

EVENING OF EATS – BUS LEAVES THE NEST AT 4:30 P.M. SEPT. 24

THE **NAIT** NUGGET

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

NAIT'S BEST FRIEND

Faithful Flynn will be there if you need him, story page 4



Photo by Jesse Kushneryk

GOOD FOR WHAT AILS YOU

Radio and Television student Morgan Black spends some cuddle time with Flynn, a five-month-old Australian labradoodle that is training to become NAIT's own therapy dog.

Ye be invited to the **PIRATE PARTY**
ON THE EDMONTON QUEEN RIVERBOAT
Friday, September 20

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Bus leaves for Riverboat @ 6:30pm*
*NAITSA will provide complimentary transportation to and from The Nest.

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NEWS & FEATURES

Who to believe in war?



JOSH YAWORSKI
Issues Editor
@actuallyjosh

The all-knowing wisdom of Wikipedia describes a false or black flag as a covert military or paramilitary attack designed to deceive in such a way that the operations appear as though they are being carried out by other entities, groups or nations rather than those who actually planned and executed them. Imagine two ships meeting on the open sea, both of the same nation but one flying the flag of an enemy. Imagine the reactions of the nation's people witnessing this. They would see a groundless attack by a predetermined enemy nation, and would not be wrong in seeking vengeance, vengeance that could justify the invasion of a foreign nation and the capturing of their resources.

False flags are not a new practice. They were the pretext for the Franco-Prussian, Russo-Swedish and Spanish-American wars, and are considered major points in both the Second World War and the Cold

War, including the Tonkin Incident.

The Tonkin Incident occurred in early August 1964 as the USS Maddox performed patrols in the Gulf of Tonkin. As the Johnson administration reported, over the course of two conflicts with three North Vietnamese torpedo boats, the Maddox expended 280 shells and four jets strafed the boats. The first conflict dealt small damage to both the jets and the Maddox and while there were no American casualties, four Vietnamese soldiers were killed and six injured. Two nights later, the Maddox reported it was under attack again by ambush. Following these supposed aggressions by the North Vietnamese, Congress passed the Gulf of Tonkin Resolution, allowing the president the authority to assist any Southeast Asian country whose government was considered under threat by "communist aggression." It literally justified the US war against North Vietnam. And a 2005 report released by the great friend of freedom, the NSA, concluded that not only did Capt. Herrick fire off three rounds first, unreported by the Johnson administration, but the second report also did not happen. Literally. The report states: "It is not simply that there is a different story as to what happened, it is that no attack happened that night."

The entirety of Operation Desert Storm could be traced back as both a False Flag operation and the consequence of



Now, replace "the 1960s" with "2005" and read again...

www.atlanteanconspiracy.com

one. Iraqi President Saddam Hussein was frequently considered to be a pawn of the U.S. He was both armed as a tool against Russia and built as a challenge to Iran but then, his humble request for American permission to mobilize was dismissed with an America that didn't care about Arab conflicts, he was used as a justification to invade Kuwait. The media was even drawn in on that one when the daughter of an American ambassador was used as a "witness" to Iraqi soldiers throwing babies out of incubators.

In the coming years a great many files are going to be declassified and it is likely that our understanding of other moments in history will change significantly. And as Middle Eastern tensions rise and the world's governments contemplate mobilizing, it is essential that we look at the history of military actions and the motivating factors of them. Even when the motives are national security and freedom, if the cost is honesty, there can be no exchange.

Grass a tempest in a teapot?

By **JOSH YAWORSKI**
Issues Editor
@actuallyjosh

While former pot tourism capital of the world Amsterdam tightens its regulations, North America is exploding with pro-marijuana sentiment including the soon to be complete legalization in the



states of Washington and Colorado. It comes as no surprise that Canadian politicians are putting their stance out to Canadian voters.

Liberal leader Justin Trudeau leads the conversation after admitting to having smoked in his past both before and after his becoming a member of parliament. He didn't exactly say that he was a frequent smoker, though.

"I have not taken other drugs, I have been in my past a very rare user of marijuana, I think five or six times in my life that I've taken a puff - it's just not my thing," he said.

And while conservative media immediately launched a fear campaign, saying that this admission made him ineligible for entry into the United States of America, he stood fast, saying that he would be in good company if he was barred. It is unknown whether his part in pushing through stiffer penalties and mandatory minimums for marijuana

will continue with this new admission.

Trudeau triggered an outpouring of admissions. Both Nova Scotian Premier Doreen Dexter and Ontario Premier Kathleen Wynne admitted, Dexter while making jokes about there being many other MPs that he could remember had in the '70s as well, while Wynne stated she hadn't since before her now 33-year-old son had been born.

Other party leaders, Steven Harper and the Green Party's Elizabeth May, have both abstained, Harper due to his asthma and May has stated she doesn't like it. Official Opposition Leader Thomas Mulcair admits to smoking, though, stating that it was before he became an elected official. Permanent spotlight resident Toronto mayor Rob Ford weighed in, much to the chagrin of the pro-pot community.

If all of these politicians felt it necessary to admit their previous actions, it stands to reason that they believe it will

and does affect their constituents. And apparently, it effects some NAIT students more than others. Max Williams is a student in the Electrician program, and he is definitely swayed.

"As much as I'd like to be unbiased, it would change my opinion. I'm more likely to vote for a candidate that smokes pot."

Radio and Television student Ben Loblick echoed Max's opinion to the extreme, telling the Nugget, "Abso-expetive-expetive-lutly!"

But Alex Hankirk of the Environmental Sciences program has an entirely different way of looking at it, telling the *Nugget*, "The focus should be put on their actions in politics."

The next federal election is tentatively scheduled for on Oct. 19, 2015 and current polls have Harper's Conservatives trailing the Trudeau Liberals following this admission and the Senate spending scandal.



Provided

MAJOR ADDITION TO NAIT

This illustration shows the Centre for Applied Technologies (CAT) building that will be located on 106 Street, north of NAIT's existing HP Centre for Information and Communications Technology. Site preparations are underway, with construction expected to begin this year and completion in time for the 2016-17 academic year. The \$294-million, five-storey building will include classrooms, simulation labs, student common areas and a 135-seat lecture theatre. The Centre will enable NAIT to increase enrolment by 50 per cent in health, business, engineering technologies, sustainable building and environmental management programs.

Creeping jobless rate

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

As much as it seems like it's no problem to find a job in Edmonton, that comfortable trend seems to be changing. The Edmonton metro area unemployment rate increased 0.4 per cent from July and 0.8 per cent from August 2012 to 5.2 per cent. Those small increases may seem insignificant, but consider the bigger picture. The unemployment rate has been increasing not just month to month but over the years, too, showing that it's more likely the rule than the exception.

You could look at the numbers and see that 4,700 jobs were created in August, but you also need to look at the fact that 7,900 people were added to the labour force. Meaning that 3,200 were left without work.

The trend is equalled province-wide, according to Stats Can, August was the fourth month with substantial growth since April. Alberta added 15,200 jobs in the month of August but 8,000 of these jobs are part-time, skewing the job numbers to make them seem more significant than they actually are. Not that full time jobs are the only ones that matter but they are sustainable jobs that pay enough for workers to afford the cost of living in the province. Like the Edmonton metro area, the unemployment rate province wide also grew, because of the influx in the labour force, 22,300 people from July to August.

So why are people coming here if the trend is that there aren't enough jobs? Another factor that has to be looked at is that these job gains also occurred during the summer months, high time for Alberta's seasonal workers. According to Alberta Enterprise and Advanced Education, this is because Alberta has the biggest job growth in the country, adding 77,400 jobs in the past year.

The industries and jobs that have seen the biggest gains in the

month of August are health care, social assistance; forestry, fishing, mining, oil and gas and information, culture and recreation.

Alberta's increased employment numbers accounted for a significant, 31.5 per cent of the countries employment compared to July and August of last year. Even though the upward climb we've seen in the years since the recession seems to have peaked and is now descending, Alberta's unemployment is still the second-lowest in Canada, lagging only behind our eastern neighbour Saskatchewan. The nation's unemployment rate is still above a comfortable and sustainable five per cent at 7.1 per cent. Only gaining 0.1 of a percentage point and the majority of those being part-time jobs, it looks like our chances of finding work are going to get worse before they get better.



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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.

Flynn is always on the job

By GABRIELLE HAY-BYERS

One of NAIT's newest 'staff' members is turning heads as he walks around campus greeting staff and students alike. It's hard to imagine that he wouldn't, considering how cute he is. Flynn is a five-month-old Australian labradoodle that is in training to become NAIT's own therapy dog.

"There's been research that shows hormones change, in both humans and the dog, in as little as 10 minutes together – for the better," explains Linda Shaw, Supervisor of Health Services and Flynn's handler.

Flynn is a therapy dog that will combat stress and anxiety in students and staff alike. Dogs are not required to be certified as therapy dogs in this capacity, but after speaking with CHIMO Animal Assisted Therapy (a non-profit initiative that assists with the implementation of programs such as NAIT's, amongst other services), Shaw learned about the certification program.

"He has to take two tests, behavioral and obedience, when he's one-year-old. I also am doing course work to be certified," said Shaw, who is Flynn's owner as well, incurring all costs for the program herself, including the purchase of Flynn from a special breeder that breeds service and therapy dogs exclusively and occasionally donates dogs to charitable organizations.

"I got him at eight weeks," Shaw said. "He was chosen with the help of an animal behaviourist to make sure he had the right qualities but it was really important that we worked together."

Flynn is still in training and a puppy, so he is getting used to people and his work area and greeting everyone he sees. Shaw



Photo by Gabrielle Hay-Byers

Flynn

encourages staff and students that see Flynn out and about to approach them and take a moment to meet him, since it's important for his development.

"We're working on some separation anxiety," says Shaw of Flynn's progress.

"When she's gone, he looks for her at every door," confirmed Laurie Schweitzer, administrative support for Health and Safety.

Shaw hopes that in the future the program at NAIT will grow.

"I would like to bring in a rescue dog as

a second therapy dog ... it inspires people when dogs have been through so much and still trust."

Online farming

SASKATOON (CUP) — University graduates are entering farming with more ease and a heightened interest because of the high use of modern-day technologies.

For years now young adults have been becoming more and more adept with technologies that infiltrate every aspect of their lives. As these adults enter the workforce they bring an entirely new skill set – especially in agriculture.

Farmers marketing their own grains can do so with a variety of methods involving business done in-person, over the phone, on the Internet and through smart phone applications. There has been a significant rise in the use of the Internet and apps in farming, said Alberta Minister of Agriculture and Rural Development Verlyn Olson.

Olson said that one of the leading causes for the dissolution of the Canadian Wheat Board's monopoly over wheat and barley was driven by the high use of technology and automated systems in the other open markets. In 1935 the federal government established the CWB as the sole market-

ing body for barley, wheat and oats – which were removed from the board in 1989. Off-board crops have been able to progress with advanced marketing techniques.

"I think that farmers who are Internet savvy and who are wanting to do their trading on their own, which tends to be younger farmers, [are] probably the ones the most comfortable with the new system," Olson said, adding that the CWB monopoly made cutting edge marketing tools unnecessary.

Dale Horner has been farming with his father near Blaine Lake and Krydor, Sask. for the last 40 years. When Horner took over the marketing side of the business he worked over the phone or by walking into the local grain elevator.

Today he checks the weather from his iPhone, monitors the market from his home computer and has a GPS system in his seeder and combine. But Horner warned that with increasingly available information and the end of the CWB monopoly, came a rise in the responsibility and ownership he had to take over his own farming operation.

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Minimum wage enough?

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

Alberta recently legislated a new minimum wage, \$9.95, the lowest in the country. A 20-cent increase, from the previous minimum wage of \$9.75, will keep Alberta the only Canadian province or territory under \$10.

The two per cent minimum wage increase lags behind Alberta's Consumer Price Index Inflation, or the increase in what we pay for things, which rose 2.2 per cent between July 2012 and July 2013 according to the *Weekly Economic Review* released on Sept. 6 by the Alberta Treasury Board and Finance Department.

The two per cent increase comes from a formula that links the rate to annual increases in average weekly earnings and the previously mentioned consumer price index. It's a formula that takes into account how much more we make in a week, compared to the same week last year, and coupled with the increase in what we pay for things.

If I haven't lost you, you're doing well

Based on this, the minimum wage should be increasing at a healthy rate with the cost of living in Alberta, with one major oversight. When this formula was established there was no bump up of the minimum wage to ensure someone earning a minimum wage could afford the cost of living in Alberta.

In Alberta's economy, what you make is based more on market value than cost

of living. This leaves a major wage gap between jobs with few qualified applicants that pay well, over minimum wage and jobs with many qualified applicants that pay as little as possible or the minimum wage.

Having the market set the minimum wage is detrimental to the people competing with many qualified applicants.

Minimum wage should be a livable wage for an individual.

Setting the minimum wage by the cost of living may increase prices dramatically in the beginning because a business doesn't want to shrink its profit. But after the initial bump a more sustainable buy/sell relationship will occur because more people will be able to buy what businesses are selling.

It was also announced that the minimum wage for people serving liquor would remain at \$9.05 and it will stay there until the general minimum wage is \$10.05, giving the two standards a \$1 separation, which is when they will both increase at the same rate.

Those serving liquor are automatically earning less because it's expected for them to make tips, when in fact in most places serving alcohol there is a kitchen and when this is the case the server's tips are split between themselves, a bartender and the kitchen staff.

And as any server knows, there can be good and bad days for tips, which generally have less to do with quality of service and more to do with how cheap the patron is. Some outlets, like the Opa on



globalnews.ca

Alberta is the only province in Canada with a minimum wage less than \$10.

Whyte Avenue and some Quiznos ask for a tip when paying with plastic. Never tip at these places as the "tip" probably goes towards the profit of the business and not the people working behind the counter.

The best way to solidify the liquor service industry is to abolish tipping altogether

and legislate a standard gratuity. This would give consistency to servers, and not having to worry about getting a bad tip, everyone's service would seemingly be better. And if it isn't good service or service you wouldn't typically tip for, it's simple – let the manager know and leave it from there.

The perils of deadly force

By **JOSH YAWORSKI**
 Issues Editor
 @actuallyjosh

This summer has not been a good one for Canada's law enforcement community. Since the *Nugget* took its leave back in April, it has sometimes felt like every weekend brought new tales of police confrontation leading to gunfire. From the now infamous July 25 death of Toronto youth Sammy Yetim, through the rash of incidents that followed it over two weeks in early August here in Alberta and the number of relatively low key incidents like the June 8 death of Steve Mesic, Canadian police agencies country wide are now questioning their policies as Canadians question these deaths.

The case of Sammy Yetim made national news thanks to the swiftly viral video of his death. The video was taken after he exposed himself on a bus,

brandished a weapon and forced the other riders and the driver off the bus. In it, nine shots are audible, all fired by Const. James Forcillo. Yetim was brandishing a knife and, under current police guidelines, if an officer feels threatened, he or she is authorized to protect themselves. Unlike the former policies of intimidation memorialized in pre-'90s television and film like warning shots



fullcomment.nationalpost.com

Sammy Yetim

and wounding, the current use of force model instead has officers using escalating techniques up to and including targeted shots at the centre of mass until the threat has ended. While we may never know exactly what went through the officer's mind and what prejudices may have affected it, it is not hard to see how an individual could be fearful in a situation where a person is brandishing a weapon. Officers are forced to make this call nationwide and are not at fault when they do. And therein lies one of the problems.

Steve Mesic represents the other problem. Steve was shot mere steps away from his front door at 9:24 a.m. on June 7. Earlier that day, Steve had checked out of the hospital where he had himself admitted to the psychiatric department for evaluation. Steve had been described as well known and well liked within both the local Croatian and bodybuilding communities. There are stories of his friendliness and surprisingly soft-spoken demeanour – despite his physique and tattoos – littering the memorials across both social media and message boards. He told nurses that he was just going for a walk. He did not have the keys to his home with him, nor any possessions. He was witnessed either stepping or stumbling into traffic on multiple occasions, and police located him just as he neared his home. The soon-to-be father, vegan health nut motorcycle rider was shot to death. There were no civilian witnesses. No



facebook.com

Steve Mesic

answers for his family. No explanation. And no public outcry. And so Mesic joins the huge number of individuals suffering from mental health problems to be shot following confrontations with police. And that's the other problem.

Police officers don't want to take lives. They put themselves into dangerous situations daily to protect the public and sacrifice much for our safety. It is not their job to lay their lives on the line for our security. But when situations come down to human judgment, there is too often human error. Our police officers deserve advanced training and expanded non-lethal options, both for their protection and ours.

Individuals interested in Steve Mesic or in donating to the fund established for his partner and daughter (due in October) can go to rememberingstevem-
[esic.com](http://www.esic.com)

Point Counter Point

First impressions



JOSH YAWORSKI
Issues Editor @actuallyjosh

Orientation can be a scary thing for the new NAIT student. Particularly if one is right out of high school. As I and my mullet bearing, leprechaun-esque, senior citizen co-writer Chris Figliuzzi may not remember, it can be scary to be out on your own. Eighteen is merely a memory of John Travolta and Olivia Newton-John and a do not date before point to Chris, not the terror and confusion I can recall so vividly. And I remember being both without a vehicle or the social skills necessary to arrange a tour and find my way around the campus. So, my mom gave me a ride out to Augustana where I had my freshman year and she helped me orient myself around campus during the summer before school had started. And so, when Chris proposed this point-counterpoint, I jumped to the defence of those who had a helpful wallet and map device with them. I think some people call them parents.

Bad orientation day decision

But I also jumped at the chance to put in my two cents on the really bad orientation day decision taken by some females: dressed like you're ready to work only a handful of blocks down on 118 Avenue's bustling corners. I recognize it was a hot day, and that there's really only a handful of those a year. I myself had abandoned my Wranglers in favour of khaki shorts. But what I did not do was abandon my Wranglers in favour of three inches of skin tight shorts. Or ditch a button up shirt for one held together in the back only by thin strips of fabric exposing the back while showing Paris Hilton quantity cleavage.

There's really only one orientation day. One day where your classmates can mercilessly judge you on sight and build the foundation for an opinion of who you are and what you're worth. And when one presents themselves in near naked state, it's awfully hard for the other person to recognize anything in you but that nakedness. Particularly if the other person is male. Seriously. The handful of girls that inspired this pointer-counterpoint wouldn't be recognizable to many men who would see them only a moment later wearing ski gear.

A little much?

Now don't get me wrong, there's no problem with showing some skin. In the words of Max Bialystock, "If you got it, Flaunt it." But I mean really, isn't this all getting to be a little much? Guys are getting a little spoiled, between relaxed standards on TV, the galaxies of possibilities on the Internet and that little miracle worker the Chive. They found a way to get you to send pictures of yourself to a website for the entire world to see, often with a message of who they belong to. Maybe with all that, we can tone back the hemlines? I mean really, it's awfully hard to focus when y'all put on yoga pants. In the same way our great-great-grandparents may very well have remembered their first exposed ankle for years and our great-grandparents may remember the first two-piece bathing suits, many will remember the faulty yoga pants. And if those vivid details are our memories, what are our kids going to be seeing? Think of the children!

Bottom line, to me, is that having parents along is a good call. It avoids having to spend even a penny and helps ensure that you can rely on someone else just one more day. But dressing in the scraps of a fight between Donatella Versace, four inches of cheap cotton and six scissors just makes you look like no one who need to spend a penny for you.



By CHRIS FIGLIUZZI
Assistant Entertainment Editor

Well here we are, back at school and slowly starting to hate our lives again, well, most of us anyway – I love my program. I know for many of you this is your first year here at NAIT and you're still trying to figure things out, making mistakes and hoping that no one notices. Let me be the first to tell you that mistakes happen. There's just no avoiding them no matter who you are. I know I have made some amazing mistakes over the last 28 years, some I look back on and can't help but laugh and others that well ... let's just leave it there. The point is, throughout your time here at NAIT you will make mistakes and lots of them and hopefully you can at least make it to the first day of school before making your first mistake. Recently, many of you participated in NAIT's orientation day. I know this as I was also there, desperately trying to recruit writers for this very paper and we're still desperate by the way, you should come by Tuesday at noon for free pizza, articles, and friends. Now, I have never been to an orientation day, other than this one, during the seven years I have spent in post secondary, but I always assumed that there were two things you never do at an orientation 1) never dress poorly and 2) never bring your parents. Dressing poorly, especially slutty, can lead to many people forming poor assumptions about you, and yes, this applies to men and women.

Why bring your parents?

In my mind though, the far bigger mistake is bringing your parents to orientation with

you. Why anyone would even consider coming with their parents to orientation baffles me. College is supposed to be a time when you go out and put yourself out there, embracing all that life can throw at you. It's a time when you start to move away from mommy and daddy's umbrella of protection and start your journey towards becoming the fully functioning adult everyone so desperately wants you to become. So why the hell would you start this journey desperately clutching the hand of your parents?

I know, I know "but Chris," you'll say "it's new and scary and so much different from what we're used to, we need help figuring it all out." This is a great point ... aside from the fact that NAIT was literally packed with volunteers whose sole job was to help you find a place, point you in the right direction or even just chat with you. Bringing your parents to this event just symbolizes a reluctance to grow up, to take responsibility for yourself and your future. Growing up is not an easy process. Mistakes are seemingly constant and always at the worst possible time. You are never expected to stop making mistakes, though you are definitely not supposed to keep making the same ones. More than anything, though, growing up is about learning to accept responsibility, fix them and move on with your life.

Something special

College orientation is the start of something special. It's the start of your transition from childhood – yes, you're still a child at 18 no matter how awesome or cool you were in high school – into adulthood. By bringing your parents, you are showing people that you're not ready, that you are afraid of the responsibility and can't or don't want to start looking after yourself. I know that you all have wasted countless breaths whining and complaining to your parents that they have to start treating you like an adult and that you're not a child. Well now's the time to nut up or shut up and what better place to start than orientation. So hopefully you weren't that guy or girl walking around with mom or dad but if you were, make sure to warn others against it so they don't have to endure the silent ridicule and judgment of those around them.



Photo by Tyler Frith

OPINION

— Editorial —

Piquing dance interest



NICOLE MURPHY
Editor-In-Chief
 @NicoleMurphySt

The doors are finally open to the first all adult dance studio in the city. Pique Dance Centre had their grand opening Saturday Sept. 7. Located just behind MacEwan University at 10604 105 Ave., the opening included free dance classes all day from some of the top professionals in Edmonton.

The studio caters to the hectic lives of the busy adult but hopes to bring back a childhood passion or to encourage people to try something new in an environment that is comfortable and kid free.

Owner Janelle Leclair remembers becoming passionate about dance as a young adult and recalls the difficulty of being put into classes with junior high and high school students. Although she was learning the right dance moves, the maturity level and her ability to connect with the teens sometimes made her uncomfortable.

Grow through movement

A few years later she has created a place so that people in her position can go and learn with peers who have similar interests, lives and in general can grow farther through movement.

“I want to respect the integrity of the space and make everyone feel comfortable and I feel if there is somebody of a younger demographic, adults aren’t going to feel as inclined to open up and be vulnerable around people they feel are on a different maturity,” said Leclair.

Besides a fun way to be active Pique Dance Centre hopes to give adults a chance to develop professionally. The studio offers classes for all skill levels, giving advanced dancers a place to continue to grow and refine their craft.

“More adults need to dance and understand the beauty of dance,” Leclair said.

She wants to change the idea that dance is something you only do when you are young.

Reshape city’s dance industry

“I’m hoping that this will actually reshape the entire dance industry of Edmonton, by making people take dance more seriously and actually give it a shot rather than just saying, oh, I can’t dance.”

But if you are a beginner dancer, Pique also has a ton of options for you as well. With tons of drop-in classes to fit an always changing schedule and at reasonable prices, the studio offers a range of times, styles and levels.

Edmonton has the most dance studios per capita in Canada, but before this there was not a one-stop place for adults that offered such a variety of choices. The traditional dance options like tap, ballet and jazz are offered, but also some fun classes like Pussycat Dolls with Chelsea, Vogueing and belly dancing.

“You might be able to see these class sprout up around the city but never under one facility,” LeClair said.

Tiffany Harris took part in the dance classes being held the day of the grand opening and had insight into why she is a student at Pique.

“I love kids but especially when you are doing a class like we just did, kind of a more sexy class, you don’t want preschoolers running around.”

Overall, the studio hopes to build confidence throughout the city through the empowerment of movement. Check out Pique Dance Centre at www.piquedancecentre.ca.



www.kats-designs.com

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praise to dish out about the school or life in general? Get those thoughts into print.



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SPORTS

Time to raise the Barre



LAUREN FINK
Sports Editor
@laurenfink_

I know we all know what a bar is but, have you ever heard of Barre? Until this summer, I know I didn't. And, if it weren't for a rerun of *Million Dollar Matchmaker* (don't question me, and I won't question you) I may never have.

After seeing the episode, I just had to know more about this fitness phenomenon. Much like hot yoga and Pilates, once I heard about it, I never stopped hearing about it. For weeks now barre has been plié-ing its way into my everyday life, including my Instagram. So, I did the obvious thing and tried it out. But before I get to that, I should probably explain, for those who don't know, what barre is.

Unique workout

Barre is a unique workout that anyone, with or without dance training can do. It's "inspired by a blend of yoga and Pilates with a focus on core and postural alignment and basic ballet moves," says Barre Body Studio instructor and owner Megan Clark.

Barre gets its name from the ballet barre, which the Merriam-Webster dictionary defines as "a usually rigid piece (as of wood or metal) longer than it is wide that is used as a handle or support; especially: a handrail used by ballet dancers to maintain balance while exercising."

Obviously not originating as a workout, Barre started when "a ballet dancer wanting to rehab injuries found that working at the barre was a way to stabilize and get deeper into the muscles and strengthen them," explains Clark.

"From there, it became a workout, and then evolved further into the different branches of Barre," that are taught today. Most women choose the workout because "every girl either wanted to be a ballerina or was a ballerina" but it's not just limited to women. Men, including football and hockey players, have been known to do Barre as well.

After several visits to the Barre Body Edmonton website, www.barrestudio.com, I found a class that fit my schedule, what to wear and where to go. For wardrobe, the website only says you're required to have grip socks (which are sold there for those of us who don't have them) no tutus required, just regular workout clothes. For the first class I opted to not make the commitment to grip socks and decided to go barefoot, don't worry, my instructor April gave me the go-ahead.

The class that best fit my schedule was the Barre Body Fit, which is described by the website as "The original, like a classic tote that complements every look, this one hour workout will tone and challenge all levels of fitness."

After I signed up, I made sure I had the proper socks or lack thereof and headed out to the Dance Code studio (located on 105 Avenue and 115th Street,) where the classes are currently being held until the Barre Body Studio opens in late September and got ready to sweat.

When I first arrived, quite honestly, I was nervous. I'm not a very co-ordinated person.

I can barely walk on my own two feet let alone dance on them, which is weird seeing how I figureskated for 14 years. April reassured me I would be fine and we started the class. I took shelter in the back corner and started with a warm-up, which definitely did what it was supposed to and then some. After warm-up, we did arms without the barre and luckily just as I thought my arms were about to fall it was time to belly up to the barre, and get into legs and glutes (Barre is known for being a great butt workout. I was told after three classes I would start seeing what is known as "barre butt" take form, which is essentially just the tightening and lifting of the butt muscles. (you know, just getting them extra ready for those Lululemon pants)

Working with the barre was awesome. It truly made me feel like a ballerina, a very sweaty ballerina (yes, I know, too much information.) After we did various workouts on and off the barre that used basic ballet terms and positions, we moved to the last area, abs. The ab workout was intense and, just like both my arms and legs, by the end of the series, I was ready for class to be over. Luckily for me, it was.

Contest

Usually, the end of class means full body stretching to make sure you don't hurt anything but, at Barre, since it's inspired by yoga, we did those in between each new workout, which is one of my favourite aspects of Barre. All around, I give Barre a must do rating. It's an amazing workout that's fun and something new to try. Who knows, you may just hang up your bar star status for the very much coveted status of Barre star.

I'm very excited to announce that Barre Body Studio has graciously given the *Nugget* a five-pack pass for one our readers to win. The passes will be good for the new studio, opening the end of September, beginning of October at Whitemud Crossing. To win, all you have to do is:

1. Follow @NuggetOnline on twitter
2. Tweet us with the hashtag #NuggetRaisesTheBarre
3. Lastly, Include @BarreBodyStudioEdm in the tweet.

The contest ends on Sept. 16.



Eddies tread water with draw

By **JARED CARVALHO**
@JaredCarv

Saturday night in Minnesota turned out to be yet another disappointing finish for FC Edmonton. Instead of coming home with a much needed win, they tallied yet another tie. They may still have gotten a point out of the game but it is not enough to make any significant climb in the NASL standings. Since last week's FC Edmonton update, the team was sitting in seventh place with only six points. Sadly not much has changed this week. The draw with Minnesota United sees the Eddies stay in seventh place with seven points.

The game on Saturday night wasn't all bad though; there were many moments of brilliance and great play. The biggest issue for the FC is finding the finishing touch. The first half of the match was just a back

and forth running game filled with missed opportunities and midfield passing. It didn't open up until the 26th minute when Minnesota forward Max Griffin had a great strike in the Eddies box which saw the ball just miss the net. Then again in the 35th minute when Eddie's keeper Lance Parker was able to swat the ball out of danger in a crowded Edmonton 18 yard box. The rest of the half saw Minnesota United dominate the possession of the ball but with no real scoring threats.

In the second half, FC Edmonton picked up their play significantly with early chances by Dosanjh and Hlavaty, which seemed to show the opposition that the FC had finally shown up to play. The

great play by Edmonton seemed to continue until the 58th minute when Minnesota seemed to score on Parker but the goal was quickly taken away because of an offside on the play. The game after this point seemed to just unravel completely. Hlavaty was shown a yellow card for an aggressive slide tackle and Minnesota substitute player Sinisa Ubiparipovic was ejected from the game after kicking FC midfielder Chris



Nurse in the side after the two challenged for the ball. Then, in the 75th minute, the worst possible thing happened to the Eddies. Minnesota United defender Cristiano Dias scored off of a corner kick. However, the Eddies answered back

within two minutes, with Hertzog burying a cross from Antonio Rago into the Minnesota net.

Once FC Edmonton scored to tie the game, everything seemed to settle down and the rest of the game looked eerily like the first half with an overabundance of midfield play. Unfortunately, games like this have become the norm for the FC and it seems like a long time since they tallied a win. If the team had difficulty breaking through against Minnesota then they are going to have an even harder time against their next opponent, The Fort Lauderdale Strikers, who they play on Sunday. Fort Lauderdale has a record of three wins; two losses and one tie and sit third in the league. The Eddies are going to have to pull off some incredible play to be able to get that much needed win.

SOCCER

Promising start for men

By **KYLE HARRIS**
Assistant Sports Editor
@TheHarrisShow20

The men's soccer team began their season on the right foot. The ACAC silver

medallists faced the Kings College Eagles on the road, and did not disappoint.

The boys came out flying. Last year's CCAA player of the year, Monty Haines, wasted no time getting things going, as

the striker netted his first score of the year just two minutes into the game. The Eagles were outmatched by the Oaks, who seemed to show their experience on the field. Haines netted another for the boys, as well as midfielder Zach Kaiser and Tarik El Assal. The men held onto a 4-1 win, giving them their first "W" of the year. After a day off, and were back at it on Sunday, Sept. 8 against the Keyano Huskies.

The team hosted their home opener at 2 p.m. on the NAIT Field, where the boys looked to go 2-0-0. It was a back and forth game, which made it a much more exciting match than their previous one against Kings. Keyano pressed hard and midway in the opening half they struck first. Midfielder Jonathon Cordoba kicked home the lone goal for the Huskies on a penalty kick. The Oaks fought hard and pressed the Huskies defence, but were unable to get a goal going into the second half. Trailing 1-0, the Blue and Gold kept chipping away at the Huskies. It eventually paid off as the boys were able to get a goal when Jean-Marie Perrault headed the ball in early in the second half at the 49th minute to knot the game at one apiece. With the home crowd behind them, the Oaks

looked to take the lead in the game. The team thought they had one when Tarik El Assal riffling one, but he was denied as it hit the crossbar.

The boys were held to a draw against the Huskies, putting their record to 1-0-1. After the weekend, the Oaks sit in second place behind Grande Prairie Wolves who are 2-0-0 with six points in the North Division. The squad is showing an incredible

amount of promise for this upcoming season as they look to get back to championship form as national championship contenders. Nationals this season are in Saint John, NB at the Canada Games Stadium.

Coach Charles O'Toole was happy with what he saw this weekend.

"Game to game we are looking to grow and improve both individually and as a team and the coaching staff

sees that happening," he said.

The team will now have a week of practices to tighten up and prepare for another tough challenge when they face cross town rival Concordia Thunder. The Thunder as of this weekend sit fifth as they dropped their opener to Grande Prairie.

The Thunder will host the Oaks on Sept. 14 at 2 p.m.



Charles O'Toole
Sees progress



Photo by Lauren Voisin

Male Athlete of the Week, Zach Kaiser, lets a shot go during a home game Sunday against the Keyano Huskies. NAIT came out of the contest with a 1-1 draw.

SOCCER

Women overpower opponents

By **DREW MILLER**

"We the champions till we ain't the champions no more."

— From the movie *Coach Carter*

This quote relates quite well to the NAIT women's soccer team. After they earned the gold medal in the ACAC championships last year, the NAIT Oaks were extremely eager to get back on the field and start the 2013 campaign with a bang and boy, did they deliver.

The squad had two games this past weekend. Their first one of the season was on Friday, Sept. 6 against the King's Eagles. They could not have asked for a better start. The Oaks dominated the game from start to finish, as they were never in much trouble, posting four goals in the first half and another three in the second half. They were able to keep the Eagles scoreless, with the game ending in a 7-0 victory for the Oaks. It was a tremendous all around performance, starting with the goal-tenders, Charlotte Lenzion and Michele Greer, who teamed up for the shutout. Leanne Kadatz, all-time leading ACAC scorer, was right back in the groove of things as she posted a hat trick with one goal in the first half and two more in the

second. Rookie Kelsey Langille had two goals of her own while Jay Hart and Loren Burke Gaffney contributed the other two.

Coach Carole Holt thinks that the 2013 team can do just as well as last year's team.

"We've got some new additions, who I think are going to give us a bit more depth than what we had last year, so I think we'll be OK," Holt said. "We had a few injuries coming into the tryouts, but people seem to be getting healthy at the right time so we had a good start this weekend."

The Oaks did not have much time to let their first win of the season soak in, as they played their second game on Sunday, Sept. 8 against the Keyano Huskies from Fort McMurray. After dominating their first game of the season, the Oaks looked to start the season with a winning streak and go 2-0-0 on the weekend. They did just that, annihilating the Huskies with an 11-0 win. The win at home puts the Oaks in top spot in the North Division.

Holt has confidence in her team this year.

"I think we've got a good chance," she said. "I mean, obviously there's a couple of other teams in our league that are very strong and we're going to have to be really

organized and prepared when we play against them, but I think we've got a good possibility to do it again."

The girls now look to extend their win-

ning streak against the Concordia Thunder on Saturday. The game is on the road at Concordia.

Game start is noon.



Photo by Lauren Voisin

Female Athlete of the Week, Leanne Kadatz, dribbles past a Keyano defender en route to a 11-0 Oaks victory on Sunday Sept. 8. Kadatz had four goals in the game.

Jays sweep Arizona series

By **KELSEY LYDYNUIK**
@KelseyLydynuik

After winning the first two games in a three-game series against the Kansas City Royals, the Toronto Blue Jays were poised to sweep the Royals in their game on Sept. 1.

However, things did not go as planned for the Jays. In the top of the first, Eric Hosmer grounded out to second, allowing former Jay Emilio Bonifacio to run home and put the Royals up by one.

In the top of the third, Kansas City's Alex Gordon hit a line drive to send Jarrod Dyson home, put himself on second and sending Alcides Escobar to third.

Bonifacio sent a line drive to centre field, bringing home Escobar and advancing Gordon. With Hosmer up to bat again, he hit a line drive to right field to bring both Gordon and Bonifacio home, pushing the Royals lead to five, making the final score in the game 5-0, with Toronto still winning the series 2-1.

On Monday, Sept. 2, the Jays were in Arizona in the first of a three-game series. In the top of the second, Moises Sierra opened up the scoring for the Jays after Kevin Pillar hit a line drive to left field. Pillar

extended the lead to two after Anthony Gose hit a fly ball to right field, putting the Jays up by two at the end of the second. In the top of the ninth, Edwin Encarnacion hit a home run to put the Jays up by four. In the bottom of the final inning, the Diamondbacks scored their sole run of the game, as Willie Bloomquist hit a ground ball to centre field, sending Cliff Pennington home. The final was 4-1 Jays.

Tuesday was Game 2 of the three-game series and, once again, the Jays opened up scoring in the top of the first as Brett Lawrie, who has improved his strikeout percentage by 15 per cent in the second half of the season, hit a line drive to left field to send Jose Reyes home. In the top of the second, runs from Pillar, Rajai Davis, Todd Redmond and Encarnacion gave the Jays a 5-0 lead. In the bottom of the fourth, the D-Backs' Adam Eaton hit a home run to put the home team on the board. However, the Jays looked to keep a solid lead as Sierra hit a double, sending Mark DeRosa home. In the bottom of the fifth, Didi Gregorius hit a home run to bring him and Miguel Montero home and cut Toronto's lead in half.

In the bottom of the seventh, Montero homered to give Arizona four runs. The Jays bats caught fire in the last two innings,

hitting three home runs to score four runs, making the final score 10-4 and giving the Jays their second consecutive win.

In the final game of the three-game series, Toronto started off strong in the first inning with Reyes scoring off a double by Encarnacion. A homer by Davis brought him and Encarnacion home to give the Jays a 3-0 lead right off the bat. In the bottom of the second, the Diamondbacks began to hit their stride, as Matt Davidson doubled to bring Martin Prado home and Montero also doubled to bring Davidson home. It was a close game and got even closer in the bottom of the seventh when the D-Backs tied up the game with an Eric Chavez sacrifice fly to right field that brought Tony Campana home. This pushed the game to extra innings and in the bottom of the 10th, Bloomquist hit a ground ball to centre field, which scored Eaton to give Arizona their only win of the series, 4-3.

The Jays had a one-day break as they continued on their road trip to Minnesota to take on the Twins. On Friday, Sept. 6 they started the game on a high note with Encarnacion hitting a sacrifice fly to left field, bringing Reyes home and giving the Jays the lead. In the bottom of the second,

Chris Colabello singled and brought Trevor Plouffe home to tie the game. In the top of the third, Toronto took control of the game, scoring five runs to give them a five-run lead. In the bottom of the seventh, eighth and ninth the Twins made a bit of a comeback but ultimately fell short, as the Jays walked away with a 6-5 win.

On Saturday, home runs from Adam Lind and Lawrie as well as a single from Arencibia put the Jays up by five at the end of the first. It was not until the bottom of the fourth inning that the Twins scored their first run. The Jays looked to protect their four-run lead, scoring two runs in the top of the seventh. In the eighth, each team scored a run apiece and the Jays scored three more in the top of the ninth to win the second game of the series 11-2.

They then looked to sweep the Twins on Sunday and did just that to return to Rogers Centre on a high note. The game was scoreless through seven innings, until Ryan Goins put the Blue Jays on the board after being hit home by a Reyes line drive. Later in the inning, Davis hit a pop up to centre field that brought in Reyes, which gave the Blue Birds a 2-0 win and the series sweep.



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Eskis lose twice to Stamps

By **RACHEL PRAZAK**
@rachelprazak

On Friday night, the Edmonton Eskimos took on the Calgary Stampeders in the Labour Day rematch at Commonwealth Stadium. Having made a miraculous comeback in the fourth quarter of the Labour Day Classic on Monday but, falling short, once again, the Eskimos were out looking for revenge.

The game got off to a slow start with a pair of stops made by both defences but, soon the momentum shifted the Stampeders way after Edmonton Eskimo receiver Cary Koch let the ball slip through his hands, leaving it up for grabs on the field.

Calgary rookie Ben D'Aguilar scooped up the loose football to give the Stampeders possession deep in Eskimos territory, with a chance to draw first blood in the game.

The Stampeders took advantage of the turnover and made the Eskimos pay for committing the game's first mistake. Calgary running back Jon Cornish followed up his first down run with an 11-yard touchdown catch from Stampeders quarterback Bo Levi Mitchell. Calgary took an early 7-0 lead.

After the Stampeders' touchdown, the defences controlled the pace of the game. Cornish and Eskimos' running back John White failed to get the running game going. Both the Eskimos and the Stampeders got

to the quarterbacks for a few sacks, which kept the score the same throughout the first quarter.

Koch left the game at the end of the first quarter with a right knee injury.

The Eskimos were shut out in the first quarter for the second straight week. Friday night's game marked the eighth straight game that the Eskimos didn't score a touchdown in the first quarter.

With 10 minutes left in the second quarter, the Eskimos offence came to life when quarterback Mike Reilly launched a pass into the hands of receiver Fred Stamps, putting the offence within scoring distance for the first time in the game.

The Eskimos were forced to settle for a 35-yard field goal attempt, but kicker Hugh O'Neill booted the ball wide left for single, making the score 7-1.

Edmonton had a shot of redemption when defensive back Chris Thompson intercepted a Mitchell pass setting the Eskimos up in perfect scoring position.

Reilly took advantage of the field position right away, making a quick completion to receiver Marcus Henry for first and goal. On the one-yard line, running back John White ran the ball into the end zone

for the Eskimos' first major of the game and White's first career rushing touchdown. The score gave Edmonton an 8-7 lead half-way through the second quarter.

The Stampeders responded quickly with a 42-yard field goal by kicker Rene Paredes to put the Stamps back in the lead 10-8.

After a quick stop on defence, Calgary got the ball back, but it didn't remain in their possession for long. Quarterback Drew Tate came into the game and handed off to running back Matt Walter, who coughed up the ball immediately after being hit by Eskimos defensive lineman Ted Laurent.

The Eskis recovered the loose football but, for the second time in the first half, O'Neill kicked wide and missed the field goal, holding the Eskimos to a single point.

The score at halftime remained 10-9 in favour of the Calgary Stampeders.

To start off the second half, both teams were held to two and outs. Calgary's offence started picking up speed, producing back to back field goals to regain a seven point lead, making the score 16-9.

Reilly and the Eskimos offence got right back to work. Receiver Adarius Bowman,

who was playing his first game after a knee injury that kept him out for a year, connected with Reilly for a 15-yard gain. A 12-yard scramble by Reilly resulted in a close call after he fumbled the ball but officials ruled he was down by contact and the Eskimos continued to move the football down the field. However, once again they were forced to attempt a field goal. Thankfully, O'Neill split the uprights from 14 yards out, cutting the deficit to 16-12 with less than nine minutes remaining in the game.

The Stampeders responded with Cornish leading the way with a 21-yard run. The Stamps' drive came to a halt thanks to a sack from Marcus Howard, but it wasn't enough to stop Paredes from splitting the uprights on a 50-yard attempt to put Calgary back in front by a seven, making the score 19-12.

The Eskimos couldn't spark any fourth quarter magic like they have in weeks past. Paredes connected on another field goal, sealing the deal on the game with a score of 22-12 in favour of the Calgary Stampeders.

The Eskimos now sit with a 1-9 record and look to get the season back on track when they take on the Winnipeg Blue Bombers on Saturday afternoon at Commonwealth Stadium. Kick off is at 4 p.m. and NAIT students can buy their tickets at NAITSA for a discounted rate.



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Athletes of the week

September 3-8

Leanne Kadatz
Soccer



Leanne scored eight goals this past weekend, leading her team to victories over the King's Eagles Friday and the Keyano Huskies on Sunday. Kadatz netted an amazing four goals in the Oaks' 11-0 victory Sunday and was a key factor on four others. She also had three more goals Friday in the team's 7-0 victory at in the Oaks' home-opener. "Leanne scored headers, breakaways and shots around the goal – she is so tough to play against," said head coach Carole Holt. "A very good start to the season for her and, of course, for us." Leanne is a fifth-year Business student from Edmonton.

Zach Kaiser
Soccer



Zach proved again this past weekend that he is one of the top players in the ACAC. He did so not necessarily on the scoresheet but by his overall play and leadership on the field. Zach scored in the team's season opening 4-1 road win versus the King's Eagles Friday night and was a threat all game long. He also helped set up the team's lone goal in Sunday's 1-1 draw against Keyano in the Oaks' home-opener and again was all over the field. "Zach's leadership and work ethic, both on and off the field, were unmatched leading up to our first weekend of competition," said head coach Charles O'Toole. "He was a major reason why we picked up a win and a draw in our first two games." Zach is a third-year Business student from Beaumont.

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Part-time jobs in Athletics

Announcers

(Basketball/Volleyball/Hockey)

This position is the VOICE of the Oaks, which plays a very important role during our game operations. You will introduce teams, announce the score, promote and explain events and thank sponsors. A strong microphone presence is essential and there will be auditions for these positions. Any candidate must understand that you must be willing to work every game of the sport you are chosen for (with exceptions).

Ticket Takers

(Basketball/Volleyball/Hockey)

You are the "Face of Athletics" – because the public deals with you first, you have a very important job. You sell tickets and clothing at the ticket booth, set up displays, handle all promotions and draw boxes, fill out summary sheets for attendance and any other duties as required.

Score Sheet

(Basketball/Volleyball/Hockey)

This person's main responsibility will be to fill out the score sheet, including having a running tally of the score and keeping track of fouls and timeouts throughout the duration of the game. You must have the line ups entered on the score sheet 15 minutes before the game.

Score Clock

(Basketball/Volleyball/Hockey)

The main role of this position is to run the score clock while keeping the rest of the table organized and up to date with the game. An in depth knowledge of basketball is an asset.

Stats Keeping (DakStats)

(Basketball)

The stat keeper fills a very important and demanding role. You will be required to track all the ACAC required stats throughout the game. Strong basketball awareness is essential. You must be able to quickly transfer the information that your eyes detect to the DakStats computer program. You must have the program "game ready", 15 minutes before the game.

Goal Judge

(Hockey)

The goal judge in hockey is responsible for "flicking" on the red light when a puck crosses the goal line. They are also required to keep a tally of the shots taken on the net that they are working.

Concession Attendants

(Basketball/Volleyball/Hockey)

The concession attendant is responsible for providing food and drinks to customers of the athletic events. Alcoholic beverages are sold so ProServe is required, along with cash handling training. Staff must be welcoming and friendly to all staff.

Ooks Mascot

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

Recreation Events Crew

Includes set-up/take-down and cleaning for events in the ice arena, gymnasium etc. plus other related duties to these events.

Camerman

(Basketball/Hockey)

The camera operator is responsible for filming every home game. Games will be web-cast across Canada for viewers to see. Set-up and take-down of equipment will be required.

If you are interested in any of the above positions, please contact Andy MacIver at 780-471-7606 or by e-mail andym@nait.

Fitness Leader

We are looking for AFLCA certified instructors to teach or sub a number of classes offered here at NAIT for staff and students. Classes include (but are not limited to) group exercise, spin classes, zumba, and yoga. We offer a variety of different classes and are always looking for new ideas. If you are a certified instructor, please contact us!

Pay is based on level of certification.

If you are interested, please contact Amy Pysar at 780-491-3140 or by e-mail apysar@nait.ca

Lifeguard

Lifeguards are responsible for the safety and supervision of the users of NAIT Pool. You must be able to recognize and respond to emergency situations appropriately and effectively. All lifeguards must hold current First Aid, National Lifeguard, CPR/AED awards

and be 18 years of age or older.

If you are interested, please contact Zachary Walker at 780.471.8363 or by e-mail zacharyw@nait.ca

Arena Attendant

Includes arena supervision, Zamboni operation, minor cleaning and maintenance of the ice surface and arena areas plus other related duties.

If you are interested, please contact Terry Baumgartner at 780-471-8699 or by e-mail terrybau@nait.ca

FWC Monitors

Duties include customer service, centre monitoring, equipment cleaning, communication with fellow staff and supervisors, cash handling and creating a positive atmosphere for all patrons.

If you are interested, please contact Wayne Dalman at 780-471-8465 or by e-mail wayned@nait.ca

SEC Attendant

Includes cash handling, customer service, gymnasium supervision, handling of athletic team gear, selling of memberships and lockers plus other related duties.

If you are interested, please contact Nash Klimosko at 780-471-7729 or by e-mail nashk@nait.ca



HOME GAME SCHEDULE

SOCCER

SUN SEP 15
WOMEN'S @ 12:00PM
MEN'S @ 2:00PM

WOMEN'S HOCKEY
NON-CONFERENCE GAMES

FRI SEP 13 @ 7:00PM
SUN SEP 15 @ 5:00PM

MEN'S VOLLEYBALL
NON-CONFERENCE GAME

SAT SEP 14 @ 3:00PM



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ENTERTAINMENT

Like to eat? Of course!

By ALISON MULLOCK
Entertainment Editor

It is the beginning of the school year and most students are just getting back into the swing of things. You might also be new to NAIT and your list of buddies is smaller than you would like. This is the time for you to get involved with your school, see what NAIT has to offer and make some new friends!

On Tuesday, Sept. 24, have some fun and enjoy an Evening of Eats. This event is put on by the NAIT Students' Association and will be tons of fun.

The bus leaves from outside the Nest at 4:30 p.m. First, you will head to Padmanadi vegetarian restaurant. It has been rated a 4.4/5 on Urbanspoon and is rated one of the best restaurants in Edmonton. It is a casual, laid back, Asian experience that will expand your mind and taste buds. Even if you are a meat eater, it has proven to impress. Keep in mind that Padmanadi doesn't serve meat or alcohol.

You then head down to Whyte Avenue to enjoy some Indian cuisine

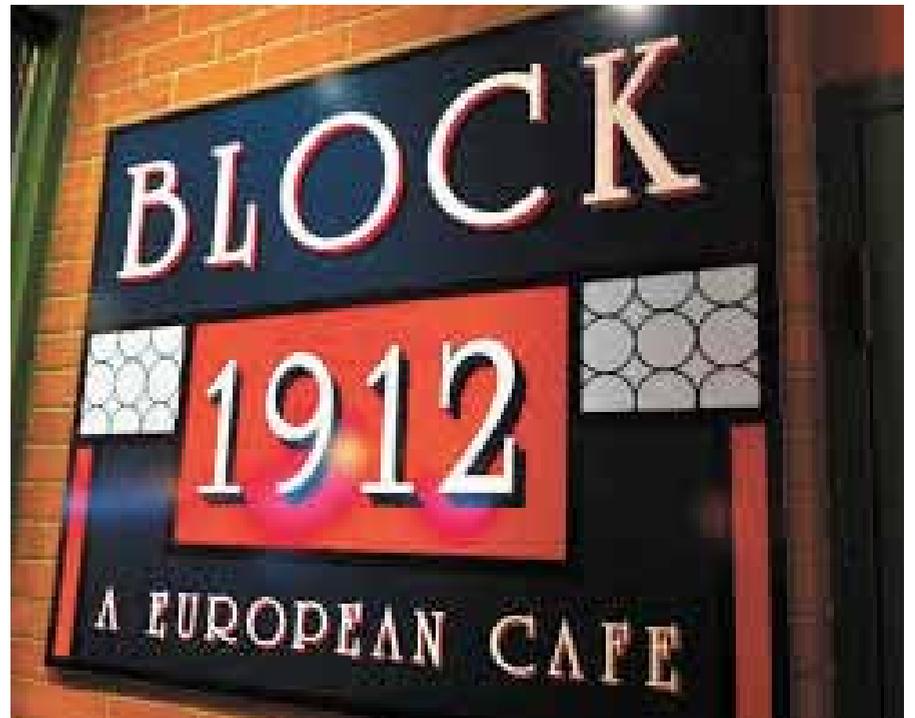
at Daawat restaurant. This well known Edmonton restaurant has been awarded a 3.6/5 in reviews. It has been given a 4.6/5 by Indian food lovers. Not only does the menu sound extremely appetizing but the service is apparently amazing. There are very friendly servers and an interesting ambience. Craving some meat after your vegetarian experience at Padmanadi? Tons of chicken, lamb, fish and beef options here. If the large 18 page menu intimidates, then you might want to explore your buffet options. The buffet is open for lunch and dinner seven days a week.

The last stop on your Evening of Eats will be down the street at Block 1912, a European café. Rated a 4/5 on various websites, this European bakery will be a wonderful place to finish off the evening. Tons of ice cream, baking and frozen yogurt, it is almost impossible to not be impressed. If you are struggling with what to go for (even though you are probably stuffed) go for some gelato in the apparently outstanding waffle cones or try something choc-

olate-y (can you really go wrong?).

You can purchase your ticket online for this amazing Evening of Eats for \$25

per student. If you need any more information, head to the NAITSA office or check the NAITSA website.



highonlifeandglutenfree.blogspot.com

Ye be invited to the

PIRATE PARTY

ON THE EDMONTON QUEEN RIVERBOAT

Friday, September 20

4pm Pre-party @ the Nest

Bus leaves for Riverboat @ 6:30pm*

*NAITSA will provide roundtrip transportation to and from The Nest.

Early Bird Tickets
\$5 students | \$10 non-students

At the Door
\$10 students | \$15 non-students

Cash prizes for best costumes!

CHECK OUT NAITSA.CA FOR OTHER EVENTS IN SEPTEMBER!

EATS

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **DARTANION JOHNSON**
@Dartanionj

Have you ever had a song that wouldn't leave your head? Did it invade your thoughts and repeat over and over? Well, I'm not a doctor but you were

probably infected with the dreaded "earworm." Earworm is when a part of a song continuously repeats through a person's mind long after the song stops playing. It's usually a small part of the chorus or hook that can be stuck in your head for what feels like hours at a time. There's only one known cure to stop the phantom music and that's to give into the beat craving and play music! So what I'm going to prescribe you today is a sample of songs that should keep your earworm satisfied for the time being. From Miley's summer hit, to Joy Valencia's smooth vocals and Kpop's sexiest girls, this is a playlist you are going to want to have repeating in your head.

1. Flashback – After School
2. We Can't Stop (DJ Scooter Twerk Remix)



After School

- Miley Cyrus Ft. Jay Z
3. Ooh La La (Justin Ethan Remix) – Britney Spears
 4. Alive (Pegboard Nerd Remix) – Krewella
 5. Put Your Graffiti On Me – Kat Graham
 6. Babydoll – Joy Valencia
 7. Pop Pop Bang Bang – Chantal Claret
 8. Roar – Katy Perry
 9. Sexy Love – T-ara
 10. U B The Bass – Luciana
 11. Ready for the Weekend – Icona Pop

VIRAL VIDEO

'It's all about the game'

By **KODY DAVIDSON**

Video Game High School. Sounds to good to be true doesn't it? Oh, but it is true! (Well in video form.) Video Game High School, or VGHS, is a web show made by the Freddie channel and it is a show made by gamers for gamers! What I mean is, the insane amount of gaming references is the whole premise of the show.

It stars Josh Blaylock as Brain D, a down on his luck, young, aspiring gamer. He has no friends. His cat hates him. He loves playing video games. One day during a public match the No. 1 gamer the "Law" (played by Brian Firenzi) arrives to do a little bit of showing off. Out of nowhere Brian manages to kill the "Law," It's like the shot heard around the world. Because of it and all the hype, Brian gets invited to Video Game High School. It's about a kid and all

the troubles of high school but in a very different way. It's a competitive gaming school. While attending VGHS Brian tries to make it to his dream of playing at the highest level of gaming.

It is essentially a high school movie but it all takes place in a universe where video games are like sports and classes instead of the real thing. This already is a good idea for a show and they pull it off fantastically. It is particularly good in Season 2 because they branch out of just mostly shooters and explore other game genres. So here are the links to the first episode of each season, have fun and remember, "it's all about the game!"

Season 1, Episode 1: <http://www.youtube.com/watch?v=1JqR3GVqib4>



Season 2, Episode 1: <http://www.youtube.com/watch?v=sAjKT8FhjI8>

What some folks wear these days

By **DARTANION JOHNSON**
@Dartanionj

What makes fashion? Is it the fabric or cut? Is it the colour or style? Throughout my journey of what is fashion I have come to the conclusion that it's merely what you do with it. Literally anything can be fashion from the bacon bra to the picnic table pants. Fashion isn't about how you wear something, it's really how it wears you. And with these next five peculiar fashions, I think you will understand better.



The Face-Kini

Face-Kini – Probably the scariest looking item on this list, It's a cross between a ski mask and body suit. Created in China, it's used to protect your face from the UV rays of the sun. Popular in its home country, the face-

kini is also helpful in protection against insects and jellyfish. For only a couple of dollars and with a selection of colours you too can look like an escaped serial killer all in the name of skin protection.

Teddy Bear Pants – "Aw, how cute, you are wearing pants covered with plush teddy bears!" What this is for men – really? These pants, created for an Adidas line by Jeremy Scott, was said to be inspired by the '90s. I can see that. I spent numerous allowances on plush animal key

chains to attach to my pants as a child. Keyword was child in that last sentence. I would be scared to wear these pants in public because I'm sure the chance of dog attacks increases by 10 per cent. They are

not completely impractical though. They would be great for a teddy bear picnic.

Mantyhose – Another, "Do guys really want to wear this?" Yes ... yes, they do. Mantyhose puts the man in pantyhose. Tights and leggings for men that come in an assortment of styles with a promise that not only will you be sexier but you will also be warmer in cold weather, get improved circulation and your legs will feel less tired. Turns out that wearers of mantyhose are more like a cult. Check out mantyhose.net to find numerous articles, shopping and even guides for beginners to aficionados. Who knew that guys needed something that they didn't even know they could want?

Rice Bra – Japan has created the glass bra, the baseball glove bra and the sushi bra but it's the rice bra that is the most bizarre.

Made of a recycle plastic cup, the bra is filled with dirt and rice seedlings, then watered with a tube that is connected to the belt of the wearer. Japan created this because interest in agriculture has started to rise and they wanted to give all women, especially the ones in the city, a chance to farm. So girls this means that you can become your own ch-ch-chia pet. All you need is your rice bra and your face-kini and you're ready for a day of gardening.

So what is fashion? If this has proved anything, it's proved that fashion is only limited by your imagination.



Teddy Bear Pants

CCMA

Good show by Edmonton

By LUCAS ANDERS

Local product Gord Bamford took

home several honours at the Canadian Country Music Awards this past week-

end. Bamford won the CMT video of the year and single of the year for "Leaning on a Lonesome song." He also took home the Album of the year for *Is It Friday Yet?* Bamford grew up 45 minutes from Edmonton in Lacombe, which he still calls home.

It was really quite humbling to see local artists gaining recognition here at the Canadian Country Music Awards. It seemed appropriate that Edmonton played host to CCMA's, as so many nominated artists call Alberta home. Alberta seems to be a hot bed for talented young artists. Alberta should claim the title of Nashville North with the amount of talent coming out of this province. The CCMA's did a great job of featuring young talent and should be applauded for their efforts to give them more exposure.

The show was really well put together with all artists having strong performances. It seems no one was disappointed. Some of the more notable performances included Dean Brody, Chad Brownlee, The Band Perry and a ballad by George Canyon.

I watched the show go down live with my Dad and I have some strong memories of him being really opposed to me playing country music. Whenever he was around and I played country it seemed to be a battle. I would be asked to change the station or listen somewhere else. I think my dad never had a sense of how much the landscape of country music has changed from when he listened to it in his younger years. His main

complaint was too much twang. We sat through the CCMA's and Harold Anders, my father, gained a new appreciation for country music. He described the change as a mix of country and rock, giving it a friendlier look for the casual listener.

"It's more of a blurred line between country music and pop," he said after the show. "The music is more pop than country and more artists are crossing that line." We both sat through the show and enjoyed many of the fantastic performances.

When we got home we revisited the CCMA's on TV and noticed what former NAIT student Mike Jones did, with a rant on Facebook.

"The audience looked like they were attending a funeral," Jones wrote.

This raises the question, is it time that we see a change in the delivery of CCMA's? Jones suggested they open up the floor to fans of country music and find seats elsewhere for record execs and artists to help bring a little more life to the show. Jones cited Country Music Television and American Country Music, for example, as awards shows that put on a lively spectacle. Edmonton was chosen to host the CCMA's for two consecutive years for its ability to get behind community events like this. If the format changed it might allow fans to own the space and it might better represent the communities that CCMA's choose to host the event.



Gord Bamford

www.edmontonjournal.com

Beer, blood and much more

By RICHARD LUKACS

Are there any thrill seekers, fear junkies, gore hounds in the house tonight? Well, I'm sure most of you are already counting the nightmares until the year's nastiest blood feast happens for the sixth time in Deadmonton. If you are one of those fine enlightened people, you don't have to read the rest. You are free to go and feed the inhabitants of your basement. For all the benighted others, here is a little story.

I'm fresh meat in Canada and I was heading to my new lair from the airport

when I noticed an attractive little bar on the horizon. Despite the fact I never drink ... wine, I went in.

"We have such sights to show you!" said the bloodtender.

"That's very nice," I replied, but I had merciless jet lag so I ordered a pint of Virgin's Premium Red and asked him about one local event I must attend before I die. He scratched his horns, stamped approvingly twice with his hooves and smiled because the answer is way too simple.

DEDFest is an alternative film festi-

val focused mainly on horror, sci-fi and cult movies. For 360 days a year these segments of motion picture arts are usually ridiculed and ignored by the masses and delegated to the lower shelves of the (long-passed) video stores. But for five days and nights, DEDFest brings them to their well-deserved platform, the big screen of the Metro Garneau theatre. This year's menu contains 16 feature-length films with an insane selection of shorts on the side. Most of them are exclusive premieres and, in many cases, this will be your only chance to watch them outside

of your dying room. DEDFest doesn't simply deliver the act, it brings the circus to town! Just like previous years, the guest list contains some remarkable names of creators and artists. I tried to get some more details for you guys, but the evil spirit finished his commendatory: "I could tell you more, but than I'd have to kill you," he said.

Sorry, one more hint (you are safe to read further). There will be booze! So here's the thing. DEDFest 2013, Oct. 16-20 at the Metro Garneau Theatre: Beer, blood and much more. See you there if you dare!



www.dedfest.com

MOVIE REVIEW

One Direction charms

By ALISON MULLOCK
Entertainment Editor

My response when I got home from the One Direction movie to my roommates was "I liked it a lot and I am pretty upset at myself for this. I don't want to talk about it."

Movies created by artists to show their journey into stardom have always intrigued me. Katy Perry: *Part Of Me*, Justin Bieber: *Never Say Never*, and my all-time favourite Jonas Brothers: *The 3D Concert Experience*. All three of those movies have definitely helped me gain respect for lots of these artists and for the most part I thoroughly enjoyed the movie (part of this could be because I have such low expectations going into it).

Last Tuesday evening I got suckered into going to see *One Direction: This is Us* with a good friend of mine and her younger sister. Not being a huge *One Direction* fan and not being able to tell any of them apart, I went in with the lowest of expectations and an open mind.

Twenty minutes into the movie, I had to ask the question, "How old are they?" They look like they are 10 but are amazing singers with a mature sound.

I found myself about an hour in, then again 20 minutes later, and unfortunately right at the end, in tears. Their journey to stardom is quite amazing and what every young musician could dream of. Before this movie I had no idea that they were discovered by Simon Cowell on the *X-Factor*.

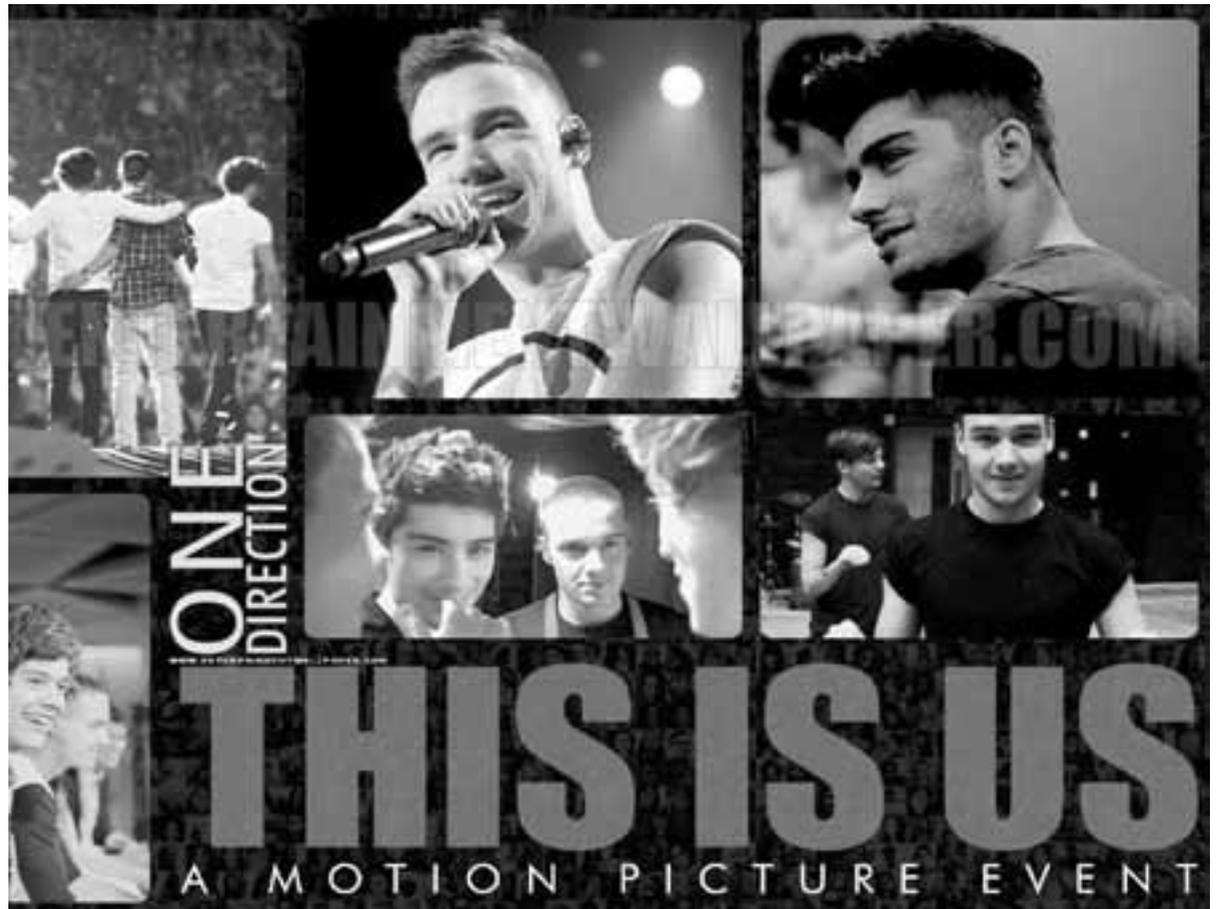
I am still rather confused as to how I fell in love with all five of these boys and I am pretty embarrassed and shocked to admit it.

Go see the One Direction movie and have no shame about it. The chances of you running into anybody you know is virtually impossible. There will only be children

under the age of 10 and their parents at the theatre.

I give this movie a 3 out of 5. I really enjoyed it from start to end, but it is a movie about One Direction ... and I

only found three out of the five boys attractive.



tampabaymomsgroup.com

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U-Pass

Universal Transit Pass

WHAT IS U-PASS ?
U-Pass is a mandatory transit program for post secondary students, granting access to Edmonton Transit, Strathcona County Transit and St. Albert Transit.
U-Pass is mandatory for all credit students at NAIT with the following exceptions:
• Apprentices
• Students who take all of their classes online
All qualified students are automatically charged a U-Pass fee for the Fall & Winter terms.

HOW MUCH DOES U-PASS COST ?
For the 2013-14 school year U-Pass will cost \$147.50 per Fall and Winter term. U-Pass offers significant savings for students who take transit, as the cost of a post secondary bus pass for 2013-14 would total \$324.00 per semester.

HOW DO I GET MY U-PASS STICKER ?
In order to collect your U-Pass sticker you will be required to provide your valid NAIT student ID card to the U-Pass booth at the start of each term and contact the NAITSA office thereafter.
South Lobby Kiosk – weekdays August 19 – September 13, 2013 (fall term)
Monday-Thursday 8:30am-6:00pm, Friday 8:30am-4:00pm

WHICH STUDENTS MAY REQUEST A FEE EXEMPTION FROM U-PASS ?
Transit Staff / DATS / SCAT / HANDIBUS
• Students with a valid staff card from Edmonton Transit, Strathcona County Transit or St. Albert Transit
• Students who have a valid DATS/SCAT or St. Albert Handibus registration card
Bring your valid NAIT student ID card and valid identification card from one of the above stakeholders to Lennox Mills at the NAITSA office. Room E-131.
Students must be enrolled in the Fall and/or Winter term, prior to the opt out deadline.
Fall Term, September 27, 2013 deadline | Winter term, January 31, 2014 deadline

PRACTICUM STUDENTS & OPTING OUT OF U-PASS
Students on practicum 8 weeks or longer and who are outside the service area of Edmonton, Strathcona County & St. Albert may be eligible to opt out.
Opt out online @ www.naitsa.ca (see website for a complete list of requirements & process)
Each Fall and Winter term is treated as separate and U-Pass opt out requests must be submitted for each term of eligibility.
Students must be enrolled in the Fall and/or Winter term, prior to the Opt Out deadline.
Fall Term, September 27, 2013 deadline | Winter term, January 31, 2014 deadline

Eligibility is assessed to correspond with the dates that appear on the U-Pass sticker. i.e. Students must be on practicum for 8 weeks or longer between September 1 to December 31 and/or January 1 to April 30.

How to manage your time



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Probably the most important thing that you can do to ensure success at NAIT and to decrease your overall stress, is to manage your time wisely. Getting into good habits at the beginning of the semester will help you manage mid-terms and finals more smoothly and hopefully allow you to incorporate time for activities that you enjoy.

- Define clear goals. Clear goals

help with motivation and with concentration. Writing down realistic goals for the semester can really help you to get clear on your priorities and you will be amazed at how setting goals for each day and each study session will help you to focus.

- Make a daily to-do list and prioritize it. Mark your must do items with an "A", important but not critical items with a "B" and other items with a "C". Always work on the high priority "A" items first. Can you delegate ("D") or eliminate ("E") anything on the list?

- Start by keeping track of how you spend your time now. Then make a realistic schedule based on modifying, not completely changing, your current time usage.

- Use a weekly planning schedule. Allocate specific periods each day as study times and stick to them. If you can study at the same time each day your brain will automatically become more prepared for studying at that time, and will therefore be

more effective.

- Review within 24 hours – take at least 15 minutes per course to highlight main points and jot down any questions about material you don't understand. Review again at the end of the week. This saves time in the long-run because you will retain most of the information rather than having to relearn it.

- Regular sleeping (at least seven hours per night), eating, exercise and relaxation times also help you to concentrate, learn and memorize more effectively.

- Study in small blocks instead of long time periods. Most students accomplish more if they work in 30 minute blocks and take five to 10 minute breaks in between rather than studying for two to three hours straight without breaks. You will also find it easier to get started when you are looking at smaller blocks.

- Get organized – your binders, your study space, your locker, your living area ... an organized environment reduces stress

and also helps your brain organize information more effectively.

- Monitor and control the amount of time you spend watching TV, on the Internet, phoning or texting ... these activities can use up a lot of time without you realizing it.

- Ask for help – get help from the classmates, instructors, the Tutor Centre in Room A-133 (free math, physics and chemistry tutoring), or hire a peer tutor (tutor@nait.ca). See a counsellor for any study skill or personal concerns. Appointments can be booked in Student Counselling, Room W-111PB in the HP Centre or by calling 780-378-6133. Appointments are available Monday from 8 a.m. to 4:30 p.m. and Tuesdays until 5 p.m. All appointments are free and confidential.

For more tips go to www.nait.ca/counselling and, under on-line resources, click on the downloadable *Strategies for Success* study skills manual which was written specifically for NAIT students.

Sean Bedard, a busy man

By **CHRIS FIGLIUZZI**
Assistant Entertainment Editor

The Edmonton music and art scene is full of people contributing and pouring their souls into their passion. These people

tirelessly pour themselves into their work in an effort to provide people with entertainment and the ability to escape from the stress and strain of their everyday lives. Perhaps no one encompasses this over-

whelming desire to share their passion with the public more than Sean Bedard.

Sean has been a figure in the Edmonton entertainment scene since way back in 2007, a time when many of you would probably still have been in junior high. While you were slaving away over Social Studies and Math, Sean was out pursuing his passion for acting and standup by performing in improv shows. As Sean puts it "If you make somebody laugh (for) that three seconds of their life you've immediately made them stop thinking about all the stress and all the problems they have going on in their own lives. So I feel that every time you make somebody laugh you change that person's life, just for a few seconds of their day."

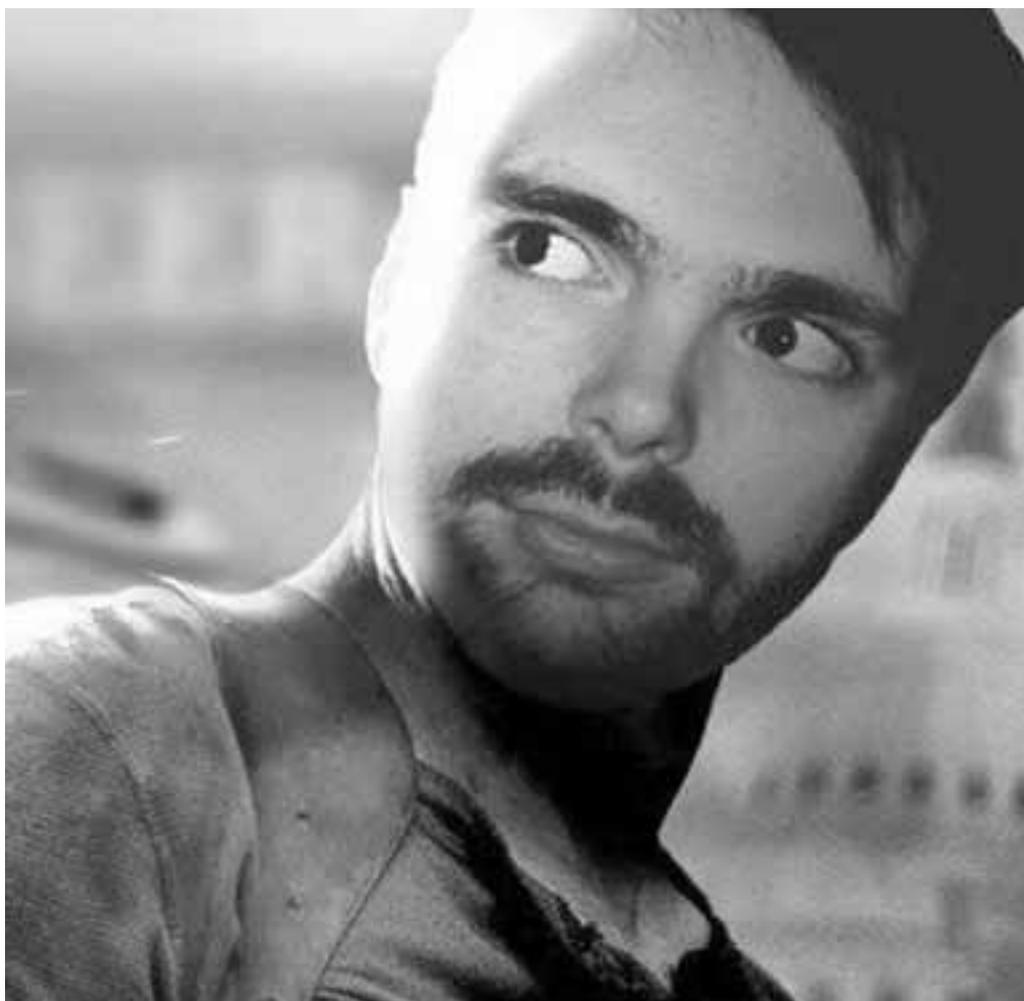
Over the years, his group has taken on a couple of names, spending time under the name "Beerprov" before deciding to change to the current title of Go 4 Broke Productions, which presents a fast paced, hilarious show allowing for a large amount of audience participation. The format definitely is working for the group as they have enjoyed continued success at the Fringe the last three years.

As if he weren't busy enough with Go 4 Broke Pro-

ductions, Sean is also the lead singer of the band Better Than Heroes, a local fun pop punk group that easily reminds you of the likes of Blink 182, New Found Glory and Taking Back Sunday. The band recently finished a month and a half hiatus over the summer and is starting to look for more gigs to promote their new EP *Worse Than Zeros* a fun, fast paced project that is sure to leave the listener re-exploring some of those old CDs. Despite being made up of high school friends, the band kind of formed by accident after the break-up of another local band. After the break-up, three members were looking to continue and form a new pop punk band. Luckily for Sean, he was living with the drummer who decided to give him a chance to audition to be a their lead singer.

You can check out Sean and all his efforts in the city. Go 4 Broke Productions will be putting on two Halloween themed shows on Oct. 11 and 25 at Avenue Theatre, with one being a paranormal activity theme and the other focusing on zombies.

Better Than Heroes, meanwhile, have a couple of shows coming up in the very near future. For more information you can literally find both projects all over the Internet, on Facebook and Twitter (@Go4Broke_ & @BTH780). Of course you can also check out the bands EP *Worse Than Zeros* on bandcamp, and watch some improv by checking out the YouTube channel Go4BrokeProductions. As always, if you are in a band or know of an Edmonton based band demanding attention shoot me an e-mail at chrisfigliuzzi@gmail.com or tweet me @chrisfigliuzzi.



www.stalbertgazette.com

Sean Bedard

BOOK REVIEW

It's my room, bears and all

By **CHRIS FIGLIUZZI**
Assistant Entertainment Editor

Growing up, we all have that one special place, that one place we went when we just needed to be alone and escape reality, even if just for a minute. Some kids had tree houses, forts or even clearings in the woods. Unfortunately, us suburban folk weren't quite as lucky and usually ended up with little choice for an escape other than our rooms. It is this idea, this sanctity and salvation of having our own room that Robert Munsch and Michael Martchenko explore in their book *It's My Room*.

But is it the only issue that they look at? A quick read through the book and you can instantly tell that the issues Munsch and Martchenko explore go far, far deeper than this. The first of these issues is clearly the inequality in the relationship between parents and their spawn or children, as they are more commonly called. At the very beginning of the story, we see/read Matthew's mom clearly state that, "This is a room just for you and for you alone."

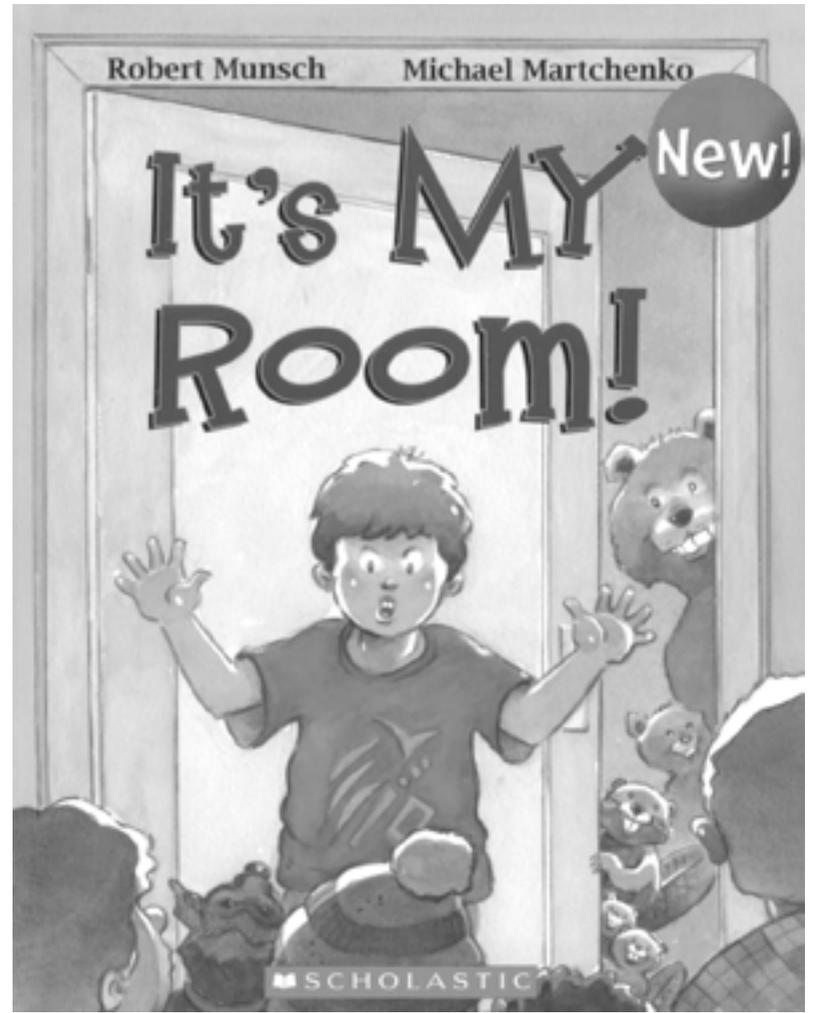
And yet, on the very next page, she is telling him that his cousins will be staying in his room for awhile, then dogs and then more cousins. She is clearly breaking her promise and doesn't even bat an eye about it. Matthew, meanwhile, is forced to just sit back and deal with it. This is clearly a display of how it is only the parents' wants and needs that matter in the relationship, that no matter what is promised to the child, it can be taken away in an instant and the child just has to accept it.

In addition to this, the book actively encourages child neglect. We first see this when Matthew's room is used as a room for seven other people and two dogs, far too crowded for a room of almost any size. In Matthew's mind, this leaves him with little choice other than to go sleep under the trailer and no one bats an eye! That's messed up! Of the seven people, eight counting Matthew,

staying in his room, five are adults. Shouldn't someone have thought "hey, maybe a kid sleeping outside under a trailer isn't such a good idea." We then see Matthew come up with the ingenious idea of luring bears to the trailer from the dump to chase everyone out of his room. The plan is successful, because, you know, they're freaking bears and bears will kill and eat anything. Again, five people that were in his room were adults and they told no one. Why? Shouldn't someone be informed that this kid is hanging out with wild bears? Not even that but his mom doesn't even flinch when she finds out all the relatives are gone. I mean, for god's sake, his mom doesn't even realize that there are bears living in Matthew's room after this. Is the woman even there at all? Is Matthew just left alone 24/7 to fend for himself?

It's My Room is clearly an example of what is without a shadow of a doubt the worst parenting ever. It showcases the inequality between the parent and child in their relationship and how the child's needs and wants really aren't considered at all. It also highlights how the child is able to get what they want by recruiting wild animals – you know, dangerous wild animals – the kind that kill people. This book is definitely one to avoid, well, unless you're trying to show your kid that

they really don't matter and that wild animals aren't really all that dangerous.



thechronicleherald.ca

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

September 12-18

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

Virgo (Aug. 23-Sept. 22)

When was the last time you did something new? Nothing is worse

than the mundane so try something you have always wanted to. You deserve some fun.

Libra (Sept. 23-Oct. 22)

What are you afraid of? Your fears are really holding you back and you might not even know it. Remember that fears are barriers we place and that barriers can be broken.

Scorpio (Oct. 23-Nov. 21)

You have been feeling tired lately. It's time for a vacation or a spa day. Treat yourself to regain your energy.

Sagittarius (Nov. 22-Dec. 21)

Practice makes perfect and you need to start rehearsing your life. Start acting the way you want to be seen. Don't give people a reason to question who you are.

Capricorn (Dec. 22-Jan. 19)

You are going to be focusing your energy into someone other than yourself this week. If it's a colleague you do not want to be overbearing. If it's a lover just be a lending ear.

Aquarius (Jan. 20-Feb. 18)

You are on top of the world or about to be. Don't lose this feeling because life is like a trapeze and you have a good grip on it.

Pisces (Feb. 19-March 20)

You are questioning if you made the right choices. You need to swim upstream to really understand that everything you are doing is worth it. Keep in mind it's about the journey not the destination.

Aries (March 21-April 19)

You are a social butterfly this week. Go out and enjoy yourself you

have nothing to lose this week.

Taurus (April 20-May 20)

Love is in the air but your attitude is scaring them away. Relax this week and see who is giving you extra attention.

Gemini (May 21-June 21)

It's time to start looking into a healthier lifestyle. Take up jogging or eating one less slice of pizza.

Cancer (June 22-July 22)

Procrastination is your biggest enemy this week. You need to stay ahead because next week you're getting an even bigger workload.

Leo (July 23-Aug. 22)

It's not fun being a rag doll, so make sure that your not being pulled into to many directions this week. If you get tossed around too much you are going to be worn out.

The Nest is all grown up

By **GABRIELLE HAY-BYERS**

Considering that NAIT boasts one of only a few university bars in Canada that runs “in the black,” it’s sometimes just assumed that they’re doing something very, very right. This fall Evan Aristotle, the new chef and creative mind behind the culinary offerings at the Nest, has rewritten practically the entire menu.

“Every season we look at what’s new, but he is passionate,” said manager Michelle Dirksen.

“He really wanted to try and make basic pub food a little bit better, putting a trendy flip on it.”

“Instead of cheap food we can just push out, Evan wanted to put a personal touch on everything. There’s more of a home-made feel but still keeping it as pub fare.”

Boasting menu items such as a cheesy bacon dip, meat-

loaf cupcakes, popcorn cheese curds (deep fried cheese curds breaded in Doritos, anyone?), wonton soup hailed as the best in the area and a refreshing salmon burger, it’s hard to believe that this season’s menu is smaller than the last while somehow still accommodating vegetarian and gluten-free options.

New for drinks this year is a whole other class of refreshments, known as “hybrids.” Think Beergaritas (which is on the menu) but some options are more creative and unique to the Nest, such as the Sour Apple, which blends Rolling Rock, sour apple Sour Puss and Absolut citrus vodka. There is a new tap option as well, Strongbow Cider, which is a gluten free option from the UK.

Part of the Nest’s commitment to quality food includes supporting local producers and all of the meat served in the Nest is local, especially the AAA grade Alberta beef used in all of the burgers! Despite the impressive product being used, the Nest remains affordable with “Five Under Five” menu items and daily specials, which include pizza by the slice.

The Nest also is celebrating 25 years as NAIT’s campus bar – in 1988 it was opened as a joint venture between NAITSA, NAIT’s Board of Governors and the Alberta government and has been operated by NAITSA ever since. It is the venue for many NAITSA events, including the free pre-party for the Pirate Party from 4-6 p.m. on Sept. 20.

“We are a campus bar,” says Dirksen, “But with this new menu and the renovations from last year, I’d definitely say we’re all grown up.”



Wonton soup

Photo by Gabrielle Hay-Byers



Moon pie

Photo by Gabrielle Hay-Byers



OPEN MON-FRI 9AM-8PM | NESTTAPHOUSEGRILL.COM

DR. NUGGHEAD

Hey Nugghead!

I am going to take a big test in a couple weeks and I was wondering if there is any food I can eat prior to the test that will boost my IQ.

Brain-dead here,
Crystal-Glass

Dear Crystal-Glass

I could give you many suggestions, about how bananas are apparently brain food or how you should eat a mint or something like that. But when it comes down to it, there is only one food that is proven to work: Bacon. That's right, it's not some Canadian ego thing, this is the real deal proven across multiple studies. You see,

bacon helps the brain to secrete a substance called hypocretin. Hypocretin helps to increase the activity of orexin neurons, which are mainly responsible for increasing activity and wakefulness. This actually happens from most protein anyways, but since bacon contains essential fats and tastes great, why settle for anything less? (Also, are you related to Mr. Auto-Glass? He and I go way back).

...

What's up, Dr. Nugghead?

I am hosting a party in a couple of weeks and I am wondering what sort of foods should I make or order in?

Not a Gourmet,
Sumpthinsup

Dear Sumpthinsup,

First off, I would say to order in a pizza, because most young people (I am assuming that you are a college student with college friends here) enjoy a greasy mess thrown together by the fine underpaid employees of the pizza industry. Secondly, go with the essentials assuming there are more than three people coming: pepperoni, Hawaiian, cheese and also a veggie one if you've got the cash. If finances are not an issue and tons of people come, start bringing in the big guns like Meat Lovers, the Great Canadian, the Supreme and, if you feel like something special, try throwing in a Franks Red Hot Buffalo or the recently-created Donair

pizza. Also, get the stuffed crust. People will remember and love you for it! And if you don't, you'd better have a good reason, otherwise I will find you and teach you how to party properly. Trust me, I'm a doctor, and I know what's good for you. Happy partying!

...

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

THE NUGGET PRESENTS:

NUGGET COMICS

Outlandish



Natalia Bouajram

NR92 back and ready to rock

By LUCAS ANDERS

You might not know much about NR92, but it's time for you to find out. Like the British Invasion all of a sudden we will be everywhere. Your campus radio station is here to stay.

Every semester, a new crop of students take over the station and deliver some of the most relevant information to student life in the most interesting way. You can find us broadcasting from the South Lobby, in front of the Students' Association office, and in the V-Building.

There will be many ways to engage with NR92 this fall. You can start by tuning into NR92.com and listening live online. You can also access NR92 by downloading the Tunein App on your smart phone.

Former NAIT student Cody Malbeuf talked about how great it was to be a part of the action.

He had some advice for students about to hit the airwaves, "Deep down, it doesn't matter because you're getting better as you go."

For many, it's an exciting prospect to be broadcasting to the world for the first time. For others, it's just getting back into the routine.

NAIT student Jared Carvalho expressed his excitement at running NR92 with his classmates. "We're the thirds now, we're running the show," said Carvalho, "We're big time!"

There are many new exciting changes ahead for NR92.com. The development of a new website will allow listeners to have better insight into the radio programming. Look for the changes in the coming months.

The booth in the South lobby recently had a make-over. Students are proud of the new look. With rave reviews from staff and students alike, Vilma Portillo talked about the booth and

its sweet new look.

"It's slick!" said Portillo. "It's bound to give us more exposure around campus."

The beautiful thing about NR92 is that we are always looking to support local music and give talented Edmonton artists the recognition that they deserve. We have a segment called the "New Music Nooner" where we feature a local artist. It's worth checking out. You might find you self some new music to check out right here in your home town. Come see us in

the V-building if you would like your band featured on NR92.

There will be plenty of opportunity for NAIT students to interact with NR92, with many promotional activities starting up this fall. NR92 will be looking to win students over with unique contests. Be sure to look out for your campus radio personalities and give them a high five. They will be working hard to win your love and affection on the air and around the campus.



Are you a foodie?

Zenari's is hiring!

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Check out our website www.zenaris.ca

MOVIE REVIEW

Flick needs a new couch

By CHRIS FIGLIUZZI
Assistant Entertainment Editor

I hate to admit it but this article is actually starting to grow on me and, no, that is not a joke about male genitalia. Don't get me wrong, I have seen some messed up stuff, stuff that will haunt my dreams forever and some terrible movies, but hey it's kind of interesting. This week posed quite the challenge. I recently moved into a new apartment and as you probably know it takes a while for them to set up your Internet and cable after a move. This is obviously a problem when your job consists of viewing and critiquing films of an adult nature. The way I saw it I had three options, none of which were ideal: 1) use the wifi at school 2) ask an extremely understanding and liberal friend to borrow their wifi or 3) use one of the films in my personal collection, which totally doesn't exist ... I swear. In an effort to keep from admitting anything, I won't tell you which method I chose. This week's winner was the iconic "backroom casting couch series," more specifically it was *Backroom Casting Couch - Toni* featuring ... Toni ... I think no other name is given, not even to her male costar. I have no idea who filmed or produced it but you can find it on pornhub.com.

an incredibly dingy looking office and sitting down on the iconic black couch and quickly learning that she wants to be ... surprise, surprise – a model. My first thought at this point is "do they use the same black couch in every video?", "how sanitary is it?", and "why would you trust a model agent whose only piece of furniture is a couch ... and camera?" The movie kind of takes a weird turn from here and we learn all about Toni's past, how she is a student in Iowa and graduates soon but is planning

on going back for her Masters. We also find out about past relationships and, oddly enough, her sense of fashion ... I don't know why these things are never brought up later in the film and are completely unnecessary to the plot in any way.

In addition to the terrible story-telling and plot progression we are also treated to some completely unprofessional camera and audio work. It's almost as if the camera and audio people have a bet to see who can do a worse job. The camera is either

slapped on a tripod and forgotten about, or flailing wildly and focusing on anything from the door to Toni to the couch ... when the actors are nowhere near it. Meanwhile, the audio guy is deaf. You either can't hear what's going on or hear too much, like people shuffling in the background.

By far the worst part is the acting, though. Toni, if that's her real name, is dead the whole video. She either has the look of a deer in the head lights or looks completely bored. Don't get me wrong, I know that work can be extremely boning ... I mean boring after a while but come on, at least put a little emotion in it. If this is evidence of how Toni will be in the future, I would really steer clear of signing her to a contract if I were this talent agent.

All in all, *Backroom Casting Couch-Toni* was a terrible video, perhaps the worst in the series. I'll have to study more to be sure, though. The audio and video were completely neglected and the acting left me distant and unable to connect with the characters. At the end of the day, though, I would give this video 1.5 contracts out of 5 and a new couch, definitely a new couch. That thing has to be covered in men that work on boats, if you get what I mean.



Toni

www.castingcouchvideo.com



The movie starts with Toni entering

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THROWBACK THURSDAY

Games we'd rather forget

By **DARTANION JOHNSON**
@Dartanionj

Each day the world becomes more digital and we are starting to lose household items that were once the building blocks of our families. One of the quickest most forgotten items of our past is the board game. Almost every single board game has jumped into the online world from Guess Who to Monopoly, leaving behind closets full of big clunky boxes. What about the games though, that didn't last the test of time? Like the life of the dodo, I'm throwing back to the board games that deserved to be forgotten.



www.youtube.com

1. Eat At Ralph's – A game where you fed Ralph paper cutouts of food items like pizza and hotdogs. You had to stuff his face as fast as you could before he vomited the

food back up like a card shuffler. Last time I checked, vomiting wasn't fun for anyone, so how was this game entertaining? It involved no skill or knowledge and had no replay value. It was an advanced version of 52 pickup.

2. Perfection – Can you fill in all the puzzle pieces before the board's timer runs out and pops out all the pieces? This little gem of game required a high level of hand-eye co-ordination. Placing 25 different shaped pieces into slots within one minute sounds innocent, but I'm sure every mini heart attack that ensued from the shock of losing took minutes off every child's life. It's like a saw game for five-year-olds.

3. 13 Dead End Drive – It's clue meets snakes and ladders. You want to be the first person to leave the house before

you are killed but the kicker is that anyone can move any player. A seemingly harmless game turns into a deceitful and vengeful who's who. Now, I love this game and will jump at the chance to play it whenever but what puts it on this list of the forgotten is its setup. The game is horrible to set up, with numerous walls and traps that are held together by little plastic clips that are lost after the first game. The slightest wrong touch of the board and all the traps collapse, leaving you to have to tear down the walls just to continue. Any game this fragile and with a setup time of over 10 minutes needs to be forgotten.



www.ebay.com

4. "Girl Games" – This by far has

to be the worst category of games ever invented for children. First is Girl Talk, where competitors play truth or dare and then are penalized for not committing. Girls are then forced to wear a zit sticker ... a great confidence booster for people with acne. Then there was Dream Phone, where you talk to the boyfriend of your dreams. He would mostly talk about himself and tell you where to find him ... conceited much? Finally there was Mall Madness, where you walk around a mall trying to buy everything on your shopping list before your friend. So if you are a girl that is self conscious, boy crazy or spends way too much money, you can blame it on these games.

TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES

Safety and reporting crimes

Most of us work hard to earn the money we use to buy what we need and want. Thieves can take those possessions from us in a split second if we are not diligent. When it happens we feel a sense of outrage and wonder how it could happen to us. It is important to realize that we are responsible for our own safety and the safety of our possessions. NAIT Protective Services cannot be everywhere and are usually involved only after the crime has been committed.

The Protective Services website is filled with tips on how to better protect yourself, your friends, and your possessions. Visit www.nait.ca/security.

To avoid theft, Protective Services suggests the following:

- At home:**
 - Lock your doors and windows whenever you leave your room or residence.
 - If you live in an apartment, do not allow unescorted strangers inside.
 - Be suspicious of unknown persons loitering in the area of your residence.
 - Never leave an exterior door propped open.
 - Keep a record of your valuables, including descriptions and serial numbers.
- At work or school:**
 - Do not work alone in an unlocked office or classroom.
 - Do not bring large sums of cash with you to work or school.
 - Do not leave your valuables, such as a laptop, purse or wallet, in your desk or locker.
 - Secure your locker with a good quality lock.

- At the library:**
 - Do not leave personal property unattended, even for a minute.
 - Keep personal property in view at all times.
 - Do not bring valuables with you to the library.
- At the gym:**
 - Secure all personal property in a locker. Invest in a good quality lock.
 - Avoid carrying large sums of money or valuables with you.
 - Lock valuables in the high-security lockers provided or leave them at home.
 - Keep your locker locked whenever it is unattended.

- From your vehicle:**
 - Lock your vehicle every time you leave it.
 - Don't leave your windows rolled down, not even a crack.
 - Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate.
 - Park in well-lit areas.
 - Don't leave valuables in view for a thief. Store them in the trunk or under the seat.
 - Affix your parking permit to your window.
 - Consider investing in a car alarm.

Reporting a crime is not a hard thing to do. The dispatcher will "walk" you through the complaint. Remember a five-minute delay in reporting a crime reduces the chance of catching the criminal by 65 per cent. Get involved. Help make our com-

- munity a safer place for everyone to enjoy. When reporting calls to NAIT Protective Services.
- Stay Calm – don't get excited; take a deep breath
 - State the problem – "I want to report ... " a break and enter, a theft, an injury, a fire, a suspicious vehicle or person.
 - State the address and who you are, give the full location, directions from nearest office or building, your name, office number and phone number where you are calling from.
 - Let the dispatcher control the conversation, answer all questions, give your phone number so NAIT Protective Services can call back later if necessary. Don't hang up – stay on the line. Only hang up when

- told to do so by the dispatcher.
- In the event of an emergency, dial 911. This information is vital to our peace officers. Understand that even though the dispatcher is continuing to gather information from you, officers are already responding to the area to assist you. The dispatcher will also be able to determine if other services are required (police, fire, ambulance, etc.).
- If you have information regarding 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.naitsa.ca under "Get involved."

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

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

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

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