

A NEW YEAR FOR YOUR STUDENT NEWSPAPER!

THE NAIT NUGGET

Thursday, August 21, 2014
Volume 52, Issue 1

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

A BIG NAIT WELCOME!

Information for students old and new – pages 2, 3



Photo by Gabrielle Hay-Byers

ONWARD AND UPWARD

Construction continues on the Centre of Applied Technologies (CAT) building that will be the new home of the School of Sustainable Building and Environmental Management and the Business and Health Sciences programs. The building will also house a student commons and a food services area.

THE TECH CORNER IS HERE TO SERVE YOU



TECH ACCESSORIES



TABLETS



TECH REPAIR



LAPTOPS



SOFTWARE



CUSTOM ORDERS

Visit us in X114 or
nait.ca/onlinestore
780.471.7717

 NAIT Retail Services

 @NAITRetail



RETAIL SERVICES

NEWS & FEATURES

NAIT protection upgraded

By **GABRIELLE HAY-BYERS**
Chief Cat Herder

NAIT's Protective Services sent out a tweet on Aug. 17 about an intoxicated male found in the parkade.

"The subject was unco-operative with officers and arrested. The male was transported to the @HopeMission for a safe place to sleep and eat."

Simple words sharing the reality of providing protective services to a campus such as ours, now, via social media, out in the open.

There is a new setup for NAIT this year regarding Protective Services, with the unveiling of an upgraded Protective Services program that is collaborating with the University of Alberta's protective services.

NAIT's Media Communications Specialist Frank Landry said there are two reasons for the change.

"First, the partnership will help NAIT prepare for campus expansion and further growth. With construction of the Centre for Applied Technologies underway, NAIT is entering a period of unprecedented growth. Our long-term vision is to expand onto Blatchford Field," Landry said.

"University of Alberta Protective Services is a strong organization with a greater depth of resources and leadership managing a large campus."

He said the provincial government has been encouraging post-secondary institutions to work together where possible.

"The partnership supports our commitment to working with other post-secondary institutions."

Landry further explained that while



Photo by Gabrielle Hay-Byers

Protective Services Acting Manager James Elkow

NAIT is in partnership with the University of Alberta, all of the current protective services members are NAIT staff and will continue to be.

The tasks ahead for Protective Services during this year-long contract for collaboration are diverse according to Elkow. "(One of the) first things we are trying to do is eliminate the moniker 'security' and we are trying to get folks to understand what it is we do. We need to re-establish the identity of protective services since we do more than security. The officers here do more than write tickets for parking- this is a

bigger, better, stronger service than people may think."

"There's a place for security and a place for peace officers and I think peace officers are essential here. We have the ability to not only educate people but to also enforce."

Elkow is very experienced in community policing as a retired member of the Edmonton Police Service.

"It's about making sure people know who we are, what we do and then reaching out so that people (at NAIT) get to know us."

Elkow has stepped in to assist with the program here at NAIT.

"It's been a task, to say the least ... but with experience with the Edmonton Police Service moving from division to division, it's the same here. Everyone (in Protective Services) is involved and engaged, and it's great."

In the coming weeks, Protective Services will be a very noticeable presence on campus, with officers and Elkow out and visiting with staff specifically on the professional development day coming up for staff on Aug. 26.

"I encourage people to just come up and meet our folks as we are out and about, especially if they have any questions."

Info – sprinkled with treats

By **GABRIELLE HAY-BYERS**

With another semester upon us, NAITSA is geared up and ready to shepherd a new batch of students into the collective culture that is NAIT.

Aug. 27 and 28 from 8 a.m. to noon will see NAITSA hosting their orientation sessions for new students, with our student executives welcoming all new first years. Dr. Glenn Feltham will also address the crowds that gather, with hundreds of students confirmed to be attending each session. If you missed out on signing up for a session, there will also be NAITSA booths out in the hallways to visit.



Gillian Wilson
VP Student Services

"This can be an exciting time but it can also be very overwhelming," says VP Student Life Gillian Wilson.

"Not knowing where to go with questions or where to find things on campus can be very frustrating. (The) good news is that the NAIT Students' Association is here to help make this transition easy and one of the best ways to gather the information you need is at orientation. Whether its questions about U-Pass, Health & Dental, Clubs, upcoming events or where to find the Nest, we are here to help you."

Also coming up soon is the highly anticipated

annual Pancake Sundae bar, hosted in the HP Center/Spartan Centre on Sept. 2 and outside the business tower on Sept. 4. Both events will run from 10 a.m. through to roughly 1 p.m., and are free. All of everyone's favourite sundae toppings are going to be available to pile onto delicious, carby pancakes served to you by your student executives.

"This is a great opportunity to connect with friends, meet new students, enjoy live music and create pancake masterpieces with delicious toppings like ice cream, chocolate sauce, gummy bears, sprinkles, peaches, berries and, of course, maple syrup!" says Wilson.

"Myself, along with the other NAITSA Executives are so excited to meet all the students as we serve up these dessert-style pancakes."

Speaking of Sept. 4, you may be glad you had some pancakes if you head on over to the Nest Taphouse Grill for Oktoberfest, a beer sampling event that is being billed as Oktoberfest meets NAIT pep rally. There will be live music, Bavarian folk dancers and \$1 four ounce samplers. Additionally, there will be a limited number of NAITSA branded beer steins available for the first students in the Nest.

Lastly, it's a ways away yet, but NAITSA is hosting NAIT's Amazing Race on Sept. 11, in which students will race around campus for a chance to win prizes, with an after party hosted by the Nest for all to enjoy.

This event will be capped at 10 teams of four people, so head on down to NAITSA right away if you'd like to compete.

CAT taking shape

By **NICOLAS BROWN**
(@bruchev)

As students prepare to return to classes this Fall, you may notice a new feature on campus. NAIT's new Centre for Applied Technologies building is progressing well, and is on schedule to be opened for the start of classes in Fall 2016.

The CAT Building will be the new home of the School of Sustainable Building and Environmental Management and is expected to hold classrooms for the Business and Health Sciences programs as well. Originally designed in 2011 in a Gothic style, the building was redesigned for a more modern look to better fit NAIT's modern polytechnic campus. The building will also incorporate more areas for student use, including a student commons, student contact centre, and another food services area. New parking being prepared for the building will be limited to 200 stalls, however the recently completed parkade adjacent to the site is intended to hold the majority of parking required for the building.

As for what's happening to the space previously occupied by the programs moved into the CAT building? Nothing has been set in stone, as NAIT administration is working on a "Campus Restack Plan," a



Photo by Gabrielle Hay-Byers

Work is underway on NAIT's new Centre for Applied Technologies building.

draft of which is planned for the end of the calendar year. This new plan would determine potential uses for vacated spaces and match current campus space with projected program growth, along with consolidating programs that are currently spread out across campus. One thing is certain; any new plan will not include the L Building, former home of the School of Sustainable Building and Environmental Management,

which is scheduled for demolition after it is vacated.

The new Centre for Applied Technologies will be the stepping stone for NAIT to move into the future. There are more developments coming to NAIT, including potential expansion into the airport lands and the long awaited completion of the NAIT LRT line. Certainly this is an exciting time to study at NAIT.

Learn the ropes and win

By **GABRIELLE HAY-BYERS**

NAIT is gearing up to welcome back the flock of Ooks and new students in with two major contests slated to start soon. The contests are being run with the hopes of engaging students on campus all while providing an opportunity to make familiarizing yourself with our sprawling campus network fun.

"We want to engage with students and see what their back-to-school experience is like through photos on Instagram, but we also want to let our students know that NAIT is very active on social media and students can follow us @NAIT across all major social networks including Facebook, Twitter, and Instagram," explains Linda Hoang, NAIT's Digital Communications Specialist (and NAIT grad!).

Students can participate with #NAITbacktoschool from Aug. 27 through Sept. 12 by posting to their Instagram accounts photos that showcase their back to school experience here at NAIT and including the #NAITbacktoschool hashtag.

"It's all about engaging new and returning students, encouraging them to capture the back-to-school spirit and share their back-to-school experience through photos on Instagram," continued Hoang.

The contest isn't just for fun, how-

ever, with some awesome prizes being handed out to those who participate. The #NAITbacktoschool contest has a prize pack valued at \$260 for one lucky participant. To get involved, start with following @NAIT on Instagram.



Following the success and popularity of #NAITbacktoschool, another contest series has been launched called #NAITHunt.

"The #NAITHunt is new this year, and encourages students to get to know the campus a bit better," Hoang said.

"We'll be posting photo clues on Instagram, showing fairly obscure locations on all three of our campuses, and students who find us at that location will win some great prizes."

Those who find the locations first will also be put into a draw to win an iPhone 5C. The #NAITHunt will run from Sept. 5-12.

NAIT is very active on social media, as are many individual departments, clubs and schools, with information shared from multiple handles on Twitter including @NAIT for general campus information, @NAITools for the Department of Athletics and Recreation, @NAITfood for food services, and @NAITSA for NAIT Students Association news. Oh yeah, and there's @NuggetOnline, too.



The Nugget

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

Editor-in-Chief

Gabrielle Hay-Byers
studenteditor@nait.ca

Issues Editor

Maria Tagliente
issues@nait.ca

Sports Editor

Connor Hood
sports@nait.ca

Entertainment Editors

Richard Lukacs
Quinton Berger
entertain@nait.ca

Photo Editors

Ciaran Boyle
Tegan Dutton
photo@nait.ca

Online Editor

Baillie Scheetz
online.editor@nait.ca

Special Consultant

Bridgette Tsang

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.

For advertising, call 780-701-1951

or e-mail:

kerry@playhousepublications.ca

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.

A photo shop

By **NICOLAS BROWN**
(@bruchev)

One of the reasons Jim Bilodeau enjoys his hobby so much is the opportunity for him to help students. A business and DMIT instructor, Jim took up photography as a side project to make his own stock photography. Stock photos are generic photographs that are frequently used in reports, brochures and other similar documents. The standard method of obtaining stock photography online by purchasing can be complex, as it can be impossible to ascertain who has the legal right to sell each photograph. It became much easier and cheaper to create his own stock photographs.

Eventually, Jim began offering his skills to students, taking professional grade photos that can be used in their social media profiles and on their reports. As students, it can be easy for a Friday night out at the bar or party out at the lake to result in some embarrassing Facebook photos. Yet it is extremely important, especially as students

prepare to graduate and enter the professional world, to maintain a clean and professional online presence. Certainly one can control what shows up on a Facebook profile through privacy settings and judicious use of the hide/delete button, but how can one boost that online presence into the realm of professionalism? In an era where everyone is connected online, it is inevitable that potential employers will look you up online if they are considering you as a candidate.

As Jim puts it, "You really want to have a nice professional picture for LinkedIn [and other social media]." Having something easily available online that is clean and professional can increase your chances of getting that callback.

As for why Jim does these photos for free? "It's more important than ever for students to have a good professional online presence, and it's just fun helping students."

If you would like to contact Jim about requesting some photos, you can e-mail him at callonjim@gmail.com



Photo by Nicolas Brown
Jim Bilodeau

HELP! Somebody left a red shirt in the washing machine and now everything I washed is pink! **What do I do?**

HELP! I packed my favourite lunch for class but didn't eat it.

Can I still eat it tomorrow?

Get answers to these and other vital questions

- easy recipes • kitchen and laundry basics • grocery shopping secrets

Visit atcoblueflamekitchen.com/studentguide to download your **FREE** copy!

ATCO BLUE FLAME KITCHEN

YOUR EVERY DAY WAY

ETS

U-Pass

Make it work for you

U-Pass gets you to school, work, shopping, recreation or anywhere you need to be.

U-Pass Valid Periods

Fall Term: September 1 - December 31

Winter Term: January 1 - April 30

For more information check www.naitsa.ca/upass

Get transit updates and schedules:

Edmonton Transit System: Call 311 or plan your trip on www.takeETS.com

St. Albert Transit: Call 780-418-6060 or www.ridestat.ca

Strathcona County Transit: Call 780-464-7433 or www.strathcona.ca

IMPORTANT:

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



OPINION

— Editorial —

Come on down!



GABRIELLE HAY-BYERS
Chief Cat Herder
 @Gee_H_Bee0

Anyone feeling a sense of deja-vu? No? OK, it's just me, then ... seven years, on and off, has been the span of my involvement with this paper, and this is my second term as editor-in-chief. I've covered fires, explosions, elections, union disputes, changes in presidency, many music events, hockey, premiers stepping down, student representatives resigning and a number of events that really should have involved more clothes. Now I have the opportunity to lead a team of amazing human beings as editor-in-chief again, and all because of the *Nugget*.

What's my title?

Now some days, I feel like editor-in-chief should not be my title. Business manager? Maybe, there is some business to this, with cost control, HR and marketing all being parts of my day. Sometimes I'm the head researcher or head creeper as I like to call it, hanging out on campus talking to people to find stories or taking surreptitious photos. Sometimes I'm the No. 1 problem solver, rewriting articles at the last minute because the news doesn't care about our press deadline. A lot of the time, I'm just a listener – to my team when they need me or to people who come to tell me about stories they think need to be told. At the end of the day, everyone at the *Nugget* does what they do because they care about NAIT and everyone that hangs out here as a student, staff member or alumnus.

Say hi

No, I'm not trying to get you to read my resume and give me a pat on the back. I'm trying to share with you the opportunities that are available for members of the *Nugget's* press team. We have lunch together nearly every Tuesday, starting Sept. 9. Don't worry if you can't come, pop by the office to see me instead. We don't hire based on experience or expect our writers to take the same number of stories every week. We can teach you to write but we can't teach you to care. So, if you're interested, come say hi in Room E-128 or attend our next meeting.

Now you'll note I'll probably never directly call myself 'the boss', or even really 'editor-in-chief,' because I'm really just another member of this team with a different job role. One of my pet peeves in life is people who get too obsessed with hierarchy or titles. So anyone that can come up with a fun title for me, we'll be rotating them, and you'll get a shout out for being the smarty-pants that thought up something that better describes the craziness that is running the *Nugget*.

Tweet me @Gee_H_Bee or pop by the office anytime.



Now that you know where we are, drop by Room E-128!



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

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

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

SPORTS

Basketball builds a base



CONNOR HOOD
Sports Editor
@connorhood27

Hockey. Curling. Skiing. Lacrosse. Football. But basketball? Although most people think of cold weather sports when they think about Canada, it's time we put basketball into the mix as one of Canada's games. It may be hard for basketball to compete with hockey in terms of fan support and popularity but the game has never been bigger than it is right now and it's going to get even bigger.

As recently as five years ago, basketball had a very small niche in Canada. When people thought about basketball, it was

simply just Steve Nash. It easily could have been the fourth or fifth most popular sport in Canada, with little interest in the NBA, even with a team in Toronto. The national program was at a low point, with the teams struggling to qualify for tournaments and very few kids were choosing to play it over hockey, baseball and soccer.

Then something changed. Slowly you started to see more and more Canadians making an impact in the collegiate ranks, more making the NBA. Then two straight Canadians going first overall in the NBA draft. A lot of credit has to go to Nash, who was winning back-to-back MVP titles right when players like Anthony Bennett and Andrew Wiggins and Tristan Thompson were growing up.

Another reason for the sudden growth was the recent success of the Raptors. Winning has always been the best way to attract people to a team and a sport and the Raptors are the most recent example of that.

When the Raps made the playoffs this past spring, the support the team got rivaled that of the Maple Leafs with sold out arenas, incredible jersey sales and the start of the northern uprising.

Not only is basketball growing nationally, it's also becoming very popular locally. For the past 10-20 years, the Canadian national basketball teams haven't been the best. In fact, they have been one of the worst. But in recent years, the national program has started making a name for itself and that has caused basketball fever in Edmonton.

Last week, Edmonton hosted the U15 and U17 Canadian National Championships at the Saville Centre. It was also announced recently that Edmonton will also play host to the women's 2015 FIBA Americas Championship. This event determines the teams that will qualify for the 2016 Olympics in Rio and will bring a huge market and attention to Edmonton next

August. Another big tournament took place last week in the sixth annual Pride of the Northside four-on-four tournament, hosted by former Edmonton Energy and U of A Golden Bear Andrew Parker.

"In our city, we have a kid called Jordan Baker who just played for the Canadian National team," said Parker on basketball's development in Edmonton.

"Then we've got kids right now playing for Harry Ainlay, ME LaZerte, Archbishop O'Leary, who are getting lots of playing time. I think Edmonton basketball is in the best place it's ever been and it's only going to continue to grow."

It shouldn't come as a surprise to anyone the way basketball has taken off in this country. After all, it was a Canadian who invented the game. We currently have more Canadians in the NBA than ever before, youth programs are filling up like crazy, and general interest in the game is at an all-time high. It may be too early to put basketball in the ranks of hockey, curling and football in Canada, but don't look now, because it's slowly getting there.

Not only is basketball growing nationally, it's also becoming very popular locally.

Tourney a slam dunk

By **BRIDGETTE TSANG**
@BridgetteTsang

Andrew Parker's sixth annual Pride of the Northside tournament hit the slam dunk of slam dunks for street basketball tournaments in our city. Over 50 teams from across the city – and even some from out of town – united at the Londonderry basketball courts on Aug. 16 and 17 for the four-on-four tournament highlighted by dunk competitions, three-pointer contests, wicked prizes, a barbeque and even a visit from the mayor. The tournament hit close to home for Andrew Parker; after all, it's also where his roots lie.

"I love north Edmonton; I grew up here, I know these kids," Parker said. "Having an event like this, they don't get that too many times. They're always told to go somewhere else, go to one across the city to have this event. And I said, I don't want to be one of those people in their life. I want to do something for them and for the whole entire community. Not just basketball, for everyone. So it's really close to my heart and I'm really thankful."

After a standout university basketball career at the U of A, a professional basketball career with the Edmonton Energy, two degrees and soon-to-be a teacher, Andrew is still giving back to the community the only way he knows best; through basketball.

"From our first year we started with 17 teams. I wanted to stay in this neighbourhood because we could revitalize it. I didn't want to go to a bigger facility just because it was easier. Let's improve our community, that's No. 1. And I'm not going to leave until we get there."

After committing to the NAIT Oaks basketball team in April, Wyatt Beaver could not dunk away his excitement for the upcoming season. After all, he will be play-

ing alongside his best friend, Julien McFadden, on a young Oaks basketball team.

"I'm so excited! I've been playing with him since day one, since we just started playing basketball and it's amazing to continue the journey in college," said Beaver.

Beaver has participated in every Pride of the Northside tournament since its induction in 2009 but this year is the first year he has participated without McFadden. This paved the way for him to show off some of his dunking skills, and also to claim the youth dunk competition with a slick throw-the-ball-in-the-air and then a monster dunk that would even make grumpy cat's day better.

"I wasn't that nervous because I'm confident but it is nervous going up against some of the big guys. They're amazing!" he said.

While the dunk competition is a favourite of all the players and spectators, this year's standards may have just jumped 10 more levels. With the mayor himself, Don Iveson, lending eyes to judge the adult slam dunk competition, the stakes were high and the dunks were even higher.

"My judging strategy is to reward hard work and risk taking and excellence in the air," said Iveson.

After some sick dunks from both competitors, the judging was close, and the point difference was even closer. And that's when Matthew Cardoza asked Mayor Iveson if he could dunk over him.

"I wasn't scared at all. I knew I was in the hands of a professional. And these guys can fly so he just asked me to hunch over a little bit; I'm six-four, just hunch over a little bit and I got a great picture of it on my phone too, so it was great," said Iveson.

Indeed it was. And there was no question about who the winner was after that. But the real winner of the tourna-



newtrail.ualberta.ca

Andrew Parker

ment comes off the court and one that is close to Andrew Parker's heart. The tournament is also a fundraiser for Dunk on Disease, a charity started by Parker's friend and NAIT graduate, David Adomako-Anasah. It is raising money for the Stollery Children's Hospital in remembrance of his late friend.

B-ball team adds 11 players

By **CONNOR HOOD**
Sports Editor
@connorhood27

With a four month break between the final horn of the 2013 season to the first whistle to kick off 2014, there are bound to be a few changes around NAIT. With so many moving parts, such as players graduating and transferring, to coaching and personnel changes, the NAIT Ooks you saw in 2013 will be drastically different from the students you see throwing on the jersey in 2014.

First, we will look at the men's basketball team, whose expectations were sky high last season, only to fall in the quarter finals. The Ooks finished with a fantastic 16-8 record after the regular season, and good for second in the ACAC, only to see their championship dreams come up just short. In the wake of the disappointing finish, big changes took place with the team, and they will be introducing 11 new players this fall.

Leaving is ACAC all-star and team captain Yonas Berhe, and in comes a crop of new players looking make their mark with the team. Included in the group are four first-year players and seven transfers. With such a large number of players new to NAIT, some growing pains are expected,

especially for new team captain Chris Neptune, who will be out till late December with an ankle injury.

Some of the new basketball players are:

Chris Mooney, Ottawa Ontario: Six-two point guard, third year transfer Algonquin College (2012) Program: Bachelor of Applied Business Administration

"Chris is a very versatile player who can play the point guard position as well as the off guard and small forward positions. He is a highly competitive student-athlete who is strong and works hard on the court," said coach Mike Connolly.

Donathan Moss, six-five, forward from Nassau Bahamas. Fifth-year transfer from University of Prince Edward Island (2013). Program: Applied Business and Banking

"Donny brings athleticism to the Ooks

and skill to the forward position. Donny has the ability to shoot the three point but also

drive strong to the basket. He also has the experience to play against bigger players. His experience and leadership from his CIS days will help mold the talent on the NAIT Ooks"

Malik Drummond, six-nine, post, from Airdrie. Second year transfer from SAIT, Second term eligible (2013). Program: Emergency Medical Technician.

"Malik's size will be a factor in the ACAC. He is a good rebounder and he alters shots around the basket. Malik is

a solid recruit and teamed with our other young 1st year players the NAIT Ooks future of the program looks strong."

Goomie Paul, six-five, forward from Edmonton, First year (2014) Program: Media – Radio and Television

"Goomie is a local product who is very athletic and skilled on the perimeter for his size. Goomie is a great recruit for NAIT, Goomie is considered one of the better young players coming out of high school in Alberta."

Jamelle Davis, six-four, forward from London England. First year (2014). Program: Personal Fitness.

"Jamelle is a very strong, very athletic individual. If he was a Canadian graduate of high school he would be considered one of the top prospects in Alberta."

The team's season opener is Friday, Oct. 24 at 8 p.m. in the NAIT Gym.

More recruits will be donning the Blue, White and Gold this fall, as the women's volleyball team added four players, and the silver medal winning men's hockey team are also bringing in four new players to go along with over half of the team from last year which is returning for 2014. Even with all the new faces to NAIT Athletics, expectations will still be sky high for this upcoming season.

Although repeating the success they had last year will be tough, the Ooks players and coaches feel like with the combination of returning, and new players, matching the three provincials titles, and one national title of 2013-14 will be within reach.

– With files from NAIT Athletics



Mike Connolly

NAIT Ooks team tryout dates

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

Men's Soccer

For info, call

Coach Charles O'Toole – 780.945.1357

Women's Soccer

For info, call

Coach Carole Holt – 780.471.7018

Women's Hockey

Sept. 2-7 p.m. – Mandatory Information Session, Room J-008

Sept. 3 – 6:30-7:45 p.m., NAIT Arena

For info, call coach

Deanna Iwanicka – 780.471.8557

Men's Hockey

Sept. 2 – 5 p.m. – Information Session Room X-107

Sept. 2 – 6:30-9:15 p.m., NAIT Arena

For info, call

Coach Serge Lajoie – 780.471.7424

Women's Basketball

Sept. 2-6 – 7:30 p.m., NAIT Gym

For info, call

Coach Todd Warnick – 780.471.7442

Men's Basketball

Sept. 2 – 4:30-6 p.m., NAIT Gym

For info, call

Coach Mike Connolly – 780.471.7027

Women's Volleyball

Sept. 2 – 9-10:30 p.m., NAIT Gym

For info, call

Coach Benj Heinrichs – 780.471.8810

Men's Volleyball

Sept. 2 – 7:30-9 p.m., NAIT Gym

For info, call

Coach Doug Anton – 780.471.7497

Badminton

Sept. 16 – 4:30-6 p.m. – NAIT Gym

For info, call

Coach Jordan Richey – 780.471.7579

X-Country Running

Mandatory information session

Sept. 3 – 6:30 p.m. Room J-111

Indoor Track

For info, call

Coach Teagan Gahler – 780.907.7919

Golf

Registration - Sept. 3 – 11 a.m.- Noon & 4-5 p.m. at Gym entrance

Tryouts – Sept. 6 & 8.

Goose Hummock

Times to be determined.

For info, call

Coach Jules Owchar – 780.221.1717

Curling

Registration - September 17 & 24

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

First on-ice session

Monday, Sept. 29 – 4:30 p.m.

For info, call

Coach Jules Owchar – 780.221.1717

EDMONTON

Their cars got towed.
Where did you park before class?

Parking illegally around colleges and universities annoys the neighbourhood. Please don't park in clearly marked residential parking zones. Residential streets are not acceptable parking areas for students. Vehicles parked in these zones will be ticketed and towed **WITHOUT WARNING** at the owner's expense.

Residential streets around post-secondary schools are closely monitored by parking enforcement officers. For information call the City of Edmonton Parking Enforcement Services at **311** or visit edmonton.ca/parkingenforcement.

THE CITY OF
Edmonton



Photo by Connor Hood

The racing was fast and furious during a recent dragon boat festival on the North Saskatchewan.

Dragon boats on the river

By GABRIELLE HAY-BYERS

NAIT business students Jarrett Davies and Robbie Khaler hit the North Saskatchewan recently to compete in the annual Edmonton Dragon Boat Festival with their team Rice is Right.

"My team likes to work hard and play hard, we consider our self to be semi competitive. We don't like losing so we work hard out on the water and off the water we like have beers and joke around," explained Davies, who has dragon boated for seven years.

"I like dragon boating because my team has a really good atmosphere around them, it's just relaxed and friendly."

For third year Accounting student Khaler, this was a new undertaking.

"I decided to try it out because it was something new I had never heard about, and also it is very team based which I like. My favourite part was getting to know everyone."

While the experience may be fun, it is hard work for competitors, with Khaler saying "My experience at the festival was

great and I had a fun time overall ... but it was exhausting racing." Davies agreed that it is time and labour intensive saying, "Although it takes a fair bit of my time it's always a good workout and keeps me in shape."

Team Rice is Right finished with a bronze medal in the Borealis Division of the festival.

One of the highlights of the event is the cultural activities that take place throughout, including a blessing of the boats, Booming Tree Taiko Drums and a trad-

itional lion dance which is over 1,000 years old and is a very significant part of Chinese culture believed to bring good luck and prosperity.

Dragon Boat racing itself can be traced back to southern China over 2,000 years ago, but racing and festivals can be traced back to the Death of Qu Yuan around 277 BC, a beloved adviser of the king. Through festivals and their activities, people can be reminded of the historical side of dragon boating and reflect on the importance of commitment to their community.

MEN'S HOCKEY

U.S. doubleheader for Oaks

By BRIDGETTE TSANG

@BridgetteTsang

Men's hockey head coach Serge Lajoie announced exciting key recruits over the off-season, but that wasn't the end of the good news for the team.

Mike Gabinet will be returning as a full-time assistant coach after signing a three-year contract over the summer.

"I am extremely excited to continue my coaching career with NAIT," said Gabinet. "I feel we are truly building an exceptional program. I am very fortunate to work with Serge and the rest of our staff."

Gabinet was a key reason why the Oaks men's hockey team was able to travel to the University of Nebraska Omaha last season for a non-conference exhibition game against a NCAA Division 1 school.

As a former player at the university, Gabinet's close connection to the coaching staff and the strong reputation of the NAIT Oaks hockey program resulted in an almost-immediate invitation back to

play against the Mavericks.

Not long after the trip to Omaha was confirmed, NAIT received a similar invitation from the University of Minnesota for a game in Minneapolis against the Golden Gophers; another top NCAA Division 1 school. And, of course, the Oaks committed.

Now, the Oaks will play against two top NCAA teams in the span of three days in October. Last year's game against Nebraska-Omaha was well received.

"I don't know exactly how big the crowd was," Lajoie said, "but it was in the thousands."

Despite the 6-1 loss to the Mavericks last season, the Oaks were able to use the trip as a team building opportunity, which propelled

them to their silver medal finish last season.

From being able to handle the pressure of a big crowd in the arena, to making sure players are focused on the ice, Gabinet will be the first to say there's more to the game than just being a part of it.

"We were competitive in a lot of ways," Gabinet recalled. "Our guys now know what it takes to compete at that level. Expectations and standards continue to rise for both our coaching staff and for the entire Athletics Department."

Quick facts about the University of Minnesota

Golden Gophers:

- Twenty two former Gophers have played in the NHL, including Phil Kessel, Keith Ballard, Erik Johnson, Paul Martin,

Blake Wheeler and Nick Leddy.

- The Gophers have won five NCAA national championships.

- Under head coach Don Lucia, the Gophers have earned a spot in the NCAA tournament eight times during a nine-year span – including five No. 1 seeds and five appearances in the Frozen Four semifinals.

- Golden Gopher team colours are maroon and gold

Quick facts about the University of Nebraska-Omaha Mavericks:

- Alumni include NHL players such as Dan Ellis, Jeff Hogan, Chris Holt and Greg Zanon.

- The Mavericks hockey program started in 1997 and has qualified in the NCAA tournament twice – in 2006 and 2011.

- Mavericks team colours are crimson, white and black.

- The Oaks will take on the Golden Gophers on Oct. 4 at the Mariucci Arena and the Mavericks on Oct. 6.



Mike Gabinet

WOMEN'S SOCCER

Exciting new additions



One of the youngest soccer recruits for the NAIT Ooks women's soccer team this year will be one of the toughest. Head coach Carole Holt has announced that Kayleigh Pepper will be joining the women's team this fall.

"Kayleigh is coming to us from a great club program and I honestly see her becoming a very good player for us this year, and in the years to come. She is exactly the type of player that our program needs," Holt said.

Pepper is a skillful player that is prepared to battle and not afraid of physical contact. In fact, she had an offer to play at an NCAA Division 2 school this fall, but chose to stay here.

"Kayleigh will be a great addition and will complement our squad very well. I am excited to see how she responds – she has the desire to impact the game and her work ethic and skill will cause problems for the opponent."

Pepper will be taking Academic Upgrading and hopes to enroll in one of NAIT's health related programs in the future.

Alysha Elyk will be changing her varsity logo for the upcoming season but the team colours will remain the same. Elyk, donned the blue and gold at the University of Victoria where she was a member of the Vikes Soccer program for two seasons before deciding to return to Alberta. After taking some time off, she has decided to extend her post-secondary career at NAIT for the 2014-15 season.

Coach Holt first met Elyk as a youth

player while coaching with the Alberta Soccer Association.

"Alysha is a very talented and technical player," Holt said.

"She is coming to us from one of the best CIS soccer programs in the country and I know she will add tremendous value to our program and will have an impact on our league. I am very excited to have the opportunity to work with Alysha again."

Elyk will be entering the Open Studies program for the upcoming school year.

From the court to the field, Savanna Willis will continue to make her mark on the Ooks Athletics program during the 2014-15 season. After spending the last two seasons with the women's volleyball team, she will be joining the women's soccer program.

"Not many athletes have the chance to excel in multiple sports during their post-secondary career but she does and that experience will go a long way for our program," said Holt.

"Savanna has played club soccer with a number of our players in the past and they speak very highly of her as a player and a teammate. She did extremely well at our prospects camp in March as well so we are very excited to have her join us for the upcoming season." Willis will be entering her second year of the Interior Design Technology program.

Kayla Michaels will also be joining the team. Michaels, a CIS standout for three seasons,



Kayleigh Pepper

NAIT Athletics

was a top scorer in the Canada West during her tenure there. After a year off to decide what was next for her, Michaels chose NAIT's Business Administration program for her next academic challenge.

"Kayla is an exceptional player that can score goals," Holt said. "She was dominant at the U of A and in the Canada West and I have no doubt she will have a presence for our team in the ACAC."

After a couple years away, Kelsey Mitchell will be re-joining the team.

Mitchell has spent the last two seasons playing at the U of A but has returned to NAIT

to take on the Instrumentation Engineering Technology program.

"Mitch is not only a great player that we are so excited to have back, she is also a great leader and ambassador for our program," Holt said.

"She will fit right in with our team and will be a great example for our new players and be able to show them what it means to be a student-athlete at NAIT.

"She will play more of a defensive role for us but she is such a versatile player that if needed, we can push her forward into the attack as well."

– NAIT Athletics

ATTENTION ALL STUDENTS

STUDENT HEALTH & DENTAL BENEFITS

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

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

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

Phone 780.471.7730

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



STUDENTS - YOU'RE INVITED!

To the Health & Dental Benefit
Plan Info Session

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

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

Student Benefit Office
780.471.7730
studentplans@nait.ca



ENTERTAINMENT

Let me be your compass



By **RICHARD LUKACS**
Entertainment Editor
@DickTorrance

Summer is freedom, summer is travelling, summer is ease, summer is bikini girls, cold beers on patios, cocktails under the palm trees, skydiving, ice cream, sex in a thunderstorm, bonfires, festivals, mosquitoes, sleeping in and so on. At least it used to be. This summer I had one of these components altogether. Mosquitoes.

As I'm growing older, I had to add this disgusting word "responsibilities" to my dictionary. And as I came to your gorgeous country to learn – and education is an expensive hobby – I had to work and save all summer long to make it possible. But I'm not whining. And you know why?

Because now that it's over and I look back and only see some awesome, unforgettable memories.

It all started in Calgary. We went there with a few friends to check out the famous Calgary Comic and Entertainment Expo, as growing older (and being so freaking responsible) doesn't mean that I can't love comic books and old movie posters and wicked costumes and zombies, aliens, body snatcher parasites, grave-robbers from outer space, mutant cannibal demon hounds and wizards of black magic, right? I went there and had a chance to hang out with one of the most influential film-makers who shaped my interests, personality and my choice of career, Mr. George A. Romero, the godfather and creator of the modern zombie genre. I met with one of my childhood heroes, the king of all B-movie



George A. Romero

stars, Bruce Campbell. He signed my Evil Dead tattoo and an Edmontonian artist inked it on my skin immediately at the scene. I also met with Max Brooks, author of *World War Z* (don't judge by the lame movie, it's actually a really good and clever novel) and *The Zombie Survival Guide* among others, incidentally the son of comedy legend Mel Brooks. We had a nice chat about Europe, wars and zombies, the above mentioned Mr. Romero, then he signed his latest comic book for me.

A few months later I had the chance to see one of the most charismatic artists of all times performing at the Jubilee Auditorium. Nick Cave in front of his band The Bad Seeds gave me shivers, gave me heartache, gave me relief, gave me joy and when they played the painfully awe-inspiring *Push the*

Sky Away, I was crying like a little girl.

Then I've seen some less-known bands in smaller venues and that's what fuels my existence. The stunner Swedish stoner-rock act Truckfighters was just as much fun to see as the masters of lumberjack-metal Maylene & the Sons of Disaster.

The almighty Murder City Devils released a new album after 13 years and I scored a super limited double-coloured vinyl of it. Guardians of the Galaxy restored my long-gone faith in Hollywood blockbusters.

All this happened in about six days. The summer break had 120 more and I pretty much hated all of those. But I barely remember them now. It was a wicked time. And all it took to make it wicked was to live with the chance to have fun, to split off the daily grind and dive into Arts & Entertainment. I suggest you do the same, no matter if it's summer or winter. There are no other seasons in this town but there are countless options to immerse yourself in both arts and entertainment in Edmonton. We are back in business now and I'm here to be your compass.

NAITSA SERVICE CENTRE

ROOM E-133 | 780.471.8855

STUDENT BENEFIT PLAN:

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

What You Need to Know About the Student Benefit Plan

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

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

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

Loss of Coverage

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

Opting Out of the Student Benefit Plan

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

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

Family Coverage

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

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

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

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

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By **TAYLOR BRAAT**

As summer comes to a close, it is a bittersweet time for everyone. The happy, care-free season has given us all that it has to give and now it guides us to a different time in our lives. This playlist is sundry with summer anthems and chill songs of reflection on the sun we have been under for the past three months. Each of these songs may as well be a plane ticket, because they fly me back to the very moment I played them this summer.

Whether singing out loud or dancing, these songs bring nothing but happiness. Not only is summer

almost over but festival season has come and gone again as well. Some of these songs take me back to each moment that I heard them live in a beautiful outdoor setting. Everyone had a blast this summer, whether they travelled, partied, travelled and partied or partied so hard that they woke up somewhere and didn't know where they were. No matter what happens in summer, it's OK, we're young and free and the sun provides its warmth and acceptance.

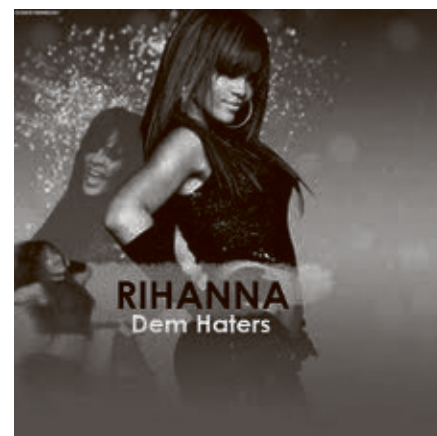
In my opinion the best thing and the worst thing about summer are the same thing and that is the length of time it blesses our lives. We appreciate it so much because it is only here for a short amount of time. When it's gone, it seemed too good to be true. It was like it was just a dream and we have awoken from all the summer bliss for another amazing part of our lives. All we have now is the golden memories and all the new friends we have made, which doesn't make me so sad. Music always has a lovely way of making

its way into almost every situation and atmosphere during this time of year. When we hear a song in the far future that we danced to on a beach this summer, we will feel the sand between our toes once again. Summer's Twilight.

1. Colors – Tritonal
2. Dem Haters – Rihanna (featuring Dwayne Husbands)
3. Summertime – Borgore
4. This is how we do – Katy Perry
5. How you love me – 3LAU (featuring Heather Bright)



6. Blue Sky Action – Above and Beyond (featuring Alex Vargas)
7. Strong – London Grammar
8. Mellow – Netsky (featuring Terri Pace)
9. Ain't it fun – Paramore
10. 500 days of summer – Netsky



SEPTEMBER EVENTS

2 | Pancake Sundae Bar (Outside the Tower)

4 | Pancake Sundae Bar (Spartan/HP Centre)

8 | W. Brett Wilson

11 | Amazing Race

16 | Pancake Brunch (Patrica)

17 | Wellness Wednesday

18 | Pancake Brunch (Souch)

24 | Volunteer Fair

26 | Pirate Party



naitstudents



naitsa



yourNAITSA



naitsa.ca



naitstudents



rm e-131

MILESTONES IN POP CULTURE

Ugly is gorgeous ...

By **RICHARD LUKACS**
Entertainment Editor

Life Of Agony formed in New York City in 1989. The hardcore scene there at the time was revolting and musically it was a huge influence on LOA. But unlike your regular tough, masculine hardcore band, they gave the microphone to a short, skinny, introverted boy named Keith Caputo. He had a tormented childhood, mental health problems and a will to open up and sing his deepest feelings with his madly grandiose and recognizable voice. Unbeatable artist material, I would say.

This seemingly weird combination escalated with an outrageous debut album, *River Runs Red* (1993). It was a smashing success, influenced countless musicians and gained a huge fan base including members of Metallica, Megadeth, Machine Head and Judas Priest. While other bands with the same musical and personal background were looking around them and screaming about social issues, politics, violence and the blind consumer society, these guys preferred to take a deep look into of their souls and released a multi-layered, emotionally overcharged, ambitious concept album that sounded like nothing else heard before. They were only 19 or 20-year-old kids at that time.

Two years later they released a fol-

low up called *Ugly* that might be one of the most underrated albums in rock history. Yes, I said "rock" because if *River Runs Red* is one of the best hardcore/metal albums of the '90s, then *Ugly* is one of the best alternative/rock albums of the same era. You can debate if you want but I say it's better than anything Nirvana, Soundgarden and Pearl Jam ever came out with.

The severe change in their musical path garnered a cold(er) reception. But nothing essential changed here, they just cut even deeper and became even better songwriters. They realized that silence in the right hands can be more expressive than bluster. This album is the most accurate portrait of a young depressed soul I could imagine. So personal, yet universal, so deeply upsetting and at the same time uplifting, it's peerless. Uplifting as nobody could shape and interpret these kind of grim emotions if they hadn't gone through all of them. And this amazing piece of art

made out of their own personal hell shows me more than anything that if you hit rock bottom you just have to stand up and use the sore experience. Turn your weakness into strength. You are tougher than life.

While I don't want to take any credit away from the musicians (especially because

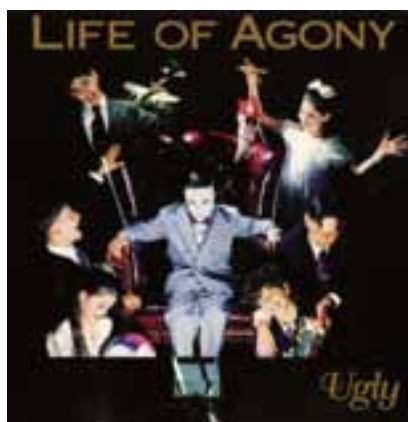
bass player Alan Robert wrote most of the lyrics), this album is all about Caputo. He brings the poetry-like lyrics alive through hauntingly beautiful melodies while we learn to know all about his childhood traumas, his ways of dealing with depression, his fears, hopes and hopelessness. While there are still a lot of heavy riffs, the musicians show supreme humility. Nobody is trying to show off their (obvious) talents, the songs are stripped down to the bone. You won't find any unnecessary guitar solos or over-complicated drumming. Each sound supports or counters the emotional message.

I can't really highlight any songs. The album's diversity, with its crushing guitars

and harrowing melodies, is a very compact and cohesive work that must be listened as a whole (although if I have to name one thing I don't really like about it, it's the album closer cover of the Simple Minds hit song *Don't You (Forget About Me)*. But it's no exaggeration to say that *Let's Pretend*, *Unstable* or the hard-to-crack title song are among the most profound and soulful bits of music I've ever heard.

I always thought that Life Of Agony is a band that you cannot listen to with your ears, you must listen with your heart. I don't mean that you must suffer from depression to get it but I do believe that you need above average empathy to receive it at its fullest.

I have heard several bands and albums described as "the thinking man's music." Life Of Agony is the feeling man's band. When they came back from hiatus in 2003 and their shows sold out in minutes, I found it a little scary and very soothing. Scary because if all these massive crowds of people can actually "hear" these songs, it means there are too many souls around with scars. It was soothing because it shows that the world is not such an ignorant and lonely place after all. Caputo and his fellow band members are among the best friends I've never met. But they have always been there for me in my darkest days.



WEEKLY SPECIALS

FOOD SPECIALS

MONDAY

\$7 Canadian Poutine

TUESDAY

\$7 Nest of Wings (11lb.)

WEDNESDAY

\$6 Deep Fried Wontons

THURSDAY

\$7 Vegetable Spring Rolls

FRIDAY

\$6 Rockfish Potato Cakes

\$4 DRINK SPECIALS

*All liquor served is 1 oz

MONDAY

Sno Cone Cocktail

TUESDAY

Rye, Rum, Vodka or Gin Hi-ball

WEDNESDAY

Domestic Pint (20 oz)

THURSDAY

Flavoured Vodka Cocktail

FRIDAY

Domestic Bottle

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

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

REVIEW US ON:
[urbanspoon](http://urbanspoon.com)

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

grow your career, join student government

be elected a

STUDENT SENATOR

represent students in your program groups

nominations open

august 18 - september 29

- Discuss and make decisions on issues that concern NAIT students
 - 18 student representatives
- 10 meetings throughout the school year
 - Participate in vital committees
- Dinner provided at each meeting
 - Honorarium up to \$500
 - Leadership experience
- Appears on co-curricular transcripts

nominations close september 29 @ 4pm

for more information visit naitsa.ca/elections

 **STUDENT
ELECTIONS**

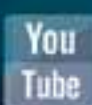
your voice, your vote



naitstudents



naitsa



yourNAITSA



naitsa.ca



naitstudents



rm e-131

FESTIVAL FEAST

Bigger, better each year



By **QUINTON BERGER**
Entertainment Editor

With festival culture absolutely exploding over the past few years, there has been no shortage of large scale two or three day events for music lovers to enjoy. Edmonton alone has Folk Fest, Interstellar Rodeo and Sonic Boom. Calgary has Badlands, Chasing Summer and Summer End. Northern Alberta is home to folk music festival North Country Fair and the

amazing Astral Harvest music and arts festival. Across the border, BC is home to Pemberton music festival, Motion Notion, Bass Coast, Boonstock (banned from Gibbons last fall) and the biggest and best of its kind, Shambhala.

Hosted in Salmo, BC, Shambhala has been held annually for the past 17 years and each year the festival grows bigger and better. Featuring six stages over 100 acts and an attendance of over

10,000, Shambhala has earned its place among the world class festivals and holds a special place in the hearts of all who attend. The festival is home to many and has always been a bright neon flash of amazing memories for all those who attend. The event's devoted staff and volunteers put their hearts and dedication into giving us the ideal festival experience and the amount of smiling faces seen throughout the sea of people

proves that they're doing their job.

Let me break down what Shambhala really is – they say home is where the heart is, right? Home is that place where you can truly be yourself, express yourself however you wish, dress how you please and be loved unconditionally because of it – that's Shambhala. It's a collection of people coming together for the purpose of self-expression. Be as small or big as you wish. Whether it's a big sign with something silly written on it, an extravagant costume, a piece of art you do at the festival, people will always look at you and show their support. It's a place where you can truly be yourself or find yourself if you don't quite know who you may be. These things though are just the icing on the cake when stacked on Shambhala's amazing stage set ups, 250,000 watt speaker systems and unreal line-ups featuring some of the world's best producers and DJs.

This year alone showcased legendary producer Moby using OG mixing techniques, the insanity that is Bassnectar and turntable master Mat The Alien laying down killer sets while Sham's main stage, The Pagoda, lit up, providing an array of visual delights that could be seen yards away.

There's also the Fractal Forest stage where everything around you lights up. The trees light up, projector screens are everywhere, with LED lights strung to and fro. Literally anywhere you look, something visually astounding is happening while DJs drop the funkiest beats you've ever heard.

This year's Fractal lineup included A.Skillz, Stickybuds, A Tribe Called Red and many more. Then there's the Village; bass capital of the Western World and home to some of Canada's dirtiest dub producers, including Datsik, Excision, ill.gates and Subvert. The Village never disappoints, with an intense bass that you'll feel throughout the floor. Chances are if you get close, you'll have a hard time breathing.

There's also the amphitheatre, which provides, crisp clear sound and more musical diversity than any other stage at the festival and The Living Room and The Grove providing more psychedelic sounds.

There's something for everyone. What really makes Sham amazing, though, aren't the insanely elaborate stage setups, the amazing artists who play there or the dedicated staff. It's the people you meet. People go all out, donning their craziest costumes, making hilarious signs and bringing their best concert toys (massive floaties, beach balls, LED hoops and stuff) so they and everyone around them can have a good time. The thing about Sham is, it's a group effort. Everybody joins in, everybody brings something to the table and those who don't – well, you can see in their faces that they're not having fun. This year provided so much that I can't even begin to write it all down but the mind blowing stages, amazing staff and delightful nutcases who attend make it worth every penny spent and mile travelled to get there.

I highly recommend everyone experience Shambhala once in their life. Come see what the vibe is all about.



wolf-sheep.com

Mat The Alien

THROWBACK THURSDAY

Shopping for school a nightmare

By **QUINTON BERGER**

It's mid-August and 10-year-old you is out having fun. You've been spending the past six weeks in a state of pure bliss because it's summer vacation time! No more pencils, no more books, no more mandatory assemblies and no more homework. You've been rocking the same pair of shorts for three days but what do you care? You've spent each and every night schooling punk ass noobs on Xbox till five in the morning and subsequently sleeping till 2 p.m.

These were the golden days when you and your friends would sneak out but before alcohol was introduced to your lives – so danger was minimal. Life seems amazing! And

then one morning your mom wakes you up before two (I know, what a bitch) because it's time for the worst part of summer – back to school shopping! Growing up, there was no process more painful than back to school shopping. Your mom drags you to Walmart with a list of supplies that you need. You go through the aisles, picking up pens, pencils and books, all of which are so painstakingly dull that you contemplate taking one of your new pencils and ramming it in your ear. You try to convince your mom to get you the rad Pokémon duo tang but hear all about how it's a “rip off” and she won't buy it for you. Now you've got to go to school with the same boring duo tang, while the kid beside you has

this badass duo tang. GAWD! You try and get your mom to buy you the crazy “crunk” pencil sharpener but your mom insists on the “poopli” one. You try and explain to your mom that this won't do because everyone picks on the “poopli” kids – even you. You just hate them so much! As if school supplies weren't bad enough now it's time for the worst part of back to school shopping – the clothes! This was the time when you really started to question your parents' annual income as it seemed like the majority of things you wanted were too expensive and you were stuck getting clothes that you thought were too young for you.

This was a pivotal point in your adoles-

cence. You were trying to set yourself apart, get the freshest threads that the babes would notice and your mom went and ruined it by not giving in to some corporation's bullshit? How dare she! Then you go to buy shoes. You notice this sleek, sexy pair of DCs that are just calling your name and your mom insists on a pair of New Balance. New Balance? What the hell is that?

Thus concluded another time in your childhood when your dreams were crushed and you went to school, another sheep in the herd instead of the lion you were meant to be, all because your mom didn't spend ridiculous amounts of money on inconsequential nonsense. Parents just don't get it!

FESTIVAL FEAST

Jack White – super Sonic

By **QUINTON BERGER**

With the insane amount of amazing summer events that happen annually, it's no question that Edmonton has become the veritable place to be for festival goers from all walks of life. Edmonton will even host its first ever reggae festival. These festivals are all well and good but if you're looking for something with a little more kick to it, I'd recommend Sonic Boom.

Beginning in 2009, Sonic Boom has always drawn massive crowds (usually 10,000 or more) and shows no sign of slowing down. The festival gets bigger and better every year, growing not only in size but duration as well. While for the first four years of its existence, Sonic Boom was always a daylong event. Its sixth year showcases three full days of music and a lineup that outdoes any other year they've had before.

This year's lineup features a slew of amazing artists, including indie power house Arctic Monkeys, old school punk rockers Descendents, Rise Against (who'll be playing Sonic Boom for their second time), along with a ton of bands that can be heard on Sonic including Foster the People, Tegan and Sara, Death Cab for Cutie, Cage the Elephant, The New Pornographers and the list just goes on.

But the one artist that everyone is abuzz

about is Sonic Boom headliner Jack White. Since his early beginnings with The White Stripes, one of the most iconic rock bands of our time, Jack White has done anything and everything but slowed down. He formed the Raconteurs in 2006, the Dead Weather in 2009 and started his own record label, Third Man Records that same year. 2012 marked the release of White's first solo album *Blunderbuss*, which hit No. 1 on charts ... well, pretty much everywhere and his latest release *Lazaretto* was released on June 10.

This will be White's first stop in Edmonton in seven years and judging by the way he's been astounding the festival circuit all summer, we're in for one hell of a show. Of course, while Jack White is the talk of the town for this year's event, that's not to downplay any of the other acts. Arctic Monkeys are an extremely obvious choice as the second headliners below White. With their five studio releases and relentless touring, these guys have become veterans of indie music. They were one of

the earliest bands to garner most of their attention via the Internet and have since gone on to release the fastest selling album in British music history. Their latest release, *AM*, is just another notch on their big belt of triumphs and Sonic Boom 2014 will just be another notch on their big belt of incredible shows.

And since we're talking about innovators and pioneers here, it goes without saying that a very hon-

ourable mention goes to the Descendents. These have been rocking faces and brandishing a big middle finger since the early '80s. These guys are all but a typical punk band, though. The band's career spans over 32 years, partially because of front man Milo Aukerman, who left to pursue a career in biochemistry – which added to the band's three separate hiatuses. The band's album *Milo Goes to College* is hailed by many as one of punk rock's most quintessential albums. While two time Sonic Boom headliners Weezer are often cited as rock's ideal “nerd band,” the Descendents have not only the glasses but the degrees to back it up. Of course, with the ridiculous

number of amazing bands playing Sonic Boom this year, it'd be crazy to do a profile on every band playing (I mean, I'd love to, but it'd take up the whole Entertainment Section) so here's an installment of Edmonton's annual folk music festival along with Interstellar Rodeo, which delights fans and critics everywhere. This will be who I'd recommend not missing on this year's bill.

Sonic Boom 2014 features a plethora of musical genius, including pioneers, innovators and captains of the music industry. I highly encourage you to embark on this one last summer venture because come Sept. 2 you don't want to be the loser that didn't go.



blogs.theprovince.com

Jack White

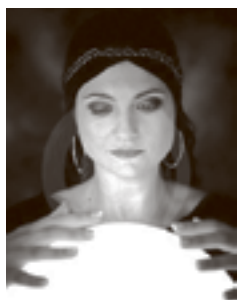


www.beermelodies.com

The Descendents

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

August 21-September 3
(Warning: These Nugget horoscopes are not written by an accredited astrologer, however, believe them if you like, as they are absolute and unquestionable.)

Leo (July 23-Aug. 22)

Lately, the Universe has been kissing your ass. Don't let it go to your head! A humble attitude is required to keep the good times going. Use your good fortune to aid those who haven't been so lucky.

Virgo (Aug. 23-Sept. 22)

Life has been full of new experiences lately. The right attitude and company will ensure that they continue. Some old school Snoop Dogg will help keep the vibes good.

Libra (Sept. 23-Oct. 22)

You and your crew have been doing well lately. Make sure you don't jeopardize it by getting sloppy. Keep an eye out for the police.

Scorpio (Oct. 23-Nov. 21)

You may feel like your life has been lacking creativity. Well there's only one this you can do about that. Break out your old paint set or notebook and get busy. The dopamine in your brain released by a creative process will add some much needed fuel to your fire.

Sagittarius (Nov. 22-Dec. 21)

When's the last time you've taken the day off and done absolutely nothing? A lazy day is just what the Dr. ordered, Sagittarius. Take a mental health day. Turn your phone off, open a bottle of wine and relax. A Friends marathon is in your future.

Capricorn (Dec. 22-Jan. 19)

Have you done everything you can to make sure those around you are enjoying themselves? Take a minute out of your day and reach out to someone who isn't doing so well. The universe will reward your kindness.

Aquarius (Jan. 20-Feb. 18)

You may feel like you haven't been giving things your all lately. Chances are, you haven't. Time to pull those pants up and start handling business. You're a viable piece of the universal puzzle and you owe it to yourself to prove it.

Pisces (Feb. 19-March 20)

You've been in a state of reminiscence since you've gotten back from your summer adventure. Time to get back to reality, bro. Put your mind on your schooling and work and take it off the pretty lights, loud music and that girl you nailed. All those things will be waiting for you next summer!

Aries (March 21-April 19)

This week is all about new friends and experiences. Take advantage

and step outside your comfort zone. Approach a stranger, go to a new bar, buy a record you've never heard of. You'll be pleasantly surprised by what the universe has to offer.

Taurus (April 20-May 20)

The past few weeks have been hectic for you, but don't let it get you down. You're on your way to accomplishing great things, Taurus. Just keep pushing and avoid distractions.

Gemini (May 21-June 21)

Lately you've been missing someone and guess what. They miss you too! Reconnect with that old friend you've been thinking about and catch up on what they've been up to. There's a reason you've been thinking about each other.

Cancer (June 22-July 22)

You may feel like things just haven't been going your way lately. Don't sweat it, Cancer. Things will get better soon enough and at the right time, all your trials and tribulations will make sense. A positive outlook will be a must these next few days.

City keeps outdoor movies alive

By QUINTON BERGER

There was a point in time where Edmonton was Alberta's premier location for outdoor movies. This was largely due to the number of drive-in theatres located around the city.

Well, unfortunately, the venture of cruising in with your gal to the drive-in, putting the sound on via radio and snuggling up in your car to watch a movie is no longer an option in the city of Edmonton ... or anywhere, really. All the drive-in theatres in the city of Edmonton have been shut down, although I believe an experimental one was opened this summer near Breton. But that doesn't mean Edmontonians are doomed to see all their movies in their hot living rooms or sticky smelly movie theatres. Scotiabank has presented us with a great way to spend the last remaining Tuesdays of our summer; Movies on the Square. Every Tuesday during the month of August, Scotiabank is providing Edmontonians with a free movie at Churchill Square. Guests are encouraged to bring lawn chairs, blankets and to arrive early to enjoy some pre-movie



frugaledmontonmama.com

It's a "full house" outdoors at a movie playing this summer in Churchill Square.

entertainment. The movies are shown on a three-storey high inflatable screen with closed captioning if needed. As if all of this wasn't sweet enough, the first 300 people in attendance receive free popcorn and the first 50 Scotiabank SCENE card holders get VIP seating for the films. The choice in movies has actually been pretty decent, as well. They've all been movies from the past year and haven't been total crap. Of course since this is a family event there haven't been any slasher flicks

or anything like that ... although that is a pretty sweet idea. Hopefully in upcoming years they'll be able to expand on this and have it on more than just Tuesdays. Maybe family flicks on Tuesdays, horror movies on Thursdays etc. that would actually be pretty awesome! So far, Scotiabank's movies on the square has shown *Rio 2*, the *Lego Movie* and *Frozen*, all of which are not bad choices considering they're family movies that a crazy number of adults also get behind. If you'd like to check out

Movies on the Square, their next viewing will take place Aug. 26 with *The Amazing Spiderman 2*.

The event gets pretty packed, so get there early and keep in mind this is a family event. No drinking or smoking is permitted. So if you're looking for a fun, free way to spend an otherwise uneventful Tuesday evening, head down to Churchill Square between 7 and 9 p.m. for the summer's last installment of Movies on the Square.

JOIN US!



**CLUBS TRAINING
IN SEPTEMBER**

**FOR INFORMATION ON
STARTING A CLUB, VISIT
THE NAITSA CAMPUS
CLUBS CENTRE, ROOM
E-125 (MAIN CAMPUS)
OR VISIT US ONLINE:
NAITSA.CA/CLUBS**



naitstudents



naitsa



yourNAITSA



naitsa.ca



naitstudents



rm e-131

UPass

Universal Transit Pass

WHAT IS U-PASS ?

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

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

- Apprentices
- Students who take all of their classes online

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

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

HOW MUCH DOES U-PASS COST ?

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

HOW DO I GET MY U-PASS STICKER ?

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

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

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

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

Transit Staff / DATS / SCAT / HANDIBUS

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

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

PRACTICUM STUDENTS ARE YOU ELIGIBLE TO OPT OUT?

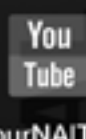
Practicum students who are on practicum for 8 weeks or longer between Sept 1 - Dec 31, 2014 AND are on their practicum placement outside the service area of Edmonton, St. Albert and Strathcona County are eligible to opt out.

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

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

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

Please send all questions to: upass@nait.ca



naitstudents

naitsa

yourNAITSA

naitsa.ca

naitstudents

rm e-131

FOOD

YouTube – now you're cookin'

By **STACEY DADURAL**

Hello fellow foodies! So, due to the fact that I have spent almost my entire summer working while juggling hanging out with friends, family events and date nights, I haven't had much time to prepare a recipe for this article nor have I had a chance to try out new restaurants. So, I decided to take the simple route of providing a couple of food YouTube channels I think are really worth checking out. These channels help to expand any culinary knowledge you may or may not have, yet also bring creativity to the table by creating recipes or adding twists to classic or typical dishes.

A the top of my list is probably one of

my favorite channels to watch on YouTube: SORTED Food. If you enjoy YouTubers with humour and you're interested in trying out new recipes you've been scared to try out, this channel will be perfect for you. SORTED Food is run by Ben (a graduated culinary student), Jamie, Barry and Mike (three guys who knew nearly nothing about cooking). After Ben started giving the boys a few tips, tricks and recipes and saw their successful progress, the four of them decided to create a YouTube channel to help others throughout the world. Their recipes are simple and can be easily made at home, yet they inject creativity by using different flavours that wouldn't trad-

itionally be used. They have multiple series like fridgecam – more of a comedic series – and also do a series in which they explore food from different countries. It's easily one of my favourite channels on YouTube and one I think most people would enjoy as well. They're funny, creative and very relatable for those not used to being in the kitchen. They show you great techniques and you learn a lot about food.

For anyone who wants to whip up something delicious that'll really leave an impression but is super simple to do, I recommend *Laura in the Kitchen*. Laura Vitale is a stay-at-home mom who has the best homemade comfort food recipes. If you love nutella or chocolate, you will absolutely die for her baking recipes. She makes everything from what to plate for barbecues and dinners, to treats that are perfect and easy to whip up for a gloomy, highly deserved cheat day. From classic Italian family recipes to those she has created herself, her recipes are very simple, yet pack loads of flavour. Her videos aren't as creative or full of skits as SORTED Food's but she teaches you what you need to know without any confusion.

Finally, for anyone who wants to really impress someone – and I mean, really impress someone – Gordon Ramsay. The first video of his that I watched was his scrambled eggs recipe. Let me tell you, my whole life I thought I made the best scrambled eggs but it turns out I couldn't have been more wrong. Yes, he's on TV and yes, he has a cook book. But what's different about his YouTube channel is that we get to see recipes that he enjoys serving to his

family and friends. If you're looking for a YouTuber who successfully twists a classic recipe, Ramsay is definitely your guy. He has travelled the world and probably tried every flavour combination out there, so his culinary knowledge is definitely worth knowing. He has so much passion for food and shows so much pride in his finished products, it's hard not to attempt to replicate it. However, he is one of the world's most renowned chefs, so his recipes can be a little intimidating to those who have little to no experience. So I highly recommend this channel to people who have at least a little confidence in the kitchen (or are really looking for something to boost that confidence). Ramsay's recipes are sure to impress absolutely anyone who has taste buds and you really learn a thing or two about proper kitchen techniques and complementary flavours. However, I also recommend this channel for those who simply want something aesthetically pleasing to look at because it might just be the lighting, but it is mighty difficult trying to not salivate while watching his videos.

Now, there are plenty of food YouTube channels out there and I obviously haven't gotten the chance to check every one of them, but these ones really stick out from the crowd. I've tried a couple of their recipes and I know other people who have as well, so I figured you really can't go wrong with these. Here's hoping you guys check them out and end up loving them as much as I do! Until next time, peace out, food scouts.



youtube.com/user/sortedfood

Councillor comes To the Point

By **QUINTON BERGER**

From the creative minds of the Edmonton based production company Nordic Filmworks and city councillor Mike Nickel comes a hilarious, “no holds barred” program which features a fresh and satirical approach to many current and political issues in present day Canada.

To the Point features a fresh approach that allows viewers to easily interact with Nickel and the program and are encouraged to ask questions and become more informed on current events and issues.

Nickel, host of *To the Point*, believes the best way to get viewers involved is with humour, which the show has by the barrel full. Nickel will be featured as more of a mediator, giving the show a far less biased approach than other political talk shows. Mike Nickel has always been in favour of standing up for the little guy and getting the average citizen more involved in the political process, hence the incredibly interactive, “you call the shots” approach of *To the Point*.

Another aim the program has is to get the younger generation more interested and involved in current and political affairs. Nickel acknowledges that the political landscape has changed and aims at moving away from what

he refers to as “Cold War speak.” The world is changing and it only makes sense that the dialogue and agendas of our political leaders change with it. *To the Point* aims at not only changing the dialogue used by politicians, it helps to pull their way of speaking into the 21st Century as a means of getting members of the younger generation more interested and involved in politics.

The show is set to feature a large variety of guests including Kathleen Smith, writer of the blog *Kiki Planet*, self-proclaimed “political junkie” Dan St. Pierre, radio personality Leslie Primeau (who will be hitting the streets for an interactive segment of the show) and an array of other guests lined up to discuss and debate various points and issues, all with Nickel acting as a mediator.

The show will also feature a business segment where Nickel sits down and talks with entrepreneurs. The first episode will feature an interview with Bruce Urban, owner of Western RV, the Edmonton Rush and several other businesses. The interview showcases Mike and



Coun. Mike Nickel reads to his sons from *Once Upon a Time* in Canada.

Bruce discussing what it takes to succeed in business, the politics of professional sports and the duties and social responsibilities of business owners in the modern world.

Viewers can catch their first glimpse of *To the Point* on the website (www.tothepoint.net) and on the Nordic Filmworks Youtube page.

One of the skits features Nickel reading his sons a story called *Once Upon a Time in Canada*, which has Stephen Harper's

nose growing after making promises to the Canadian people, Thomas Mulcair granting wishes that “someone else” will pay for and Justin Trudeau promising the people of Canada “happy grass.”

Another skit features Dan St. Pierre and Kathleen Smith sitting in a bar, agreeing about various political figures and knocking back shots each time one proves the other wrong. *To the Point* will be available for viewing online on Sept. 2.

A BRAND NEW WEEKLY LINEUP

COMING SOON



theranchroadhouse.com



/theranchedmonton



@ranchroadhouse



@theranchroadhouse

Start your week
off right.



Central SOCIAL
HALL

Mondays

Tacos & Beer

- 1/2 price Central Street Tacos
- \$4 bottles of Sol

Tuesdays

Bigger Better Wing Night

- 1/2 price bigger better wings 3pm to close

Jasper & 109

www.centralsocialhall.com