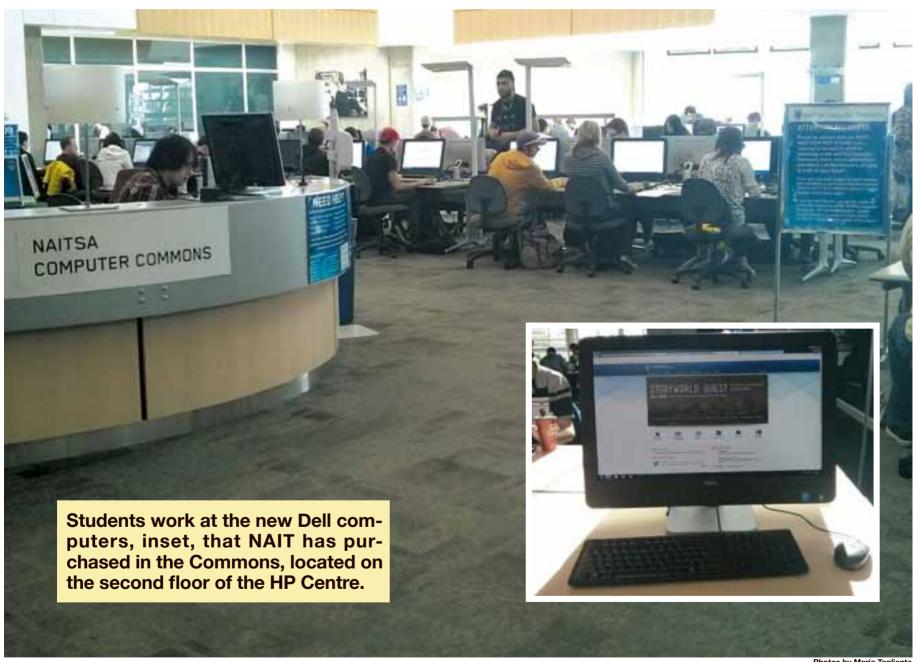
ENUGGET

Thursday, September 11, 2014 Volume 52. Issue 3

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

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More than 100 work stations replaced at NAITSA Computer Commons



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NEWS&FEATURES n computer heaven

By GABRIELLE HAY-BYERS and MARIA TAGLIENTE

For those of you who visit the NAITSA Computer Commons in the HP Centre often, you may have noticed a slight (or rather dramatic) difference in the technology NAIT students can get our hands on. Wall-to-wall sit rows of state-of-the-art Dell computers to help students out with virtually anything on the World Wide Web – hopefully it's main use won't be for checking Facebook notifications or twitter feeds, but we all know it will.

But what was the reason for the sudden revamp over the summer? As it turns out, the changes weren't so sudden at all.

"The aesthetic in the space maybe wasn't where we thought it could be," said Daryl Allenby, Director of Information Technology, Infrastructure and Operations.

"They (the former HP computers) had small screens, they had very small LCD screens previously and the workspaces were kind of cramped with the computer under the desk, which didn't leave a whole lot of room for the students." Allenby said this week.

"So there was a real opportunity to not only increase the performance of the machine but also the aesthetics in the rooms and also improve its general use.'

Technology has a never-ending cycle of trying to one-up itself every time it gets a chance to breathe, so updates are a must. NAIT's goal is to revise its electronics every three years, according to Commons Supervisor Shannon Haggerty.

Allenby also mentioned that many of the computers that were removed will find new homes with less frequent use around NAIT, explaining that areas of high usage for computers do require more frequent computer updates.

"We did replace HP with Dell," says Allenby. "Two years ago we went back to market for a new technology partner on desktop computers and Dell was the winner of that ... so we are contractually obligated to go to Dell first."

The contract is for three years with two one-year extension options. The Computer Commons is not the only area affected.

"All of the incoming computers, unless they are of some special requirement, you will see Dells," he

Allenby further explained that if an end user has a special requirement or even preference, that it is kept in mind when sourcing technology for them. The agreement for instance, will not see NAIT ceasing to purchase Apple computers when they are the most appropriate technology platform for the end

All of these changes and removal of HP computers left some students wondering if we would soon have a Dell Centre rather than an HP Centre.

"The HP agreement was a bit different in that it was a very broad alliance agreement that covered a number of tech platforms that included desktop computers," said Allenby.

'So this Dell agreement replaced only a portion of it, so other types of technology such as servers, storage, mobility or other kinds of things like printing, fell under different RFPs.

"So the Dell agreement in totality did not replace the HP one but it did replace it in terms of what type of computers we're buying."

The naming rights for the centre were not part of the original alliance agreement.



Digital Media student Lisa Zhu tries out one of the new computers in the NAITSA Computer Commons on the second floor of the HP Centre.

g students

This article is the first of a series by Nugget contributor Nicolas Brown on the political parties in Alberta. This week he looks at the Alberta Party.

By NICOLAS BROWN @bruchev

Founded in 1985, the Alberta Party started as an alliance of small rightwing parties in the wake of the infamous National Energy Program. After the rise of the Wildrose Party, which drew away many of the party's more conservative members, the Alberta Party voted to merge with the Renew Alberta Party in 2010, taking an ideological shift to the centre of the political spectrum. This is the current iteration of what is now the Alberta Party.

With the new position as the centrist party of choice of Albertans, the party describes itself on its website as "a political movement dedicated to transforming government through citizen engagement. Instead of representing a particular seg- Priority approach to post-secondary in Alberta;



Greg Clark Leader

ment of the traditional political spectrum the Alberta Party seeks out the best ideas regardless of whether they are perceived to be from the left or the right."

> In terms of policy, this statement aligns with the party's new Guidelines for MLAs which calls for MLAs to "engage citizens in a conversation about policies and directions, and not to sell the policies of the government to citizens.'

What this means for constituents is that Alberta Party MLAs will have the freedom to vote based on conversations with their constituents, and not along party lines. The only exception to this guideline would be to approve a proposed budget by an elected Alberta Party government, and a vote on a platform promise made during an election.

Sounds all well and good, except what does this mean for NAIT students?

students? The Alberta Party has a Four

What party policies affect post-secondary

- 1. Quality and Excellence
- 2. Accessibility based on equality, merit, and
- 3. Improving access to opportunities in rural communities
 - 4. Support for Innovation

As party leader, and candidate for Calgary-Elbow. Greg Clark explains, "The Alberta Party aims to make post-secondary education accessible; if you make the grades, you should be able to get in."

Eliminating the financial barriers to post-secondary might be a long road, but can it sway the vote?

'Students need to know that their votes matter, and it's up to politicians and parties to find ways to connect. The Alberta Party has a strong online and social media presence for this reason," Clark

If you want to find more information about the Alberta Party, check their website www.albertaparty.ca or contact your Constituency Association.

Don't forget to check back for the second installment in the series on Alberta's provincial political parties. Next week: the Alberta Liberal Party.

Help? We've got some

By SHEEBA JOHNSON

Welcome to the most amazing time of your life. Welcome to NAIT. This is the time of your life when you will make many friends, some of whom will last a lifetime. It's also the time to buckle down and get ready for the crazy ride that is going to take you towards your career. You might be fresh out of high school or you might have taken some time off before you got here or you might also be here after being a full-time worker for some time.

So don't be surprised if you find yourself a little over whelmed. It's OK and getting used to college life can be a little tough when you are coming here from a different setting where you might not have had to deal with time crunches that come with assignments, tests, classes and, of course, life. Life has a funny way of going by so fast that it feels like the blink of an eye and it feels like there isn't time for anything. Having time management skills will help you get out of tough spots. "Transitioning into post-secondary for the first time can often be overwhelming and even lonely if you don't know anyone here," said Wilson. "This is where your NAIT Students' Association can help.

"One of the best ways to ease your-self into college life is to get involved in a club. We have over 70 clubs and they range from facility specific to special interest. There is bound to be something that strikes a cord with you. By joining a club, you meet new people who not only share a similar passion as you but will have most likely gone through the same challenges you are experiencing now. You'll be surprised how quickly you'll find other students who are in the same boat as you and just how quickly those students turn into friends."

There are also other ways that students can address the stress of school.

"The Student Success Centre offers all kinds of advice about time management skills," said Wilson.

"They also offer counselling if the stu-

dent's feeling really overwhelmed and they just need a person to talk to."

Now, I would feel like a hypocrite if I didn't address another issue that we all have to deal with when we enter a post-secondary setting and that particular issue does loosely tie in with time management.

Partying hard can be a lot of fun but partying hard all the time can deal a serious blow to your grades. I really don't want to be that person who says don't have fun because I wouldn't be able to do that myself. The best way to go about this particular issue would be to prioritize what needs to be done and when it needs to be done and leaving some room for fun in your busy schedule.

So I would like to wish you a happy term ahead and hope that you settle in nicely with the flow of the things and maybe stop and smell some roses on the way. And if you ever find yourself in need of help, we have amazing resources here at NAIT that you can easily access. All you need to do is ask.



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Students have a quiet place to relax or study in the Naitrium, Room J-104.

Photo by Ciaran Boyle

Places? We've got 'em

By SHEEBA JOHNSON

Now that we have settled down and gotten cosy in this new term, I would like to talk about some fun places to hang out with friends or just hide away so that you can finish up that assignment that's due in the next class.

The most popular place to go to would be the Nest, a fun place where you can grab a lunch or a beer or two with friends after class and just de-stress. It has great music, great staff and great seats. So if you are the kind of person who like to hang out with friends and chill out after classes you will love the Nest. The next place I

am about to mention is a place you can go to, to have a quick nap, do your homework or just hang out. The Naitrium has a lot of room, lots of chairs and tables and a few couches, and it has microwaves! So if you want a place where you can sit down and heat up your food you might like the Natrium. Of course there is also the sitting area by Common Market and the HP Centre food court that are pretty convenient to have lunch at but I discovered the most amazing spot in the whole campus which has a breath taking view of the city. I am talking about the eighth floor in the Business Tower. It's got lots of room, a great

view and I can't think of a better place to focus on my reading.

If you happen to be in the E hallway a whole lot and want to find a nice couch to crash on, the small area by the G-hallway just off the E corridor on the second level is just the place to go to. And if you happen to hang out by the book store in the X-Wing a lot the cosy spot would be right outside the Shaw Theater on the couches by the window.

I hope this was helpful for you guys out there who were looking for a spot around the campus where you could go to sit down and relax a little.

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.

Point counter Point Nude or rude?



By QUINTON BERGER

@QuintonBerger6

Lately the news has been full of some pretty heavy stuff. It's been all Gaza this, Ferguson that and ISIS hit me with a whiffle ball bat.

Then, last week, we were hit with the biggest scandal in every white girl's recent memory. Ladies and gentlemen, nudes are back! I'm sure by now you've all heard of the celebrities whose naked pictures were leaked on 4Chan for the entire world to see and you've probably even tried to find them (you know you have, don't lie). Now, I'm not here to defend whoever leaked these images, nor am I here to condemn.

My stance is more in defence of the concept of nudes itself. I personally think it displays quite a bit of confidence and self-worth. Let's face it, body image is a huge concern for people nowadays and the way I see it, you take a picture of something so you can look at it. Therefore there must be something you like about your body if you want to be able to look at it at all times. Kudos to you and your positive self-image! Then, there's the obvious other reason other people take nudes – so other people can see them.

What's the fuss?

Now, I know the naked pictures you send to people are supposed to be for their eyes only but, really, what does it matter if a bunch of people see you naked? Who put such a high premium on being coy about your body that you obviously love so much to photograph and what do you care what a bunch of other people (in the case of these celebs, a bunch of people they'll never meet or have any interaction with). You work hard to look as sexy as you do, so why not flaunt it! And really, all the people sharing your naked picture are doing so because they, too think it's something worth looking at! I realize this is starting to sound a bit pervy but I assure you,

I'm not Lewis Black in *Accepted*. I'm not the kind of guy who thinks "nice tits" is a compliment. I'm merely saying that whether intentional or not, other people marvelling over a naked picture isn't a bad thing. We as a society put such a "hush hush" on things like nudity that it has become taboo. This is the only reason why things like nudes are even a big deal.

Liberating

As if the first two points weren't reason enough. Let's be real here, society as a whole puts an insane amount of pressure on us to look, feel and behave a certain way. There's really nothing more liberating than casting off the societal binds that hold us in place and acting out and that is what really makes the nude a fun and worthwhile process. Mad liberation!

If you ask me, there's nothing more freeing than getting your hands dirty, feeling rebellious and acting totally outside the norm. Convention can suck it, manners can suck it! Nude photographs for the win! So gather up all your courage, find yourself a nice background, strip down and take your very nude photograph. You owe it to your and everyone else's eyes to do so!



By SHEEBA JOHNSON

Why do you need to take a naked picture of yourself for a positive self-image? If you want to look at yourself in all your natural glory I would suggest buying a full length mirror, instead of taking pictures that might potentially end up in places you don't want and then it will be no one's fault but your own that people are perving on your pictures that shouldn't have been taken in first place.

Next thing you know, you are somewhat of an Internet sensation. And let me tell you something, people sharing your naked pictures on the Internet is not flattering. It does not mean people like what they see. It just means that we live in a world where anything that has nudity or sex in it gets looked at a lot. People can't help themselves. It's like a moth to the light or a bee to the honey. They are hypnotized and can't stop looking.

I would like to also point out that the chances of people not wanting to look at a naked picture of anything, whether or not you look good in said picture, are very, very slim. So you could try telling yourself that people are looking and sharing because they like what they see, you might be kidding yourself. You might be looking good but even if you didn't, the same people would be doing the same thing, i.e sharing and re-posting the picture in question.

You might say that it is very liberating but who are we kidding. It's embarrassing. It's not liberating when all you want to do is hide under a blanket and never show your face outside your house. It's not liberating when your friends point and laugh at you, asking if you really do have that round a butt or did you use Photoshop.

So to rest my case, I will say take all the nudie pictures of yourself that you want. Just be prepared to grow a thick skin if they end up somehow on the Internet.



OPINION

– Editorial —

PCs do it to us again



GABRIELLE HAY-BYERS
Pretension Hater-in-Chief
@Gee_H_Bee

Well, the PCAA has done it again ... elected someone wholly inappropriate, to be clear. There were a lot of places to take that statement, weren't there?

Don't take me wrong — I'm a card-carrying member of the PC Party. I don't hide it. I'm very forthcoming and a giant open book about most things. (No really, ask me about my fiercely pro same-sex rights beliefs ... I dare you.) I am staunchly fiscally conservative with a strong socially liberal leaning, as are most of the young PCs I've had the pleasure of meeting.

I bit my tongue

And then our party elected Alison Redford over my pick of Doug Horner (I don't believe that bull about not talking about religion or politics, so should it surprise you that I also don't keep my vote confidential?). I bit my tongue and tried to believe that maybe the majority saw something in her that I didn't ... but sadly my initial distrust of her shrill "I'm a mother!" persona ended up ringing true. Entitled, sadly, like so many in this province. But I digress.

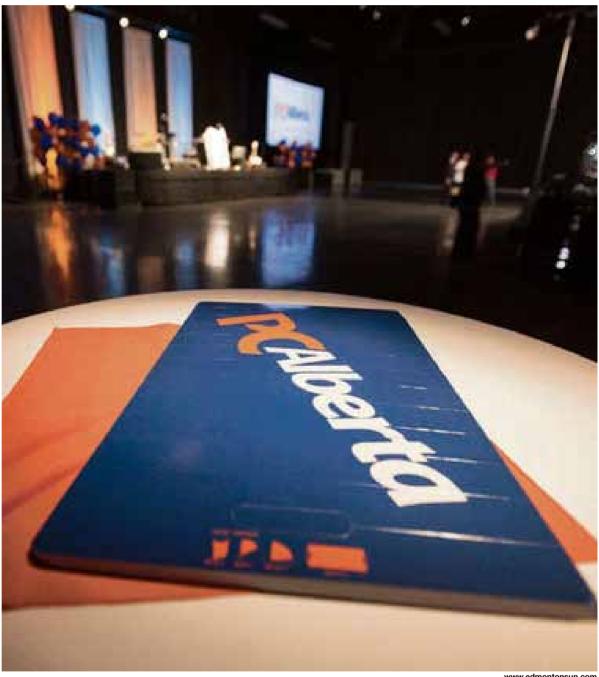
But this ... this is new. You'd think that after the last disaster, people would be a bit more careful to not elect someone else that's prepared to give away free memberships during a leadership race (I'm sorry, they weren't free to this executive with big pockets, they were free to those he was coercing to vote that clearly were so interested in it that they hadn't purchased their own memberships ... my bad). If his response of it being a loophole to get away with it didn't convince you that he's shrewd enough to personally succeed no matter the cost, the fact that he has no riding seat and took a leave from work rather than leaving his position should help lead you towards that conclusion.

Love that handle

I love the twitter handle @JimPretentious. If I had a suggestion beyond the *Nugget* for you as light reading this week, it'd be that feed. Gems such as "Let me clarify: Get a free #pcldr membership when you sign up for a @CIBC Visa Rewards card. Finance your future and Alberta's, too! #ableg" from August grace it and some of the pictures and barbs are funny enough to make me spit wine at a computer screen on a Sunday night. (I did not just now, I did not.)

Welcome to the new Alberta, where the man running for the helm of the Legislature can't even make time to meet with the mayor of the Capital during the leadership campaign. We may as well all get booted into the lake of fire by Danielle Smith now, since I don't think the assumption that the newly elected PC Party leader will be premier for five years is true. Who made that determination anyway? Maybe we should ask @JimPretentious.

Note: No individual involved in the recent PCAA race is expressly mentioned in this editorial. Any likeness to any individual is purely coincidental of course, but if the shoe fits ... you should think about being ashamed.



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SPORTS Not ready for prime time



CONNOR HOOD Sports Editor @connorhood27

Over the past decade, tennis has been dominated by four individuals: Roger Federer, Rafael Nadal, Novak Djokovic, and Andy Murray. From 2005 through 2014, only seven men have won a grand slam tournament. That's 36 tournaments, won primarily by four men.

For years, tennis in Canada has been non-existent. Other than Daniel Nestor winning on the doubles side, Canadian singles tennis lacked a top player. That was until Milos Raonic came along. He has taken over tennis in this country, added millions of fans and is currently considered one of the game's best players. That being said, I don't believe he truly is one of the best and has what it takes to win a Grand Slam tournament.

a major, you first have to understand what it takes to win one. Tennis is similar to golf, in that every year has four majors. In golf, a

major is won just like any other event on tour, over a single weekend. With golf, any player can play well enough over a short four-day period to win a tournament. That's why, at one point, 15 consecutive majors were won by 15 different players. In tennis, however, unlike tour events, which are spread out over a week-long event, majors are held over a two-week stretch. To win a major, a player has to go through seven rounds. That means winning seven, five-set matches in

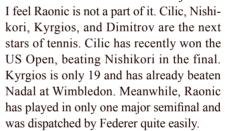
a row. It takes an extremely high level of skill and stamina, which Raonic has yet to reach.

All of that being said, Raonic is still currently ranked seventh in the world. The problem he faces, though, is the people ahead of him in the rankings. If he were to ever win a major, he will have to go through at least two of Nadal, Federer,

Before we get into why Raonic won't win Djokovic, Murray, or Stan Wawrinka, and if you look at him head to head with any one of those players, you can see why it would be so difficult to beat three of them

> in the same tournament Raonic has never beaten Federer, Nadal or Diokovic even once.

Although Federer is on the last leg of his incredible career and Nadal seems to always be hurt, there will always be somebody ahead of him, holding him back from greatness. Diokovic is only 27 and still has five or six good years left. There is also a new generation of players, ready to be the next group to claim all the majors and



The reason Raonic won't get to that next level is that he has a very narrow skill set. Raonic has one of the best serves in men's tennis today, if not of all-time. Taking a look at the rest of his game, however, you start to see the flaws. Players who win a high number of their matches usually have numerous things they excel at. These could include a good forehand, backhand, defence, net play or a strong serve. Raonic has one of those and, when it fails him, he simply doesn't win.

Reading this article, you may be thinking; doesn't Raonic have tournament wins, though? You would be right, he has six career titles. Taking a look at those tournaments, however, you can see why he won. Some of the players he beat in the final of those tournaments include Denis Istomin, Janko Tipsarevic, and Fernando Verdasco. Not exactly household names, and not the quality of opponent he will face at Wimbledon or the US Open.

Unless Raonic can add something to his game, we won't be seeing him lift any Grand Slam trophies anytime soon. He may be great for tennis in Canada, along with Genie Bouchard, but as of right now, he doesn't have what it takes to reach the next level and win a Grand Slam Event.



Milos Raonic

MEN'S AND WOMEN'S SOCCER

pening weekend sweep

By BRIDGETTE TSANG @BridgetteTsang

After much anticipation, the NAIT Ooks soccer teams finally kicked off their season in a statement weekend. Both teams played the Concordia Thunder; the women with an electrifying 5-1 victory and the men taking the Thunder 3-0.

While the score may be telling on its own, women's head coach Carole Holt noticed signs of first-game jitters from her team.

"I don't know if we were nervous but the excitement of the first game kind of got to us in the beginning," Holt said. "As the game went on, we moved players into different positions. We settled down a lot and I think the second part of our second half was really good.

"I think the coaches on Friday commented on that in terms of leadership in our group and I think we saw a bit more of that [versus Concordia].'

The game was tight in the beginning with the Thunder coming out strong. The Ooks struck first with a goal from Laura Kautz and went into the half leading 1-0. Within the beginning minutes of the second half, the

Thunder tied things up, forcing the Ooks to respond and they did. Kautz finished the afternoon with a hat-trick and Kayla Michaels added two more goals to the Ooks' tally.

Their next game against the Augustana Vikings on Sunday was quite a different story. Playing the Vikings for the first time, the Ooks were up against unknown opponents, but that didn't faze them as they prevailed on a rainy Sunday afternoon in a lopsided 16-0 win, which eclipsed the ACAC league record for most goals scored in a game.

Kautz had another stellar game with four goals but it was Kayla Michaels who stole the show with seven goals, which tied an individual scoring record.

"I think we just have to be realistic. We have to respect our opponents and anything can happen. Playing only 10 games, we can't afford to drop points, so we will absolutely celebrate today and tomorrow we start again and we prepare for next week," Holt said.

The women will take on the Grande Prairie College Wolves in a weekend series Saturday Sept. 13 at 2 p.m. and Sunday at noon at NAIT Field.

The men's team also fared well in their first two games of the season against the Thunder and the Vikings. More important, head coach Charles O'Toole was pleased to see that his team is finally looking like the team he envisioned it to be

"I think the boys did really well," said O'Toole. "They stuck to our game plan of looking to play rather than just hit the long balls and kick-and-run type of game. So we're pleased that we're starting to come together as a team and play as a team.

Against Concordia, the Ooks maintained possession for most of the game, which resulted in goals from Monty Haines, Dexter MacLachlan and Evan Lawlor The final score was 3-0 in favour of the Ooks.

While the Augustana Vikings were unknown to the women's team, they were also unknown to the men's team as they clashed on NAIT Field for the first time in the men's home opener Sunday afternoon. A strong showing from the Ooks frustrated the Vikings quickly in the first half, which included a goal from rookie Bruno Zebie in the opening min-

utes. Monty Haines netted a hat-trick and goals from Haris Kevac, Ryan Bartley and Gopal Minhas helped propel the Ooks to a 2-0 start to their season, winning 8-1.

After two strong games to start the season, Toole was concerned about what's ahead.

"Our next opposition Grande Prairie will give us a really good test," said O'Toole. "Today's game against Augustana, they were totally unknown to us – we had no idea of what to expect so I'm glad the boys brought their A-game with them and hopefully they'll carry it with them next week against Grande Prairie."

With only 10 games in the season and a tight race in the ACAC standings, the Ooks know the importance of bringing their best performance to every game.

"It's such a short season and every point counts. I mean, there are a lot of upsets going on, you just never know what's going to happen," said O'Toole.

The men place their winning streak on the line as they take on the Grand Prairie College Wolves this weekend, Saturday 4 p.m. and Sunday 2 p.m. at NAIT Field.

What are you waiting for?

By DANIIL ANSELMI

You've been mentally preparing for this all afternoon. You even bought those shiny new runners and a shirt that you know is too tight but it's made with "sweat technol-

It only takes a couple of sessions to become familiar with the equipment.

ogy" so you feel good about it.

So, acting like you know what you're doing, you calmly stride into the weight room. Two seconds later, you suddenly feel like Riff Raff must feel in the music industry – you don't belong. You're surrounded by dozens of angrylooking people who all seem to be in better shape than you. They are running on loud machines and lifting ridiculously heavy-looking metal objects and you swear everyone is judging you for eating that muffin last week. You pretend to acknowledge someone in the corner of the room and quickly walk straight through the back exit and decide you're never coming back.

Can be intimidating

Going to the gym can be intimidating for a lot of students. There is a giant misconception that working out is a complicated process that requires extensive studying and a strong jock vocabulary. In reality, getting a good workout in is very simple and those new to the gym world will find

out that there are dozens of easy exercises that keep you in good shape at the gym, especially here at NAIT.

Let's talk about the basics. The average student isn't trying to pack on 30 pounds of muscle or train for a triathlon. Obviously, in those situations the workout can be vigorous and intense and requires a more complex regimen. However, in most cases students just want to

stay in shape, maybe shed a couple of pounds and, most important, stay healthy.

"Exercise doesn't have to be painful," says Dr. Kenneth Riess, an instructor in the Personal Fitness Trainer Program at NAIT. "It just has to be at a moderate level of intensity."

Take, for example, aerobic or cardiovascular fitness – 30-60 minutes a day, three to five days a week is all you need. We students love to complain that we're too busy studying but, in all reality, we can find the time to squeeze in a 30-minute workout a couple of times a week.

What can you do to work on your aerobic fitness? Some students don't love the idea of running on a treadmill for 30 minutes. The good news is that there are varieties of other exercises you can perform that accomplish the same end goal. Elliptical trainers (the ones that make you look like you're walking up and down on the same spot) offer a great workout with low impact on your joints. The NAIT gym also has a great selection of stationary bicycles, upright or recumbent (the latter offering a more ergonomic exercise as the body weight is distributed more evenly). Try both bikes to find your preference or grab a seat on the rowing machine and you'll see that there are multiple options to get fit.

Of course, there's always the swimming pool or rink that offer many times for student use. And don't worry

about getting bored.

"Exercise doesn't

have to be painful.

It just has to be at

a moderate level of

intensity."

Dr. Kenneth Riess,

Program instructor

Personal Fitness Trainer

"You don't have to stick with the same piece of equipment. You can use the treadmill for 10 minutes, move to the elliptical for another 10 and then on to a bike to finish off. Keep it fresh, keep it different," advises Dr. Riess.

If you're looking to get into some strength training, remember you can start simply. Try to balance the exercises between the front and back parts of your body, as well as upper and lower. For example, for the front, you can do a chest press or some curls and, for the back, you can do a lat pull down or row. For the lower body, work on some leg extensions or curls. Remember to take a day of rest between workouts to let your muscles recover, thus the importance of alternating your exercises. The machines in the gym may seem intimidating but in reality they aren't complicated at all.

"The machines and cardiovascular equipment are very user friendly. They are designed to be easy to operate," says Dr. Riess. "And the staff at the Fitness and Wellness

Centre are always there to help you figure out how to use the machines. Don't be afraid to ask for help."

He also recommends accessing the facility during less busy hours, which may appease those who aren't comfortable being surrounded by more experienced gym goers. After a couple of sessions you'll become comfortable with the machines and equipment. Just as important as the gym

workout is maintaining a proper diet. You can't eat a whole pizza every night just because you're planning on working out at the end of the week.

"It doesn't give us unlimited access to food just because we're working out," says Dr. Riess, "We also have to watch the other end of the equation."

Volunteers needed

Finally, if you're still not confident you can walk in on your own and start working out, you are in luck. The Personal Fitness Trainer Program at NAIT is currently recruiting volunteers for personal sessions with student trainers in the program. It's a 15-hour commitment during the first semester where you'll get to work out with a trainer. You'll start off with an initial assessment where they sit down with you and find out what your goals are. After a physical assessment and testing in some of the areas that you might want to work on, they'll devise a specific workout plan for you. You'll get to work with the student trainer on hour-long sessions over the course of the semester to maintain your workout goals.

Any students that are interested in volunteering can visit the Athletics office in the arena building (Room S-105) to pick up a couple of forms and they'll pair you with a great personal trainer. Looks like we all just ran out of excuses to not hit the gym.

NAIT Ooks team tryout information

Note: All student-athletes must complete a medical form before participating in tryouts.

Women's Hockey For info, call coach

Deanna Iwanicka – 780.471.8557

Men's Hockey

For info, call Coach Serge Lajoie – 780.471.7424

vach Serge Lajoie – 780.471.74 **Women's Basketball** For info, call Coach Todd Warnick – 780.471.7442

Men's Basketball

For info, call Coach Mike Connolly – 780.471.7027

Women's Volleyball

For info, call Coach Benj Heinrichs – 780.471.8810

Men's Volleyball For info, call

Coach Doug Anton - 780.471.7497

Badminton

Sept. 16 – 4:30-6 p.m. – NAIT Gym For info, call Coach Jordan Richey – 780.471.7579

X-Country Running

Mandatory information session For info, call Coach Teagan Gahler – 780.907.7919

Indoor Track

For info, call Coach Teagan Gahler – 780.907.7919

Golf

For info, call Coach Jules Owchar – 780.221.1717

Curling

Registration - September 17 & 24
11 a.m.-2 p.m. at Gym entrance
First on-ice session
Monday, Sept. 29 – 4:30 p.m.
For info, call
Coach Jules Owchar
780.221.1717



Runners leave the start line at this year's Edmonton Marathon.

Uvercoming by running

By KEVIN MAHER

@kevinmahertv

While most Edmonton residents were still waking up on a late August Sunday morning, I was running in my first Edmonton half-marathon. Considering the uphill battle I went through to get to that race on August 24, I exceeded my expectations and gained a whole new respect for the sport.

With over 3,500 athletes participating in the 23rd annual Edmonton Marathon this year, the rush of adrenalin quickly overcame me when I made my way down to the Shaw Conference Centre. This was where the 5 km, 10 km, half-marathon (21.1km) and full-marathon (42.2 km) races would start and finish

Leading up to the big day, there was serious doubt that I'd even be able to run in my first half-marathon. Almost two months to the day before my race, my training took a drastic turn for the worse. On July 3, I was heading home from work when I was rear-ended and left with a severely sprained back. My goal of running in my first halfmarathon looked very dark and bleak. I was forced to stop all training and focus on getting my health back to 100 per cent. By the time August rolled around, I had been going through physiotherapy and massage therapy on a weekly basis. My back was far from being where it was before the accident and my dream of running the half-marathon

was quickly slipping away.

A week before my race, I was still recovering from the accident but my back was starting to feel stronger again. With only a couple of runs under my belt since my training derailed, I was seriously questioning whether I should participate in the race. My original goal for the race had cer-

tainly changed from wanting to finish in under two hours, to just wanting to complete the run, even if I was going to be the last runner crossing the finish line. I went for an easy short run that week, to see how my back would respond. The result was encouraging as I felt no pain. It was at that point that I made the decision to run the half-marathon that following Sunday.

That Sunday morning, I woke up with a mixture of nerves and excitement; but with my

back feeling the best it had been in weeks, it was go time.

It was just minutes before our race started and I was pumped for the biggest race of my life. I had strategically positioned myself at the

back of the pack, all I needed to do was pace myself slowly throughout the run. However, when I heard that start gun go off, I turned into a running machine. I swerved my way through the herd of athletes and finally found my own pace that I was comfortable with. Running down the streets of Edmonton and seeing the crowds of people lined up to cheer us run-

> ners on certainly gave me a boost of energy that I wasn't expecting.

By the halfway mark, I had yet to take a walking break and my body was starting to feel the torture that I was putting it through. I ran the first half of the race much better than I thought and I was running at a pace that was close to my original goal of two hours. However, I knew I still had to play it smart and listen to my body.

By the one hour and 20-minute mark of the race, it was finally time

to take my first walking break, as I knew my body couldn't keep up the pace. From that point on, I played it cautious by taking walking breaks every five to ten minutes. At this point, my feet felt like they were about to

fall off with every step I took. There were times in this race that my body and mind wanted to quit, but then I'd get cheered on from the sidelines or see someone older than me pass and it gave me that extra push.

As I made my way back into the downtown core, I was running on pure adrenalin and I knew that I was minutes away from accomplishing my dream. Then it all came down to the last 200 metres of the race, which ended up feeling like the longest distance of the entire run. It was like a scene out of Hollywood, everyone was cheering me on and that's when my hamstrings started cramping. This was the first time in the entire race where my body was giving up on me. In dramatic fashion, I dragged my feet across the finish line and quickly fell to the ground in complete exhaustion and agony. Immediately, I had the paramedics rush to me as I laid on the ground and soon after was carried off to the side for further examination. Luckily, no first-aid or stretchers were needed for this runner

After all the obstacles that led to me crossing the finish line, I proudly finished with a time of two hours and 13 minutes. What seemed like an impossible task at one point turned into one of the most gratifying moments of my life. Now I'm addicted to running and am planning on beating my personal best at next year's Edmonton Marathon.



Kevin Maher

Coaches arrived

SPORTS

U.S. soccer experts give tips to women's team

By BRIDGETTE TSANG

On the night before their first game

of the season, when all around NAIT field, not a soccer ball went unkicked, not even their cleats. The grass was cut by the mower with care, in hopes that an Olympic coach soon would be there.

And there they were. Not one, but two renowned USA soccer coaches graced NAIT's field to put on a soccer clinic for the Ooks women's soccer team on Friday Sept. 5. It was an early Christmas surprise for the team and proved to be an invaluable experience for the players and coaches

"Well I think it's a chance of a lifetime," said Ooks head coach Carole Holt, "just to have our players exposed to that - even if it's just for one day, we'll be better for it."

Returning Ooks' defender Jenna Kleebaum was astonished at the amount of detail and precision the game has to offer.

"I didn't realize there were so many things that we could learn," says Kleebaum. "There's so many little things that we didn't even know before but that experience is just so vast."

Lisa Cole has over a decade of coaching experience at the youth, collegiate, semi-professional and professional level. She also has experience in soccer operations, camps, non-profit work and coaching education

Cole was the president and assistant coach of SoccerPlus Connecticut Reds. a Women's Premier Soccer League (WPSL) team coached by Tony DiCicco (former US



Lisa Cole

the game of soccer in the U.S. is evident with her extensive soccer history and she is

> inspired and humbled by others just like her.

"I've been really encouraged by the coaches wanting to learn and hear what Tony and I have to say," Cole says. "Making a commitment to bring in professional coaches and to have them work with your players and to also work with your club, that's a big commitment! I'm impressed with that."

On Friday, she worked closely with the goalkeepers on more technical aspects of goalkeeping, helping them to

get focused for the start of the season the next day. But being a coach is more than just that. Cole is always reminded that soccer is more than just a game.

"You want to be competitive, but if you don't enjoy the game, then you're not going to have as much fun and success in the game," she said. "So for me, it's to continue to improve, try to take big risks. Great players take risks. They have plenty of opportunities where they miss – they miss their chances and then they just get back up and they go back in and they remember that the game is about having fun."

Her coaching partner, Tony DiCicco former U.S Olympic gold medal women's soccer coach - could not agree more. In fact, his biggest advice to players is to pay attention to the details

"Watch for high level games, pick up the little things you see from very experienced players, and have fun," says DiCicco. "The game - if it's fun - the players keep

evolving. And when it stops being fun, evolution and development stops.'

DiCicco knows that development in the game is impossible to stop. His resume boasts of being the head coach of an Olympic gold medal women's team, former U.S National Team player, Soccer TV analyst for NBC and he remains to this day the coach with the most victories all-time in the U.S.

"I'm up in Edmon-

National Team coach). Her advocacy for ton to do some coaching and player clinics, so it was a great opportunity to work with the college girls. They're good players and its always fun to work with elite players. I think that [NAIT] is an awesome school and I'm happy to be here working with those players," said DiCicco.

> "We worked on the 4-2-3-1 – the system that Carole plays with her team – and we worked on some defensive aspects of it, including some areas that we can trap other teams and double-team. They were pretty receptive and they picked it up very quickly."

> Canadian soccer has grown significantly over the past two years. With the success of the women's soccer Olympic team, hosting the U-20 FIFA Women's World Cup here in our city this past summer, and preparing to host the World Cup yet again next summer, there is no question that Canada is now a soccer force to be reckoned with, especially the women's teams.

> "The women players are talented," says Lisa Cole, "they play a little bit more of a tactical game than the men, but I think it's exciting to watch."

> And who could forget the Canada vs. U.S semi at the 2012 London Olympics. Since then, both countries have seen growth in the sport, which can only ignite a bigger and better rivalry between the two countries.

"We've been lucky over the last



Tony DiCicco

few years to have some success in our national team early on," continues Cole. "But now, you look at the likes of Canada, you look at Germany, you look at Costa Rica, and you look at some of these other countries and the game is developing internationally. So it has put the U.S on their toes. And I think you guys are all looking forward to hosting the World Cup and having some success.'

Athletes of the week

September 2-8

Jose Dominguez Soccer



Jose was instrumental in leading the NAIT Ooks men's soccer team to two wins on opening weekend. In Saturday's 3-0 road win over Concordia, Jose stopped the Thunder attack all game long and was selected as the player of the game. His strong play continued the next day as the Ooks defeated the Augustana Vikings 8-1 to run their record to 2-0. "Not only did Jose break up many offensive threats, he helped create chances for his teammates, narrowly missing the score sheet himself with a great strike from distance," said head coach Charles O'Toole. Jose is a third year Business Administration student from Veracruz, Mexico.

Kayla Michaels Soccer



Kayla had a phenomenal weekend for the Ooks women's soccer team. She tallied two goals in Saturday's 5-1 victory over the Concordia Thunder then tied an ACAC individual game scoring record netting seven goals in the Ooks 16-0 win over the Augustana Vikings. "She scored some very good goals from inside and outside the box and her combined play with her teammates was excellent," said head coach Carole Holt. "We played her in several different positions over the two games and she was effective in all three of them." Kayla is a fourth-year Business Administration student from Edmonton.

HELP WANTED

The NAIT Arena needs a part-time Zamboni driver We require:

- Zamboni/arena operation experience (We will train a suitable candidate)
- First aid/CPR/AED training (or ability to obtain)
- Good customer service and work ethic
- Able to work weekends and evenings We offer:
- \$16.67/hr
- Holiday pay of 11.2 per cent
- Evening and weekend shift differentials For information or to drop off a resume, contact:

Terry Baumgartner Arena Operations Supervisor Room S-218 PH. 780-471-8699 terrybau@nait.ca

ENTERTAINMENTThe art of good business



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By RICHARD LUKACS Entertainment Editor @DickTorrance

A few days ago I made a terrible mistake. I illegally downloaded the new *Godzilla* movie because I had no time to see it in the theatre – there aren't any mainstream video stores left and I don't own a smart TV. I'm a huge fan of the original *Godzilla* franchise but the first American installment was one of the worst celluloid disasters I've ever seen (and trust me, I love garbage, usually I can laugh hysterically at catastrophically bad movies but it was just sad and nerve-racking), so I was cautious with this new one. And what a great decision that was! I didn't like the movie at all. It wasn't terrible but it left

me stone cold and made the biggest mistake a movie can make: it bored me. I was glad I didn't pay a dime for it.

And then I received an e-mail from Warner Brothers that they monitor my computer, that I've stolen from them and if it ever happens again, I go to jail. Don't get me wrong, I know I did something illegal and I'm not trying to justify my act but it made me wonder. These major studio corporations and hyper-money orientated companies are still looking at the Internet and the possibility of "stealing" movies and music as though would be the devil itself. They don't even try to use the Internet, to accept it as the new way and to update their obsolete business model.

In the meantime, smaller, independent studios, distributors, filmmakers and musicians have all realized the infinite marketing opportunities the Internet provides. Because seriously; it's a chance to reach all people around the globe for free. That's why indie record labels are streaming whole albums weeks before their official release. Filmmakers upload their own movies on their sites before it hits the shelves in the form of

a DVD or BluRay. And I think the main difference between the two is that the latter – who are offering free previews for everything they sell – are confident in the quality of their product. Quality art will sell no matter what.

If I like a movie, I will pay for a ticket or buy the disc. If I like an album I've stolen

before, I will buy the vinyl. I will pay for a concert ticket, I will get the band's merchandise. Just take my money. I'm more than happy to pay for something I like, although I really don't want to waste money on something I hate and I think that's fair. As I see things, free access to arts is a blessing because it provides momentum for artists to aim for quality. I don't think that the Internet and the downloading is any different from the widespread availability of radio and television. They offered cheap or most likely free access to music and films and first it scared the theatre and label owners to death. Nowadays, those same people are spending millions to



Thursday, September 11, 2014

schmoesknow.com

push their products onto the airwaves.

I'm going to be honest here. I would never pay to see this new *Godzilla* movie again as I had no pleasure in watching it. On the other hand, I'm more than happy to pay to see *Guardians Of The Galaxy* again and again because I have a great time when I do and I'm willing to spend my money on that. Great movies and music are taking you to places you love, just like a vacation. And nobody is complaining when they have to pay for a vacation, right? So it made me wonder, am I the real criminal who's stealing others' property or is it those who take your money for something you hate?

ATTENTION ALL STUDENTS

STUDENT HEALTH & DENTAL BENEFITS

The deadline to OPT OUT or ADD FAMILY is SEPTEMBER 26[™], 2014

After this date you are required to pay the fees, no exceptions.

You may opt out online at www.mystudentplan.ca or come to the Student Benefit Office in room E-131 for more information.

Phone 780,471,7730

Email studentplans@nait.ca | Information www.mystudentplan.ca



STUDENTS - YOU'RE INVITED!

To the Health & Dental Benefit Plan Info Session

September 9 | Shaw Theatre 11:15am-11:45am and 12:15pm-12:45pm

This is a chance for students to ask questions, process opt-out requests, receive benefit information & eat free snacks!



Student Benefit Office 780.471.7730 studentplans@nait.ca FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By QUINTON BERGER Entertainment Editor @QuintonBerger6

It's Saturday night and you and the posse have rendezvoused at the usual meeting spot. After some careful planning on what to do with your night, a few beer and some pizza, you head over to a friend's new apartment for what you think is going to be a relatively relaxed night – key word is think.

You arrive at the apartment to find there's a few more guests than you've anticipated – some old friends are there, some new friends. You've even made acquaintances with one of the guys who lives on another floor and he's come down to join the fun. It's offi-

cially a party. You spend the rest of the night marvelling in the atmosphere consisting of good company, good music and good vibrations. You sit around talking about anything and everything all the while not paying attention to what time it is. People have now broken out their guitars and the entire apartment is alive with the sound of everybody signing, laughing and clapping. I mean you could be more considerate of the neighbours in the apartment but, hey, it is a party. If anything they should be down here joining in on the fun.

At some point during the night, you stumble upon your buddy's vinyl collection and then the conversation really takes off. You dig through record after record, finding all the classics. The party continues, the laughs go on, the numbers start to trickle down and you knock back a lot more hooch than you even considered at the beginning of the night.

That's when someone gets up and opens the blinds of the apartment. Holy shit, the sun is up! You scramble to look at your phone and your eyes aren't playing tricks on you. How were you up all friggin' night? Where the hell did the

time go? Well, no matter, nothing you can do about it now.

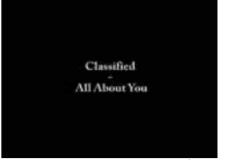
The next few hours are spent in a sort of recovery mode. You and the few still awakes slowly saunter down to the nearest coffee shop in desperate need of a cup of joe to put a spring in your step.

It's bright out, the traffic's taking a toll on your pounding head and you know that everyone who walks past you is thinking "looks like those boys had a good night."

You've got to work in a few hours and you really should start planning out that project with a due date creeping up. You keep telling yourself that had you known last night was gonna turn out like that, you'd have stayed home. But you know damn well that's a lie! Nights like that are what makes life so grand and there's nothing like an early morning stroll for some coffee, mid-stupor.

These are songs for those times:

- 1. Classified All About You
- 2. Bedouin Soundclash When the Night Feels My Song
- 3. Atmosphere Sunshine
- 4. City and Colour



www.youtube.com



www.junodownload.com

- Save your Scissors
- 5. Citizen Cope
 - Let the Drummer Kick
- 6. Evil Ebenezer Lovin' Life
- 7. Ghetto Boyz Damn it Feels Good to Be a Gangster
- 8. Rise Against Swing Life Away
- 9. Tim Armstong Wake Up
- 10. KO Represent







Macon Blair as Dwight in Blue Ruin

BLUE RUIN

h – sweet revenge

By KURT FABISCH

"You ever killed anyone?"

"Two ... on purpose."

Blue Ruin, by director Jeremy Saulnier, opens with a homeless guy, Dwight, taking a bath in a house he's broken into. He then sneaks out when the residents return home and retreats to his stoop underneath a boardwalk and to a derelict blue car, the titular "Blue Ruin."

He appears to be just some hobo.

Then he's asked to come in and talk by to a policewoman who knows him. He thinks he's being arrested for his recent breaking and entering and bathing. But instead this policewoman shows him the day's newspaper that says a man is being released from prison, a man we learn may have killed Dwight's parents.

This sends our guy to his car, where he pulls out a gas can and a car battery in a

shopping bag that he places in the car to get it moving again. There's more to this hobo than meets the eye.

This is a terrific start to a revenge film. How our guy ended up homeless, we never know. But it's clear that he's simply been waiting for his chance to get revenge.

After his initial revenge attempt, which could have gone better, he sets out on a mission to protect the few people he cares about from any reprisals.

I really enjoyed this movie. Blue Ruin was funded through a Kickstarter campaign, which surprised me. I wouldn't think a film produced like that could end up being as good as Blue Ruin is.

What it lacks in big budget production values it makes up for with its well-crafted story and a terrific lead performance by Macon Blair as Dwight.

Dwight is a great character and a

fairly mysterious one. We don't learn much about him, really, other than he's seeking justice for the murder of his parents. There's not much else to know about Dwight. He's had no life, it seems, in the years since he lost his mother and

What we do learn is that Dwight appears to be very capable in his mission and he has no issues when it comes to hurting or killing anyone in his way.

It's a very gritty film that reminded me of something like No Country For Old Men. There's one scene where Dwight has to heal himself after taking an arrow (yes, an arrow) to the leg that absolutely brought to mind a similar scene where Javier Bardem repaired himself in No Country. It's a brutal scene that had me clenching my teeth. I won't specify how but there's pliers and a hacksaw involved.

Good stuff.

The film gets pretty violent. There's a stabbing scene early on that made me think "That's a new one."

And the film ends in a shocking standoff that had me at the edge of my seat.

The cast is just unknown actors, really, but good performances from everyone. My favourite is from Devin Ratray as an old friend of Dwight's who sympathizes with him and supplies him with guns. You might not recognize him, but it's Buzz McCallister from Home Alone! He's very

Blue Ruin is a very good revenge film. Despite how small the budget might be, its story pulls you in like any great thriller.

It is available on DVD, online and on



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FASHIONISTA OF THE WEEKSTA



Photo by Ciaran Boyle

Matthew Pecore

Matthew, a NAIT Students' Association staff member, describes his look as "preppy." He owns a lot of cardigans and ties and he likes to shop at Frank & Oak, an online store.







READY FOR OOKTOBERFEST!

NAIT Students' Association executives get together with the Ook before heading down to the Nest for Ooktoberfest on Thursday Sept. 4. The event featured a variety of beer vendors offering samples of their brew, Bavarian dancers and free beer steins. With the Ook are Hasib Baig, left, president; Justin Nand, VP External; Gillian Wilson, VP Student Services and Rechelle Eklund, VP Academic.



Check out the Clubs Website for other upcoming Important Clubs Dates

WHAT'S GOING ON AROUND CAMPUS **CAMPUS CLUBS NEWS** ATTEND ANY OF THE BELOW ORGSYNC TRAINING SESSIONS! WHAT WHEN WHERE How to Start A Club September 11, 2014 11:00am - 12:00pm Room H-005 12:00pm - 1:00pm Room H-005 Beer Garden Training September 15, 2014 5:00pm - 6:30pm Room X-107 OrgSync Training September 22, 2014 11:15am - 12:15pm Room J-210 12:15pm - 1:15pm Room J-210 1:15pm - 2:15pm Room J-210 3:15pm - 4:15pm Room J-210 4:15pm - 5:15pm Room J-210 5:15pm - 6:15pm Room J-210 6:15pm - 7:15pm Room J-210 OrgSync Training September 23, 2014 Room T-512 10:15am - 11:15am Room T-512 11:15am - 12:15pm Room T-512 12:15pm - 1:15pm 1:15pm - 2:15pm Room T-512 4:15pm - 5:15pm Room J-210 Room J-210 5:15pm - 6:15pm 6:15pm - 7:15pm Room J-210 CAMPUS CLUBS CENTRE Room E-125, NAIT Main Campus 780.471.8457 780.471.8871 naitsa.ca/clubs

THE NUGGET PRESENTS: HOROSCOPES



MADAME O

September 11-17

(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)

Happy birthday, Virgo! Now is the time to celebrate another amazing year of your life. The season has changed, yes, but that does not matter to you! There are stars in your eyes and this is the time to enjoy every moment of the celebration that is you.

Libra (Sept. 23-Oct. 22)

Creativity courses through your

veins, Libra. This is an especially enchanting time for you and your expressive emotions. Let your fingertips or, your voice, speak what your heart is trying to say. You might even inspire someone else to let out exactly what their heart is trying to

Scorpio (Oct. 23-Nov. 21)

As feisty as you are, you are feeling gentle lately. Normally quick to bite, you have taken a backseat to your intense responses. This is great because it gives you time to think about the situation and digest what is really going on. Nothing bad can come of this, Scorpio.

Sagittarius (Nov. 22-Dec. 21)

Work employees may brighten your day on the job but it is not always a good idea to let them into your life. Work is a place of professionalism and financial momentum and if there are close personal relationships, it can turn into something else. Some people click and it is OK but be cautious when inviting colleagues into your life.

Capricorn (Dec. 22-Jan. 19)

Love is a wonderful thing and it fulfills many aspects of life. However, if you feel your relationship is not fulfilling you anymore, it may be time now to end it while it has not broken you down emotionally. Know that if it is hindering you in any way at this transitional point in your life, it may not be worth trying to save.

Aquarius (Jan. 20-Feb. 18)

A new interest has caught your eye lately. Pursue the idea of becoming involved in it, as it is never too late to begin something new. It will only add excitement and fun to your life. Never be closed off to new ideas. they will only expand your mind and make you a wiser person.

Pisces (Feb. 19-March 20)

Life is a cupcake: music is the cherry on top. New music has rushed into your life at a million kilometres an hour lately. This is exciting for you! Music is the soundtrack to your life and when you have headphones on or your stereo is blasting, you are a part of this magical melody.

Aries (March 21-April 19)

The season change has been a culture shock to you, Aries. You were not ready to say goodbye to the beautiful summer. Don't get too down on yourself about it, though. In coming weeks you will be able to see all of fall's great attributes, like Halloween parties!

Taurus (April 20-May 20)

Lately you've been feeling extra confident. You've been strutting down the halls like you own the place. This is awesome, Taurus. You feel like you can conquer the world, because you

Gemini (May 21-June 21)

Now that you are another year older, Gemini, you are much wiser. You have gained knowledge from life, and now you are back in school with your nose in the books gaining some more knowledge. Keep it up and soon you'll be the smartest person in the world.

Cancer (June 22-July 22)

We all know that Cancer loves to dance in the rain. Your spins and twirls can light up the whole sky. Never lose your carefree and upbeat attitude towards life. It is envied by

Leo (July 23-Aug. 22)

The change of pace can be very stressful for you now - just remember that if something is stressing you out, it only means you care about it. These stresses will some day make you very successful. Keep working your hardest to do the best you can and it will not go unnoticed.

Finding perfect shorts

By BRITTNEY HENSMAN The Cascade **University of Fraser Valley**

ABBOTSFORD, B.C.(CUP) — Let's talk about shorts. It's a warm sunny day and you, wanting to embrace it for all it's worth, decide to put on a pair of shorts. Great – but shorts are a tricky thing to sport when you're not running a race or headed to the pool.

Shorts can be a great alternative option on a hot day when the thought of wearing pants makes you want to faint from suffocation. However, choosing the right pair of shorts is important.

Consider the high-waisted cutoffs, or the loosely fitted romper "bloomers." It's a style derived from some of our 1980's fashion trends, utilizing floral patterns or acidwashed denim with fringes and fashionably designed holes

These styles have a few flaws which are essential to point out before you consider jumping on the "high-rise" short-shorts bandwagon.

Let's start with the cut. High-waisted

bottoms can often give the backside an elongated appearance because there is no separation from the buttocks with the lower back. You can avoid this by wearing an open cardigan or blazer with your high-waisted bottoms. It cuts your back nicely and leaves that high-waisted look for the front.

There's another drawback in wearing high-waisted short-shorts: the fabric always finds a way to ride up. As there is not enough material on your legs to hold the leg cuffs down, they manage to inch up with every bend you make, and the fabric becomes wedged into all crevices of that region since they sit so high on the waist. If they are of the scrunchy waistband type (which are notorious for cinching themselves up into the smallest part of your body), this gradual rise lifts the portion of your shorts intended to cover the lower half of one's buttock and therefore exposes your bum.

You can avoid this conundrum by finding shorts that are cut and fitted properly to your body. A cuff around the legs (with at least a half-inch of space between the



material and your leg) and a well-fitted natural waistline are great factors to a classy pair of shorts. As for length, keep it five to six inches above the knee. And if worn in a high-waisted fashion, they need to have a bit of structure (denim doesn't count). Pair them with a simple skinny belt and a tucked-in blouse - or baby-doll buttoned tank – and you'll have Audrey Hepburn's chic style written all over you.

Kim has a money machine

By BAILLIE SCHEETZ **Online Editor**

If you have been living under a rock, or if you actually have a life, Kim Kardashian Hollywood is an app designed by the greatest entrepreneur and tech leader of our generation: Kim Kardashian. The game made over \$1.5 million in its first week, primarily through in-app purchases. Some believe that the game is still making over \$500,000 per day. Whatever the numbers are, the app is hugely successful. I, being a lover of all guilty pleasures and generally awful things, could not help but indulge after hearing all of the hype. I downloaded the game in late June when it was released and it has been a large part of my life ever since.

The game began by allowing me to customize a character that works in a tiny clothing shop. An act of fate occurs and Kim K herself, in all of her curvaceous avatar glory. comes into the shop with a fashion emergency. I was obviously eager to help and allowed her to buy a dress, even though my store was about to close. She appreciated my help so much that she invited me to her photo shoot, which very soon turned into my photo shoot. After some mindless, yet hilarious, dialogue and some hand hugging (still don't know what that means), Kim took me on as a protégé, and so I began my determined ascent to join her in A-list status. I started on the E-list.

From there, I was assigned various

jobs: photo shoots, club appearances, partying (for professional reasons, of course) and I participated in various activities at each. By participated, I mean clicked on a bubble and things fell out. What falls is icon rewards to fill my meters for levelling up, cash flow and, most importantly, energy. Energy is needed to do anything in the game and you're always running out.

Once I really got into things and began climbing the Kardashian-inspired social latter, The general loop involves me answering a phone call from my annoying publicist Simon and he directs me to a location for an event. You have the potential to use the money you earn to travel to four Californian locations, as well as Las Vegas, Miami, Paris, London and Australia. The only places that are important for gaining social status, apparently. Then, I basically just click on things to receive the same three rewards, over and over and over. My character doesn't actually do any of the actions presented: the meters just go up and down. Eventually, I run out of energy and am struck with the central dilemma of a free-to-play game, a dilemma which this game seems to demand even more than others, pay to advance. Sequences and events end when I collect enough stars to fill a meter (this game really loves meters) or a pre-determined amount of time passes. The goal is always to get five full stars in your



events. More stars means more fans and more fans means you move up the celebrity rankings. I wasn't willing to give Kim Kardashian: Hollywood any of my real money because I'm a responsible adult, so the waiting game began. At one point my patience grew so short and the temptation to spend just \$4.99 for more energy, was so strong that I was forced to disconnect my credit card from my iTunes account. Yeah, I'm aware of how crazy that sounds.

A huge drawing factor of Kim Kardashian: Hollywood is how the game might secretly be instructive about the real-life demands of being a celebrity today, constantly alluding to Kim's own journey to the A-list (no, you don't get to make a sex tape). Like her, I am always in the spotlight, asked to be the centre of attention, deal

with awful people and am constantly on the move with no time for breaks. That doesn't sound particularly glamorous, regardless of the money and fame. Maintaining false recreation of that lifestyle on my iPhone is exhaustive enough for me.

Eventually, after more hours than I would like to admit, I reached the A-list, and more recently, became the No. 1 star in my area, though it does not specify what the area really is. Yes, I am fully addicted to the simple loop of watching meters go up, and the false accolades I receive for tapping objects on my iPhone. I think that's truly part of the charm of the game, it's supposed to be boring. It's purely a time waster, and I certainly have the time to spare. If a game is shallow and pointless, does that matter, so long as it's entertaining?



It's 'Tee' time

By QUINTON BERGER

@QuintonBerger6

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If you've ever spent any time in Edmonton, you've undoubtedly heard our self-proclaimed title, "city of champs."

While this may no longer be as true as it was back in the day, the city is still loaded with ambitious individuals and aspiring entrepreneurs, including NAIT's own Ray Johnson, who started his own clothing brand, Crump Apparel. What started in his early days as purely a skate brand, Crump has been molded to take on its own form and flavour.

"Originally I wanted to make and design skateboards and I convinced my parents to lend me the money for my first 30 decks," explains Johnson.

"Later that week, I got arrested for graffiti so my parents withdrew that offer. Then a couple years after that I figured clothing would be an easier way to get my designs out to the world and it grew on me and now I love designing tees (T-shirts) and apparel."

As the brand has grown and taken on a life of its own, Ray has started to realize that design is only half of it, which has not only influenced the clothes he designs but also the ones he buys.

"I wanted something to put my designs on but now it's about the fit and fabric as well as the designs. And it has become some sort of obsession, for instance I always look to see what my clothing is made out of fabric wise and have a preferred fabric compound, 98 per cent cotton two per cent spandex,"

As is with every brand, Crump Apparel also has a certain image.

"Crump Apparel focuses most on being a "JDM Skate Wear" brand. We have a large Japanese car influence and sponsor three drifters/race car drivers. But we also have more skate wear, both major influences in my life and childhood "

Customer satisfaction is also a major quality Johnson wants his brand to have. "When you buy a shirt from us, you don't just buy a piece of clothing, you buy an experience and that's what we are here to deliver. We want you to feel like it's Christmas when you receive an item in the mail from us. They always come in a black box with some extra goodies from pins to stickers to random

"I am a firm believer that the item's packaging should express the item itself and is just as important as the item."

Johnson even began taking the brand on the road selling T-shirts at race tracks in Alberta and British Columbia.

"I spend time immersed in the culture. For instance, if I'm doing a line geared towards the racing JDM part of Crump Apparel, I'll spend some time at the track.

"Same goes with when I want to design a more skate or snowboard type item."

Crump Apparel's designs can be found on www.crumpapparel.bigcartel.com.

"I love the experience," explains Johnson

"There's nothing more rewarding than when someone lights up because of something I made or something I gave to them.

"Giving people a memorable experience is all I want from this and is why I continue to do it "



One of Ray Johnson's products





Madi Quintal, 20 Marketing

What she is looking for: A man that is down to earth, low maintenance, funny, and outgoing.

Why she is still single: Because nobody is good enough.

Why you should date her: Because she's pretty funny, easy going, not a typical girl, low maintenance and not bitchy.

Dating deal breaker: If the guy doesn't get along with her family, or doesn't care about his appearance.

Biggest turn on: A good sense of humour

Biggest turn off: He takes longer than she does to get ready to go out, so again, not a fan of high maintenance men.

No. 1 celebrity crush: Luke Bryan.

If you're interested in meeting Madi, come down to the Nugget office.

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

FOOD

Conquering macarons

By STACEY DADURAL

Macarons have definitely gained loads of popularity over the past couple of years, and for good reason, too. This stuff is delicious. If you haven't had one, I highly recommend you get yourself to Duchess bakery ASAP because you are missing out. Although these treats are pretty and delicious, baking them is a whole different story. If you haven't tried baking these suckers before, you're probably thinking "eh, how hard can it be?" That is exactly what I thought, too but oh, I was sooooo wrong. It took me about eight months to find the least complicated macaron recipe that will almost never fail. I will warn you though, from my personal experience, anything having to do with whipping egg whites into peaks is not an easy task. It takes loads of patience, so the more time you have for this recipe, the better! I got this recipe from Caroline Bretherton's cookbook Illustrated Step-By-Step Baking. The recipe I used was her chocolate macarons recipe (if there's one thing you should know about me, it's that I have this eternal love affair with chocolate). However, I changed it up a bit and so this recipe is closer to what works best for me.

What you'll need:

1/2 cup almond flour

1/4 cup if cocoa powder

3/4 cup confectioner's sugar

2 large egg whites, at room temperature (very important)

1/3 cup of sugar

Step 1: Prep your baking sheets by tracing circles onto parchment paper. Parchment paper is a must – wax paper will burn in the oven. What I recommend using to trace is the bottom of pipping tips. Choose any size you prefer. Try to keep them all the same size – that way, it's easier to match your cookies together at the end. Now usually you'd preheat your oven at this step but I choose to do this after everything has been mixed together (I'll explain why later). Also, mix together your almond flour, cocoa powder and confectioner's sugar. Make sure you sift every ingredient before mixing them together. This minimizes the lumps and makes for a smoother macaron shell.

Step 2: Whisk the egg whites into soft peaks. Now, you know they're soft when the tip where you pulled your whisk out folds over but still holds its previous shape. Be careful not to over whisk the egg whites, this can result in a hard shell that'll become almost inedible. Gradually add in your granulated sugar. This will give your egg whites a gloss.

Step 3: Carefully combine your almond mixture with your egg whites and I mean carefully. This step is crucial to the recipe. Combine only a spoonful of the almond mixture at a time and make



Chocolate strawberry macarons

sure the way you're combining the two is by carefully folding the egg whites into the almond mixture. The reason for doing this is because you don't want to lose too much of the air you whisked into your egg whites. Now, your egg whites will deflate a bit (don't worry, it's normal) but losing too much air can result in a flat and lumpy macaron cookie. Don't put in another spoonful until your previous spoonful is completely combined. Once this is done, transfer your combined mixture into a piping bag and pipe by holding the piping bag vertically in the centre of your circles and squeezing the bag enough to fill in your outlines.

Step 4: Pre-heat your oven to 300°F (150°C). The reason I do this step now is because you have to let your macarons sit and "air dry." The reason for that is so that once they're baking in the oven, they can rise properly and form the "feet" on the bottom but, instead of expanding, its original shape will be kept. By the time your oven's done preheating, your macarons should be good to bake. The way you'll be able to know for sure, though, is to touch it. If it sticks to your finger, do not put it in the oven. You want it to still feel tacky but not enough to stick to your finger. Bake for 18-20 minutes or until the shell is hard enough to break when a small amount of pressure is applied. When taking them out of the oven, be sure to move them to a cooling rack or a plate as soon as possible. You don't want those babies to continue baking

on the hot tray. Let them cool for a couple of minutes before filling them.

Step 5: For the filling, I got a little lazy and used a simple ganache and cut up strawberries. I melted eight ounces of semi-sweet chocolate with one cup of heavy cream (whipping cream works just as well) in a pot, and one tablespoon of room temperature butter. In order to hold the two macarons in place, I used a little bit of confectioner's sugar to thicken it up and make it a little more tacky than usual. I then smeared the ganache onto both cookie bottoms, placed one slice of strawberry in between and viola! You have yourself a chocolate strawberry macaron

Now like I said before, this recipe takes loads of patience. Quick breakdown of my

1. Sift those mother-huggers. Sifting all your dry ingredients – no lumps and no lumps – perfect texture!

2. Combine by folding in spoonfuls. This will ultimately give your macarons the perfect texture that is crunchy on the outside, yet soft and chewy on the inside.

3: Sticky is icky. Make sure your macarons lose stickiness before going into the oven, giving you the perfect macaron structure

This recipe can be tricky but don't be afraid to try it out! It might take some practice and it might be frustrating at first, but I promise that once you get the recipe down, the results are beautiful and are sure to impress everybody! I wish you guys luck! Mangez bien! :)

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Submit a completed application to the Student Engagement Office in O-117 to Michele Parker. For more information please email distinction@ nait.ca. Application deadline is Tuesday Sept. 30, 2014.





What is your guilty pleasure?



"Watching Gossip Girl."

"Drinking Scotch."



"Back scratches."



"Watching pimple popping videos."



"White chocolate."

Elizabeth Business Mark Marketing Stefan Marketing Kylie Photographic Tech Danny Chemical Tech



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CROSSWORD

Across

- 1- Costly
- 5- "The King and I" setting
- 9- Letters, e.g.
- 13- Hurt
- 14- Mezzo-soprano Marilyn
- 15- The King
- 16- Oil-rich nation
- 17- Inquired
- 18- Still
- 19- District adjacent to a city
- 21- Lady of Sp.
- 22- Bingo call
- 23- How sweet
- 25- Burn balm
- 27- Fine sheep leather
- 31- Half-hour funny show
- 35- In this place
- 36- Over-50 org.
- 38- Capital of Tibet
- 39- Shipping magnate Onassis
- 40- Spasm
- 42- IV units
- 43- Orange Bowl site
- 46- Drinks (as a cat)

- 47- Coup d'_
- 48- Portion of time
- 50- On an upper floor
- 52- Final Four org.
- 54-365 days
- 55- Nota
- 58- AWOL chasers
- 60- Consisting of nine
- -friendly: not too
- technical
- 65- Unemotional
- 67- Switch ending
- 68- In land
- 69- Gladden
- 70- Obstacle
- 71- Soothe
- 72- Vega's constellation
- 73- When said three times, a
- 1970 war movie

Down

- 1- Raised platform
- 2- Beige cousin
- 3- Captain of the Pequod
- 4- Have need of
- 5- Distress signal
- 6- Bothers

- 7- The end of
- 8- Military decorations
- 9- Tragedy by Shakespeare
- 10- Med school subj.
- 11- Doing nothing
- 12- Describe
- 14- Natural environment
- 20- Road with a no.
- 24- Lesley of "60 Minutes"
- 26- Lubricate
- 27- Munch
- 28- Eagle's home
- 29- Wild rose
- 30- Chilean pianist Claudio
- 32- Desert bloomers
- 33- Academy award
- 34- Poles for sails
- 37- Opium flower
- 41- Spirit
- 44- Ore
- 45- Summer Games org.
- 47- Serious in intention
- 49- Maiden
- 51- Chinese "way"
- 53- In a fitting way
- 55- Male of a bovine mammal

- 56- Son of Rebekah
- 57- 1994 Jodie Foster film
- 59- Skyrocket
- 61- Cartoonist Peter
- 62- Stadium din
- 63- Indian exercise method
- 66- Give ____ rest

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

> **SOLUTION** Page 23

SEPTEMBER EVENTS

Pancake Sundae Bar (Outside the Tower)

Pancake Sundae Bar (Spartan/HP Centre)

8 | W. Brett Wilson

11 | Amazing Race

16 | Pancake Brunch (Patrica)

17 | Wellness Wednesday

18 | Pancake Brunch (Souch)

24 | Volunteer Fair

26 | Pirate Party



Apps we didn't know we needed

By CORY SELLAR

Some would say the days of invention are over and we will never see the likes of a Thomas Edison again. Some would say the spirit of innovation and creativity has been lost in a sea of TV watchers and latte drinkers. Nay, says I! And you only have to look at a few of the apps that have come out which are destined to change our lives, if not the very world as we know it.

Alexander Graham Bell made his mark on the world with the telephone but we have taken it one step further. iFart Mobile shows us that we can make our iPhone fart. And why did we have to wait over 130 years for this advancement? If only it had been possible for an app developer to travel back in time to meet Mr. Bell at the moment of his great discovery.

"OK, Al, sweetheart, this telephone thing you've come



up with. Great idea. But you know what it needs? It needs something that sets it apart from all the other inventions out there. It needs to fart."

If the famous inventor had taken the app developer up on his suggestion, then the famous words, "Watson, I need you," might've become, "Watson, I need you to ..." But that app developer would have to be careful what he tells Mr. Bell, because you don't want to mess with the past when everything you do can affect the future. Or have you forgotten the lessons of "App to the Future," or whatever it was called.

In 1930 Colonel Jacob Schick invented the electric razor. Today you

can have a virtual razor with an on/off button. Press On and it makes a sound like a razor. Press Off and it stops making a sound like a razor. If you hold your iPhone to your face when it's in the on position, you need to look up the definition of the word, "virtual."

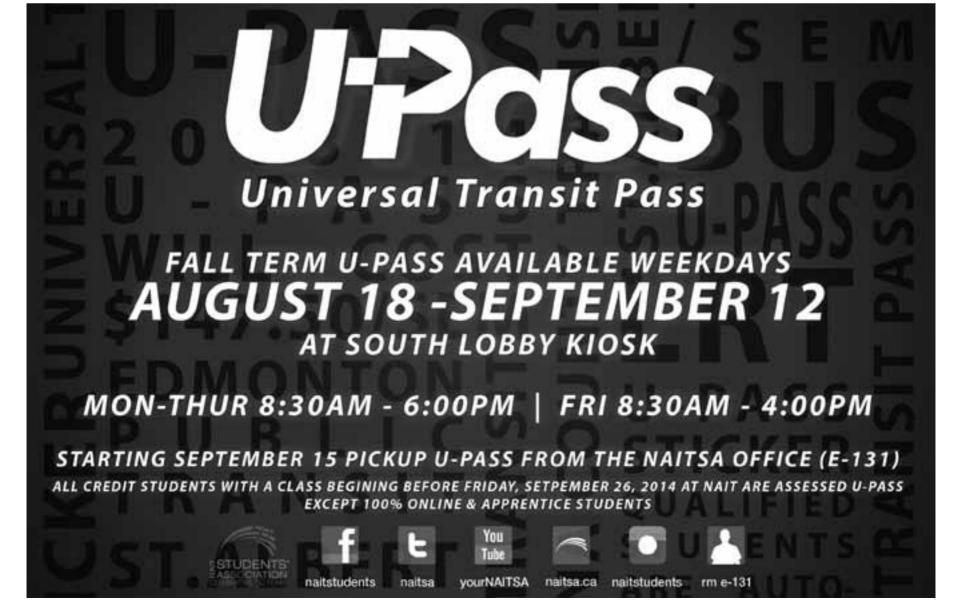
You see, we are evolving into an ever more intelligent and creative species! Further proof is here. Many people want to be better parents by being involved with their kids, listening to their needs, and in their early years nurturing their desire for learning and growing. Or you can get an app called Cry Translator. Baby crying? Cry Translator says it will analyze and diagnose your baby's cry. If you think that



sounds great, all you need is an app that tells you why you believe that an app can take care of your baby. And anyway, where was that app when I needed it the other day when I was at that restaurant across from the screaming devil-child of a two-year-old who didn't want to eat his macaroni?

But never mind "Cry Translator." How about "Girlfriend Moody Translator?" Or "Boss says don't worry about this latest round of layoffs Translator?" Then there's my Dad, who wants a "Wife says it's nothing Translator." I have a feeling the greatest discoveries are vet to come!

Have an app-y Throwback Thursday!



What hip-hop is all about



QUINTON BERGER Entertainment Editor @QuintonBerger6

Edmonton has long been known as one of Canada's culture capitals and it definitely lives up to its reputation. This city is vibrant and full of culture with something for everyone, especially when it comes to music. Edmonton's music scene is always growing and hip-hop is no exception. You may have heard the saying "rap is dead" but whoever told you that shit just doesn't live in Edmonton

At the forefront of Edmonton's hip-hop scene are the rap duo Brothers Grim. Better known by their stage names, Komrade and Pat Grim have been making their mark on Edmonton's hip-hop scene as early as 2009 and have never slowed down.

'It was a grind'

"When we hit the local scene there was a lot less emcee," explains Komrade. "We took our first disc (Don't Judge A Book By Its Cover) and hit the local scene heavy. We went to every show, every open mic and got people to buy our disc for \$2. It was a grind.'

The hard work and dedication shows in the group's ever growing fan base and expansion into areas outside of the city. including a nationwide tour with hip-hop heavyweights Madchild of Swollen Members and Slaine (La Cocka Nostra).

"Doing 20-plus shows with veterans like Madchild, Slaine and Adlib was like a university education in the music industry. I had the time of my life at these shows," says Komrade.

"The most important lesson learned was that staying humble, being respectful and playing your part goes a long way. No one f**ks with the loudmouth."

Diehard activists

One thing that really separates Brothers Grim apart from the crowd and sets an example for artists to emulate is their diehard dedication to activism and social change. This is shown in socially charged tracks like "Love Thy Brother" and "City is Dying," both of which are about the many problems Edmonton faces.

"When you see injustice, you have to fight against it. When you have knowledge, it's your duty to share it. When you are in a position of privilege, you use your privilege to help the oppressed. Music is expression. These are the things I feel it's my duty to express. If my music can entertain and



Pat Grim, left and Komrade

seen by many as being on life support, the Brothers Grim are doing everything in their power to keep true hip-hop alive in Edmonton. The duo's dynamic energy on stage and raw, gritty lyrics are a great change of

pace from all the "turn up" rap heard everywhere and remind us what real hip-hop is all about. With no signs of the group slowing down, it's clear that for hip-hop, the future is all Grim.

CROSSWORD SOLUTION

¹D	² E	³A	⁴ R			⁵ S	6	7A	8 M		9 M	10 A	11 	12 L
13 A	С	Н	Ε		14 H	0	R	N	Ε		15 A	N	D	Ι
16 	R	Α	ď		17 A	s	K	Е	D		ı٥C	Α	١	М
19 S	٦	В	٥	²⁰ R	В		²¹	R	Α		²² B	Т	ш	z
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27 C	28 A	29 B	R	Е	Т	Т	30 A		[™] S	ı	Т	32 C	щO	34 M
35 H	Ε	R	Е		36 A	Α	R	37 P		35_L	Ι	Α	s	Α
39 A	R	_			40 ⊤	Ι	R	0	41 E			ųΩ	U	s
43 M	-	Α	44 M	45 		4 −∟	Α	Р	s		47 E	Т	Α	Т
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			52 N	U	Α	53 A		54 Y	Ε	Α	R			
55 B	56 E	57 N	Е		58 M	Р	59 S		٥Z	0	z	61 A	⁶² R	Ą
64 U	s	Ε	R		§S	Т	0	66 	C		67 E	R	0	0
68 L	Α	١	Α		E	L	Α	Т	Ε		70 S	z	Α	U
71 L	U	L	L		L L	Υ	R	Α			73 T	0	R	Α

make people think, I have done my job."

The group also organizes a yearly event called Hip-Hop on the Avenue, which helps raise money and toys for Santas Anonymous. The Brothers are also big supporters of Marc Emery (Canada's "Prince of Pot") and his legalization efforts, which aided them in gaining a time slot performing at Vancouver's annual 420 celebrations.

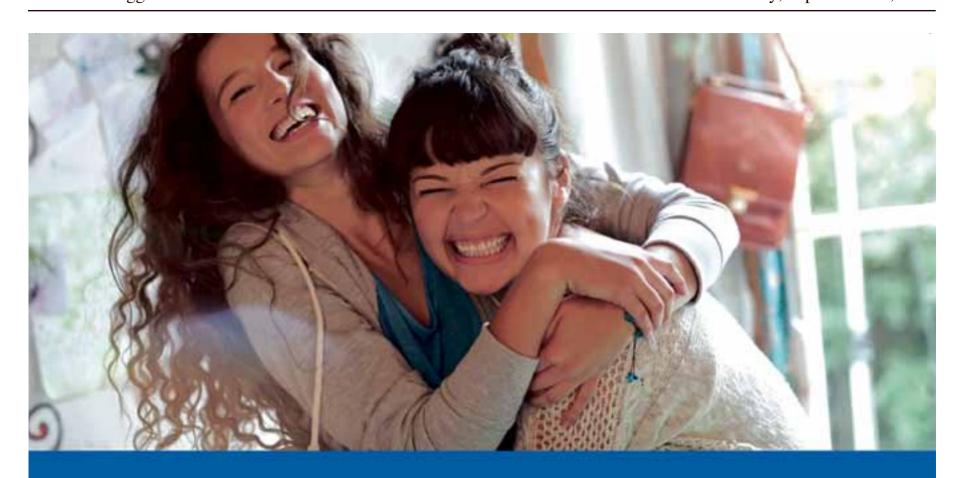
'We performed in 2010 and 2011 at the celebrations for over 15,000 people, our biggest crowd. It had a lot to do with our efforts in Edmonton as part of the cannabis legalization community here. When we reached out to perform at the Art Gallery, they were more than happy to let us perform."

In addition to performing at shows, the pair have also begun trying their hands at promotions, bringing other rap artists to Edmonton, including Sweatshop Union, Merkules and Apathy

"It's the natural evolution of being involved in the local scene for so long. Gradually you get fed up with shitty promoters. You get fed up with shitty venues and get fed up with people that have no connection with hip-hop culture dipping their money bags into the scene to eat. You start to realize you can do it yourself. I've sold tickets before, put up posters, promoted event pages, it made sense to become the promoter," explains Komrade.

"When you are part of the culture, you can give the culture what they want – kick

With the state of hip-hop constantly changing and Edmonton's hip-hop scene



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