

HAPPY HALLOWEEN!

THE

NAIT **NUGGET**

Thursday, October 31, 2013
Volume 51, Issue 9

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

SOCCER SILVER LINING

2nd place sends men, women to Nationals, page 10



Photo by Jesse Kushneryk

HEADS UP!

NAIT Ooks midfielder, Zach Kaiser, heads the ball during the ACAC gold medal match Sunday against the MacEwan Griffins. NAIT lost the contest 3-1 to take silver.



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NEWS & FEATURES

Winter – embrace it!



STEPHAN SUTCLIFFE
Assistant Issues Editor
@StephanRadio

Apart from a small skiff of snow and the odd night that drops below zero, this fall has been fairly mild. The three words, above average temperatures, have to be best thing a weather person can say, and we've been enjoying our fair share of temperatures above the norm.

Call me crazy but I can't remember a fall the past couple years that has been this nice. We should, by all accounts have a – now this may sound bad but it's not – brown Halloween. But with Movember in mind, having a moustache or beard to shield you from the coming winter wind may not be the worst idea. After all we do live in Edmonton and barring any dramatically accelerated global warming, winter is here to stay for at least six months.

We can accept defeat, stay inside and

watch our Edmonton Oilers prepare for another high draft pick or we can go outside and take back winter. Grab your boots, snowshoes, skates, skis or snowboard and get outside.

Preparing for winter isn't hard. Buy winter tires, you cheap bastard, they're not some get rich quick scheme by the tire companies, they actually work. Pull your toque, mitts and scarf out of that box in your closet and dress for the weather, because what's 'cool' is being able to feel your ears, hands and neck when you get to school. And finally, accept where you are, Edmonton, Alberta, most northern major city in North America, gateway to the North, a winter city. Embrace the fact that winter doesn't mean the festival city packs up until next spring, it means let's make Edmonton a winter festival city. A real winter is what makes us different from the Torontos and Vancouvers of the world. Believe it or not, people want to experience winter. Maybe not the traffic jams caused by an icy road or when your car doesn't start because you didn't plug it in. But both of those are preventable with the right amount of planning.

That's the key, planning. Planning and having the ideas to take Edmonton to the next level. Try something that hasn't been done before and embrace what has been done, here and in other places.

Edmonton is going through a rebirth or the more common phrase used by the city, redevelopment. Neighbourhoods in the core are getting a second life, the question is being asked how do we make Edmonton better while maintaining the basics? It is possible, but it will take time. It took nine years to get the city back on track after a Soviet-Russia era of cost savings. We've taken the first step, are having the right conversations and are looking forward to a brighter future. Innovation is vital but now that the innovators are being heard the proverbial snowball can start to roll. All we have to do is look to our Nordic neighbors for inspiration.

In a Scandinavian country, when a sidewalk downtown needs repair, instead of just fixing it, they put electric heaters under the sidewalk so snow can't accumulate on it again. It's a saving on future maintenance costs to fix the sidewalk, the costs of snow removal and lawsuits from people slipping on the sidewalks. Yes, it did cost money to heat the sidewalk but those benefits far outweigh the drawbacks.

In an earlier *Nugget* article I argued in favour of a Freezeway, where you would actually be able to skate to work. Along parts of this frozen sidewalk would be outdoor patios used year round thanks to space heaters and fire pits. Think of the atmosphere that would be created if our streets were walkable even on a cold day.

Temperatures in Edmonton are only below minus 20 for an average of 28 days out of the year, leaving an average of 337 days a year warmer than minus 20. The average temperature in January, Edmonton's coldest month, is minus 10. Yes, granted that is without wind chill but still you can be outside in minus 10 for hours if you're prepared. Maybe the reason it has taken so long to embrace our winter climate is because so many things have encouraged Edmontonians to stay inside, out of the 'cold'.

West Edmonton Mall is the best example of a good idea gone badly. Arguably the most well-known thing about Edmonton is by far Edmonton's ugliest. You could say that West Edmonton Mall says something about Edmonton, hideously ugly on the outside, built piece by piece without much thought for the curb appeal or usability for the final product. To the people of Edmonton you either love or hate WEM and the same can be said about Edmonton – you either love or hate it.

But unlike the mall, because of the obvious price tag it would take, Edmonton can change. It can drop its attitude of get me out of here and instead embrace an outlook of when can I get back outside to enjoy this wonderful city. Under the new mayor-elect, Don Iveson, Edmonton has a chance to embrace its standing as a major city of the north.

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Campaigning online

By SARAH STILWELL
Online Editor

Election season is winding down in the Capital Region – and here at NAIT, in addition to the Edmonton municipal election, we also voted for our student Senate.

NAIT students were able to vote online from Oct. 10 to the 15, however a poll station was open for students on Oct. 15.

On Oct. 15, NAIT students were able to vote not only for their NAITSA senate, but also for their new mayor and councillors.

Mayor-elect Don Iveson held a decisive lead over the other mayoral candidates with 132,162 votes, and 62.2 per cent of the vote. Iveson's total number of votes is the highest total in Edmonton mayoral history by over 19,000 votes.

At 34, Iveson is Edmonton's youngest mayor in over a century. 28-year-old William Griesbach was elected for a one-year term in 1906.

Following Iveson in the municipal election, Karen Leibovici took 41,182 votes (19.4 per cent) and Kerry Diotte took 32,917 (15.5 per cent). Of 279 polling stations, Iveson won 273. He lost three to candidate Gordon Ward and tied three

stations with Leibovici.

Fringe candidate Joshua Semotiuk won 2,596 votes, followed by Gordon Ward and Kristine Acielo with 2,248 and 1,292 votes, respectively.

This year, the municipal election took itself online. Most notably, on Twitter. If you were unable to attend the mayoral forums over the past month, the amount of live-tweets during the forums from journalists, supporters, and volunteers were enough to take over many Edmontonians Twitter feeds.

Based on online exposure, Iveson was leading the race. By Oct. 17, Iveson had over 78,400 Google hits, compared with Leibovici's 43,400 hits and Diotte's 40,900.

After the election, Iveson had over 60 per cent more Facebook likes than Diotte and Leibovici. Iveson currently has over 18,000 Twitter followers, compared to Diotte and Leibovici, with 5,300 and 3,600 followers.

The constant Twitter debate between the candidates received mixed reviews. While those with busy schedules were able to keep up to date with the candidates and ask their own questions directly to the candidates, others were happy to see the hashtag #yeg-

vote be put to rest, at least for another four years.

Twitter offered mayoral candidates a constant resource for communicating with Edmonton voters. The satirical @Diotte-sHands account, parodying Diotte's ad campaign, had just over 300 follows on Twitter following the election.

For the Edmonton council, those elected were past-members Bryan Anderson, Ben Henderson, Amarjeet Sohi, Ed Gibbons, Dave Loken and Tony Caterina. Newcomers are Michael Walters, Andrew Knack, Bev Esslinger, Michael Oshry, Scott McKeen and Mike Nickel. The council was sworn in on Oct. 29.

Bev Esslinger of Ward 2, is currently the only woman sitting on council.

Iveson, whose campaign focused on his vision for Edmonton's future, wants to talk to the 12 councillors to determine initiatives on which they'd be interested in working. Iveson has said he wants to see "something even more extraordinary on the banks of the North Saskatchewan River."

Iveson's campaign also focused help for Edmonton's small- and medium-sized businesses and finding efficiencies in the city's budget.

New looks on campus

By ROBERT MacGILLIVRAY

OK, so maybe it's not so much a facelift as it is a little nose job, but I'm sure many of you have noticed some changes around our campus over the past few weeks, especially in the main building.

The two biggest things I noticed were the remodelled south lobby bathrooms and the new fountains that you can use to fill a water bottle without having to tilt it at just the right angle, hoping that the water pressure doesn't go wonky and get your hand wet.

A little side note about the bathrooms: aren't they fanfreakingtastic? I don't know about our female readers but to the male *Nugget* readers, you owe it to yourself to take a pee in the renovated washrooms. When my editor told me to check them out I was skeptical at first (how good can a NAIT washroom be?), but there's something about peeing in a classy environment with a well-crafted divider between you and John Smith over there that allows a guy to really enjoy the sigh of relief that comes after drinking an extra-large double double and sitting through a two-hour class. But I digress.

I had a chance to talk to the acting manager of Capital Projects, Trevor Morton, about why NAIT was getting what seemed like an abnormally large number of improvements in such a short period of time.

"We are constantly improving the condition of the facilities with the summer months, May through August being the most active for

these projects," said Morton.

"Some projects are more noticeable (such as the washrooms in the E-Wing), while others remain relatively unseen to the general student population, such as a roof replacement, fire alarm upgrade or even a flooring replacement."

Any guesses as to how much replacing some of the fountains around NAIT cost? It's \$35,000 and upgrading the bathrooms in E-Wing cost another \$195,000. Wow. Considering the same funds which pay for those things pay for replacement roofs maybe we should just be glad that the roof isn't leaking on our heads and I'll stop whining about how much I wish they would give the main NAIT building an overhaul.

In a bid to gather some information about how much total funding we had and how many areas received improvements this year that we couldn't see, I tried to get a breakdown of the funds allocated to the Infrastructure Renewal program and all of the projects those funds have paid for over the past year. Unfortunately, I was informed that the Infrastructure Renewal program isn't reported separately in NAIT's annual report and, as such, isn't available for scrutinizing.

"There will be improvements made once again next summer," Morton said. "However the project list is still being finalized."

Considering the state of the bathrooms, and how great the little water-bottle filling stations are now that they're up and running, I'm itching to see what we get next year.



Photo by Elana Hoddinott

Water fountain



The Nugget

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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.

A new mayor, a new vision

By **STEPHAN SUTCLIFFE**
Assistant Issues Editor
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After months of campaigning and one nervous night on Oct. 21, Don Iveson is Edmonton's mayor, receiving more votes than any mayor in the city's history.

The time for talking has passed, Iveson has been given a mandate and it's time to start walking. Mayor Iveson's vision for Edmonton is a city strong at its core and strengthened by the suburbs. He has a long term vision for the city but knows the short term steps he needs to take to get there. Iveson is from a new generation of politics taking over the major cities of Alberta. Look out because before you know it Edmonton and Calgary, already the envy of everyone not living in Alberta, could become the Western juggernauts long feared by Central Canada.

"Perhaps this is that point in time when Edmonton is no longer underestimated," Iveson said to the *Edmonton Journal* a day after winning the election.

A 34 year-old and a Muslim are the mayors of Alberta's major cities. Don't say that's not a big deal because it is. A province with history in the Wild West, is reinventing itself and doing some city building. This past Saturday the two mayors met with Premier Alison Redford to discuss building LRT, a big city charter and making the two cities and Alberta competitive on the world stage.

Iveson has hit the ground running and laid out what he wants to do first – approve Edmonton's 2014 budget, look at plans for improving roads and sewers and acknowledge the city's long history with indigenous people. A priority for Iveson is to strengthen the links with Treaty 6, Métis and aboriginal groups.

The new mayor wants to talk with all 12 city councillors and find out what's important to them. Another important item he wants to cover with the councillors is if they want to make changes to the plans for downtown revitalization, the Blatchford development and LRT expansion.

His first order of business after winning was meeting with retiring Mayor Stephen Mandel.

"It's an exciting time for the City of Edmonton. A very dynamic, creative individual will lead our city for the next four



chrislabossiere.com

Don Iveson

years. Who knows, maybe longer?" Mandel told the *Edmonton Journal*.

What's next for the mayor of Canada's fifth largest city? No one knows what he will accomplish during his time in the mayor's office at Churchill Square. But before he exits that office at the end of his tenure this city could be very different. He needs to start building an LRT network and continue development of the core, make every community walkable with vast housing densities and housing options and get police back to walking the beat, making Edmonton safer by building relationships between the people and police. He aims to keep making Edmonton greener and build parks, not parking lots. Another priority is to build a strong relationship with Edmonton's bedroom communities.



Photo by Josie Baerg

READY TO HELP

NAIT Students' Association President Jonathan Bilodeau and Clubs Initiator Clerk Julie Levitan staff the NAITSA booth at NAIT's Open House, held on Oct. 18 and 19.

WE'RE BACK

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Saturday on CTV2
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A CAREER FOR EVERYONE

NAIT programs were on display Oct. 18 and 19 during the annual Open House, which featured more than 100 displays and interactive exhibits. Open House regularly attracts over 13,000 visitors.



Photo by Josie Baerg

Family Campaign contest kicks off

By **CARLY ROBINSON**

Nov. 5 marks the kickoff of NAIT Family Campaign, with a goal this year of raising more than \$90,000 for the United Way. NAIT will be competing for the first time against MacEwan University in an education challenge to see who can raise more this year, with the school having managed a higher percentage of donors as well as funds than the previous year being declared the victors.

"It is NAIT's main annual fundraising campaign for both United Way in the Alberta Capital region," says Nicole Rose, the advancement relations officer.

Students are invited to come to the kickoff, where they will be able to enjoy perogies and sausage, with the proceeds going to the United Way, and students will have the opportunity to attend the screening of a video in which both NAIT's president, Dr. Glenn Feltham, and MacEwan's president David Atkinson are portrayed, dressed and do a great

job of portraying superheroes working to stomp out poverty in the Edmonton Capital Region. The video is to illustrate that anyone can be a superhero when it comes to stamping out poverty. Anyone who donates \$365 – a dollar a day – becomes an every day hero. A \$1,000 or more donation is known as a leader of the way. It has not yet been formally announced what super powers will come with donations but good karma is

included.

The kickoff at NAIT comes five days after MacEwan's, meaning those at NAIT wanting to view the video early will be able to find it online after its screening at the MacEwan kickoff.

There are many upcoming events where students are encouraged to contribute, such as 50/50s, a bookstore raffle and a silent auction, to name a few. There will also be change boxes set up in the cafeterias for students to contribute on their own time.



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NAIT

Point counter Point Halloween and sex



By **QUINTON BERGER**

Well, it's that time of year again, when leaves start falling off the trees and people start breaking out their winter attire. However, along with all the jackets, toques, mittens and scarves, this is also the time of year we'll be seeing people (particularly women) a little less than "bundled up". Of course, I'm talking about Halloween! This is the one night of the year where we get to dress however we like and many women dress like street walkers, leaving some of us to ask "Where's the decency? Where's the self-respect?". Of course all women have the right to dress however they wish; unfortunately it comes at the price of being objectified and leered at. Women's rights groups strive for equality and with one foul swoop, some women turn themselves back into objects. Counterproductive ladies, counterproductive.

Creativity is gone

Gender issues aside, the ever substantiating rise in sexy (slutty) costumes is also detrimental to Halloween itself! I remember growing up — picking your costume was the most exciting part of Halloween. Trying to come up with the scariest costume, the most creative costume or the funniest costume was always held in highest regard but now when I walk into a Halloween store all I see is "Sexy Nurse," "Sexy Cop," "Sexy Kitty" (or other generic animal) even "Sexy Nemo" (which I find inappropriate!) The rise in "sexy" costumes is sucking the creativity out of Halloween! Halloween should be a time for creativity. Any other night of the year can be "half naked women" night (I'm cool with that).

It's so obvious

This point is so unbelievably obvious that I don't even think it needs any kind of introduction. News flash ladies, it's October, we live in Canada, it's fricking cold out! Don't act like you're not freezing your ass (which I can see, by the way) off while you're waiting in line outside the bar. I can see you shaking like you're about to die of hypothermia! So in the end the final question is this. Is dressing like a stripper really worth it, if the price you pay is complete and utter discomfort? I think not.



By **SHEEBA JOHNSON**

"In girl world Halloween is the one day a year when a girl can dress up like a total slut and no other girl can say anything else about it"

— Mean Girls

Let's be honest, all us girls are too busy with school, work or personal life to dress up all "sexy" every single day and the one day when we can do so is Halloween. On Halloween you can bring your crazy, fun and outrageous side out and rule the night. Now, I understand the urge to pick out the first "modest" costume you can get your hands on but come on, girls! Think about it! This is the one night of the year to unleash your inner sexy without any worries of "is this too much?" or "does this look too slutty?" This is the one night where your action of dressing up as the sexy super woman won't have the equal and opposite reaction of you being called a slut!

Sexy costumes abound

Also, if you walk into a costume store there is no shortage of sexy costumes. You will find them in all shapes, sizes and types, and if you haven't noticed, it's super hard to find funny but modest costumes these days. So if you want, you can be a sexy bee, a sexy super-woman, a sexy robin or if you want a sexy Disney princess! The key to all of these costumes is that they are either short or clingy and make every one look hot!

You can spice it up with the most outrageous make-up, super long eye lashes and sky high stilettos and, if you are not a fan of stilettos, there are always those hot knee high boots with different kinds of heels on them. I mean, can you do all of that any other time of the year and not have people frown or judge you and call you skanky? It's also a good time for you ladies who are not used to wearing a "sexy" outfit in your everyday life, to try out something new and not feel uncomfortable about it.

Beating the cold

Now I can understand if you get cold feet about doing this because it's October and, baby, it's cold outside! Well, here's a solution. Those knee high heel boots that we talked about earlier can be paired with long warm jackets to throw over your costume when you are waiting in the lineup. This won't warm you up and keep you cosy and warm, but it will definitely keep you from freezing long enough for you to get inside the club or the bar you are waiting outside. So, girls, let's get the sexy on and get outrageous with that make-up! Have a sexy Halloween!



Photo by Nicole Murphy

OPINION

— Editorial —

Edmonton's ghosts



NICOLE MURPHY
Editor-In-Chief
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Halloween sparks curiosity about the unknown world of ghosts, spirits and weird happenings. Some believe that it is all in our minds and that scary stories stem from our eyes playing tricks on us. Then again, others believe that hauntings are very much a reality that can shake our understanding of the world in which we live.

Edmonton Ghost Tours offers an interactive way to hear the history of some of the city's most haunted areas, in an exhilarating, thrilling and safe way.

"It's a ghostly walk through Old Strathcona where we talk all about the history of the area but we also talk about the ghosts, the murders, the chopped up bodies, all the stories that make Old Strathcona a really haunted location," says owner and tour leader Nadine Bailey.

Scary stories

A lot of work has gone into finding out about all the eery mysteries that surround Edmonton. Bailey talks about where the scary stories come from.

"A lot of it comes from history, a lot of it comes from me actually doing the research in the archives but I always tell people my best stories come from people who come on the tour and tell me their stories, and say 'Hey, I used to work here, I used to live here.' That is how I am always getting new stories."

From missing wigs found centre stage five minutes to show time to chopped up bodies where all the pieces were found except the head, Edmonton Ghost Tours is presented in a way that makes it interesting but not overwhelming. People of all ages join in the tours, with Halloween being a busy time. The average crowd is around 100 people until Oct. 31.

'Really cool'

Two friends found out about the tours online and took the hour and a half stroll through Old Strathcona. They had hopes of being scared and learning about the spirits that haunt the area.

"I thought it was interesting, hearing about this history and knowing it was true, was really cool," said Eury Jeong.

Kapriana Brooks also took the tour.

"It seems some of the stories were almost too scary to be real but if she says they are real, that is pretty amazing."

Both women said they would do the tour again but will have to wait until June.

The walking tours take a break for our below zero winter and start up again in the spring. Besides the popular Old Strathcona ghost tour, Bailey also offers University of Alberta haunted history, cemetery tours and other variations.

Bailey herself is a skeptic.

"I want to see the proof," she said. "I have had a lot

of strange things happen to me over the years, so I am more on the believers' side, but I am like anybody, I want to see the proof."

Whether the ghosts are real or not, the tours are a great way to bring history to life, making what can be seen as dull or boring a fun experience.

For more information: edmontonghosttours.com



Photo by Nicole Murphy

Nadine Bailey conducts one of her ghostly tours of Old Strathcona.



Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

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

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

SPORTS

Some costume ideas



LAUREN FINK
Sports Editor
@LaurenFink_

Fall is my favourite time of year. I love everything about the season – hockey and recreational sports getting underway, cosy sweats, boots and every stereotypical girl thing to like about fall. But my favourite part of the whole season is Halloween. I'm the type of person who starts picking out my Halloween costume in July (although, it never seems to work out.) This year, however, life got in the way of my Halloween plans and as I tried to think of a last-minute Halloween costume I got to thinking about sport themed outfits. This gave me the idea to write a last-minute costume guide, made up of five costumes for sports fans, just in time for this weekend's final Halloween shindigs.

1. Don Cherry: Just think of the suit possibilities with this one! All you have to do for this costume is head to Value Village and pick up the craziest suit they have. Or, you could always pilfer one from one of your relatives or friends (hopefully they have it from a Don Cherry costume or you may want to do them a favour and not return it). To take this costume to the next level, find a white bull terrier stuffed animal, name him Blue and carry him around for

the night. To finish off this costume, don't forget Cherry's iconic rose boutonniere.

2. Hanson brothers from *Slap Shot*: This costume may need a more time than just a few hours but I'm sure if you head to a costume store it can be done. For this costume you'll need a plain white jersey and some yellow and blue tape to create the iconic Chiefs jersey. Or, if you can get your hands on a Chiefs jersey, then obviously use that. You'll also need the remaining equipment. For this, I would just use whatever hockey pants and socks you already have and tape them with the yellow and blue tape to match the Hanson brothers. Last but certainly not least, you'll need a long mullet-esq wig and thick black framed glasses (don't forget the tape.) Don't forget to crest your jersey and number it either 16, 17 or 18, depending on which Hanson you want to be. For time's sake you could always just play a member of the Charleston Chiefs instead of one of the Hanson brothers.

3. A character from a popular sports movie: This one is pretty vague but, after explaining how you could be the Hanson brothers, I thought that you could literally do any character from a sports based movie. Depending on what you have on hand you could be characters from *Sandlot*, *Mighty Ducks*, *Rocky*, or *The Karate Kid*. You could also be a character from your favourite sports comedy, like *Semi-Pro*, *Blades of Glory* or *Dodgeball*.

4. An athlete: If you're a sports fan, then you more than likely have also been an athlete at some point. Throw on your old gear and you're ready to go. The beauty of this costume is that it works with almost any sport and you can customize it. If you used to figure skate, put on your tights and dress, your hair in a bun and you're done, hun. Say you used to play baseball – throw on your old baseball pants,



doncherryjacketwatch.wordpress.com

Don Cherry doing his thing

a Jays jersey, fake sleeves and, voila, you're Brett Lawrie. However, when you are dressing up as a specific athlete, keep your costume respectful.

5. A sports fan: Literally the easiest costume anyone could ever create. Throw on a jersey and voila.

If none of those costumes fit your last-minute costume fancy, head to a costume store or Wal-Mart and pick up a prepackaged one. Just be prepared for the fact that "slutty" will more than likely be in the costume title. No matter what you dress up as this Halloween, have a good one.

VOLLEYBALL

NAIT wins three out of four

By EILEEN JOHNSON

The volleyball Oaks took care of business in their home openers with wins for both the women and men over the Keyano Huskies on Friday night.

It was a scrappy battle for the NAIT women as their game went a full five sets. NAIT began with a strong 25-15 win in the first set only to have Keyano come back 25-13 to take the second set.

What followed during the third set was a battle with very few easy points given up by either team.

The visitors from Fort McMurray took the lead in the third set and appeared to be on their way to a win but the Oaks pulled together for a strong comeback and a 25-23 win.

The Huskies won the fourth set 27-25 to set the stage for the decisive fifth set.

Strong defence and great play at the net led NAIT to a 15-12 win and their first victory of the season.

"It was a pretty scrappy game back and forth," said head coach Benj Heinrichs.

He said it was great for the team to be able to hang on for the win but there is room for improvement.

"We need to learn to be more disciplined," he said.

Kelsey Tymkow helped lead the Oaks offensively with 11 kills and 13 digs. Jasmine Hemsing had a strong defen-

sive game in the back row with 17 digs.

On Saturday afternoon, the NAIT women played the Huskies again in the second half of their weekend. The y won again, with this game also going to five sets.

"It's important to us to get some wins early," Heinrichs said of the weekend wins.

The NAIT men rolled to a 3-1 win over Keyano in their home opener on Oct. 25.

A slow start put the Oaks behind early in the first set but they clawed their way back into the game. Although NAIT lost the first set 25-20, they built on their play from the latter stages of that set and went on win the next three.

Bryce Cardinal was the big hitter for the Oaks Friday with 22 kills. He was named player of the game for NAIT.

The Oaks hosted the Keyano Huskies again on Saturday afternoon. Stronger play from the Huskies and some early season errors by the Oaks saw the host team go down in three sets: 25-23, 25-22 and 25-23.

Head coach Doug Anton said Keyano picked up its game on Saturday

"They made a lot less errors," he said.

"We played better too," he added, but not enough to rise above the Huskies.

"There are still lots of things to work on and lots of

things to improve," he said.

Next up both the men and women will head to Lethbridge on Nov. 1 to take on the Kodiaks.

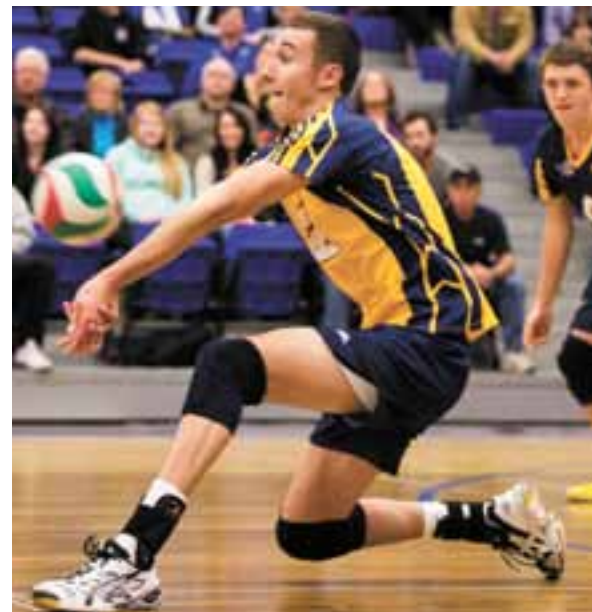


Photo by Jesse Kushneryk

HOCKEY

Women take two from SALT

By BRIDGETTE TSANG

@Bridgette Tsang

The Oaks women's hockey team is looking forward to the season ahead.

After a long pre-season, which included games against the U of A Pandas and an eventful team-building trip to Ontario to play against York University, Ryerson, UOIT and the University of Toronto, the women are ready to start playing for keeps.

Going into the season, the Oaks are one of the favourites in the ACAC. With a younger team this year and defending their title from last season, head coach Deanna Iwanicka believes she has a winning group.

"We have a young team this season. Our biggest challenge would probably be the new players learning and adapting to the new culture of the team and the ways as well," said Iwanicka. "But we also have a team that is keen and wanting to learn, which is good."

The Oaks unveiled their ACAC championship banner from last season in a special ceremony before the start of the season opener on Friday night.

Then the puck dropped and the season was underway against the SALT Trojans. Both teams came out with a lot of momentum in a high-paced first period. But the Trojans took advantage of a power play and take a 1-0 lead heading into the second period.

The Oaks got their momentum back in the second period as Jamie Fedler got her first goal as an ACAC player on a pass from veteran player Sherri Bowles to tie the game 1-1. Not long after, Ranata Mastna scored a great goal from Breanna Frasca and Karli Reeve, which put the Oaks ahead 2-1. Karli Reeve added another goal in the third period and the Oaks won an exhilarating season opener 3-1.

The Oaks were right back at it the next night in their first regular season road

game in Calgary against the same Trojan team. The game started off well as both teams came out fast with end-to-end action. Oaks goalie Laura Wagner made a huge save on an early 2-on-1 and on the other end, the Oaks had a 2-on-1 chance as well, but the Trojans goaltender held on. The Trojans would strike first with a beautiful goal and pull them ahead 1-0. The Oaks came close to scoring in the opening period of the game, but a shot from the point rang off the outside of the post and the game remained 1-0 heading into the second period.

Both goaltenders had strong performances to keep their respective team in the game. Oaks' Breanna Frasca found the back of the net with a deflection from the point to tie the game 1-1.

That goal shifted the momentum to the Oaks as they seemed to be controlling the puck in the Trojans' zone. A quick shot from Oak Mastna, and the game was 2-1

Ooks heading into the third period.

Until that point, no penalties were handed out. The third period began with Oaks goalie Laura Wagner making a huge save for her team after backstopping a 3-on-0. Not long after, Oaks' Jamie Fedler had an end-to-end breakaway goal to pull the Oaks ahead 3-1.

The Trojans scored from a weird angle and the puck trickled right under Wagner to make it a one-goal game late in the third. The Oaks held on to win their second game in a row by a score of 3-2.

Frasca was named the Oaks player of the game. Frasca and Mastna had goals in both games against SALT.

The team travels to Red Deer to play the Red Deer College Queens Thursday evening. They will travel back here to play the Queens on Saturday Nov. 2.

Next weekend, the Oaks will play the MacEwan Griffins in a home-and-home series on Nov. 8 and 9.



Photo by Jesse Kushneryk

NAIT Oaks forward Samantha Dyck winds up for a shot against the SALT Trojans Friday night at NAIT arena. The Oaks won the game 3-1 and a second game in Calgary on Saturday night by a score of 3-2.

ACAC SOCCER CHAMPIONSHIPS

Second place times two

By SARAH STILWELL
@Sarah_Stilwell

With their sights set on a trip to nationals, the NAIT Oaks men's soccer team played host to this year's ACAC soccer championships.

The Jasper Place Bowl saw the top three seeds from the south and top three from the north face off to determine who would end up as Alberta's top team. The first two teams from the tournament will represent Alberta at the CCAA nationals, set for Nov. 5-9 in Saint John, New Brunswick.

The Oaks, second seed of the tournament behind the MacEwan Griffins, saw the challenge from the beginning of the tournament, but knew that a trip to nationals was within reach.

"A trip to nationals would be a nice little trophy in our case," said Oaks coach Charles O'Toole.

The Oaks played the Concordia Thunder in their quarter-final match on Friday, which they won 4-1. In the semifinals, the Oaks played their rivals from the south, the Red Deer Kings.

"They have an exceptional coach down there, Steve Fullarton," said O'Toole.

"He's really progressed them from last year to this year. We played them in the semifinals last year and defeated them there, so they'll be out for blood, some revenge."

The Oaks defeated the Red Deer Kings 3-0, which gave them their spot in the final game against MacEwan and assured their ticket to nationals.

On Sunday afternoon, the Griffins defeated the Oaks 3-1 in the ACAC championship game. The game was tied 1-1 until the Griffins scored two more goals in the final minutes of play.

Both NAIT and MacEwan will move onto the CCAA National Championships hosted by UNB Saint John Seawolves from Nov. 5-9. NAIT will be seeded No. 5.

The ACAC tournament's most valuable player, Griffins forward Ryan Matowe, scored two goals in the final game against the Oaks. Griffins midfielder Harvey Duhra helped advance the lead with another goal.

For the Oaks, forward Monty Haines

scored NAIT's only goal six minutes into the contest.

Players of the gold medal game awards went to goaltenders Anthony Papaiani of the Griffins and Branden Black of the Oaks.

In the bronze medal match, the Red Deer Kings defeated the Lethbridge Kodiaks 2-1. The Kings finished first in the South Division during regular season, while the Griffins finished first in the North The Oaks following in second.

ACAC Championships Awards Banquet was held on Thursday, Oct. 24 at NAIT's Fresh Express. The awards were presented by FC Edmonton's manager Colin Miller.

Men's soccer coaches of the year awards went to Cam Leverman, of the MacEwan Griffins, for the North Division; and Steve Fullarton of the Red Deer Kings for the South Division.

NAIT women's soccer coach, Carol Holt, was named coach of the year for the North Division and Mike Racz of Lethbridge College was named the South Division's women's soccer coach of the year.

NAIT's leading goal-scorer, Leanne Kadatz, was named female ACAC player of the year for the second time in her career. Kadatz currently holds several ACAC records:

- Most goals in career (99)
- Most goals in a 10-game season (25)
- Most goals in a game (7)
- Most goals in consecutive games (11)

Julius Abegar of the Red Deer Kings was named the men's ACAC player of the year.

Kayla Blacquiere of the Red Deer College Queens was named female ACAC rookie of the year.

NAIT's Anoop Sahota was named male ACAC male rookie of the year. He has shown himself to be a well-rounded player who is able to play several positions.

The Oaks women's soccer team will head also head to the CCAA national championships from Nov. 6-9 in Surrey, B.C. They were defeated by the MacEwan Griffins in their final game, 3-2 to take the silver medal in the tournament, which was held at Medicine Hat College.

Bobby Orr book signing SRO

By BRIANNE SAKOWICH
@BriannaSakowich

Over 500 Edmonton fans queued to have their copy of Bobby Orr's newly released book, *Orr: My Story* for fans earlier this week. The book signing was held at the HMV stage in West Edmonton Mall on Monday night. Fans of all ages showed up to get the chance to meet the hockey legend and walk away with a piece of history in the form of a book.

Fans anxiously waited in the winding line for hours. People started showing up for the signing around 1 p.m. The signing, which was scheduled at 7, ended up beginning an hour early due to the amount of people in the line. The line would eventually get cut off at 500 people since there was only three hours scheduled for the book signing.

Before the signing, Chapters staff announced that Orr would not be signing memorabilia, just his new book.

Everywhere you turned there was a Boston Bruins Bobby Orr jersey. And, the cheers that erupted when Orr first took to the stage to begin the signing could give a person good chills because of the pure excitement.

After the first few autographs, Orr got up from the table and went over to sign some autographs for people in wheelchairs who wouldn't have been able to get into the stage.

"It's the chance of a lifetime. I've idolized him since I was a kid," said Steve Aikens, who was finally met his all-time favourite player.

The book also talks about Orr's most famous goal, where he scored the game winner for the Boston Bruins in the Stanley Cup final against the St. Louis Blues in May of 1970. The goal not only would give the Bruins their first Stanley Cup since the '40s but, it would also mark one of the most famous hockey photos of all time.

The book even talks about the career fall that Orr had and the struggles he's gone through with injuries, especially with his knees.

What many people don't know is that Orr actually started out as a centre and a coach from his younger years decided to move him from centre to defence, where everyone would discover how amazingly well he would do at that position.

Since retiring, Orr has had his jersey number retired



particle.physics.ucdavis.edu

Bobby Orr scores a Stanley Cup winning goal in 1970 against the St. Louis Blues.

to the rafters in Boston and has become an agent for players, including Edmonton Oiler Taylor Hall.

Orr was inducted into the Hockey Hall of Fame in 1979 at age 31, the youngest inductee at the time. He is currently trying to get the *Hockey Night in Canada* legend Don Cherry into the Hockey Hall of Fame.

After leaving Edmonton Orr will continue on his book tour in Canada and the U.S.

Cross country team wraps up season

By KRYSTA MARTELL
@TweetsByKrysta

The NAIT cross country team was back in force this past weekend for The Running Room ACAC Cross Country Championship. The event was hosted by Concordia University College and drew in a number of competitive runners. In the women's 5 KM run, Oaks runner Sarah McMaster was in the zone as she finished in 12th place.

In the men's 8 KM run, Patrick Sperling came in 25th place. Since the team was coming off a two week break they overall did very well.

Prior to the ACAC Cross Country Championship, the team's last competition was the Running Room Grand Prix No. 4 on October 12.

The event, hosted by Augustana, drew 79 competitive male runners. In the men's 8

KM run, Oaks runner, Patrick Spelling came in 40th place with a time of 31:12 at a solid pace of 3:54 per kilometre. Adam Konig was close behind Sperling with a time of 32:05 and also kept a pace of 4:01 per kilometre.

The 5 KM women's run drew in 87 competitive female runners and the Oaks team placed very well overall. Sarah McMaster came in 24th place with a time

of 21:20 and she also kept a pace of 4:16 per kilometre. Mabel Ho was the next Oaks runner to run to the finish line with a time of 26:11 and a pace of 5:14 per kilometre, this finished time resulted in Ho receiving 69th place.

Both the men and women have averaged the same times and made steady improvements throughout the cross-country season.

BASKETBALL

Both teams split vs Red Deer

By EILEEN JOHNSON

Defence was a key part for NAIT's basketball teams on Saturday when the men and women hosted Red Deer College for their home opener.

From the opening tip-off NAIT's women's basketball team pushed and pressured the visiting Red Deer College Queens.

The constant defensive pressure applied by the Oaks created errors by the Queens. NAIT's ability to capitalize on those forced errors led to a dominating 80-46 victory in the team's first game at home for the 2013-



Photo by Josie Baerg

14 season.

The Oaks' unrelenting man-on-man play showed up on the score sheet in one statistic in particular: turnovers.

"We forced them into 44 turnovers," said NAIT head coach Todd Warnick. "We controlled the tempo of the game that way."

At half time, the Oaks held a lead of 36-18 and their defensive dominance not only continued but seemed to increase during the second half of the game.

Warnick said they are focussing on defence as a way to disrupt opponents.

"That's kind of been our focus this pre-season," he said. "Our defence generates a lot of our offence."

Combine NAIT's turnovers with strong rebounding and Red Deer didn't have much of a chance to get their own game plan rolling.

Josephine Peacock and Shea-Lynn Noyes led the team in steals with nine and seven respectively. Forward Torey Hill was a force for NAIT under the hoop at both ends of the court. She had 15 rebounds, 10 of which were offensive rebounds, and 16 points and was named NAIT's player of the game. Peacock led the Oaks in scoring with 21 points.

NAIT's basketball men had a solid start in their home opener on Saturday evening but a lack of offensive execution by the Oaks let Red Deer College take the win 83-77.

Oaks point guard Yonas Berhe said he thought the team took steps forward against a very good Red Deer team.

"I guess people don't realize how good we played," he said. "We just played the No. 1 team in our conference, I think."

According to Oaks head coach Mike

Connolly the Kings could be among the top five teams in the Canadian College Athletic Association (CCAA) this year. The Kings are also the defending Alberta Colleges Athletic Conference (ACAC) champions.

"When you look at those things we did great but we've still got work to do," Connolly said.

A solid first quarter put NAIT in the lead by a score of 26-13. Red Deer stepped up their game following the opening quarter meanwhile the Oaks hurt themselves by giving up too many rebounds.

Berhe said the Kings recorded about 30 more rebounds than NAIT. Rebounds gave Red Deer second and sometimes third chances to make a shot. Red Deer led 41-38 at half time.

The Oaks stayed within striking distance throughout the second half. With less than three minutes remaining, NAIT's Chase Campbell scored a three-pointer to cut the deficit to just four points. Costly errors during the ensuing 90 seconds of play, however, allowed Red Deer to increase their lead to 10 points and go on to win the game.

"Aside from a couple of mistakes we played well," Berhe said of the overall



Photo by Josie Baerg

effort.

"With our offensive sets we weren't patient," he noted. "We didn't execute our plays well."

Connolly said the lack of rebounding definitely hurt them and miscues they had with execution can be worked out.

"I think we were not quite in sync as a team," he said with 15 new players on the team.

Next up the men and women take on the King's University College Eagles at home on Nov. 1.

Lions add to Eskimos losing season

By RACHEL PRAZAK
@RachelPrazak

The Edmonton Eskimos headed to Vancouver to take on the BC Lions this past weekend. The Eks hoped to gain some momentum heading into next season with a big win over the Lions, but it was not to be.

On the opening play, Eskimos quarterback Mike Reilly found receiver Adarius Bowman open over the middle and he hit the ground running for a 71-yard touchdown to give the Eskimos an early 7-0 lead.

The Eskimos responded with another impressive drive, moving deep into the red zone on a 24-yard completion to receiver Shamawd Chambers. The Lions defence tightened up and got a sack on second down from defensive back Lin-J Shell, leading to a 23-yard field goal from Eskimos kicker Hugh O'Neill to cap off the six-play scoring drive. Edmonton extended their lead to 12-1 to start off the second quarter. After keeping the Lions deep in their own end and forcing kicker Paul McCallum to concede a

safety, DeMarco's night was over, as he was removed from the game for veteran quarterback Buck Pierce.

The momentum swung on another big defensive play with Reilly's pass intended for Bowman being picked off by Lions safety J.R. LaRose, giving BC excellent field position. On the next play, running back Stefan Logan broke to the outside and burst down the sideline for an electrifying 54-yard touchdown that left the Lions trailing the Eskimos 12-8.

The Eskimos took the momentum back when Reilly fired deep once again to Bowman, who beat Lions cornerback Cord Parks in single man coverage and extended it for the impressive 44-yard catch and run. Although the Eks failed to score a major, O'Neill made a 13-yard field goal to increase Edmonton's lead to 15-8.

Before the end of the first half, Pierce conducted a seven-play, 75-yard drive, end-

ing with an eight-yard touchdown run for running back Andrew Harris's ninth touchdown of the season. The Lions and Eks were tied at 15 at the half.

At the start of the second half, Pierce threw it up for receiver Emmanuel Arceaneaux, who beat his defender outside and ran for a 44-yard touchdown. It was Arceaneaux's fifth TD of the season and gave the Lions their first lead of the game, 22-15 early in the third.

After a pass interference penalty by Eskimos cornerback Joe Burnett, the Lions were set up on the Eskimos' goal line. On the next play, Andrew Harris caught the ball in the end zone, putting the Lions ahead 29-15. Midway through the fourth quarter, Reilly was intercepted for the second time in the game by Cord Parks, who gave the offence possession at the Eskimos 27-yard line. From there, Lions running backs Logan and Harris teamed up to get to the two-yard

line, where Pierce finished the drive off with a two-yard rushing touchdown.

The Lions were in control, leading 36-15 with less than seven minutes left.

The Eskimos continued to battle back though with one of their best possessions of the night, as Reilly hit Bowman for a 30-yard gain into BC territory before finding Chambers for back to back completions. An 11-yard catch and run by running back Calvin McCarty set up Bowman's second touchdown catch of the night to bring the Eks to within two TDs.

But the Lions continued to roar, with Arceneaux scoring his second touchdown catch of the game, this one from DeMarco to restore BC's three-touchdown lead.

Eskimos backup quarterback Jonathan Crompton punched in a one-yard touchdown in the final minute to make it 43-29 B.C.

The Eskimos, with a 3-14 record, will close out their 2013 campaign in Saskatchewan as they take on the Riders Saturday at 3 p.m.



ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GAPts
RDC	10	8	6	2	0	0	32	19 16
SAIT	10	7	7	1	0	2	53	22 16
Augustana	10	5	4	3	0	2	36	24 12
NAIT	7	5	5	1	1	0	27	10 11
Concordia	7	4	3	2	1	0	23	21 9
MacEwan	8	4	4	4	0	0	29	29 8
Keyano	8	2	2	5	1	0	20	30 5
Portage	8	2	2	6	0	0	26	35 4
Briercrest	10	0	0	9	1	0	17	70 1

RESULTS

October 18

SAIT 4, NAIT 3

Augustana 4, Keyano 0

Red Deer 3, Concordia 2 (OT)

MacEwan 4, Briercrest 1

October 19

NAIT 3, SAIT 2

Augustana 3, Keyano 0

MacEwan 4, Briercrest 2

Red Deer 5, Concordia 4 (forfeit)

October 25

SAIT 10, Briercrest 1

Concordia 4, Portage 2

Red Deer 4, Keyano 3 (OT)

MacEwan 4, Augustana 1

October 26

Red Deer 6, Keyano 1

SAIT 12, Briercrest 0

Augustana 7, MacEwan 5

Concordia 4, Portage 1

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GAPts
NAIT	2	2	2	0	0	0	6	3 4
Red Deer	2	1	1	1	0	0	5	3 2
MacEwan	2	1	1	1	0	0	3	5 2
SAIT	2	0	0	2	0	0	3	6 0

October 24

Red Deer 4, MacEwan 0

October 25

NAIT 3, SAIT 1

October 26

NAIT 3, SAIT 2

MacEwan 3, Red Deer 1

MEN'S BASKETBALL

North Division

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

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

RESULTS

October 24

Augustana 86, Olds 80

October 25

Briercrest 87, King's 75

Red Deer 78, King's 62

MacEwan 80, Lethbridge 69

Medicine Hat 91, Grande Prairie 74

Lakeland 86, St. Mary's 69

October 26

Red Deer 83, NAIT 77

Briercrest 102, Grande Prairie 90

Lethbridge 97, Lakeland 91

Medicine Hat 81, King's 70

SAIT 57, Augustana 52

St. Mary's 88, MacEwan 78

WOMEN'S BASKETBALL

North Division

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

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

RESULTS

October 24

Augustana 77, Olds 48

October 25

King's 77, Briercrest 61

Keyano 72, Red Deer 54

MacEwan 54, Lethbridge 53

Medicine Hat 60, Grande Prairie 55

Lakeland 58, St. Mary's 31

October 26

NAIT 80, Red Deer 46

Grande Prairie 66, Briercrest 44

Lethbridge 68, Lakeland 61

Medicine Hat 65, King's 42

Augustana 67, SAIT 59

MacEwan 66, St. Mary's 32

MEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Red Deer	2	2	0	6	0	4
N	MacEwan	2	2	0	6	2	4
N	NAIT	3	2	1	6	4	4
N	Lakeland	3	2	1	6	4	4
S	Augustana	1	1	0	3	0	2
S	Lethbridge	2	1	1	5	4	2
S	SAIT	2	1	1	4	3	2
N	Keyano	2	1	1	4	3	2
N	Gr. Prairie	2	1	1	3	4	2
N	King's	2	1	1	4	5	2
S	Olds	1	0	1	0	3	0
S	Briercrest	2	0	2	2	6	0
N	Concordia	2	0	2	1	6	0
S	Medicine Hat	2	0	2	0	6	0

RESULTS

October 25

NAIT 3, Keyano 1

(20-25, 25-17, 25-16, 25-23)

Lakeland 3, Concordia 1

(25-18, 20-25, 25-19, 25-14)

MacEwan 3, Briercrest 1

(19-25, 25-23, 25-13, 25-17)

SAIT 3, Grande Prairie 0

(25-23, 25-21, 25-22)

Lethbridge 3, King's 1

(19-25, 25-17, 25-17, 25-19)

Red Deer 3, Medicine Hat 0

(25-20, 25-16, 27-25)

Augustana 3, Olds 0

(25-8, 25-18, 25-10)

October 26

Keyano 3, NAIT 0

(25-23, 25-22, 25-23)

Lakeland 3, Concordia 0

(25-22, 25-20, 25-17)

MacEwan 3, Briercrest 1

(25-22, 25-16, 26-28, 25-17)

Grande Prairie 3, SAIT 1

(25-23, 25-22, 17-25, 25-21)

King's 3, Lethbridge 2

(31-29, 25-19, 16-25, 17-25, 15-10)

Red Deer 3, Medicine Hat 0

(25-18, 25-15, 25-12)

WOMEN'S VOLLEYBALL

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

RESULTS

October 25

NAIT 3, Keyano 2

(25-15, 13-25, 25-23, 25-27, 15-12)

Lakeland 3, Concordia 0

(25-16, 25-12, 25-17)

MacEwan 3, Briercrest 0

(27-25, 25-23, 25-18)

Grande Prairie 3, SAIT 1

(25-19, 23-25, 25-22, 25-20)

King's 3, Lethbridge 0

(25-16, 25-20, 25-15)

Red Deer 3, Medicine Hat 0

(25-17, 25-12, 25-19)

Olds 3, Augustana 0

(25-22, 25-17, 25-12)

October 26

NAIT 3, Keyano 2

(22-25, 25-16, 22-25, 25-20, 15-8)

Lakeland 3, Concordia 1

(25-22, 25-21, 20-25, 25-15)

Briercrest 3, MacEwan 1

(25-14, 25-21, 18-25, 25-17)

Grande Prairie 3, SAIT 1

(23-25, 25-18, 25-14, 25-19)

King's 3, Lethbridge 0

(25-14, 25-14, 25-17)

Red Deer 3, Medicine Hat 0

(25-9, 25-11, 25-21)

CURLING

2012-13 ACAC MEDALLISTS

Men

Gold: NAIT Oaks

Silver: Augustana Vikings

Bronze: MacEwan Griffins

Women

Gold: NAIT Oaks

Silver: MacEwan Griffins

Bronze: Red Deer Queens

Mixed

Gold: Augustana Vikings

Silver: Lakeland Rustlers

Bronze: Red Deer College

MEN'S SOCCER

North Division

Team	W	L	T	Pts	GF	GA	+/-
MacEwan	8	1	1	25	36	10	26
NAIT	7	2	1	22	22	6	16
Concordia	5	5	0	15	23	27	-4
Grande Prairie	4	5	1	13	15	15	0
Keyano	3	4	3	12	13	16	-3
King's	0	10	0	0	6	41	-35

South Division

Team	W	L	T	Pts	GF	GA	+/-
Red Deer	7	3	0	21	26	17	9
Lethbridge	6	2	2	20	27	17	10
Medicine Hat	4	3	3	15	20	13	7
SAIT	5	5	0	15	27	20	7
Lakeland	4	3	3	15	22	14	8
Olds	0	10	0	0	5	46	-41

ACAC CHAMPIONSHIPS

October 25

NAIT 4, Medicine Hat 1

Lethbridge 3, Concordia 1

October 26

NAIT 3, Red Deer 0

MacEwan 3, Lethbridge 0

October 27

Gold Medal Game

MacEwan 3, NAIT 1

Bronze Medal Game

Red Deer 2, Lethbridge 1

WOMEN'S SOCCER

North Division

Team	W	L	T	Pts	GF	GA	+/-
MacEwan	10	0	0	30	55	4	51
NAIT	8	2	0	24	60	8	52
Grande Prairie	6	4	0	18	28	28	0
Concordia	4	6	0	12	17	35	-18
King's	1	8	1	4	7	51	-44
Keyano	0	9	1	1	3	44	-41

South Division

Team	W	L	T	Pts	GF	GA	+/-
Medicine Hat	8	1	1	25	28	5	23
SAIT	5	3	2	17	18	15	3
Red Deer	5	3	2	17	17	11	6
Lethbridge	4	3	3	15	15	16	-1
Lakeland	3	6	1	10	18	24	-6
Olds	0	9	1	1	4	29	-25

ACAC CHAMPIONSHIPS

October 25

NAIT 4, Red Deer 0

Grande Prairie 2, SAIT 1

October 26

NAIT 5, Medicine Hat 2

MacEwan 3, Grande Prairie 0

October 27

Gold Medal Game

MacEwan 3, NAIT 2

Bronze Medal Game

Grande Prairie 3, Medicine Hat 1

Athlete Profile



Player: Yang Sun
Sport: Badminton
Program: Bachelor of Business Administration

By SHEEBA JOHNSON

What inspired you to play badminton?

I remember when I was a child, I was very unhealthy and got sick all the time. So, my parents decided to get me into swimming and badminton, hoping that my body could get stronger and healthier. So, I started training. And then, somehow my coaches told me that I was very talented in badminton and I always got medals in those junior tournaments and the provincial coaches selected me to be on the provincial team.

Who's your favourite athlete?

I would say Dan Kai. He is also a badminton player and my boyfriend. He has won the CCAA national championship five times.

Do you have a pre-game ritual?

Not in particular, I just think about strategies before each game.

How has your experience at NAIT been?

My experience at NAIT has been amazing. NAIT is getting better at everything and I am proud to be here.

What's best about being an Ook?

The atmosphere. I feel like we are a big

family.

What do you love about Halloween?

It is a very special festival to me because they don't celebrate it in China. I love how everybody dresses up crazy. It's fun and wild.

Do you have pets?

No ... I am allergic to feathers and hairs. I like animals, I just can't have them at home.

Between Subway and McDonald's, what do you prefer?

Eh ... I would prefer a pita.

If a genie gave you three wishes, what would you wish for?

My first wish would be to have all of my family in the same place. My second wish would be to have all my friends living in the same building. And my last wish would be for all my family and friends to have a happy life.

How do you manage to keep a balance in your life?

It is very tough to keep balance between school and badminton. School is more important to me, so I take only three courses. This way I have time for homework, fitness and badminton.

Athlete Profile



Player: Andy Ko
Sport: Badminton
Program: Denturist Technology

By SHEEBA JOHNSON

What inspired you to play badminton?

I was inspired to play badminton because it is one of the world's fastest sports. The idea of combining power and speed into one game intrigued me. Also, I like to compete while having fun.

Who's your favourite athlete?

Sidney Crosby.

What's your pre-game ritual?

I usually stretch while listening to music.

How has your experience at NAIT been so far?

It has been a good experience so far. Being a full time student and an athlete has taught me to be a well-rounded person.

What do you like the best about being an Ook?

The support from the coaches, the team and the school is really amazing.

What do you love about

Halloween?

The creative costumes are always pretty awesome, and of course the candies and the chocolates.

Between Subway and McDonald's, what do you prefer?

Subway. I like the different combinations you can choose from and it's healthier.

How do you manage to keep a balance in your life?

I try my best to stay ahead with school work, so I can balance my time with playing badminton and doing other activities outside of school.

If a genie gave you three wishes, what would you wish for?

More genies ... That's a hard question. I'm actually not quite sure. But one would probably be to compete in the Olympics or be a world class athlete.

Do you have pets?

No, I don't have any pets.



Athletes of the week

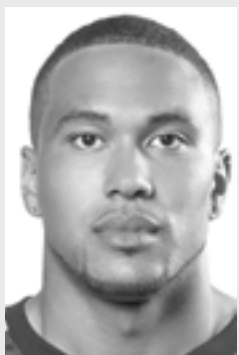
October 21-27

Jamie Fedler
Hockey



Jamie led the way for the Ooks' two-game sweep of the SAIT Trojans this past weekend. She opened the scoring for the Ooks in their 3-1 victory over the Trojans on Friday night and then scored the game winning goal in the Ooks 3-2 win over the Trojans Saturday at SAIT Arena. Her two goals in two games currently has her tied for the team's goal scoring lead. After joining the Ooks as an unknown at prospects camp and missing most of the pre-season due to injury, Jamie has now worked her way up to centring the top line. Jamie is a first-year Personal Fitness Training student from North Battleford, Saskatchewan.

Monty Haines
Soccer



Monty was named to the all-tournament team at the ACAC men's soccer championships, hosted by NAIT at JP Bowl this past weekend. Monty scored four goals in the Ooks' three games at provincials, leading the team to a silver medal and a berth into CCAA Nationals in Saint John, N.B. for the fourth straight year. "Monty found his touch around the net this weekend," said head coach Charles O'Toole. "We hope that this recent return to form can continue for Monty, as he has the ability to give opposing defences a cause for concern at Nationals." Monty is a third-year Millwork and Carpentry student from Beaumont.

Athletes of the week

October 14-20

Torey Hill
Basketball



Torey Hill, a forward for the Ooks women's basketball team, had an outstanding weekend in Fort McMurray, scoring 39 points in two games to lead the Ooks to back to back wins against the Keyano Huskies. "Torey's scoring efforts this past weekend were exactly what our team needed to open up the season with a road sweep," said head coach Todd Warnick. "Torey was not only able to contribute offensively, she also battled hard under the rim, enabling us to maintain possession throughout the game." Torey is a second-year Personal Fitness Training student from Viking, Alberta.

Leanne Kadatz
Soccer



Leanne scored four goals in two games this weekend to finish her regular season with an ACAC record 25 goals, 14 better than the second leading scorer in the North Division this year. This also brings Leanne's ACAC record career goal total to 99. She is far and away the best goal scorer to ever play women's soccer in the ACAC. "Leanne has had an amazing career at NAIT," said head coach Carole Holt. "She has accomplished so much and it will be a long time before we see another athlete of her calibre in our league. It will be very hard to replace a player like her." Leanne is a fifth-year Business Student from Edmonton.

ENTERTAINMENT

Halloween and hangovers



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

Halloween, is the unofficial international holiday when going out with the explicit intent of getting blackout drunk while wearing costumes is not only accepted but actively encouraged.

This year it fell on a Thursday, which for me meant that Halloween would be spent sitting alone in the dark with my roommates cat sitting there judging me while I watch a *Gypsy Sisters* marathon and drink ... so basically my typical Friday night.

For me, Halloween has always seemed very much like all the other holidays that seem to continually centre around drinking ... but with a bunch of costumes that inevitably end up torn and destroyed by the end of the night. I, of course, am talking New Years, St. Patrick's and Arbour Day ... especially Arbour Day.

I mean, who doesn't like drinking while sur-

rounded by trees? The problem these days though is that there is always so much pressure for it to be the party of the year, for it to be better than any other night when you and some friends hit the town to tie one on. Often, at least in my experience, all this pressure and hype usually leads to one thing ... a huge disappointment,

The worst part about these nights is that you get all the amateur drinkers trying to keep up with the big boys, or bois as Avril spells it, which inevitably leads to two things – vomiting and fighting. The vomiting I get. I understand it and accept it as a natural consequence of these state sponsored days dedicated to getting loser drunk. Hell, sometimes the vomiting is actually entertaining, I mean how many people can say that they once saw Borat blowing chunks while being consoled by Ronald McDonald.

The fighting is what really bugs me and, truthfully, confuses me. These are social events that are designed to be fun and enjoyable for everyone. I mean, bars go out of their way to get decorations and fancy up their establishments just to get people more into the mood, make it more festive and friendly. Yet for some reason every time you get a couple of drinks in, every asshole in a tapout or affliction shirt suddenly thinks they're George St-Pierre ... or whichever other MMA fighter they're supposed to be.

For all those negatives, though, I still love the day. It's a great chance to sit down with some friends and

catch up over a cold pint. Sure, it isn't always the best night of the year or even conveniently placed. I definitely won't be productive Friday or Sunday, but it's still a great excuse for a good time and in my opinion that makes it pretty damn amazing.

So raise a glass and have one drink or one to many, however you celebrate it just remember: don't be that guy, girl or zombie.



www.zazzle.com

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By ALEX SACKIW

For this Halloween edition of \$3.99 Mixtape, I present to you the spookiest Halloween music possible. Of course, no party can be complete without the proper mood. Whether you are being neighbourly and handing out candy to kids in costumes or having a costume party

with friends, there is nothing better than having the right music to keep your guests entertained and children in the spirit of the holiday. The following are the essential tunes for any Halloween party, from the classics to contemporary and everything in between. This is the comprehensive list of "must haves." The list this week will be a bit longer than usual, to make room for all the amazing Halloween music we have at our disposal.

1. Michael Jackson – Thriller
2. Johann Sebastian Bach – Toccata and Fugue in D Minor
3. Ray Parker Jr. – Ghostbusters
4. LORDI – Devil is a Loser
5. E Nomine – Schwarze Sonne
6. Tim Burton's *The Nightmare Before Christmas* – This is Halloween

7. Kreeps – Bad Voodoo
8. Rob Zombie – Dragula
9. LORDI – Haunted Town
10. Kreeps – The Hunger
11. Warren Zevron – Werewolves of London
12. Gustav Holst – Mars, the Bringer of War (The Planets)
13. Andrew Lloyd Webber – The Phantom of the Opera
14. Bobby Pickett – Monster Mash
15. Mike Oldfield – Tubular Bells (The Exorcist Theme)
16. Danny Elfman – Beetlejuice Theme
17. LORDI – Blood Red Sandman
18. E Nomine – Mitternacht
19. Philip Glass – Pruitt Igoe
20. AC/DC – Hells Bells



VIRAL VIDEO

Videos all about video games

By KODY DAVIDSON

Video games are more important in today's world than they ever have been. I remember when playing video games made me nerd ... who am I kidding, I am still a nerd but I have a channel that brings video games and science together! It's called Game Theory. A video game educational show that analyses everything gaming and leaves no stone unturned when it comes to the truth about the games we love.

Take, for example, the episode about *Sonic the Hedgehog*. Have you ever wondered what Sonic's true speed is? Well I won't spoil it but the episode may surprise you. And what about the Bioshock episode, which is a really cool one by the way, where Matt (the guy who runs the channel) does the research to see if an underwater city is possible not only in today's world but in the 1940s when the game takes place. Could survive a shot to the head like

the one you get at the beginning of Fall-out New Vegas? Is Mario a Communist? How much would diamond armour like the armour in Minecraft cost? Heck, one episode is about boobs but I'll leave you to find out about that video yourself. On that note, with the release of the new Pokemon games I am sure there are a few of you who might want to check out, at the very least, one of the six episodes about Pokemon.

The best part about this show is the

detailed analysis of some of the classics as well as the newer titles. Finding real life counterparts or equivalents is just fascinating both from an entertaining video point of view and from the game developer's view: I mean they must know about these real life references as they make the games! But that's just a theory, a game theory.

Game Theory Channel: <http://www.youtube.com/user/MatthewPatrick13/videos>

NOVEMBER EVENT list

NAIT STUDENTS' ASSOCIATION
CELEBRATING 50 YEARS

naifstudents
naitsa
yourNAITSA
naitsa.ca
naifstudents
rm e-131

November is Movember!

- 1
Movember Kick-off at the Nest
6, 13, 20, 27
- How to Skate
4, 18, 25 & Dec 2
- How to Swim
6-10
- Rodeo Week at the Nest
7
- Oilers vs Lightning at the Nest
8
- CFR at the Nest
9
- NAITSA Kids Party
13 & 14
- Xtreme Sports
15
- Kokanee Movie Premier Party at the Nest
25
- Clubs Connection
25
- Nest 25th Birthday Party
27
- How to Rock Climb
28
- Oilers vs Predators at the Nest
29
- Movember Finale Party at the Nest

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 RT2016
WHAT Respiratory Therapy Week
WHEN 11:15am – 12:15pm
WHERE October 31S, Lobby Kiosk
 November 1 HP, 1st floor

WHO Business Connex
WHAT November Beer Garden
WHEN November 1 3:00pm – 10:00pm
WHERE Business Tower Lounge

WHO Breathe Within Yoga
WHAT Harry Potter Movie Marathon
WHEN 4:00pm November 1 – November 3 11:00pm
WHERE Shaw Theatre (show times TBA)

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

WHO RT2016
WHAT Pub Night
WHEN November 1; 9:00pm
WHERE The Ranch

WHO Chem Tech
WHAT Bake Sale
WHEN November 7; 9:00am – 4:00pm
WHERE E hallway by doors to buses

CAMPUS CLUBS NEWS

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



VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
 upcoming Important Clubs Dates

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Check out the Clubs Website for other
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MOVIE REVIEW

Gravity – out of this world

By KURT FABISCH

In 2006, director Alfonso Cuarón gave us *Children of Men*. I'd argue that pound for pound, it was the best film of the entire 2000 decade. After seven long years, we finally have *Gravity*. It's worth the wait.

The plot of the film is almost a simple "What if?" idea. What if you're in space ... and something goes wrong?

Gravity follows two astronauts: Dr. Ryan Stone (Sandra Bullock) and Lieut. Matt Kowalski (George Clooney) as they attempt to survive in space during a mission gone awry.

Gravity opens with a stunning 13-minute sustained shot of a routine spacewalk that goes disastrously wrong. Their space shuttle is destroyed by a hail of debris from a destroyed satellite. It's something one doesn't see that often; a shot that long with that amount of action and special effects. It sets a new standard for visual effects, in my opinion.

I think *Gravity* is the best film to deal with outer space that's been made since *Apollo 13* in 1995. I loved that the film is set more or less in the modern day. The astronauts don't have any outlandish futuristic tools we've never seen before to help save them. Kowalski has a simple thruster jetpack that allows him to merely direct where he floats into space, but that's about it.

I saw the film in IMAX 3D. I've been critical of 3D since its resurgence in 2009 with *Avatar*. I think it's a cheap gimmick for the most part. As Cuarón himself has put it "most 3D films are crap."

But in this case, Cuarón and cinematographer Emmanuel Lubezki use 3D to its fullest extent. I was properly immersed into this film.

It's a terrifying film when you get right down to it. Not since *Alien* has space been



www.universetoday.com

this scary. Without gravity, there's no way to stop moving without grabbing something. Some of the tensest moments in the film are when Ryan fails or nearly fails to grab onto anything solid to avoid being sent floating into space.

I've always felt that a good test to see if an actor is great is to see if they can effectively hold our attention alone on screen. I think of Tom Hanks in *Cast Away* or James Franco in *127 Hours*.

I'd argue that Bullock passes that test in *Gravity*. The way she displays her panic and fear is appropriately unnerving. It's a great performance that I'm sure will get her an Oscar nomination.

What this character goes through is extreme. True to Murphy's Law, everything that can go wrong does go wrong. In space, no problem is minor. Complications of all kinds, involving oxygen, fuel, fire and, of course, gravity have the potential to end Ryan's life. This character suffers – it's tough to watch at times. You feel everything she feels – any moment of joy and every moment of despair.

I can't recommend this film enough. See it in 3D and on the biggest

screen you can. *Gravity* is one of the best films of the year and of the 2010 decade. It's another masterpiece from Cuarón.



www.digitalspy.com

Simple costumes in seconds

By SHEEBA JOHNSON

A couple years ago I was invited to a Halloween party a day before the actual party and my reaction was "Oh my god, I don't have a costume!" along with a few profanities aimed at my better half because he forgot to tell me about the said party till late in the evening that day.

I had no time to go buy a costume or buy things to make a costume. So I did what any other girl in my shoes would do, I went through my whole wardrobe looking for anything that would be helpful. And that is how I figured out that the secret of making a quick costume is to ransack your wardrobe!

What you need:

A short skirt and a bandeau or a bra in matching colours. Don't worry if you can't match the colours, just make sure the colours don't clash horribly. Or that

they are monochromatic. If you don't have a skirt that will do, that's OK, don't panic. Look through your clothes again and pick a dress, preferably a sun dress. It should be something you don't mind ripping apart or modifying.

The next thing you will need is a really long scarf. If you don't own any long scarf, a bed sheet will do. Again, the sheet should be something you won't mind cutting up. Make sure that the colour of your scarf/ sheet makes sense when you put your colours together. White is a safe bet.

If you want to be specific about colours, the common colours that all the Greek goddesses seem to love are the whites, blues and greens. If you want to be even more specific, here are some examples. Aphrodite loves shades of whites, silvers, blues and pinks; Gaia, the

goddess of earth, favours greens, browns, yellows and white; Artemis usually wears whites, blues and sometimes black. Persephone the goddess of magic, is usually either in blues or white and very rarely will you find pictures of her in green.

Now after you have your skirt and bandeau/bra (or the dress) on, tie up the scarf in a way so that it's wrapped around you and tied up on one of your shoulders. If you are using a sheet cut it up in a long and wide "strip" that can be wrapped around you once with some room left. The part that's tied up on your shoulder should have a knot on it and have some material left so that it looks like a sleeve with a slit in it. If you are using the sheet, you can fray the edges strategically for a dramatic look. Slap some make-up or blow some glitter on yourself and you are good to go!

Now if the guys want something easy and quick here's one for you

A quick to put together costume: NASCAR fan – what you need:

An old shirt, your faded old blue jeans (again make sure you don't mind ripping them), a black marker and, if you can find it, an old hat or cap.

Rip the sleeves of the shirt and make some random rips on the pants. Make some tattoos on your hands with the marker, put on the hat/cap on and you are good to go! You can even write random stuff on your shirt and hat and it will be all good.

These might not be the best Halloween costumes but they will definitely help you fit in. And if done correctly they can turn out pretty great! So have a happy Halloween and may the witching hour be lucky for you!

TAKEN LITERARILY

It's all perfect when ...

By **MORGAN BLACK**
and **LAUREN FINK**

@MorganisBlack
@LaurenFink_

Morgan's Review

Kelly Oxford hangs out with Jessica Alba, makes fun of her children on a daily basis and is routinely hailed as the "Queen of Twitter." The combination of these three facts made Lauren and I choose *Everything is Perfect When You're a Liar* as our next read.

Oxford, an Edmonton-born mom of three who has managed to BFF the majority of Hollywood (she moved to Los Angeles with her family to pursue a screen-writing career after her more than 550,000 followers gained her international notoriety) writes her memoir in a personal essay format.

Proving to have more to her than 140-characters, Oxford has penned a pretty hilarious book (So far, I'm still only half done the novel at the time of writing this). The razor sharp observations that Oxford has to impart are what make this book worth the

read. It's nice to know that someone out there isn't afraid to say what the majority of the world is thinking. It's also nice to know that there are only a select few making these kinds of remarks. *Everything is Perfect When You're a Liar* is delightfully funny, so let's hope the stories are true.

Lauren's Review

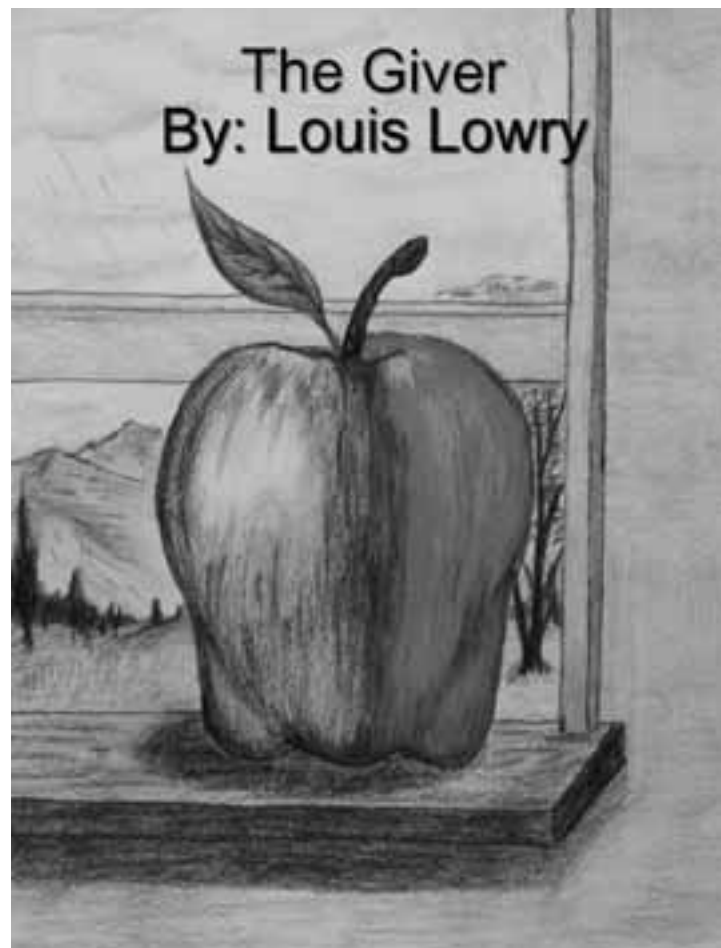
Kelly Oxford is the kind of girl Beyonce would be proud of and the kind of girl who will never get to meet Leonardo DiCaprio. She is hilarious and so is her book, *Everything is Perfect When You're a Liar*. I picked this book up on a whim and I couldn't be happier that I did. The twitter sensation had me laughing (embarrassingly out loud) at her expense, from start to finish. If you're looking for a pee-your-pants funny book that may or may not be true – she is a liar, you know – then you'll love *Everything is Perfect When You're a Liar*. And, if you did love this book as much as I did, then you're in luck. Fox is currently developing a comedy based on Oxford's work

in retirement homes and senior centres. She also sold comedies to CBS in 2011 and to NBC last year based on her blog. And, with her twitter account maintaining its popularity, we can expect to see even more of Oxford in the future.

Next up, we will be reading the book *The Giver* by Lois Lowry. In *The Giver*, Amazon says "Jonas's world is perfect. Everything is under control. There is no war or fear of pain. There are no choices. Every person is assigned a role in the community. When Jonas turns 12 he is singled out to receive special training from *The Giver*. *The Giver* alone holds the memories of the true pain and pleasure of life. Now, it is time for Jonas to receive the truth. There is no turning back."

If you've ever read *The Giver*, we would love to hear your review. You can tweet us (@nuggetonline,) Facebook (The NAIT Nugget,) or e-mail (entertain@nait.ca) us your thoughts on the book by Nov. 10 and they could be published in the next edition of Taken Literarily.

Happy reading.



www.glogster.com

Making the message work

By **KYRA MULLER**

Coming across as entertaining and engaging while still speaking out about valid issues is an incredibly difficult balancing act, but Angelina LeDrew-Bonvarlez of Albinwonderland seems to have managed.

Angelina is the mastermind behind popular Tumblr blog Albinwonderland, the face behind the candid YouTube account of the same name and the highly esteemed artist behind striking mermaid pieces, which sell just minutes after being posted on Etsy. I wanted to climb inside Angelina's world and understand what goes on behind the scenes of her pretty pink success.

Explaining the importance of societal issues and getting through to younger individuals isn't always easy, but Angelina highlighted why communicating on a level that they can understand is crucial.

"The way it was put in front of me, I never found it relatable," Angelina said to me about the way feminism was taught to her in high school. "The message and the way we talk to young people ... is really important."

Angelina's perspective on feminism was broad and it included aspects such as gender roles and disabilities.

"It's the identification and the problem solving of disparities in all kinds of different ways that exist in our society," Angelina said.

Engaging audiences through videos such as *Fake Geek Girls* has brought great exposure to Angelina over the years due to her honest and humorous approach to important societal issues such as slut-shaming and gender-stereotyping.

"I do videos the way I would talk to people ...," she said. "If I was to be serious, it wouldn't be authentic."

She compared the style of her videos to having coffee with a friend.

"It wasn't supposed to go big," Angelina said of *S*** Tumblr Girls Say*, one of her most popular videos that to date has 1,737,312 views.

Her first video was a hair tutorial she created five years ago.

"You just have to keep creating and keep working on stuff because there's no way to know what people will like."

I asked Angelina to put the definition of slut shaming into her own words. "Slut shaming is deciding or judging a person's worth by their sexual history, what you interpret to be their sexual history or how they are expressing their sexuality," she told me.

"You can decide someone's a slut because they are wearing a naughty nurse costume and maybe they're asexual."

Angelina expressed her frustration with the limitations women have because the majority of Halloween costumes are sexy and then women are questioned on why

they are wearing them.

"I kinda have these two differentiating opinions," Angelina said. "You shouldn't have to dress sexy but if you want to dress sexy, you really should! People have trouble understanding that you can hold both of those opinions."

She also pointed out that slut-shaming doesn't only happen during Halloween, but all the time. "Halloween gives us a specific example and moment where it seems almost OK."

When asked for advice on how to stay safe this Halloween, Angelina quickly said, "If you see it [slut-shaming] happening, be that guy."

She described "that guy" as being the person who calls someone out for treating

someone else with disrespect. She acknowledged that doing so, especially within your group of friends, isn't always easy, but it is extremely important not to let it slide.

"Look out for people, even if they're not your friends," she suggested.

Catch up with Angelina on her blog at albinwonderland.tumblr.com, watch her Halloween costume tutorials at www.youtube.com/user/albinwonderland/videos or follow her hilarious tweets at twitter.com/albinwonderland.

You never know exactly what you might stumble across but chances are it will be equal parts informative and entertaining and might have something to do with comics, My Little Pony or rockin' pink hair.



www.chathamthisweek.com

Angelina LeDrew-Bonvarlez

HOT SINGLE OF THE WEEK



Photo by Carly Robinson

Travis Klask, 17 Mill work and carpentry

Why are you single? – “Ohh ... just haven’t really tried.”

Are you ready to mingle, though? – “Sure ... I guess”

What would be an ideal date for you? – “Classic walk in the park, I guess.”

Even in the winter? – “No, not in the winter.”

Favourite animal? – “Wolf.”

What do you do in your spare time? – “Mainly cabinetry and go out and hang out with friends”

Do you think NAIT is a great place to meet people? – “Great as anyplace.”

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

Gibson Block mixes styles

By **CHRIS FIGLIUZZI**
Assistant Entertainment Editor
[@chrisfigliuzzi](mailto:chrisfigliuzzi)

The Gibson Block is like a puzzle that grabs your attention and refuses to let go, providing the listener with an amazing blend of blues, jazz and rock. They are both new and established in the Edmonton music scene at the same time. Originally formed as All the Kings Men by four friends in MacEwan University’s music program. The group started out as a cover band, which gained enough attention to pave the way for opening gigs for Mother Mother, U.S.S., and Rocky Mountain Rebel Music.

The band eventually found itself moving more towards creating its own original material, though.

“We didn’t know we wanted to be an original group but after a while when you’re in a cover band for about three to four years, you kinda get not a lay of the land ... but a decent understanding of it,” says Sebastjohn King (lead vocals and rhythm guitar).

“A couple of us wrote some original material and saw how it reacted with a different crowd and we kinda wanted to challenge ourselves and go after it that way,” King said.

“If you can make a crowd dance to a cover tune really well, you want to see if we can translate that same vibe and event into something 100 per cent our own. That was one of the big challenges we all ended up leaning on.”

Currently the band is in the studio working on a brand new EP, due out in early December. If the two songs they currently have released on their website are any indication, this EP promises to be an amazing blend of rock, jazz and blues and sure to captivate your ears.

“This is my City” offers a rock and roll sound, with powerful guitars backing up King’s smooth, almost mesmerizing, vocals. At the same time, though, you can almost feel the jazz and blues influence throughout the song, which seems to work almost in unison to maintain the listener’s attention and interest.

“Without Me,” on the other hand, has almost a completely rock anthem feel and sound to it with chanting lyrics and strong driving guitars. The Gibson Block clearly have more to offer than just your basic cookie cutter rock songs that are becoming more and more common today.

In addition to finishing off the first EP, The Gibson Block is also working on a second music video, also set for release in early December.

You can check them out online at thegibsonblock.com, on bandcamp.com or on Facebook (I won’t explain Facebook to you since I assume everyone knows how that works by now).

As always, if you know a band or are in a band based in Edmonton that you feel should be featured, send me an e-mail at chrisfigliuzzi@gmail.com, tweet me @chrisfigliuzzi or stop me in the hall and threaten me until I agree ... OK maybe don’t do the last one.

thegibsonblock.com

THINK YOU HAVE WHAT IT TAKES TO WORK IN WEST EDMONTON MALL?

West Edmonton Mall is hosting a job fair on **November 3**, from **noon to 5 p.m.** It’s the perfect time to find the ultimate job! See if your favourite retailer is hiring. Visit and apply!

JOB FAIR
WEST EDMONTON MALL
NOVEMBER 3
Noon to 5 p.m.

CENTRE STAGE (LEVEL ONE, PHASE II)

Wem | **100**
west edmonton mall | wem.ca



JOE RANGER

What has been your most memorable Halloween costume?



"That would be Luigi in Grade 9. My best friend was Mario, I was Luigi."

Patrixia Domingo
Geological
Technology



"For the past three years, I have dressed as Billy the Puppet from the Saw movies."

Connor Tanaka
Geomatic Engineering



"I'm going as Kenny Powers, from *Eastbound and Down*, a couple of years ago. I went all out, with wig, hat and jersey."

Jordan Gibeau
Instrumentation
Engineering Tech.



"Probably back when I was nine or 10-years-old. Mom painted me up like Darth Maul and went all out with robe, spikes. Dad made a two-handed light sabre."

John Kot
Millwright



"When I was in Kindergarten, I dressed up as a cowgirl – which I find amusing because now I dress like that all the time."

Marissa Wheeler
Civil Engineering Tech.



Discover what's possible
for your career.



Join us for an Information Session!

Thursday, November 7th, 2013

11:30AM – 1:00PM

The Shaw Theatre



Hiring students and graduates from:
Trades & Technology Business

See where your education positions you for success at
imperialoil.ca/careers



THE NUGGET PRESENTS:

NUGGET COMICS

Outlandish



Natalia Bouajram

DR. NUGGHEAD

Dear Dr. Nugghead:
I need a strong, bold female name with an undercurrent of darkness. Can you help me please?

– RainingPeaches

Dear RainingPeaches:
Betsy.

...

Dear Dr. Nugghead
What is the meaning of "Don't let the door hit you on the way out?"

– coolj04

Dear coolj04:

Due to recent mutations in the forestry business, doors have become around 675 per cent more aggressive since the early 1700s. Due to this, doors have decided to act on their own and attack people as they see fit. In order to fight this retaliation, and save costs, the forest business came up with that

catchy saying, so that you do not get hit by an angry door when you leave the house.

...

Dear Dr. Nugghead:
What's the most frightening book from Stephen King?

– Dennis121288

Dear Dennis121288
Attack of the killer Lampshade.

...

Dear Dr. Nugghead
When a customer comes to my cash register, what do I say?

– ChelleNicoleee

Dear ChelleNicoleee:
Would you like fries with that?

...

Dear Dr. Nugghead
Is Bigfoot real?

– Kittyfluffy4555

Dear Kittyfluffy4555
Yeah, me and her hang out all the time. She's also my neighbour but she doesn't come out often, not really sure why. Apparently people keep stalking her or something. Her name is "Manytoes." Please call her that from now on.

...

Dear Dr. Nugghead:
Will Time Travel Ever Be Possible?

– MrScienceQuestions

Dear MrScienceQuestions
Didn't you watch *Back To The Future*? They time travelled 10 times across three movies! Clearly, yes, we just need to recreate that Flux Capacitor. I ordered one online, but I think it got lost in transit.

...

Dear Dr. Nugghead
What is the best topping for a hamburger?

– Perkypenguin327:

Dear Perkypenguin327:
More hamburger!

...

Dear Dr. Nugghead
At what age should trick or treating stop?

– Gummyworm226

Dear gummyworm226
As far as I am aware, there is no age that you have to, or should stop. If it makes you happy and can disguise your age (apparently some people don't like giving candy to older kids, not sure why. They always have leftover candy anyways!) So keep it up and don't let anyone tell you otherwise. Unless they're a cop, then they may deserve a hearing.

...

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.

PORN REVIEW

How to ruin a good story

By CHRIS FIGLIUZZI
Assistant Entertainment Editor
@chrfigliuzzi

I feel confident when I say that everyone knows the story of Snow White and the Seven Dwarfs. It's a classic kids' story where an evil wicked witch gets jealous of Snow White's beauty and poisons her with an apple, putting her under a sleeping spell that can only be broken by a kiss from Prince Charming.

While asleep she is cared for and protected by seven helpful dwarfs. For a more in depth and slightly crazy breakdown of the story check out my book review on page 26.

Clearly this is a story that was meant to be made into a movie and it has been on multiple

occasions. The most notable version, at least as far as this article is concerned, is the version simply titled *Snow White* that can be found at xnxx.com, where it has a 99.01 per cent approval rating. I have no idea who wrote, produced or starred in it ... though I it shouldn't be hard to find what are probably the only seven little people porn stars on Earth.

The movie was clearly shot sometime in the late '80s-early '90s, based on both video quality and "hair styles," but that really isn't too big a detraction and actually kind of adds something to the film. The set designs and costumes are also amazing. I almost think that they put more time and effort into the set and costumes than some mainstream movies ... or

they just snuck into the regular studios' costume departments and took what they needed.

Unfortunately, the costumes and sets are pretty much all they kept from the original story, excluding the dwarfs since it's not Snow White and the seven normal dudes ... no, that would be a creepy kid's story. Anyway, the story is all wrong. I mean, Snow White is awake the whole time. Now I understand that having her asleep the whole time in this genre of movie would just be creepy but at least make an effort to explain why she is awake.

The dialogue really doesn't help at all either. I honestly can't tell if there was a script. I mean, it sure doesn't sound like anyone is doing any talking at any time. There are indis-

tinguishable squeaks and mumbles every now and then that could be words but I have no idea if it is English, gibberish or some other language, thanks to the over powering music.

This movie is a joke. I honestly couldn't tell you why it exists. It's like someone found all these costumes lying around and their first thought was "I have a great idea, let's ruin everyone's childhood." That this actually exists makes me sad ... not super sad since it gave me something to write and chuckle about.

Overall, though, the movie has its ups and downs and you never actually see Prince Charming who, if I recall correctly, was a major part of the story.

I give Snow White 3 dwarfs out of 7.

PARTIES

Halloween – time to howl

By **QUINTON BERGER**

Well ladies and gents, the season is upon us. The season of yellow leaves, pumpkin carving and straight to DVD slasher flicks. Of course I'm talking about Halloween, the inane commercialized, possibly pagan rooted pseudo-holiday that many love and hate.

Halloween has a different meaning for everybody. To children everywhere, it's a chance to dress up, run around town unsupervised and get a ton of free candy in the process. To some, it's an evil holiday that is not to be celebrated and for a large percentage of females, it's a chance to dress is skimpy, sexy outfits and not be judged for it (see our point/counterpoint article). But since most people reading this are in the 18-30 year old range, Halloween probably means one thing. A chance to get all dressed up and party!

Fortunately for us, we live in a city where there's always something going on. Between the countless events our city holds, hundreds of bars, multiple entertainment companies bringing the hottest artists and DJs, there's something for everyone in the city of Edmonton.

Halloween is no exception. There are parties at practically every bar in the city, pub crawls that will take you to many of them and of course the countless number of house parties.

Of them all, Edmonton's biggest and best Halloween party has to be 100.3 The Bear's Halloween Howler at the Shaw Conference

Centre. Every year this party brings in thousands of people, with some of Canada's hottest bands and attractions.

Headlining this year are Canadian alternative rockers Billy Talent and mock '80s glam spectacle, Steel Panther. Guests can also see Canada's knife wielding stuntman, Ryan Stock for a series of acts sure to leave audiences shocked and appalled (in a good way).

"The Halloween party market is pretty saturated these days," says Bear morning host and NAIT graduate, Yukon Jack.

"The Howler has been around 21 years and keeps getting bigger and better. It's the Halloween party all others are judged against."

Co-host Gillian Foote agrees.

"The Halloween Howler is the most legendary party in the city," raves Foote.

"Twenty-one years – this is the biggest ticket for the craziest party to get into and everyone wants to be there."

Speaking of raves, fans of electronic dance music in Edmonton have numerous opportunities to party in their best Halloween garb with events like Live Loud's Happy F**king Halloween, Connected Entertainment's Halloween Thriller and Boondang's Halloween massive, SCREAM. Each one of these events brings some of electronic music's hottest artists along with thousands of excited, sweaty partiers.

Happy F**king Halloween takes place Oct. 31 at Union Hall, featuring Boonstock favorites Wright & Wong, along with Canadian producer AutoErotique and dubstep producer Vaski.

Tickets are \$15, doors open at 9 p.m. and,

of course, this event is 18-plus.

If you're looking for something a little bigger, Connected Entertainment's Halloween Thriller takes place Friday, Nov. 1 at the Edmonton Expo Centre.

"Connected Entertainment, Urban Metropolis and Aqua Audio are proud to be working together in bringing what has become a fixture of Edmonton's Halloween celebrations," says manager and DJ, Hector Castro. Tickets start at \$29.95 and are available at halloweenthiller.ca.

Finally, there's Boondang massive event SCREAM, taking place at the Shaw Conference Centre on Nov. 2. SCREAM features two stages and a killer lineup including Above and Beyond, Bass Jackers, Crizzly and more.

"SCREAM has become Western Canada's hottest Halloween ticket – selling out months in advance" says Boondang. Tickets for SCREAM are unfortunately all sold out.

Yes, Halloween takes on many different meanings throughout our lives. From the fun filled shenanigans of childhood to the crazy parties of our young adult lives to the pain in the ass of buying our kids costumes and other peoples' kids candy. This holiday has been the source of many fond memories, terrifying experiences, awesome stories and will continue to be for years to come. No matter what you're doing this year, make sure you do it safely and make smart decisions.

Happy Halloween, everybody!



THROWBACK THURSDAY

When costumes were simple

By **ALEX SACKIW**

Come with me, my friends, on this journey back in time, to a place where the chocolate bars were full sized and your costume had to fit over a snowsuit.

On this spooky edition of the Throwback Thursday, we go back to a simpler time of Halloween, before all the hype of "fun-sized" chocolate bars and "slut-wear" costumes. Yes, let's go back to the early '90s, where "Mr. Bigs", were actually big and companies didn't care about peanut allergies.

Back when I was a child, Halloween was a more magical time, when the denizens of hell came out to play amongst the living in the mortal plain. A scary time, when fake blood and hanging skeletons frightened the hordes of children, making them grip the hands of their parents tightly in fear.

It was a time where we did not worry about razor blades in apples, drunken teens beating up children or drug laced Rockets. A simpler time. A happier time. An innocent time. A time where your costume needed to fit over your snowsuit because there was three feet of snow on the ground and it was minus



momitforward.com

20 outside. Children back in my day had it good, with pillow cases overflowing with full sized chocolate bars and cans of pop and parents pulling out the Tootsie Pops for their own stash. Life was good, as it should have been. Then came the downsizing of the chocolate bars and cans of pop the size of shot classes. Now, chocolate bars are half bite sized and parents are grumbling at the prices.

Back in my day, Halloween parties were places for costume contests, a place where ghouls and goblins came out to dance and judge everyone's hard work. Costumes were elaborate, original and age appropriate. These days, Halloween parties are places where 13 to 16-year-olds get drunk while wearing plastic Walmart costumes. They consist of semi-dressed teens attempting to emulate the dregs of society, plastic "slut-wear" bought from a store, then cut apart to have even less costume material. And, of course, it's not just the youth of today who are missing the point of Halloween costumes. Go to any bar and you'll see adults from all walks of life dressed in a fashion that would make Jack the Ripper foam at the mouth in glee. "sexy cop," "sexy nurse," "sexy hippie," and "sexy Harry Potter." Now, "ladies of the night" have become a common theme in the costume world – that and zombies. The overabundance of the Undead is starting to become somewhat old. If you don't have a costume, throw some white make-up on, tear up some clothes and presto! You're now a zombie.

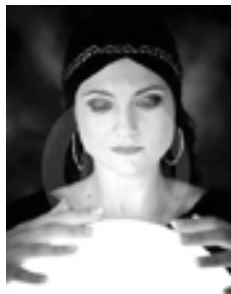
You can call me a prude or an uptight indi-

vidual but I think "Snooki" isn't really a costume, unless its done in the most ironical fashion possible. These days, we've lost the magic of Halloween. We've lost the horror and fright of the whole holiday. Yes, as more mature individuals, we know that there is no such thing as magic, no monsters in the dark or trolls under the bridge. But isn't that what Halloween is all about? "All-Hallows-Eve" was a time to suspend your disbelief of the unnatural world and allow the spirits a chance to play amongst the living. It was a time of celebration for the world that we could not see or hear, only imagine and fear.

In the end, this season has become too commercialized. From the idea of "Halloween Presents" to \$80 costumes with less material than a facecloth, it's become another victim of corporate greed. I say we should go back to the good old days, when Halloween parties had homemade treats, cookies, cakes and finger food, when, children dressed up to go to scary story readings and when people handed out full sized chocolate bars. Let's get back to the old days. Let's put some fright back into frightening and take the ho out of horror.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Oct. 31-Nov. 6

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

Libra (Sept. 23-Oct. 22)

You will be stuck between a rock and hard place this week. You don't know what decision to make. Go with your gut feeling and once you make your mind up don't let anything else change it. Go on a

roller coaster this week.

Scorpio (Oct. 23-Nov. 21)

You will meet someone new this week that seems like a good match for you. Be aware, looks can be deceiving. That person might be lying to you. Keep in mind it's hard for people to lie when they are drunk.

Sagittarius (Nov. 22-Dec. 21)

The stars have aligned and you will have a really good week. Try to reconnect with an old friend this week. You might be surprised to see how they have changed in a positive way. Buy a nice outfit with some green pattern on it.

Capricorn (Dec. 22-Jan. 19)

All the slacking off is going to catch up with you this week. You will be very busy and might miss out on some fun times with friends. But don't worry, you are smart. If you work efficiently you might be able to enjoy a little bit of the week-end with your friends.

Aquarius (Jan. 20-Feb. 18)

You will receive some sad news this week. Don't get discouraged, things always work out in the end. Just keep your focus on what's important. Repaint your room with some fun and bright colour.

Pisces (Feb. 19-March 20)

The good deeds that you do will come around back to you, just remember to pay it forward. You will run into an ex this week, be civil. Get a new pair of shoes.

Aries (March 21-April 19)

After a week of hard work you are in for some relaxing times. Just make sure that you still keep up with things and don't slack off too much. Make a fun Halloween costume for yourself.

Taurus (April 20-May 20)

You will be very excitable and full of energy this week. Make good use of that extra energy and try not to fidget too much. Working out will help you get rid all that extra energy. Girls, paint your nails purple and guys, try

growing a soul patch.

Gemini (May 21-June 21)

You will have a very dramatic week. Just hold on tight to that roller coaster of emotions heading your way. You will be on Facebook more than usual this week.

Cancer (June 22-July 22)

You will get some good news this week. The stars are in the right place for you to start a successful relationship. You might catch a cold. Carry a hand sanitizer with you at all times.

Leo (July 23-Aug. 22)

You might get into an argument with your best friend this week, but don't worry, you guys always make it up to each other in the end. Buy a key chain for yourself.

Virgo (Aug. 23-Sept. 22)

This is a week of surprises for you. You will make a new friend this week. Try some Italian cuisine and keep an open mind.

HOW WILL YOU WEAR YOUR

'Stache?

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

NOVEMBER 1 Shave Off | NOVEMBER 6, 13 & 20 Progress Parties
NOVEMBER 29 Movember Finale | WWW.NAITSA.CA/WEARYOURSTACHE



TIPS OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Kids – bullies, cyber bullying

**Bullying**

Bullying is often considered a “kids will be kids” problem. However, bullying has become a pervasive and serious form of harassment in many schools. Approximately one in 10 children have bullied others and as many as 25 per cent of children in grades four to six have been bullied. A 2004 study published in the medical *Journal of Pediatrics* found that about one in seven Canadian children aged 11 to 16 are victims of bullying. Studies have found bullying occurs once every seven minutes on the playground and once every 25 minutes in the classroom.

In the majority of cases, bullying stops within 10 seconds when peers intervene or do not support the bullying behaviour.

Profiles of bullies

The following are traits common to bullies:

- They are concerned with their own pleasure rather than thinking about anyone else.
- They want power.
- They are willing to use other people to get what they want.
- They feel hurt inside.
- They find it difficult to see things from someone else’s perspective.

Cyber bullying

“Cyber bullying” is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones.

It has to have a minor on both sides, or at least have been instigated by a minor against another minor. Once adults become involved, it is plain and simple cyber-harassment or cyber-stalking.

There are two kinds of cyber bullying:

1. Direct attacks: messages sent to kids directly.
2. Cyber bullying by proxy: using others to help cyber bully the victim, either with or without the accomplice’s knowledge.

Because cyber bullying by proxy often gets adults involved in the harassment, it is

much more dangerous.

Direct attacks

- Instant messaging/text messaging harassment
- Stealing passwords
- Blogs and websites
- Sending pictures through e-mail and cellphones
- Internet polling
- Interactive gaming
- Sending malicious code, porn and other junk e-mail and IMs
- Impersonation

Cyberbullying by proxy

Cyber bullying by proxy is when a cyber bully gets someone else to do their dirty work. Most of the time they are unwitting accomplices and don’t know that they are being used by the cyber bully. This is the most dangerous kind of cyber bullying because it often gets adults involved in the harassment and people who don’t know they are dealing with a kid or someone they know.

Why cyber bully?

When it comes to cyber bullying, they are often motivated by anger, revenge or frustration. Sometimes they do it for entertainment or because they are bored and have too much time on their hands and too many tech toys available to them. Many do it for laughs or to get a reaction. Some do it by accident, and either send a message to the wrong recipient or didn’t think before they did something. The power-hungry do it to torment others and for their ego.

Revenge of the nerds may start out defending themselves from traditional bullying only to find that they enjoy being the tough guy or gal. Mean girls do it to help bolster or remind people of their own social standing. And some think they are righting wrong and standing up for others.

Warning signs

You and your children should pay close attention to the behaviour of their acquaintances.

In *Protecting the Gift*, security expert Gavin de Becker listed the following pre-incident indicators of violence by school-

boys: alcohol and drug abuse, access to guns, addiction to media products, aimlessness, fascination with violence and weapons, chronically sullen, angry, depressed; seeking status through bravado about violence, threats of violence (or suicide); rejection, humiliation and media provocation (“copycatting” violent news headlines).

In extreme cases, bullying can lead to a victim’s suicide or a retaliatory shooting rampage (as in the Columbine massacre).

Warning signs include:

- Threats to bring a weapon to school
 - Talk about retaliation or a copycat crime.
 - Overhearing or seeing a “hit list” at school or online.
 - Troubling essays or other disturbing writing.
 - Closing out windows, instant messages or e-mail when you walk in.
 - Child seems upset after being online or talking/texting on a cellphone.
 - Friends no longer come over or vice versa and your child no longer takes pleasure in former activities.
 - Lower grades and avoiding school.
 - Problems with sleeping, moodiness, crying, depression or lack of appetite.
 - More than the usual number of stomach aches and headaches.
 - Avoiding being online or nervous when receiving a text message.
 - Child notices that he or she is being gossiped about online or that others are using “code words” in place of his or her name.
 - Facebook or other social-media accounts opened in your child’s name.
- Tips for dealing with bullies**
- Teach your children to be assertive rather than aggressive or violent when confronted by a bully. Instruct them to walk away and get help from an adult in more dangerous situations. Practise responses with your children through role-playing.
 - Keep communication lines open. Encourage your children to share information about school and related activities.
 - If your child is a victim of bullying at school, inform school officials immediately. Keep a written records of the names, dates, times and circumstances. Submit a copy of this report to the school principal.

• Stress to your child the importance of telling a trusted adult about any threatening or inappropriate e-mail, images and websites. Report these immediately to the police and the Internet service provider.

• Pay attention to symptoms and respond to your children’s concerns and fears with patience, love and support.

• Remind children that online friends may not always be what they seem.

• Explain the importance of never giving out personal information online, including full name, address, phone number or name of school. Youngsters who want to enter a contest or register to enter a new site should always get a parent’s permission first and make sure the offer is legitimate.

• When filling out a service provider profile or choosing a screen name, children should not identify themselves as a child or offer any insight into their personal life.

• Warn children not to send digital or scanned photographs or other images of themselves to online friends.

• Be alert for articles and television news stories concerning Internet crime. Discuss these cases with your youngster to reinforce the need for precautions.

• Familiarize yourself with the Internet, e-mail and chat rooms and know how they work.

• Supervise youngsters online.

• Situate computers in high visibility areas of your home and view the screen at regular intervals.

• Monitor how webcams are used.

• Be alert to secretive Internet chat/texting acronyms.

• Equip your computer with filtering software for restricting children’s access to inappropriate areas of the Internet. Pick a high security password.

No one asks to be bullied, and no one deserves it.

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.

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.nait.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.

Elizabeth’s Antique and Collectible Sale

Alberta Aviation Museum

11410 Kingsway Ave., Edmonton

November 1-2, 2013

Friday 2-8 p.m. and Saturday 10-4 p.m.

\$5 admission

Free Parking

Over 140 tables of Alberta’s best!

KIDS STORIES

Snow White a gold digger?

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

Snow White is one of those stories that pretty much every kid reads and watches growing up. The Disney version is without question one of the most popular kids movies ever. For those of you that don't know, though let's be honest, everyone should know, *Snow White* is the story of a beautiful girl that is poisoned by a jealous witch.

The poison causes the girl to fall under a spell that puts her to sleep, only to be woken by the kiss of Prince Charming. I'm not sure if that's his given name or not. While asleep, she is cared for and watched over by seven conveniently named dwarves. Seems pretty straightforward and harmless, right?

Let's start with the witch. Here is a woman that is basing her entire self-worth on her beauty and being the most beautiful woman in all the land. That just seems wrong. I mean, here is an all-powerful witch that can literally make things magically appear and disappear and yet she is concerned by her appearance. Furthermore, the witch can change her appearance. We see this when she disguises herself as an old woman to give Snow White the poison apple. So why wouldn't the

witch just change her appearance to make herself more beautiful? It's because it's not enough that the witch is beautiful; no, she needs Snow White to cease being competition at all. This is clearly showing young girls that it's not enough that they be pretty, they need to make sure that the other girls aren't. Could this be a direct correlation to the increase in girl on girl bullying?

What about the dwarves, though? They seem like pretty hard working, caring guys, going out of their way to make sure that Snow White is comfortable and taken care of even though they have never met her.

Yet the second Prince Charming still comes and wakes her and she runs off without so much as a thank you. To quote Kanye West "Now I ain't sayin' she a gold digger (When I'm in need), But she ain't messin' wit no broke, broke (I gotta leave)".

That's right, Snow White is a gold digger! She abandons the hard working men that have taken care of her in favour of the rich, deep pocketed Prince Charming.

Hell, even Prince Charming is kind of a creep. I mean here this guy is riding his horse through the forest when he sees some chick passed out and being cared for by seven tiny dudes. Yet instead of stopping to ask if she needs help or even seeing if the

little dudes are harassing her; he just gets off his horse and kisses her. I don't know about you but I don't go around kissing random passed out girls I find on the street. It's partially because I don't want to accidentally be charged with sexual assault ... but also because I am not that desperate. I don't know just who this prince is but he clearly

doesn't have a whole lot of self-worth.

When you really look at Snow White, literally every character except the dwarfs seem like terrible people. If you have kids, or when you have kids, maybe avoid this story ... unless you want money hungry kids that go around kissing random passed out strangers in the streets.



gyunhur.blogspot.com

Snow White with some of her friends.

Xtreme sports
with Chris Burandt

Wednesday, November 13
Patricia Campus - 11:15AM

Wednesday, November 13
Nest Taphouse Grill, 4:30PM

Thursday, November 14
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Chris will talk about his experiences and what it takes to be an extreme sports legend
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STUDENTS' ASSOCIATION

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How to boost self-esteem



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

If you have a positive yet realistic view of yourself, trust your own abilities, have a general sense of control in your life, accept yourself for who you are and believe that you will be able to meet most of your goals, you probably already have good self-esteem. But if you depend excessively on the approval of others in order to feel good about yourself and feel you have to conform to the expectations of others it may be time to look at ways of improving your self concept.

Lack of self-esteem is not usually related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. We usually carry the messages we have learned as children into our adult

lives but the good news is that you can improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Here are some strategies for enhancing your self-esteem:

Identify your self-defeating thought patterns and work towards changing them. These include:

- All or Nothing Thinking. "I am a total failure when my performance is not perfect."
- Magnification of Negative/ Minimization of Positive. Examples include when you expect that things will always go wrong, when you let a single negative detail, piece of criticism or comment colour your whole day or when you don't emphasize good things nearly as much as bad ones: "She didn't say hi to me so nobody likes me." "I got five A's but the one C really shows my abilities."
- Jumping to Conclusions. Concluding things are bad without any definite evidence.
- Emotional Reasoning. "I feel ugly/ stupid/unpopular so it must be true."
- Overemphasis on "Should" Statements. "Should" statements are often perfectionistic and reflective of others' expectations rather than our own. For example "I should be getting straight A's."

• Labelling. It is much more affirming to say "I made a mistake and I can learn from that," rather than "I am a loser and it is all my fault."

• Difficulty Accepting Compliments. "You like this outfit? I think it makes me look fat."

Use positive self talk. Healthy self esteem is built the same way as low self esteem – by the messages you give to yourself. If you keep putting yourself down or beating yourself up for past mistakes, you will only lower your self-esteem further. When you notice that you are doubting or judging yourself, tell yourself stop and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

Emphasize your strengths. Give yourself credit for everything you try. By focusing on what you can do, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with them. People with low self-esteem generally focus on weaknesses and perceived failures and negate strengths and successes. If you find it difficult to identify strengths, ask others what they

would say your strengths are.

Develop your skills. Learn and practise the skills that you feel you are lacking and that would add value to your life.

Set realistic goals. Establish goals on the basis of what you can realistically achieve. Look for projects that stretch – but don't overwhelm – your abilities. Break your goals down into small steps and then work towards completing each step. To strive for perfectionistic absolute goals such as – "Anything less than an A in school is unacceptable" – sets you up for stress and for feelings of failure.

Take risks. Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process. Don't be disappointed if you don't do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of self-acceptance.

Be assertive. This means looking after your own needs while being respectful of the needs of others. Look for experiences that really fulfill you – not things that only give immediately gratification.

Make decisions and take action. Trust yourself to make good decisions and to deal with the consequences. Procrastination lowers self-esteem, so get to work right away on important projects and goals.

Love yourself. Spend some time pampering yourself and treating yourself like your own best friend. Stop comparing yourself with others and accept yourself for who you are. Loving yourself may mean letting go ... of the past, ... of unhealthy relationships, ... of anger you are holding onto ... of anything that is holding you back from reaching your full potential.

Use available resources. There are many books, seminars and audio-visual materials to enhance self-esteem. *Ten Days to Self-Esteem* by Dr. David Burns is a good book to start with.

There is only one person who can really improve your self-esteem – you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours.

If you would like further assistance enhancing your self-esteem or dealing with other academic or personal concerns, contact NAIT Student Counselling, Room W-111PB, HP Centre.

Phone 780-378-6133 or come in person to book an appointment with a counsellor.

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If you are interested please contact Student Counselling at 780-378-6133 or ssd@nait.ca

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