THE

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## NUGGET

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

## FOUR FOR ONE

A HOT 'N' SINGLE SPECIAL, SEE PAGE 18



Photo by Baillie Scheetz

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# **NEWS&FEATURES**Race issues – joke-worthy?

### By CONNOR O'DONOVAN

Comedian Russell Peters, who is bringing his show to Rexall Place on Sept. 18, was asked in 2010 by the *Wall Street Journal* about the seemingly racist content of his jokes. Peters specified that there is a difference between a racist joke and a racial joke.

"Racist is I hate you for being you. Racial is I'm talking about different races and I'm talking about them from an educated, respectful point of view," he clarified.

Of more than 290,000 households who responded to the 2014 Edmonton Municipal Census poll of the language spoken in their homes, just over 200,000 reported that English was their sole language. This number highlights the fact that Edmonton, along with Can-

ada as a whole and as a result the NAIT student body, is becoming increasingly multicultural.

With these numbers in mind, I scouted the NAIT campus to ask students and faculty members if they had ever seen or experienced racism on school grounds. The majority of those whom I queried told me they had not.

When I asked a NAIT staff member of six years if he had seen racism on campus he told me he hadn't, and his answer echoed Peters' statement.

"I think people are more educated now. If you asked that question 10 years ago, you might get a different answer," he said, adding "I'm sure racism is still present but it's less apparent."

One student I spoke to suggested that racist remarks have found a new home behind the veil of Internet anonymity. Social media has given everyone a chance to have their voice heard, and indeed many take the chance to speak their mind. Watch a Youtube video depicting a non-caucasian and chances are that when you scroll down the comments section will be ridiculed with racist remarks.

So, although racism has obviously decreased in face-to-face situations, it is far

from disappeared.

A Business student told me about a remark regarding ethnic head wear he had seen written on a bathroom toilet paper dispenser.

"I think people are always going to make judgments; it's a natural part of evaluating your surroundings," he said when I asked about the current state of racial awareness.

So, be it resolved that humans are still noticing the superficial differences between them and their peers, is highlighting these dissimilarities with humour an appropriate method of dismissing them? Are they acceptable as long as the one making the joke is knowledgeable of the ethnicity he is referring to? Or are they keeping alive unnecessary distinctions that need to be forgotten?



**Russell Peters** 

### Nugget brings you weather

### By BRANDON HESS Meteorologist in Training

Hello and welcome! I'm Brandon and I will be your weather forecaster for the *Nugget*. Everybody needs to know what the weather will be like because it is something that impacts us all.

I like keeping people informed and safe during times of severe weather. The weather is such a huge part of the lives of Edmontonians and I know how important it is. I have years of experience in forecasting Edmonton's weather and am well on my way to becoming a broadcast meteorologist. I have been interested in weather since a toddler. I am currently taking the Radio and Television Arts (RTA) program here at NAIT with specialization in television. I plan on furthering my education by studying meteorology through Mississippi State University for three years, which can be taken while on the job. I will also be completing my fourth semester Radio and Television Arts practicum with Chief Meteorologist Josh Classen from CTV Edmonton. This gives me hands-on

industry experience in meteorology. Classen loves the weather, is very dedicated to his job and is very knowledgeable in meteorology. Catch him weekdays on CTV Edmonton 5, 5:30, 6 and late night. Furthermore, I have my own weather website called *Brandon Hess Weather – Real Weather. Human Interpretation!* 

I launched it about four years ago. My forecasts are human built, not automated. There are a lot of forecasts out there such as weather apps that do not have human eyes on them. I will make a difference in this world and that can be done by providing my human built forecasts to the public.

#### **Edmonton Weather**

You would normally not associate both rain and snow together in the summer. We are heading into the middle of September and have already seen our first snow earlier this month (Sept. 8). It did not stick because high temperatures at the surface have stayed above the freezing mark. On the calendar, it is not even fall yet. Do you ever wonder why it can snow when the surface temperature is

above zero? That is because surface temperatures do not determine precipitation type. It is the temperature in the mid-levels of the atmosphere that determines that. Edmonton has already seen the first frost of the season too. On Sept. 11, the Edmonton City Centre reported a morning low of minus two. This was the city's first sub-zero morning low since May 11 when we were minus one (rounded). The autumn season has not yet begun, yet we have already seen snow, frost and rain all in the same week!

Unlike the week of Sept. 7-13, temperatures for the week of September 14-20 will be much warmer. This is a well-earned break from the unseasonably cold temperatures Edmonton saw earlier in the month. The GFS Ensemble computer model is projecting daytime highs in the mid-20s for some days of the week in Sept. 14-20. My forecast has us in mid-20 highs. Enjoy the warmer weather this week, depending on your point of view. The first part of the week will see a lot of sunshine courtesy of an upper ridge in the upper atmosphere. 500 mb model guidance is indicating this

setup over the region.

Everything is on the move in weather and the ridge of high pressure has to shift at some point. When this happens, temperatures will cool down behind the cold front and winds will switch to more of a NW direction.

Meteorology is a very dynamic field and is a particular science that follows a set of rules. We human forecasters use many different computerized weather models to make a forecast. A weather model is raw output of the atmosphere in the future such as cloud cover, precipitation, temperature, wind and pressure. It requires experience, time and effort to put together an accurate forecast using weather models. Warm and cold biases must be considered as well. Forecasting has evolved a lot over the years. One weather model we forecasters use is called the GFS or Global Forecast System. It is run four times a day and also produces what we call an ensemble mean. The ensemble mean evens out single-runs

> Updated: Saturday, Sept. 13, 2014 19:20 MDT

If you think serious injuries only happen to others, have a word with yourself.









### **Liberals court students**

**NEWS & FEATURES** 

**By NICOLAS BROWN** @bruchev

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

It's time to focus on one of the prov-

ince's major political parties; the Alberta Liberal Party. Founded at the same time as the province in 1905, the Alberta Liberals formed the province's first government and were in power from 1905 to 1921 before being ousted by the now defunct United Farmers of Alberta.

Why is this important. you may ask? It illustrates the party's foundational history that is deeply linked to the province itself. Since

1921, the Alberta Liberal Party has formed the Official Opposition in our Legislature several times, including from 1993 to 2012. Although losing this position in the 2012 election, the party has seen increased engagement as parties begin gearing up for

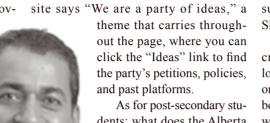
provincial election in 2016.

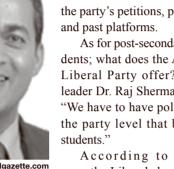
The Liberal party is traditionally described as a centrist to left-leaning party, focusing on social progressiveness, environmental protections and the economy. The slogan on the party web-

> dents; what does the Alberta Liberal Party offer? Party leader Dr. Raj Sherman says, "We have to have policies at the party level that benefit students."

According to Sherman, the Liberals have been focussed on engaging the

vouth vote, with over one-third of the delegates at last year's policy convention in the youth demographic. The party has been encouraging the establishment of student groups on campus as a major part of their outreach as well.





What is the plan for post-secondary under a potential Liberal government?

"Government needs to make a massive injection into education so administrators are given the resources they need without going to students to pay such a large portion of the costs," says

According to party policy, this means creating a capital funding package and long-term operations funding for post-secondary institutions. For students, the policy book reads that this would go hand-in-hand with reducing tuition by a third, eliminating market modifiers, mandatory non-instructional fees and implementing a new grantbased financial aid system.

Does this mean the Alberta Liberal Party is engaged with students, or welcomes the perspective of the youth demographic? Although political parties have not been known to follow through with their promises after elections are over, it might be time for a little ontimism

If you want to find more information about the Alberta Liberal Party, check their website www.albertaliberal.com or

> contact your constituency association. The party is also holding its annual policy convention in Edmonton on Sept. 27 when updates or changes to the party's policies will be made.

Don't forget to check back for the third installment in the series on Alberta's provincial parties. Next week: The Green



Rai Sherman

### **NAIT's ready for trouble**

As the fall semester gets underway, you may have noticed some changes around the campus. While some are obvious, others, such as our new security management, are more difficult to notice.

The new security management is an extension of the University of Alberta's services; this change took place in July of this year. While no policy has been changed yet, students can expect to hear more about what security services are doing for them.

James Elkow, the manager of Protective Services says that one of the changes being discussed is a better preparation of students and staff to emergency situations. In particular, how students can prepare themselves for a lockdown. According to NAIT's website, the purpose of a lockdown is to

keep people from coming into contact with a shooter by finding a secure place to keep cover. A lockdown can also occur, though, in extreme weather conditions, when a severe malfunction of equipment happens or during a building

> power outage. The new security management is looking to prepare students and staff for all

The current lockdown procedures, as detailed on NAIT's website, discuss what to do if there is a shooter in the school. Some of the important points:

- Put distance between yourself and the sound of gunfire.
- Remove yourself from the area. If that is not possible, consider lockdown as an option.
- Find a secure room, stay close to the floor and away from doors and windows. If possible, call 911

NAIT's security website also men-

tions that, although these guidelines are important to keep in mind, it is impossible to predict how a shooting can progress so is very difficult to prepare for. There is no mention of what to do in other types of lockdown situations.

The new security management is working on getting lockdown safety information out to all students, staff and employees. The NAIT website gives a very detailed description of our current lockdown procedures and what to do. Now the focus is going to be on getting that information out to all people in an effective and educational way. There have been no decisions made yet about what the best way to do this is but according to Elkow, management is discussing how to better prepare people in any sort of emergency situation.

Students and staff of NAIT can expect to learn more about how security is helping to ensure their safety and how they can prepare themselves.



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### **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 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 Can we af-Ford Rob?



By QUINTON BERGER @QuintonBerger6

ast week Canada received news marking the unfortunate end of one of the most seemingly farcical political careers of our time. The one and only, Rob Ford has dropped out of the Toronto Mayoral race and will be replaced by his brother Doug. I use the word unfortunately due to the circumstances of Ford dropping out. The diagnosis of a tumor is never a good thing and unlike most things surrounding Rob Ford it's nothing to joke about. While I do sympathize with the guy on that part, I don't think Ford stepping down as Mayor is unfortunate. Toronto has long been in need of a new leader and it's high time they got one. Whether you're a fan of Rob Ford or not, there's no denying the fact that the guy is a total clown. He's become a punchline for every North American talk show host, sets a terrible example as a person in a position of leadership and let's not forget the fact that the guy is shady as hell. All this and more has turned one of Canada's most known cities into a joke. With the phrase "Rob Ford, the crack smoking Mayor of Toronto" being spouted about by American TV personalities left and right we're left to ask is this what we want people to think of when they think Canada? People already think we're goofy as is so thanks Rob Ford. Thanks for helping Canada look even more ridiculous.

### What do people in Canada think?

Never mind what those south of Canada might think, what about what people in this country think? I've heard countless people hail Rob Ford like this entire thing is funny. People see him like he's Chris Farley in Black Sheep. Is this really the kind of example we want being set by public figures? Today's youth is already so out of control and jaded by various indulgences, is the mayor of a city the kind of person we want to seemingly justify this behaviour? It's not like it was just the one crack smoking incident, either. Ford has been seen drunk in public several times, whether he's "stuporing" around the St. Patties Day parade or making offensive statements in Jamaican restaurants, the man is a walking example of behaviour we shouldn't condone. Now, I realize that millions of decent hard working people struggle with substance abuse and it's not like Ford was appearing in Jack Daniels commercials or on the cover of High Times, but Rob Ford isn't just anybody. The man is a public figure! Therefore, it's up to

him to represent the public and set an example for the public. This means that if Ford wants to get smashed, he shouldn't be doing it in public! Since this whole train wreck started I've heard countless people, use the phrase "party like Rob Ford", I've seen t-shirts with the saying and even other Rob Ford merchandise. The man has rolled with punches well, I'll give him that but it's come at what expense? Canadian politics used to just be boring, and now it's a f#@king joke!

### Shady background

Public relations aside, there was also Ford's shady background. Remember that photograph of Rob Ford with those three hood looking dudes? Two of them were later shot to death. I'm not going to jump to conclusions, but normal people don't just get abruptly murdered for no reason! Then there's Ford's other buddy Alexander Lisi, who is also a known criminal. The dude has criminal ties! Whether they just hang out or not or whether it goes deeper is totally up in the air but the pain and simple facts are that Ford hung out with criminals, got mangled with them, smoked crack and then lied about it. This alone is reason to believe the man should've stepped down a year ago.



### By NATE BRYANT

et's start with the big one, he had a really good chance of winning. I mean, he was really close behind! Rob Ford has done and said some questionable things. I mean even before he was so publicly known because of the crack video! He was arrested for a DUI and possession, in 1999 and he went to a Leaf's game drunk in 2006. Which is cool, I don't really see how else you would sit through a Leaf's game as a fan. Then there's some other small crazy stuff and the crack. Despite all of this, he's maintained a fairly small gap in the points! Is it because he was a half decent mayor? Was it because he's the most known person in Toronto right now? Or could it be that every time we look at him we are reminded of a giant, fat, stuffed teddy bear? I'm not delusional, it's probably the second one. People love scandals, especially when no one takes it seriously! Rob Ford USED that! He appeared on Jimmy Kimmel and people loved it! Who doesn't love a scandalous giant overstuffed teddy bear of a mayor! He was just 1 funny slip up away from winning.

### He didn't burn down Toronto

Alright, maybe not the only thing you should base a good mayor on, but it's a start! The reason we were so willing to forgive all the crazy scandals and joke about them is because he wasn't screwing up Toronto. It's not like he was running Toronto in to the ground by not doing his job. As weird as it may sound, he may not have been a bad mayor. He cut his own office budget by 20 per cent, eliminated vehicle registration tax, and even started to expand on the subway. I'm not agreeing with his self-proclamation of being the "best mayor" that Toronto ever had, but he's not the worst. I mean one mayor tortured an opposition candidate. On one hand, you have someone you know didn't destroy your entire city, and another guy where you have no idea what he will do. Rob Ford isn't looking so bad now, now is he?

He's our comedic relief! Rob Ford provided Canada's boring life with comedy and a little edge! It would always be "Uh oh, what did Rob Ford do this time?" Then we would be upset for a little bit but we mostly made jokes. Everyone did it and we were cool with it. Some things he did could be offensive and very idiotic but it was mostly harmless. Who would you rather the United States focus be on, in terms of Canadians? Rob Ford, or Justin

> Bieber? If he was reelected, people would have been so shocked. "What?! Those crazy Canadians!" We could have been the cool kids! Not that smoking crack is cool, but having a zany, famous mayor who still runs the city pretty well was

And since adult actress Nicki Benz didn't get to register, there's almost no chance of us getting someone else who's ridiculous! All in all I wish Rob Ford the best of luck with his health, and that he can continue to be our source of fun! Just without the crack...



Photo by Taylor Braat

### OPINION

- Editorial —

## We eye the bottom line



GABRIELLE HAY-BYERS
Bullshit Detector-in-Chief
@Gee\_H\_Bee

If you've had your eyes open this week, you've noticed the Preventable Injuries campaign going down on campus. I've known this campaign was coming since midsummer when the *Nugget* was approached to provide some free marketing for the campaign.

When I say 'some' I mean we were asked to do a 'wrap' of the paper which is the whole front page, back page and a color center spread. For those that don't know, it does cost money to put out this paper- the 'wrap' requested has a price tag of around \$2000. One of the ways we attempt to offset costs is by selling ad space to companies – the most coveted spaces for those advertisements is the space that the campaign organizers were asking for, for free.

### Not in a position

I, in conjunction with the publication manager here at the *Nugget*, said no. Regrettably, the *Nugget* is not in a position to sacrifice paying advertisements in favour of free publicity for a publicly funded campaign. Especially when what is being asked for is so expensive – we will periodically run important advertisements or public service announcements on a best-effort basis pro-bono, but never in a way that would damage our ability to earn money to help fund our paper. In fact, you'll notice that along that line of thinking, there is a smaller advertisement for the preventable injuries campaign appearing in this issue.

I pride myself on being very concise and clear in most business applications. If I am telling you no, you most certainly will know it despite my 'no' being communicated in a polite and respectful way. So, I am understandably confused when a concise "no" is taken as "please try harder" or "please go around me to my funding organization and try to get them to convince me." Because that is what happened – NAITSA's executives were approached after the organizers had been respectfully told that it would not be happening by me, the person who is hired to manage this paper and its content. Someone saw fit to go to my boss to try to push the decision upon me.

I make decisions about this paper not arbitrarily but with a business mindset that acknowledges the mandate given to us by NAITSA and the fact that this paper is funded by the students. Students will have considerable exposure to this campaign – on the radio and with a littering of advertisements and public service announcements around campus and public transportation. If I can't see a fiscally responsible way to provide an extremely expen-

sive free advertising section in the *Nugget* and instead publish NAIT-specific content that students will likely receive nowhere else, I am not concerned that you will be devoid of the admonishments that echo your mother's, "Look both ways before you cross the street" message from days gone by.

I want you to be safe. But I'm certainly not going to waste your money to remind you. I'm also not going to

hide from you that these are situations that do arise here at the *Nugget* that we aren't afraid to confront. There is no situation that affects students that we are afraid to walk into, not just because it is our right to publish the truth due to freedom of the press or because it is contractually our job but because it's our duty to share the truth with those whom it costs or affects the most – you.



The preventable injury campaign has signs all over campus.

Photo by Tegan Dutton



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

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

Submit letters with your real name and phone number to: <a href="mailto:studenteditor@nait.ca">studenteditor@nait.ca</a>.

# SPORTS Worst jerseys in sports



**CONNOR HOOD Sports Editor** @connorhood27

With the unveiling of the new CFL Signature Jerseys, and the recent trend of other sports franchises releasing third jerseys, I thought it was time to look at some of the jerseys on display in sports right now. There has been some absolutely dreadful attire put on by players, and some fantastic new looks. As most things go, I'm going to start with the bad, and get to the good. So this week, I'm counting down the 10 worst jerseys in sports right now. Stay tuned next week for the 10 best jerseys.

10) Cleveland Browns - Starting of this list of one of the NFL's worst jerseys. Although it may be tough to have a good look with a team named after a colour, but other teams pull it off. The Cincinnati Reds, and the St. Louis Blues are two such teams. When your logo is just an orange helmet, you know you'll be making this list.

9) Any of the CFL Signature Jerseys - The inspiration for this list. Other than the Eskimos, Stampeders, and Lions, the signature jerseys have been a bust. From neon

green, to feathers on shoulder pads, and tartan on helmets, I have to wonder why the CFL thought of bringing these out in the first place.

8) Islanders Third Jersey - The Islanders have never been a team known for their look on the ice. And this newest jersey further proves my point. A mix of dull orange mixed with blue and gray, and block letters on the front, it's a recipe for disaster. Don't expect this team to be off this list any time soon.

7) Brooklyn Nets - With all of the hype around the teams move to Brooklyn, and with all of the celebrity status surrounding the team, you would think they would put out some better threads. They look more like a high school basketball team, than one which often had audiences including Beyoncé and Jay-Z.

6) Carolina Hurricanes – Yes. they have won a Stanley Cup. Yes, teams who win one usually don't change their jerseys. The Hurricanes should be the exception to that rule. Their logo looks more like something being flushed down a toilet, than a category five hurricane.

5) Jacksonville Jaguars - The one thing going in favour of the Jags is their decent logo. The problem is the use of the logo. I don't know what NFL boardroom thought having a helmet that was half gold, and half black made any sense. Couple that with teal jerseys? Well...

4) L.A. KISS - Do I really need to explain myself on this one? It looks like they let a five year old kid design the uniforms, if you can even call it that. A helmet



Centre Steve Ott appears to be stifling a chuckle as he models the Sabres alternate jersey earlier this year. He was subsequently traded to the St. Louis Blues.

that's on fire? Seriously?

3) Tampa Bay Buccaneers – Not only do they have the worst jerseys in football, they have the worst alternate jerseys as

2) Dallas Stars – Finishing the top ten with two NHL teams. First off is Dallas, who decided to rebrand their team for the start of the 2013 season. The colour they choose to represent the only NHL team in Texas? Lime green. It also doesn't help that their new mascot Victor E. Green, is some sort of cross between the Grinch, and some weird alien booger thing.

1) Buffalo Sabres Alternate Jersey – And the worst jersey in sports right now?

The Buffalo Sabres Alternate. Another one I feel is self-explanatory. The Sabres have one of the most iconic logos in hockey, and they decided to pair that with a pee/mustard yellow, a colour that should never find its way to the hockey rink, except for at the snack bar. Add in the fact that the blue back makes it look more like a cape than a uniform and you find yourself at the bottom of this list

That's it for the best of the worst, and remember, I will be looking at the best jerseys in all of sports next week. If you have any suggestions, or jerseys you feel should be in the Top 10, feel free to tweet me @ connorhood27.

### n ranked No. 1 in

By KEVIN MAHER

@kevinmahertv

This past weekend, the Ooks men's and women's soccer teams were in action against Grande Prairie Regional College. The Ooks soccer teams cruised to a fourgame sweep against their northern rivals.

The wins left the men ranked No. 1 in the country and the women were ranked second, behind the Algonquin Thunder.

The women continued their hot start to the season with a spirited and physical 4-0 win last Saturday. Cecile Novel opened the scoring for NAIT and the women added to the lead with a goal from Kelsey Langille. Leading scorer Kayla Michaels scored twice, which sealed the victory for the Ooks.

In the rematch game last Sunday,

the Ooks proved to be too much for the Holt. Despite the 4-0 record to start the

Wolves, as they walked away with a 5-2 victory. NAIT came out of the locker room firing, scoring all five of their goals in the first 26 minutes. This game saw five different Ooks on the scoresheet, with goals from Megan Loyns, Savanna Willis, Kelsey Langille, Kayla Michaels, and Selma Halilic

"We had a decent weekend with two wins, which I suppose at the end of the day is likely the most important thing for us," said head coach Carole



**Carole Holt** 'Lots of work to do'

season, Holt still feels like there is always room for

improvement.

"I think our players realize that we still have lots of work to do, and that as a group we are going to keep each other accountable and on task "

The women's soccer team is already looking ahead to their next opponent, Keyano College, which calls for the team to hit the road to Fort McMurray.

"We are looking forward to our trip to Keyano next weekend to test ourselves on the road," said Holt.

"Sometimes getting away as a group helps us to come together as a team.'

Meanwhile, the men's team showed their dominance with a convincing 6-0 victory over the Wolves on Saturday. The men were led by division leading goal scorer Montgomery Haines, who added three goals. Also scoring for the Ooks were Igi Broda, Bruno Zebie and Tarik Assal.

On Sunday, the men once again kept the Wolves off the scoresheet with a 3-0 win. Haines added to his points total by scoring twice in the game, while Broda scored his second goal in as many days. With the weekend sweep, the men improved their record to 4-0.

### Welcome to the Jungle

### By CONNOR O'DONOVAN

Are you looking for a more multidimensional workout? Is the humdrum drone of your community gym, with its Top-40 hits echoing off monotone rows of worn treadmills beginning to put you to sleep? Are you looking for a fitness experience of the mind as well as of the body? If so, then come with me to Rock Jungle Fitness.

We stroll through the doors to an explosion of sound and a riot of colour. To our left is a cavern of neon rock climbing walls, which jut out at angles one Internet user went so far as to describe as "sexy." Bodymoving beats rain down on our shoulders as we walk along the pillow-like crash pads beneath the myriad of holds and routes looming above us like stars and constellations in the night sky. Stretching nearly 40 feet high and beginning underground, one climbing wall calls for a snug harness

and taunts your endurance. Opposite it is a multi-level bouldering complex forgoing the height of its neighbour for unique routes that challenge your brain and psyche.

Climbing, however, isn't the only way to work out here. We explore the gym further and a forest of fitness euphoria awaits. Along the extensive collection of weight racks, able-bodied individuals heave metal bars set with heavy rubber plates. Around them, some sprint along the 25 metres of open track while others hang from vine-like ropes, gymnastic rings and pull-up bars. This is a diverse athletic ecosystem. Aerobics loving individuals run, bike and row. Glory seekers beat their chests as they flip giant tires that slap the ground with fury. Sweat pours and victories are claimed

It is a fitness environment in motion, but I realize you may now have grown overwhelmed by the eccentricity through which you have travelled. So we leave the menagerie in search of a more soothing place and serenity is just a few steps away in the "Aurora Ballroom." We enter Rock Jungle's yoga studio where composure replaces bravado. The natural light that streams through large floor-to-ceiling windows filters through gently billowing curtains, bounces off turquoise walls and softly illuminates the bamboo floors. Here, yoga practitioners of Hatha, Vinyasa and Acro contort their bodies, release tension and build new strengths. Flexibility permeates stiff bodies and deep breaths push limbs to uncharted territories.

Finally, your fitness journey has come full circle. Your arms and legs grew stiff and sore and were relaxed and made ready for new adventures and greater heights. Your black and white workout went Technicolour! Your exercise paradigms shifted



rockjunglefitness.con

A vustomer tries out one of the climbing walls at Rock Jungle

like tectonic plates!

This is Rock Jungle Fitness, my friend, welcome.

10247 184 St. http://www.rockjunglefitness.com/

**MEN'S VOLLEYBALL** 

### Ooks expect improvement

### By JOSH RYAN

A few years ago, the NAIT Ooks men's volleyball team ended their season in heart-break. Injuries and inconsistency saw the team miss the playoffs by a single win. Since then the team has steadily improved, qualifying for the conference championship last season and are poised to make the jump to contender this year in the revamped North Division. Fans got to see the squad in their first exhibition match this past Friday as they took down the defending CCAA silver medallist Briercrest Clippers in four sets.

"It was a good first outing for us," said head coach Doug Anton. "We showed our physicality and that we won't be pushed around."

That physicality allowed the Ooks to overpower Briercrest throughout the contest, even without 2014 All-Conference

outside Jordan Teliske in the lineup.

Size will matter for this squad, both in the make-up of individual athletes and the number of quality players in their lineup.

"This year we are a good 10 to 11 players deep that are able to step up," said Anton.

"The real challenge will be how we manage changes in the lineup night to night. If we can, it will be a real asset."

Not only is the new depth important to the coaching staff, it also matters to the players themselves.

"This is the most depth we have had in my time here," said fifth-year middle blocker Anton Borodyuk. "If we have guys with injuries or illness, we have options."

Borodyuk is the lone fifth-year on this NAIT squad, but far from the only veteran. Returning players include fourth years Bryce Cardinal, Sean Renaud, and Ethan Redman as well as third year Teliske, all of whom played major roles last season. A pair of fourth year transfers also join the Ooks this season in former Medicine Hat setter/right-side Thomas Dehod and Lakeland outside hitter Justin Knight. This pool of experience should help the squad in crucial situations and give a solid foundation for the few youngsters in the lineup. One of these youngsters, Trent Mounter, hails from down under at the Australian Institute of Sport in Canberra, Australia.

With such potential in the roster, expectations are unavoidably high. According to the coaching staff, the plan is to finish amongst the top in the conference. "At NAIT we are always preparing to win provincial and national titles," said Anton. "That doesn't necessarily mean that's what's going to happen every year, but that is the preparation we are trying

to implement. We definitely want to be a factor in the North." Before winning in the North, however, there is much work to be done.

"This group does not yet have a tradition of winning and we will have to establish that early on to continue that development. If we do that we will have the capacity to beat anybody."

The team will continue their exhibition season which includes participating in the University of Alberta Golden Bears invitational tournament at the Saville Community Sports Centre here in Edmonton. This tournament will feature ACAC rivals along with Canada West universities, providing the Ooks with plenty of quality competition. The season opener will take place on October 23, as both NAIT volleyball squads will host the Concordia Thunder.

### **Jobs in Athletics**

NAIT Athletics is currently hiring in the following positions for the upcoming athletics season. All positions pay \$16.99/hour.

#### **Game Day Minor Officials**

All sports (hockey, basketball, volleyball)

#### **Ticket Takers**

You are the "face of athletics" – because the public deals with you first, you have a very important job. You collect tickets, set up displays, handle all promotions/draw boxes, fill out summary sheets for attendance and perform any other duties as required.

(Basketball/Volleyball/Hockey)

#### Stat Keeping (DakStats)

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. (Basketball)

#### **Goal Judge**

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 they are working. (Hockey)

### Camera and Webcast

The camera operator and webcaster is responsible for filming and webcasting every home game. Games will be webcast across Canada for viewers to see. Setup and take-down of equipment will be required. (Basketball/ Hockey)

#### **Extras**

Staff members who will be on call for all positions, should there be an

absence. They will be contacted to fill the position.

- All staff are required to be at work 45 minutes prior to game time. Upon arrival, staff will set up their particular area and perform all tasks in preparation for the start of the game. Staff are expected to be present during the entire game (two to three hours)
- At shift end, staff will clean up their area and complete all work before leaving.

Send your resumes to Sam at snahrgang@nait.ca or drop them off in Room E-134.

#### **SEASON PREVIEW**

### Great Ooks' year foreseen

#### By BRIDGETTE TSANG @BridgetteTsang

The NAIT Ooks are about to embark on yet another exhilarating season. After celebrating the big 5-0 just last season, the Ooks are hoping to continue their streak of excellence into the next 50 years and it all starts again this year.

Each team (with the exception of badminton and curling yet to be chosen) have held tryouts and training sessions to scout up-andcoming future Ooks. With many successful and quintessential recruits over the summer for many of the teams, there were only a few positions left on the rosters.

Take the men's basketball team for example. With four returning players and 11 outstanding recruits during the off season, head coach Mike Con-

nolly is looking for more than just talent to fill his remaining roster spots.

Well, we have a limited amount of spots because recruiting was very good this off season," says Connolly. "So we have some very good quality players that are coming that have experience. We're looking for the right fit; someone that's going to be a good team guy coming in to play, grow and develop" he said.

"And we only have limited numbers, so we have to really find that special person. It's not necessarily just about talent at that level, it's about their character: what kind of person they are and how they are going to be able to fit in with our team."

Returning wing Adrian Curtis is not only excited about the thrill of having such

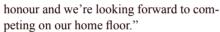
mer teammates

"I'm really looking forward to playing Lakeland [Rustlers]. That's my old school, so I can't wait to play those guys," says Curtis. "I'm also really looking forward to getting to nationals this year and hopefully

getting a title as well."

Over the summer, the women's basketball team was thrilled by the news that they would play host to the 2014 ACAC Women's Basketball Championships. Head coach Todd Warnick knows iust how important and motivating this will be for his team.

"It means a tremendous amount," says Warnick, "it's the first time in the history of NAIT Athletics that women's basketball has hosted this championship, so we're really excited to have that



Mike Connolly

'Quality players'

The NAIT Gym is also home to both women and men's volleyball teams as well, and after both teams suffered disappointing seasons last year, they are hoping to turn a page for the better and, as a result, recruited heavily during the offseason and tryouts.

'We have eight returning players but we've also brought in other players from other colleges as well," says men's volleyball head coach, Doug Anton.

"Experience-wise, we've probably got about 10 players that have played in the ACAC or the CIS. I think it is a huge benefit. We're an experienced team at this stage. A majority of our players are third or fourth year players, so that really

helps."

The women's volleyball team is also looking to be a very experienced squad as well. Four key recruits over the off season were all a part of the silvermedal University of Alberta Pandas this past spring. Bringing their experience with the rest of the team is definitely something head coach Benj Heinrichs is looking forward to.

"The fact that they are local players

a new team but also playing against for- and have already played together during the club season for the Pandas, one of the most respected clubs in Canada, is going to be huge for us," says Heinrichs. "They will immediately have an impact and help us build the culture and work ethic required to be one of the elite programs in the ACAC."

> Both men and women's hockey teams are itching to reclaim ACAC glory once again. After back-toback gold medals for the women's hockey team and a silver medal finish for the men's team, this season will further prove how strong the Ooks hockey program is.

> The women's team will see more than half the championship team return this season, including fifth-year goaltender Jill Diachuk, as this will also be her last season with the Ooks.

"It's my fifth year of eligibility and it's coming to a close," says Diachuk, "I'm just not thinking about it and just try to stay in the moment and enjoy as much

of it as possible that I can before I have to move on and leave hockey behind and start a different chapter in my life."

The team opened up their exhibition season with a non-conference game against the University of Alberta Pandas, winning i 2-1 in a shootout. The puck officially drops Oct. 24 in a home opener

against bitter rivals, the SAIT Trojans.

The men's team is also looking to improve upon last season's silver medal. After finishing the season with unheard of numbers, goaltender Kyle Birch is back again this season. Last season, Birch held the most shutouts in the regular season with 10 and the most consecutive shutouts with four. He also established a new league record with 0.65 goals against average.

The team's recruit-

ment process began in early April and had been ongoing throughout the offseason with a total of seven, many of whom are from the AJHL.



Jill Diachuk Last year

### **Athletes of the week** September 8-14

### **Monty Haines** Soccer



Monty was instrumental in leading his NAIT Ooks men's soccer team to two home victories over the GPRC Wolves. In Saturday's 6-0 win, Monty netted three goals and then added another two in Sunday's 3-0 win to make him the top scorer in the country with nine goals in four games. With the two wins, the Ooks also earned the No. 1 ranking in the nation. "Monty has battled injuries the last couple of years and is looking to regain his form," said head coach Charles O'Toole. "This past weekend shows he may be back on track." Monty is a fourth year Emergency Management student from Beaumont.

### **Cailyn Newmann** Soccer



Cailyn helped lead her team to a home sweep of the GPRC Wolves this past weekend. She was selected Player of the Game in Saturday's 4-0 victory and was once again a force in Sunday's 5-2 win, both games at NAIT Field. "We are so happy that Cailyn has come back to our program this year," said head coach Carole Holt. "She has good pace, is good in the air, excellent in one on one situations and is prepared to compete in physical games. Her teammates and coaches know they can depend on her to come through." Cailyn is a fourth year Business student from Sherwood Park.

### **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

### Athlete Profile



Player: Kelsey Mitchell
Sport: Soccer
Position: Forward
Program: Instrumentation
Engineering

### By JENNA HAMILTON

1) What inspired you to play soccer?

My parents got me into soccer at a young age and I have just stuck with it ever since.

2) Do you have any pre-game rituals? If so, what are they?

I usually just throw on my "pregame" playlist to get pumped up for a game.

3) Who inspires you the most?

Probably my parents.

Always pushing me to do my best.

4) How long have you been playing soccer?

I have been playing since I was four, so about 16 years.

5) Greatest impact someone/something had on your career?

The move from Fort McMurray to Sherwood Park when I was 14. It opened a lot of doors for me in sports.

6) What are three things you absolutely can't live without?

Family, sports and food.

7) If you weren't playing soccer, what sport would you play?

Basketball.

8) Best advice you've ever received?

"Don't sweat the

mall stuff."

9) If you could change one rule about your sport, what would it be?

If you get a handball call in the box, it should not be a penalty kick.

**10) What is your favourite movie?** *Remember the Titans.* 

### Athlete Profile



Player: Sam Waterfield
Sport: Hockey
Position: Defence
Program: Personal Fitness
Training

#### By JENNA HAMILTON

1. What inspired you to play hockey?

My dad got me into hockey at a young age and I continued playing from there.

2. Do you have any pre-game rituals? If so, what are they?

I try to stay pretty relaxed before games, I always play sewer ball with the boys and tape my stick at the same time before every game.

3. Who inspires you the most?

My favourite player is Drew Doughty, so I look up to the way he plays and try to model my game after him.

4. What are three things you absolutely can't live without?

Hockey, phone and my hats.

5. How long have you been playing hockey?

I've been playing organized hockey for 17 years.

### 6. Greatest impact someone/something has made on your career?

My parents have done a lot for me over my career, also my high school teacher and coach helped shape my game into what it is now.

7. If you weren't playing hockey what sport would you play?

If I wasn't playing hockey I'd probably be playing soccer.

8. Best advice you've ever received?

Last year our coaching staff had a lot of good advice for me about my game on and off the ice, which helped me develop into the player I was at the end of the season.

9. If you could change one rule about your sport, what would it be?

Not having to wear ear protection so my flow could look better in helmets.

**10. What is your favourite movie?** *Wedding Crashers.* 



### **ENTERTAINMENT**

### Simpsons meet Family Guy



QUINTON BERGER Entertainment Editor @QuintonBerger6

So in case you haven't heard, Sept. 28 marks a pretty large event for fans of FOX and Global's Sunday night animation lineup. In about a week's time, the world will be witness to an event of epic proportions; *The Simpson/Family Guy* crossover. The 44-minute episode showcases the Griffins stumbling into Springfield after a car accident and from there out, hilarity ensues. A couple months ago, the official trailer was released to the joy of fans everywhere. The trailer features Stewie hanging out with Bart and taking one of his prank calls to Moe's

a bit too far, along with Peter and Homer humour. In the prank becoming friends then getting into a *Family* phone call scene, *Guy* style brawl throughout the town. Bart calls Moe's tav-

All in all, this episode looks like it's got some potential to it. Any fan of either of the shows will tell you that in the past few years both shows have become rather lacklustre. With The Simpsons, it's no surprise, the shows been on for over 25 years, so you can't expect it to still be gold. They've already done everything, so no one's blaming the writers of a show that has over 500 episodes. Even Family Guy has begun grasping at straws to maintain audience attention. Wasn't it just last year when Brian Griffin died in rather sad episode, only to be alive again the very next week? With all that being said, the crossover episode looks like it'll contain the best elements of both worlds. According to Entertainment Weekly, this episode has been in the works for two years, so I'm sure by now they've narrowed it down to the gold.

One qualm lots of fans have been voicing is the idea of *The Simpsons* being sort of corrupted by *Family Guy*'s sense of

humour. In the prank phone call scene, Bart calls Moe's taverns and asks him if a "Lee Keybum" is there and Stewie in turn makes a prank phone call where he tells Moe, "your sister's being raped."

I mean, that dialogue is rather harsh

from *The Simpsons* but then again when was the last time Meg and Chris watched cartoon characters decapitate one another and laugh about it? I'd say it's tit for tat. The first time I saw the trailer, I didn't find the joke that funny. For the past few years both shows have been relying heavily on shock value instead of legitimately being funny. But after watching it a few times and thinking about the contrast between Bart and Stewie's characters, the joke becomes kind of funny.

Last week, FOX released several photos previewing the episode. There, snapshots of Brian interacting with the Simpsons'



www.darkhorizons.com

Peter and Homer have a conversation.

dog, Santa's Little Helper, with a rather dull expression on his face; Chris sitting beside Maggie, sucking on a pacifier, along with Homer and Peter in a variety of hopefully funny scenarios. As of late, the majority of animated shows have sort of been on life support. The only show that maintained a steady supply of good new episodes was *Futurama*, which was unfortunately cancelled again. *Futurama* will also be teaming up with the *Simpsons* in November but that's another article. I look forward to watching the two families joining forces but I'll be doing so with lowered expectations.



FOR YOUR LISTENING PLEASURE ...

### **\$3.99 mixtape**



By BRETT BOHL

So you wanna party ... and you're just not sure what songs you're going play.

You know every party has good music but you don't want to have a "good party," "You want to have the perfect party!" Well, rest assured; I've got you covered! This playlist is quaranteed to get your guests straight onto the dance floor!

It's been tested and, I must warn you, these tracks may cause your dance floor to spontaneously combust into a fireworks blast of uncorrupted joy and body-moving ecstasy!

Your goal is to please the majority of people. Most important is making the

playlist a mixture of different genres. Different genres demand different audiences. What is one person's favourite song may be another's least favourite song. Mix it up and try to find songs you think will appeal to nearly everyone. I have designed an all-purpose selection; consisting of some of the best and new current hits, mixed with a couple of classics.

The classics are at the start of my playlist. I did this because most people will be familiar with these songs. They consist of lyrics which are widely

Music that people know the words to is a great way to get any party going! Not only will get the crowd moving but it will get the listeners in a great mood to have some fun.

The criteria for the songs that were selected were simple. As soon as the intro of the song can be heard, the song must immediately cause people to come rushing to the dance floor. The jams listed are certain to rescue any

A great party song must have three key elements.

1.) It must be dance worthy!

2.) Has to be extremely energetic. The song must lift a person's energy

**ENTERTAINMENT** 

3.) If the song has lyrics in it, it is required to be satisfying to sing aloud with friends.

But, what makes a great song playlist? Song playlist essentials are a mixture of many different fundamentals. Switching genres is a tool that can be used to subconsciously change a room's energy level.

For example: If a person is playing a dub-step track and then they switch to RnB track: the room's energy level will typically drop, thus giving the listeners a break to rest. I'm not saying that the song switch should cause anvone there to stop dancing! But its purpose should be to allow the people on the dance floor to rest or to dance a bit slower. This will give you time to figure out which songs and genres to play next and how long to play each song.

Next you decide if you want to play another slow tune or if you want to play something a bit faster. Maybe you will decide it's time for the party to switch genres again:

Typically speaking, every crowd and



every party will be different! Learning to read the crowd is another skill that will come in time, too. But I recommend staying within the same genre for two or more songs at a time, depending how long the party is and the average age of the group.

With these tips you can start building your own "Perfect Party Playlist!" right now!

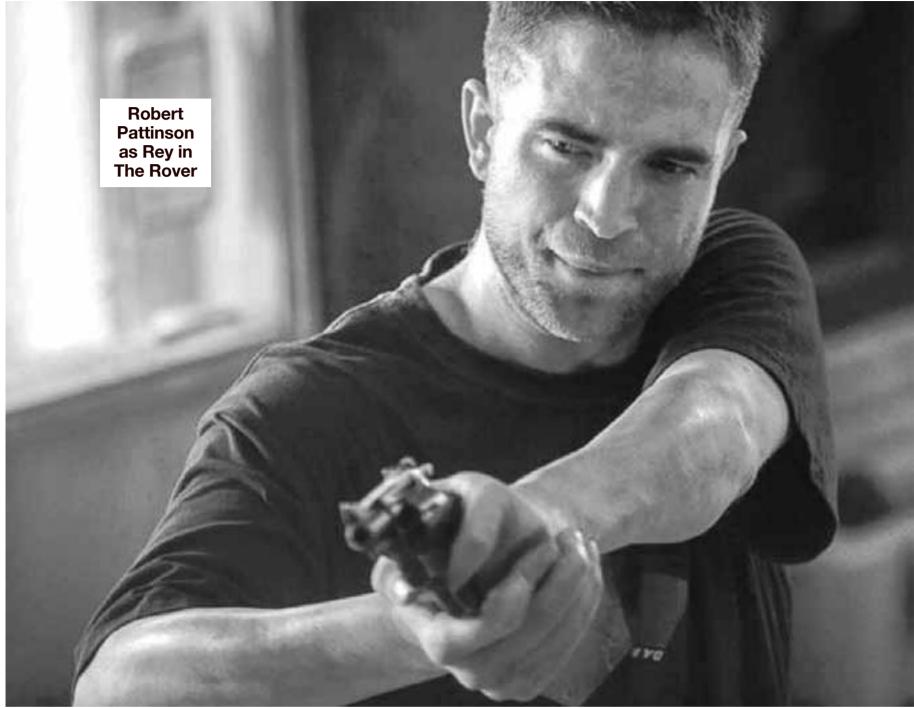
- 1.) This Is How We Do It - Montell Jordan
- 2.) Butterfly Crazy Town
- 3.) Beat It Michael Jackson (Chris Kaeser Memorial Mashup)
- 4.) Roll One For The DJ Fatt
- 5.) We Back Jochen Miller and Dmitry KO (Original Mix)
- 6.) Sundown Chris Lake (Chris Lake Remix)
- 7.) Maxima Hardwell & R3hab (Original Mix)
- 8.) Faith Blasterjaxx (Onderkoffer Trap Remix)
- 9.) Pillz Flosstradamus & Yellow Claw ft. Green Velvet
- 10.) 2AM Adrian Marcel ft. Sage the Gemini & Problem (#YoungCalifornia Remix)





### **MOVIES - THE KURT LOCKER**





mountainx.com

### First-rate performances

**BV KURT FABISCH** 

"You should never stop thinking about a life you've taken. That's the price you pay for taking it."

The Rover sort of falls into the subgenre of the "post apocalypse" like The Road Warrior or something like The Walking Dead, where we're in a new age of civilization.

The film opens with text saying that it's set 10 years after "The Collapse." We never learn what that means, what this collapse was, exactly. Was it a war, an economic depression, a plague? We never find out.

The film starts with Guy Pearce's character, Eric, drinking in a shack in the middle of the Australian outback.

Meanwhile, three guys in a car that have just left some kind of shootout are arguing about someone they left behind who might still be alive. Their argument

ends up causing the driver to veer off the road and send the car tumbling down towards this shack. They get out and hot wire Eric's car and drive off. Eric manages to get the thieves' car working again and chases them.

Whatever's in that car, Eric's willing to die for it.

He eventually loses track of the thieves, but bumps into the guy they left behind, Rey, one of the thieves' brother. The brother is played by Robert Pattinson ... Mr. Sparkly Vampire himself.

Eric takes Rey hostage to track down the stolen car. Then it becomes something of a chase film.

This simple enough plot of a chase through a wild frontier is very similar to a Western in many ways.

Just need to replace the cars with horses, really.

Eric is very much like a Clint Eastwood western character - The Man with No Name style wanderer who has no problem killing anyone in his way. There's one early moment of violence that's a nice shock.

In maybe the best scene in the film we learn of Eric's life before "The Collapse" and how crisis sort of saved him from paying for some of the things he's done and how much that haunts him.

Guy Pearce is his usual best in this movie. He's one of those actors where it's hard to think of one movie where he was less than great.

The real surprise is Robert Pattinson. I have not seen one minute of Twilight, so I don't have the low opinion of him most people might have. He's terrific in this movie. He has a great character to play and Pattinson plays him very well. Rey is something of an enigma, dimwitted one minute,

then conversing with someone in Mandarin and skillfully killing people the next.

So maybe it's just that Twilight wasn't the best way to prove his acting skills, because he's great in The Rover.

This film's take on the post-apocalypse is my favourite aspect of it. Little by little we're shown glimpses and told tidbits of what the rest of the world might be like outside of this outback and I found it

The movie's a little slow for my liking, but the final half really kicks into gear. There's a climactic faceoff that made the hairs stand up on the back of my neck, as well as some tense shootouts throughout.

The performances of Pearce and Pattinson are first-rate, making The Rover a solid neo-Western



### WHAT'S GOING ON AROUND CAMPUS

### **WEEKLY CLUB MEETINGS**

WHAT WHEN WHERE

IntoNAlTion Toastmaters Every Monday from Sept. 15, 2014 - April 20, 2015 Room H-003

### **CAMPUS CLUBS NEWS**

ATTEND ANY OF THE BELOW ORGSYNC TRAINING SESSIONS!

WHAT	WHEN	WHERE						
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							
	10:15am — 11:15am	Room T-512						
	11:15am – 12:15pm	Room T-512						
	12:15pm — 1:15pm	Room T-512						
	1:15pm — 2:15pm	Room T-512						
	4:15pm — 5:15pm	Room J-210						
	5:15pm — 6:15pm	Room J-210						
	6:15pm – 7:15pm	Room J-210						
Clubs Training Retreat	September 27-28, 2014							

THIS IS AN OVERNIGHT TRIP. Important to register your Club for training by September 18, 2014.

This means \$\$\$ for Clubs! There will be workshops, guest speakers, team building and fun, fun!

Come out & meet other Club leaders!

PLEASE RSVP BY SEPTEMBER 18, 2014 ON ORGSYNC



### FASHIONISTA OF THE WEEKSTA



Photo by Ciaran Boyle

### Ben Garcia **Photographic Technology**

Ben describes his style as eclectic. His glasses are from the Observatory on Whyte and his favourite place to shop is Top Man. He has a lot of shoes and says he doesn't plan his outfits, he just puts them together on the spot.

### **Last blast** before winter

By TANIA BOYKO

With the Pumpkin Spice Lattes flowing steadily through our veins and the recent unexpected return of what appears to be Edmonton's frozen curse, it's all right to feel a little confused.

Winter, the impatient and everlasting reality, can take a chill pill. Fall fashion needs its time in the limelight before fashion drops to functionality over fashion; where anything and everything builds a stronger armour shielding you from the cold. Michelin Man puffy jackets, I'm talking to you.

### Edmonton 'predictable'

Walking the streets of Edmonton, it appears that women's fashion has become somewhat predictable. There are the typical athletic outfits worn every season, the hoody and jeans kind of gal, the combat ready and the pastel lovers. While some of my fashion choices fall into some of those categories, Edmonton fashionistas need to mix it up and quick, before we blink and fall is over.

Plaid shirts, baggy sweaters, combat jackets, tights, boots and scarves all in varying shades of neutral fall shades. Oh wait, we can't forget about those fun buns lodged at the back of everyone's head to top off the look. Have that ensemble in multiple colours and you are all set for this fall.

Men's street fashion, on the other hand, has been evolving and more are taking those extra five minutes to create ensembles. Of course the overwhelming majority stick with jeans and a T-shirt but layering makes a bold statement.

Layering a zip-up hoody and leather jacket over a ragged shirt with form-fitting pants, a toque and a pair of boots seem to be catching on quicker than college students to free food. On the cooler days grey and black pea coats paired with thick scarves and a quaff hairstyle are a great way to go. Colourwise, there have been no monumental breakthroughs. Those dark earth tones aren't going to be swapped for pastels anytime soon.

While the Value Village trend is nothing new, it's becoming tough for men to discover good finds. Why you might ask? More and more women are raiding the men's sections for trendy T-shirts to cut up, plaid shirts to tie around their waists, baggy shorts to allow for those weekly 'turkey dinners', and hats that make them feel like a "G."

The secret is out and women are flocking to the racks, which boast baggy confortable clothing and there's nothing to be done about it. Oh wait, I guess you could try raiding the women's clothing racks. Double standards suck but not all men are afraid to challenge the status quo. Take, for example, the man rocking the purple infinity scarf on stage at Apple's new release of the iPhone 6. Following their debut, both he and the scarf have Twitter handles, which undoubtedly must give him a sense of validation in his style.

This past weekend, New York Fashion Week Spring 2015 came to a close following the showing of designer's collections. Some fashion trends seen were the resurgence of the budget friendly white button up shirts, no make-up courtesy of Marc Jacobs, high slits on dresses and skirts and, for men, an increase in both hair height and volume. If that's the case, personally I'd rather slip into a banana costume and offer free buzz haircuts to men, using those white button up shirts as dressing capes, all while wearing a nude face. In this case, Green Day got it wrong, it's more like 'Wake me up when this insufferable spring ends." Well, that's just me.

### Value Village, Simons

All in all, if you're looking to hook up your fall wardrobe with the essentials, you can never go wrong with Value Village and Simons. The combo can fill a closet for any budget. Be it hip animal prints or metallic tights that look like they were made from melting retired Golden Snitches, it will be there. Now, let us pray that male UGGS are a thing of the past and I think we'll all survive fall in the best fashion.



Plaid shirts, combat jackets are hot this year, as are tights, boots and scarves.

### Ready to party like a pirate?

By DYLAN WOLFINGER

@thewolfinger Instagram Thewolfinger

Pirate party eh? Or should I say party arrrrr! That's right, the NAIT Students' Association annual pirate party is back on Friday Sept. 26! Every year this beauty of a campus puts on a mixer that leaves you walking home with a pirate swagger and slurring like a captain of the high seas. Oh, did I mention it's on a boat? Yeah that's right, the Edmonton Queen Riverboat! This boat has some real history too, some NAIT history ...

A long time ago there was a pirate named Captain Robert Ook or, Bill Ook, as the kids were calling him. He towered as a pirate standing almost six-foot-five, with a long red beard and eyes as black as the depths of the Lake Huron. One of the things that made Bill stand out among the mighty river of Saskatchewan is that he had an owl instead of the typical parrot. To this day no one knows how and why the owl came to Bill or why a parrot would be in Northern

Alberta but no one is asking questions and that's part of the myth and lore that surrounds Bill Ook. The Edmonton Queen Riverboat was Bill's boat, that was his pride and joy. He sailed around the Rivers like a boss, snapping necks and cashing cheques.

One day Bill was sailing down the North Saskatchewan when he crossed one of Canada's most notorious pirates, One-Eye Pete. They had feuded before but this time was different, this time it was about revenge. One-Eye wanted to take Bill Ook's boat because he had thought that Bill drank his rum and Dr. Pepper. A war broke out between the two. It lasted years and there were countless casualties on both sides. With both leaders in a deadlock and their swords engaged in a fatal dance, Bill Ook shouted to One-Eye, "Why don't we both have rum and Dropper?"

They both jumped back and lowered their weapons

"Rum for all?" slurred One-Eye. "Yarrrrrr," replied Bill, "YarrrHarrr." The boats both stopped in Edmonton, everybody came aboard the Queen riverboat and the party was underway. They partied for days, weeks even and, with a steady diet of liquor and

poor life choices they created a legendary pirate party.

To this day the party is still going on. The Queen riverboat still lies on the North Saskatchewan and once a year we get to dress up, go aboard that boat to pay respects to Captain Bill Ook by drinking, singing and dancing the pirate way, with not a care in the world. Tickets to the party can be purchased at www.naitsa.ca



File photo

NAITSA's Pirate Party in 2011.



### THE NUGGET PRESENTS:

### HOROSCOPES



#### **MADAME O**

### September 18-24

(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)

Mercury rules your zodiac, making you versatile in talent and a good judge of character. Out of all the zodiac signs, Virgos tend to be the greatest friends. Your honesty and understanding make you a great source for advice. This week you will have incredible luck and will make travel plans. You will use your communication skills and accomplish everything you set out to do.

### Libra (Sept. 23-Oct. 22)

As the seventh sign of the zodiac, you are ruled by Venus. Venus is the planet of love and creativity, which makes you charming and committed in relationships. You are artistic, with a strong sense of justice. The fall equinox will be a time of balance for you. This week you will find the perfect medium between your work life and social life. Don't let your indeciimportant tasks. Make a plan and stick with it.

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

Pluto is your ruling dwarf planet. It makes you a forceful person who can easily become withdrawn. Success is inevitable when you channel your energy in the right direction. This week will be one of stability for you, both financially and emotionally.

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

You are ruled by Jupiter, the planet of luck and opportunity. You love your freedom and the challenges in life. Sometimes you manipulate others to get your way because you are always in pursuit of something better. This week will be full of activity for you. Good thing you love keeping busy.

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

Saturn rules your zodiac, making you formal and content with change. Although you have a never-give-up personality, your selfimposed restrictions can hold you back. This week will be one of creativity and will open you up to more possibilities.

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

You are ruled by Uranus, the planet of change and rebellion. You are a risk-taker, a leader and fiercely independent. This week someone close to you will betray you. Don't be afraid to distance yourself from this individual. Take time to focus on yourself and let it go. Revenge will only make things worse.

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

You are ruled by Neptune, the planet of imagination and inspira-

### STUDENT LEADERSHIP AWARD OF DISTINCTION PROGRAM LEADS THE WAY ..

Do you want to become an inspiring, committed, self-confident, positive and self-reliant leader? Do you want to enhance your resume so that employers will identify you as a leader who will make a difference? This is an extra-curricular personal development and leadership-in-action program open to all students enrolled at NAIT. You must apply to become a member of this program. Don't wait, check this out online at www.nait.ca/ lead and if you are interested, then complete the application form (print from the website or pick up in the Student Engagement Office O-117, located in the South Lobby).

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.

sive tendencies get in the way of tion. You often underestimate yourself but give unconditional support to others. People are drawn to your sense of humour and creative energy. At times your efforts go unappreciated, but that doesn't stop your generosity. This week will be one of leisure. Enjoy your time

### Aries (March 21-April 19)

As an Aries, you are ruled by the planet Mars. This influences you to be aggressive, arrogant and competitive. Stress has become a natural part of your life and this week will be no exception. Don't let your hunger for success prevent you from taking time to relax or you will burn out.

### Taurus (April 20-May 20)

Venus rules your zodiac, making you very attractive. You value order, security and self-assurance. Sometimes you find it difficult to take risks but change makes you a stronger person. You will have a stellar week and discover a new talent

#### Gemini (May 21-June 21)

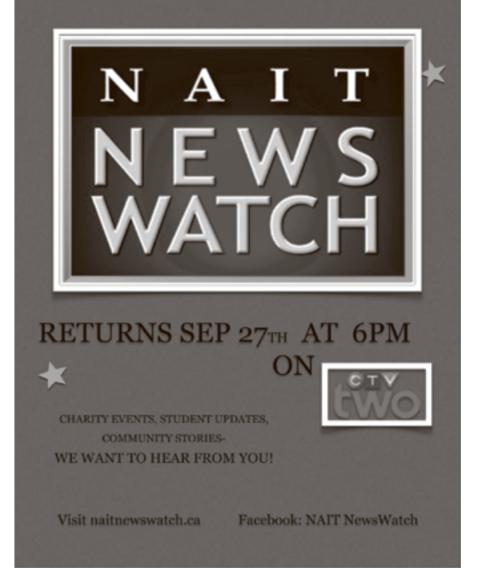
You're ruled by Mercury, the planet of communication and reasoning. You can talk your way out of almost any situation and are a jackof-all-trades. Your superficial tendencies and need for constant excitement will land you in big trouble this

### Cancer (June 22-July 22)

The Moon rules your zodiac and influences you to be spontaneous. You are a genuine, caring person with family-oriented values. This week many of your friends will depend on you for advice and things will pick up at work. Try not to feel overwhelmed.

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

You are the only zodiac ruled by a star. The Sun makes you a vibrant person with lots of energy. You have no shortage of friends but tend to shower your affections on the wrong people. This week you may find yourself in the middle of petty drama but don't let it drag you down. Some friends just aren't worth having.



#OOKTECH

### **Wo must-haves for 2015**

**ENTERTAINMENT** 

**By CORY SELLAR** 

Must-have apps:

### **TRANSIT 360**

- Available on iOS
- Never have to arrive at a bus stop late or early
- Never have to worry about texting BusLink
- Locate stops and routes.
- Get the full schedule of each route.
- View routes on a map.
- Favourite a stop, route or search.
- Schedule alerts for yourself

#### WATCH OUT

"Bigger than bigger" and better in every way; not one, but two new iPhones were announced at Apple's September 2014 Special Event. Meet iPhone 6 and iPhone 6 Plus. What's the difference between them, you ask? First off, the 6 is somewhat bigger than the 5s, and the 6 Plus is significantly bigger than the 6. These two new iPhones are the biggest Apple has ever built. Second, all of the professional and amateur photographers at this point are curious about one thing! How good is the camera? To be fair, the camera has improved

detection and exposure, reduction in hand shakiness and motion blur and higher quality panoramic photos. So you're thinking, we're all going to have HD quality selfies now! Perhaps filters won't be used as much now?

As a student who is planning to enter the

Radio and Television program (specializing in TV) I am very passionate about video. The video camera has improved with a few rich features - timelapse videos, sharp and continuous autofocus, keeping your shots steady, and an impressive slo-mo feature. In short, it's not out of the question that the

iPhone 6 will be a useful tool for videographers and filmmakers. Both iPhones come in space grey, silver and, my personal favourite, gold. There's also a new storage option to choose as well. Check out: apple.com/ca/iPhone-6. And please keep an open mind if you have those other phones.

chapter in Apple's story. Cook goes on to say that Apple Watch is the most personal device they have ever created. With a variety of faces to customize with, there's an intimate way to connect and communicate. It's also a health and fitness companion. For regular usage you

> simply rotate the dial like any ordinary wristwatch. The watch activates the display when you raise your wrist. To reply quickly to messages, there's smart replies and dictation. Get someone's attention with a single tap, or send a quick sketch and even send something as personal as your own





likely, the new U2 album, Songs of Innocence, is there. Whether it's a deep evil like malware on Android or the best Christmas gift ever, cheer up! It's free. It's also showing the power and speed of technology in the 21st Century. One album sent to over 500 million people with an iTunes account in a matter of seconds! To be clear, the album isn't actually taking up space on your iPhone, iPad or computer. It's in iCloud and once you tap on the iCloud icon vou have downloaded the album onto your device. It appears to stay free until Oct. 13. I'm sure we can all survive with this U2 album and be thankful it wasn't a Bieber album. As a college student I appreciate the term free. Don't

### for both right and left-handed users. Check out "We have one more thing ..." - Apple CEO Tim Cook says that iconic Lastly, if you haven't already noticed on significantly – faster autofocus, improved face phrase as he introduced Apple Watch, the next your iPhone, tap on your Music app. Most

### Life is all about balance

### By KRISTA PIERCE **NAIT Student Counselling**

Do you ever feel like a juggler with too many items in the air, just waiting for them to come crashing down on you? With the busyness of life, family, classes, assignments, studying and, for some, a part time job, you may start to feel like you're on a merry-go-round spinning out of control. According to the Canadian Mental Health Association, 58 per cent of Canadians report "overload" associated with their many roles – work, home and family. friends, physical health, volunteer and community service.

It can be hard to balance life and work while a college student. You may feel buried under a pile of assignments, trying to find time to study, while family and a part-time job drain your last bit of energy. It is, however, possible to find a healthy balance! Read on for some ways you can balance your juggling act.

#### Personal Care

Research shows that a lack of sleep could lead you to feel more stressed out, resulting in decreased academic performance and a higher chance of suffering from depression and anxiety. Getting at least seven to eight hours of sleep at night as frequently as possible is recommended. Three meals a day and some healthy snacks are also essential. It can help to carry trail mix, granola bars and dried fruit in your backpack. Exercise keeps your body fit and a fresh supply of oxygen going to your brain, even if it's just briskly walking a longer route to class or running on the treadmill

while studying your flash cards – it all helps.

### **Course Load**

You may be tempted to sign up for a large course load to finish your program sooner but your grades may suffer if you take on too much at once. This is especially important to consider if you're also working. Schedule your classes so you have a slight break between class and work, if at all possible. Give yourself time to unwind, breathe and transition to the next part of your day. When choosing your courses, even it out so you take a more difficult class with some easier classes in a term, if possible.

#### **Work Schedule**

Having a job while attending college is a reality for many college students. Working evenings and weekends may be the way to fit in a job. You could also work in the morning and attend afternoon, evening or weekend classes. However, don't forget the extra study time or down time that you need to be academically successful. Avoid overbooking yourself and ease up a bit on your course load or work hours if you notice a drop in grades or health.

#### Social Life

All work and no play is just no fun at all. Even if you just assign one or two nights a week for a fun activity, do it. You can go to a movie, buy tickets to a show, attend a party, go for a hike or visit your parents. The key is to do something just for the fun of it. It's necessary to release some of the stress of the week by finding something enjoyable to do to blow off some steam. You may be pleasantly surprised at how refreshed you feel after some time to relax and socialize.

#### Organization

To keep everything on track and running as smoothly as possible, you can get a detailed planner, use a phone app or use a whiteboard and stickies – whatever will help you to be on top of things. Whatever you choose that will keep you from forgetting important assignments, work shifts, doctor appointments, grocery store runs or coffee dates with your friends, is a big must.

#### Learn to let go

Sometimes it all just can't be done. Remember there will always be an infinite amount of stuff to do, but time is finite. Narrow it down

and focus on the most important tasks, then only three to five of those at the most. Picking your personal peak time may also help you complete tasks; that may be 9 a.m., 9 p.m., or 4 a.m. - everyone is different.

Life Balance

It may be helpful to complete an exercise such as the Life Balance Wheel to have a visual representation of how balanced your life may or may not be. To do so, look at each area of the wheel and ask yourself: How satisfied am I with this part of my life and are

MAR

the activities I'm doing now in this part fulfilling? Give each section a rank between one and 10. Ten means you feel fulfilled and very satisfied with this part of your life. One means you can't see any fulfillment coming at present from this part of your life.

After completing the exercise, ask yourself which of the "spokes" needs to be looked after to reduce the wobbly wheel? Then think about that part of your life and ask: how much energy are you prepared (1 - none, 10 - a lot) to put into changing the situation?

> One final note - keep helpful resources handy for those times of stress or for when your wheel

seems to be anything but round. For example, close friends can be invaluable as a sounding board and source of support. Activities like journaling, going for a massage or having some quiet medi-

tation time can do wonders to help release stress. Although find-

ing balance can be elusive, it is worth the effort and it doesn't have to happen all at once; one or two small changes can go a long way to easing stress and making things much more manageable.





The other day, the Nugget staff was pleased to meet these strapping young lads who told us they wanted their "friend" to be the hot single. We never saw this elusive friend but we did get to see a whole lot of Geoff, Kevin, Mark and Ryan. Some may say that this friend was imaginary or a ruse to get to see what goes on in the Nugget office, or maybe just to get to spend some time with our resident pants-hating online editor, Baillie. It certainly didn't take a lot of convincing to get them to be hot singles, with one of them commenting that they were "painfully single". Hopefully not for long, boys, hopefully not for long.

### Geoff Cato, 26 **Powerline Technician**

What he looks for: A girl with a nice smile.

Why he's single: His Tinder profile isn't good enough.

Why you should date him: He's smart, easy to talk to and fun to be around.

Dating deal breaker: Horses. Turn off: Horses.

Turn on: Being able to stay thin while having a big

Celebrity crush: Mila Kunis.

### **Kevin Coates, 24 Powerline Technician**

What he looks for: A good smile and a good personality.

Why he's single: He cares too much

Why you should date him: He has a great smile, a great sense of humour and great hair.

Dating deal breaker: Smoker Turn off: Bangs.

Turn on: Blonde.

Celebrity crush: Blonde Natalie Portman.

### Mark Lamirande, 27 **Powerline Technician**

What he looks for: Beautiful eyes, "TNA"

Why he's single: Self obsessed. Why you should date him: He has big burly muscles, a great tush and lots of shoes. He's also very in touch with his feminine side

Dating deal breaker: Cats. Turn off: Uggs.

Turn on: Blue eyes.

Celebrity crush: Kiera Knightley.

### Ryan Dermody, 22 **Powerline Technician**

What he looks for: A woman that is up for fun things.

Why he's single: He's picky and waiting for the right one.

Why you should date him: He has a great body and looks great in slacks.

Dating deal breaker: Has a

Turn off: Drugs. Turn on: Outdoorsy.

Celebrity crush: Rachel McAdams.

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

THROWBACK THURSDAY

### Aah – those school photos

### By COURTNEY BELL

We all know about the infamous #throwbackthursday. And for the people who don't, Thursdays have become a day to post a picture or even just a status that brings back a good memory or moment.

Throwback Thursdays started in 2011 shortly after Instagram started using hashtags. This trend travelled quickly through Instagram and took over twitter, Facebook and most social media sites. It has turned into a weekly event

Other weekly hash-

and trend that

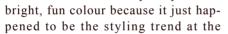
many people

participate in.

tag trends have come to light as well. They are known as Man Crush Monday

and Woman Crush Wednesday. Today, though, we are going to throw back to something we can all relate to, those horrible school pictures. Everyone has that one school picture that is so bad you can't help but laugh about because you are just so embarrassed.

It could be the frizzy hair, the brace face look and of course the fashion trends that we thought would never go out of style. Everyone has a bad school picture. My bad school picture happened to be my yearbook picture of senior year. I thought it would be a good idea to dye my hair a



moment. I couldn't decide but in the end I chose orange.

Well, guess what, my school colours were also orange (believe it or not but it was a total coincidence, wasn't planned at all). My hair ended up being the same shade of orange as the school's

ID cards and the colour of the page my yearbook photo just happened to be on. It was mortifying; no one will let me live it down. To this day I can't look at that picture without laughing.

There are so many types of bad school picture, ones with props or animals, the pictures with bad hair choices like

me or maybe you just forgot it was picture day. Most times though, those bad

school pictures are a way of remembering those great times we experience during our younger years.

When in Grade 2 we lost our front teeth and had a toothless smile or when in Grade 6 we thought we were so trendy with our graphic tees that had robots and

cute animals on them.

No matter how bad the school pictures were, those pictures represent a part of our life, and a part of who we were and maybe still are. So this week I challenge you to go back and find your horrible school picture you buried at the bottom of vour drawer or photo album or maybe the ones



fitpop.c

you even forgot about and throw back your Thursday.

### ATTENTION ALL STUDENTS

## STUDENT HEALTH & DENTAL BENEFITS

The deadline to **OPT OUT** or **ADD FAMILY** is **SEPTEMBER 26<sup>TH</sup>, 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





### **TEGAN DUTTON**

### What is your weird phobia?



"Grasshoppers - if they touch me, I'll collapse and cry."

Rebecca **Accounting** 



"Tapioca (looks like maggots).

Jessalyn **Diagnostic Medical** Sonography



ENTERTAINMENT

"Centipedes."

**Brooke Chemical Technology** 



"Girls."



"Fish."

**Jared Danika Chemical Technology Photo Tech** 

### Amazing Race around campus

#### By EVAN KIRBY

It's not quite a race around the world, but NAIT students got their own taste of The Amazing Race by trekking around the campus from clue to clue.

Six teams, of varying members, clad in identifying team colours started outside of the NAITSA office, took off in each direction trying to decipher a riddle that would lead them to a specific part of the school.

A riddle such as "Where does the DJ live?" would hopefully lead the members to guess that such a person would be in the radio wing in the V-Building. Once there they had to play "name that tune" and take a group selfie before receiving their next clue. Every location led to a corresponding activity that was tied to where they were. A stop at the gym had groups having to do multiple yoga poses, while the HP Centre delivered a test of the mind with questions to be answered.

As in today's modern culture, the selfie was a quite the cornerstone of this event. Selfies had to be taken in each spot to prove contestants were there and also because we can't seem to go very long nowadays without taking one. Each team was equipped with the ultimate white girl tool, a selfie stick. For the initiated, it's literally just a long stick that your phone goes on the end in order to stretch it from you and get

more people and things into your selfie. It truly is a modern marvel in technological advancements

I should mention at this point that when I agreed to cover this event it never really dawned on me that I'd have to follow these people around and that they'd all be running from place to place in an effort to come in first. So, there I was doing about five laps of the school it seemed by the end of things, participating in my own Amazing Race in order to locate each group as they were all led to different stations at once.

Generally the entire point of the game is to have fun, yes, but it also provides new and old students a way to meet new people and have a crash course in understanding the layout of the campus that could be intimidating or confusing for some.

Several of the participants told me that it was really just a fun way to meet new people and try something different from regular school. Then, of course, after the event was complete and every team had finished their race around the school, there was an after party at the Nest. No better way to wind down and meet some new people. Whether you wanted prizes, a spirit of competition, to find your way around the campus, meet new people or just take a couple selfies, the Amazing Race was your destination.



The Amazing Race winning team members, from Business Connex, celebrate after the event on Sept. 11. They are Marco Bombino, left, Paula Strudwick and Curtis Donald.

### THE SAVAGE PLAYGROUND

### ocal band gets high praise

**ENTERTAINMENT** 

### **By TOM ARMSTRONG**

From the Beaumont Blues and Roots festival, to Valleyview's Beaver Fest, the Savage Playground is making its mark one stage at a time. This band is fully energetic and hyped on classic rock riffs from an earlier era. Taking their inspiration from world famous Led Zeppelin, Guns 'n' Roses and AC/DC, Savage Playground is one of the newest and truest bands formed in the Edmonton area. It was the summer of 2013 when the band was founded by front man Ryley Hughes. Ryley (guitar/vocals) is joined by younger brother Josh on drums. They have come a long way since then with two brand new and talented members to make their band a fully automatic weapon of sound.

Joining the band is Conner Miskiman (bass) and Derek Lewchuk (rhythm guitar) both of whom have been involved with music for quite some time. Ryley recalls that "we were searching for new members" when he came across Derek who was "a guitar for hire via Kijiji." Derek was looking for a new band to join for a while, and said "what the heck. I'll try it out."

Connor was shocked to have been asked to join after having had bad experiences and dramatic turmoil with other bands in the past.

"I seemed like a great fit," he said.

From the beginning of Savage Playground, Ryley and Josh received the opportunity to attend the rock 'n' roll Fantasy Camp in Las Vegas, Nevada. There, they worked

with music pros such as Lita Ford, known as the queen of metal (Los Angeles), giving them tips and corrections on how to play.

"Savage Playground are hard to resist musicians that have the talent, the charisma, rock 'n' roll attitude and the chops to draw you in and capture your heart and soul," says Lita in the band's press pack. The boys also received training from Eric Salas of Eric Salas Productions.

"I have worked alongside artists such as Rod Stewart, Michael Jackson and Lita Ford," Eric said.

"I have seen rock legends who are the best of the best and campers who had potential to become stars. I have never seen such amazing passion for music backed with the talent to push it over the top.'

He sums it all up by stating "these two brothers are the heart of Savage Playground. Following them will be no less than being at the beginning of the greats."

The most influential music for the Hughes brothers was Elvis, AC/DC and Guns 'n' Roses. Conner's major influence on bass has been John Entwistle of The Who As for band member Derek, his major contribution was the sounds of heavy metal. Rob Zombie and Pantera have made an impact on his guitar playing.

You might be asking what sets this band apart from others in Edmonton. Riley notes that "Edmonton has a huge metal following" and Josh adds that there is "lots of hardcore and screamo" making it sound repetitive. None the less, Savage Playground has great showmanship and clean, crisp vocals that will set you on your feet. Josh smiles and says "you come to a show and we'll give you a show!"

Ryley has a very unique way to his voice. The Alice in Chains song "Man in a Box" had a big impact on how he brings out his ripping vocals. After having a fight with an old band member; Ryley was prompted to sing for the first time. When this happened, he led his newly formed Savage Playground to the stage! Conner goes on to say, "people say he sounds just like Axl Rose and Brian Johnson"

making Ryley a huge addition to the band's sound.

When it comes to an audience, age doesn't matter. Ranging from all age groups, Ryley is explosive to comment "we have a few followers in the States, from 14-40 years of age." Appealing to any fan of classic rock, that bites. Mainly wanting their own age group as teenagers; Savage Playground invites anyone to listen and like their music.

"A fan is a fan, as long as they like us, we like them too."

The band is ecstatic to announce their brand new music video, entitled, Run Me Down, as well as their four-track EP called Mess Again. Being professionally recorded at Sound Extractor and recommended by Jen Perry, Savage's manager. Jen is also a member of Edmonton's Red Canons. She has been a mentor of the band since Day 1.

Savage Playground invites all readers out for a night of fun and amazing music for their EP release party at the Starlite Room on Oct, 16. The party will feature guests from The Red Canons and a well known, but yet-to-be-named guest with some importance in the rock industry.

Hope to see you there, I know I will be! "Be excellent to each other and party on, dudes!"



### CROSSWORD

#### **Across**

- 1- Asimov classic
- 7- Lentil and spice dish
- 10- Break
- 14- Crownlike object
- 15- Poetically ajar
- 16- Humorist Bombeck
- 17- Core
- 18- Coffee container
- flows 19- River which through Stratford in England
- 20- Bulbous plant
- 23- Christmas song
- 26- Skid row woe
- 27- Utah's Mountains
- 28- Hawaiian outdoor feast
- 29- Loser to DDE
- 30- Turkish title
- 31- Formal speech
- 33- Witch
- 34- Al Jolson's real first name
- 37- AFL partner
- 38- Refusals
- 39- 100 square meters
- 40- Front part of an apron

- 42- Genetic messenger
- 43- Ceramic ware
- 45- Beverage made with
- beaten eggs
- 46- RR stop
- 47- Corrida cries
- 48- Thin as
- 51- Big brute
- 52- Paradises
- 53- Unsophisticated
- 56- Coarsely ground corn
- 57- Deranged
- 58- Sunup to sundown
- 62- Catchall abbr.
- 63- Application
- 64- Sewing instrument
- 65- All there
- 66- Georgia, once: Abbr.
- 67- Collar; Down
- 1- Gross!
- 2- Future fish
- 3- Bobby of hockey
- 4- French hello
- 5- Actor Ryan

- 6- Bath powder
- 7- Misgivings
- -ski
- 9- Singer Horne
- 10- Objects from everyday life
- 11- Senator Sam of Watergate fame
- 12- Young salmon
- 13- Country singer Tucker

- 23- Quick sharp sound
- 24- Recording of acoustic
- 25- Hazardous gas
- 29- For \_\_\_\_ (cheap)
- 32- Register
- 34- White-barked poplar tree
- 36- Bottomless pit
- 44- Rug rat
- 46- Arachnid

- 21- Black Sea port
- 22- Gold lump
- signals

- 30- Home run king Hank
- 33- Partial antigen
- 35- Femme fatale
- 45- Teat

- 48- Donkeys
- 49- Gaucho's rope
- 50- Capital of Jordan
- 51- Compile, accumulate
- 52- Conger catcher
- 54- Big birds
- 55- Comedian Carvey
- 59- HST's successor
- 60- Capp and Capone 61- Are we there

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

> **SOLUTION** Page 23

### Movie bonanza this fall

**Bv KURT FABISCH** 

The fall movie season is upon us and there's a number of films I've been looking forward to.

Big Hero 6 (Nov. 7), which is Disney's first animated film based on a Marvel comic, featuring a giant balloon robot. Looks hilarious.

The Theory of Everything (Nov. 7), a biopic about Stephen Hawking.

There's the Second World War film Fury (Oct. 17) starring Brad Pitt and about the crew of one Sherman tank set towards the end of the Allies' invasion of Europe.

The Book of Life (Oct. 17), it's an animated movie about the afterlife. Watch the trailer and tell me it doesn't look interesting.

Foxcatcher (Nov. 14), by Bennet Miller, the director of Capote, and Moneyball, about the true story of Olympic wrestler Mark Schultz (Channing Tatum) and his coach John Eleuthère du Pont (Steve Carrell). The draw here for me is that the normally zany Steve Carrell is playing way against type as this dead serious and possibly psychotic person. Foxcatcher won the Best Director prize at the Cannes Film Festival.

Interstellar (Nov. 7) by Christopher Nolan starring Matthew McConaughey, neither of whom have made a bad film in years. It's about an attempt to travel through space and into another dimension. It looks pretty epic with the sort of visuals you'd expect from the director of Inception and the Dark Knight trilogy. And like The Dark Knight films, Interstellar has been filmed using a mix of standard 35 mm film and IMAX. So, this could be this year's Gravity and a film that needs to be seen on the largest screen possible.

Gone Girl (Oct. 3) by David Fincher starring Bat-

... I mean Ben Affleck. Based on the best-selling novel by Gillian Flynn about a journalist who may or may not have murdered his wife. Fincher, who has made Seven, Zodiac, The Girl with the Dragon Tattoo knows how to make a murder mystery better than anyone at the

Tusk (Sept. 19) by Kevin Smith, the Silent Bob of Jay and Silent Bob. What started as a story told on Kevin Smith's SModcast podcast has evolved into an actual film. A comedy/horror film about a podcaster who travels to Manitoba to interview a man who was once lost at sea and befriended a walrus. The podcaster is then abducted and is subjected to some very bizarre and gruesome experiments. Also ... Johnny Depp plays a French cop named Guy LaPointe. The trailer was both very unnerving and very funny and ended with the line, "I don't want to die in Canada." I'm very excited about Tusk.

But the film I'm most excited about is *Birdman* (Oct. 17) by Alejandro González Iñárritu, who made Babel in 2006. Birdman is a comedy/drama about a washed up actor famous for playing a superhero on film many years ago and how his career has struggled ever since and that he's producing a play on Broadway in an effort to make a comeback.

The actor is played by Michael Keaton who, of course, played Batman at one point, so the film is in a way commenting on Keaton's own career and where it's gone since he left the franchise. Trailers have been great and from what I understand the film is going to be edited so it resembles one unbroken take. As a fan of both Keaton and Iñárritu, I'm seriously looking forward to Birdman.

It's going to be a good couple of months for movies.





### **Conquering the Trans-Canada**

ENTERTAINMENT

By JESSE COULATTI The Fulcrum **University of Ottawa** 

OTTAWA (CUP) - Four a.m. on the Trans-Canada Highway and I can barely keep my head off the steering wheel. I left Calgary more than three hours ago in hopes that I'd quickly find a campsite along the highway to sleep. Now I'm closing in on the Saskatchewan border, with only a half-empty bottle of Dr Pepper and my Cat Stevens album to keep me awake.

I'm surrounded by immense darkness. A darkness devoid of other cars, street lights or any other signs of life and which seems to consume my meagre headlights. I try to focus on the yellow lines in front of me but they begin to flicker. I close my eves just for a second and suddenly I'm startled by an unidentified spacecraft landing in the field to my right.

### Blast of a horn

I wake up to the blast of a horn, and my car is on its way into the ditch at 100 km/h.

The movies had been wrong: My life didn't flash before my eyes - only my recent spurt of bad decisions. Why would I have left Banff after 11 p.m. to find a place to sleep in Calgary, more than an hour away, when there were plenty of great camping sites to stay at? Why didn't I check beforehand to see if this was the weekend of the Calgary Stampede? Why didn't I just park at a Wal-Mart after I couldn't find a hotel room?

Sometimes the lessons you can learn from a trip are only obvious in hindsight.

For me, the cross-Canada road trip felt like a necessary coming-of-age moment. I felt I had do it. Perhaps it was the sheer size of our country, the simplicity of the path most of Canada's largest cities and sights can be found within a few hours of one trans-national highway – or a propensity for exploration and adventure in our perceived national identity

There's more linking us together besides taxes, beer companies and a favourite brand of coffee shops. You just have to get out the door to find out.

### Check details

You can definitely make it across this country on nothing more than a few maps and brainpower but make sure to still look into the details every once in a while. Stopping at a local information centre to find out if there are any events or festivals on, asking around for directions or even just making sure you read up on time zones can really make the journey much smoother.

When I first told people I wanted to drive across the country by myself, they asked me if I needed somebody to talk to.

I knew it was a long trip, about 92 hours there and back—admittedly a long time to spend alone in a car. I figured it would be the best way to experience each moment to the fullest. I wouldn't have anyone or anything to distract me from profound thoughts

and feelings about the changing landscape around me. In doing so I could learn the most and have the purest Canadian adventure possible.

Then I drove through Northern Ontario. Driving is very different than a long bus or train ride. I failed to consider that driving 15 hours through dense forest might feel a bit slow at times and that during those times I couldn't just read a book or close my eyes and listen to music. Beyond this, simple mundane tasks like passing, signalling and turning were more exhausting than I imagined in such long stretches.

### **Ordinary things**

What kept me sane and alive were extremely ordinary things. Podcasts that made me laugh, random stops in Saskatchewan to stretch my legs and take photos, and unexpected tourist attractions - all made the drive more manageable.

What made the trip more fulfilling as a whole was when I stopped trying to understand things profoundly on my own and learned to spend more time getting to know other Canadians. In Banff, I hiked with a friend up a mountain that the information centre said was impossible for beginners. I couldn't have done it without him. In Drumheller, I hung out with a family from Edmonton on vacation to take photos posing with some of the town's giant dinosaur statues. In Thunder Bay, I spent time with a retired couple in front of Terry Fox's monument and talked about his bravery but also about their lives and the direction they saw the world going

It's one thing to put a label on who we are as



Graphic by Adam Gibbard/the Fulcrum

a country, but when you make your way across this massive swath of land at 100 km/h you experience just how complex and varied it is.

The difference between a local bar in Toronto and one in Winnipeg, Calgary, or Vancouver is substantial but hard to summarize. I hesitate to admit I spent most of my time in Vancouver debating movies, in Calgary oil and the environment, and in Winnipeg the bugs and weather, because there was so much more to my time in each place than that. There's a particular feeling that goes along with each dot on the map.

I loved driving through Manitoba and seeing welcome signs citing which hockey players grew up in that town. Or the many moments while driving through Saskatchewan when I saw a horizon larger than I'd ever seen before, filled with canola and barren of human life. But I also loved eating Thai food in a diverse neighbourhood in Winnipeg, and taking selfies next to thousands of tourists in Banff and Vancouver. No single experience was more Canadian than the other. And no single person I met was more Canadian than the other

My road trip taught me that Canadians are as diverse as the geography we live in. It challenged idealized and outdated understandings I had about national identity. Yet the beauty of the trip, and why everyone should do it before they die, is that it might teach you something completely different. Every trip across this country will take a different path involving unique experiences each time, but by the end of it you'll have learned something. And perhaps if we all took a little more time learning about this country we'd have a better grasp of what it really is.

### CROSSWORD SOLUTION

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### Alive. Alone. In a ditch.

Four-thirty a.m. on the side of the Trans-Canada Highway and my forehead rests on the steering wheel as adrenalinefilled clarity surges through me. I begin to laugh hysterically at myself. My ignorance, my assumptions and my failure to embrace my surroundings had brought me to this moment, alone in a ditch somewhere I've never been, unscathed, yet humbled. Out of sheer chance I had driven into Calgary on one of the first days of its world famous Stampede and I had kept driving. All because I had some fixed idea on where I needed to be in the morning, all because the Stampede was never part of the plan.

When road tripping across this country, you are bound to make mistakes. Some of these mistakes may cost you a moment well spent. Others might risk your life.

Six hours later I check out of a motel just outside of Medicine Hat, take a few deep breaths and return to the road. The road across this country is Iong - long enough for redemption, and long enough to gain a new perspective. You just have to let go and let it lead you somewhere you hadn't planned.



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