

TEMPORARY FREE LINE TO NAIT

THE NAIT NUGGET

Thursday, September 4, 2014
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YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA

ALL ABOARD!



Photos by Jenny Lau

NAIT Students' Association President Hasib Baig and the Ooklet welcome a new express bus line to the campus. The temporary service will be offered until the LRT extension opens. See story, Page 2.

**\$0.14 Chicken Wings
everyday after 4pm!**

In our new location:
The former BP's on
the traffic circle.



NEWS & FEATURES



Photo by Tegan Dutton

Waiting for a bus is a way of life for many students.

The Ookspress is running

By **NICOLAS BROWN**
@bruchev

As students return to class and campus starts to bustle again, NAIT students will have the opportunity to enjoy new transit access to campus. Say hello to the Ookspress! As of Sept. 2, as part of ETS’s pilot project testing some new electric “stealth” buses to determine their viability in our city, NAIT students have the unprecedented opportunity to test out the buses in a new express service from downtown directly to campus. This line will run until the LRT extension to NAIT is completed.

Part of the pilot project to test the feasibility of electric transit in Edmonton, the Ookspress has been described by ETS as a non-revenue project, where students can ride the new buses for free. In return, ETS asks students, if they want, to fill out the

survey cards available on the bus or by calling 3-1-1 to provide feedback. Unfortunately, the electric buses won’t be available for the entire length of the Ookspress program, as this portion of the pilot project uses buses that are not winterized, diesel buses will be used once the cold weather settles in. The city is currently awaiting the arrival of the stealth buses to continue the pilot project but there is no firm date for their arrival. In the meantime, at the end of the pilot project, the Ookspress will continue to operate with conventional ETS buses and normal fares will be reinstated (so be sure to have your U-Pass ready!).

Linda Kadatz, Divisional Supervisor of Bus Operations explains the stealth bus pilot project, “This is the beginning, this is the future. We like to be on the cutting edge, and this is it.” As for the motivation for the Ookspress? As it turns out, NAIT trains the city’s electrical vehicle mechanics! And while the electric buses have been a success in other locations, once the city receives the winterized buses, Linda explains, “That’s when the real test of the technology will begin.”

Students interested in learning more about the Ookspress or the new stealth buses are encouraged to contact ETS.

“The Ookspress service is a supplement to current service—not the main service to NAIT. It does, however, add great value to our U-Pass program during the period of our LRT delay,” said NAITSA Advocacy Director Jason Roth.



Safe walking for all



GABRIELLE HAY-BYERS
Chief Furniture Mover
@Gee_H_Bee

"How safe is this area?" was a question posed to me by a number of parents as I manned the *Nugget*'s info table during orientation recently. Everyone asking was concerned about their student walking alone after dark or on a lesser-populated weekend day. Their concerns are justified. Edmonton is no longer a sleepy, small city and especially for someone unused to thinking about their own personal safety, there are potential dangers just like anywhere else.

My answer was truthful. I believe this area is very friendly and safe, with lovely neighbours in Woodcroft and Inglewood as well as well-lit walking areas and bus stops. But my answer doesn't really matter – what does matter is that there's no reason to walk alone here at NAIT at night when we have a SafeWalk program that is free to use.

"It's moreso for those folks who are working here late ... and it's seven or eight at night and there's no one around, that's who we're helping, said James Elkow, acting manager of Protective Services.

"There shouldn't be a fear component but it is for making people feel safe and secure in their walks in and about campus," he said.

Using SafeWalk is as easy as calling 780-471-7477 (the Protective Services main line) and requesting a safe walk. There are limitations – being that there are boundaries for how far SafeWalk will go with you, with 118 Avenue being the northern boundary, and Princess Elizabeth Way being the southern boundary. The serviceable area stretches from 102 Street to 109 Street west to east and officers are available to walk you to the nearest bus station.

SafeWalk is available to any member of the NAIT community whether they be staff, student or faculty. The intent of the program is to make sure that no area is seen as inaccessible due to a community member not wanting to walk alone at night.

"The best eyes and ears for us (at Protective Services) are staff and stu-

dents. A good example of this is just this morning," Elkow said.

"We had a homeless man setting up camp by the Human Resources building. In my experience, these aren't at-

risk people, they are homeless that are looking for shelter," said Elkow.

"Not every homeless person is going to break into cars, etc. Even if they were going to indulge in that type of activity, they're not looking to break into their neighbour's house, they're going to go two blocks away. If someone is working late we want them to know that with these kinds of situations, we're going to come and make sure they feel safe getting to their car or the bus."

For those of

us that frequent campus at later hours regularly, there is the option of pre-scheduling a Safewalk, which would see an officer meet you at a pre-determined time and place. To set this up, all you have to do is stop by the Protective Services office and speak with an officer on duty.



James Elkow

Ebola threat at NAIT low

By **NICOLAS BROWN**
@bruchev

With over 1,500 people dead and 3,000 suspected cases, it is rapidly becoming the world's next health crisis. No, it's not SARS, it's not Swine Flu, it is Ebola. More specifically known as Ebola virus disease, this is the most severe outbreak of the disease since its discovery in 1976. Declared a Public Health Emergency of International Concern on Aug. 8, officials estimate as many as 20,000 people could become infected before containment measures have any effect.

What is the Ebola virus? The current outbreak is believed to originate from the Zaire ebolavirus, one of four ebolaviruses known to cause disease in humans. Spread through contact with the blood or bodily fluids of another infected

individual, the virus resembles malaria but often worsens to vomiting, diarrhea, decreasing liver and kidney functions and finally, death through hemorrhagic bleeding, both internally and externally. This particular strain has the highest case-fatality rate of all ebolaviruses, averaging 83 per cent, although fatality rates as high as 90 per cent have been recorded

in past outbreaks. The spread of the current outbreak has been blamed on numerous factors, including local burial practices, lack of basic medical and sanitation supplies and distrust of emergency workers.

This may sound full of doom and gloom, and rightly so with such a serious outbreak but it's not all about predictions of mass casualties. So far the outbreak is almost completely limited to Western Africa, with any suspected cases

in countries like Canada being rapidly quarantined. The possibility of a viable treatment, an experimental drug called ZMapp, has proven promising, but it is not yet widely available.

What does this mean for NAIT students? The likelihood that anyone on campus has come in contact with the virus is extremely low. NAIT Health Services is aware of the issues involved.

"The approach has been that we will handle it on a case by case basis should anything arise," said Andrew Smith, director of NAIT's Health and Safety Services.

"Alberta Health Services would provide a large piece of direction, and we also consider the direction coming from the CDC (Centers for Disease Control and Prevention) and Health Canada."

In the meantime, it is always recommended to be mindful of your health as you pursue your studies this term. Wash your hands, stay home if you're running a temperature and stay healthy!



The Nugget

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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 than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

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

**WAITING ...**

Students do their annual lineup for books at the NAIT bookstore this week as the school year begins for thousands, both new and returning.

Photo by Gabrielle Hay-Byers

Alberta's political leaders

By **NICOLAS BROWN**
@bruchev

It's been an interesting year in Alberta politics. After just two years in power, Premier Alison Redford stepped down in March, setting Alberta's Progressive Conservative party on the search for a new leader once again. Having been elected consecutively since 1971, some say it is time for the Progressive Conservatives to move aside and let a new party take power in Alberta.



Ric McIver

Who will take on the mantle, though? While arguments rage throughout the political spectrum, across ideologies and in the general public about what is best for Alberta in a multitude of areas ranging from economic to environmental issues, it can frequently come down to volunteers, candidates and party leaders. Here's the list of currently registered political parties in Alberta.



Jim Prentice

– **The Progressive Conservative Party**, interim leader and Premier Dave

Hancock (A first-round vote for a new leader and premier will be held Saturday Sept. 6 with Jim Prentice, Thomas Lukaszuk and Ric McIver vying for the position.)

– **The Alberta Liberal Party**, led by Dr. Raj Sherman

– **The Alberta New Democratic Party**, led by Brian Mason, who is retiring. (A leadership convention will be held in October.)

– **The Wildrose Alliance Party**, led by Danielle Smith

– **The Alberta First Party**, led by Bart Hampton

– **The Alberta Party**, led by Greg Clark

– **The Alberta Social Credit Party**, led by Len Skowronski

– **The Alberta Communist Party**, led by Naomi Rankin

– **The Green Party of Alberta**, led by Janet Keeping

Some of these names will be familiar, some may seem like remnants of another age and others may be completely unknown. Although many believe the political sphere to be limited to those mainstream parties constantly present in the news and at your doorstep during election time, changing political times means anything is possible.

What effect can students have on

this changing political scene? How can potential change affect us as students? Provincial governments determine funding for post-secondary, transit and community initiatives. They administer provincial scholarships and set the minimum wage and have immeasurable effects on our economic and environmental futures. Students are a relatively silent segment of the voter population, vocal on social

media but conspicuously absent at the polls. Historically, youth voter turnouts have varied from 37 per cent to 43.8 per cent federally, and 28 per cent to 35 per cent provincially in recent years, which is a disappointing turnout considering the position students hold in society. Can this change? We asked a NAIT student to weigh in.

"I'm not actively involved, but I do follow what is happening," says Nanci-jean Franks, a NAIT Accounting student.

In fact, I'm quite interested in party development, as I am not impressed with the Conservatives, especially at the provincial level," Franks said.

"I'm not sure how a change will affect post-secondary but I hope whatever happens is better than what the Conservatives did with their promises!"

Perhaps it is time for students to

make their voice heard, as a provincial election looms and provincial parties ramp up their activities. One thing is certain; politics in Alberta won't calm down anytime soon.

Correction

In a story and photo headlined "A photo shop" which ran in the Aug. 21 issue of the *Nugget*, the person in the photograph and the photographer were misidentified. The correct information is shown with the photo below.



Photo by Jim Bilodeau

Cory Sellar, DMIT student

OPINION

— Editorial —

Something's going on



GABRIELLE HAY-BYERS
Chief Furniture Mover
@Gee_H_Bee

This week's editorial is a little different, as I'm sure you can already tell. It seemed more important to show you the faces and names of five Albertan youths that have gone missing in recent months. I had hoped by the time it was time to publish this, that I would have to write a new editorial on the fly, because they were found. I still hope that by the time you read this, this information is outdated and all of the people listed are found safe.

Something strange is going on in Alberta. Five young people, last seen in the Red Deer area, disappearing within weeks of each other, most identified as Aboriginal. I am a prolific watcher of news, a self-identified news junkie, and I heard about these young people through online posts. If I am ever lost, please, plaster every outlet with my face and name until I am found. So, I'm doing for these young people what I hope someone would do for me: Care enough to say my name and memorize my face and share it around to everyone available in hopes that I would be found.

Five youths, aged 13-20. We've included their missing posters for your reference.

RCMP-GRC
MISSING | DISPARUE
Haley Saskatchewan

Gender: Female
Ethnicity: Aboriginal
Age: 13
Hair: Dark brown
Height: 5' 3"
Weight: 135 lbs
Other: Piercing above her lip on the left side
Last seen: 18 August 2014 in Red Deer, AB wearing bright yellow coloured pants, a white shirt, a navy blue jacket with white sleeves and black boots and carrying a small black purse
Seen: Female
Ethnicity: Aboriginal
Age: 13 ans
Cheveux: Bruns foncés, aux épaules
Hauteur: 5 pieds 3 pouces
Poids: 135 livres
Autre: Piercing au-dessus de la lèvre supérieure, à gauche
Vu la dernière fois: Le 18 août 2014 à Red Deer, AB portant des pantalons jaunes vifs, un t-shirt blanc, une veste bleue marine avec des manches blanches, des bottes noires et un petit sac à main noir.

Please contact the Red Deer RCMP Detachment at 403-343-5575
Appelez le détachement de la GRC de Red Deer au 403-343-5575
or you
CRIME STOPPERS 1-800-222-TIPS
www.tipsubmit.ca

Canada

RCMP-GRC
MISSING | DISPARU
Andy Ferrier

Gender: Male
Ethnicity: Aboriginal
Age: 14
Hair: Brown
Eyes: Brown
Height: 5' 9"
Weight: 140-150 lbs
Last seen: 16 August 2014 in Red Deer, AB wearing a blue and yellow plaid shirt, dark pants, black shoes and a black hat with a blue band. Often wears a Chicago Bulls cap with sequined print sides.
Seen: Female
Ethnicity: Autochtone
Age: 14 ans
Cheveux: Bruns
Taille: 5 pieds 9 pouces
Poids: 140 à 150 livres
Vu la dernière fois: Le 16 août 2014 à Red Deer, AB portant une chemise à carreaux bleue et jaune, des pantalons noirs et un chapeau noir à bande bleue. Porte souvent une casquette des Bulls de Chicago à revers en sequins.

Please contact the Red Deer RCMP Detachment at 403-343-5575
Appelez le détachement de la GRC de Red Deer au 403-343-5575
or you
CRIME STOPPERS 1-800-222-TIPS
www.tipsubmit.ca

Canada

RCMP-GRC
MISSING | DISPARU
Duncan Lagrelle

Gender: Male
Ethnicity: Aboriginal
Age: 20
Hair: Short/Dark
Height: 5' 10"
Weight: 155 lbs
Last seen: 08 August 2014 in Red Deer, AB wearing a white long sleeved shirt and dark jeans.
Seen: Female
Ethnicity: Autochtone
Age: 20 ans
Cheveux: Courts et foncés
Hauteur: 5 pieds 10 pouces
Poids: 155 livres
Vu la dernière fois: Le 8 août 2014 à Red Deer, AB portant un chemise blanc à manches longues et des jeans foncés.

Please contact the Red Deer RCMP Detachment at 403-343-5575
Appelez le détachement de la GRC de Red Deer au 403-343-5575
or you
CRIME STOPPERS 1-800-222-TIPS
www.tipsubmit.ca

Canada

RCMP-GRC
MISSING | DISPARUE
Shaina Evans

Gender: Female
Age: 16
Hair: Black
Eyes: Brown
Height: 5' 9"
Weight: 115 lbs
Last seen: June 27, 2014 in Red Deer.
Seen: Female
Age: 16 ans
Cheveux: Noir
Taille: 5 pieds 9 pouces
Poids: 115 livres
Vu la dernière fois: 27 juin 2014 au Red Deer.

Please contact the Red Deer RCMP Detachment at 403-343-5575
Appelez le détachement de la GRC de Red Deer au 403-343-5575
or you
CRIME STOPPERS 1-800-222-TIPS
www.tipsubmit.ca

Canada

RCMP-GRC
MISSING | DISPARUE
Sky Big Crow

Gender: Female
Ethnicity: Aboriginal
Age: 18
Hair: Black
Height: 5' 10"
Weight: 130 lbs
Eyes: Brown
Other: 16 piercings
Last seen: 09 July 2014 in Red Deer, AB
Seen: Female
Ethnicity: Autochtone
Age: 18 ans
Cheveux: Noirs
Hauteur: 5 pieds 10 pouces
Poids: 130 livres
Taille: 5' 10"
Autre: Placé 16 piercings sur les bras
Vu la dernière fois: Le 9 juillet 2014 à Red Deer, AB

Please contact the Red Deer RCMP Detachment at 403-343-5575
Appelez le détachement de la GRC de Red Deer au 403-343-5575
or you
CRIME STOPPERS 1-800-222-TIPS
www.tipsubmit.ca

Canada



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

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

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

SPORTS

Play ball ... faster!



CONNOR HOOD
Sports Editor
@connorhood27

For over 160 years, baseball has been played by millions and millions of people across the globe. It has been a professional sport for over 140 years and has had very few changes to the way it's been played since the first game in 1846. With the new age of social media and with fans having the ability to watch any game, anywhere, at any time, the game has been taking heavy criticism about the pace of play and it has brought up a very interesting question; is baseball too slow?

With everything around us being so fast paced, watching baseball can take an adjustment period. Even compared to a quicker game, like hockey or basketball, baseball lags. As much as I love baseball, it can be tough to sit through a four-hour game that ends after midnight. Take a recent New York Mets game, for example. One half inning, with no hits or walks, took 22 minutes. That's 22 minutes for three outs. That's too slow. Having innings that take 22 minutes is a reason people are tuning out baseball and it's one of the main reasons the game needs to make a few changes to

increase the pace.

How often have you watched an at-bat when you have seen the batter step out of the batter's box between pitches, fix his batting gloves, kick his cleats and step back in? With no strict rules on time between pitches, it can reach up to 30 seconds between pitches, which seems like an eternity when watching the game. It can also lead to a simple eight-pitch groundout that takes five minutes. That's absurd.

All Major League Baseball has to do is implement three rules. First, don't allow batters to step out of the box between pitches. Second, give pitchers a maximum of 10 seconds from the time they get the ball, to the time they make the pitch. Last, limit the number of timeouts allowed per game.

Now, managers, infielders or catchers can visit the mound whenever they want. Make the rule 10 timeouts per game. This would make managers and players use time only when they need it, instead of when they want it. These three rules are all it would take to shorten each game substantially. Although most people argue the game

needs some work, there are still those who prefer it as it is. Some traditionalists see that the game has been around for 160 years, with no serious flaw in the way it's been played and argue against change. Who doesn't like going out to a game, relaxing with some friends, and not be overwhelmed by what they are watching? Baseball has never been more popular than it is now, with ticket and merchandise sales at all-time highs, television revenue reaching the billions of



leanblitzconsulting.com

Slow play is a major concern for Major League Baseball.

dollars and the quality of the game being as good as it is. Changing something as drastic as how fast the game is played could change it for the worse. Why fix something that isn't broken? And their arguments are all true. But how could making the game faster possibly hurt it?

The age of people who enjoy baseball is always increasing. MLB has made it a goal to attract a younger generation to the game. One of those ways is to better market the younger players in the game, like Los Angeles Angels of Anaheim outfielder Mike Trout, and the other is to speed up the game. One of

the main reasons kids don't watch baseball is that it's too slow, it's too boring and they would rather watch hockey or football. It's harder and harder to attract the younger generation to the game now, especially with attention spans being as short as they are and MLB should take note of that. Quickening the games will attract more fans, while not hurting the product on the field. It's a win-win. Having a baseball game ending in a little over two hours may seem farfetched but it wouldn't be hard to implement these small changes to make that a reality.

NAIT Ooks team tryout information

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

Men's Soccer

For info, call

Coach Charles O'Toole – 780.945.1357

Women's Soccer

For info, call

Coach Carole Holt – 780.471.7018

Women's Hockey

Sept. 4-7 p.m. – Mandatory Information Session, Room J-008
For info, call coach

Deanna Iwanicka – 780.471.8557

Men's Hockey

For info, call

Coach Serge Lajoie
– 780.471.7424

Women's Basketball

Sept. 4-6 – 7:30 p.m., NAIT Gym

For info, call

Coach Todd Warnick – 780.471.7442

Men's Basketball

For info, call

Coach Mike Connolly – 780.471.7027



Women's Volleyball

For info, call

Coach Benj Heinrichs – 780.471.8810

Men's Volleyball

For info, call

Coach Doug Anton
– 780.471.7497

Badminton

Sept. 16 – 4:30-6 p.m. – NAIT Gym

For info, call

Coach Jordan Richey – 780.471.7579

X-Country Running

Mandatory information session
For info, call

Coach Teagan Gahler – 780.907.7919

Indoor Track

For info, call

Coach Teagan Gahler – 780.907.7919

Golf

For info, call

Coach Jules Owchar – 780.221.1717

Curling

Registration - September 17 & 24

11 a.m.-2 p.m. at Gym entrance

First on-ice session

Monday, Sept. 29 – 4:30 p.m.

For info, call

Coach Jules Owchar – 780.221.1717



NAIT Athletics

Physical activity is a great way to stay healthy – it lowers your risk of heart disease, stroke, high blood pressure and diabetes.

Staying active at school

By **CONNOR HOOD**
Sports Editor

When the calendar flips over to September, for most of us it means only one thing, the start of yet another school year. And when it comes to school, it means sitting at a desk all day, late night study sessions, staying inside all night completing assignments and homework, general laziness and severe levels of procrastination. Although this may be giving our brains a workout, it also gives the rest of our body an unnecessary break.

Physical activity is a great way to stay healthy – it lowers your risk of heart disease, stroke, high blood pressure and diabetes. It's also a great way to improve sleep and control stress, which is something we all need.

It's tough to stay active during a school year, especially when it can be 40

below outside but here are a few tips to stay active over the next few months.

1) Most students from kindergarten all the way through university sit behind a desk for more than six hours a day. And when we aren't sitting at a desk, we are sitting and eating lunch or sitting at home on the couch.

The first step is to simply get on your feet – walk to work or school. If you drive, park at the end of the lot; every extra step helps. Take the stairs instead of the elevator. Walk around between classes instead of sitting and waiting. Try to get on your feet at least once an hour, if not more. Any chance you get to walk somewhere, take it. It may suck having to walk to the far end of campus, but it's worth it.

2) Keeping active doesn't have to stop after school – keeping it going at home or wherever you go is even bet-

ter. As school starts, most of us get swamped with papers, assignments, projects and tests. That translates into more time sitting behind a computer or in front of textbooks.

A great way to break up that routine is to take a break every 25 minutes. Not only does this break help you focus on your work, it also gives your body a chance to move, stretch and get up. Go for a walk, get on your feet, even doing some homework while standing up is a great way to stay active. Studies show that getting up and walking for five minutes 20 times a day can be as helpful as a 20-minute jog on a treadmill.

3) Last and probably most important, try to fit some exercise into your daily routines. Sports are a great way to keep in shape during the year. Join a recreational league, find a pickup game at the local gym and find a way to spend some

time outside, even in December.

Although most of us don't have time, going to the gym for a quick workout is a great way to stay active during the winter. Even going for a swim can be great cardio. Any amount of exercise is better than none. The Harvard School of Public Health says that a 30-minute walk, five times a week is all the exercise most people need to maintain proper body health. It doesn't take a marathon to remain active during school.

We all know how hard it is to stay active during school. When you get home from a long day, all you want to do is just relax. But getting some activity every day will not only make you feel great, you'll also have more energy and, most important, stay in shape. You may not like going for a jog before school but you will be thanking yourself for it in the long run.

Jobs in Athletics

NAIT Athletics is currently hiring in the following positions for the upcoming athletics season.

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 respon-

sible 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. Set-up 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.

MEN’S AND WOMEN’S SOCCER

Soccer teams ready to go



By BRIDGETTE TSANG
@BridgetteTsang

The NAIT Ooks soccer teams are both ready to kick off their season. After both the men’s and women’s teams landed key recruits over the summer and after a rigorous three-week tryout period, players and coaches are eager to get back in action on the field.

Carole Holt, head coach of the women’s soccer team, is looking to build yet another strong team to contend for another title but it will have to be at the cost of losing departing players such as CCAA player of the year Leanne Kadatz and mid-fielder Jay Hart.

“We’ve got a number of players that have been successful with other schools and have come to NAIT because they feel NAIT is the school that they really want to be at,” says Holt.

“Players that can attack and defend, that have a good positive attitude; are willing to work hard and compete over a series of days, not just one session but consecutive days.”

Holt’s job at NAIT doesn’t end with having to put together another strong team.

Over the summer, she was also promoted as recreational manager of NAIT’s Department of Athletics and Recreation by director Linda Henderson.

“Her diverse background will enable the area of recreation to grow over the next year,” says Henderson. “She is a great leader with a strong level of confidence (and) inspires others.”

Holt hopes to lead her soccer team all the way to the top this year as NAIT will play host to the ACAC championships in late October.

After a silver medal finish at the ACAC championships last season and finishing fourth in CCAA Nationals, the men’s soccer team is hoping for more this upcoming season.

Head coach Charles O’Toole stresses

the importance of commitment, teamwork and academics in the team’s success.

“What I’m looking for in a player is desire, his heart,” says O’Toole. “I’m looking for a player who is going to give it everything for every teammate on the field, who is going to give it everything for his college and is good academically as well, so we want to keep the boys around for a while.

“NAIT has a tendency to lose a lot of players after one or two years, either academically or the course that they’re in, so if we can keep the boys for a little longer, then I think we’ll be a force to be reckoned

with.”

With a core group of players returning this year, O’Toole is also looking into building a younger group at this year’s tryouts and is pleasantly surprised with what he has seen.



Carole Holt

Recreation schedule

FALL: September 24-December 31						FREE Classes	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Activity	Date(s)
6:30-7:30AM	Rise & Shine Bootcamp		Rise & Shine Bootcamp		Rise & Shine Bootcamp	UWalk	Sept 23-Dec9
11:15-12:00PM		Theme Ride ----- TRX Express		Arms & Abs		Zumba	Oct 2
12:15-12:45PM		Aquabox	Beginner Swim Lesson	Deep Water Aquafit	TGIFriday Spin	Yoga	Nov 6
12:15-1:00PM	Yin Yoga ----- AquaHIIT	TurboKick ----- UWalk	Flow Yoga ----- Spin Core Express	Zumba Express	Yin Yoga	Hula Hoop	Dec 4
1:15-2:00PM	Spin Combo		No Butt No Glory			STUDENT - Wellness Session "Creating Healthy Habits"	Oct 16
4:45-5:45PM	Hula Hoop Dance	Hatha Yoga ----- Spin Bootcamp	Elevate Me!	Triple Threat		STUDENT - Wellness Session "Cold or Flu, What Can I do?"	Nov 20
						STAFF - Wellness Session	Sept 17
						STAFF - Wellness Session	Oct 8
						STAFF - Wellness Session	Nov 19
						STAFF - Wellness Session	Dec 10

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PHONE: 780.471.7713 / IN PERSON: ROOM E134

Soccer, Alberta teaming up

By **BRIDGETTE TSANG**
@BridgetteTsang

There is no doubt that the most beautiful game in the world is continually spreading its beauty across our nation. Canadian soccer has steadily grown over the years, and the future of the sport in Canada is promising, especially here in Alberta.

This summer alone proved that soccer in Alberta is here to stay. Edmonton was named one of the four hosts of the FIFA U-20 Women's World Cup, along with Toronto,

Moncton and Montreal. The quarterfinal matchup between Canada and Germany brought in over 22,000 fans to the stands at Commonwealth Stadium. In less than a year, Edmonton will play host again, this time to the FIFA Women's World Cup Canada.

Four Albertans were selected to the 2014 Canadian men's U-17 World Cup team. In addition to all that, Edmonton is also poised to host Canada's women's national team as they take on reigning FIFA World Cup Champions Japan for a pair of matches in

October at Commonwealth Stadium.

There has never been a more exciting time to be involved in Canadian soccer. It is Canada's most popular team sport and the numbers are showing. There are over 850,000 registered players, a global ranking in the top 10 for participation and being in the top five per cent of 209 FIFA Member Associations in qualifying for FIFA World Cup competitions, soccer is rapidly growing in our country and it is inspiring a new generation of soccer players here in our city.

"I think it's exciting to see these players compete internationally," says NAIT Ooks women's soccer head coach, Carole Holt. "It shows young female players in Canada right now that there is an opportunity to play and represent your country, whereas five, six, seven years ago, there wasn't a reality to compete and have an opportunity to win an Olympic medal or a World Cup. And now that you see Canada on the women side really thriving, it's realistic."

The importance of soccer in Canada is so much so that the Canadian Soccer Association's 2014 to 2018 Strategic Plan was focused mainly on growing and further nurturing the sport. The title of the plan, *Leading a Soccer Nation*, reflects the excitement and anticipation for the sport. For the first time in the association's history, the association is sharing its strategic plan externally and

has sought the opinions, ideas and guidance from soccer communities throughout Canada. From coaches, players, officials, parents, administrators, sponsors, vendors and the media, their collective outlook on Canadian soccer came down to four major areas:

1) Invest in technical leadership by supporting players, coaches and officials at all levels.

2) Ensure consistent, world-class performances by our national teams.

3) Encourage and oversee the growth of the game in our country.

4) Govern the game in Canada professionally in collaboration with partners.

While the strategic plan may only be focused upon these four major areas, it is a sign that soccer in Canada is striving to be one of the best in the world and that the growth of the sport is a healthy sign of many more major competitions to come in the future.

"We've got some good players in our program and in our conference and across the country that compete in the CCAA," says coach Holt, "so I wouldn't be surprised if you see some of those players having an opportunity to compete for spots."

From FIFA World Cups, to Olympic glory, Canadians are now a force on the international soccer stage and it all starts from building from the ground up.



www.thestar.com

Canada's captain Kinley McNicoll in action during the FIFA U-20 Women's World Cup game against Finland on August 8. Canada won in a comeback, 3-2.

NAITSA SERVICES CENTRE

ROOM E-133 | 780.471.8855

STUDENT BENEFIT PLAN:

Please visit the Student Benefit Plan Specialist in the NAITSA Services Centre (room E-133) to assist you in completing all proper documentation to ensure you become a member of your Student Benefit Plan. Phone the Student Benefit Plan Specialist at 780-471-7730. If you change programs at any time, please alert the Student Benefit Office immediately to ensure our records are up to date.

What You Need to Know About the Student Benefit Plan

If you are an eligible student beginning in September 2014 or January 2015, you are automatically assessed the fees for the Student Benefit Plan.

- Medical plan fee: \$108 per academic year (\$54 per term)
- Dental plan fee: \$120 per academic year (\$60 per term)

The plan excludes non-credit programs, students 100% online, auditing, and apprentice students.

Loss of Coverage

If you are a returning student from the previous academic year but have lost coverage and wish to be reinstated, it is very important that you visit our office within 30 days of the loss of coverage. If you fail to notify us your next opportunity to receive benefits is September of the next school year.

Opting Out of the Student Benefit Plan

The deadline for opting out (September start) is Friday, Sept. 26, 2014, no later than 4 pm. The deadline for opting out (January start) is Friday, Jan. 30, 2015, no later than 4 pm. If you have comparable coverage through another insurance carrier (Blue Cross, Great-West Life, Manulife, etc.) and you would like to opt out of the benefits, you must fill out the waiver form and provide the Student Benefit Office (E-133) with confirmation of coverage (benefit card, previous claims, letter from an insurance company or employer, etc.) before the given deadline date. You may also opt out online at www.mystudentplan.ca. The same opt-out deadlines apply.

Please note that provincial health care is not comparable coverage. There will be no exceptions if the deadline is missed — you will be required to pay the Student Benefit fee. If you miss the September deadline, your next opportunity to opt out will be the following September. If you begin your program in January and miss the January deadline, your next opportunity to opt out would be the following September.

Family Coverage

Eligible students on the plan can purchase coverage for their spouse and/or dependant(s). Please call, visit online at www.mystudentplan.ca or visit our office for more information. The family add-on deadline for September-start students is Sept. 26, 2014, no later than 4 pm. The deadline for January-start students is Jan. 30, 2015, no later than 4 pm.

For more detailed information about your NAIT Student Benefit Plan please visit: mystudentplan.ca

FOOD BANK REFERRAL PROGRAM: Please visit the NAITSA Service Centre (Room E-133) or call 780-471-8855 for assistance with the Food Bank Referral Program.

U-PASS (UNIVERSAL TRANSIT PASS): Please see pages 16-17 of your student handbook, or visit us online at www.naitsa.ca/upass for more information about the U-Pass program.

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- Edmonton Motors Ltd.
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- Kal Tire
- Kognitive Marketing
- Landmark Building Solution
- Lock Surgeon
- MacLab / Midwest Property Management
- Matrix Service
- Maxim Truck & Trailer
- Mullen Group
- NAIT Continuing Education
- National Oilwell Varco
- NDT Global
- Norquest College
- Northern Mat & Bridge
- Northgate Industries Ltd.
- Olive Garden
- Pacer Corporation
- Pagnotta Industries Inc.
- PeBen Oilfield LP
- Realstar Management
- Red Lobster
- Red Robin Restaurants
- Rosenau Transport Ltd.
- RVDA of Alberta / SAIT Polytechnic
- Spectrum Safety Services
- Sureway Construction Group
- Tartan Canada Corp.
- Techmation Electric & Controls Ltd.
- Texcan - A Division of Sonepar Canada
- The Gear Centre Group
- The GRIT Program
- The Tire Warehouse
- Thermal Systems KWC Ltd.
- Thomas Insulation
- TPD - Workforce & HR Solutions
- Trimac Transportation Services LP
- University of Lethbridge, Edmonton Campus
- UPS
- Visions Electronics



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 - Participate in vital committees
- Dinner provided at each meeting
 - Honorarium up to \$500
 - Leadership experience
- Appears on co-curricular transcripts

nominations close september 29 @ 4pm

for more information visit naitsa.ca/elections

 **STUDENT
ELECTIONS**

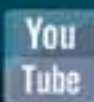
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rm e-131

UPass

Universal Transit Pass

WHAT IS U-PASS ?

U-Pass is a mandatory transit program for post secondary students, granting access to Edmonton Transit, Strathcona County Transit and St. Albert Transit.

U-Pass is mandatory for all credit students at NAIT with the following exceptions:

- Apprentices
- Students who take all of their classes online

All qualified students are automatically charged a U-Pass fee for the Fall & Winter terms.

Students must be enrolled in a credit course that begins prior to the opt out deadline September 26, 2014 @ 4pm.

HOW MUCH DOES U-PASS COST ?

For the 2014-15 school year U-Pass will cost \$155.00 per Fall and Winter term. U-Pass offers significant savings for students who take transit, as the cost of a monthly city post secondary bus pass for 2014-15 would total \$324.00 per semester.

HOW DO I GET MY U-PASS STICKER ?

In order to collect your U-Pass sticker you will be required to provide your valid NAIT student ID card to the U-Pass booth at the start of each term and contact the NAITSA office thereafter.

South Lobby Kiosk – weekdays August 18 - September 12, 2014

Monday-Thursday 8:30am-6:00pm, Friday 8:30am-4:00pm

WHICH STUDENTS MAY REQUEST A FEE EXEMPTION FROM U-PASS ?

Transit Staff / DATS / SCAT / HANDIBUS

- Students with a valid staff card from Edmonton Transit, Strathcona County Transit or St. Albert Transit
- Students who have a valid DATS/SCAT or St. Albert Handibus registration card

Bring your valid NAIT student ID card and valid identification card from one of the above stakeholders to Leeanne Mills at the NAITSA office. Room E-131.

PRACTICUM STUDENTS ARE YOU ELIGIBLE TO OPT OUT?

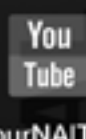
Practicum students who are on practicum for 8 weeks or longer between Sept 1 - Dec 31, 2014 AND are on their practicum placement outside the service area of Edmonton, St. Albert and Strathcona County are eligible to opt out.

Opt out online @ www.naitsa.ca/upass-optout (see website for a complete list of requirements & process)

Each Fall and Winter term is treated as separate and U-Pass opt out requests must be submitted for each term of eligibility.

Eligibility is assessed to correspond with the dates that appear on the U-Pass sticker.

Please send all questions to: upass@nait.ca



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ENTERTAINMENT

Winter – and fun is cheap



By **QUINTON BERGER**
Entertainment Editor
@QuintonBerger6

Well, here we are, the beginning of the fall. We're all back from our vacations, back at school and back on our usual sleeping schedules. Summer is officially over.

That being said, I'm actually looking forward to winter. Of course I'm not looking forward to freezing my ass off as I walk to and from my car, having to wait 10 minutes before I can even get in my car or being terrified every time I drive my car but I am looking forward to the leisure activities. Not so much the ones that I couldn't do in summer but the ones I wouldn't allow myself to do in summer.

Like most college students, my summer was mostly

spent working. We work our asses off for four months so we can afford to not work for eight. Let's face it, college isn't cheap and neither are supplies, parking, textbooks, not to mention food, gas and all the day-to-day necessities required by your average student. Therefore, the majority of my evenings and weekends were spent working, along with my days. This created very little time to do much and the days I had off, well I wasn't going to waste this nice weather! Movies, TV shows, books, are all things I very much enjoy but did very little of this summer. If you spent your evening working, you get home and you have maybe an hour before you have to go to bed since you work the next day and the evenings you do have off are spent outside, socializing on patios and enjoying the amazing weather we get for a third of the year. So many amazing looking movies came out this summer. Unfortunately, I was so busy summering, I saw none!

During the winter, I watched many TV series, read lots of books and saw lots of movies. Not entirely because of the cold weather, though. There's also the factor of not having much money during the school year. Your finances are all tied up so you usually side with the cheap alternatives – movie nights with friends, reading at home and binge watching TV series on Netflix for a whopping \$8 a month or free if a friend will

let you connect to theirs. Let's also not forget the obvious joy of Fall TV lineups. Every fall/winter, our favorite TV shows come back with their new seasons and tons of new shows come out (albeit most of them are crap but cheap entertainment is cheap entertainment).

So that's what I'm looking forward to this winter. Of course the weather and roads suck, having very little money gets old quickly and the gloomy weather does get to you after a long period of time. But at least you'll get back to all the cheap entertainment you shunned whilst out enjoying yourself. Movies are cheaper than music festivals and no one will judge you for spending the day inside. I, for one, am stoked!



ATTENTION ALL STUDENTS

STUDENT HEALTH & DENTAL BENEFITS

The deadline to **OPT OUT**
or **ADD FAMILY** is
SEPTEMBER 26TH, 2014

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

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

Phone 780.471.7730

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



STUDENTS - YOU'RE INVITED!

To the Health & Dental Benefit
Plan Info Session

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

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

Student Benefit Office
780.471.7730
studentplans@nait.ca

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **QUINTON BERGER**
@QuintonBerger6

As the summer comes to a close, we look back on the memories and friends we made, the adventures we went on and the things we said we were going to do – but didn't.

We round up our posse for one last soiree and marvel at what an amazing time we've shared on the beach, under the stars or around the fire. The last party of the summer is very necessary because in a matter of days, it's back to normal! The once carefree vibe you exuded will now have to be toned down in favour of your getting shit done vibe. You may be going back to school, back to work or starting that nest egg backup

for another summer of adventures. You trade in your tattered shorts, bikini and spirit hood for your business casual attire of khakis, dress shirts and groomed hair and prepare for another winter of establishing your place in society.

Don't fret, though, there's absolutely nothing wrong with studying and hard work. Your place in society is what makes all the summer fun affordable and worthwhile and, after all, when you're retired and old, you want to look back on a successful, fruitful living – something that camping trips, hiking expeditions and music festivals, while fun, usually don't provide. That said, making the transition from summer you to "rest of the year" you can be incredibly difficult for most individuals. With the amount of energy you've been spreading the past four months, it's hard to get calmed and collected and essentially un-funk yourself. The change is a hard one and most of us will inevitably leave it till the last minute. I myself haven't bought a single binder or notebook and I start school tomorrow. The next couple of weeks are sure to be a little weird as you start getting "back to normal" but never fear, in a

couple of weeks you'll be back to killin' it as usual. Here's a list of tracks that might help you get back into the swing of things

1. Sam Roberts Band – We're all in this Together
2. Eminem – 8 Mile
3. Outkast – Slump
4. Snow tha Product – Gettin' It
5. Disclosure – White Noise
6. BTO – Taking Care of Business
7. Swollen Members – Brand New Day
8. Gorillaz – Clint Eastwood
9. Sublime – What I Got
10. GRiZ – Gettin' Live
11. Foreign Beggars (feat. Skrillex) – Still Gettin' It



songs-that-should-be-mainstream.blogspot.com



www.theq.fm



respecta.net



www.acclaimmag.com

WEEKLY SPECIALS

FOOD SPECIALS

MONDAY

\$7 Canadian Poutine

TUESDAY

\$7 Nest of Wings (1lb.)

WEDNESDAY

\$6 Deep Fried Wontons

THURSDAY

\$7 Vegetable Spring Rolls

FRIDAY

\$6 Rockfish Potato Cakes

\$4 DRINK SPECIALS

*All liquor served is 1 oz

MONDAY

Sno Cone Cocktail

TUESDAY

Rye, Rum, Vodka or Gin Hi-ball

WEDNESDAY

Domestic Pint (20 oz)

THURSDAY

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FRIDAY

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Photo by Joe Ranger

Geek podcaster Chris Lockhart meets The Incredible Hulk at the 2014 Calgary Comic and Entertainment Expo in April.

Expo aims for a Big Bang

By JOSEPH RANGER

Pity the fools who fail to attend the 2014 Edmonton Expo – a time for fanboys (and fangirls) to geek out and reminisce about past glories.

Fans of the 1980's show *The A-Team* will have a chance to meet one-half of the feared foursome, as Dirk Benedict and Dwight Schultz (minus Mr. T and the late

George Peppard) are scheduled to appear at the Edmonton Comic and Entertainment Expo, set to run Sept. 26-28 at the Edmonton Expo Centre.

Plenty of other television characters will be in attendance, including: Jim Beaver (Bobby Singer on *Supernatural*), Dean Cain (*Ripley's Believe It or Not*, *Lois and Clark: The New Adventures of Superman*), Lawrence Gilliard Jr. (D'Angelo Barksdale on *The Wire*, Bob Stookey on *The Walking Dead*); Simon Helberg and Kunal Nayyar (Howard Wolowitz and Raj Koothrappali, respectively, on *The Big Bang Theory*); J. August Richards (Gunn on *Angel*, Deathlok on *Agents of S.H.I.E.L.D.*); Noah Wyle (Dr. Carter on *ER*, *Falling Skies*), Amy Acker (Fred/Illyria from *Angel*, Samantha "Root" Groves from *Person of Interest*); Grant Imahara (*Mythbusters*, *The Guild*); Mads Mikkelsen (Dr. Hannibal Lector from *Hannibal*); Garrett Wang (Ensign Harry Kim from *Star Trek: Voyager*); and Jessica Nigri (*Red vs Blue*: Season 12).

The Edmonton Expo will also afford fans to meet the real Doug Jones, who is often obfuscated by intricate costuming or face masks: Abe Sapien in both live-action *Hellboy* movies and the animated *Hellboy* movies *Blood and Iron*, and *Sword of Storms*. As well, Jones has portrayed both Pan and The Pale Man from *Pan's Labyrinth*, and the Silver Surfer from *Fantastic Four: Rise of the Silver Surfer*.

Observers may hear chants of "We're not worthy" near the booth of Rock and Roll Hall of Famer Alice Cooper – the Prince of Darkness by night, pro-am golfer by day. Cooper's playlist dates back to the late 1960s, with such hits as "School's Out," "I'm Eighteen," "Under My Wheels," "No More Mr. Nice Guy," and "Welcome to My Nightmare." Youngsters unfamiliar with his work may wish to check out these tracks, or the 1987 album *Raise Your Fist and Yell*. Check online for early clips of Alice on *The Muppet Show*, or his long-running

radio show *Nights with Alice Cooper*.

Chris Lockhart, one of the brains behind *Geek Fallout*, which is billed as a geek news discussion podcast for geeks by geeks (found at www.geekfallout.podbean.com, Twitter, Facebook, Stitcher and iTunes, and is part of The Atomic Geeks Network of podcasts) has attended both the Edmonton and Calgary Expos and would dearly love to meet or, golf with, Cooper.

"Even though he is not science fiction or fantasy, there is definitely a lot of horror in everything he does," said Lockhart. "Of course, *Wayne's World*."

Edmonton-based BioWare will have a booth, where they're sure to prominently display the latest game from their *Dragon Age* franchise, *Dragon Age: Inquisition*. Other booths will showcase artists, creators and voice-over talents, including *Mass Effect*'s Commander Shepard, voiced by Edmontonian Mark Meer – who also provides voice work in the *Dragon Age* series and *Baldur's Gate*.

For more information on Edmonton Comic and Entertainment Expo attendees or how to purchase tickets, check www.edmontonexpo.com.



Trailer Park Boys return

By **QUINTON BERGER**
@QuintonBerger6

For years now, Netflix has been supplying millions with cheap and convenient home entertainment. The media provider has reached over 50,000 subscribers and completely revolutionized the way we view TV series and movies. Along with a seemingly endless inventory of movies and TV shows, Netflix has also released a few original series including Emmy Award winning *House of Cards* and *Orange is the New Black*. The streaming provider has also resurrected previously cancelled shows like *Arrested Development* and to the joy of Canadians everywhere, *Trailer Park Boys*, premiering Sept. 5.

That's right, the boys are back. The group of Eastern Canadian anti-heroes return on Netflix for their eighth season of the hit TV show. This mockumentary style comedy has aired in the homes of Canadians and all around the world, gained a cult following and even spawned three full length movies. The show centres on the hilarious misadventures of pretty criminals Ricky, Julian and Bubbles along with a hilarious bound of side characters. The show follows pseudo career criminals, Ricky and Julian as they come up with hilarious schemes (usually involving dope) to make money. Their success is usually halted by drunken trailer park supervisor Jim Lahey and his shirtless sidekick, Randy. While Ricky and Julian's hilariously unsuccessful ventures and

ridiculous plot lines are alluring enough, what really makes the show worth watching are the characters. The fan favourite show is the boys' wide eyed, neurotic sidekick Bubbles, who acts as the innocent character in the show. Whether it's neurotic and wide eyed Bubbles belting out his sort of catch phrase "HOLY F**K BOYS!" or wannabe thug J-Rock asking each and every person "na'm sayin'," the show provides a hilarious background for Ricky and Julian to hatch all kinds of crazy get-rich-quick schemes.

What really makes *Trailer Park Boys* hilarious is the dialogue. The show is jam packed with one liners making it the most quotable show in Canadian TV history. If you're a Canadian male and have friends that are also Canadian males, chances are you've spent a considerable amount of time quoting *Trailer Park Boys*. One of the best parts of the show is watching Ricky butcher the English language with what they call "Rickyisms." Choice Rickyisms include "worst case Ontario" and "I've basically self-learned myself". Then there's drunken Mr. Lahey, an ex-cop, who was cut from the force due to an incident involving Ricky, Julian and alcohol. His brand of colourful dialogue features an abundant use of the word "shit," often used to describe Ricky and the gang. "Shittapillars Ran, they started out as shit larvae and became a pandemic of shittapillars. And now, shit moths

Randy." You get this idea.

Trailer Park Boys is also known for its hilariously excessive use of profanity. It's almost unmeasurable how many times in an episode you'll hear "the f-word" along with every other profanity in the book. The boys have truly mastered the art of swearing and when you hear it in each and every sentence on the show, it sounds hilarious. Censored versions of the show have aired, but to really get the full effect, you need to watch it raw. Many fans of the show argue that the show has taken a bold left turn from its once believable mockumentary format and has become too animated. It's

certainly evident when you look at the shows old plots, having gone from disguising bricks of hash as an unpaved driveway to smuggling cigarettes across the border via model train with the help of Sebastian Bach from Skid Row but characters, dialogue and profanity help save it.

Trailer Park Boys, Season 8, will begin streaming on Netflix Sept. 5. Their colourful characters, outlandish plots and hilariously hurtin' living conditions have launched them to the forefront of Canadian television. I for one can't wait to see what shit the boys will get themselves into.



tvlooon.ca

Trailer Park Boys Ricky, left, Bubbles and Julian are back for another season on Netflix.

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U-Pass Valid Periods
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 Winter Term: January 1 - April 30

For more information check www.naitsa.ca/upass

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 St. Albert Transit: Call 780-418-6060 or www.ridestat.ca
 Strathcona County Transit: Call 780-464-7433 or www.strathcona.ca

IMPORTANT:

- Ensure you have your valid U-Pass with you when travelling on transit.
- If you do not have your U-Pass, please pay the regular fare.
- U-Pass is non-transferable.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

September 4-10

(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)

You may have been in a bit of a slump lately but never fear. That's to be expected when going from one routine to another. Give it a week or two, take it easy and you'll be yourself again in no time.

Libra (Sept. 23-Oct. 22)

Start showing your fearless side.

You're a force to be reckoned with and it's high time everyone knows it. You've got the skills and smarts to pull off anything and with the right attitude, no one can stop you. Stop playing coy and take your place at the top!

Scorpio (Oct. 23-Nov. 21)

One sesh per day, bro.

Sagittarius (Nov. 22-Dec. 21)

Lately you've been feeling jealous of other's success. Well the only person who can flip the script is you! Stop hating, start participating and you'll have nothing to be jealous of.

Capricorn (Dec. 22-Jan. 19)

Things have been hectic lately and it's not about to stop any time soon. No matter though, you got this and you know it! Keep your head up, keep on trucking and it will all pay off. Aquarius – Ships are safe in harbours but that's not what ships are made for. Time to step out of your comfort zone and pursue your passions. You've been giving yourself excuses for far too long. Take control and make the world your bitch!

Aquarius (Jan. 20-Feb. 18)

The fall is always a hectic time,

but make sure you don't fall back into your old habits. It's a new day, show the world a new you!

Pisces (Feb. 19-March 20)

You may have been feeling unappreciated lately. It may be time to find a new circle or significant other. You are a beautiful soul and you should only be with one(s) that matches your vibration.

Aries (March 21-April 19)

Lately you've been feeling like things haven't been going your way. Just remember that while you may not be getting what you WANT, you're getting exactly what you NEED to take your next step. Just strap yourself in, enjoy the ride and you'll arrive at a better destination than the one you had planned.

Taurus (April 20-May 20)

You've probably been a little irritable lately. Don't worry about it! People have off times and there's been a lot going on lately. No need to beat yourself up, just take some "you" time, reflect on what's been upsetting

you and you'll have that spring back in your step in no time.

Gemini (May 21-June 21)

Things in your life are really starting to pick up pace so it's only logical that you pick up the pace too. Avoid distractions, usual vices and get yourself into work mode. You're a machine and it's time you show people that.

Cancer (June 22-July 22)

You may have been feeling a little groggy lately. Ask yourself, have you been doing everything you could for your body? Take some time out of your day to exercise, order salads instead of fries and you'll be feeling better before you know it.

Leo (July 23-Aug. 22)

It's time to start settling down and thinking about your next move. You've been having some funky times lately but remember that there are times and places for funk and times and places for seriousness. Ditch the poncho for a dress shirt. The funk will always be waiting while you kill it in the real world.

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Photo by Gabrielle Hay-Byers

ALL YOU NEED IS LOVE ...

NAITSA President Hasib Baig has a Coke courtesy of the Hug Me Coke machine at the entrance to the Common Market. Just hug the dispenser and the Coke is free. The machine will be in place until later today (Sept. 4).

MOVIES – THE KURT LOCKER


<http://flavorwire.com>

Scarlett Johansson in *Under the Skin*

What is going on here?

By KURT FABISCH

Remember how your parents always told you to never get into a car with strangers?

Under the Skin is a film by Jonathan Glazer who made one of my all-time favourite gangster films, *Sexy Beast*, with Ben Kingsley in 2001, which was Glazer's first film.

He's only made two films since then. *Birth* in 2004 with Nicole Kidman which was about a woman having a relationship with a young boy that might be possessed by her dead husband.

And *Under the Skin* in 2014 and this movie is not what anyone could call a "normal film."

The first scene is a prolonged sequence of slow moving lights in the dark and a black object moving towards the screen into a white circle. It's the creation of an eyeball. And it's a striking way to start this movie.

The film stars Scarlett Johansson, who is the only professional actor in the film and the other people in the movie are non-actors.

She plays an unnamed woman who is definitely not human. It's her eye we see being formed as we hear her developing the English language.

She drives around Glasgow, Scotland in a van trying to pick up men. These scenes were apparently unscripted and filmed with hidden cameras, just Johansson asking men to get into her car. So naturally, they get in.

She takes them back to her place, which is a large, black empty room with a mirrored floor. She undresses and the men do the same. She walks across the floor, but the men sink into the floor like it's quicksand and disappear.

There's another man who we see interact with her. He drives around on a motorcycle and removes any traces these victims

might leave behind.

Later in the film, she takes another victim and we get to see what happens under the floor. I won't spoil it but what I saw ranks as one of the creepiest things I have seen on film ... ever.

There's no narration or exposition or even any proper dialogue scenes in this movie. There's nothing to indicate what is really going on, why she's taking these men, who the man on the motorcycle is or exactly what Scarlett Johansson's character is.

It's this mysterious nature to the film I liked so much. A science fiction/horror film that never stops to tell the audience what's happening. You don't see that much in movies these days.

I really liked this movie.

This is maybe Johansson's best performance to date. She does a great job appearing as if she's not human. Her char-

acter is someone who is trying to understand human beings both physically and emotionally. It's a performance where it might look like she's doing nothing, but she's doing so much.

The title *Under the Skin* couldn't be more apt. When this movie ends, you need a moment to centre yourself, to ask yourself, "What did I just watch?"

But as weird as it is, I never confused or had a hard time following it. Glazer's outstanding visuals in the movie tell you just enough to keep you involved and interested.

But you're left to figure out the meaning of this film on your own.

This is a terrific movie and a strange one.

Under the Skin is available on DVD and Blu-ray.



Live shows on tap for fall

By **QUINTON BERGER**
 Entertainment Editor
 @QuintonBerger6

With the summer coming to close there's lots of things that we as Edmontonians are forced to say good-bye to. Luckily, awesome concerts and shows are not one of them! No matter what you're into, chances are, if you like music, the city of Edmonton has something for you. So if you love live performances, raw energy, colourful characters and most of all, music, here's a list of what's going on in our great city.

Life in Colour – Sept. 5 @ Northlands (18-plus)

The famous "paint rave returns" for another wet and wild installment in the city of Edmonton. Same smiling faces, same splashing colours but this time the event is being held outside. Lineup includes Bingo Players, Morgan Page and Seven Lions.

Canadian Country Music Association Awards – Sept. 7 @ Rexall Place (All Ages)

The CCMA's return for another unforgettable night of celebrating the best in Canadian Country music. Hosted by Jann Arden and Rick Mercer, this year's lineup also features the likes of Paul Brandt, Dean Brody, Gord Bamford, Terri Clark, George Canyon, Tim Hicks and many more. The show can also be seen nation-wide on CBC but tickets can be found at ticketmaster.ca.

Merkules – Sept. 14 @ Studio Music Foundation (18-plus)

Surrey based rapper Merkules returns to rock Edmonton once again to show us how a real MC does it.

Tech N9ne – Sept. 18 @ Union Hall (18-plus)

The biggest name in underground hip hop is back to blow fans away with his rapid fire spitting style and unbeatable stage presence. Guests include Krizz Kaliko and Animal Nation.

UBK presents All Our Bass Belong to You – Sept. 20 @ Starlite Room (18-plus)

United Bass Collective brings us the second annual All Our Bass featuring some amazing talent. This year's lineup includes Eprom, G Jones, Trippy Turtle and many more. This one is going to be a banger!

Twiztid – Sept. 20 @ Studio Music Foundation (All Ages)

Horror core legends Jamie Madrox and Monoxide Child return to serenade fans with their brand of delightful debauchery.

Lyle Lovett and his Acoustic Group – Sept. 23 @ Jubilee Auditorium (All Ages)

Country music veteran Lyle Lovett returns to perform at arguably the best sounding venue in the city.

Dropkick Murphy's – Sept. 27 @ Shaw Conference Centre (All Ages)

The boys are back! Everyone's favourite Celtic punks are back for a wild night of booze fuelled mayhem. These boys know how to put on a hell of a show, ensuring a rowdy time will be had by all.

Godsmack – Sept. 28 @ Shaw Conference Centre (All Ages)

Hard Rock, quartet, Godsmack are back and will be bringing all their high energy and intimate stage presence with them. The band always delivers an incredible show and this one will be no different. Supporting bands include Seether and Pop Evil.

Pixies – Oct. 6 @ Shaw Conference Centre (All Ages)

One of the most influential bands in Alternative music, these guys have been around since the late '80s and are returning to help bring back the '90s.

PURE – Oct. 12 @ Shaw Conference Centre (18-plus)

From the people of Boondang comes another installment of one of the city's most popular electronic events. Boondang's massive shows are always completely over the top with top of the line production, lighting and sound. This year includes Above & Beyond, Auden and Cajmere.

The Black Keys – Oct. 28 @ Rexall Place (All Ages)

One of the biggest bands in alternative music is back to put on another unforgettable show in Edmonton. The Black Keys have been getting quite comfortable on the top of the charts' world in the past few years (even though they've been around a lot longer). The duo's amazing sound will only get better as it's blared through Rexall's speakers and anyone who's seen the group will tell you it's worth checking out.

Sarah McLachlan – Oct. 29 & 30 @ Winspear Centre (All Ages)

This Canadian songstress not only has two Grammys and four Junos under her belt, she has also sold 40 million albums worldwide. She'll be gracing our city with her presence for not one but two nights at Edmonton's beloved Winspear Centre.

SCREAM – Nov. 1 @ Shaw Conference Centre (18-plus)

Another massive event brought to us by Boondang,



thearmchairathleteonline.wordpress.com

Scream is their annual Halloween themed rave, which always leaves crowds mesmerized not only by Boondang's production quality but by the awesome costumes of all those in attendance. This year's lineup includes DJ Snake, Yellow Claw, Andrew Rayel and more.

Motley Crue – Nov. 18 @ Rexall Place (All Ages)

Hair metal veterans, Motley Crue are back for one final spectacular show in Edmonton and they're bringing shock rock icon Alice Cooper with them!

RESTAURANT REVIEW

A vegetarian delight for all

By **STACEY DADURAL**

Hello fellow foodies! So here I am with another food article and with the fall season coming up, I figured a review on a restaurant near main campus would be perfect.

My cousin and I decided to dine at a vegetarian restaurant named Padmanadi.

The restaurant is located on 107 Avenue and 101 Street and it opened in 2002. Now, I'm not a vegetarian myself – I absolutely loooooove meat – however, for a moment while eating, I forgot it was a vegetarian restaurant. My brother used to be vegetarian, so I had mock meat before and I must say, their mock meat was pretty convincing.

We ended up starting with the fried spring rolls – six and a side of plum sauce for dipping. I was a little hesitant to try these spring rolls because I definitely like pork spring rolls over vegetable, because all the vegetable spring rolls I've tasted before that night tasted absolutely disgusting. I don't know if it was the oil it's made with or what but they always seemed to come out a little bit too vinegary for my taste and they would taste a little rotten to me. However, Padmanadi surprised me with their delicious veggie spring rolls. It was just the perfect amount of flavour and it wasn't overwhelming or super filling either. It was just enough to get us going until our main dishes came.

For one of our mains we had the ginger beef, which is made with soy beef strips, sweet bell peppers and julienne carrots in a tangy ginger sauce. It said on the menu that it's spicy, however my cousin didn't find it spicy at all and she has a much lower spice tolerance than I do. I will admit I'm not ginger beef's biggest fan. You're probably thinking, for someone who loves food so much, I can be pretty picky but every where I've gotten ginger beef the beef has always been too hard to chew and I got sick of the sauce after a while.

Of course this was not the case at Padmanadi – well, except for the sauce. The “beef” was perfectly cooked, had just enough chew and wasn't too tough. However, the sauce was still the same sweet, tangy ginger sauce – which I will admit, I got sick of after a handful

of strips. So if you like ginger beef and don't mind the sauce like I do, then I guarantee you'll love this dish. However, it was still very good, and I will admit, I'll order it again the next time I go.

The second main dish we had was the seafood nest. This one is not listed on the original menu because it was an offer on the specials menu they

brought us. This dish was pictured on that menu and is honestly the reason we got it. It looked so delicious in this picture we couldn't not get it. It was a mix of seafood (crab meat, various fish and shrimp balls, squid) and vegetables with seafood sauce, placed in a deep fried potato nest. This I found to be a little disappointing. I found that the sauce lacked flavour and it really didn't taste like anything more than cream to me. Also, I expected the potato nest to taste better. It was really sweet but in a weird, unlikable way. I definitely would've preferred this dish to be a little saltier but it just tasted bland to me. I really have nothing more to say though, I didn't hate it, it just really lacked flavour.

And now, the dish I absolutely fell in love with: the spicy coconut eggplant. I had a side order of coconut rice, which really caught my attention because you can tell they use fresh coconut instead of what's in the can. It wasn't super creamy, it was just right and was very complementary with the sauce in the spicy coconut eggplant. This dish is made with Chinese eggplants that are cooked with tomatoes and radishes in a spicy coconut sauce and, let me tell you, it was heavenly. It had just the right amount of spice and it didn't overwhelm the coconut or the natural flavour from the eggplant and the eggplant

wasn't too chewy or tough, it was just soft enough to chew. I absolutely love this dish and would easily recommend everyone to try it – especially with the coconut rice.

Last, but not least, we had the panna cotta for dessert. Now, regardless of how full we were (and trust me, the “itis” hit us pretty hard), panna cotta is always a perfect ending to every meal. It's just enough flavour to keep you coming back, however, it's fairly light so it's not something that will make you bloat. This panna cotta was made with coconut and was topped with lemon puree and berries. I consider myself to be a pretty passionate baker, so I know a thing or two about my delicacies. When I tried this panna cotta, I noticed it wasn't fully set. The consistency of a panna cotta should be firm but with a little wobble like Jell-O, but should still taste and feel like a pudding once in your mouth. This panna cotta definitely had more of a pudding consistency and was clearly not fully set. However, this didn't really matter to us because it was still very delicious. The lemon puree really comple-

mented the coconut and it was really nice to actually have flakes of coconut throughout the panna cotta.

Now, since I'm a server myself, I have to say, the service was fantastic. Our server, Lauren, was excellent. She made sure everything came out on time, that everything tasted alright and was very polite. The table next to us had ordered spring rolls as an appetizer as well, but apparently the middle of their spring roll were still frozen. She handled it very well by telling the couple she'll take care of it and she had a new plate out to them in just a few minutes. The atmosphere was very welcoming and home-like and, considering this restaurant is only a 15-minute bus ride from NAIT, I will definitely be popping by throughout the school year. Whether you're vegetarian or not, I highly recommend giving this restaurant a try.

For my next review, I'll be at the newest addition on Whyte: Meat. See you next week!



Photo by Stacey Dadural

Panna cotta at Padmanadi

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Great performer makes exit

By KURT FABISCH

Robin Williams goes on the biggest talk show in Germany and is asked “Why aren’t there more German comedians? You must know. Why aren’t there more funny Germans?”

And Robin says “Well, I imagine it’s because you killed them all.”

That’s my personal favourite Robin Williams anecdote and there have been quite a few over the years.

Last week the world lost one of the great performers of a generation.

There has been an outpouring of love for this man and his work in the days since he left us.

To say he was talented is an understatement.

Few people have been so entertaining in so many different formats and venues.

Look at any stand up special he’s done or any number of talk show or awards show appearances he’s done. He was relentless. The speed at which he would move from joke to joke is amazing. They weren’t all great, but it didn’t matter. By the time you decided one joke might not have been funny he’d already done two more that made you laugh out loud. His improvisational skills were second to none.

But it’s his versatile work in film that’s

affected me the most.

Doing a comedy like *Mrs. Doubtfire*, he’s hysterical. The director, Chris Columbus, has said that Robin would just ad-lib at length and give multiple versions of many scenes. And that there are probably four different cuts of the film he could have put together, all of them funny.

He was a solid dramatic actor, too. His Oscar winning performance in *Good Will Hunting* as the down-to-earth therapist is superb. In the scene in which he’s trying to essentially exorcise Will (Matt Damon) of his childhood pain, saying only four words again and again “it’s not your fault”. Try and watch that scene without crying.

He’s in a not so beloved Spielberg film I happen to love called *Hook*, a film about a grown up Peter Pan. In that film he gradually transforms from this rather cold and distant father into ... well, Peter Pan and it’s just heartwarming.

In Terry Gilliam’s *The Fisher King* he plays maybe his strangest character (which is saying something), this crazed homeless vigilante who’s on a quest to find the Holy Grail. He’s both funny and heartbreaking in that film.

But my personal favourite performances of his are two he made in 2002. *One Hour Photo* where he plays a depart-



www.outsidethebeltway.com

Robin Williams

ment store photo lab tech who stalks a family and *Insomnia* by Christopher Nolan where he plays a novelist who murders a teenage girl.

He showed off a dark side in those movies that I don’t think anyone knew he had. You’d never guess he was a comedian watching those films.

But it’s his role as the Genie in *Aladdin* that I’ll always treasure. Nobody has ever brought that much to a voice-over perform-

ance in a film. That character and what he brought to it is head and shoulders above any other Disney character I can think of.

♪ You ain’t never had a friend like me. ♪
Few do.

With these films I’ve mentioned and several others, along with his comedy albums and countless hours of television appearances, it’s a fact that Robin Williams will always be missed but he will never be forgotten.

SEPTEMBER EVENTS

- | | |
|---|-----------------------------|
| 2 Pancake Sundae Bar
(Outside the Tower) | 17 Wellness Wednesday |
| 4 Pancake Sundae Bar
(Spartan/HP Centre) | 18 Pancake Brunch (Souch) |
| 8 W. Brett Wilson | 24 Volunteer Fair |
| 11 Amazing Race | 26 Pirate Party |
| 16 Pancake Brunch (Patrica) | |



MOVIES – THE KURT LOCKER

Half-time review – 2014

By KURT FABISCH

This year is about to enter the fall movie season.

So I thought it was a good time to take a look back at how this year in cinema's doing so far.

First off, the blockbusters. 2013 didn't have much in the way of great action fantasy films. *Iron Man 3* was the standout. *Man of Steel*, *The Wolverine*, *The Hobbit 2* and *Pacific Rim* were very good. But this year it seems the quality of the giant Hollywood action films has improved drastically. The good ones have been very good.

The Lego Movie was an amazing over the top animated film.

A sequel like *Captain America: The Winter Soldier* was one of those sequels that was as good, if not better, than the original.

Darren Aronofsky's *Noah* surprised me, making the story of Noah's Ark genuinely exciting and not at all like Sunday School.

X-Men: Days of Future Past was the best X-Men movie since 2003 with X2, managing to cram in so many characters without feeling really bloated.

Dawn of the Planet of the Apes was a great example of being a wildly different film than its predecessor, essentially changing genres but staying in the same world. Some of the best effects ever were in *Apes*.

Godzilla was ... boring. Never looked at my watch so often in the theatre this year. If you like Bryan Cranston, as I do, you will hate this film. Huge disappointment.

But the highlight of the summer and the film year in general was *Guardians of the Galaxy*. That film is a masterpiece. Hil-

arious, thrilling action, great characters, so much quotable dialog "Let us put more of this liquid in our bodies!" and there's also a talking raccoon with a machine gun. I had the biggest smile on my face from the moment Redbone's "Come and Get Your Love" started in the credits to the end credits with the now famous "Dancing Groot." *Guardians* was the most fun I've had at the movies since *Django Unchained* and so far, my favourite film of 2014.

Apart from the blockbusters, there've been some wonderful films that people need to check out.

Snowpiercer is one of the more bizarre adventure films in a while. All of civilization confined to a train circling the globe in a new ice age ... it gets weirder.

The Zero Theorem by Terry Gilliam. I don't know what it's about or what it means but I had a good time watching it. It's a movie that sticks in your head.

Tom Hardy was in a film called *Locke*. It's just him in a car for 90 minutes and it kept me at the edge of my seat. Kind of a feat for a movie that tiny.

Wes Anderson made a splendid film called *The Grand Budapest Hotel*. The

advertising doesn't do it justice. I haven't seen a comedy that was so funny and so visually striking. Superb ensemble cast in there led by Ralph Fiennes, laugh out loud funny and surprisingly gritty for how quirky it is.

2014 is already better for movies than it was at this point last year and the Fall movie lineup is looking very strong indeed:

Coming are *Birdman*, *Gone Girl*, *Interstellar*, *Tusk*, *Inherent Vice*, *Big Hero 6* and *Foxcatcher* to name a few.

The year is well on its way to being a standout for film.



observationdeck.io9.com

Guardians of the Galaxy stands out in this year's crop of films.

What I'd like to see app-en

By CORY SELLAR

Good day to you all! This is my first article for the *Nugget* that will cover the wide ranging topic of Technology news. Today I'll be discussing my top five list of apps that I wish people would make but, no one has yet.

App No. 1 is one I wish someone would make but nobody has yet: How about an app that would tell me how long the lineup is at Tim's in the HP Centre? Let's be honest, we all hate waiting an hour and a half just to get our daily dose of caffeine. I know we could just skip that and instead have a nice refreshing glass of water, but unfortunately that's not an option! OK, here's a thought. This has nothing to do with developing an app and I am going off topic but bear with me, I'm new at this. What if NAIT made water fountains that dispensed coffee? One fountain for Double

Double and one for iced coffee. Sorry tea drinkers, your app is still in development. My dad likes a hot chocolate with a raspberry shot, but we won't even get into that.

App No. 2 that I wish someone would make but nobody has yet: Isn't it maddening when you get to the computer commons in the HP Centre and all of the computers are being used? The app would show me a full blueprint of the commons and little happy face icons where computers are available. If that sounds too sophisticated for you, might I suggest a fire alarm app. Everybody runs out of the building and you have first dibs on any computer you want.

App No. 3 that I wish someone would

make but nobody has yet: I wish NAIT would build a second floor to all the cafeterias. I don't know how many times I see students spread all over the campus eating a poutine in their laps. I envision an app with a blueprint of all

the cafeterias with little happy face icons for all the available chairs and tables. Incidentally, the reason I prefer emojis in app development instead of check marks and Xs is because those Xs would remind us about that last test we wrote.

App No. 4 that I wish someone would make but nobody has yet: Wouldn't it be nice to check your class schedule or what the next unit will be in class? Or even make your last payment for the following semes-

ter? I think you know what kind of app I'm talking about. A MyNAIT Portal app. Don't get me wrong, it's nice that we can still launch it from a browser, but creating the best student experience should come with an app. If they can make an app that finds monsters under children's beds or being able to communicate with others by just saying "Yo," then a MyNAIT Portal app can't be out of the question. And I get a little wary when I hear that the app is "in development." A winning Edmonton Oilers team has been "in development" for some time as well but we haven't seen that, either.

Now I know I said I was going to talk about five apps, but I do have a word limit here so until next time don't let your terabyte you in the ass. Poutine. I just wanted to say that word one more time because it's fun to say. Poutine.



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