

WRITE FOR THE NUGGET – ROOM E-128 TUESDAY LUNCH

# THE NAIT NUGGET

Thursday, September 5, 2013  
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**YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA**

## CAT BUILDING BEGINS

### Premier on hand to kick off huge project



NAIT photo by J. Book

### AT THE CONTROLS

Premier Alison Redford gets a few tips Thursday, Aug. 29 on operating heavy equipment before breaking ground at the building site for the Centre for Applied Technologies, the largest capital project ever undertaken by NAIT. The Centre will enable NAIT to increase enrolment by 50 per cent in health, business, engineering technologies, sustainable building and environmental management programs. Construction is expected to begin this year and be completed in time for the 2016-17 academic year. The Centre will be located north of the HP Centre. Premier Redford, inset photo, addresses the crowd later.



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# NEWS & FEATURES

## U.S. should tread lightly



**JOSH YAWORSKI**  
Issues Editor  
@actuallyjosh

Syria. Another Middle Eastern crisis. News feeds flood with new threats of war and of the crimes and evil that forced them. North American eyes are once more drawn away from their petty squabbles and looking at foreign nations. Since the Arab Spring, it seems that the entire region has been unceasingly rocked with violence. Egypt, Libya, Yemen and Tunisia have all flooded American news networks as their individual uprisings grew, but protests and unrest occurred in 15 other nations. Five nations saw changes in regime. But of all the nations that fell to chaos, the most recent to draw attention has racked up some terrifying statistics. Right now, over 70,000 Syrians are believed dead, while the UN Refugee Agency reported in April that 3.6 million people had been displaced by conflict.

The rising tide of anarchy that swept through the middle east in 2011 found harsh resistance from Syria's govern-

ment. President Bashar al Assad's regime immediately reacted to what was, in the beginning, a non-violent protest. The torture, execution, detention and disappearance of more than 70,000 citizens are all credited to the government, or to the sometimes warring rebels created by the government's actions upon its people. None of this was really kept secret from other nations, either. It was common knowledge amongst United Nation members. So why has nothing been done?

Politics. While most of the UN members are in agreement against the Syrian government, there stands an obstacle to a joint forces action; a virtual curtain separating Syria from UN approved military action, and it is made of iron.

America's old Cold War nemesis Russia and its frequent adversary, Iran, have stood against action in Syria. While no definitive motives are known, there are many possibilities. Hold-over resentment from Cold War Middle Eastern skirmishes, hatred of American Imperialism, concerns over maintaining its sole remaining foreign military base or even simply protecting a market for military exports, Russia has many reasons to stand against the U.S. And while the US makes threats and parades evidence of chemical weapons utilization against citizens, Russian President Vladimir Putin dismisses it all as "utter nonsense."

And while many may be seeing the U.S. move towards action without UN



Street battles have raged for months in Syria as the civil war grinds on.

www.todayszaman.com

authorization for the recent horrific gas attack on civilians, there are those who have a number of objections. And before the NAIT populace is brought into the incoming media blood lust as they sense the ratings boost that comes with war, I implore you to consider some of them.

1. The current Syrian government reached power as the direct violent result of American foreign experiments in the late 1940s. Adam Curtis of the BBC explains it well in his blog post *The Baby and the (Baath) Water*.

2. Current reports indicate that the chemical attack that has motivated America's latest threats was known to them as many as three days in advance (foreign-policy.com)

3. The *Washington Times* reports that

there is information being investigated that links the use of the sarin gas to the Rebels, and not the regime.

4. A great many of the rebels the U.S. would be forced to support are armed combatants linked to Al Qaeda and other terrorist organizations.

I'm not calling it a conspiracy and I'm not calling on people disregard the mass media. And I'm definitely not pretending I know what's going on. I wrote this column because I'm still not sure that I follow it all. All I'm calling for is a little caution, and a little research in the coming days, as we may very well be drawn into a war that installs a new, terrible dictator, and that an intervention may prove to be as wrong and disastrous as the action of the 1940s are viewed now.

## A Freezeway in our future?

**By STEPHAN SUTCLIFFE**  
Assistant Issues Editor

Edmonton winters are cold, dark, and there's a good chance snow will be on the ground for six months of the year. But there is one resident who thinks that can work to our advantage. Have you ever dreamed of lacing up your skates and meeting a friend for a cup of coffee? If Matt Gibbs has his way, that dream may be closer than you think

Gibbs is a landscape architect who sees an opportunity to embrace winter using his concept for an Edmonton Freezeway. Described as a year round green corridor that becomes a skating lane in winter, Gibbs' concept was born out of a thesis idea for a Master's degree but evolved quickly to win him top prize in the Coldscapes international design competition.

The Edmonton Freezeway is a unique, secret handshake with winter that would give Edmonton the opportunity to use its climate to our advantage and promote a healthy lifestyle. In a city that averages five months a year below freezing, we've made it easy to avoid winter, having one of the biggest malls in the world. But instead of escaping winter, maybe we need to think about embracing it. And the Edmonton Freezeway would be the

first stride on the skating lane to recovery.

Connecting existing green pathways by joining the urban space between them, the 11 km path is a two hour walk or 45 minute bike ride in the summer and a one and half hour skate in the winter. It would be divided into six unique sections, stretching from the Clareview Station on the Capital LRT line north of downtown to the future community of Blatchford on the city centre airport land. The Freezeway would seamlessly connect to transit, expanding options for those looking for alternative transportation year round.

Constructed as a path separated by boulevards from the sidewalk and road, the Freezeway would create a safe place for bicycles in the summer and skaters in the winter. The boulevards would also be able to double as snow storage in the winter. Removable rubberized crossings over the Freezeway ice would be used at road crossings to act as an entrance and exit, allowing

pedestrians and skaters to safely interact.

The design elements that are being used can serve as inspiration for how to make Edmonton more winter friendly. Using buildings as wind breaks and putting plazas and commercial development on the north, sunny side of street encourages people to stay outside on heated patios during the winter months. These are building strategies that can be adopted now to change how we co-operate with winter.

From the new Royal Alberta Museum to the Downtown Arena, the redevelopment of the Molson Brewery site and city centre airport, the Freezeway would connect the changes taking place in the heart of the city. It is a truly unique way of interacting with winter in an urban setting, the Freezeway would link Edmontonians to the progress of the city's core in a uniquely Edmonton way, on skates.

<http://www.youtube.com/watch?v=OV8qm14uLns>



www.edmontonjournal.com



NAIT photo by Leigh Frey

### Ook, Ook and away!

NAITSA staffers Jacqueline Irwin, left, and Jenny Lau give a Ook a hoist in front of the association offices during orientation last Thursday, Aug. 29.

# City needs tax reform

**By STEPHAN SUTCLIFFE**  
Assistant Issues Editor

Standing on its own, the city of Edmonton is home to just over 800,000 people. Including the surrounding metro area the population jumps to over one million. But the distinction between the two is important. Ask anyone from one of the bedroom communities that surround Edmonton and they will say they're not from Edmonton but Sherwood Park or Spruce Grove. So why the distinction? Simple. St. Albert and Strathcona County rank in the top five of places to live in Canada. But not Edmonton, so the best thing about living in Edmonton is not living in Edmonton. But it should come as no surprise that the best parts about the capital region are the suburbs that surround the capital.

## Small city attitude

Edmonton has a small city attitude. It is unwilling to accept its status as a major city in Canada. Maybe what people like so much about the Edmonton area is that it doesn't feel like a major city. People come to Edmonton seeking a single family home and that's possible if only because of the prosperity of the province, which generally has higher paying job than other parts of Canada. That job will also allow you to buy and you're going to need it because of the lack of other housing options in the city.

Land developers have determined how Edmonton was and is built. And when the city took the chance to get into the suburb

game in Millwoods, the result wasn't much better. The answer to perfect city development is something in the middle. The City of Calgary has seen similar suburban growth as Edmonton but has decided to take action to combat the viral spread of urban sprawl. For the city to build infrastructure to a community, the area must meet certain guidelines set out by the city. If costs are too high to bring amenities like transit and utilities to the area, alternative, more cost effective expansion is chosen.

Property taxes are the main way to fund building and maintaining a city. For those in Edmonton living in established communities, property taxes are two per cent higher than newer communities. This is supposed to fund maintenance of older infrastructure but instead this money has been used to build out the suburbs, which gives the city more properties to collect taxes from. The money from the extra two per cent needs to go back into the established communities. If the city wants to increase tax revenue without raising taxes, changes can be made to the way they're calculated. Property taxes are calculated based on the amenities on that property. This form of calculation has led to numerous surface parking lots in the downtown core. Once the way taxes are calculated changes, that surface parking could turn into underground, heated parking with a vast green space at ground level.

The money being collected by the city hasn't exactly been well spent. Some city

initiatives have been needed – transit, the downtown arena and multiple area redevelopments. But the money spent on elaborate LRT stations and recreation centres has been wasted.

Last week, Edmonton City Council voted to delay construction on the south-east to west LRT line because of the missing \$515 million in funding from the provincial and federal governments. This was a responsible move to make, instead of the alternative, which was to borrow more money and increase the city's debt. But this LRT line is needed and waiting for funding delays the operation of the route. Instead of waiting, the city should take the money they have and begin to build the LRT line in sections.

## Transit cost effective

Transit is an inexpensive way to transport people around a city. It is less expensive to maintain than roads and once an effective network is built it is easy to enlarge and maintain. Transit orientated development is important to an LRT line's success. Certain stations act as city centres, giving people a place to gather and the LRT line connects them the city's downtown with its shopping, recreation centres, schools and condos.

Edmonton is a young city and it's growing and evolving but to truly become a better place to live for its people it needs to keep redeveloping its valuable core and building the LRT. It needs to change how it taxes property so it expands responsibly.



### The Nugget

Room E-128B  
11762-106 Street  
Edmonton, Alberta  
T5G 2R1  
Production Office 471-8866  
www.thenuggetonline.com

### Editor-in-Chief

Nicole Murphy  
studenteditor@nait.ca

### Issues Editor

Josh Yaworski  
issues@nait.ca

### Assistant Issues Editor

Stephan Sutcliffe  
issues@nait.ca

### Sports Editor

Lauren Fink  
sports@nait.ca

### Assistant Sports Editor

Kyle Harris  
sports@nait.ca

### Entertainment Editor

Alison Mullock  
entertain@nait.ca

### Assist. Entertainment Editor

Chris Figliuzzi  
entertain@nait.ca

### Photo Editor

Jesse Kushneryk  
photo@nait.ca

### Social Media Editor

Sarah Stilwell  
Production Manager

Frank MacKay  
fmackay@nait.ca

**Submissions encouraged:**  
studenteditor@nait.ca

The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

# Letters

## We want your views

Is something bugging you about NAIT or the world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

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

# Social Media a real measure?

By SARAH STILWELL  
Online Editor

In the wake of Miley Cyrus's "twerk-tastic" performance at the VMAs on Aug. 25, Twitter blew up. I'm sorry to open this thing up again but Miley's Twitter raised an interesting point:

"How can success be measured properly on Twitter?"

The 2013 VMAs garnered 10.1 million viewers, making it cable's top-rated entertainment telecast of the year among viewers aged 12-34. Until this performance, or rather until her Twitter response, I was a fan of hers.

Miley's performance became the most tweeted about event in history, generating 360,000 tweets per minute. The previous record was held by Beyonce's Super Bowl XLVII halftime show earlier this year. Beyonce's performance generated more than 268,000 tweets a minute.

After much speculation about her performance at the U.S. President's second inauguration, she confessed that she sang with a pre-recorded track, but would definitely not lip-sync at the Superbowl. Then she sang a capella and pretty much blew everyone away – and Twitter responded appropriately.

Many companies, celebrities and even the average person base Twitter success on how many retweets, comments, favourites a tweet gets – and especially on who follows them.

(Ironically, when I was writing this, my roommate walked over and exclaimed AWOLNATION just started following him on Twitter. Case in point.)

After the VMAs, Miley Cyrus tweeted: "Smilers! My VMA performance had 306,000 tweets per minute. That's more than the blackout or Superbowl! #fact."

This tweet garnered 34,391 retweets and 24,222 favourites.

Is the fact that you received 360,000 tweets per minute for a performance that has garnered so much negative attention a good thing? My opinion on the matter is that she felt insecure about her performance. (I mean, it would take a really ballsy person to not feel at least a little bit insecure about that.)

Many people face online insecurity. The should I post it or should I not post it dilemma is frequent; or the worst, when you post something that you think is really funny or interesting, but no one retweets, favourites or responds to it.

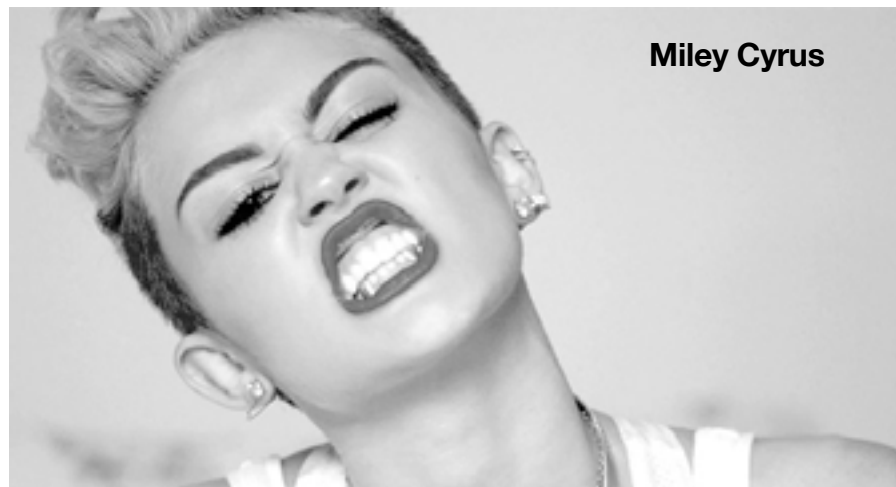
Miley even tweeted a quote from her father, Billy Ray Cyrus, which said:

"Mile, if twerkin woulda been invented ... And I had a foam finger ... I woulda done the same thang you did." – DAD

Cyrus also posted supportive comments from *Rolling Stone*.

My point is that Miley was proud of the fact that her performance took over Twitter.

Was that her goal? It seems kind of



Miley Cyrus

oldephartte.blogspot.com

immoral that you would be proud of that – especially with all of the other decently important world issues that are happening via Twitter at the same time on August 25.

Other things happening on Aug. 25, 2013:

- Syrian civil war:
- The Syrian government allows UN inspectors to visit the site of suspect chemical weapons attack outside the outskirts of Damascus. (BBC)
- Iraqi insurgency (post-U.S. withdrawal):
- A wave of bomb attacks kill 41 people in Iraq. (BBC)
- The Rim Fire near Yosemite National Park now estimated to have grown to the size of Chicago. (CBS News)

Twitter has been used to organize protests, sometimes referred to as "Twitter Revolutions," including the 2011 Egyptian revolution, 2010–2011 Tunisian protests, 2009–2010 Iranian election protests, and 2009 Moldova civil unrest. The governments of Iran and Egypt blocked the service in retaliation.

Miley, making me never be able to see a foam finger innocently ever again is an accomplishment. If the only thing you are proud of is breaking Twitter records for your explicit performance, there's an issue there.

Sources: <http://www.mtv.com/news/>  
<http://www.trendsmap.com>  
<http://www.Twitter.com>

## Photos in the hall

By JOSH YAWORSKI  
Issues Editor  
[actuallyjosh](mailto:actuallyjosh)

Some returning students may be seeing familiar faces in both the crowds and on the walls as NAIT has finished installing photographs of classroom action in hallways across campus. These photographs offer NAIT's students, faculty and visitors glimpses behind classroom and lab doors and into the learning. Pictures of classroom activities have been showing up around campus for the last couple of years but, with the summer's additions, the project has now reached completion.

NAIT staff photographers like Leigh Frey of the Department of Teaching and Academic Development (DTAD) have been accumulating pictures of our school in action for some time and began presenting each individual department with an array of photographs from which they selected images that they felt accurately represented their programs, and those were installed in their respective areas. Most programs chose pictures democratically, voting for those most fitting with help from DTAD staff. And it seems like the pictures chosen were the right ones. Leigh describes the reaction thus far as "very positive," with "wonderful reactions" from staff, stu-

dents and visitors alike.

I spoke with NAIT RTA Grad and former *Nugget* contributor, Craig Sephton. Craig's likeness is proudly displayed on the wall nearest the window at NR92's studio, smiling in front of the mic as he was known to do.

Craig loves the image.

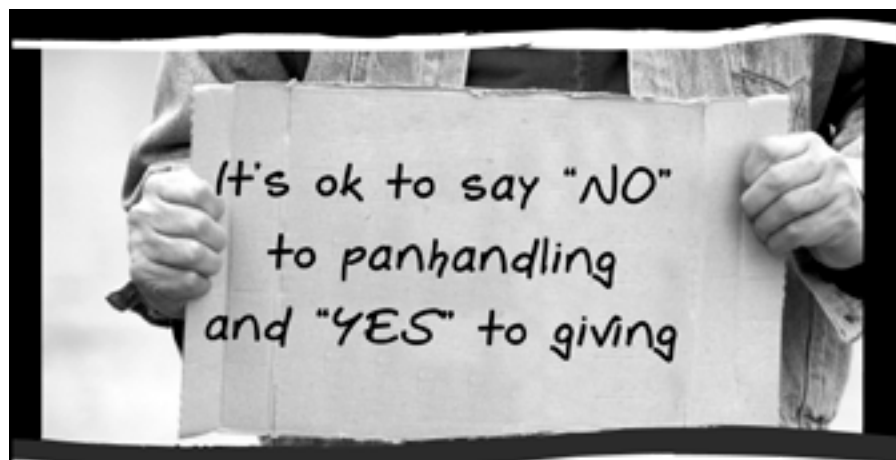
"I find it quite cool that NAIT wants to make its students the face of the school. What's a school without students? For the fact it's my face, that's awesome, I can continue to creep on all the students that pass it."

Those who now feel uncomfortable walking by the image can send a letter to the *Nugget's* own Dr. Nugghead. He may be able to offer assistance.

I spent some time gazing at an image on the wall near the Fresh Express. Personally, I loved that the image was so bright and high definition and that it showed me a person doing something with fire I have no idea how to do. But what I loved more was when I saw the dreadlocked man in the picture in the hallway a couple of minutes later.

"Didn't I just see you on the wall," I asked. He laughed and told me "I've been getting that a lot."

At this time, DTAD does not have a date set for renewal of the images.



### Have a Give Smart

Giving money to panhandlers may support drug and alcohol addictions. There are many services and supports available in Edmonton.

Phone 211 for a list of agencies that accept donations on behalf of people in need.

#### Tips for Responding to Panhandlers:

- Look at the person, be polite and say, "Sorry, I don't give change."
- If you know a panhandler by name, offer to buy them a snack or meal.
- Donate money to social service agencies that provide food, shelter and supports for people in need.
- Buy *Alberta Street News* from a vendor.
- Volunteer your time with social service agencies.
- Become more knowledgeable about panhandling and homelessness by visiting local service agencies.

[www.edmonton.ca/givesmart](http://www.edmonton.ca/givesmart)

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# Blatchford on schedule

By **STEPHAN SUTCLIFFE**  
Assistant Issues Editor

The normal pageantry of a group of politicians and community leaders armed with shovels are scheduled to break ground on the city centre airport redevelopment in the New Year. Blatchford, the commercial and residential community taking over the airport is ironically named after former Edmonton Mayor Kenneth Blatchford, who played a major role in the creation of the airport in 1926.

The first of many phases of construction will turn over new ground and give the underused airport land a new life. Covering 16 to 30 city blocks, the first phase will see a majority of commercial development with six to 10 city blocks of residential land development. The City of Edmonton's contribution to the first phase will be necessary infrastructure like roads, street lights and fire hydrants. Along with the essentials, included in this phase will be part of what will be a large open park with two storm-water ponds.

A large hill will be created on the north portion of the park along the Yellowhead Trail. The earth used to create the massive hill will come from the land moved to make room for the

two storm-water ponds. The hill will offer a unique view of the capital city, including an exclusive view of the evolving downtown Edmonton skyline. Also serving a valuable function for Blatchford, the hill will create a wind-break for the community, sheltering it from the cold northeasterly winds, not to mention a natural sound barrier from Yellowhead Trail.

Being a natural neighbour to the new community, NAIT will be sure to take advantage of land that will become available adjacent to the main campus. NAIT President Dr. Glenn Feltham spoke about the school's vision for the land.

"We have needs that we think are really important to NAIT and one of those is student housing," Dr. Feltham said.

He expanded on the theme, explaining that it is about the student experience and giving students the opportunity to have student housing, enhancing the overall NAIT student experience.

"Those types of things are important," Feltham said.

NAIT student housing is likely to be located on the southeast corner of Blatchford, which will be adja-



www.edmonton.ca

## Proposed Blatchford development

cent to the NAIT Arena, gym, pool, the Nest and the North LRT, which is scheduled to begin operation in 2014, surely enhancing the student experience and interaction with the NAIT campus.

Developers and the city say that people can expect to be living in the first phase of Blatchford as early as 2016

and describe the completed commercial and residential community of Blatchford as a walkable, transit-oriented, and sustainable community for up to 30,000 residents.

Featuring homes for all stages of life, a great city park, and opportunities to shop, dine, and work, Blatchford is creating a new urban experience.

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The NAITSA Senate is comprised of 18 student representatives at NAIT. They meet 10 times throughout the school year (October through April) to discuss and make decisions on issues that concern NAIT students.

For more detailed information and to hear our stories please visit us online at [naitsa.ca/senate](http://naitsa.ca/senate)

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# Point Counter Point

# The nature of things



**JOSH YAWORSKI**  
Issues Editor  
@actuallyjosh

I find nothing more annoying than nature that gets out of its place. Outside of my home, my truck, etc., I'm a peaceful, kind and environmentally conscious co-habitor of the environment. I don't go out of my way to mess with nature and, generally speaking, nature does the same. In nature's court, I don't want to step out of line. Any time I've done that I've ended up with bites, hives, bee stings and hypothermia. As the man in black said, "I walk the line." But when my key goes into that door, whether it be vehicle, home or office, I will rain down upon the animal or insect with great vengeance and furious anger should it cross the threshold of my home. They cross it, and I'm liable to start flinging steel toe boots at that bastard mouse, or garbage bagging bats and birds spinning around the roof, or RAID napalm a caravan of ants. You see, me and nature have an understanding. Or at least I like to think we do. There's nature's space and there's my space.

## Why do we build on flood plains?

There has always been a sort of stubborn, Canadian pride in putting homes where there is no business putting homes. A sort of testicular boast of a belief in both the ability and drive necessary to stand up against nature. Many may remember the rash of buildings that crumbled into eroding valleys across Canada not two decades ago. And while all Canadians stand up to help our brothers and sisters in flood stricken areas and will continue to do so, the question arises: couldn't this all have been avoided by not living there? Why do we build on ravines, floodplains or in the paths of frequent forest fires like some Californians do?

The recent massive flood in Southern Alberta is not the first flood this province has experienced and it certainly will not be the last. And it is acknowledged that this flood was of spectacular severity and reached many areas generally considered out of risk or immune to flooding. But there is also truth in saying that a large amount of devastation wreaked by this flood occurred in flood plains and low lying areas – areas noted to be prone to being wiped clean by inclement weather for as long as we've been keeping track of these things. And even as we clean up the mess from this flood, the Government of Alberta is eyeing land on flood plains as a solution to overcrowding within the current city limits of both Drumheller and Fort McMurray. And as serious as the population density in these regions may be, can we seriously need it badly enough to put new buildings directly in danger's path?

## No other options?

The quantity of money, time and memories invested in a home or business is far beyond that which an insurance policy or government aid can replace. And when the government informs you that should you decide to build or, re-build, on this land they won't offer any financial assistance to rebuild again, could folks really be that badly in need of land? Are there really no other options?



**By CHRIS FIGLIUZZI**  
Assistant Entertainment Editor

Most, if not all, of us are only too aware of the horrific flooding that occurred over the summer in Southern Alberta. You can still donate to help the recovery effort at [redcross.ca](http://redcross.ca) and I urge you to do so. Time has passed though and many people are starting to rebuild and regain the life that the water took away. This has led to the question of whether (see what I did there? The flood was caused by weather ... too soon?) or not we should be rebuilding on these flood plains. Many people are of the impression that we should not, that we should bow to the power of nature and build where nature permits. I, however, am not of this opinion. I believe that we should build where we want, when we want and for whatever reason we want.

As many people saw, the damage done was, in a word, devastating. Many people lost everything they had worked, scrimped and saved for. Entire towns were destroyed and the waters just kept coming. Nature kept coming while we, as a nation, stood in collective shock. Time passes, though and the long arduous process of cleaning and rebuilding has started with help coming not just from Alberta, but the world. The shock has now passed, transforming to anger and distrust, which has led to the question of whether or not to rebuild on the flood plains. I, like many others, say we must rebuild, we must reclaim the life that these people worked so hard to achieve.

## Fight nature

We must now rebuild, we must build bigger and better. We must take this tragic event and use it not as a warning for us, but a warning for nature. It literally came into our house and dominated us, destroying everything in its path. Unfortunately for nature, that's our specialty. Nature needs to learn to keep its nose out of our business and learn that it is man that has the last word. In the past we have tried to show nature that we mean business, doing everything from changing climate, clearing forests, to literally paving anywhere imaginable. For God's sake we built an oasis in the middle of the desert, Las Vegas, that consumes 19,388,650 gallons of water a week. A week! That's more than one billion gallons a year ... in the desert.

The problem with our efforts is we are constantly undermined by tree hugging hippies claiming "Mother Nature" is to be respected and treated with dignity. Bullshit! "Mother Nature" needs to learn to respect her children, that her time in charge is long past. Earth is no longer inhabited by mindless animals happy just to be here. We as humans demand respect! We demand to be treated with the respect and reverence we deserve not just "fairly." No longer will we accept earthquakes, floods and volcanoes as forces that must be feared. What kind of mother is constantly risking giving her children shaken baby syndrome, drowning them or burning them?

## Nature has been warned

Nature has been warned time and time again, yet it continues to show us nothing but disrespect. I say it's time we did something about it! Join me in spraying your aerosol cans, wasting her resources and ignoring the recycling bins. We are humans! We wipe out entire species, change the climate and build our own freaking islands. No longer will we tolerate being bullied, being told what we can do and where we can go and if Mother Nature doesn't like it ... The man in the moon is pretty chill, that's all. You can eat cheese and no water for floods? Sounds like my kind of place.



Photo by Tyler Frith

# OPINION

— Editorial —

## Say no to the stress



**NICOLE MURPHY**  
Editor-In-Chief  
*@NicoleMurphySt*

NAIT has a very different demographic than other schools, with many students already having families or starting a second career, pressure can be high in multiple areas of a NAIT student's life. Feeling stressed out can become a normal part of life.

Study after study shows that stress is not good for the body, causing physical, mental and chronic illness. When a person is in the thick of the situation it may be hard to see a way out.

### Greater stress down the road?

I have often told myself that when school is over the stress will go away, I will be more balanced and everything will be fine, but according to Edmonton-based Disability Case Management Specialist Amber Stephenson it may not get better in the work world.

"The amount of claims I see for stress or mental health conditions have increased, as well as the duration people are off work to recover, have increased on average," she said.

"I feel that the increases are related to the expectations society has. People are taking more and more on but the number of hours in a day isn't changing. Work life balance is key in maintaining a healthy mind and body and many people cannot or choose not to figure out a balance that works for them and maintain it and this is a large contributor to stress."

Although stress itself is not a condition but a symptom of what is going on under the surface, it is a real part of many peoples' lives. According to Statistics Canada, the number of people reporting that they are extremely stressed on a daily bases is increasing. In 2011, studies showed the highest daily stress rates were found in the core working ages, peaking at 30 per cent for those between 35 and 44. These are the people who are dealing with families and multiple careers.

### Women more than men

All age groups found that women on average are more stressed than men, specifically teenage girls between 15 and 19 who were around 10 per cent more stressed out than males of that age group.

So what does this all mean?

Well, lucky for females in college, we never have to go back to our teenage years! But it also means that as a generation we need to be proactive in taking care of ourselves because life pressures can increase dramatically after school when we start working in the "real world" having families and balancing the cheque book after years of student loans.

"People need to understand that work life balance is key, meaning leaving work on time, taking your breaks throughout the day, exercising, eating well and doing the things they are passionate about and find happiness in, even if it's just having coffee with a friend," Stephenson said.

It is undeniable that we are fortunate to live in Canada and have access to jobs and education. The world is at our finger tips and Edmonton is a great city in many ways. The Internet has opened up connections to so many different career opportunities. Everything is moving like the speed of light and it is no wonder with decreased sleep for the average adult, a massive change in diet and higher productivity expectations that we feel a little frazzled at times. Breathe. Find time to take care of yourself. I understand the idea of "I'll do it when I have time," but according to Statistics Canada, stress levels increase after college so it is time to practise stress relieving habits now.

Here are some stress modifiers that can help prevent that downward spiral of being overwhelmed. If you

stop and do one of these when you start to feel stressed, you may be surprised how much more productive you are after taking the time out, instead of painfully pushing through whatever it is you "must" do.

- Have a bath in a dimly lit room.
- Listen to soft music and have a glass of wine.
- Nap.
- Watch videos on YouTube that make you laugh.
- Stretch to music.
- Walk around the block twice to wear off some adrenaline.
- Have sex or make out with your partner/spouse.
- Sit in sunlight for 15 minutes.
- Phone a friend who is supportive and witty.
- Breathe deeply.
- Write a letter to the *Nugget* telling us your problems!

These are just a few. Find what makes you feel at ease and take the time to decompress because it will help you to be energized enough to take hold of all the great opportunities and advantages we have here in Canada.



divine-life-style.blogspot.com

Is something bugging you about NAIT or the rest of the world? Do you have some

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# SPORTS

## Who will wear the 'C'?



**KYLE HARRIS**  
Assistant Sports Editor  
@theharrishow20

The Edmonton Oilers have had a busy offseason. And, by busy, I mean a complete change throughout the roster, coaching and management. The team parted ways with head coach Ralph Krueger after one season, going 19-22-0-7. His replacement is Dallas Eakins, another coach with no prior head coaching experience in the NHL. The organization also let go Steve Tambellini in April and replaced him with Craig MacTavish. The team then shipped out team captain Shawn Horcoff and brought in Phillip Larsen. They also brought in centre Boyd Gordon, goal-

tender Jason Labarbera, and defenceman Andrew Ference. They then dealt Magnus Paajarvi to St. Louis for winger David Perron.

With this new looking squad and a vacant captaincy, it raises the question, who is going to lead this team? Could the Oil throw it to one of the kids (Taylor Hall, Jordan Eberle, Ryan Nugent-Hopkins?) Or, do they look to give it to an older player, like Ryan Smyth? When I look at this roster, I'm just not sure who should



sport the "C." Recently re-signed Restricted Free Agent Sam Gagner puts up a good argument to wear the letter. He's been with the franchise for six years and has over 400 games of experience, the second most from his draft year in '07. Gagner has seen it all since he's been here. He's played under four different coaches (MacTavish, Pat Quinn, Tom Renney, Krueger) and now five,

with Eakins. He has said he wants to be a leader for this team and a guy looked up to in the room. Gagner sticks up for team-

mates, plays with passion and most of all, wants to see the Copper and Blue get back to the "glory days."

But it's hard to look past a guy like former first overall draft pick, Hall, a guy that brings it every night. Edmonton Oilers fans know a guy like Hall doesn't take nights off. He's been around for three years now, has only 171 games but is a growing player and a guy fighting for a spot on Team Canada's squad for the Sochi Olympics. Hall is a winner. He's a two-time Memorial Cup winner as well as two-time Memorial Cup MVP, with a U-18 Gold medal and a World Junior silver medal.

Could the Oilers look in another direction and put the letter on newly acquired Ference, a local guy (Sherwood Park), who knows what it takes to win, being a part of the Boston Bruins. He's seen two Stanley Cup series, winning in 2011 against the Vancouver Canucks and losing this past season to the Chicago Blackhawks. Ference also has experience as a leader,

being an alternate captain for the Bruin's last season. Teams have done it in the past with letters, former Oiler captain Jason Smith was given the "C" when he went to Philadelphia.

I personally look at this team and think that the "kids" are still too young to be wearing the captaincy. Another thing you have to look at is who does Eakins want to lead this hockey club? It usually comes down to the head coach but sometimes a locker room does a vote, which is rare at the NHL level. If it were up to me, I would wait to make the announcement until after pre-season to

get a good feel for who will be the right guy for the job. I like the idea of giving it to a guy like Gagner or Ference just because on one hand you have a good stand-up guy in Gagner, who brings a hard working game and has been with the organization for quite a while and then on the other hand you have a veteran defencemen with two Stanley Cup appearances and as well a quality leader. Time will only tell who is going to have the honour of donning the "C" for the Oil.



**Sam Gagner**



**Andrew Ference**

## Kids benefit from boot camp

By **BRIANNE SAKOWICH**  
@briannesakowich

Jon Boldireff, a NAIT Marketing and Personal Training graduate, held the first annual charity, Tops-Off Trainers Boot Camp. This year the event was held on Aug. 24 at the NAIT soccer field. There were 70 participants and they raised just shy of \$3,000. To participate all you had to do was register and donate a minimum of \$20, with all money going to charity.

The event was a circuit style boot camp with over 10 hunky male trainers leading the boot camp, with their tops off. The boot camp was open to all ages and to men and women. There were guest speakers and lunch was from a local food truck. There were also door prizes up for grabs.

It was a good way to get a good workout in, while helping out a charity that supports kids. Although it might have seemed like a normal workout, it

definitely wasn't a walk in the park.

A charity event that helps to support kids play in organized sports is a phenomenal cause and that was apparent to Tops-Off, which is why this year's event supported KidsSport.

KidSport is an exceptional charity group started back in 1995 at the AGT March of Champions Torch Relay en route to the Canada Winter Games in Grande Prairie. Today, KidSport gives kids with financial constraints the opportunity to participate in organized sports. KidSport believes that by being able to participate in organized sports, children will learn the values of co-operation, team playing and friendship, commit-

ment to goals, personal excellent, healthy competition and the importance of self-esteem. KidsSport now has 37 Alberta chapters that are providing support over 100 Alberta Communities. Since KidSport was launched in Alberta, it has assisted more than 55,000 kids to get involved with organized sports. To help kids in pursuing their dreams in sports over \$10 million has been distributed.

The first Tops-Off Trainers was successful. Congratulations to everyone who participated and to find out information on this year's and next year's Tops-Off Trainers event, check out their Facebook page, Tops-Off Trainers. And, if you'd like to donate to KidSport or you are interested in learning more about the group, you can do so on their website, [www.kidsportcanada.ca](http://www.kidsportcanada.ca).

*Tops-Off*  
**TRAINERS**



## SOCCER

# Men, women gearing up



Photo by Jesse Kushneryk

All-Canadian NAIT Ook Leanne Kadatz (9) in action last year.

By **BRIANNE SAKOWICH**  
@briannesakowich

The NAIT Oaks men's and women's soccer teams are getting back into action on Sept. 6 against Red Deer College. The men's team will be playing in Red Deer, while the women will have home field advantage.

The women are coming off of an ACAC Championship win and a bronze CCAA win last season. The team is now finalized and has started practising for the upcoming season. Head coach Carole Holt says the team is currently focusing on defending, that way once the players know their defending positions it will be easier for them to regain possession of the ball. Holt is also glad that many players on the team have the ability to play multiple positions.

"The team is shaping up very nicely," Holt said. "We have had a number of players dealing with some injuries during the pre-season but they all seem to be getting back into training at the right time and it will be nice to have the full group of players healthy and together again."

Cecile Novel is a returning player for the women's soccer team and is looking forward to the upcoming season.

"I'm looking forward to this season as we have a strong core of returning players and some promising recruits," Novel said.

"We're also excited to be back together, working hard to prepare for the season and making sure we're doing everything we can to be successful."

Make sure you head out to the NAIT soccer field on Sept. 6 when the Oaks women's soccer team takes on the Red Deer College Queens. The game gets

underway at 5 p.m. and NAIT students get in for free.

Last season after winning silver in the ACAC Championships, the NAIT men's soccer team entered the CCAAs as the reigning champions but fell short. This year their hopes are to return to the championship at the University of New Brunswick in Saint John and become champions once again. Even after placing sixth in the

CCAAs, NAIT had other success at the contest with Montgomery Haines being named the 2012-2013 CCAA player of the year after a very impressive second season with the Oaks. To help make their CCAA and ACAC dreams a reality, the Oaks have a new Head coach, Charles O'Toole, a NAIT Denturist graduate.

O'Toole had been the assistant coach of the men's soccer team since 2009 and is familiar with what it takes to coach a successful soccer club. Even without the home field advantage for their first game, the team is ready for whatever comes their way when they take on Red Deer on Sept. 6.



**Carole Holt**

## Uphill climb for Edmonton club

By **JARED CARVALHO**  
@JaredCarv

The start of the fall season for FC Edmonton has had its ups and downs, and the Eddies are going to have an uphill climb if they want to stay competitive in the North American Soccer League standings. Currently in the fall season they have played five games with one win, one loss and three ties resulting in only six points. This leaves the team in seventh place in the eight-team league, a far cry from the fifth place finish at the end of the spring season. FC Edmonton was showing a lot of promise going into the summer offseason and coach Colin Miller made a number of changes to the team hoping to make them a greater threat in the league.

After the first five games it's clear the team is still trying to find its groove but are playing with greater consistency than

in past seasons. The Eddies have added some talented young players to the roster and once they start getting comfortable playing together the team will be in good shape going down the fall season stretch. With the hope being greater and with more consistent play, the team will possibly be able to make it all the way to the NASL 2013 Soccer Bowl in Atlanta. This may be a farfetched idea to many of the fans but the players of FC Edmonton believe that they are on the cusp of a championship season. FC Edmonton goalkeeper Norbert Janas says the team is happy with how they have played so far.

"We have only one loss, a couple ties and a couple wins so our expectation for the rest of the season is to finish at the top of the table, but like any team we're aim-

ing to finish at the very top," Janas said.

With the likes of Shaun Saiko, Chris Nurse, Neil Hlavaty and newcomer Gagan Dosanjh in midfield, it is looking like an aggressive bunch dictating the play during many of the games at Clarke Stadium. This is good news for fans because it will be the first time the Eddies have a truly menacing midfield when compared with teams like the Atlanta Silverbacks and the Carolina Rail Hawks.

Edmonton based sports blogger and former *Nugget* contributor, Avry Lewis-McDougall, said there is work to be done.

"The Eddies right now are a team that have, in most of their games, gotten on the board first," he said.

"Chris Nurse has stepped up with three goals in three games but if they

want to be in the soccer bowl they can't end the 90 minutes with so many draws."

The true test for the team will be if they can improve on their road record from the spring season when they had no wins, three losses and three ties. If they believe they can contend for a championship they are going to have to find a way to get wins away from their home field.

After a disappointing 2012 that saw the Eddies finish last in the NASL, getting a high spot in the standings this season has to be their first priority so they can prove that they belong in the league. Anything less than making the post season this year will be cause for concern for the future of FC Edmonton. With key games coming up with the Minnesota United FC on Sept. 7 and Fort Lauderdale Strikers on Sept. 15, the Eddies need to start getting wins so they can start their march towards the post season.



# Eskimos lose another one

By **RACHEL PRAZAK**  
@Rachelprazak

For the first time this season, the Edmonton Eskimos and the Calgary Stampeders met in Calgary for the much anticipated Labour Day Classic.

The Eskimos are fighting to get their season back on track after a string of close losses. The last four of Edmonton's six straight losses have been by five points or less. Despite outscoring their opponents 78-49 in the fourth quarter this season, the points haven't translated into many wins for the Eskimos.

In the first quarter, the Stampeders came out on fire, scoring on their first drive. Quarterback Kevin Glenn and the Stamps put together a 79-yard touchdown drive that was capped off by a one-yard plunge by backup quarterback Bo Levi Mitchell.

Quarterback Mike Reilly and the Eskimos offence got off to a rough start with Reilly throwing an interception right into the hands of Calgary defensive back Fred Bennett on his second drive of the game.

Calgary kicker Rene Parades added a 41-yard field goal after the Eskimos' turnover.

Glenn got back to work quickly, finding receiver Maurice Price for a 33-yard touchdown to finish off a 66-yard drive.

Calgary had all the momentum throughout the first half until things started to change with seven minutes left in the second quarter. Glenn hobbled to the sidelines after being accidentally stepped on by his offensive lineman Stanley Bryan. Glenn would leave the game with what appeared to be a lower leg injury and Bo Levi Mitchell took over the reins for the Stampeders.

Next play, Edmonton cornerback Joe Burnett ran 77 yards on the kick return. Quarterback Kerry Joseph came in for the short yardage play and raced off the right side for the touchdown, cutting Calgary's lead to 17-7.



www.cbc.ca

**Eskimos receiver Fred Stamps is tackled during the Labour Day Classic in Calgary.**

As the second half got underway, Calgary Stampeders Alvin Bowen pounced on an Eskimo fumble on the half's opening kickoff which led to a 14-yard Parades field goal. Defensively, the Stampeders dominated in the third quarter, forcing three quarterback sacks and holding Reilly and the Eskimos to 10 yards of offence.

After the Stampeders defence forced a turnover on downs on third and one to take over on the Edmonton 41-yard line, Mitchell and the Stampeders moved the ball down field ending in a 23-yard field goal by Parades. Calgary would add another touchdown expanding their lead 37-7.

Down by 30 in the fourth quarter, the Eskimos began to gain momentum.

Reilly hit wide receiver Cary Koch on the run for a 40-yard touchdown with eight

minutes remaining in the game.

The Eskimos defence came up big, forcing a turnover with five minutes left in the game. Reilly dodged the Stampeders defence and passed the ball off to running back John White, who ran up the field for an 18-yard touchdown.

The Eskimos succeeded with an onside kick attempt as defensive back Marcell Young recovered the football. Reilly took advantage of it, throwing a bomb to receiver Matt Carter, who ran for a 33-yard touchdown, cutting the Stamps lead to 10.

With the offence catching fire, the defence decided to do their part to engineer a comeback. Defensive lineman Almondo Sewell picked up a fumble and handed the pigskin off to defensive back Chris Thompson, who returned it deep inside Calgary

territory.

On the next play, Reilly found Fred Stamps wide open in the end zone for a seven-yard major to pull the Eskimos to within three with two minutes remaining in the game.

After another defensive stop, Reilly and the Eskimos offence had one last chance to complete the comeback. With a minute left in the game, the Esks got near Stampeders territory, but were stopped short after a third down pass attempt to Stamps was knocked down. After compiling 28 points in the fourth quarter, the Eskimos couldn't complete the comeback as they came up short once again.

The Edmonton Eskimos will look for revenge in their rematch with the Stampeders Friday night in Edmonton.

# Jays play out their string for 2013

By **KELSEY LYDYNUIK**  
@kelseylydynuik

The Toronto Blue Jays started this week in Houston, taking on the Astros, who are sitting fifth in the American League Western Division, even with the Jays, who are sitting fifth in the American League East Division (standings of Sept. 1.) So, the three game series was set to be a pretty even matchup. However, Houston dominated the Jays in the first game of the series, winning 12-4. The next day the Jays looked to bounce back, but were handed an 8-5 loss. On Sunday, the Astros were poised to sweep the Jays, but a change in pitching for Toronto led them to wrap up the series and head back to Toronto on a high note with a 2-1 win, breaking a seven-game losing streak.

The next day the Jays were back in Toronto for a rematch against the New York Yankees. They opened the series on a high note, with Jose Reyes getting two runs, and Ryan Goins, Edwin Encarnacion and Brett Lawrie all with a run apiece to give the Jays a 5-2 win over the Yankees for their second consecutive win.

The next day the two teams were back at it and it was a different story for the Jays. Derek Jeter opened up scoring right off the bat for the Yankees giving them an instant lead that they carried all the way until the eighth inning, when Kevin Pillar was able to hit Goins home, which was the only scoring play for Toronto this game and they walked

away with a 7-1 loss. On Wednesday the Jays looked to take the series two games to one and turn the tables on New York and they did exactly that. By the bottom of the third inning, the Jays were

up 7-0 on the Yankees. Then, in the top of the fourth the Yankees hit their stride and were able to get two runs that inning, which ended the scoring for the game. That gave the Jays a 7-2 win over the Yanks.

The Jays had a one-day break and on Friday were back at it as Kansas City was in town, a team seated third in the American League Central Division (before their matchup with the Jays.) Toronto scored two runs in the first inning, scoring another in the fifth

and the game was scoreless for the Royals until the top of the eighth inning. However, Toronto was able to hold on to their one run lead and take the first game 3-2.

On Saturday, the Jays looked to maintain their lead and in the seventh and eighth innings were able to get on the board and secure a 4-2 win over the Royals. Sunday saw the last regular season meeting between the Jays and Royals. The Jays looked to extend their winning streak to four but were unsuccessful as the Royals took the game 5-0.

The Jays will be on their way Monday to Arizona for a three-game series against the Arizona Diamondbacks, who currently sit second in the National League Western Division (as of Sept. 1).





# Part-time jobs in Athletics

## Announcers

(Basketball/Volleyball/Hockey)

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

## Ticket Takers

(Basketball/Volleyball/Hockey)

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

## Score Sheet

(Basketball/Volleyball/Hockey)

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

## Score Clock

(Basketball/Volleyball/Hockey)

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

## Stats Keeping (DakStats)

(Basketball)

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

## Goal Judge

(Hockey)

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

## Concession Attendants

(Basketball/Volleyball/Hockey)

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

## Ooks Mascot

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

## Recreation Events Crew

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

## Camerman

(Basketball/Hockey)

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

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

## Fitness Leader

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

Pay is based on level of certification.

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

## Lifeguard

Lifeguards are responsible for the safety and supervision of the users of NAIT Pool. You must be able to recognize and respond to emergency situations appropriately and effectively. All lifeguards must hold current First Aid, National Lifeguard, CPR/AED awards and be 18 years of age

or older.

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

## Arena Attendant

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

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

## FWC Monitors

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

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

## SEC Attendant

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

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

## HOME GAME SCHEDULE

### BLUE GOLD TOURNAMENT WOMEN'S HOCKEY

THU SEPT 5 7:30PM



FRI SEPT 6 8:30PM



SAT SEPT 7 3:30PM



## SOCCER

FRI SEPT 6

WOMEN'S @ 5:00PM



SUN SEPT 6

WOMEN'S @ 12:00PM

MEN'S @ 2:00PM



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# ENTERTAINMENT

## Learning lessons in public

By CHRIS FIGLIUZZI  
Assistant Entertainment Editor

Before I get too far into what is sure to be a rant of epic proportions, I'd like to ask you a question. Who is Hannah Montana? Despite the fact that I can't hear you, unless I happen to be walking by, I'm sure that pretty much all of you answered Miley Cyrus, with the rest of you answering with a resounding "who cares." This is the latest in a disturbing trend of former child stars succumbing to the pressure of fame and fortune at an early age. We have seen the likes of Amanda Bynes, Lindsey Lohan and even Shia Labeouf follow the same path.

Is it their fault? I'm not saying that these people are without blame. At the end of the day, each of us has decisions to make and must suffer the consequences of our choices. What I am saying, is that these people experience different circumstances than the rest of us. We are a TV society and it shows. No longer are our heroes sport stars, firefighters and astronauts. No, today our heroes are all on TV, existing in a fictional reality. We become so linked to these characters that we forget that they are not real, that there is an actor behind the character. These actors are robbed of their identity and assigned a new one, which may or may not actually represent who they are. It is these assigned identities that we grow connected to, so when we see the actors growing and rebelling from the assigned identity we feel like we are losing

our heroes, friends and childhood.

The big problem, at least in my mind, is that these kids are held to such high standards and guarded so closely that they are not able to make mistakes and learn from them. Think back to all the mistakes you made while growing up. I know I made a ton of them, hell that's why I no longer wear mesh shirts, dye my hair or use certain pickup lines. These were, of course, mistakes from my youth, mistakes that no one judged me for, no one held me to and that allowed me to grow and learn. These stars are not allowed the same opportunity. Any mistake they make is all over the news, broadcast for eternity and constantly thrown in their faces. They are not allowed the time to reflect and learn from the mistakes, inhibiting their ability to grow from them.

In the end, celebrities, child or adult, are people. They are just like you or me, only with one hell of a lot more money and fame. Unfortunately, the money and fame can't protect them from making the occasional mistake. Unlike you or me, though, we are constantly watching them in awe and fascination, all while waiting eagerly for their next misstep. In reality, it is unfair for us to hold these people to a higher standard than ourselves, or for us to throw their mistakes in their faces time and time again. We all have our dirty little secrets, most of which are the same as theirs. The only difference is that no one cares about you ... except maybe your mother.



www.mirror.co.uk

Miley Cyrus

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Bus leaves for Riverboat @ 6.30pm\*

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FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



**CHRIS FIGLIUZZI**  
Assistant Entertainment Editor

Every week this section gives you with a list of songs that fit a theme. This week I decided to do something a bit different. I have gathered songs from various people associated with Edmonton's music scene, plus one of my favourite non-Edmonton musicians, and get them to provide one song that would be on their mixtape and explain why they love it. So let's stop my rambling and get to the music.

...  
**David Bowie – Space Oddity**

A song about a man floating in space admiring the view of the world and how far he has come, only to find out he may not be able to return. A great story, a classic song. (*Death by Robot*)

...  
**Lorde – Tennis Court**

The most unique vocal tone and great minimalistic feel. (*Tim Plamondon, The Unfortunates*)

...  
**Autograph – Turn up the Radio**

Because it is probably the best song ever...seriously. (*Brendan Urban, The Unfortunates*)

...  
**Fleetwood Mac – The Chain**

One of the best songs, off one of the best albums, from one of the best bands. This song gives me the excited goosebumps, over and over again. (*Russ Dawson, singer songwriter*)

...  
**The Eagles – California The Live Version**

Great song and makes me feel like I'm in the sunshine. Best part is the guitar intro ... you've gotta love the classics where the band sounds way better live. (*Fitzzy, Now! Radio*)

...  
**JJ Cale – Any Way the Wind Blows**

If I could listen to one song for the rest of my life it would be Any Way the Wind Blows by JJ Cale. (*Joel Plaskett, Joel Plaskett Emergency*)

...  
**Same Love – Macklemore and Ryan Lewis**

I've selected this song due to the positive and thought provoking messages provided.

I grew up in a family with gay parents and can closely identify with the stigma attached to homosexuality. Even as a heterosexual it took years to regain the confidence destroyed by schoolmates and friends. This isn't even to mention what someone



www.musicstack.com

would experience directly as a homosexual.

I had heard years of "if your mum is gay then so are you" type commentary, which eats away at your self perspective. First you feel ostracized by your fellow schoolmates and also don't feel like you are worthy of love and attention; secondly, you never really feel a real connection to your surrounding environments. It took a move out of my suburban type jail as well as exploration into the "underground" scene of electronic music. This scene tends to draw in those who haven't felt a real connection with main stream society and creates a very welcoming atmosphere for personal development.

This song actively speaks out against the societal restrictions imposed by standardized social constitutions. Man-made religion made the rules by which to live and in doing so has created a world of judgment, error and sin. Nature dictates the way our bodies work. Would you squash a flower for naturally being red? (*Wadjit, Dub step DJ*)

**VIRAL VIDEO**

# Songs like you've never heard them

By **KODY DAVIDSON**

Hope you all had a fantastic summer but I've got some videos to tell you about. YouTube had a great summer with RWBY, Geek Week and the second season of VGHS. (Don't know what that is? Next article.) But to start off this year I am thinking of a video that is full of energy and big words. That way you can try and brush up on some of your English while you try to remember anything that you learned last year.

I have just the video for you! The video is called Extraneous Lyrics 2012, really a simple video. The guy takes popular top 40 songs and reworks the lyrics to be extraneous. It is amazing! He features songs such as Carly Rae Jepsen's "Call Me Maybe", "Boyfriend" by Justin Bieber, T. Swift's anthem "We Are Never Ever Getting Back Together," the viral "Gangnam Style" by Psy, Gotye's "Somebody That I Used To Know," "What Makes You Beautiful" by One Direction, and "We Are Young" by Fun. Or should I say: "So perchance we'll engage in telephonic discourse," "If I was your male companion" and, well, you get the point. But trust me in the video the guy singing actually rhymes the words and it works! Makes you feel smarter, too. Just because they

are words you don't use or may not even know, in the context of the song, you understand their meanings.

It's really just a fun video to start off your school year. Full of energy

and knowledge, like I'm sure you all are, coming back to school. And if you, like me, can't get enough of this video you'll be happy to know he has one for 2010 and 2011! Here's to great school

year, everyone and by Christmas time, who knows, maybe he will have made another one!

Video link: [http://www.youtube.com/watch?v=V97c\\_Vx-NFo](http://www.youtube.com/watch?v=V97c_Vx-NFo)



The guy does his thing



## THROWBACK THURSDAY

# Grade school – good and bad

By DARTANION JOHNSON  
@dartanionj

So it's back to school and I really wanted to reminisce on those fond and horrible childhood school days. I always like hearing bad news first, so let's start this off with the not so good about school.

1. Waking up early – When I was 12, my nights were filled with playing outside till the sun disappeared, going inside to play video games till mom sent me to my room and then doing homework until I fell asleep at midnight, pencil in hand. How could any teacher expect me not to be a zombie at eight in the morning? They will never understand the time I spent trying to catch the original 151 Pokemon instead of sleeping.

2. Pop quizzes – Surprise parties, surprise gifts, surprise engagements are great but surprise quizzes are not. Surprise! You are about to have a test on everything you learned this week! Throwing a quiz at a kid without warning is like going on a cruise in the Pacific Ocean then pushing the kid off and saying, "You see the island, now swim to it!" Not cool.

3. Snow days – Snow days or lack thereof in Canada. In my lifetime of living in Alberta I have had a total of three snow days. Negative 40, snow up to my bellybutton, eyes frozen shut and fingers falling off – nothing would stop school from running. As



## 151 Pokemon

www.funnyjunk.com

for teacher strikes, however, I've had three months worth of them, during which I would rather have gone to school. In Washington, one school cancels classes when the weather is beautiful! Take note, teachers.

Honorable mentions: Substitute teachers, talent shows and assemblies.

Now the good about school!

1. Nap time – Kindergarten nap time was the best. After that strenuous 15 minutes of colouring and then lunch, nap time

was greatly appreciated. In many parts of the world, naps are mandatory during a work shift. Something to think about adopting here.

2. Recess – Nothing beats hearing that school bell and running outside into the fresh air and playing in the park. The only downside to recess is it has to end.

3. Snow days – I may have only ever had three, but they were the most joyous three days of my childhood. Spending all day in my pajamas watching day-time TV! Look-

ing through the window as cars slid into each other while adults tried to go to work. Not a care in the world when you have a snow day.

4. Hot lunch – I'm not eating my tuna salad sandwich today, I'm eating a hot lunch! Getting that fast food treat was such a happy time. One KFC drumstick and chocolate milk, all for the extremely marked up price of \$8. It was worth it.

Honorable mentions: Half days, scholastic book orders and watching movies in class.

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## TAKEN LITERARILY

# Prologue to new book club

By **MORGAN BLACK and LAUREN FINK**  
@MorganisBlack @LaurenFink\_

Although NAIT is a great place to go to school, it's obviously not as artsy as a university. But, we decided to bring art and class to the *Nugget* and start a book club/review. We know, as college students, that it's rare to have time to do anything between the end of classes and before after class beers, however, we hope this series of articles inspires everyone from mechanics (we know you love books too), to chefs, to follow along and read with us.

You may be thinking "How are you going to 'inspire' me to read a book when I will barely open the \$150 mandatory textbook I bought for the Environmental Sciences course I'm taking?" Well, to be honest "inspire" may not be the right word because we are going to do this with or without a cult following (no Kool-Aid involved). But, we ideally would like you, the reader of this article, to read with us a new book every two weeks and submit your mini-review (200 word maximum), on any of our social media legs. You can find us on Twitter as @NuggetOnline (make sure to include the hashtag #takenliterarily,) on Facebook as "The NAIT Nugget," or through our Entertainment e-mail, entertain@nait.ca. Any of the reviews; the good, the bad and the ugly, sent to us (within reason) will be posted along with Morgan and Lauren's reviews. This is our take on the traditional Book Club, since it's being published through print, we won't be meeting like traditional book clubs we mostly went with that description because we wanted to sort of be like Oprah.

As this little ship is just starting to dock and load (what a horrible metaphor), there will be no review this week. So, we thought we would clarify some details for everyone. Each second week our column will be printed and in that article we will name the book we will be reading for the two weeks proceeding. We are also open to suggestions of which books to read, you can send them to us through the same outlets as your reviews. When the

issue of the *Nugget* comes out in two week's time, you can expect our reviews, hopefully a few of your own and the next book we will be reading.

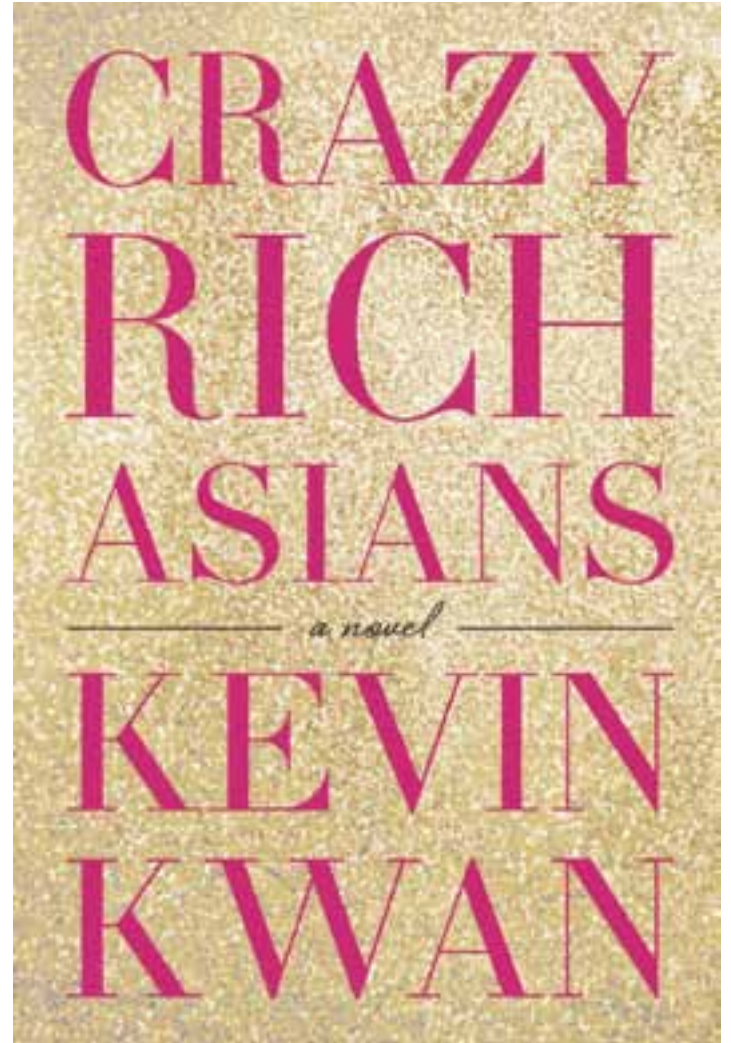
Now, to get to the part, (the climax, some would say), that everybody has been waiting for the first Taken Literarily book we will be reading, drum roll please ... *Crazy Rich Asians* by Kevin Kwan.

Here is the book synopsis (taken from

Amazon.com) "*Crazy Rich Asians* is the outrageously funny debut novel about three super-rich, pedigreed Chinese families and the gossip, backbiting and scheming that occurs when the heir to one of the most massive fortunes in Asia brings home his ABC (American-born Chinese) girlfriend to the wedding of the season. When Rachel Chu agrees to spend the summer in Singapore with her boyfriend, Nicholas Young, she envisions a humble family home, long drives to explore the island and quality time with the man she might one day marry. What she doesn't know is that Nick's family home happens to look like a palace, that she'll ride in more private planes than cars and that with one of Asia's most eligible bachelors on her arm, Rachel might as well have a target on her back. Initiated into a world of dynastic splendor beyond imagination, Rachel meets Astrid, the It Girl of Singapore society; Eddie, whose family practically lives in the pages of the Hong Kong socialite magazines, and Eleanor, Nick's formidable mother, a woman who has very strong feelings about who her son should – and should not – marry. Uproarious, addictive and filled with jaw-dropping opulence, *Crazy Rich Asians* is an insider's look at the Asian



Kevin Kwan  
blogs.wsj.com



Jet Set; a perfect depiction of the clash between old money and new money, between Overseas Chinese and Mainland Chinese and a fabulous novel about what it means to be young, in love and gloriously, crazily rich."

All reviews on *Crazy Rich Asians* must be sent in by Sept. 15 to make publication deadlines. Happy reading, and see you at the end of page 403!

## Making it work – between semesters

By **COURTNEY DICKSON**  
The Omega  
(Thompson Rivers University)

KAMLOOPS (CUP) — Though they've only been working together for just over a year, alternative indie-rock group Close Talker has already made a name for itself. "The West Was Won" from their first album, *Timbers*, debuted at NO. 5 on CBC's R3-30 chart in July and the band recently played the Ness Creek Music Festival, which featured well known Canadian indie artists Said The Whale, Elliott Brood and The Wooden Sky.

Four young men from Saskatoon, all of whom had played in other bands prior to forming Close Talker, were able to record their debut album in just a few days over the winter holidays in 2012. *Timbers* was released only a couple of months later in February of this year.

Their album has received approval from critics, and rightfully so. Their pol-

ished sound is hard to come by for such a young band.

Though *Timbers* had an exceptionally quick turn-around, drummer Chris Morien said they went through months of planning. Because they are split during the school year while two members attend post-secondary in British Columbia, most of the planning for the record had to be done long distance. The good news is that the band doesn't mind taking time to plan ahead and then record aggressively later. There are plans to do another whirlwind recording session during the break in December.

Morien said although they are influenced heavily by prominent groups like The National and We Are The City, they also find inspiration from more local bands in Saskatchewan and British Columbia.

"We also really try to draw from different genres," he said.

Morien has spent his summers working in Lloydminster, when not performing



Close Talker

www.hellosaskatoon.ca

with Close Talker. In September, performances will be put on hold while his bandmates Will Quiring and Matt Kopperud head back to school in B.C. for their final year of study.

"After this year of school we'll be back

together more often and then we can really move forward," Morien said. But as of right now, he said that the group is just "getting a taste of what they want to do next."

"As long as I'm having fun, I've achieved my goal," Morien said.

# Adjusting to life at NAIT



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

A warm welcome to all new and returning students. Starting a new phase of education can be a major life change. It may be your first educational experience away from familiar faces, the first time you have attended school in years or your first experience living away from home for an extended period of time. Although it is exciting to be pursuing higher education, some of the most common feelings in the first weeks at NAIT are stress, loneliness and feeling out of place and disoriented. Counsellors at NAIT Student Counselling are available to help you with difficulties in adjusting to student life or with any personal or academic concerns. Here are some tips for coping with those first few weeks of life at NAIT:

#### Personally

You may find that NAIT provides more of a feeling of freedom than your high school environment. The increased per-

sonal freedom can feel both exhilarating and frightening. Accept that emotional fluctuations are normal and to be expected and that they will pass in time.

Take time during these first weeks to take care of yourself. Try and include some fun activities, some relaxing activities and some time with family or old friends. If you are new to Edmonton, keep in touch with friends and family from your home town.

Use positive self-talk and give yourself credit for the risks you are taking and the situations you are handling well.

Instead of berating yourself for things you should have said or done, treat these situations as experiences to learn from and use the next time something similar arises.

#### Socially

The first few weeks on campus can be lonely. You may be concerned about forming friendships or feel like you don't fit in. It may seem that everyone else is self-confident and socially successful. The reality is that many students are having the same concerns and that finding your social niche will take a few weeks.

There are many ways to meet people. Consider getting involved and being where other students are. Here are some common ways that NAIT students meet each other:

- At beginning of semester activities
  - Before and after classes
  - At extracurricular activities such as clubs, intramural activities or fitness classes
  - Volunteering at events or fundraisers
- check at the NAITSA office for volunteer

opportunities or put your writing skills to work for the *Nugget* student newspaper.

- At adjoining lockers
- In bookstore or food stall lineups
- In eating areas
- In common study areas
- At the "Nest"
- At program special events such as pub crawls or dances

Meaningful new relationships develop over time. Remember to be yourself and to send friendly, outgoing signals to others. Smiling, making eye contact, nodding when someone is speaking and sending body language signals such as uncrossing your arms and leaning slightly forward are ways to signal to others that you are interested in them.

Some people have a tendency to get into intimate relationships too quickly when feeling lonely. Take time to stand back and assess why you are in the relationship and whether it is healthy and supportive for you.

#### Academically

You may find NAIT classes more difficult than high school classes and you may find the workload much heavier. In order to survive, you must take responsibility for your actions. This means following the course outlines, keeping up with readings and assignments, borrowing lecture notes if a class is missed and asking for help if you do not understand material.

Student Success seminars are offered during the semester. Plan to attend and to practise using the suggestions.

See a counsellor if you need specific work in one or more study skill areas.

*Strategies for Success: Techniques to Maximize Learning Potential*, an online study skills booklet designed specifically for NAIT students, can be downloaded at [www.nait.ca/counselling](http://www.nait.ca/counselling) under Online Resources.

Get familiar with NAIT services and use those that are appropriate for you. Academic Success Centre resources include Student Counselling (Room W-111PB), the Tutorial Centre – a free service for help with math, physics and chemistry located in Room A-133 – a peer tutor registry, where you can hire a peer tutor for \$15 per hour ([https://www.nait.ca/portal/server.pt/community/nait\\_peer\\_tutor\\_registry/536](https://www.nait.ca/portal/server.pt/community/nait_peer_tutor_registry/536)) and Services for Students with Disabilities (SSD). If you have (or think you may have) a disability that may impede your learning success, contact SSD (Room W-111PB). The McNally library and the Learning Resources Centre, Occupational Health and Safety, NAITSA and a variety of fitness activities are just some of the resources that can help you succeed at NAIT.

Watch for weekly *Nugget* articles from Student Counselling that will provide academic and personal support to you during your stay at NAIT.

Any student can arrange to see a counsellor by booking an appointment in person at Room W111-PB, HP Centre or by phoning 780-378-6133. There is no fee and all visits are confidential.

## DIY – CDs

# E-waste not, want not

By DARTANION JOHNSON  
*@Dartanionj*

So I recently went into Best Buy and something shocked me! There in front of my eyes was an employee packing up the CD section. I panicked and thought, "How am I going to buy my music? Why is this happening?" Then I realized that the last CD I bought was in 2011 (You can ask me what it was on Twitter). So clearly, the world is changing and before we know it our landfills will be filled with CDs and CD cases. I for one do not want to add more electronic waste to the world, so I have here some easy DIY projects with CD and CD cases.

1. Photo Frame – CD cases make great photo holders. Simply fit a 12.4 cm by 12.4 cm picture into the case, then attach it to the wall. You can use tape, velcro, sticky tack or almost anything to hold up the case. The pictures are also easily interchangeable. You could also create a mosaic picture that can create one giant image.

2. Bagel Container – Take those old CD spindle cases that held 10 or 20 CD-R's and

use it to carry your bagel. The spindle fits perfectly in place in the hole of the bagel and keeps everything from shifting when you place it in a bag. The same container can also be used to wrap and store cords. A tangle-free home is a happy home.

3. Mosaic Detail – Have you always wanted to create that broken mirror picture frame or that broke mirror tabletop, but are too afraid to smash a mirror because of seven years bad luck? Well just break your old CDs. It creates almost the same look and because of its prism qualities your new mosaic picture frame will now shine the colours of the rainbow.

4. Reflector – CDs are great at reflecting light so you can place them in locations that are generally dark or hard to see. Backyards and posts are two places to hang your CDs. Not only will they add a light show to your back yard; they will also scare troublesome birds away if you want to protect a garden.

With the durability, light qualities and sheer volume of CDs and cases you can

really do anything you want. From simple picture frames to elaborate chandeliers the only thing holding you back is

your imagination. So go make that CD disco ball and don't add to the e-waste of our generation.



[youngadults.about.com](http://youngadults.about.com)

Make a photo mosaic with old CD cases.



## MOVIE REVIEW

# Run away from Getaway

By **DARTANION JOHNSON**  
@dartanionj

*Getaway* tells the story of Brent Magna (Ethan Hawke) a former race car driver who is searching for his kidnapped wife. He is led by an unknown voice that gives him directions through the city with promises to return his wife. Along the way he meets "The Kid" (Selena Gomez) who helps him on his journey.

*Spoiler warning: Because the plot and dialogue is so thin that you will be finding this movie in the cheap theatres within a month.*

*Getaway*, down to its core, is a car movie. Hawke's character is forced to drive a stolen Shelby Super Snake Mustang fully equipped with cameras inside and out. He is then directed to drive through crowds of people and destroy every police car that crosses his path. The action shots in this movie are decent but every car crash is only shown for about five seconds until he crashes into something else. The quick editing really takes away from any shock or awe about what's going on in a scene. Honestly though this was the best part of the film. Once Gomez ("The Kid") appears, the movie takes a nose dive.

"The Kid" tries to rob Brent Magna of his stolen car. He quickly stops her robbery attempt and is told by the unknown voice to kidnap her. "The Kid" then explains that the car is actually hers because her dad manages a bank and they are rich. Gomez is obviously trying to shed her Disney image by accepting a script where most of her dialogue is whining and non-stop swearing. A

better actress might have been able to pull off what Gomez couldn't but hearing her swear and hold a gun is a laughable. Gomez was clearly the draw for the film producers were hoping for but even her celebrity status won't be able to save this horrible film.

So by this point in the film we know nearly nothing about Brent Magna except for a short 10-second flashback where it shows him crashing his race car; and we never learn anything else about him the rest of the movie. The unknown voice takes the credit for helping Magna to get behind the wheel and get over his fears. More car crashes happen and

then it's revealed that the voice wants Brent and The Kid to rob a bank. The Kid then uses her multiple phones, iPad, computer, camera and other electronics to help. Isn't it convenient that she is a spoiled rich kid, owns a gun, owns a very expensive car and knows everything about electronics and hacking? The characters are so unbelievable it's annoying how perfectly everything falls into place for them or how obvious the outcomes are. Even the kidnapped wife is clearly in little danger, which creates very little suspense. Also this movie is completely blood free and the body count is extremely low, which takes away any

realism this movie aimed for.

Sadly, the ending tried twist after horrible inconceivable twist in trying to pretend that this was a clever thriller. The ending is so stupid that the only reason you can't figure out whom the voice is, is because they don't foreshadow or mention this character at all until the reveal. This movie stole from *The Fast and the Furious*, *Saw* and *Taken*, then threw them in a PG-13 blender and strained the juice of all pulp until there was nothing good left. Trust me and avoid *Getaway* at all cost.

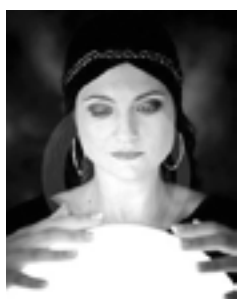


collider.com

Selena Gomez and Ethan Hawke in *Getaway*

THE NUGGET PRESENTS:

## HOROSCOPES



**MADAME O**

### September 5-11

(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)

Treat this week like it's picture day at school. Keep your head

high and smile. Someone is taking notice of you and this is a good thing.

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

You might want to think twice before you say something you regret. Time cures everything, so let your emotions pass.

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

It's time to go down memory lane. Clean the closet, go through your bottom drawer, or open that old box. Look for something that you have forgotten about, it will remind you of yourself.

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

You need to crack some eggs to make an omelet, so don't let others get in the way of what you want. Move forward strong and devoted to your goals.

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

Money is becoming increasingly more important for you. Question if you should buy into your wants because your needs will start piling up soon.

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

Love is searching for you even if you aren't looking. Be open to this new arrival because it could be the best experience for you.

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

Settle down. You need to keep your head on straight this week. Don't rush into anything or decide quickly. Take your time and things will become clearer.

### Aries (March 21-April 19)

You are feeling lost, but remember what goes up must come down.

Just wait and what was once lost will return to you.

### Taurus (April 20-May 20)

Don't stay where you are not invited. Take a humble bow out and you will be respected for that.

### Gemini (May 21-June 21)

The best of both worlds might be too much for you to handle. Take what you have and enjoy it.

### Cancer (June 22-July 22)

Joy is a three-letter word, so let simple things in life bring you joy. Smell the flowers, read a book, take a nap today. You will be thankful.

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

Show some love to someone you have been neglecting. They really need you right now.

# DR. NUGGHEAD

Dr. Nugghead is out this week with an undiagnosable illness, so I am going to attempt to fill the space with what can only be described as a terrible attempt at humour. With that in mind let's keep the expectations low. The following are all "hilarious" answers to letters sent to other magazines ... you know since we don't get letters, other than for Dr. Nugghead.

...

## Forever Young

I was ecstatic when I read "Can Looking Too Young Hurt You at Work?" I'm 21, but I was told at work that I look like I'm in the sixth grade. I am going to use this article to turn my insecurity into a positive thing.

– Finally finished Grade 6

(Cosmopolitan, April/2013)

...

Dear Finally finished Grade 6,

That's great! There is no reason to let your height, or lack thereof, keep you down. I know the feeling of not being able to ride the big roller coaster and being mistaken for a child, I was once taken to the police station by a taxi that thought I was running away from home. You just might want to avoid whoever said this to you, especially if they seemed overly excited about your Sixth Grade build. On the plus side, though, if you ever want to feel smart, smuggle yourself into a Sixth Grade class. It does wonder for your self esteem.

– Chris "I don't have a clever nick-

name" Figliuzzi

...

## And Sports For All

Thank you, Rick Reilly, for pointing out in amusing fashion that there are gay men and women who actually like sports (*The Life of Reilly*, Nov 10). I often receive odd looks from my gay friends when I mention I'd rather watch college football than *Will and Grace*. It's good to know I no longer have to remain in the closet. I can proudly tell everyone that I love sports and not be ashamed.

– Out of the Sports Closet  
Sports Illustrated, December/2003

Dear Out of the Sports Closet,

People actually watched *Will and Grace*?

– Chris "I don't have a clever nickname" Figliuzzi

...

That's it for me this week. Don't worry, Dr. Nugghead will be back next week.

...

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

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# Interview that never was

By CHRIS FIGLIUZZI  
Assistant Entertainment Editor

If you're reading this article, I assume that you already know that I use this space each week to highlight musicians, venues, and other contributors to the local entertainment scene here in Edmonton. This week was going to be no different but, for lack of a better word, I got super lazy and wasn't able to align my schedule with any current up and comers. Obviously this is a problem ... I mean, what if someone that's not my mom finally reads this article? I decided to get in motion and try to get hold of a really amazing article.

Unfortunately, as I mentioned earlier, the lazy kicked in and I was left stranded with no interview mere hours before my article was due. Fortunately for you, and more importantly for me, a last minute miracle occurred and I was able to line up a definitely "real" and totally not made up interview with indie superstars Tegan & Sara. Once again this is definitely "real" and totally not made up\*. Without further ado, my interview with Tegan & Sara.

Me (henceforth CPF): Tegan, Sara first off I would just like to express my thanks for you joining me today and totally saving my ass.

Tegan & Sara (henceforth T&S): I'm not your hero, but that doesn't mean that I wasn't brave.

CPF: Well I appreciate it none the less. Lately you girls have been everywhere performing "Same Love" with Macklemore and your hit "Closer" with Taylor Swift. How have you enjoyed collaborating with some of the biggest names in music?

T&S: We didn't do it for the money, I don't know why. We didn't do it to be happy, so I can whine. You think I got my way? We didn't do it for the money, for the last time. You think I got my way, you think I got my way?

CPF: So you didn't enjoy it? I'm sorry I didn't quite understand that.

T&S: Calm down, I'm calling you to say I'm capsized, staring at the edge of safe. Calm down, I'm calling back to say...I'm home now.

CPF: Ummm ... you're in the *Nugget* office ... and were not on a phone. Are you girls alright?

T&S: I feel like I wouldn't like me if I met me, I feel like you wouldn't like me if you met me.

CPF: ...Oookkk well this is probably as good a place as any to end the interview. Thank you so much for coming in ... I think.

T&S: How come you don't want me



www.teganandsara.com

## Tegan and Sara

now? How come you don't want to wait this out? How come you always lead me on?

CPF: Thank you, Tegan and Sara ...

**NOTE:** In case you didn't realize this interview was completely faked, and badly, using nothing but Tegan and Sara lyrics. I assure you that despite the fact that I have never actually met them they are far from the complete nut jobs I presented them as ... and if Tegan and

Sara actually read this, unlike 90 per cent of the NAIT population, I am so, so, so sorry ... please don't sue me. For more information on Tegan and Sara use the Internet, more specifically [www.teganandsara.com](http://www.teganandsara.com). And as always if you know a band, venue or individual in the Edmonton entertainment scene that deserves recognition, e-mail me at [chris-figliuzzi@gmail.com](mailto:chris-figliuzzi@gmail.com).

# This French maid has no clue

By CHRIS FIGLIUZZI  
Assistant Entertainment Editor

Let's face it, I am not what you would call a serious journalist. I'm hardly the guy people turn to when they want hard hitting, relevant news. I am more of an entertaining fluff piece writer, you know, a chipmunks on water skies kinda guy. So, when they came to me for new article ideas I straight up panicked and suggested the first thing that came to mind, never in a million years did I think they would hold me to it ... I seriously can't believe this made it into one issue never mind a second. With the resume stain that this will cause in mind I selected *French Maid* by and starring Jesse Jane, which is viewable on [redtube.com](http://redtube.com).

Let's start at the very beginning, a very good place to start (yes quoting *The Sound of Music* in an adult film review makes me feel incredibly dirty). The male character, whom we never see ... well I guess we see parts of him, is obviously in a hotel room when there is a knock at the door. This turns out to be a maid in what I believe to be a very non standard hotel uniform consisting of a short skirt, bikini top and, for some reason, arm scrunchies. This is the beginning of what can only be described as

terrible dialogue e.g Jesse Jane (JJ) "Anyone order room service?" Male(M) "umm ... ya ... I think I did ... turn down" JJ "oh ... cool". How is he unsure of whether or not he ordered room service and furthermore every time I have gotten room service it's consisted of \$30 sandwiches and \$10 beverages.

Now I have no idea what kind of hotel this is. Truth be told, it seems pretty standard with nothing really standing out ... other than the terrible maid service. Not only is this guy probably wondering why there is a maid at his door and not the ridiculously overpriced food he ordered but then she invites herself in and starts randomly dusting as if she is a neat freak with ADHD. Perhaps the best signs that Jesse did no research into her role is the fact



french.fansshare.com

## Jesse Jane

that she brought a duster to a turndown service, which is when the guest wants the bed remade, at one point even going so far as to dust the carpet ... that's right, she dusts the carpet. I would hope that

all people, not just maids, know that you don't clean the carpet with a duster.

Continuing on in her role as the single worst maid ever, Jesse decides that she doesn't want to actually do the job that she was called for so she begins flirting with the man by physically attacking his groin region with her duster. This, of course, gets her

out of doing what she originally was called for, although she does still perform a job of a different nature. They continue doing what people do in films of this nature, what that is exactly ... I'm not sure as I generally close my eyes and think of England at

this point.

As I mentioned earlier, the guy was able to eventually remember that he had ordered room service for a turndown, though a simple five-second Google search would have shown that the turndown service is the role of the maid service. Yet, here we are at the end of the film and, while she has indeed done a majority of her work on the bed, it is now way more messed up than before leaving the entire audience, probably not a big crowd, on the edge of their seats wondering is that it? Is there a sequel coming? Have we been *inceptioned*?

Personally, I just don't care. This movie was terrible. The acting and dialogue was rigid and uninspired, leaving me struggling to connect with either character. In addition a lot more, or even any, time could have been spent on researching the project. If you are going to make a themed movie, at least understand the theme and what it entails. All in all, I wouldn't watch this again and really wouldn't recommend it to anyone, especially those training for the hospitality industry. I would have to give *French Maid* by Jesse Jane two pillow mints out of five.



## BOOK REVIEW

# Dark side of kids' bear story

By CHRIS FIGLIUZZI  
Assistant Entertainment Editor

Books for kids are great. They provide mom, dad, the babysitter or the teacher a chance to relax and not have to play the part of entertainer for a little while, assuming the kid can read or the pictures are fascinating enough. Even better, they are presented as wholesome entertainment with valuable lessons. However, often times that is just the surface. When we look deeper, we can find subtle hints and lessons in everything from Communism to cannibalism to other sinister things. Give me a break, I'm writing seven articles this week. This week we will look at The Berenstain Bears and their book *Learn to Share* by Stan and Jan Berenstain with Mike Berenstain (who ironically is not given the same billing, showing right off the bat they didn't learn to share).

Before we really get into this book, I want to start by pointing out a few minor issues. For starters they make mention of God and praying a couple of times throughout and while I have no issue with this, I can imagine some people might. Does the atheist child not need to learn to share? Another minor issue I have, and this may seem nitpicky, but in one illustration it shows a child riding a tricycle and switching bikes with one riding a two-wheeler. In my mind this could be extremely dangerous as the child that owns the tricycle has no experience on the two-wheeler and could be seriously injured. I actually wonder how many injuries this book may have led to.

A big concern of mine is the premise of the book itself – learning to share and the whole concept of sharing in and of itself. Now I know many of you are too young to remember the period of time when Russia was actually the USSR but trust me, it was. During this period Russia, or rather the USSR, was communist ... extremely communist, think *Animal Farm* to the next level. Now most of us here in the West, read the USA, had a pretty big problem with that as we loved our capitalism. I'm not going to get into too much history here but as you know, or at least I hope you know, this led to the Cold War where the USSR disbanded and slowly did away with communism. At the very heart of communism was the idea that everyone is equal and all resources and wealth had to be ... you guessed it, shared. So, in reality, this book is nothing more than a throwback, a subtle push towards the old ways of communism. I'm not saying that the Berenstains are communist, but then again I haven't heard them say they're not, either.

The last issue with this book, and really this series, is the fact that the main characters are bears. Bears to me have and always will be nothing more than godless killing machines designed to inflict fear, harm and general discomfort on anyone or anything that encounters them. So why, then, are they walking on their hind legs, wearing clothes and speaking English? It is without question that these books take place on Earth but they take place on Earth far in the future long



after all these tree huggers and anti-gun nuts finally get their way. Not once do we see a man, woman or child that isn't a bear. The books themselves hold in them a prophecy, a prophecy of our defeat. The Berenstains are using these books to ever so quietly push their pro-gun anti-environment agenda through with the next generation. Think about it! As we become greener and greener having less and less impact on the environment, nature will begin to thrive. Forests will become thicker and more plentiful and, with it, animal populations will begin to see an unprecedented boom. As the bear population grows

strong both in numbers and in strength, due to the rise in their prey's population and thus their ability to eat, they become more and more angry over our presence. Soon they begin staging attacks but due to our lack of guns, they easily overthrow us, adapting our clothing, possessions and eventually our cultures, as the green movement continues, the bears, of course they'll be green, our homes are engulfed by nature until you have the only plausible outcome ... The Berenstain Bears. Or maybe I'm just crazy. Either way, the obvious communist undertones make this book a must not read for kids.

## TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



# Ensuring locker safety



Locker thefts tend to be in, but not limited to, remote areas of the school and low traffic areas. In many of these thefts, specific items are targeted, leading security personnel to believe that the perpetrators monitor the area before they strike. Once the thief or thieves spot a likely target they wait until the area is clear and then, by utilizing a small and easily hidden pair of bolt cutters, quickly cut the lock and remove the valuables. This crime can be committed and the thief can vacate the premises within a few seconds.

As lockers are used to store valuables while students attend class or perform job duties, it is important that the lockers be well secured. The following provides a number of tips that should be followed to decrease the likelihood that you will become a victim of locker theft.

To reduce the chance of becoming a locker theft victim, follow these few tips:

- Purchase a high quality lock. The price of a quality lock is slightly higher but its value is related to the value of the locker contents.
- Always fully engage the lock. For

combination types, spin the dial to ensure it is secured. Tug on the lock before leaving.

- Do not bring any large sums of money or unnecessary valuables to school and store them in your locker. To do so is inviting unneeded risk.

- Do not record your locker combination on, or about, the locker or the lock. For a key lock, keep the extra key with you in a safe place.

- Observe the people around you and know the people that have lockers around your locker area.

- If you observe suspected criminal activity, do not challenge them. Instead, immediately proceed to the nearest telephone and inform security.

- When you observe someone other than a NAIT peace officer or security guard using bolt cutters to cut a lock from a locker, contact a peace officer immediately.

If you see someone loitering near lockers or in the area or taking an unusual interest in locker contents, be suspicious.

- Take note of their description, height, approximate age and any identifying char-

acteristics or markings.

- Report these to NAIT Protective Services.

If you have information about a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS

(8477). You will remain anonymous and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000. Visit [www.nait.ca/security](http://www.nait.ca/security) for more security tips.

Everybody benefits, except the criminal.

## Who ya gonna call?

**Academic and personal concerns** – Student Counselling, 780-378-6133, Room W-111PB, HP Centre.

**Housing** – Online housing registry at [www.rentingspaces.ca](http://www.rentingspaces.ca)

**Injury, minor medical concerns** – Health and Safety Services, 780-471-8733, Room O-119.

**NAIT Security** – 7477.

**Part-time campus jobs/volunteering** – Go to [www.naitsa.ca](http://www.naitsa.ca) under “Get involved.”

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

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

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



# Festival City title a good fit

By DAVID HANSON

After the summer I just had, I can see why they call Edmonton “Canada’s Festival City” (we can’t in good conscience call it the “City of champions” these days, let’s be honest). My job through the summer placed me in many of the summer festivals that, despite living here my whole life, I’ve never been to and others that I’ve attended for as long as I can remember.

Formerly Capital Ex and before that Klondike Days, this festival is easily one of the biggest and oldest annual events in Edmonton. Its earliest form was in 1879 and the first parade in 1903. K-Days has theme park rides, carnival games, panning for gold, shopping in the AgriCom and food so good you’re blissfully ignorant of what’s in it. K-Days truly has it all.

I was among the angry mob outraged when in 2006 Northlands messed with a 200-year tradition, changing Klondike Days into “Capital Ex” and removed the theme. Attendance plummeted, so Northlands saved face by calling it K-Days again. Klondike Kate got her job back and I finally returned.

As a child, my favourite part was the rides but the adult in me got impatient with the ridiculous lineups. The highlight for adult me was the performances. A disco band on stage sang golden oldies, while

at the other end of the park, trapeze artists took to the skies. At the end of each night we were treated to a free concert by world-class talent like Carly Rae Jepsen, Dallas Smith, Down with Webster, etc.

My next festival experience was Taste of Edmonton in Churchill Square. It’s at the same time as K-Days but its sole focus is food. The idea is to buy tickets and sample different recipes from local restaurants. It’s a great way to expand your food choices in town instead of just resorting to takeout. Taste of Edmonton is a great way to support local businesses and connect to the community.

This year was my first experience going to the Servus Heritage Festival. It began in 1974 to celebrate Canada’s multicultural heritage. You’ll never see as many different flags outside of a UN summit. Everywhere there was music and dancing from people proudly displaying their culture. A credit to Canada’s diversity was the enormity of the event. Hawrelak is no small park and the tents pitched for each country completely filled it. It came right back to the food for me. I got to sample from many different countries.

I went to the Fringe Festival focused on seeing an improv show. But I learned that you can’t just “stop by” the Fringe. Street performers flock from around the world to put on public shows that any conscien-



globalnews.ca

One of the rides at K-Days

tious mother wouldn’t want their children to try at home. Clearly, if performers don’t make the cut for Cirque du Soleil they come to Old Strathcona in August. Stand-up comedy mixed with gymnastics as street performers entertained audiences with unbelievable stunts and jokes. I’ve learned that each performer has a well prepared spiel on how much money you should pay

them after, which can get old if it takes five minutes to sell you on a grand finale that they can only balance for 10 seconds.

There you have it, that’s my summer. I may not have gone to an exotic beach to fix my farmer’s tan but I still have a summer to look back on. So, if you’re like me and your vacation is more of a “staycation,” then why not make the most of it.

# U-Pass

## Universal Transit Pass

**WHAT IS U-PASS ?**

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

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

- Apprentices
- Students who take all of their classes online

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

**HOW MUCH DOES U-PASS COST ?**

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

**HOW DO I GET MY U-PASS STICKER ?**

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

**South Lobby Kiosk – weekdays August 19 – September 13, 2013 (fall term)**  
**Monday-Thursday 8:30am-6:00pm, Friday 8:30am-4:00pm**

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

**Transit Staff / DATS / SCAT / HANDIBUS**

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

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

**Students must be enrolled in the Fall and/or Winter term, prior to the opt out deadline.**

**Fall Term, September 27, 2013 deadline | Winter term, January 31, 2014 deadline**

**PRACTICUM STUDENTS & OPTING OUT OF U-PASS**

Students on practicum 8 weeks or longer and who are outside the service area of Edmonton, Strathcona County & St. Albert may be eligible to opt out.

Opt out online @ [www.naitsa.ca](http://www.naitsa.ca) (see website for a complete list of requirements & process)

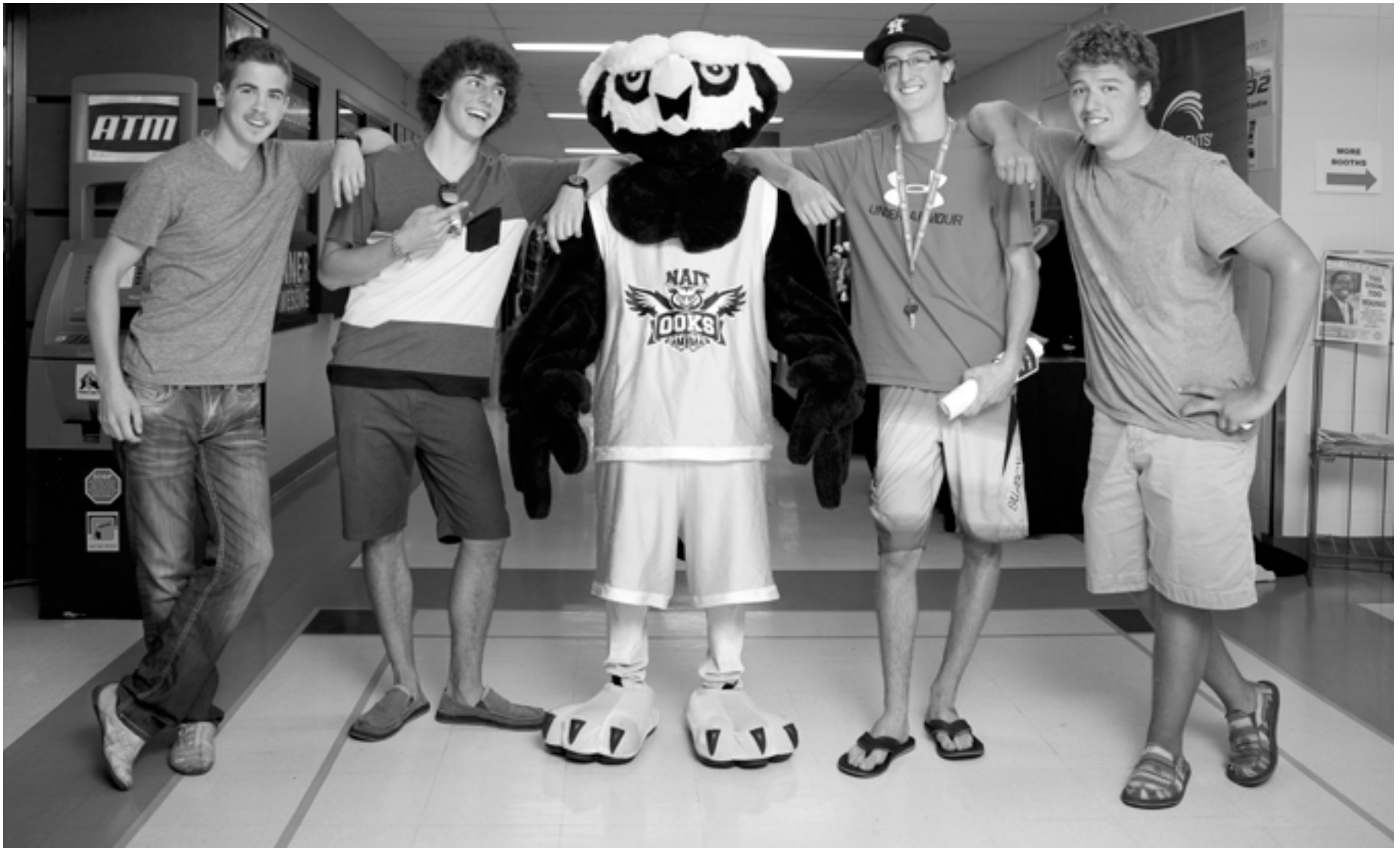
Each Fall and Winter term is treated as separate and U-Pass opt out requests must be submitted for each term of eligibility.

**Students must be enrolled in the Fall and/or Winter term, prior to the Opt Out deadline.**

**Fall Term, September 27, 2013 deadline | Winter term, January 31, 2014 deadline**

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

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NAIT photo by Leigh Frey

### MAKING FRIENDS

Oook takes time from his busy orientation schedule to hang out with some new friends on Thursday, Aug. 29.

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**Check [www.naitsa.ca/upass](http://www.naitsa.ca/upass) for details.**

**IMPORTANT:**  
Keep your U-Pass with you to avoid fines.  
ETS fine for fare evasion is \$250.  
If you forget your pass, pay the regular fare.

**Transit service information:**  
[www.takeETS.com](http://www.takeETS.com)  
[www.strathcona.ca](http://www.strathcona.ca)  
[www.ridestat.ca](http://www.ridestat.ca)

[takeETS.com](http://takeETS.com)



# Tyler's brain a scary place

By **NICHOLAS KINDRACHUK**  
**The Sheaf**  
**(University of Saskatchewan)**

SASKATOON (CUP) – No one can deny that Tyler, the Creator has charisma.

The verses on his latest release, *Wolf*, are packed with personal emotion even when they are clearly made up stories.

I had *Goblin*, his second album and the follow up to his self-released breakout *Bastard*, on heavy rotation when it first came out. The more I listened to it, though, the less I liked it.

Some of it felt incredibly forced, like it wasn't the album Tyler wanted to make, but he felt obligated to because of the subject matter and fan base he got from *Bastard*.

*Goblin* didn't have the same "I've never heard anything like this" vibe that *Bastard* had or the raw teenage angst he burst onto the scene with.

It's clear *Wolf* is exactly the album Tyler wanted to make, but many people are going to hate it. They are going to hate how self-involved he is, how he can't break away from his discomfort with his fans and with sexuality, regarding both himself and those around him. Many will want him to abandon his honesty because they don't want to hear it – it's too frustrating.

Tyler has always exposed his raw emotions in his music and he is not shying away from them now. *Wolf* is a look into Tyler, the

Creator's mind. He is angry and frustrated, but he yearns to break free and enjoy life.

Tyler seems depressed, like he can't enjoy the finer things his celebrity allows him to access no matter how badly he wants to. He is an adult now, but he is having issues embracing that.

The whole album contains an interesting contradiction with his depression, and his more childish summertime singles exemplify this theme. Although the beats are strikingly original and perfect for the season, they are topped with disturbing lyrics from a 22-year-old struggling to find freedom.

All he can see is the attention and hate around him and how success hasn't improved much in his life outside of his cash flow.

One of *Wolf*'s most deeply uncomfortable and riveting moments comes on the second single, "IFHY." It is all about Tyler's desperate infatuation with a nondescript girl: "I love you so much that my heart stops beating when you're leaving/And I'm grieving and my heart starts bleeding/Life without you has no goddamn meaning."

The anger and desperation in the song is so grand that it nearly made me sweat. It is a striking balance that Tyler finds again and again: overloading the listeners' senses with raw emotions without pushing them away. It's like watching a horrific accident; looking away is impossible.

Of course, the album is far from perfect. There is always a joke song on Tyler's albums, and *Wolf* is no different. "Trash-wang" isn't quite as fun as Tyler's previous joke tracks, "Tina" and "Bitch Suck Dick." It's too crowded with guest spots to be an effective light rap song in the style of Waka Flock Flame or Lil B.

With an unprecedented amount of honesty, *Wolf* is something you can't find anywhere else in hip hop. Tyler's personality makes up for the occasional lyrical misstep. Even with lazy

rhymes like, "They bandwagon jumped me from a pogo/I'm going fucking loco." Tyler's new album is a complex and confusing piece that could only be delivered from him.

*Wolf* almost hits with the same impact that *Bastard* did, but only if you free yourself from the rigid expectations that are clearly frustrating Tyler. What you'll find is a truly unique production that is out of this world.

An hour inside Tyler, the Creator's head is an intense and frightening experience, but it's a trip you should definitely take.



Submitted

The deluxe edition cover for Tyler, the Creator's new album, *Wolf*.

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