie Baerg

minute bus ride to school.

"It would actually take me longer to take the LRT because I'd have to go downtown first and then come here," Bourque says. My bus goes right by the Coliseum but the line starts at Churchill so to get here I'd have to backtrack."

However, many of the students interviewed are looking forward to the LRT station opening up.

Bruce Lu, a first year Material Engineering Technology student, says: "I'm looking forward to it. I don't want to take the No. 8. It's crowded."

Lu is also expecting a reduced commute time, particularly for his trip home, which includes several bus changes downtown and takes over 40 minutes to get to northeast Edmonton, whereas with the LRT it should be reduced to 25 to 30 minutes.

Also looking forward to a reduced commute time is Sophia Kim, a first-year Applied Banking and Business student who

takes the bus from south Edmonton.

"I live in Century Park so I just take the LRT straight from there," she said. "It's going to be shorter than the bus."

Hala Haddad, in her first year of Business, drives from the west end of Edmonton and pays \$7 a day to park near NAIT.

Haddad will likely modify her commute "because I'll probably be able to take a bus [downtown] and then take the LRT straight here and it will be way faster. Busing from my place in the west end takes an hour and a half."

Whether looking forward to a more efficient commute or just waiting for the construction to be out of the way, the Metro Line will likely have some kind of impact on many students at NAIT.

Construction is due to be completed in December. It will be tested in early 2014 and open in the spring. For more information on Edmonton Transit schedules and expansions, visit www.edmonton.ca/transportation.aspx.

Are Canadians spying?

By **ROBERT MacGILLIVRAY**

How many of you have heard of CSEC? No, this isn't a Mass Effect reference. The Communications Security Establishment Canada (CSEC) is Canada's equivalent of the National Security Agency (NSA) in the United States and, although they don't get nearly as many Hollywood flicks, they still get up to their fair share of mischief. We also have our version of the CIA but that's a story for another article.

The Canadian government allegedly has been spying on the Brazilian Ministry of Mines and Energy. It is commonly accepted that there are a number of intelligence agencies who spend a lot of their resources spying on the economic affairs of other countries in order to give themselves or their domestic corporations a leg up in the business world. That kind of surveillance could be worth billions of dollars but CSEC claims that they run with a clearer set of morals and only share information about possible threats to Can-

adian interests. Whether or not this is true is what is up for debate right now; why else would they be allegedly spying on an economic ministry other than to gain some valuable economic insight? Government officials are remaining tight lipped for now, but keep your eyes open over the coming weeks as the public continues to scrutinize this issue.

Another question raised is why the heck would we be spying on one of our Western allies? Would we be OK with another country keeping tabs on us? According to a recent survey of NAIT students (yes, I ran around NAIT with a tally chart last week, so it's not an "official" survey) 66 per cent of the test group said that they felt it was OK for countries to spy on each other.

One person I surveyed said, "Countries can't trust each other through words and this is the only way to keep each other in check."

It's an interesting perspective and one that indeed has merit. In a world where

you knew no one was watching, what stops you from watching everyone else for your own benefit?

At least CSEC is governed by all of the same laws you or I are, including the Criminal Code of Canada, the Charter of Rights and Freedoms and the Privacy Act. Canadians can also rest easy knowing that CSEC is forbidden from monitoring anything domestically or monitoring Canadians while they travel abroad. Keeping these points in mind, maybe the way CSEC handles their mandate is a best possible scenario – it gives us a country to live in where we don't have to feel like big brother is watching, prevents us from being behind on intelligence about foreign countries and doesn't make it its business to know everything about everybody.

We can probably agree that the spying CSEC allegedly did in Brazil was crossing the line. I am just glad that the Brazilians are so angry at the NSA right now; it's keeping CSEC out of the spotlight.



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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.

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

Military dealing with cuts



Photo by Ben Turner

By SHEEBA JOHNSON

Military budget? Let's be honest, most of us don't know what's going on and some of us don't care. But that's where we are wrong; we do kind of need to know what's up with the government, what's happening with our military. We need to know so we can ask questions like, is this going to affect our taxes? What does it mean for us?

The military's budget is called the Defence Budget and people, especially those in the military community, are not happy with the cutbacks. Prime Minister Stephen Harper appointed a new minister to oversee the defence department budget cuts and fix the military procurement system.

Peter MacKay was replaced by long time Justice Minister Rob Nicholson because he was not able to implement the cuts, to cope with the shrinking budget, despite the orders from Harper last June. So now Nicholson gets the task of implementing the prime minister's demand for "more teeth and less tails."

The Canadian Forces have enjoyed a few years of big budgets since the Conservatives took office. The new reality of cutbacks that has started to hit the front lines, isn't exactly good news. Senior military officers, and most recently outgoing Canadian Army Commander Lt.-Gen. Peter Devlin, told Postmedia News that the cuts will hurt the Canadian Forces and could even usher in a new "decade of darkness" like the 1990s.

Amongst all that there was an internal fight

brewing over where the "axe should fall." The question remains whether it should hit the costly bureaucracy, which has swelled significantly in recent years, the high priced outside contractors or on the frontline, which has already been hit by cuts. Dave Perry, an analyst with the Conference of Defence Associations Institute, told the *Toronto Star* that the last three budgets have hit operations and maintenance funding especially hard, because the Canadian Forces' readiness has been reduced significantly.

It will be interesting to see how our forces deal with the new cuts; they will be forced to find a new way of doing things. I recently had a chat with a NAIT student who is in the military who wishes to stay anonymous. He told me about one way that his department is being affected by the new regulations. He said that now no "oral agreements" for supplies are being honoured, that all must be submitted in writing. For example, his group has been told that welding gloves are available, there has been no written agreement, and so none have been sent. They currently have to buy their own personal safety equipment when they should be getting it from their workplace all because there has been no written request.

As the cutbacks set in, there will be less training in an actual real world environment and more training will be done in a "simulated" environment because the simulated training isn't as expensive. I just hope that these new changes don't come back to bite us in the future.

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STUDENTS' ASSOCIATION

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SURFACE



e-cigs debate beginning

By WHITNEY FOX

A recent article in the *Canadian Medical Association Journal* has triggered a conversation around electronic cigarettes.

On Oct. 7, the journal published an editorial by Dr. Matthew B. Stanbrook, Deputy Editor, with the headline, *Regulate e-cigarettes as drug delivery services*.

Stanbrook is a specialist in respirology with a PhD in Clinical Epidemiology. He is based at the Institute for Clinical Evaluative Sciences in Ontario where he is an academic clinician-scientist.

Stanbrook's view is that "Nicotine is a drug and e-cigarettes containing nicotine are drug-delivery devices."

Although in his article he recognizes that "e-cigarettes provide a uniquely appealing means of obtaining nicotine without exposure to the other harmful constituents of tobacco smoke," Dr. Stanbrook still pushes for the continued regulation of their sale in Canada.

As it stands now, e-cigarettes containing nicotine are not legal to be imported, advertised or sold in Canada under the Food and Drugs Act by Health Canada. However, this is not necessarily preventing people from trying them.

Heather Maynard, a second-year Mechanical Engineering Technology student at NAIT, was in the U.S. for a music festival in the spring of 2013. At the festival, e-cigarettes that contained nicotine were being given out to people over the age of 18 for free. "I was not smoking regular cigarettes at the time and I had gone to the festi-

val without cigarettes so that was kind of a really awesome alternative. It was the kind of electronic cigarette that had nicotine in it but I wasn't getting all of the toxins."

Maynard added that the e-cigarette "tasted way better ... and lasted longer. I didn't feel inclined to smoke an entire cigarette. I could have two or three puffs off of it and then put it back in my pocket and I was fine, which was really nice."

Maynard continued to use the e-cigarette as a total replacement for cigarettes for over a month, and then continued to not smoke at all for the remainder of her summer.

Stanbrook argues that "A troubling alternative possi-

bility, however, is that e-cigarettes will merely supplement tobacco use in contexts where smoking is no longer allowed and may thereby perpetuate smoking among people who would otherwise be motivated to continue trying to quit."

Stanbrook also says that stop smoking aids such as health professionals' advice and nicotine replacements have proven less effective than public policies and efforts that stigmatize smoking and make it inconvenient.

Another concern Stanbrook has is that with far less regulation of e-cigarettes, as they have in the U.S., a younger generation is once again being targeted for nicotine products sales. The lack of regulation leaves e-cigarette companies "free to resurrect marketing campaigns originally designed, but no longer permitted, for cigarettes."

Michael Desfosses, a first year Machinist student, agrees, based on the potential for young people to use e-cigarettes without being found out. "They think that if they put nicotine into a scentless apparatus, something that they're allowed to use indoors, the people in charge of caring for them might not notice what they're doing."

As it stands now, many NAIT students questioned on the matter had little or nothing to say about e-cigarettes, because they had not really heard of them, or they were completely unaffected by them. Students who smoked seemed to be more familiar with e-cigarettes, but due to the lack of availability of actual nicotine e-cigarettes, these students did not really see the devices as viable alternatives for smoking.



Photo by Ben Turner

e-cigarettes



Point Counter Point Two toy stories



JOSH YAWORSKI
Issues Editor @actuallyjosh

I, Josh Yaworski, am secretly a large bearded child. You may not be aware of this, but my beard and size conveniently hide my secret: I have the maturity of an eight-year-old. And it is for exactly that reason that I care so fiercely about toys. As we digest our 60,000 calorie turkey dinners and enter a near catatonic state, most will find themselves enraptured by the television screens our comfy chairs cluster around. And in my house, my younger cousins scooped the remote and turned it onto a children's channel. While the programming itself was garbage, I found myself completely enraptured in the commercials, the hyper energetic explosions of colour and noise, and though the commercials certainly have improved, the toys have not.

Looking at these toys, one is at first impressed. All the attachments, tools, weapons, and online interactive elements seem like the perfect toys. So when I heard a cousin tell another cousin he already had one of the toys, I had to see it in real life. We went downstairs into the dark basement in which we keep the children, ensuring they are neither seen or heard, and he showed me the toy. And while I did enjoy the two minutes I was playing with the toy before I had lost the 13 darts, jetpack, snowboard, rocket launcher and 11 other assorted pieces of armour that refused to remain on the action figure and did appreciate the painstaking detail, I couldn't help but be disappointed.

Where's the danger?

This thing came with everything a kid could need to play with it for hours. If I had had this toy at 10, I would never have played with anything else. But my young cousin put it aside and went off to watch TV in a matter of minutes. Modern toys are missing two things. And the first is danger.

These toys are ridiculous. But they are completely lacking in any sort of danger. Where's the risk in throwing a soft nerf football, when we could be playing lawn darts? Who wants to open up a kinder surprise and find a pre-assembled figurine, when there used to be 10 to 20 pieces perfectly sized to get caught in the throat? Kids these days aren't sporting any creepy crawly induced hand burns or wood burning kit scars. Do you see any broken noses from pogo sticks or pogo balls? Modern kids don't know what it's like to accidentally gas yourself with a chemistry set and wake up two hours later with a pounding headache, surrounded by hallucination induced heffelumps and woozels.

No imagination

It's true modern kids aren't experiencing the danger some of us did, but there's a bigger problem. Kids are also lacking imagination. I had a car garage toy. It was just an oddly shaped piece of plastic upon which five or six stickers were placed. One of the stickers was a supermarket, another a post office and one a restaurant. This amused me and my brothers for a decade. We would drive our hot wheels up the ramp, pretend we owned different stores and were operating them. Sometimes we were robbers, supervisions, cops and so much more. And how many kids will do that now?

Toys nowadays seem incredible but they aren't providing anywhere near the joy ours did. Without the simplicity, and with electronics, there is no danger, learning or imagination in play, merely a shallow, five-minute imitation.



By CHRIS FIGLIUZZI
Assistant Entertainment Editor @chrisfigliuzzi

Growing up I loved toys, hell I still love toys. I have a huge collection of original Ninja Turtles, G.I. Joes, and Hot Wheels, and this isn't the "still in the box" collection either. I loved playing with these toys, pitting hero against hero in a no holds barred competition for the title of supreme ruler of my bed room. Most, if not all, of my best memories involve me and my Turtle Blimp or G.I. Joe fortress 2 of the coolest toys of all time...or so I thought.

Toys have gotten so much cooler since then. It's mind boggling, like someone was secretly holding out until I finally out grew the appropriate age to buy toys for myself. I mean have you looked around lately? Kids are driving around in "Power Wheels" that are nicer than my car. They have tinted windows, subs, turn signals, and even working seat belts, hell if they were street legal I'd grab one for myself God knows it would be easier for me to reach the pedals.

Toys getting cooler

Yes, toys are definitely getting cooler and to deny this is just plain crazy. I mean there's no shame in admitting you're jealous of the toys kids have. I mean, besides the awesome power wheels, they now have sweet laser tag games, cool hot wheels courses and about a bazillion other things that blow my mind.

On top of all this they also have games that won't kill them. I know some of you probably think games that threaten both life and limb are better but I'm old and fragile and really wouldn't mind living long enough to pay off my first student loan. I know I'm probably dating myself, which might actually be nice since no one else will date me, but I remember growing up and playing lawn darts ... with actual darts. I know a lot of you probably don't see this as a problem but inevitably someone would end up volunteering to be a goalie. That's right, a goalie ... to stop darts ... falling from the sky. We lost a lot of good kids to that game.

3D puzzles

Even puzzles have suddenly gotten cooler. How many of you over the age of 25 would have ever imagined that one day we would have 3D puzzles? I know I wouldn't have. I mean you can now make Big Ben, The Eiffel Tower, Empire State Building and the London Bridge. You know what I used to make? Pictures of cats! That's it. Puzzles were exclusively the realm of little old ladies and if you ever decided that you wanted to make a puzzle for some reason, you had to make sure that your friends never, ever found out.

It's easy to see that toys have gotten so much better today and to deny so is just crazy. I mean sure we had a couple of great toys but by and large kids today have it way better. It's really no contest. Now, if you'll excuse me I have a Tamagotchi that needs feeding.



File photo

OPINION

— Editorial —

Looking for alternatives



NICOLE MURPHY
Editor-In-Chief
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Have you ever thought about digesting food? Or breathing? Chances are if you are having trouble with either one of these body functions, yes, but for the most part if everything is running smoothly you do not consciously tell the body to do all that it does.

If we had to tell the body to release every hormone, react to every emergency situation or tell every white blood cell to fight off a virus there is no way we could consciously keep up. So, amazingly, the programming of our body's subconscious just does its thing.

Good news, bad news

Good news, bad news time. The good news is our body sends us messages all the time whether it is showing us that our new job is stressing us out with a sore neck or that we are in a bad relationship with sad emotions, the body is the "messenger." The bad news is the body is the "messenger" and if we have not been taught how to interrupt these messages, we can live a painful life.

Headaches, stomach issues and even hormone imbalances that cause depression are just some common illnesses that show up in the body. It is hard not to get frustrated and feel a disconnect when things like allergies and asthma are just the immune system, the part of the body that is supposed to protect you, attacking itself.

My whole life I have been an avid ibuprofen user. Any ache and pain I had I would cover up with a pill and get on with my day. But as I do research into other forms of medicine, I am thinking that perhaps a quick fix is not the answer. Do not get me wrong, when I have a ton of school work to do and a headache strikes, chances are I will take some ibuprofen, but if I can do something to lessen the times I get headaches I am open to it.

T-boned

Awhile back, I was T-boned by a short school bus. Yes ... I was hit in my car by the short bus! It had run a red light but had been slowing down so I was not hit with full force. Somehow magically I was not injured – well, not right away. About a day later my whole mouth began to swell up and hurt. Confused, I went to the medicentre where they diagnosed an allergic reaction and sent me on my way. Here is the thing, no allergy medication helped at all.

I thought how could this have anything to do with a car crash? Then, by chance, while visiting with friends, a friend

of a friend took a look at me. He was a chiropractor and he looked slightly horrified after I told him what was going on. He did some pushing and prodding as chiropractors do and then I felt a change, almost instantly. I cannot to this day explain it but I began to cry. Within an hour the pain that had taken over my life for a week was gone.

He explained that when I was in the car accident as I saw the bus coming towards me I gasped in fear. As I did that the two main lymph-node draining areas at the top of my chest constricted causing a backup of fluid in my mouth.

So fear was literally the injury in my car accident that caused major physical problems.

Since this time I have been searching out ways to help the body remember how to fix itself. In simple terms, this is the idea of most Eastern philosophies of medicine. Acupuncture, acupressure and massage therapy, to name a few, all see the treatments as a way to remind the body to take care of itself. Making sure that all the systems flow properly.

Again, there is a place for Western medicine of course, but if there is a way to reduce the need for it I am willing to try.



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SPORTS

Trip south to the big time



KYLE HARRIS
Assistant Sports Editor
@Theharrishow20

The men's hockey team had a trip of a lifetime. The boys travelled to Omaha, Nebraska to play the University of Nebraska-Omaha NCAA Division 1 hockey team.

Sunday morning, after a weekend set against Red Deer College, the team flew to Denver, Colorado for a slight layover before landing in Omaha. As they pulled up to the beautiful Century Link arena, home of the University Nebraska Omaha Mavericks hockey team and as well as Division 1 basketball program Creighton University, you could feel the excitement.

The treatment was something none of the team had ever experienced. It was like we were professionals, with the bus pulling right inside the rink, hanging up our gear in our massive locker room with individual stalls, an abundance of tape laid out, as well as beverages, gum, skate sharpening

machine and glove dryer.

Then it was off to the dinner room where we had delicious meals prepared and cooked for us, right inside the rink. The hotel was right across from the rink, making it real convenient for the team and staff to travel back and forth. And if the beautiful rink wasn't enough, right across from the hotel and rink is TD Ameritrade Park, home of the Creighton University Bluejays and the College World Series! I didn't get to tour the inside of the ball park but was able to get a little sneak peak on the inside of the 35,000 seat facility and it was beautiful.

Putting that all aside, the team was looking to take care of business on the ice. The team took on the Mavericks Monday night, in front of a few thousand fans, where they fell short in a 6-1 final. The Oaks came out flying in the first, matching the Division 1 squad shot for shot, pushing the pace and forcing the Mavs to bring their A game.

After the opening 20, the boys went to the locker room down 1-0. The next 20 was a fast paced period, which saw the Oaks on a five-minute power play after a dangerous hit to NAIT forward Dante Borelli. Borelli later sported a nice cut along the side of his eye socket and a black and blue shiner. The Oaks were unable to capitalize on the man advantage, which became costly as the Mavs gained momentum and put two

more past netminder Ty Swabb. As the team entered the third, they felt confident they could get back into the game, but after a couple defensive lulls the Mavs made the Oaks pay. NAIT defenceman Richard Sabourin let a snapper fly from the top of the circle that got the Oaks on the board late in the third but it wasn't enough.

Although the end result was a 6-1 loss, the Oaks hung in with a premier Division 1 program in the NCAA. Defenceman Sam Waterfield was really impressed with his team's performance.

"It was a real eye opener, seeing what it takes to play at that level," Waterfield said.

"We competed hard and had some chances but at the end of the day you have to tip your cap to Omaha on how well they capitalized on us.

"It was a great experience, how we got taken care of and to see a first class Division 1 program like that definitely is something I won't forget."

The trip was started by assistant coach Mike Gabinet, who is a University of Nebraska Omaha Maverick alumnus. Gabinet donned the Maverick colours from 2000 to 2004.

"I've got a lot of friends still back in Omaha, so to be able to go down and be back in that rink as a coach it was an amazing experience," he said.

"I think everyone enjoyed it, from flying to being treated first

class to playing a well-established Division 1 program, it was a great trip for us as a program."

Coach Gabinet hopes to make this a yearly trip for the Oaks.



Sam Waterfield



Mike Gabinet

BASKETBALL, VOLLEYBALL

Women end preseason play

By **BAILLIE SCHEETZ**
@BaillieScheetz

Women's Basketball

This past Thanksgiving weekend, the women's basketball team went down to Calgary to participate in the SAIT Fall Classic Basketball Tournament for the final games in their preseason.

On Thursday, the Oaks faced the Lethbridge College Kodiaks, posting a 64-43 final score and the first win in the weekend. Fourth-year player Janice Phung was named player of the game with 14 points and five assists, while fourth-year forward Robyn Gibson also hit double figures with 14 points.

The second game of the weekend was on Friday when NAIT hit the court against the St. Mary's University College Lightning. Thanks to the Oaks' impenetrable defence, they came away with a blowout victory over St. Mary's by a final score of 88-36. Guard Shea-Lynn Noyes, second year, was named

player of the game with 12 points and eight steals, while second year forward Torey Hill scored 14 points and fourth-year player Robyn Gibson tallied 18 points in the victory.

In the last game of the tournament, NAIT played the ACAC defending champion Olds College Broncos on Saturday. The game started out as a close match with a score of 36-26 going into the half. The Oaks' persistently strong offence allowed them to take control in the second half, completing the game with a 75-43 final.

Torey Hill was named player of the game with 14 points and 15 rebounds, while Robyn Gibson scored double digits for the third game in a row with 14 points and Shea-Lynn Noyes added 16 points and five steals to her total. Every single dressed player scored at least a point in the Oaks' final victory. The Oaks open their regular season on Oct. 18 on the road in Fort McMurray against the Keyano Huskies.

Women's Volleyball

The women's volleyball team competed in their first and only preseason tournament

at MacEwan this past weekend. The Oaks played their first game against the MacEwan Griffins on Friday night. Though the sets were close, the Oaks lost 3-0 to the home team. On Saturday morning, the Oaks took on the Olds College Broncos and lost that match, also by a score of 3-0. The Oaks played their second game on Saturday against the Kings Eagles and lost the close match 3-1. The Oaks played their final Saturday game against Canadian Mennonite University Blazers and won that match handily by a score of 3-0.

The Oaks finished off their weekend with a game against Briercrest, losing the final match by a score of 3-0. The tournament was a great learning experience for the team, including the new starting lineup as well as head coach Benj Heinrichs, as it was his debut with his new squad. The women's volleyball team will open their regular season in Lloydminster on Oct. 18 against the Lakeland Rustlers.



Benj Heinrichs
First year as coach

HOCKEY

Hopes high for men's team

By **BRIDGETTE TSANG**
@BridgetteTsang

The men's hockey team is off to a hot start this season.

After shutting out the Red Deer College Kings in back-to-back games two weeks ago, head coach Serge Lajoie was impressed by his team's effort and was even more impressed by his goalie, Ty Swabb.

"I thought the boys had very good games against Red Deer. Red Deer played very well; two really good teams competing. They came at us in waves. Ty competed hard and battled. He made timely saves for us, and the results speak to the performance and it allowed us to gain momentum"

The team then headed over the border to face the University of Nebraska Omaha Mavericks in a special non-conference game (the game was played Monday, Oct. 7). It gave a chance for the team to do some team-building and take in the experience. Despite falling short on the scoreboard (by a score of 6-1), they had many things to cheer about.

"It was a tremendous experience! We were treated very well; the hospitality, facilities, meals, everything," Lajoie said.

"It was first class. We represented ourselves very well. We played for a good 35

minutes, but our energy trailed off. They played a high energy high paced game and they will make you pay for your mistakes. But, overall, it was a really good experience! The team is grateful for the chance!"

The Oaks then travelled back to Canada over to Caronport, Saskatchewan where they faced the Briercrest Clippers twice at the Barkman Arena. Although the team gave up a goal early in the first period, they backed it up with two great periods to follow, at one point outshooting their opponent 21-1.

Tyler French was clutch in this game as he scored two goals and took the honour of being the Oaks player of the game in a dominating 8-1 Oaks victory. Oaks players Jason Wark and Ty Carey also had two goals in the game. Clippers' goalie Connor Dobberthien faced a total of 59 shots from the Oaks.

The second night against the Clippers proved to be just as great as the first. The Oaks struck first midway through the first period with a goal by Jordan Abt.

And the red light didn't stop flashing there. Two more goals in the second period and four more goals in the third period alone. The stars of the game included Jame Johnson, who had a goal and three assists, and Joshua Lazowski, who had two goals in that third period and was rewarded the



Photo by Jesse Kushneryk

NAIT's Sarah McMaster competes in the women's ACAC 5K cross-country race at Augustana University College in Camrose on Oct. 12.

Oaks player of the game.

The shot clock had the Oaks outshooting the Clippers by an astounding 66-13 by the end of the game as the Oaks won to the tune of 7-1.

The Oaks will host the SAIT Trojans

this weekend (Oct. 18 and 19) at 7 p.m. both nights at NAIT Arena. The Trojans are two points ahead of the Oaks in the ACAC standings right now, but the team is hoping to come away with two wins by the end of the weekend.

Ready, set – it's time to play!

By **BRETT MORTON**
@TSN_BrettMorton

Three of NAIT's athletic teams kick off their regular seasons this upcoming weekend.

The women's basketball team will look to improve on their third-place finish last year in the ACAC, which was the first time the team won a medal in the ACAC.

The team is looking really good going into the regular season after going 3-0 in the final preseason tournament this past weekend at SAIT.

"Our preseason schedule gave us the opportunity to test

our team against the stronger teams in our conference, such as Lethbridge, SAIT and Medicine Hat," said head coach Todd Warnick.

The men's team is also preparing for their upcoming regular season after one preseason tournament. The tournament saw the team walk away with two close losses against SAIT, 69-62 and Briercrest, 70-66 and with one win against Olds, 78-54. This year, the men will hope to fare better than their fifth-sixth ACAC finish last year and new head coach Mike Connolly is preparing them to do so.

Both the women and men's teams will travel to Fort McMurray to take on the Keyano Huskies to open their regular seasons on Oct. 18. But you will have to wait until Oct. 26 to watch the Oaks at home, where they take on the Red Deer College Queens/Kings.

Another Oaks team looking forward to this season and hoping for the same success as last year is the women's volleyball team. Coming off an ACAC title and getting a brand new head coach, Benj Heinrichs, the Oaks are here to show that they can bring it once again.

The Oaks were at MacEwan this past weekend to play in their first and only preseason tournament, which would help the team see how they gel and see what they will have to do to remain top contenders this year.

The men's volleyball team is also ready to start up their regular season after a busy preseason. They participated in the Go Centre

Preseason Tourney and played several teams in the ACAC as a part of their non-conference schedule. The team walked away with two wins and a couple close losses out of the seven games that they played in their preseason and they will hopefully turn that around when they start their regular season.

The men and women kick off their regular seasons this weekend when they travel to Lloydminster to take on the Lakeland Rustlers on Friday the 18th. The Oaks will then fly home for their home opener on Oct. 25 when the Keyano Huskies make the trip down to Edmonton.

The women's hockey team is revved up to get their season going. The women won their first ever ACAC title last year and are hoping to repeat this upcoming season. The ladies had a pretty good preseason and a really good experience when they travelled to Ontario for some non-conference games. The southern Ontario trip had Oaks take on the University of Ontario Institute of Technology (UOIT) in Oshawa where they lost in a defensive battle 1-0, which had to be decided in overtime.

Next game, the Oaks got their first and only win of the tournament in a 2-1 victory over York. They then took on Ryerson University, where again they came up short in overtime, this time by a score of 2-1. The final game of the trip saw the Oaks battle it out against the University of Toronto. The ladies fought hard but came up short in 3-2 decision. The women had a good showing, getting four out of a possible six points and had a really great experience. They also took on St. FX Academy in their preseason and walked away with two wins.

The Oaks have two more preseason games against the Calgary Coyotes on Oct. 18 and 19 before they start their regular season Oct. 25 at home against SAIT.



Photo by Jesse Kushneryk

NAIT women in action against the Fort Saskatchewan Fury on Sept. 5. The Oaks won 3-0.

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

Athlete Profile



Player: Jordan Teliske
Sport: Men's volleyball
Position: Left side
Program: Millwork and Carpentry

By SHEEBA JOHNSON

What inspired you to play volleyball?

I saw my sister playing and having fun doing so. And since I always looked up to her, I wanted to play.

Do you have a pre-game ritual?

Yes. The team rituals. And then I have a note I wrote to myself of why I play volleyball and just read it to myself before games.

What do you like about being an Ook?

The school, teachers, students, coaches, my team, it's just an all-around amazing place. Love the environment.

What's your workout song/artist?

"Stop that Booty" by Super Mash Bros. and you can never go wrong with Eminem.

What kind of music do you like?

All kinds, I love music. Different genres for different situations.

Who your favourite player?

Todd Rogers.

Starbucks or Tim Hortons?

Well, I don't drink coffee, so Timmy's, I guess"

Do you have a workout routine?

Not really, just in the gym as much as possible.

How much do you love the game?

It's my passion. It's what I live for. I love it.

What is your biggest source of motivation?

To be the best. I'm always looking to try and improve myself.

How do you manage to keep a balance in your life (between school, games, training and personal life?)

It's hard sometimes. I don't really have much of a personal life right now but as long as I keep my priorities in check, everything seems to fall in place.

Are you a cat person or a dog person?

That's a tough one. I love both of them! But, I have to say cats.

Athlete Profile



Player: Carlie Friesen
Sport: Women's soccer
Position: Forward
Program: Academic Upgrading

By SHEEBA JOHNSON

What inspired you to play soccer?

My mom, I want to get better for her. I do everything for her.

Do you have a pre-game ritual?

I take off my cross necklace and give it a kiss. I am very religious.

What do you like about being an Ook?

I love training every day and my team is very accepting. It's a super friendly environment to be in.

What's your workout song/artist?

Beyoncé

What kind of music do you like?

Everything, except Techno and Dubstep.

Who is your favourite player?

Didier Drogba

Starbucks or Tim Hortons?

Timmy's, because it's cheaper.

Do you have a workout routine?

I don't do the same thing every day. I just love being in the gym and working up a sweat.

How much do you love the game?

I will get up at 5 a.m. on a Saturday morning to watch a game!

What is your biggest source of motivation?

My family and God.

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

Well, soccer is my life, so when I'm not at a game or training, I'm playing soccer with my friends. I like to live stress free.

Are you a cat person or a dog person?

Definitely dogs. I'm not that fond of cats.



Athletes of the week

October 7-13

Robyn Gibson
Basketball



Robyn put forth a consistent effort this past weekend, recording double-digit point efforts in each of the Ooks' three wins. Her solid play was instrumental in helping the Ooks soundly defeat Lethbridge, St. Mary's and Olds College by a combined score of 227-122 at the pre-season tournament, hosted at SAIT. "Robyn's reliable scoring and consistent play at both ends of the court were key factors in our team's success," said head coach Todd Warnick. "Our play this weekend, highlighted by Robyn's great efforts, have our team poised to start the regular season on a positive note." Robyn is a fourth-year Alternative Energy Technology student from Spruce Grove.

Josh Lazowski
Hockey



Josh led the Ooks to back to back wins over Briercrest this past weekend in Caronport, Saskatchewan. He scored a goal in the Ooks 8-1 drubbing of Briercrest on Friday and improved on his own solid effort with two goals and an assist in the Ooks 7-1 victory on Saturday night. "Josh created numerous scoring chances all weekend and was a constant offensive threat throughout both games," said head coach Serge Lajoie. "We will need Josh to continue to be an offensive leader for us heading into our next two weekends against SAIT and Augustana respectively." Josh is a second year Emergency Management student from Leduc.

FREE Student Wellness Class

How to Be Happy

Could you be happier? Did you know happiness is largely your choice? Learn what happiness is, rate your own happiness and find out what does and doesn't make people happier



October 17th 12:15-1:00pm

Location J112

Please register in E134 or online at

www.nait.ca/recreation

ENTERTAINMENT

Thankful – every day



ALLISON MULLOCK
Entertainment Editor
@Alimullock_

This past weekend was Thanksgiving, which is one of my favourites because I love traditions, family, the fall season and, most of all, turkey. But before I slipped into my tryptophan induced post-meal nap, I really began to think about what I was thankful for.

People on Facebook, Twitter, Instagram and various other media outlets told me exactly what they were thankful for and why. I took the time to read the paragraphs answering the question “what’s on your mind” all night on Sunday. I read tons of people being thankful for their family, for their friends, boyfriend, food and I couldn’t

agree more. I would be nothing without my family, friends and the endless meals that are made for me every year. But it was then, when I was almost comatose from the huge meal, I realized that I need to remember what I am thankful for every day.

I really started thinking about all of the little things I am thankful for, attempting to be a little bit more creative than the other responses I was reading.

My brain started racing with answers. I am extremely thankful for my amazingly supportive parents who let me move and live wherever I want with their full support.

I am extremely thankful for my siblings and their significant others for being such a huge part of my life. I am ever so thankful that there is the Internet, because I can stay in touch with all of my friends whether they are in Vancouver, Nanaimo, Victoria, Regina or Toronto. I am thankful for my employers who have given me the chance to make money and work for them, so that I

can have clothing, freedom and a dinner out on occasion. I am thankful for long lasting, forever relationships with ones I love ... Then I stopped. I stopped because I noticed that I will never stop being able to name the number of things I am thankful for.

I am so incredibly lucky that I have all of these things to be thankful for. I am so thankful to be ... thankful.

I could go on forever about all the lit-

tle things I can give thanks for. I then thought, why does it only have to be on one day that I sit and rack my brain for everything amazing that is going on in my life. Why can’t I

wake up every morning and pick one thing that I am thankful for?

So, I made a decision. Every morning when I wake up I am going to think of one singular thing I am thankful for. Throughout that day I am going to either thank the person directly, do something for them or just generally embrace whatever I choose that day. I am going to write it down

every morning (hoping that I really follow through) so that next Thanksgiving I will have 365 things that I am seriously, full heartedly, thankful for.

I bought a book with a turkey on it and will hopefully do it every day.

If everyone did this, I would think there would be a lot less complaining and a lot more people who are gracious. Everybody should do this and we would be a lot happier as people, I am sure.

I am not telling everyone to get a turkey book, but I am suggesting for everyone to remember all the good in their life. On those days when you really start to feel sad, remember how amazing it is that you can feel. On those days when you hop in the shower and just want a little shower cry, remember all the amazing things to be thankful for. Don’t just keep it inside. Let people know! Tell the people around you that you are thankful. Thank your bus driver, your landlord and your cat.

Self pity and self deprecation are an everyday thing for most people. Try a day without it. Try a day when you are just thanking others around you and see how much better you feel.



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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!
NEST 25
YAPPOKIER UNITE 10PM

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By **QUINTON BERGER**

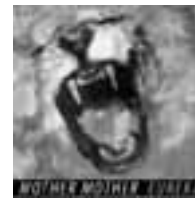
We're often told that life is about the little things and the importance of stepping back to appreciate them. While this is all too true, there are always those times for appreciating the significant events in our lives, when all is said and done and you just sit back with a huge grin your face thinking

"hell yeah, I can't believe that just happened." This is perfectly depicted in the last scene in *Dazed and Confused*. Soon-to-be freshman, Mitch Kramer has just spent the night partying with the senior class. The night ends, they all think he's cool, he hooks up with a girl who's been flirting with him all night, only to be greeted at the door by his mother who tells him that "just this once", she'll let it slide. Mitch lies back on his bed, puts his headphones on and marvels in his night and what's to come.

We've all felt like this at one time or another. We've all had those awe-inspiring experiences that have given us warm feelings of absolute satisfaction and leave us feeling absolutely content. Whether it was nailing a live performance, getting the girl we've been into for a while, scoring a winning goal, whatever it may be, you know the feeling I'm talking about. For me, it was get-

ting accepted into NAIT. I'll never forget how unbelievably excited and proud I was when I got a call from the head of the Radio and TV department telling me I'd been accepted. So these are songs for when we feel most satisfied, those times that give us those warm "all is right" feelings and just leave us stoked on life.

1. Mother Mother – Calm Me Down
2. Notorious B.I.G. (feat. 112) – Sky's the Limit
3. Porter Robinson – Language
4. Swollen Members – The Difference
5. Sublime – Jailhouse
6. Ice Cube – You Know How We Do It
7. Slightly Stoopid – Top Of the World
8. Asher Roth – Fallin'
9. Big B – Here Comes the Lightning
10. Evil Ebenezer – Lovin' Life



VIRAL VIDEO

Barenaked Ladies video captivating

By **KODY DAVIDSON**

Odds are you don't know about a the new Barenaked Ladies song. Well, Roosterteeth has released a new music video! It's the official Barenaked Ladies video for their song "Odds Are." It's a bunch of silliness with a ton of cameos from people you might recognize from the Internet, such as IGN staff, Freddie Wong and Gavin trying to throw a football.

The video takes place during a newscast on BLN Channel 4 action news. In the cast,

the world is approaching the apocalypse. The song is very good and the video has gone viral, getting a million views in two days. But what makes this video great is the little marque on the bottom and the news graphic text. At one point, the graphic proclaims that it has become self aware and doesn't feel it has a meaningful existence. The text is funny but if you're not watching you'll miss it because it's not jumping out at you like the rest of the video.

The rest of the video shows off crazy

events like dinosaurs coming out of a volcano and a Mech robot killing people at a football stadium. Burnie Burns gets blown up! Aliens come to blow everything up! The video is ridiculous but it works. The anchors are very calm during the whole video, adding to the silliness. The studio crew is attacked and the camera is left crooked. Just a bunch of little things to make a great three-minute video. Heck, the weather man gets bitten by a zombie and still does the weather and also becomes a

zombie ... but I'm sure things will probably be alright. Watch the video here: <http://www.youtube.com/watch?v=7Sw9Fh6uk4Q>



YouTube

OCTOBER EVENT LIST

4
Alexander Keith's Birthday at the Nest

7
Clubs Connection

7, 15, 21, 28
How to Run

15
Oilers vs Penguins at the Nest

22
Oilers vs Canadians at the Nest

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

31
Scary-oke at the Nest

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HOT SINGLE OF THE WEEK



Photo by Muhammad Waqas

Joanie Ulliach, 19 Personal Fitness Program

Tell me something about yourself, e.g. what do you do, where are you from and what are your hobbies? Etc.

I am from Plamondon, AB and I play for the Oaks woman's volleyball team. I am in the Personal Fitness program, and I am taking my EMT afterwards. In my spare time, I like to go camping, quadding and going to the gym.

What you do to keep yourself looking good?

I live a healthy lifestyle and get my beauty sleep.

What type of guy are you attracted to or what type of guy you are looking for? Should he be less attractive and rich or extremely attractive and poor? Should he know how to cook or should he be caring, etc.

My type of guy should have a positive outlook on life and has goals to achieve. He must be able to cook! A travelling buddy would be sweet.

In your opinion, what makes a great relationship?

Good communication between both partners develops a healthy and entertaining relationship. Being best friends with your partner makes everything great.

What if a single guy wants to contact you?

Follow me on Instagram :P Instagram = mojo_u

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

THE TOASTY COOKBOOK

Easy does it

The *Nugget* is feeling really really good about introducing everyone to its new cooking section. Featuring easy to follow directions and real world units of measurement, The Toasty Cookbook is NAIT's source for cheap, tasty and toasty recipes.

Ramen Pad Thai Soup

The cheaper, quicker, and don't have to leave the basement-ier alternative to Thai takeout. For ramen cooking directions, consult the package they came in.

Ingredients:

- 1 hotel Bible of Ramen
- 1 large stamp of Ramen soup base (that little yellow baggy. No, it's not a mistake)
- 1 Ants Ocean of Boiling water
- 1 baby's hat full of frozen vegetables (Look for bags that include baby corn. Mmm ... corn infanticide)

- 1 paintball of peanut butter
- 1 marble of hot sauce
- 1 egg full of egg

So, you need boiling water. Not like look there are some bubbles boiling but holy crap, Neptune ate Taco Bell – that amount of bubbles boiling. Throw in the vegetables (boil, baby corn, boil). Once them things are limp, drop in them noodles. Let 'em cook until they start separating, now crack the egg over the pot, letting it just drop right in. Not the shell. The eggy goodness. Now it's time for the peanut butter, hot sauce and soup base. Stir. In about a minute take your pot off the heat and let it sit. Take advantage of the downtime in whichever way you choose. In about a minute you're ready to go.

With a little help ...

By WHITNEY FOX

This week, as I browsed Pinterest for a DIY craft to write about, I realized that a seasonal themed project was sitting right in front of me. I decided I would prepare a Thanksgiving Day turkey dinner with all the trimmings for six guests and myself. "After all," I thought, "I'm all grown up now. How hard can it be?"

With this in mind, when each of my guests called and asked what they could contribute, I laughed them all off and told them to bring their appetites.

Now might be good time to mention that I don't really cook. I can cook sometimes. For instance, I can make a mean smoothie and I have in the past boiled a whole pot of water, but a full turkey dinner for seven is a little beyond my scope of experience.

So here I was, the day after all of my guests had called, with a 14-pound bird, a list of side dishes to prepare and a sense of impending doom.

I swallowed my pride, picked up the phone and, call by call, I crossed items off my list and started to feel calmer.

By the time Sunday rolled around, I was responsible for only a turkey, stuffing, potatoes and gravy. Around 4 p.m., after only two issues with a smoke detector and three near drops of the bird, the

kitchen was smelling like my mom's would have, and people were coming in with all sorts of side dishes, salads, desserts and, most importantly, wine.

By 5 p.m., I had been ushered out of my own kitchen, which had been entirely taken over by my guests and I was once again removing the battery from the smoke detector.

By 6 p.m., we sat at my crowded dining room table, clinking glasses over a pile of food and I was realizing that, although I had failed at DIY'ing this meal, I was definitely feeling the spirit of the Thanksgiving season.

(I was also feeling like I would invite myself over to someone else's place for Christmas this year.)



Photo by Whitney Fox



JOE RANGER

What do you like best about NAIT? What could be improved?



"The best thing has been the opportunity to meet people from so many different walks of life, making friends and building relationships. Improve? ... We're a bit excluded from main campus, the student club, library and bookstore, so it takes extra time."

Crista German
Occupational Health
and Safety



"The teachers teach well, they're very nice. I like the school, it's really nice." Improve? "The building. We need some windows, some sunshine."

Jay Sultan
Petroleum
Engineering Tech.



"Teachers are really good, so is the library and cafeteria. Most important, the instructors are really good – my English is improving. Improve? None."

M Nurul Huda
English as a Second
Language



"I guess meeting up with friends, seeing them every day. Improve? Cancel final exams, maybe a new building for Petroleum students."

Mohamed Fayad
Petroleum
Engineering Tech.



"The beer gardens and the Nest and all the hot girls. Improve? The food. It's not the best and that's with a Culinary program. It's expensive for the quality."

Max Ward
Occupational Health
and Safety

Talking to the man himself

By **KURT FABISCH**

Two weeks ago, with co-operation with Paramount Pictures, I took part in a conference call with Johnny Knoxville, star and co-writer of the upcoming *Jackass Presents: Bad Grandpa*.

The call was done with 27 other colleges from all over Canada and the United States.

It was fantastic. Knoxville couldn't have come off as a more affable interview subject. Answered every one of the 27 questions thrown at them with poise.

Here are some of the highlights from that interview.

My question:

"Was there anything during any stage of production of this film where you've had serious reservations or refused to participate?"

Johnny Knoxville: "I mean we'll be talking about things the night before. And 'let's do this, let's do that', and I would, you know – I don't want to do that, why don't we do this. But nothing like that it was like a heated thing or like I drew a line in the sand. You just have conversation about what we're doing the next day. It wasn't anything that dramatic."

Vanderbilt University asked about Knoxville's process doing a film like this now that he's a father:

"This is your first Jackass related role since your daughter was born. How has your approach to these movies changed now that you're becoming more of a family man?"

JK: "Well I didn't start doing stunts until my first daughter, who's now 17, was born. So it's not like having the kid calmed me down. At that point, I was like "Holy @#\$. I going to do something, make some kind of mark and quick because I had nothing going." And, you know, it's different now, but I enjoy doing pranks and stunts. As far as being a father, I think I'm going to a different place in my life and I'm a better father and better husband.

But my approach to doing this film is and stunts are, you know, it didn't start until my first kid was born."

Arizona State University asked my favourite question:

"I was wondering, with all the pranks that you do, have you ever been part of a lawsuit because of them?"

JK: "Someone tried to sue us a few years ago because his name was Jack Ass and he just thought that our movie ruined his good name and credibility.

So that actually happened. You could look it up, someone tried to sue us."

California State University asked about *Bad Grandpa* having an actual plot:

"Based on the trailer, I've seen that like *Bad Grandpa* can be more of story. In the previous Jackass films, you pulled pranks and stunts amongst one another. I was just wondering, why the sudden change in *Bad Grandpa*?"

JK: "Well, we did a lot of pranks on the public in the

TV show and as we became more well-known, we kind of have to focus. But when we do pranks on the public, when I would think the public, it was primarily the old man as the movies went on. So, we've been thinking about this movie for a long time, doing a whole movie with the old man. And we just decided to commit to it. I'm glad we did because I think you guys are really going to like it."

I was already looking forward to seeing the film. Hearing Knoxville's insight into

the production of the film, I'm even more excited to see it.

Bad Grandpa arrives in cinemas Oct. 25.



Johnny Knoxville

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
 Saturdays: 8:00am – 10:00pm; T015

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

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

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

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

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

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

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

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

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

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

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

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

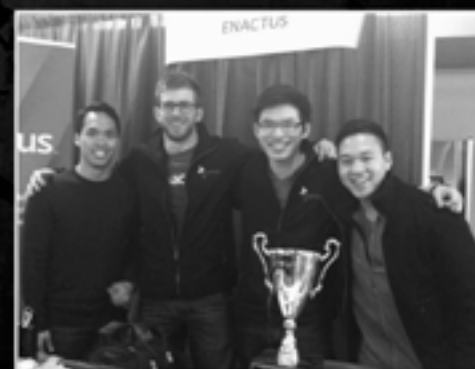
WHO Investment Club
WHAT Weekly Meetings
WHEN October 23 4:40pm – 5:40pm
WHERE Room J-210

WHO 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 Clubs Showcase Winners!
 1st place: Gamers of Dungeons & Dragons;
 2nd place: Sustainable Technology;
 3rd place: ENACTUS

The winner of the Petroleum club "guess the weight" contest is Carolyn Harper, Geological Instructor with a winning weight of 68.7 lbs. Congratulations!



VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
 upcoming Important Clubs Dates

Anime Club

Sharp-Spoken



Location: WB-314
 Time: Thursday 4:15 PM
 E-mail: animeatnait@gmail.com
 Facebook: [facebook.com/groups/animeatnait](https://www.facebook.com/groups/animeatnait)

BCX ^{silent} Auction

What: Silent Auction to raise money for the World Literacy Foundation
When: Wednesday, October 16th. Doors open @ 6pm!!
Where: At the Nest
Who: Put on by Business Connex of NAIT

Tickets are \$5 at the NAITSA office (E-131)
 Cash only event!!
 GREAT PRIZES!



LOVE

The Lord your God

WITH ALL YOUR heart
 AND WITH ALL YOUR soul
 AND WITH ALL YOUR mind

This is the first and greatest commandment
 And the second is like it:

Love your neighbor as yourself

All the Law and the Prophets hang
 ON THESE TWO COMMANDMENTS

-Matthew 22:37-40

THE CHRISTIAN STUDENT ASSOCIATION ON CAMPUS EXISTS TO SERVE GOD AND TO SERVE PEOPLE, WHICH IS YOU, NAIT STUDENTS! WE HAVE THREE GOALS THIS SEMESTER: PROVIDE CHRISTIAN FELLOWSHIP AT NAIT, PROVIDE A COMFORTABLE ENVIRONMENT FOR PEOPLE OF ALL BACKGROUNDS TO DISCUSS MATTERS OF FAITH AND LIFE, AND BE ACTIVELY INVOLVED IN VOLUNTEERING ON AND OFF CAMPUS!

Meetings
 PRIZES FROM 12:15PM TO 1:10PM
 Room E201
 EVERYONE IS WELCOME!




MECSA BBQ

OUTSIDE THE TOWER, UNDER THE PEDWAY
 OCTOBER 17
 11AM - 2PM

HAMBURGER WITH POP -\$5
 HOT DOG/SMOKIE WITH POP -\$4




NAITSA UFC

CREATING THE ULTIMATE FOUNDATION FOR CLUBS

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
 upcoming Important Clubs Dates

THE NUGGET PRESENTS:

NUGGET COMICS

Outlandish



Natalia Bouajram

DR. NUGGHEAD

Dear Dr. Nugghead:

This weekend was thanksgiving and me and my sis are making deserts. We attempted to make a soufflé but failed miserably. Any suggestions for next time?

Need a sweet answer,
Lewej

Dear Lewej:

You have a pretty open book here, so I will start with the basics: Apple or pumpkin pie. The reason is not because of taste (though it's a big part of it) but the reason for the season. You see, thanksgiving is the celebration of thankfulness, or something important

like that. So to celebrate, we decided the best things to do was kill off our livestock, smash up pumpkins and other abundant fruits and veggies, and eat as much of our food as possible in one sitting. The reason? Heck if I know, but I joined in on it anyways. Apple and pumpkin pies are great due to their sweetness, price, easiness to make, and above average fat content, not to mention how popular they are in super markets right now. You can also make a blueberry or strawberry pie as well if you are feeling confident. However, if you really want to make thanksgiving special next year, and have the skills to make it, go with either a strawberry/blueberry/apple/rhubarb/pumpkin combination pie, or the legendary snozzberry pie. If you happen to successfully create the latter, call me up because I created a black hole on my last try. Needless to say, I am not allowed to create that pie again. I think I added too much oregano on my last try.

barb/pumpkin combination pie, or the legendary snozzberry pie. If you happen to successfully create the latter, call me up because I created a black hole on my last try. Needless to say, I am not allowed to create that pie again. I think I added too much oregano on my last try.

Dear Dr. Nugghead

What did you make for Thanksgiving?
A personal question

Dear Personal question:

I made the usual Turducken (Quail inside a cornish hen, inside a chicken, inside

a duck, inside a turkey, wrapped in bacon and then stuffed inside a pig) Turducken stuffing (Turducken chopped up with bread crumbs) Turducken pumpkin pie, Turducken cranberry sauce, Turducken gravy and, you guessed it, some fresh seasoned vegetables with just a dash of salt, pepper and a little bit of that Mrs. Dash table blend seasoning.

Got questions? Need advice? Thought of something cool but don't know who to share it with? 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.

THROWBACK THURSDAY

The best kid's game ... ever

By QUINTON BERGER

As a child, few moments were as tense as the last few minutes before the recess bell. The kids had all finished their lunches and sat there waiting in anticipation as if waiting for a bomb to be disarmed. These moments were

pivotal because everyone knew what was at stake. The minute that bell rang, we all shot up out of our seats and dashed outside like our lives depended on it! We ran out the door as fast as fast as our legs would carry us, giving it everything we had because we all knew that the last one to make it to the park ... was it! I'm talking of course about "grounders."

Anybody with any sort of childhood remembers participating in this blinded gallant of cat and mouse. You'd crawl around the park, eyes shut, waving your arms about in hopes of finding someone while the other kids did everything they could to avoid you. Climbing over you, hanging off the edges of the park, nothing was off limits in this visionless free for all! The aspect of the game that really gave grounders its intensity was the heart stopping

moments of almost being caught. You'd find yourself cornered between the edge of the park and the kid searching for you. You stood there in complete silence, doing everything you could to remain perfectly still in hopes they would turn around and you could make your escape. Or how about the daring sprint you'd make from one end of the playground to the other, hoping to god you'd make it there before somebody yelled "GROUNDERS". Yes, grounders was the end all, be all of playground games. A heart stopping, all or nothing calamity were it truly came down to survival of the fittest and if you got caught slippin' ... well you'd just have to go back to the bottom of the park and start over.

What made grounders quintessential to our generation though was the fact that soon after, younger classes weren't allowed to play it. My sister's class wasn't allowed to play grounders and neither was my buddy Kenyon's brother's class. But ask anyone who's around 20 and they'll tell you they you about

the fun they had playing. Grounders was truly the "last huzzah" of semi-dangerous fun to be had on the playground, before our parks began getting replaced with playgrounds made of plastic which had that weird foam like material underneath. Naturally grounders was stopped because teachers saw it as "too dangerous" Well yeah, it's a bunch of kids running around a playground with their eyes closed! Of course there was the slight possibility of someone falling off the park because they couldn't see and sometimes it happened but when it did, we got up, brushed off and were back out there the very next day!

Grounders was possibly one of the most widely enjoyed recess pastime out there. Ask almost anyone and their face will light up as they talk about how well they remember it and how much they enjoyed playing it. And what's not to love, hair raising suspense, intricate escape routes and the slight element of danger. Now that, ladies and gentlemen, is a past time I can get behind!



en.wikipedia.org

Grounders

CHILDREN'S BOOKS

Learning pretty, early on

By SAMI SILVER

One of my favourite books as a child was *Purple, Green and Yellow*, written by Robert Munsch, who is widely regarded as a genius of the genre. What seems like the simple story of a creative girl is really a critical commentary on body modifications.

The story starts off with a little girl named Brigid, asking her mom for new colouring markers. Her mom obliges but not without setting numerous ground rules. Brigid obeys these rules and soon her mom trusts her enough to buy her the coveted super-indelible-never-come-off-until-you're-dead-and-maybe-even-later markers. Soon Brigid gets bored with ordinary paper and uses the markers to colour her whole body! Her mother calls the doctor for help and the doctor gives Brigid a pill, which ends up turning her invisible. Luckily, Brigid re-draws herself as she originally looked but the magical super markers make her normal self look even better than before.

Though this story seems to be nothing more than a cute account of a girl playing with magic super markers, there's a clear underlying message about the ability to manipulate our appearance in our beauty-worshipping society. The story starts with a talented, unique individual who is then given

the power to shape her existence; in this case, Brigid and her markers. It's all well and good until she steps outside the box and defiles her body with a barrage of colours. Then society, represented by the mother, is horrified by the sudden change and demands the quickest return to normalcy. The solution is to call the doctor to fix Brigid's unbridled rainbow of non-conformity.

The doctor makes Brigid invisible, taking away what made her so unique. It's at this point that society (mother) and the individual (Brigid) begin to share the same goal. They want Brigid to be seen, because she can't function in, and contribute to, a world in which she is completely invisible. So Brigid re-draws herself using the super markers but she re-draws herself as society (her mother) wants her to look. The result is a girl who, thanks to the super markers, magically looks better and more beautiful than she did before. Her perfect visage is then celebrated by both parties as they continue on with their lives.

In our world we treasure the ability to modify our bodies, but only in certain circumstances. There is, for some, the desire to use make-up or hair dye or even plastic surgery in the pursuit of beauty and this we find completely acceptable. Then there are innumerable fashions deemed

Purple, Green and Yellow

Robert Munsch

Hélène Desputeaux



www.fireflybooks.com

ugly and unflattering, which inspire nothing but judgment and disdain. The sad truth is that in a world where we rely so heavily on our eyes, people will often be judging others on their appearances. The message that we absorb then, is that there

are an infinite number of ways to look but only one way to be beautiful.

So, kids, the moral of the story is this: It's acceptable to modify your appearance, but only if you're making yourself prettier.

Gone Girl – to the big screen

By MORGAN BLACK and LAUREN FINK

@Morganisblack @LaurenFink_

Morgan's Review

I read *Gone Girl* in a single sitting. I may have lost a lot of

sleep but it was worth it. Many books are addicting to read but *Gone Girl* was one of those few that I literally could not put down. Centred around murder, manipulation and marital break-

down, it is one of the best books that I've read in a very long time.

Each chapter is narrated by main characters Amy and Nick Dunne, alternating. This creates a unique dynamic and through this the reader begins to realize that all is not right in a seemingly happy marriage. Each character carries with them dark secrets, some more sinister than others. The characters in *Gone Girl* are incredibly toxic, (a narcissist and a sociopath joined in marriage) but they are multi-faceted. The story itself doesn't truly reveal itself until halfway through, but it is well worth the buildup. *Gone Girl* is set to hit the big screen in 2015 (Reese Witherspoon bought the screenplay for \$1.5 million. She clearly enjoyed the book, too.)

Lauren's Review

I can't honestly say I read the book. But I can say I wish I had based on Morgan's review. Hopefully, the movie will be just as good and knowing me I'll read the book right before

the movie's released. I can promise next time I'll be better and actually read the book we are reviewing. Sometimes life just gets busy, you know?

The next book we will be reading/reviewing is *Everything is Perfect When You're a Liar* by Edmonton native Kelly Oxford.

Amazon variously describes Kelly Oxford as:

– A wunderkind producer of pirated stage productions for six-year-olds.

– Not the queen of the world.

– An underage schnitzel-house dishwasher

– The kid who stood up to a bully and almost passed out from the resulting adrenaline rush.

– A born salesman

– Capable of willing her eyesight to be 20/20

– That girl who peed her pants in the gas station that one time.

– Totally an expert on strep

throat.

– Incapable of making Leonardo DiCaprio her boyfriend.

– A writer.

– A certified therapy assistant who heals with Metallica mixtapes

– Sad that David Copperfield doesn't own a falcon.

– A terrible liar.

– Not above using raspberry-studded sh*t to get out of a speeding ticket

“Not fat enough to be super snuggly.”

— Daughter Bea, age 4

“Bitingly funny. But everybody knows that.”

– Roger Ebert

If you've ever read *Everything is Perfect When you're a Liar*, we would love to hear your review. You can tweet us (@nuggetonline,) Facebook (The NAIT Nugget,) or email (entertain@nait.ca) us your thoughts on the book by Oct. 26 and they could be published in the next edition of Taken Literarily. Happy reading.

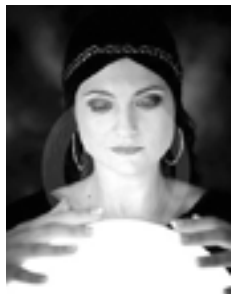


www.premierlife.ca

The next book

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

October 17-23

(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)

Be wary of professional obstacles that come your way. Extra effort on your end is necessary or else you may lack the resources necessary for success.

Scorpio (Oct. 23-Nov. 21)

Notice that more animals are drawn to you on the 21st. This is due to the positive alignment of Pluto to the sun, having an effect on your pheromones. This will give you a leg up on dating.

Sagittarius (Nov. 22-Dec. 21)

Saucy times are coming your way, Sagittarius. Keep your eyes open for the golden opportunity and then pounce. There will be no regrets.

Capricorn (Dec. 22-Jan. 19)

Take the time to pamper yourself, Capricorn. You will need the extra confidence this indulgence will give you in the coming time. Be ready to take on the world, for true happiness could be closer than you expect.

Aquarius (Jan. 20-Feb. 18)

Take a break from leadership roles you find yourself in. Encourage others to take the reigns. It will put you more at ease and will be better for all goals.

Pisces (Feb. 19-March 20)

No need to jump into anything too soon. Change for the sake of change can be dangerous. Keep a level head, you will end up grounding those around you during difficult choices coming your way.

Aries (March 21-April 19)

Be careful of novelty items, as they will bring nothing but pain and suffering. These items are not worth your time and may be better out on the street.

Taurus (April 20-May 20)

Have confidence in all statistics you stumble upon, no matter how improbable they seem. It is a matter of life and death for mammals everywhere.

Gemini (May 21-June 21)

The stars are not in your favour, Gemini. If something seems to be going well, it's a trap! Run from any sign of success. Keep all you really love safe until the stars are in your favour.

Cancer (June 22-July 22)

Seek not amongst the stars for answers, for this week Cancer is reflecting off all liquid matter. Take

some time at the pool, for this will bring you closer to bliss than all else.

Leo (July 23-Aug. 22)

This weekend will bring great changes your way. Keep your eyes open for a short stranger, who may work his or her way into your life, for better or worse. Put yourself out there!

Virgo (Aug. 23-Sept. 22)

Nothing but joy will come your way if you become involved with the written press nearest you. It will equip you with life skills and friendship: the greatest tool to have in your life tool box.

Who ya gonna call?

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

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

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

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

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

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

TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Keeping safe at Halloween



Halloween is upon us once again and little ghouls and witches will head out in costume for some long awaited trick or treating. Here are a few simple tips for you and your youngsters to have a safe and happy Halloween:

For kids

1. Trick or treat with a friend or your parents.
2. Do not go to houses where the lights are off.
3. Never go inside a stranger's house.
4. Know where a Block Parent house is in case you need help.
5. Start trick or treating early and do not stay out late.
6. Let your parents know where you will be.
7. Cross the road at the corner or a crosswalk.
8. Look both ways before you cross the road.
9. Wear reflective tape on your costume so drivers will see you better.

10. Carry a flashlight.
11. Never go into alleys, parking areas, or vacant lots.
12. Do not go near animals you don't know.
13. Eat a good supper before you go trick or treating and ask your parents for a sample of their treats to eat while you are out.
14. Let your parents check your treats before you eat them. Don't eat candy when you get it. Take it home and let your parents check it over.
15. Never eat unwrapped candy.
16. Keep away from open fires and candles. (Costumes can be extremely flammable.)
17. Use face paint rather than masks or things that will cover your eyes.

For adults

1. Using common sense can make a party a great one and avoid anything that may ruin it.
2. Keep an eye on the drinking, don't let

it get out of hand. Take the keys away from anyone that may be driving. Have one person stay sober and offer to drive those people home who may be too intoxicated to drive.

3. When deciding on a menu, check to see if anyone attending the party has food allergies that might be a problem. Common food allergies to dairy products, peanuts and shell fish can really put a damper on the festivities.

4. Know the route your kids will be taking if you aren't going with them.

5. The best bet is to make sure that an adult is going with them. If you can't take them, see if another parent or a teenaged sibling can go along.

6. Know what other activities a child may be attending, such as parties, school or mall functions.

7. Make sure you set a time that they should be home by. Make sure they know how important it is for them to be home on time.

8. Explain to children the difference

between tricks and vandalism. Throwing eggs at a house may seem like fun but they need to know the other side of the coin as well – cleanup and damages can ruin Halloween. If they are caught vandalizing, make them clean up the mess they've made.

9. Explain to your kids that animal cruelty is not acceptable. Kids may know this on their own but peer pressure can be a bad thing. Make sure that they know that harming animals is not only morally wrong but punishable by law and will not be tolerated.

Happy Halloween!

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

Everybody benefits, except the criminal.

For more tips and information, visit www.nait.ca/security.

4000 BODIES. 6 ROUTES. 1 HELL OF A RIDE.

CREEPY CRAWLER

POWERED BY Red Bull

SAT OCT 26TH
\$20 TICKETS

TICKETS AVAILABLE AT:

FLAVORUS.COM
OUR OFFICE (6107-104 ST)
CREEPY CRAWLER PROMOTERS

FOR MORE INFO OR TO BUY TICKETS CALL

PH: 780.70.CRAWL

OR VISIT

EDMONTONPUBCRAWLS.COM

EDMONTON PUB CRAWLS

THE SCARIEST PARTIES OF THE YEAR HALLOWEEN HORROR NIGHTS

SATURDAY OCT. 26

\$500 IN COSTUME PRIZES - NO TICKETS NEEDED - COME PARTY!

THURSDAY OCT. 31

\$4 HI-BALLS AND TEQUILA - STUDENTS AND INDUSTRY FREE!



THE RANCH ROADHOUSE.COM

THE BOUNCE HALLOWEEN HOUSE PARTY

SATURDAY, OCTOBER 26

FEATURING \$2000 CASH GIVEAWAYS 8 DJs POP CORN
HOT TUBS CANDY SHOWERS...

THE MOST RANDOM
STATIONARIES WHO PRIZES
OF THIS SUM EVENT EVER!

PRESENTED BY



PEARL ENTERTAINMENT



concert series

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ARGYLL & 99 ST. DOORS AT 5PM

TICKETS \$15

UNION HALL
est. 2004

Overcoming perfectionism



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Do you set excessively high standards for almost everything you do?

Do your accomplishments rarely meet your expectations?

Do you try to appear faultless to the outside world, even your friends?

Do you judge yourself based on your accomplishments? ... consider yourself a failure if you get a 'B'? ... put things off because you can't get them perfect? ... avoid giving your opinion for fear of looking dumb?

Perfectionism: a self-defeating cycle where individuals set excessively high standards for almost everything they do, often fail to live up to their standards and then blame themselves for not being good enough or not trying hard enough. To offset this they feel compelled to set more unrealistic goals in order to try and feel better.

Perfectionism usually interferes with, rather than contributes to, success. Perfectionists never feel satisfied and even if they get some temporary satisfaction, they usually don't accomplish as much as non-perfectionists because they spend so much time trying to get things just right. Becoming so obsessed with achievement often means missing out on the satisfactions and joys of life. Perfectionism is a major cause of procrastination. Fear that they cannot do a task perfectly, or anticipation of the effort involved to achieve perfection, often causes perfectionists to avoid tasks. As well, perfectionists often have problems with relationships because they apply their own unrealistic standards to others and can be critical and demanding.

While setting high standards is good, aiming for compulsively high targets is harmful to your mental, emotional and physical health. Here are some tips for setting realistic standards:

- Set boundaries on the amount of time you put into projects and studying, and stick to those boundaries. Perfectionists often put two or three times the time and effort into projects, even if the projects are minor. And all that extra effort usually leads to minimal improvements (two or three per cent). In the meantime, they get stressed about not working on other projects and lose balance in their lives through not spending time with

friends or doing activities they enjoy.

- Decide on one or two things are most important to you and put your effort into those things. Practise doing a mediocre job, or even a bad job, of other things that are not important to you.

- Try new activities. Remember that we learn by making mistakes. Often perfectionists don't try new things because they don't want to make fools of themselves.

- Know your overload warning signs. If you are having symptoms of stress, feeling like giving up, avoiding necessary tasks or feeling tearful or irritable you may be setting standards that are unrealistic or taking on too much.

- Schedule time for fun and relaxation every day. This actually makes you more creative and productive in the long run.

- Try not to compare yourself to anyone else.

- Alter your negative self-talk. Be aware of how hard you are on yourself and practice giving yourself more praise and changing negative self talk to positive, or at least neutral, messages.

- Ask yourself "What is the worst thing that could happen if I don't do this perfectly?" "or if I get a mediocre mark?" Usually the consequences are not that critical.

- Make a list of how perfectionism is hurting you and those around you. Some common examples include low self-esteem,

micro-managing, negativity, isolation, difficulty making decisions, not taking risks and keeping relationships distant.

- Watch for positives. Perfectionists are usually wonderful at spotting flaws in themselves and their work, as well as in others. Make a conscious effort to see more good than bad in everything and everyone you evaluate, and to alter that negative inner voice to have a more positive, realistic viewpoint.

- Stop chasing the impossible dream. Judge yourself by who you are, and not by what you accomplish. No one is, or ever will be, perfect. You are wonderful just the way you are!

Healthy achievers take pleasure in pursuing their goals rather than feeling stressed that they might not achieve perfection. Letting go of perfectionist tendencies requires time, effort and patience (and the willingness to accept that your efforts at change won't be perfect)! But healthy goal setting is within your reach ... and you will probably find yourself having a lot more fun.

Counsellors at Student Counselling can help you work towards setting healthy standards. We offer academic and personal counselling. To book an appointment, drop by Room W-111PB in the HP Centre or book an appointment at 780-378-6133. Our hours are 8 a.m.-4:30 p.m. Monday to Friday. We are open until 5:30 on Tuesdays.

The shape of pop to come?

By RICHARD LUKACS

I'm not saying that I'm the biggest die-hard Refused fan ever. But I am, their magnum opus, *The Shape Of Punk To Come* has many important and well-known admirers (like various members of Metallica, Guns and Roses, Rage Against The Machine and ... me) regularly stated as one of the most influential albums of the past decades. As we all know, "The Refused Are F**king Dead" but their voice, face and main momentum, Dennis Lyxzén is alive and well.

"Can I scream?" – asked the man 15 years ago in New Noise and the underground music scene bowed on all four. Today, in front of his new indie-rock band, the question would be: "Can I sing?" My vote is a softened but categorical "yes."

The INVSN began many years ago as a solo project of Dennis, nevertheless it stepped into a new era. Since the first action they renamed the operation (it formed as Lost Patrol Band), changed strategy (switched Swedish lyrics to English), barriers (signed to a US label), combined forces (it became an actual band with steady line-up) and started warfare (released this album and went on an international tour).

Musically it is the exact opposite of the complex, layered and revolutionary approach of Refused, so it's not quite fair – and actually impossible – to compare them. If someone invents the wheel, he can't really complain if people will see him as the wheel-inventor for the rest of his life, right? But if after he made the world a better place with an immortal contrivance, I think we should give him the freedom to do whatever he wants to do. And he wants to do this, no doubt about that.

The sound will not be that shocking for those who followed Lyxzén's post-Refused career and know The (International) Noise Conspiracy for example. However that band was hardcore (not to mention the rattling, orthodox punk-rock AC4) comparing to INVSN's gloomy, simple and skeletonized tones, heavily influenced by bands like Joy Division and The Cure. So it is definitely not the shape of pop to come, more like the one that is long-gone.

But I have a confession. I never could listen to music with my ears. I'm only able to do that with my heart. And they play for it. They play excellent, catchy and pleasant songs for it. And it simply feels damn good listen-

ing to them. Almost each song stuck into your ears right after the first listening and it made me wonder if this record is a hit parade or kind of monotonous. I'm in a good mood today so I pick the first option, however Our Blood is the only track with its Dead Kennedys influenced theme that is closer to post-punk over indie-rock and I unequivocally prefer the prior genre. The Promise is another standout track with its harrowing melancholy and flawless chorus part. Now my

fond is Inheritance 'cos it easily could be an unreleased The Cure song of the Head On The Door era which is the personal favourite of mine.

Despite the fact that grindcore is my favourite genre I like quality pop music. But lately it's rare that I find any content in radio compatible music what was delivered by artists like Peter Dinklage, Robert Smith or Nick Cave before. INVSN sounds like a solution for now. They want the airwaves back, and they deserve.





He said, she said



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I'm not exactly sure when it happened but somewhere along the way my title here at the *Nugget* shifted from "Assistant Editor" to "Human Guinea Pig."

Two weeks ago they had me doing Lauren's makeup, which I still say made her look fabulous, and now they have me using Tinder, an app I had no idea even existed. When they first explained what it was I basically thought it was a hook-up app where people go on in a desperate attempt to see whose horny and nearby, basically last call in app form. I knew that this could get me in trouble since I recently started seeing someone and while it's not that serious yet this could definitely cause a little bit of a problem.

Terrified

I approached the topic the way any man would, terrified and bearing flowers. I had to be careful the way I pitched this, after all the women were sure to be all over me thanks to my swanky college paper job and modelling background. After her laughing subsided she agreed on the condition I let her choose the picture and do nothing but talk to people, of course I agreed ... I mean how bad can it be? ... this bad, it can be this bad.

I look like an awkward mix between Kermit the Frog and pretty much anyone

that Chris Hanson talks to. However, I am not one to be deterred and set off downloading Tinder, prepared to start talking to the throngs of ladies that undoubtedly would be vying for my attention.

Day 1 started slowly with me being extremely selective about who I liked. Hell, I even risked internal turmoil at the *Nugget* by refusing to accept a colleague who shall remain nameless. I spent hours combing through pictures until I finally got my first like ... from Lauren. That's right, my first like was from the other person on there for the *Nugget*, not a huge win for the ol' self esteem.

I was desperate

Now I needed to get someone to like me, I was desperate. I had to step up my game so I started devoting more time hoping and praying to get even one person, that didn't know me, to like me. I started spending way more time on Tinder ... maybe to much since I'm pretty sure my instructor caught me on there when I should have been paying attention to his class. I literally started liking everyone, I mean someone out there had to like me, right?

Nope! Not one person liked me. At the end of the day the only person that actually accepted me was Lauren. Suddenly rejecting my colleague seemed like a terrible idea. Tinder had taken me in, promising a secret world of loose morals and promiscuity, where the only question was when and where. Instead I got nothing more than another way to chat with Lauren about the throngs of men she was beating off ... not that way. Now I sit here bitter and jaded, a broken shell of the man I once was. Personally I blame the picture, no one wants to be chatted up by a muppet (unless it's Gonzo, now that's a sexy muppet).



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The Internet is a scary place. So, when you hear about phone apps that incorporate the scariest parts of the Internet into an app that uses your Facebook, you should usually stay far away ... but, in the name of "research" I did the exact opposite. I had a few friends who used the Tinder app and it actually looked kind of fun but I never thought I would download it, until I realized the perfect way to disguise my actions. I would write an article on my experience. So, here I am, doing just that.

Rated 12+?

When I was downloading the app, which is rated 12+ (which may I just say is horrible, no 12-year-old should have a Tinder - they should not be wanting to start any "fires") and was reading the instructions, I felt just like I used to when I would read the instructions to a board game so, obviously I stopped without finishing them and decided to make my own rules.

After downloading the app and "allowing" it to access my Facebook and location, two things I usually always click deny to, I started on my merry way.

Off the bat, it didn't seem as fun as it did when my friends were doing it and it took a long time for me to "like" someone but the first person I "liked," liked me too. Which was my first "It's a match," like pixie stix to

pageant kids, I was addicted to the ego boost of being matched up with men on an app that shows my location. After that one like, I became consumed by Tinder for about three hours where I just sifted through and either accepted or denied tonnes of men and then sparked up conversations with the ones who I was matched with.

Most ended after two messages. After completely draining my battery life on the first night of having Tinder, I thought I should pull the reins back a bit and maybe spend a little less time on the app, which I did but still became consumed with it once I would start.

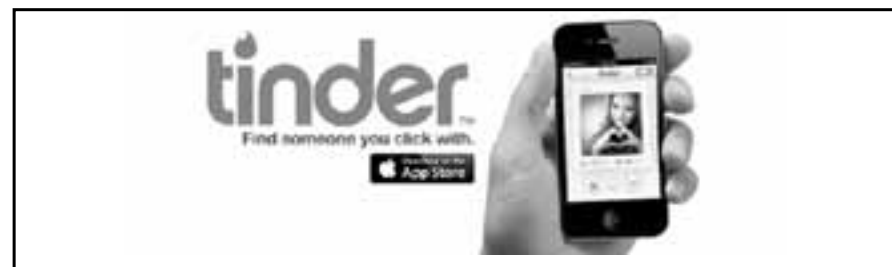
Completely different

There is something addicting in narcissistically judging someone in hopes of chatting with them. Overall, my experience with the app was completely different than I thought it would be. I thought Tinder was an app for straight people to hook up with each other, like Gindr is to gay people. But from my experience it's just a way to talk to people you think are hot and maybe one day you'll hook up with them. I also thought the app would be terrifying and disgusting but I was wrong again, almost all the guys I talked to on Tinder were really nice and there was one who was very polite and grammatically correct, which for some reason is very shocking to me.

Of course, there were a few instances that were a little creepy but none worth really discussing. I think lastly the most surprising thing I learned while on Tinder is that one of my Facebook interests is Mr. Dressup and that it was the most common thing I had with others. Also, I advise if you do get the app and you're heading to your small hometown, to not use it there. It takes everything I just said and changes it all.

Spirit Runner

Last week the *Nugget* carried a story about "Spirit Runner," an app designed by Don Patterson and Janice Ryan that helps motivate aboriginal youth to maintain a healthy lifestyle. The app does this with the help of eye catching art created by Aboriginal artist Jessica Desmoulin. In the Oct. 10 issue, the *Nugget* published a photo of another app with the same name. The correct picture is shown, right. For more information about "Spirit Runner" see www.spiritrannerapp.com



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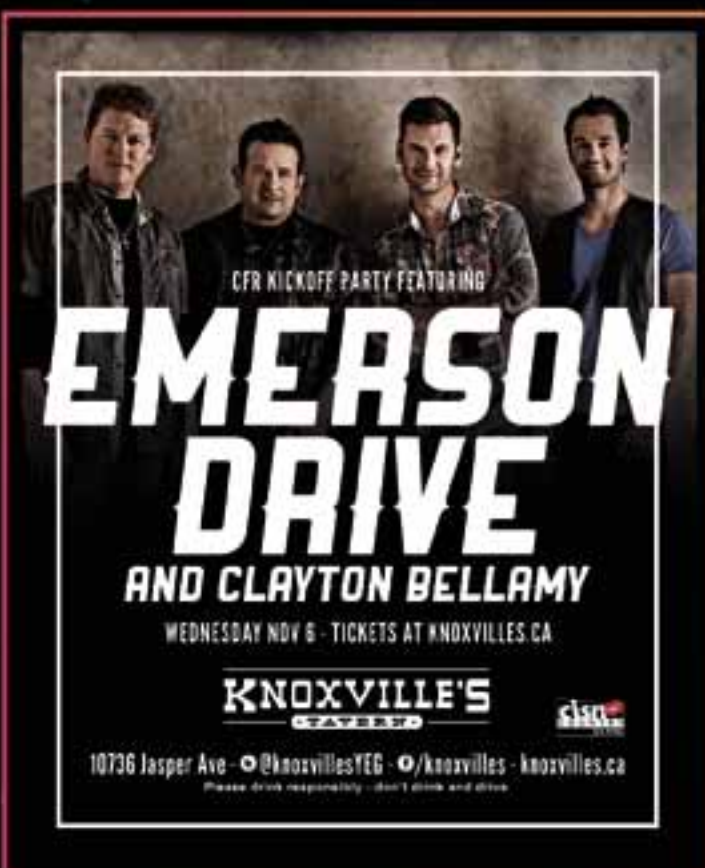


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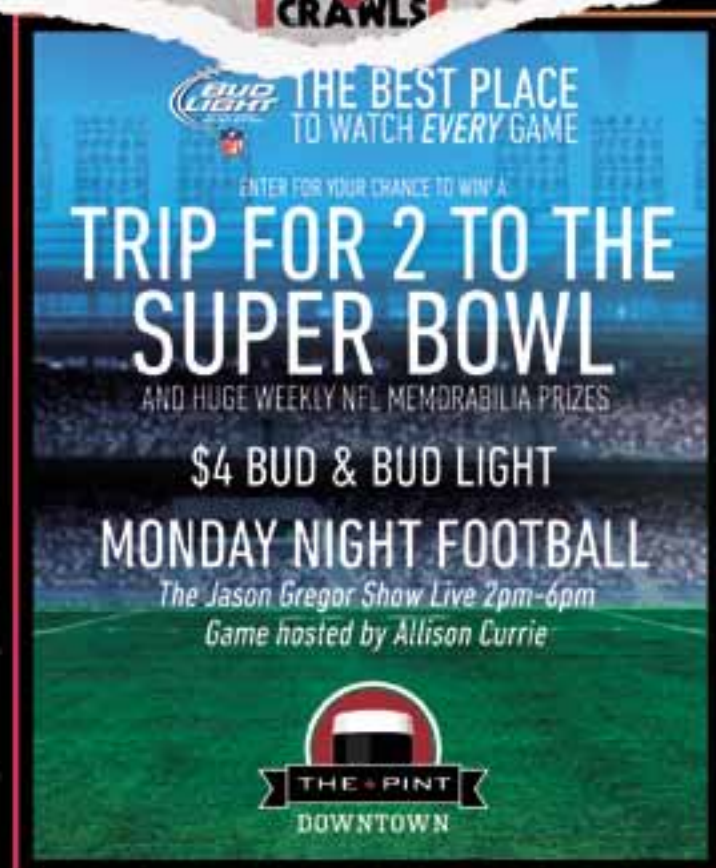
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