

# THE NAIT NUGGET

Thursday, November 13, 2014  
Volume 52, Issue 11

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

## WE REMEMBER

**NAIT students reflect on wartime sacrifice, page 2**



Photo by Tegan Dutton

**At Churchill Square wreaths sit in rows, to help us all remember those,  
Who gave their lives to fight for you – for this and more check out page 2.**

**Sobey's  
Liquor**

**NOW OPEN**



Scan this or visit [www.sobeyliquor.com](http://www.sobeyliquor.com)  
to sign up for the weekly e-flyer.

We are located on the northeast corner of the  
Kingsway Mall parking lot across from the  
Avonair Curling Club.

All NAIT students and staff receive

**10% OFF**

with a valid ID card until November 19, 2014.  
Cannot be combined with any other discount or promotion.



# NEWS & FEATURES

## Why Nov. 11 is special



**GABRIELLE HAY-BYERS**  
Editor-in-Chief  
@Gee\_H\_Bee

In recent weeks, the concept of Remembrance Day and the sacrifices our armed forces make has struck closer to home with attacks on soldiers occurring on home soil. Most Canadians don't remember a time where they were afraid for the safety of their country like past generations could but that doesn't mean that Remembrance Day is devoid of meaning.

Remembrance Day is special for NAIT BBA student Logan Phillips.

"For me in finance, I enjoy the freedom to pick stocks, manage bank accounts and attempt to beat markets," he said.

"I love all of this but in the grand scheme of the world it is meaningless without a safe and free country ... I think Remembrance Day represents what we always take for granted.

"We enjoy the freedom to go to school, to have employment, to make friends and to love, all because our brave men and women sacrificed a life of safety and comfort ...," he said.

"We should be thankful every day for this but Remembrance Day boils it down into one day, one minute of silence for the hundreds of thousands we have lost. All the little complaints people have about stress, weather and tiny annoyances pale in comparison to the hardships of what these brave men and women endure. In addition to gruelling training, they spend months away from family and friends."

Phillips isn't alone in his feelings about Remembrance Day and our veterans.

Fourth-year BBA Human Resources student Laura Stamper, who was born in England, added, "To me, one of the biggest things (about Remembrance Day) is it reminds us that we wake up with the right to choose what religion we want, to say what we want, the freedom to make our own choices all because of people who wanted us to have that right and sacrificed their lives."

Stamper then continued on to say, "For me it also means that we also have to remember the families of soldiers that have had their lives altered as well from their soldier's sacrifice and that our free-

dom came at a price and we shouldn't forget that or forget about the lives that could have been that price."

NAIT student Amanda Aldrich knows of the sacrifices made by families who have loved ones who serve in the military and not just due to her time as a public service member at Canadian Forces Base Edmonton, but also because her mother is an actively serving member of the military.

"Remembrance Day to me is a day where I get to stand proud knowing so many of my family members have served in the military, as well as knowing my mom still is actively serving," Aldrich said.

"It means a lot seeing everyone across the nation come together for a moment of silence on the 11th day of the 11th month at the 11th hour. Growing up on bases across the country, as well as my experience working as a public service member at CFB

Edmonton, you see the bond the people develop with their units and other units. Remembrance Day is where the entire country gets to share that bond with those actively serving and those who have served in the past."

Today, Stamper is a Canadian and Remembrance Day has special significance given her emigration to Canada.

"(It) makes me feel proud that we chose to move to this country because Canada really didn't have to get involved (in the world wars) but they did, so I'm proud to have citizenship of a country that is known to help and not leaving an allied country or countries to fend for themselves. I have pride that my home country is England and that I had two family members (serve) in the war, one helped in liberating a concentration camp but just as proud of Canada because they have that reputation."

## For the ages

By **TAYLOR BRAAT**  
@taylorbbraat

Two soldiers have been killed on Canadian soil, so very close to Remembrance Day. It is hard to believe these horrifying acts of terror are still happening. We have protective services in place because we need them to protect our country.

Scott Ferris, Director of Marketing and Membership with the Royal Canadian Legion says that, "these incidents have raised the awareness in all Canadians, of the service and sacrifice of the men and women who wear uniform for Canada, give to us.

"The freedoms that we enjoy today are a direct result of the work that they do on a day-to-day basis. This Remembrance Day, we are honouring everyone who has ever served, those serving now and those serving in the future."

It is an amazing thing to see large numbers of people attending all of the ceremonies held on Nov. 11. It goes without saying that all Canadians have someone to remember or someone to be celebrated for stand-

ing up for our country. Veterans and soldiers have fought, still fight for our country and they will continue fighting. This is something we as Canadian citizens need to appreciate always. Although there were two recent deaths, we must always know that we are being protected by the armed forces, RCMP and policing and protective services.

Remembrance Day is about those who made the ultimate sacrifice but also those who sacrifice each and every day to help us.

Hopefully everyone in Canada, some way or another celebrated Remembrance Day this year, by doing anything from simply wearing a poppy, to helping raise our flag high into the sky. We are a proud nation as Canadians and we must not forget that people have been fighting for many years to make Canada the safe and liberated country that we are.

As you are reading this you are reminded of what you did to celebrate Remembrance Day and, hopefully you will pass this tradition on to generations to come.



Photo by Tegan Dutton

**Military personnel take part in Remembrance Day ceremonies on Tuesday in Sir Winston Churchill Square.**



Photo by Gabrielle Hay-Byers

## MOMENT OF TRUTH

A student waits to have his flu shot in the NAITrium last week. Students took part in the program, which was set up on Main, Souch and Patricia campuses.

# Little known party

By **NICOLAS BROWN**  
@bruchev

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

...

Anyone who pays even the slightest attention to national politics should be familiar with Quebec's infamous Bloc Québécois, the federal party that advocates for Quebec's secession from the Confederation. Others may be somewhat familiar with Quebec's multitude of provincial parties who also advocate for Quebec's sovereignty; Québec Solidaire, Option Nationale, Parti Indépendantiste. The Quebec sovereignty movement has rumbled in the political background for many years on the national scene.

What many of you might not be aware of, is Quebec's sovereignty movement isn't the only group pushing for secession in Canada. Our nation has seen a number of different movements in the past; Atlantic Canada, Nova Scotia, British Columbia & Yukon, and the largest of them all; the Western Canada Concept Party. Originating in the early 1980s, the Western Canada Concept Party came about with the desire

to form a new nation, arguing that western Canada could not receive fair treatment as long as Ontario and Quebec dominated Canadian politics. The movement gained popularity after then Prime Minister Pierre Elliott Trudeau announced the controversial National Energy Program which aimed to ensure low energy costs for Canadian consumers, but at a cost to Alberta's energy sector. Numerous other forms of the Western Canada Concept have cropped up since its initial formation, including the Western Independence Party, and the Western Block Party, as well as individual provincial parties pursuing the same goals.



This brings us to Alberta's best kept political secret; the Alberta First Party. Originally formed in 1999, the party has had a tumultuous past. The party was deregistered in 2003, requiring it to re-register as the Separation Party of Alberta in 2004 before reverting back to the Alberta First Party brand in 2013. Very little information is available about the party's policies or activities, as the party does not maintain an e-mail, website or phone line for communication purposes. Similarly, very little information is available on the party's leaders, with no online presence or contact information publicly available.

The separatist movement in Alberta,

although vocal, has consistently proven to be a minority in our province. With the party seemingly dormant, it could be that Alberta's independence movement has fallen by the wayside, forgotten in the drive for oil revenue or shunned due to the antics of Quebec's separatist movement. The party may even be on the cusp of de-registration, as parties are required to provide updated information to Elections Alberta and file financial statements every year. However, politics in Canada are changing; Albertans may become dissatisfied with the attention paid to our province, as we share the bounty of our resource-rich industries with the rest of the country. The separation movement may be silent now, but there is no way of knowing just how far the movement spreads across the province, or just how loud its collective voice might be once awoken.

If you would like more information about the Alberta First Party, you can find their listed party information on the Elections Alberta website under the Parties submenu of the Political Entities tab. If you are looking for other information, all I can say is, good luck!

Next week will wrap up this series on Alberta's provincial parties with an interview with Elections Alberta officials and other information.

**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](mailto:studenteditor@nait.ca).

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





Photos by Maria Tagliente

### SIGNS OF WEAR AND TEAR

**NAIT has been open for more than 50 years and, in some places, infrastructure is beginning to crumble. See next week's edition for information about how NAIT keeps up with the task of maintaining such a huge campus.**

# Haas donates over \$500K

**By CHARLIE ZHAO**

Haas Automation, Inc., a leader in Computerized Numerical Control (CNC) machine tool manufacturing, has made a donation to NAIT Machinist programs. The donation, valued at \$595,740, includes an entrustment agreement of four CNC turning centres and 10 CNC vertical mini mills over a five-year period.

The donation from Haas raises the total to 30 CNC machines that have been entrusted to NAIT's Machinist program since 2008. To add to this, the program has purchased another 15 CNC machines bringing the overall total to 70 Haas machines.

"Haas Automation recognizes the importance of NAIT to the manufacturing industry in Canada," said Vice President Peter Zierhut.

"Our donation of CNC machine tools supports the high quality training at NAIT and their success in connecting with local industry. We fully support their efforts to expand and modernize CNC training."

"We are very proud to be the Western Canadian distributor of Haas Automation; it has been exciting to manage a project of this magnitude," added Ross McDonald, vice president of sales.

"We have over 20 years of working with NAIT, installing Haas CNC machines and look forward to offering our continued support for many years to come."

Essential to industries around the world, NAIT currently offers non-credit courses in addition to five educational pathways to train machinists – Pre-Employment, Machinist Apprenticeship, Millwright Apprenticeship (first period), CNC Machinist Technician and Machine Shop Technician.

As a part of the curriculum, Machinist students learn to use various of equipment, both manual and CNC, including milling machines and drills. The exposure to these machines helps students to develop a versatile set of skills to operate in a safe environment.

"Companies like Haas Automation see the value in hands-on learning and, as in the past, have shown strong support by helping us prepare our students to join the workforce by using the most up-to-date tools and technologies currently available," said Malcom Haines, dean of NAIT's School of Trades.

CNC technology allows machinists to manufacture and repair products quicker and more accurately. As a result,

the Machinist programs are increasingly focused on teaching students to use CNC machines.

"It is through NAIT's relationships with Haas and their Western Canadian distributor, HFO Thomas Skinner, that we are able to make our programs the best that they can be and respond to industry needs," said Haines.

Ross stresses the importance of partnerships with NAIT.

"As the need for skilled workers continues to rise, we believe it is the responsibility of the business community to get involved and support the education of trades and technology. With the addition of the new machine tools, NAIT is now the largest CNC training centre in North America."

Over the next year, there will be 350 seats reserved for Machinist Apprenticeship students.

HAAS Automation is the largest machine tool builder in the Western world, manufacturing a

complete line of CNC vertical machining centres, horizontal machining centres, CNC lathes and rotary products. HAAS machine tools and rotary products are built to deliver higher accuracy, repeatability and durability than any other machine tools on the market. The company also builds a variety of specialty machines, including five-axis machining centres, mold making machining centres, toolroom machines and gantry routers.



# Bridging the great divide

By ELYSSA TESLYK

As a school, I think that we can all agree that NAIT hosts many events in efforts to engage students and raise funds for different causes. Although the school is successful, one Business student explains, "I've never actually been to a beer garden event, so I don't know what they actually do there (if it's just drinking, then it's pretty boring because people are just going to be with their friends and not socialize with other people). There should be icebreaker games for everyone, NAIT confessions Facebook implies that a lot of students are having a hard time making new friends at NAIT."

Do NAIT students actually have a hard time making new friends? After chatting with some students and looking at the NAIT confessions Facebook, there were some interesting comments posted that confirmed the comment our Business student suggested.

Student 1 writes "#181 – I'm tired of sitting by myself in the market at lunchtime every day. I have no friends at school and it sucks. I have no one to sit and enjoy lunch with."

Another student comments "#178 – Does anyone know the name of the guy who sits in the library? (The librarian guy) looks Indian to me, is kinda skinny and brown colour! Just wanna let him know that he makes my day."

Student 3 writes "#176 – It's hilarious how scared of each other we are these days. Today in the outdoor part of NAIT, right in front of the market, I managed to get a table to eat my food by myself. A couple of minutes later a dude comes in with a plate and drink in his hand and it was obvious he wanted to sit down at a table though all of them were occupied by other groups and the one I was sitting alone. Instead of sitting at my table, which had plenty of space, he sits down on the bench eat-

ing his food obviously uncomfortably. So a couple minutes after that, a girl comes in with the same situation and instead of sitting at my table, sits on a bench like the dude but of course sits at a different bench than him. Right after I got up, those two people were eyeing the table like f\*\*\*\* vultures. The guy literally had excitement in his face. Unfortunately for the guy, the girl got to my table faster. He was literally one foot away from the table when the girl sat down and he awkwardly just walked back to his bench and sat down again. Maybe I'm different but I would have no problem sitting at one of those tables with someone I didn't know."

One last noteworthy comment states "#130 – I love how U of A confessions is a sickening window into human depravity and NAIT confessions is all just people wanting to get to know each other."

So I ask you, what are we going to do with that? Do we lean towards NAIT confessions in hopes that we will reach some sort of gratifying closure or do we actually grow some confidence and start talking to each other about ways we can start breaking the ice to foster a community?

Go talk to that person that you are too shy to introduce yourself to, tell that person who makes your day that they make a difference, befriend the girl or boy that everyone in class is nice to but ignores socially. You might be surprised at the opportunities that open because you decided to keep an open mind. If that's just not your style, then leave a comment at the NAIT Nugget or NAIT Facebook confessions to let us know what types of events and icebreakers you think will help students build friendships; and #181, I'll eat lunch with you if you want ...

# Brrr ... it's getting colder!

By BRANDON HESS  
Meteorologist in Training  
@edmontonwxab

Are you ready for winter? The weekend of Nov. 8 and 9 marked a drastic change in the weather. You have likely brought those snow shovels out of storage. I am sure many of you had mixed emotions while doing this!

It all started on Nov. 7 when a warm front pushed in from the Pacific. This warm frontal boundary collided with the cold Arctic air starting to settle in the north. Think of what happens when two objects collide. The warm and cold air colliding with each other meant rain, snow and freezing rain in parts of Alberta. This was a mixed bag!

Freezing rain occurs when temperatures at the surface are 0 C or below. Then we see a warm front push in aloft or above the surface. This warm air above the surface supports rain. The rain falls out of this warm air and freezes on contact when it reaches

the surface. The freezing rain changed into snow by the time the cold front came through. This cold front allowed temperatures in the atmosphere to cool enough to support snow by Nov. 8.

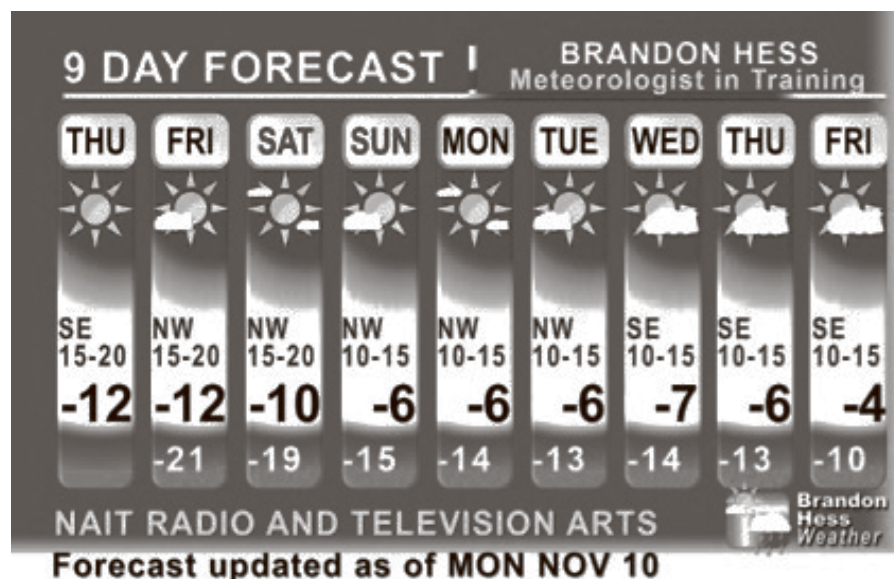
Here is a list of snowfall totals from northern Alberta by Nov. 9 at 5 p.m.: Grande Prairie 21 cm, Grande Cache 11 cm, Hinton 10 cm, Jasper 7 cm, Whitecourt 12 cm and Edson 8 cm.

An Arctic high has now come down. The core of the Arctic high brought the coldest temperatures. Thankfully, the core is where the lightest wind can be found. The air comes out of the high in a clockwise direction. Therefore, we saw a wind shift from northwest to southeast on Nov. 11.

Morning lows will be near minus 20 C this week and highs will struggle to reach minus 10 C. Coldest wind chills could be at or slightly below minus 25 at times (particularly overnight and early mornings). We have been under a clear sky lately. This is due to the Arctic high that came down and

ate away at the moisture. This Arctic air-mass is very heavy. This means it will not move out fast. The next wind shift will be Friday, Nov. 14 when we get into a north-west wind that will last into next week! The

cold air is sticking around. I do not see any sign of daytime highs at or above 0 C in the model runs. The GFS Ensemble is projecting highs around minus 5 C starting the week of Nov. 16.




## NI\_BLE

Where does your mind take you?

**B**

Sounds like you could use a little snack. Best not make decisions about university on an empty stomach.

**M**

Yes, agility is essential in today's business world. Since you're already thinking this way, you'd be perfect for our School of Business.

Follow your path at  
The Royal Roads University School of Business.  
Learn more at [royalroads.ca/business](http://royalroads.ca/business)





# Point Counter Point Nickelback bashers



By **QUINTON BERGER**

@QuintonBerger6

Nickelback is quite possibly one of the most unjustly hated bands in music. Yeah, I said it. Look, we can all ask anyone we know and nine out of 10 people will tell you that they hate Nickelback. They'll then go on to either perform their own rendition of Chad Kroeger or tell you he's a douche (I'm not saying they're wrong), but how many of them have really listened to Nickelback? I don't mean the crappy singles you hear on the radio, either. How many people have tried to listen to an album? I'm willing to bet maybe four out of 10, meaning the majority could be jumping to conclusions but more than likely, they say they hate Nickelback because everybody hates Nickelback. It's cool to hate Nickelback. You, your friends and your cousin's friend's stepbrother hate Nickelback. Most people out there hate Nickelback solely because it's common opinion. They've done no actual listening to see if they hate Nickelback. Hell, these days it's taboo to like Nickelback that no one admits to it because they'll be ostracized by their peers who have formed a general conclusion based on nothing. Do I like Nickelback? For the most part, no, but I can say that because I've listened to more than their radio songs.

## Hated for wrong reasons

See, I'm not saying it's wrong to hate Nickelback. The majority of hate they get is for no real reason, though. As stated in my previous point, most people who hate them will usually follow up with "Chad Kroeger's a douche." Well, you may be right. But a person being a douche says nothing about their musical ability. I mean, come on! Lots of massive stars are douches. Bono of U2? Douche. Deadmau5? Douche. Kanye West? Big douche! So how do Deadmau5 and Kanye differ from Chad? Well, they make good music. But that's what should be your basis for not liking an artist, their music. Chad Kroeger may be a douche but using that as an argument about a band that consists of him and three other people automatically discredits your anti-Nickelback argument.

## Many worse artists

So it looks like we can all agree that no one here is a Nickelback fan. But even if hating is justified, the sheer amount of shit they get isn't. There are so many worse artists out there than Nickelback. Insane Clown Posse (along with every artist on Psychopathic Records) is worse than Nickelback. The majority of Limp Bizkit's music (*Chocolate Starfish* is a great album) is worse than Nickelback. Creed is worse and BrokeNCYDE, what the hell was that? The only real difference is their level of success on the charts but, that also is a stupid reason to hate an artist. There are so many crappy artists who spend time on the charts, many of whom, in my opinion are (or were) worse than Nickelback. Look, there's no denying that Nickelback is a sub-par band, led by an ass that somehow makes tons of money ... not exactly uncommon in popular music. Nickelback sucks, but so do your reasons for hating them.



By **NATE BRYANT**

I love Alberta, I really do, but there are a few things about this province I hate. The insane weather, the trucks to people ratio and Nickelback. It's just embarrassing to have to venture into the world and when I say I'm from Alberta, hear "Oh right, like Nickelback?" The worst part is that they are the biggest band to come from Alberta. We have nothing coming out of here, so Nickelback wins as most known Albertan band by default. People will say that it's just fun to hate Nickelback and that they are catchy and that I don't really hate them. No. You're wrong and you should feel wrong. I have a rule – I won't hate a band unless I've listened to at least one full album. That, combined with all the singles that have been drilled into my head since I was 10, have given me a pretty legitimate reason to hate them. Chad Kroeger has talked in interviews about how there is this "mathematical formula" to getting famous. All he is doing is playing people.

## Formula for fame

First, have you actually listened to Nickelback? If you have, I shouldn't have to make this argument, you will understand what I am trying to say. For those of you who are still not convinced, I will make one. They are the leader of the post-grunge nightmare, a league of bands that rides the success left in the wake of grunge. It's been going on for 20 years now and it's ridiculous. All Nickelback is doing is trying to make money because they know how to make you spend it. Like I said, Chad specifically said he has a formula to getting famous that he's been using for almost 20 years. He's even signed most every other post-grunge band out there! Theory of a Deadman? Chad. Default? Chad. Thornley? Chad again. His label is also the one that put out Call Me Maybe. He just signs Canadian acts that make money but we all know they are terrible.

## Personal thing

OK, now this is kind of a personal thing for me. Chad Kroeger is married to my future

fiancé, Avril Lavigne. I know, this article is anti-Nickelback, yet I'm in love in Avril Lavigne. It's different. It just is, OK? Now Chad (I mean, how douche a name is Chad, anyway?) is taking that away from me. If I had the chance I would punch him in his smug face. I'd probably run after, I mean, I can't deny that the dude is jacked but I would have to at least TRY. I would probably also ask for a refund for the album I bought when I was 11, that I threw out after a week. And now he's touring with The Pretty Reckless? With my backup future fiancé? What is this garbage? Next he will be cheating with Hayley Williams just so he could take everything from me. I know you're reading this, Chad. This isn't over. It'll never be over! She was never yours to take!



File photo

# OPINION

— Editorial —

## One day not enough



**GABRIELLE HAY-BYERS**  
Editor-in-Chief  
@Gee\_H\_Bee

At the *Nugget*, we try to keep things current and NAIT related so that we can provide the best coverage possible. “Current” is sometimes a hard task when you only publish once a week, so we cut stories and keep things that occur on a single day, like Halloween, to a minimum.

This week, we are breaking from that tradition to cover Remembrance Day ceremonies as they should be in addition to our regular stories. People, brave people, have fought so that we may have that liberty, so I’ll be damned if I don’t make use of those liberties to highlight the one time a year where our nation gathers together to give thanks to those who have fought to keep us as citizens safe and free.

### Mayor misses the mark

Or, if I’m completely honest, this is the day our nation is supposed to gather to give thanks to those who have served. Lately I’m disappointed as Nov. 11 rolls around, to see only the truly young and the middle aged joining the elderly at ceremonies. I was sad to hear Edmonton Mayor Don Iveson say that our generation knows no wartime on Tuesday, Nov. 11, 2014, despite our nation’s sacrifices during our 13-year peacemaking mission in Afghanistan. If our politicians can’t even recognize that we were engaged in war for over a decade, I suppose it’s hard to expect anyone else to recognize it.

### Life-long calling

I’m not here to be righteously indignant about those who don’t attend Remembrance Day ceremonies. I’ve been there and have had years that I haven’t attended as well. Respecting and honouring our veterans is a lifelong calling that as Canadians, we should answer. One day a year doesn’t give help to the veteran who needs a job at 65 because his pension is clawed back due to the rules regarding pension clawbacks (which also affect our RCMP members). One day doesn’t help the veteran who is plagued with post-traumatic stress disorder that affects his day-to-day life. One day doesn’t help the veteran who has physical wounds but still has a family to care for and a home to keep.

Our television and computer screens have seen many images of soldiers killed in combat and recently at home. These names are carved in stone and their sacrifice will be recognized forever. But how many of us know the names of those who died at home due to wounds suffered on the battlefield? How many of us know Leona MacEachern’s

name? How many of us know that the 51-year-old mother intentionally drove her car into the path of a semi truck last Christmas, committing suicide after a battle with post-traumatic stress? How many of us know that this occurred right here in Alberta, just outside of Calgary? MacEachern’s widower says she fell between the cracks of a system that barely exists to handle the increasing incidences of PTSD in returning soldiers.

What about the family of Lieut. Shawna Rogers, who committed suicide right here at CFB Edmonton in 2012? They’ve had to pay legal fees to fight the actions of the Department of National Defence, who shortly after Lieut. Rogers’ death demanded a multitude of information in a situation that James Bezan, parliamentary secretary to the Minister of Defence, called “not acceptable.” Some have gone so far as to say that the Department of National Defence’s actions amounted to bullying the Rogers family after the loss of their daughter, citing that the Rogers family was informed that they could face up to two years

time in jail for refusing to take part in an inquiry into their daughter’s death. Rather than pay the Rogers family back for the thousands of dollars in legal fees they now owe, the DND alleges that the family should be responsible for their own costs, as well as the legal fees of the DND. Lieut. Rogers’ family simply wants a transparent, civilian inquiry into their daughter’s death.

Eleven days of wearing a poppy and an hour out in the cold will not help these families. It is a beautiful annual show of support, but it completely bypasses some of these soldiers and their families that need our support now. It fails to recognize the current struggles that our serving and retired members, as well as their families, face. So wear the poppy, attend the ceremonies but also make use of the liberties that so many have died to ensure we continue to have. Maybe make use of them to put pressure on the government to support our military members in a way that recognizes the massive sacrifices that they and their families make for our country.



unambig.com



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](mailto:studenteditor@nait.ca).



# SPORTS

## Two special players



**CONNOR HOOD**  
Sports Editor  
@connorhood27

Every decade or so, there comes along a hockey phenom that has the chance to drastically change a team, a division and the game. This upcoming 2015 NHL draft has the potential to have two of those players – Connor McDavid and Jack Eichel. McDavid is currently playing for the Erie Otters of the Ontario Hockey League, while Eichel is at Boston College and both players are assured to go one, two in the draft. One of the few things left to decide is who will get to draft them?

It's not often teenagers are hyped as much as these two are and only a few names come to mind – Sidney Crosby, Eric

Lindros, Mario Lemieux and, perhaps, Mike Modano. It's also quite rare to have 18-year-old kids with the potential to drastically change a team. But that's exactly what these kids will do.

Let's start with McDavid, the odds on favourite to go No. 1. McDavid was only the third person ever to be given exceptional status into the OHL, making him eligible to play in the league at only 15. And what did he do as a 15-year-old? Twenty five goals and 66 points in 63 games. Last year? Ninety-nine points in 56 games and he was only 16. And this year is perhaps the most impressive of his young career. The Otters have only played 18 games. McDavid has 51 points. Unbelievable. He has also led his team to 16 wins during those 18 games. Now you can see why this kid is so good. Tuesday's broken hand, while a setback for this year, won't affect his draft position.

Eichel, on the other hand, has taken his talents to the National Collegiate Athletic

Association (NCAA), to play for the Boston College Eagles. Eichel has put up 13 points in the seven games he's played for the Eagles. That's as an 18-year-old playing college hockey against men. That's remarkable in its own right. Before college, Eichel was tearing it up in the U.S. National Development Program, a system that has pumped out NHL stars such as Patrick Kane, Phil Kessel and Erik Johnson.

For hockey, centre is believed to be the most important position on a hockey team, besides the goalie. They are responsible for faceoffs, defence, offensive contributions and team leadership. That's why having a set of good centres is critical to winning in the NHL and that's what these players bring to the table. The two teams that will get them will go from a bottom dwelling team, to a possible playoff contender, just like that. But before we get to ahead of ourselves, we must remember that rebuilding your team doesn't always work. Look at the Edmon-

***It's also quite rare to have 18-year-old kids with the potential to drastically change a team. But that's exactly what these kids will do.***



www.hockeysfuture.com

**Jack Eichel**

ton Oilers for example. The difference I see in these prospects compared to recent first overall picks is that they are game changers, once or twice in a generation talents capable of putting a team on their backs. Nail Yakupov, isn't.

With the NHL's draft lottery system, it isn't a guarantee the two bottom teams will have the first two picks. Even with the rules however, there are a few teams to look at as possible landing spots for the two prospects. First, and the most obvious is the Buffalo Sabres. A league worst eight points in 16 games and a minus 34 goal differential. The Sabres are desperate for a star in their mix, and they are almost certain to get one.

Another team to look at is the 2006 Stanley Cup Champion Carolina Hurricanes. They have been living at the bottom of the standings for years, and have suffered from inconsistency from their top players including the Staal brothers. Or even the Edmonton Oilers, I'm not betting on them making any sort of improvement on their constant spot at the bottom of the Western Conference. When June comes, don't be surprised if the Oilers are again picking in the Top 3. Too bad one of these players isn't a top two defencemen.

It doesn't matter who gets either of McDavid or Eichel, one thing for certain is that the team getting the chance to draft one of them will never be the same. Look at what Crosby did to the Penguins. Bottom to the top, in four years. But let's hold off on the Cup parade in Buffalo for now, they still have another five months of losing before the draft starts.



www.thestar.com

**Connor McDavid**



## WOMEN'S SOCCER – NATIONALS

# Silver caps great year

By JOSH RYAN  
@joshryansports

It was a grand weekend down in Medicine Hat until the final game for the undefeated NAIT Oaks.

Ranked first in the nation going into the 2014 CCAA women's soccer championship, the Oaks fell 4-0 in the gold medal game to Elans de Garneau. This ended an impressive season from the Oaks, who set several records, including most goals in an ACAC regular season with 75.

Before the action began, a couple of Oaks were honoured at the CCAA All-Canadian banquet. Kayla Michaels was named CCAA player of the year and she, along with Caitlin Newman were named All-Canadians after impressive showings in the ACAC campaign. Michaels broke an ACAC single season scoring record with 26 goals and set a record for most goals in a single game with seven. She also scored two goals in the ACAC semifinal against Grande Prairie. Newman's timing and physical presence led an Oaks defence that only allowed three goals the entire season.

In Medicine Hat, the women's quarter-final contest went relatively smoothly against the Mount Saint Vincent University Mystics from Nova Scotia. While MSVU held NAIT off the scoreboard in the first half, the powerhouse from Edmonton proved too much to handle in the second, scoring three answered goals for the win. Laura Kautz scored the first and third goals,

while Michaels potted one in between. Kautz's two goal performance led to her being named player of the game.

The semifinal pitted the ladies against the fifth-seed Indiens d'Ahuntsic, the second-seed from the RSEQ league in Quebec. The game was scoreless until late in the first half when Kelsey Mitchell scored to put the Oaks in front. NAIT added some insurance in the second half and won 2-0 to advance to the championship contest. Newman earned player of the game honours with another great defensive performance.

In the final, NAIT was unable to handle Garneau, which controlled the pace from the early stages of the contest. Trailing 1-0 at the half, the Oaks desperately tried to get their offence rolling but Garneau continued to stymie the attack, while capitalizing on their own chances in the 4-0 win. Ashley Woodford was player of the game for NAIT while Kautz, Newman and Kelsey Langille were named tournament all-stars.

While the ending wasn't what the women's team wanted, the ladies accomplished a lot this season.

"Our willingness to compete never changed and to me, shows the character of this team," said Oaks head coach Carole Holt.

"I would start all over again right now with this same group if it meant that in another 90 days we would have another chance to play this game over."

They scored and defended at a record pace and dominating every squad they faced in the regular season. They won the program's third ACAC title in four years,

after finishing second last year. They also represented the ACAC conference well with their silver medal finish, the program's fourth CCAA medal in five years.



Supplied photo

NAIT Oak forward Kelsey Langille, right, in action during the gold medal match in Medicine Hat against the Elans de Garneau. NAIT lost 4-0.

## MEN'S SOCCER – NATIONALS

# Bronze so close, but ...

By JOSH RYAN  
@joshryansports

After a rough start to the CCAA men's soccer championship at Sheridan College in Oakville, Ontario, the third-seed NAIT Oaks finished the tournament swinging for the fences but fell just short 3-2 in extra time in the bronze medal game.

Due to the unique rules for CCAA tournaments, the Oaks were able to play their way back to the bronze medal game despite losing in the quarter-finals and showed great determination throughout the competition.

Before the competition got underway, Oak midfielder Bruno Zebie was named to the Canadian Collegiate Athletic Association all-Canadian team after helping to lead his squad to an ACAC championship. Zebie is one of the youngest captains in NAIT history.

Nothing seemed to go NAIT's way on Day 1. Trailing 1-0 going into the second half, sixth-seed Garneau exploded for five unanswered goals. The Oaks continued to fight, but were unable to generate any offence, resulting in a 6-0 loss. Fourth-

year Oak forward Jahmed Mayes received player of the game honours.

Despite low morale from the first day of play, the guys came out refocused on Day 2. In quarter-final bronze play, the Oaks faced off against the second-seed Douglas Royals, who had also been upset on Day 1. Neither team was able to score until the Royals struck at the 54th minute. Rather than lose heart, the Oaks continued to battle and were rewarded when midfielder Igi Broda evened the score 23 minutes later. The guys didn't let up pressure on the defensive side of the ball and fourth year forward Monty Haines broke the tie with less than 10 minutes left in the game. The Royals tried in desperation to tie but a great block from the head of rookie defender Stephen Wright helped preserve the 2-1 win. Oak Haris Kevac was named player of the game.



Bruno Zebie  
All-Canadian

The Oaks then faced the top ranked Algonquin Thunder on Day 3. The Thunder had fallen on the previous night in penalty kicks in the semifinals. Both teams battled hard throughout the contest and neither gave an inch. Finally, Haines struck once again for NAIT in the dying minutes of the contest to give the Oaks a 1-0 win. Haines, as a result of the game winner, was named player of the game.

On Saturday, the men found themselves facing Garneau, the team that had eliminated them from gold medal contention on Day 1. The Elans had defeated Keyano in penalties the previous day to advance to the bronze medal game. This contest was much closer than the quarter-final game, with both teams taking turns on offence. Zebie and Haines both found the back of the net for NAIT but it took extra time to decide a winner. Unfortunately, Garneau scored to come

out on top against the Oaks for the second time in the tournament. NAIT's final player of the game for 2014 was Zebie.

The team narrowly missed the podium, but have plenty to hang their hats on.

"After our opening game, we regrouped and once again fell just a little short in the bronze medal game for the second straight year," said Oaks head coach Charles O'Toole after the tournament.

"The weekend overall was quite good and the level of competition was very high and we were able to rise to the occasion. We are proud of our team and look forward to having many returning players for next year."

The squad overcame tough games against Keyano in the regular season to bounce back and win ACAC gold, the program's third title in five years. They also overcame the heartbreak of losing badly on Day 1 at the nationals to battle back and beat the top two seeds on consecutive days.

The Oaks may not have come away with CCAA hardware, but they played like champions.

## VOLLEYBALL

# Men win, women lose

By **JOSH RYAN**  
@joshryansports

This past weekend bore differing results for NAIT's men's and women's volleyball teams. The squads took on the Lakeland Rustlers in a home-and-home series where both matchups ended in a sweep. However, the ladies wound up on the wrong side of said sweep. The weekend was a homecoming of sorts for Sean Renaud and Justin Knight, as the two started their ACAC careers in Lloydminster.

The women had a rough go early on against the Rustlers, managing only 12 and 15 points in the first two sets. In the third, the Oaks finally started to find their rhythm and pushed the Rustlers, before losing 25-23. Candace Hughes led the team with six kills and was named player of the game. Abby O'Neill added nine digs.

Back at home, the Oaks again struggled early, making several errors from the

service line. After dropping the first two sets 25-21 and 25-19, the women started much stronger in the third, leading 12-5. However, a couple of poor serve-receive

rotations cost NAIT the lead and Lakeland roared back to take the set 25-23. Joslyn Peters was named player of the match, recording six kills, three blocks and two aces off the bench. Shaynah Godlien returned from injury with a team high eight kills.

"While we saw some important improvements from Friday to Saturday, we still made way too many unforced errors," said head coach Benj Heinrichs. "Our discipline and toughness needs to improve

significantly."

Friday night went reasonably smoothly for the men. After a push from Lakeland, the Oaks played solid side-out ball at the end to win the opening set 25-23. The remainder of the match went by quickly as the Oaks cruised through the next two sets,

winning 25-20 and 25-19.

Rookie outside-hitter Trent Mounter earned player of the game honours thanks to a match high 13 kills and steady passing.

Match No. 2 was also a sweep for the Oaks, though their execution level dropped a tad with a different lineup on the court. Set scores were 25-20, 25-20 and 25-22. Anton Borodyuk, always solid and steady for NAIT, earned player of the game honours with seven blocks, four kills and a service ace. Anton hopes for better execution down the road, but remained satisfied with the troops picking up two wins.

"I don't think we really played particularly well either night," coach Doug Anton said. "We made too many mistakes and played tentative at times. But wins in the ACAC are hard to come by, so you celebrate every one of them."

Both squads now prepare for a home

stand against the Keyano Huskies. The women faceoff with a Huskies squad sporting the same winning percentage but sit ahead in the standings due to more matches played.

"We need to be willing to push ourselves outside our comfort zone every day in order to improve. We'll get back to that this week and be ready to go this weekend," said Heinrichs.

The men now face one of the bigger teams in the ACAC, particularly on the outside. This will make shutting down the Huskies outside attackers, who are led by North Division kills leader Matt Powell.

"If Powell is controlled, Keyano struggles to find offence. We have to

show good ball control and air control, which are two things they don't necessarily do really well. If we can beat them in those areas of the match we will be successful," said Anton.

Friday evening start times are 6 and 8 p.m. once again while Saturday's matches will take place at 1 and 3 p.m.



**Trent Mounter**  
Player of the game



**Candace Hughes**  
Player of the game

## FITNESS

# Not so comforting after all

By **CAROL TAN**  
@ceeCarolina

Put down that pint of ice cream, put down the candy bar and throw away that greasy, salty and saucy cheeseburger. Oh, and skip that impulse purchase at the register, too. You don't need it and neither does your body. Whatever you eat when you're feeling down, it's not helping. People these days are crediting the stereotypical "comfort foods" as the reason for mood effects, says a study published in the *Journal of Health Psychology*.

*The Myth of Comfort Food* study out of the University of Minnesota found that comfort foods do lead to small improvements in one's mood – just not any more than other foods or no food at all. During the study, subjects were given a questionnaire about their favourite ways to eat their feelings and then they were shown sad movies in two separate sessions. At the end of one session, they were given their favourite comfort food. Then, at the end of the other session, they were either given a choice of having a healthier food option or eat nothing. Researchers then measured any short-term mood changes.

"Although people believe that com-

fort foods provide them with mood benefits, comfort foods do not provide comfort beyond that of other foods (or no food)," the study concluded.

Many people have the idea that comforting foods are reassuring them but it's all in their heads. On television, if a character goes through a breakup, you will almost always see them grab a tub of ice cream. Wikipedia defines comfort food as "a traditionally eaten food which often provides a nostalgic or sentimental feeling to the person eating it ... The nostalgic element most comfort food has may be specific to the individual."

That just proves that comfort foods are generally eaten to relieve negative psychological effects or to increase positive feelings.

Only 33 per cent of people turn to healthy foods during emotionally stressful times and the other portion has no worries as they turn to their favourite junk food. Little do they know, indulging in these so called comfort foods is a key contributor to obesity. I know I sound a little critical right now but I am no different. I usually find myself gorging on some ice cream or grabbing a slice of pizza whenever I need

a pick me up. I know it's not good for me, but somehow it provides a warm feeling to my body. It's weird how food has that much control over us.

On a lighter note, you'll be surprised to learn that there was one exception to the comfort food myth: chocolate. That's

right, the deliciousness that is chocolate is actually good for you and it is proven to lighten up your mood. So go ahead and purchase that chocolate bar the next time you need a pick me up, but remember, stick to dark chocolate over that tub of ice cream, it will do you more good.



www.shortstopblog.com

**Chocolate – one comfort food that is actually good for your mood.**



# Athlete Profile



**Player:** Tehnille Gard  
**Sport:** Hockey  
**Position:** Goaltender  
**Program:** Bachelor of Applied Business Administration

By CAROL TAN  
 @ceeCarolina

**What's your go to pre-game meal?**  
 Chicken and veggie stir-fry.

**Any pre-game rituals?** I have a music playlist I always have to listen to on the drive to the rink.

**Who's your favourite player and why?** Shannon Szabados, because she is an incredible goaltender and is an inspiration for our country.

**What are your hobbies outside of hockey?** I love to be involved with sports, and have also begun coaching as well.

**Describe yourself in three words.**  
 Reserved, smiley, sarcastic.

**What are the top three songs in your playlist?** "Burning It Down" by Jason Aldean, "Alive" by Krewella and "Electric Pow Wow Drum" by A Tribute Called Red.

**Why hockey?** I love being on the ice and having pucks shot at me.

**Twitter, Facebook or Instagram, why?** Facebook, because there's always something interesting popping on my newsfeed.

**What's your favourite sport to watch besides hockey?** Baseball.

**You're stuck on an island, what are three things you must have with you?** A lawn chair, sunglasses and a beverage.

## MEN'S HOCKEY

# Ooks dominate lowly Portage

By CONNOR O'DONOVAN

The men's hockey team filled the net often and efficiently during their two-game series with the Portage Voyageurs on the weekend.

The Ooks outscored their opponents 15-1 over the two games, starting with an 8-1 triumph on Friday night, followed by a 7-0 thrashing on Saturday. The back-to-back victories improved NAIT's record to 9-2-1 while Portage is still looking for their first win of the season after falling to 0-11-1.

The Ooks arena was rocking right after puck drop on Friday night, after scoring started just 36 seconds into the first period. NAIT forward John Dunbar picked up the puck in Voyageur territory and circled hard beneath the blue line and into the right corner before throwing it towards Kevin Carthy in front of the net. The pass bounced cleanly off of Carthy's skate to Michael Piluso, who accepted it with open arms and tapped it home inside the right post. Piluso notched his second goal of the night on the power play at 10:27 in the first after Tyler French sent him to the slot with a sneaky dish between a Portage defender's shins. John Dunbar capped off the first period onslaught by tucking away a Carthy slapshot that went just wide of the left post.

Portage generated little offence and suffered from a jumpy defence that was pan-

icked by the constant attack of NAIT's high flying forwards. After NAIT put away two more goals in the second, the Voyageurs did manage to muster some pressure on their opponents in the first half of the third. Portage left-wing Cody Koskimaki slipped a tally past Ouk goaltender Ken Cameron, but it was far too little, far too late. NAIT Ooks Scott Fellnermayr, Tyler French and Tanner Dunkle answered loudly with a goal each in the span of a minute and 56 seconds, silencing any notions of a Portage comeback.

Playing Saturday night's rematch on Voyageur ice did little to deter NAIT's momentum. Cameron recorded the shutout, stopping all 20 shots he faced in the 7-0 Ooks victory. NAIT, on the other hand, fired 46 shots on Portage goaltender Adam Iwan.

Seven different Ooks found the back of the net on Saturday, including John Dunbar. Dunbar, a third-year Business student, had four total points on the weekend, giving him 19 on the season in just 12 games, and making him the top scorer in the ACAC.

Dunbar and the Ooks will likely face a tougher match in this week's home and home against the Augustana Vikings, who sit just behind the Ooks in third place in ACAC standings. Look for the results of Wednesday's game, as well as Thursday's, which goes down at Augustana at 7 p.m., in next week's *Nugget*.

# Athlete Profile



**Player:** Keenan Bailey  
**Sport:** Hockey  
**Position:** Left wing  
**Program:** Business

By CAROL TAN  
 @ceeCarolina

**What's your go to pre-game meal?**  
 Spaghetti and meatballs.

**Any pre-game rituals?** I put everything on from left to right. I also have to tape my stick exactly one hour before game time.

**Who's your favourite player and why?** Pavel Datsyuk because he's a hard working team player with tons of skill and he's got a scoring touch. He's also very humble.

**What are your hobbies outside of hockey?** Golfing in the summer, looking through Instagram and letting loose with the boys after a big win.

**Describe yourself in three words.**  
 Hard-working, laid-back, stutter.

**What are the top three songs in your playlist?** Ready Set Roll by Chase Rice, Somewhere In My Car by Keith Urban and Leave The Night On by Sam Hunt.

**Why hockey?** My dad had me in skates before I could walk. I was raised in a hockey family and I love the game. The relationships you make along the way with the players and the fun we have makes me stay.

**Twitter, Facebook or Instagram, why?** Instagram. I'm not photogenic so the filters help.

**What's your favourite sport to watch besides hockey?** Golf.

**You're stuck on an island, what are three things you must have with you?** My phone, golf clubs and my men's Ooks hockey team ... can I say that?



## Athletes of the week

November 3-9

Ashley Woodford  
 Soccer



Ashley led her NAIT Ooks women's soccer team to a silver medal at the CCAA National Championships this past weekend in Medicine Hat. The veteran defender helped the Ooks to shutout victories in their first two games at the nationals and was NAIT's player of the game for the final where the Ooks lost to a tough CEGEP Garneau team from Quebec. "Ashley's performance this past week was outstanding – she played with courage and led by example," said head coach Carole Holt. "She finished her final game of her career by being named as our Player of the Game in a national gold medal final – what a way to go out!" Ashley is a fifth-year Business student from Edmonton.

John Dunbar  
 Hockey



John helped his NAIT Ooks men's hockey team to a pair of wins over the Portage Voyageurs this past weekend. In Friday's 8-1 victory on home ice, John led the way with two goals and an assist and followed that up by scoring Saturday at Lac La Biche in the Ooks 7-0 shutout win. "John was a constant threat offensively for the Ooks this past weekend in both games versus the Portage Voyageurs. He set the tone for a very productive weekend for NAIT," said head coach Serge Lajoie. "His attention to detail at both ends of the rink continues to get better and as a result he is generating a lot of great scoring chances for himself and his linemates." John is a third-year Business student from Calgary.

# ENTERTAINMENT

## Simpsons tired, old – dead



**QUINTON BERGER**  
Entertainment Editor  
@QuintonBerger6

There's been a lot going on in the world of the *Simpsons* lately. Just a few short weeks ago, the world witnessed the "epic" *Simpsons/Family Guy* crossover and I wasn't surprised to find myself writing about how lacklustre it was. Well, last Sunday the world bore witness to the *Simpsons/Futurama* crossover. I watched it last week and goddam, was it terrible! If the *Family Guy* crossover was the nail in the coffin that I'd previously suggested, then the *Futurama* crossover is the crematorium the coffin was put in.

The plot is decently clever enough. The people of Springfield start up a time capsule. Millhouse donates his lucky rabbit's and Bart

donates ... some of his snot. The ground is dug up along with some toxic waste from the nuclear plant. As you can guess, the waste seeps into the time capsule and Millhouse's rabbit's foot is mixed with Bart's snot, creating these evil art, rabbit hybrids which run amok in New New York in the 3000s. Cue the *Futurama* gang. Bender comes back in time to kill Homer and the two end up becoming friends. They hang out at Moe's, sleep on the couch together when in comes Fry, Leela and the Professor to finish the job. Naturally, Lisa talks them out of it and they team up to destroy these critters.

Where the episode falls short, though, is the jokes. None of them are really that funny. There are a couple of references to past *Futurama* episodes, like the gang walking past Fry's old dog, Seymour outside the pizza place. But the majority of them fall short. I can't even recall them because nothing in the episode stood out. Honestly, I expected this from a new *Simpsons* episode but thought the *Futurama* side would come through. *Futurama* was still really good in its last seasons, albeit they've been on TV for a one-quarter of the time that the *Simpsons* but, still. You think they'd bring something fresh to the table. The

only other memorable joke happens at the very beginning when the words "a show out of ideas teams up with a show out of episodes" appears at the bottom of the screen.

But aside from those two jokes, the episode is incredibly unmemorable. Nothing about it will stick out in your head. There's not even anything to quote or reference. This episode contains all the makings of a forgettable, one-note slump, a last grasp at viewer attention.

Now, don't get me wrong, it pains me to

write these words. It really does. I grew up on all these shows I've been saying bad things about this past month. Watching these new episodes makes me feel like a parent watching a son or daughter descend into heroin addiction. I want to stop the train wreck but there's really nothing I can do. So what should I (and you) do? Just stop watching. Now, I hate (absolutely hate) saying this about a childhood favourite, something I was raised with and had such an impact on my life. But Travis, it's time to put Old Yeller down.



www.tv.com

**Simpsons/Futurama crossover a dismal failure.**

## NOVEMBER EVENT LIST

- 3 | How To Knit
- 4 | How To Cook Italian
- 5 | Nest Rodeo Party
- 6 | Clubs Showcase
- 12 | Wes Barker (Souch & Main Campus)
- 13 | Wes Barker (Patricia Campus)
- 15 | Kids Party
- 18 | How To Decorate a Cake
- 19 | Wellness Wednesday Massages

- 21 | How To Hip Hop/Dance
- 26 | Santas Anonymous
- 27 | Blood Donor Clinic
- 28 | Clothing Drive

Oct. 28 - Nov 28

NAIT United Way Campaign

[www.nait.ca/unitedway](http://www.nait.ca/unitedway)



naitstudents



naitsa



yourNAITSA



naitsa.ca



naitstudents



rm e-131



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...

By TANIA BOYKO

**Bus beats:** Starting off with a UK hip hop group, The Streets' lead vocalist Mike Skinner eases you into your bus trip and gives you another perspective on the world's events. Switching it up, Twenty One Pilots breaks out the ukulele with their upbeat and airy vibes – perfect for staring out of windows. Daft Punk and Alt J calm things down with a lazy repetitive beat that takes your mind off the bus ride. Let the Drummer Kick ease you out of your daze and into the upbeat songs that get you pumped now that you're half way to your destination. Nelly brings back some nostalgia for the old times before you're hit with Childish Gambino's rapping prowess. The last couple of songs interchange between energetic and calming beats to get your mood up to normal levels. With inner reflection, list making and zoning out over with, Grynch's "My Volvo" takes us home. This old song can

be summed up by its title but what's interesting is that it features Macklemore before he made it big.

This slightly random grouping will do wonders to take your mind off how long public transit takes and has something for everyone.

1. Weak Become Heroes – The Streets
2. Screen – Twenty One Pilots
3. Doin' It Right – Daft Punk
4. Breeze Blocks – Alt J
5. Dani California – Red Hot Chili Peppers
6. Let the Drummer Kick – Citizen Cope
7. Purple Yellow Red & Blue – Portugal the Man
8. Stary Eyed Surprise – Paul Oakenfold
9. Ride With Me – Nelly
10. 3006 – Childish Gambino
11. Kangaroo Court – Capital Cities
12. Pompeii – Bastille
13. Let's Go Surfing – The Drums
14. Sweater Weather – The Neighborhood
15. My Volvo – Grynch



soundstation.dk



areyouamplified.com



www.theburningear.com



doandroidsdance.com

# Gig to remember ... or forget

By RICHARD LUKACS  
Entertainment Editor

As somebody who spent more than 10 years with intense touring in front of a metal band, saying that I had a few crazy nights out is quite an understatement.

Today I was working outside and for those who spent the last few days in a comfortable office or home, here's the news: winter's here. So while I'm typing this with frozen, trembling hands I'm sure about one thing: It's going to be a sunny, summer tale. Now, when I'm on my knees, praying for my kettle to boil that water faster, I just want a mad scientist (possibly with a sweet DeLorean) to take me back when a cold beer felt better than a hot tea.

There was this one summer when we played in about 13 festivals over four months and there were three of them in a row. I can't really say anything about the first two (I'm still lacking the courage to confess everything that happened there), but they had a heavy impact on our condition when we arrived at the third stop, which happened to be our favourite regional festival in Central Europe.

It was an average sized festival with the most beautiful scenery and an outdoor water park and recreation centre around the two main stages. I literally could watch my favourite band slaying on stage from a jacuzzi with a beer in my hand. Heaven on Earth, one would say.

As we played in the afternoon, we decided to leave the previous festival in the

middle of the night so we could be there early in the morning and have a nap before show time. Well, halfway there, it became pretty clear that after two days and nights of partying, getting into a van full of beers and drunk people is not going to be a quiet, relaxing drive, not to mention the mandatory pee breaks every six minutes.

A friend of mine, who was in the organizer team of the festival, described our arrival something like this: "It was nine in the morning, possibly the only part of the day when the majority of the attendees are sober. Then you guys arrived, opened the side-door of your van and a bunch of beer bottles hit the ground, soon followed by your drummer. You all were speaking so loud and all at once, I was seriously afraid that the show was going to be a disaster." In a way, it was.

We only had a couple of hours and were in a serious need of sleep but hey, it was our favourite festival and we'd been waiting to come back for a year! No way to have a sleep before we took a tour to see which fellow musicians and friends were already there and have beer in that jacuzzi.

So that's exactly what I did but after a few, I felt that I needed to rest my eyelids for a second. When I opened my eyes, the number of people had significantly

increased and my beer on the edge of my pelvis was the only thing hotter than those bikini girls around me. I had no idea how long I had slept there. There was no sign of my bandmates and I had left my backpack with all my stuff (phone, wallet, microphone ... ) in the van, so I had no clue what

**Later on, he told me that the band that was supposed to play after us was standing behind the stage, hysterically laughing at the chaos that took over the area in a few short minutes.**

time it was. I went to see the stage where we were about to play and found my guitarist, totally freaked out, screaming at me like a madman.

"Where the hell were all of you guys? We play in 20 minutes, nobody is answering their phones and we should load the equipment on stage in like ... 10 minutes ago!"

Our drummer had gone to grab a beer and the bassist met up with his ex about three hours earlier. So I knew I had had enough sleep in the jacuzzi at least. But that didn't help in giving a good performance, well, without a band.

Then our drummer appeared and I have never seen anybody more wasted than he was that time. We got helping hands from the new (jackal-level drunk) friends of our mate to take the equipment on stage but we still had no bass player. We decided to take it easy, it was an afternoon at a summer festival, no reason to lie to the audience, so I announced that we had a small party, lost one of our members in the meantime and would like to continue.

So I invited everybody on stage for a "house party," as long as they brought drinks. In about two minutes, the stage was dangerously full of partying people. We were two songs into our set and it was a blast (well, musically it was probably the low end of our career, but the feeling was indescribable) when somebody grabbed my shoulders and put a beer in my free hand. It was our bass player. At least some deformed, closed-eye, pale doppelganger of him. He was asking me "what's going on here?" "Our gig, dude!" I replied. By the end of the song, he was plugged in and shredded on an instrument that wasn't even his own. Later on, he told me that the band that was supposed to play after us was standing behind the stage, hysterically laughing at the chaos that took over the area in a few short minutes.

Our bassist walked to them and said: "Yo, guys! I'm supposed to play the bass for this band but I seriously have no clue where I left my guitar, can I borrow yours?" In a fair world he would get beaten up but instead, he got an instrument. After the gig we instantly became friends with those guys and that very day came up with the idea of a collective of musicians and fans and a whole tour of playing in backyards and house parties. It is very easy to make friends when you're playing and living a rock and roll lifestyle.

Sorry, this was supposed to be a chronicle of a crazy night and I'm still around late afternoon but I already passed beyond the word budget ... Fortunately there is a new *Nugget* every week, so stay tuned!

## MOVIES – THE KURT LOCKER



teaser-trailer.com

Keanu Reeves as John Wick

# Keanu Reeves is back

By KURT FABISCH

"People keep asking me if I'm back. Yeah, I'm thinking I'm back."

*John Wick* is the first film by David Leitch and Chad Stahelski, who were stuntmen and stunt co-ordinators on movies like *The Matrix* trilogy, *300* and *V for Vendetta*.

It stars Keanu Reeves, whose track record as of late has been ... shaky.

So, when I saw the trailers for this movie, as good as they were, I wasn't expecting much.

John Wick is a man who just lost his wife and is delivered a dog that his wife left him to give him something to love.

Then, one night, thieves break into his house, beat John to a pulp, steal his car ... and kill his dog.

One of the thieves is told by his crime boss father that John Wick is actually one of the most feared hit men alive. "And you just killed his dog."

This movie blew me away. I was expecting an OK action movie, maybe something on par with *Taken*. *John Wick* is seriously one of the best action films I've seen in years. Probably the best since *Skyfall*, anyway.

The plot of this movie is just a thinly veiled excuse for the series of spectacular action scenes in the film. It reminds me of the best action movies of days past, like the Arnie movie, *Commando*.

Yeah, yeah, yeah, they kidnapped his daughter. Now start shooting people.

The action in this movie is first rate. There's a scene in which John takes on a group of assassins that come to his home; a scene in which John tackles a woman who's come to kill him in his hotel room. My personal favourite is when John goes on the offensive and assaults a night club to find the guy who killed his dog. Also, not a car chase, really but one in with a shootout

and John never gets out of his car.

I'm not sure if there is much CG in this movie. We're at a point now in movies where it's everywhere and you can't avoid it. But if there's any in *John Wick*, it's invisible.

There's just fight choreography and good old-fashioned stunt work.

It's nice and violent, too. Which, let's face it, that's what you want in a movie like this. It's surprisingly visceral and reminded me of the violence in a movie like *Collateral*, where it's very fast and very brutal.

The real joy of this movie and one of the reasons I like it so much, is that as violent as it is, it never takes itself too seriously. I was shocked at how funny this movie is.

The scene where killers come to John's house, a cop comes to the door to respond to noise complaints, sees a corpse lying in the hallway ... and just leaves.

Keanu Reeves has found his next Neo

in *John Wick*. I watch him in this and remember why I liked him so much in *The Matrix*. It's a simple character and a great one.

I have to point out that the cast in this movie is exceptional. There's Willem Dafoe, Ian McShane and Alfie Allen as the dog-killing twerp who also plays Theon Greyjoy on *Game of Thrones*, so he excels at playing evil imbeciles.

And Michal Nyqvist, from the original Swedish *The Girl with the Dragon Tattoo* is brilliant as the Russian mob boss. A wonderful villain and again with this movie, surprisingly funny. Handing his henchman a gun after John Wick just killed everyone else and telling him, "Good luck."

I had so much fun watching *John Wick*. And I think just about anyone would.

I have to say it: wickedly entertaining.







Image courtesy Sean Wise/Eyeopener

Harry Rosen, left, of Harry Rosen Inc., a Canadian retail chain of 15 luxury men's clothing stores and Dr. Sean Wise are shown on set of *The Naked Entrepreneur*.

# Student show hits big time

By JUSTIN CHANDLER  
The Eyeopener  
(Ryerson University)

TORONTO (CUP) – A Ryerson student-produced television show called *The Naked Entrepreneur* will be airing half-hour episodes on Rogers TV starting Oct. 28 and will be broadcast internationally in one-hour episodes on the Oprah Winfrey Network (OWN) beginning in January.

"OWN and Rogers came to us seeking great Canadian content," said Sean Wise, the host of the show, in an e-mail. "We were happy to provide [it]."

Wise is a professor at the Ted Rogers School of Management (TRSM). *The Naked Entrepreneur* features interviews between him and Canadian business personalities such as Christine Magee and Harry Rosen.

The show gives students "relevant, candid perspectives" from successful entrepreneurs, said Dana Abou Shackra, assistant producer of the show and student in Ryerson's radio and television arts (RTA) program.

Abou Shackra said being Canadian makes *The Naked Entrepreneur* more valuable. Canadian business students see American culture in the media most often, she said, and *The Naked Entrepreneur* aims to be a better fit for Canadian business culture.

Wise said he started the show because "[students] needed more Canadian role models to be inspired by and to learn from." When he decided he wanted to make *The Naked Entrepreneur*, he approached

RTA Productions to help him.

"For dozens of years, Ryerson's Radio and Television faculty has been producing great TV," Wise said. "Staying on campus allowed us to not only develop the show but also provide experience to our RTA students."

RTA Productions pays students in the RTA School to produce shows. Students apply, and are then put into roles and trained, said Rob Carver, general manager of RTA Productions.

Carver says the first episodes of *The Naked Entrepreneur* that will air on OWN are repackaged versions of content in the half-hour version of the program.

Wise said a lot of work goes into the show. "It takes us approximately 10 hours to produce 21 minutes of great television."

Caitlin Dosa, director and associate producer of *The Naked Entrepreneur*, said working on the show is a great experience. Being broadcast internationally shows the RTA Production's work is credible, she said.

Charles Falzon, chair of the RTA School of Media, said the fact that the show has been picked up by OWN opens up new opportunities for RTA productions. Soon more RTA programs may be on air – the group wants to further expand by getting content on Sportsbet, Falzon said.

The prestige of having content on network television is great for the school and the students who worked on the program, said Falzon.

"It's always great when you have something [you] produced on the air."

## FASHIONISTA OF THE WEEKSTA



Photo by Tania Boyko

Landscape Architecture student Kevin Fulmer says he wears plaid because it's warm and rustic.

## Rad Plaid

By Tania Boyko

Hailing from the rolling hills of Scotland, tartan crossed the Atlantic Ocean and was rebranded in North America as plaid. Evolving from the traditional kilts, plaid grew to become the go-to style for country lovers everywhere. Nowadays, plaid is breaking through those stereotypical barriers and finding its way into everybody's wardrobes. Plaid is rapidly becoming the go-to print over stripes and polka dots. "F\*\*k stripes" exclaimed NAIT student Kevin Fulmer when asked to choose between the two patterns. Plaid's versatility allows it to be used as tops, bottoms, jackets, shoes and accessories. The most popular colours observed being worn on campus are prints with red and or green as the feature colour.

While plaid is the perfect go-to print when you're on the run and for personal days, it doesn't necessarily mean it's appropriate for the office in large doses. When entering a new office get a feel for the vibe and take note on what others are wearing. If the office is more business casual, a structured plaid garment should fit in with the company well. If the office is more formal, stick with more subtle hints of plaid in your accessories such as ties, socks, or scarves. A word of caution, limit each outfit to one piece of plaid. Add any more and it's downhill from there.



# Halloween leftovers – what do to

By **CAROL TAN**  
@ceeCarolina

Halloween 2014 has come and gone. Trick-or-treaters have retired their costumes and there may still be buckets of treats lying around. I guarantee that we all ate way too much over the course of just one day and of course there's no way we can eat it all at once. Now that a couple weeks have passed and we've all recovered from the sugar high, what are we going to do with the leftovers?

Candies and chocolates are a staple during every holiday but there's no "candy holiday" between Halloween and Christmas. If you're not over Halloween and not yet ready for Christmas, let me introduce you to ways where you can mix the two holidays.

Christmas isn't just about presents, religion and a hearty turkey dinner, it includes mountains and mountains of desserts. A big plus is that most of the desserts are homemade. Here are three of my top picks for desserts with a Christmas feel.

## Halloween Candy Bark

You should still have a little Halloween candy left over and Christmas usually calls for peppermint bark. So why not make some Halloween candy bark. First step is melting chocolate and spreading it over a baking sheet. Next, crumble up your favourite Halloween candy on top then drizzle white chocolate on top.

You're now almost ready for your extra sugary treat – refrigerate for about three hours until the chocolate is hard and, viola, you've got a very sugary snack.

## Snickers Pie

You can't have Christmas without some type of pie, but those are usually fruity and creamy. Let's change that up and make it chocolatey. Here is a scrumptious snickers pie. Oh, and no baking is necessary!

### Ingredients:

- 1 graham cracker crust
- 8 full size Snickers candy bars
- 1/2 cup creamy peanut butter
- 1/4 cup heavy cream
- 12 oz. Cool Whip, divided

### Method:

1. In a small saucepan, melt six Snickers bars with peanut butter and heavy cream on low heat. Remove from heat and cool to room temperature (about 20 minutes).

2. Fold in 8 oz Cool Whip to cooled chocolate mixture. Pour into a Graham cracker crust (eight-inch pie plate). Cover and freeze for three to four hours.

3. Chop remaining two Snickers bars. To serve, top pie with remaining 4 oz Cool Whip and add chopped Snickers to garnish.

Slice and enjoy!

## Chocolate Kiss Powder Puff Cookies

Christmas is certainly not over until you have cookies and Hershey kisses. Here's a delightful recipe for chocolate kiss powder puff cookies. All you need are three ingredients: pie crust (store-bought or homemade), chocolate kisses and icing sugar.

Heat the oven to 350 F. Next, place pie crust on a lightly floured surface and slice it into sections, about two-inch squares. Then place one chocolate kiss in the centre of each section. Then seal the dough at the top to fully contain the kiss.

Pat smooth and place mound on prepared baking sheet; repeat with remaining crust sections and until kisses are gone. Now all you have to do is bake and wait.

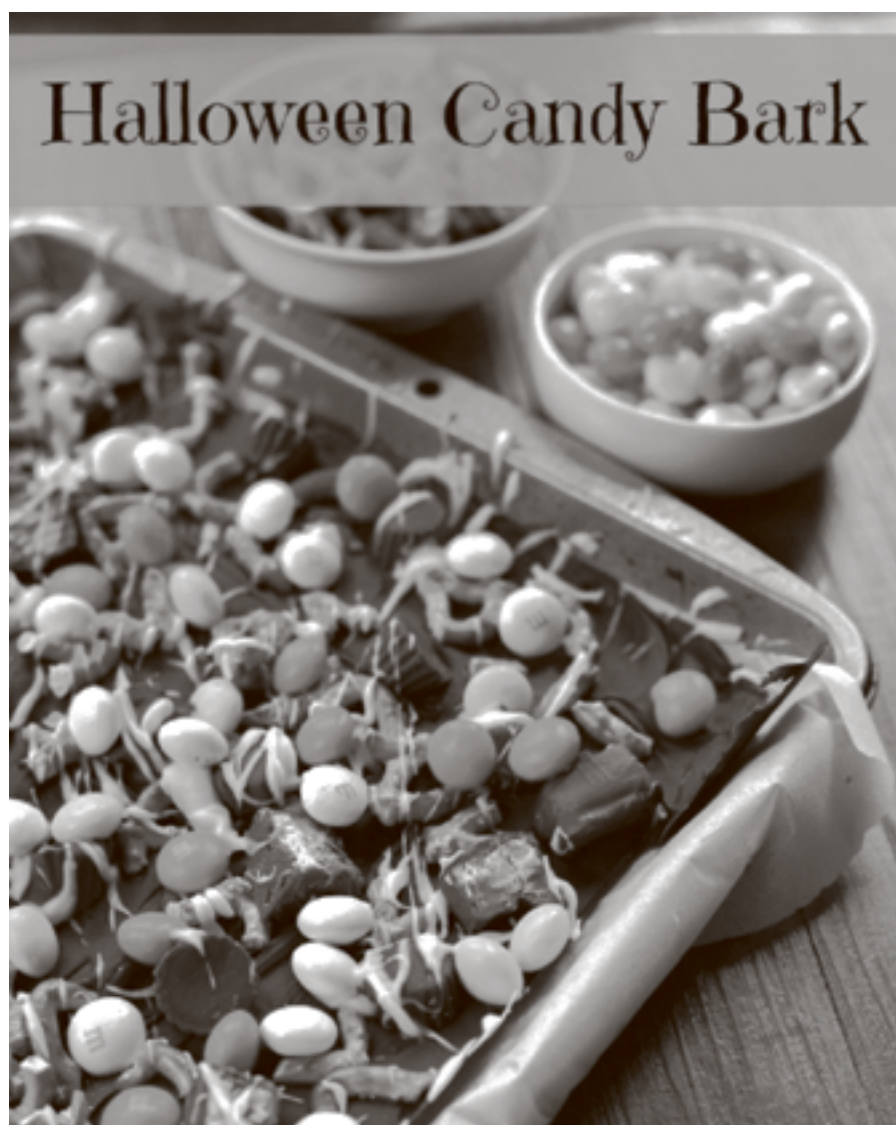
Bake the cookies for about 15 to 17 minutes. The colour should look pale. Allow puffs to cool, then dust it with icing sugar. Now you're ready to load up on sweets because 'tis the season for sugar.

If all of this is too much for you, here are two easy ways to use up your leftover Halloween candy:

1. Add pieces of chocolate into your trail mix.

2. Save up to decorate your gingerbread house later on in December.

As you can probably tell, I have a sweet tooth. With that being said if you make any of the above treats or make any other desserts, please send it my way.



www.ihearteating.com

## Share the Warmth

Please help local charitable organizations by dropping off your donation of

### NEW SOCKS, Toques, Scarves, and Gloves

November 12 - December 12, 2014

### DROP OFF LOCATIONS


A140/141	F303	T200
A272	H303	T300
B-103	J214	T400
C-103	J303	T500
E101	L260	T600
E106	N-107	T713
E114	O102	W111
E134	Patricia (TBA)	W205
E206	RKP (214)	W309
E214	Souch	Y304/5
E220	S105	
F012	T110 (NASA)	




**NASA**  
NAIT ACADEMIC  
STAFF ASSOCIATION

PLEASE CONTACT THE NASA OFFICE  
(471.8702) IF YOU WOULD LIKE TO HOST A  
DONATION BOX IN YOUR OFFICE BANK.

Cash donations also accepted at the NASA office



**MBS**  
INSURANCE  
BROKERS LTD



**imagewear**  
a division of Mark's



## THROWBACK THURSDAY

# From Dazed and Confused ...

By JOSH RYAN

Folks have been talking about the recent blockbuster *Interstellar*, directed by Christopher Nolan and starring Matthew McConaughey. One of the key points of praise for the film thus far is McConaughey's performance, another great turn from the recent Oscar winner. Only a few years ago, the Texas native was known simply as an overly tan dude that liked to take his shirt off, starring mainly in romantic comedies like *Fool's Gold* and *Failure to Launch*. However, in the late '90s, McConaughey was a promising dramatic actor and showed moviegoers glimpses of the brilliance he has shown in the past two years.

His first movie role and, most quoted, was the lovable stoner Wooderson in Richard Linklater's *Dazed and Confused*. However, his big break came as the lead in 1995's *A Time to Kill*, adapted from the John Grisham novel of the same name. The protagonist, cocky lawyer Jake Brigance, is faced with defending a black man who murdered the men that raped his daughter and escaped justice in Mississippi. It's a great showcase of the traits people love about McConaughey, from his easy-going charm to showing extreme vulnerability. The final court-room scene is considered one of the finer moments

of his career. An interesting bit of trivia is that McConaughey originally planned to be a lawyer before pursuing an acting career.

A year later, McConaughey played a lawyer again, this time however in a period piece about the defence of African slaves that impacted the outlook on slavery in America. His presence in the film is significant not only for the humour and humanity he brings to the role but for how he is able to hold the screen with the rest of the cast.

Despite legendary names like Morgan Freeman and Anthony Hopkins and future Oscar nominees in Djimon Hounsou (*Blood Diamond*) and Chiwetel Ejiofor (*12 Years a Slave*), McConaughey commands attention every scene he is in. The film might be Steven Spielberg's most underrated directorial effort.

After roles in such films as *Contact* and *EDtv*, McConaughey showed his ability to pull off the role of action-star in *U-571*. Loosely based on real events, the film shows the efforts of a U.S. submarine crew to capture the cipher machine on a German sub. McConaughey plays Lieut. Tyler – a young, ambitious officer looking for a promotion to command a sub – who is forced into that position during the ven-



bookshelfcinema.blogspot.com

Matthew McConaughey in *Dazed and Confused*.

ture. As the crew plays cat-and-mouse with the enemy, Tyler is thrown into the fire of combat and tries to keep his crew alive while keeping their mission's intent safe from the Germans. This is the first time audiences really got a look at the intensity McConaughey can bring to any role.

Since then, this dude has enthralled audiences all over the world. In between

the romantic lead roles, McConaughey still made appearances in serious fare. Some of these roles include a demon hunter in *Frailty*, a football coach in *We Are Marshall* and a lawyer again in *The Lincoln Lawyer*. If his recent Oscar win for *Dallas Buyers Club* and latest critically acclaimed performance in *Interstellar* are any indication, the "McConaissance" will continue.

## CROSSWORD

### Across

- 1- Actress Sofer
- 5- Depicts unfairly
- 10- Expensive
- 14- Airline since 1948
- 15- Law of Moses
- 16- Words to Brutus
- 17- Reliable
- 19- School orgs.
- 20- \_\_\_\_ barrel
- 21- Proceed in rays
- 23- Leaves in a bag
- 25- Otic
- 26- Rowing implements
- 29- Prohibitionists
- 31- Jackie's predecessor
- 35- Born
- 36- Busy place
- 37- Powerful
- 38- Values highly
- 40- Below
- 41- Band aide
- 42- Unit of computer memory
- 43- Scooby-\_\_\_\_
- 44- Parsley piece
- 45- \_\_\_\_ Cong

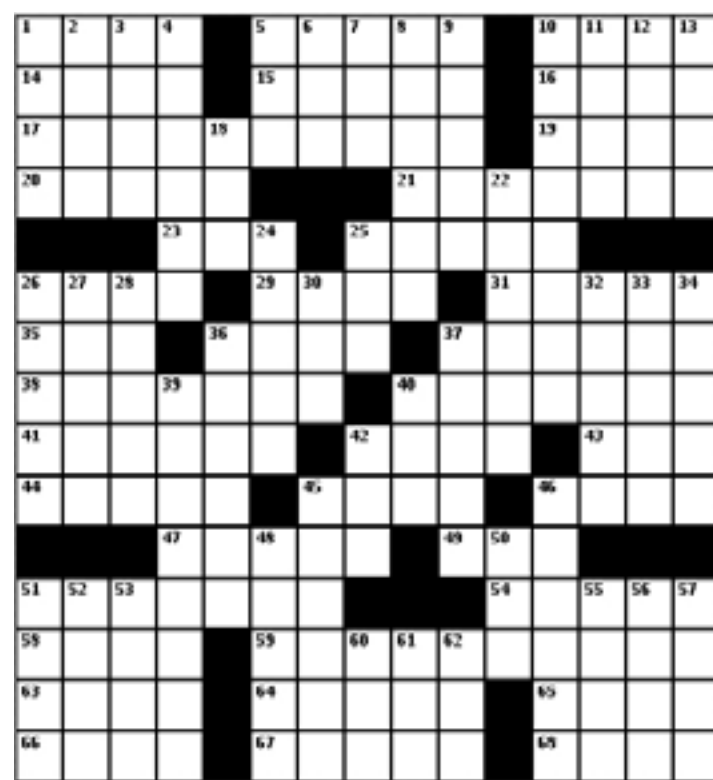
- 46- Sunday seats

- 47- Pulsate
- 49- Desire
- 51- Cuban dance
- 54- Big name in insurance
- 58- Bedouin
- 59- Soldier of fortune
- 63- 1994 Jodie Foster film
- 64- Lerner's partner
- 65- Pole
- 66- Ivy League school
- 67- Sacred song
- 68- Plays are divided up into these

### Down

- 1- Change the decor
- 2- Hgt.
- 3- Neck part
- 4- Warns
- 5- Avg.
- 6- Hawaiian acacia
- 7- Tarzan creator's monogram
- 8- Large marine mammal
- 9- Clip wool

- 10- Remove the hair from
- 11- Blues singer James
- 12- Rat-\_\_\_\_
- 13- Trick
- 18- Not for a Scot
- 22- Singer Vic
- 24- Stop on \_\_\_\_
- 25- Answer to a sea captain
- 26- Lulus
- 27- Author of fables
- 28- Pave over
- 30- Campers, briefly
- 32- Gettysburg general
- 33- Following
- 34- Community spirit
- 36- Stature
- 37- Small-minded
- 39- Ready for editing
- 40- Ciao!
- 42- Front part of an apron
- 45- Black magic
- 46- Soul
- 48- Kingdom
- 50- Chow down
- 51- Madcap
- 52- Tract



- 53- Dark cloud
- 55- \_\_\_\_ II (razor brand)
- 56- Resting place
- 57- Skills
- 60- Fido's appointment
- 61- Female sheep
- 62- Open mesh fabric

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

**SOLUTION**  
**Page 23**

# Affordable baubles for all

By **CAROL TAN**  
@ceeCarolina

Everyone, YAAS.

Girls in my generation who were in tune with the late '90s/ early 2000s trends know and adore the stylish Olsen twins. Actresses turned fashion empresses; Mary-Kate and Ashley Olsen are expanding their empire with a capsule collection of jewelry for JewelMint. Oh, and ladies, the baubles are affordable compared to their other fashion lines, like \$30 affordable.

Before designing for their high end fashion lines, The Row, Elizabeth and James and Olsenboye, the sisters became co-presidents of Dualstar on their 18th birthday. Upon taking control of the company, Mary-Kate and Ashley made moves to secure its future by releasing products that appealed to the teen market, including home decoration and fragrances. Every teenage girl during that period idolized them. As their fan base grows up, they too are maturing, which brings them to their high end fashion designs.

In 2011, the sisters teamed up with StyleMint to launch a collection of affordable T-shirts that would later include denim, ready-to-wear basics and sunglasses. While the fashion moguls' considerable stake in StyleMint has remained behind-the-scenes, that is all about to change now. They are teaming up with JewelMint (StyleMint's sister site) with

a new jewelry line called AMKxSM.

The AMKxSM label comes from their names: AMK stands for Ashley and Mary-Kate (... it's okay, took us a while to get used to too). The collection is available at a lower price than the Olsens' Elizabeth and James jewelry, which comes with a hefty price tag. Everything in the line that is exclusively designed for JewelMint is under \$30. Their ready-to-wear line, The Row, does not currently include jewelry. The line is inspired by celestial formations and the gems include whisper-thin lariat necklaces, minimalist chokers, delicate hand chains and chain-accented ear cuffs. Mary-Kate says, in a Lucky magazine interview that they "focused on minimalist designs that can be mixed, matched and layered, yet are strong enough to wear on their own." They made sure that they created versatile pieces that can transition easily from day to night. The jewelry itself is elegant and simple; it's not too flashy or tacky. AMKxSK also include bags, which are smaller pouches that were designed with functionality in mind. In the same magazine interview, Ashley says "each pouch can be carried as a clutch or used to hold everyday items, including makeup and jewelry." The handheld bags, available in two different shapes, are cast in a co-ordinating palette of deep blues and metallics. Both sophisticated and simple, the designs capture the essence

of their famous creators' personal styles and are affordably priced at \$40 compared to their purses on their other lines which could cost up to \$55,000.

A couple pieces I fell in love with are the Serpens Choker and the Ursa Major Ring Set (pictured). The dainty pieces allow me to be casual during the day and glam at night. AMKxSK is brilliant for all of the budding fashionistas out

there who are growing into their own sense of style. These pieces are sure to brighten up your outfits. The affordable gems remind us of the good old days, when AMK were still MK&A and their jewelry cost less than \$10 at Wal-Mart. Let's all buy matching friendship ear cuffs and stay in next Friday for a ceremonial screening of New York Minute. The line is now available on JewelMint.com.



observer.com



## WEEKLY SPECIALS

### FOOD SPECIALS

#### MONDAY

\$7 Canadian Poutine

#### TUESDAY

\$7 Nest of Wings (1lb.)

#### WEDNESDAY

\$6 Deep Fried Wontons

#### THURSDAY

\$7 Vegetable Spring Rolls

#### FRIDAY

\$6 Rockfish Potato Cakes

### \$4 DRINK SPECIALS

\*All liquor served is 1 oz

#### MONDAY

Sno Cone Cocktail

#### TUESDAY

Rye, Rum, Vodka or Gin Hi-ball

#### WEDNESDAY

Domestic Pint (20 oz)

#### THURSDAY

Flavoured Vodka Cocktail

#### FRIDAY

Domestic Bottle

OPEN MON-FRI 9AM-8PM | [NESTTAPHOUSEGRILL.COM](http://NESTTAPHOUSEGRILL.COM)

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

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

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



## TIP OF THE WEEK

# Memory and learning

By **MARGARET MAREAN**  
NAIT Student Counselling

Here are some techniques and habits that will enhance memory for exams:

- Regular review (daily and weekly if possible) prevents the need to cram. Cramming for exams is a poor way to get material into long-term memory. The more times material is reviewed the easier it is to access, and to attach new material to.

- Scheduling shorter study sessions and spreading these out over several days is more effective than a marathon study session.

- Study your most difficult or most important material first when your brain is most alert. Do not spend time studying what you already know.

- A positive attitude towards the material improves concentration and enhances ability to remember. While it is unrealistic that you will love every course you take, trying to find something relevant or useful and thinking about ways in which it can actually apply to your life. This will enhance your ability to learn and remember material.

- Studying in an environment that is similar to the exam setting enhances learning and recall. It is best to sit at a desk or table away from as many distractions as possible.

- Study actively. Passive reading is not enough for most people to commit something to memory. Instead:

- skim chapter and note headings

and course objectives, make them into questions and set the goal of being able to answer these questions at the end of the study session;

- read a section and then close the book and either write out or recite the major points in your own words;

- as you read, visualize what you are reading. For major points it may help to make diagrams or pictures to cue your memory;

- group major ideas or do something to organize points;

- read material out loud or while walking around;

- jot down major points in your own words;

- explain the material to someone else.

- In order to remember material concentration is essential. Setting a study goal and a time limit can enhance concentration. Scheduling study sessions that are realistic in length (no more than 45 to 50 minutes), studying at the time of day you are most alert, changing the subject you are studying each hour, taking regular breaks and choosing a quiet study area also improves concentration.

- If your course involves a lot of memory work, commit to memorizing a few definitions or points every day. Flashcards work well for this.

- Memory tricks – devices made up to cue your memory – may be helpful. For example, the acronym HOMES is a way to cue the names of the Great

Lakes (Huron, Ontario, Michigan, Erie, Superior) and the acronym “Please excuse my dear Aunt Sally” can cue the order of mathematical operations (parentheses, exponentials, multiplication and division, addition and subtraction).

- Test yourself frequently. One way to do this is to make mock exams from old homework assignments or end-of-chapter/module questions. Set a timer so you need to work quickly as you do on an exam.

- The best activity to do right after studying for an exam is sleeping (or something relaxing). This gives the brain time to work on material and to organize it. New information, such as television or magazine articles, may interfere or compete with information that has just been learned.

- If you are having difficulty with a concept review it right before you go to bed. When you wake up you may find

that you have a better understanding of the concept.

- Getting enough sleep, eating properly and regular exercise enhance memory functions.

- Learning relaxation techniques can enhance memory. A relaxed state of mind increases the brain’s ability both to get material into and to retrieve material from long-term memory. Talking about exam material (or reading over notes) right before the exam only increases anxiety. (However being unprepared for an exam will likely lead to anxiety regardless of what relaxation techniques are used).

If you would like to learn more about memory techniques, or if you have other academic or personal concerns, see at Counsellor at NAIT Student Counselling, Room W-111PB, HP Centre. Book in person or by calling 780-378-6133.

## Who to call?

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

**Health insurance coverage** – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 28 if you have alternate coverage.

**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.”

**Program-related concerns** – Contact Program Chair or Program Adviser.

**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.

**Tutoring** – The Tutor Centre in Room A-133 (main campus) offers free assistance with math, physics and chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday. Also at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing [tutor@nait.ca](mailto:tutor@nait.ca). Cost is approximately \$15/hour.



Christmas  
Bureau  
of Edmonton

KEEP  
CALM  
AND  
VOLUNTEER

Please visit our website or call for a list of  
available positions.

[christmasbureau.ca/volunteer](http://christmasbureau.ca/volunteer)  
(780) 414-7682



CONNOR O'DONOVAN

# What is a childhood fear you still have not gotten over?



"Toothless old ladies."

**Kalp**  
Respiratory Therapy



"Michael Jackson."

**Michelle**  
Respiratory Therapy



"Ghosts."

**Sarah**  
Respiratory Therapy



"Being put under anesthetics."

**Andrew**  
Medical Lab Assisting



"The 1981 Heavy Metal cartoon."

**Manuel**  
Network Engineering

**Get the  
goods  
on Phil.**

We're ConocoPhillips Canada, but you can call us Phil. You can learn more about Phil and the great career opportunities in store at [WorkwithPhil.com](http://WorkwithPhil.com).

**ConocoPhillips**  
Canada



# A few simple rules ...

By JOEL LECKIE

Have you been looking for an excuse not to shave? Are your lips getting cold with the newly fallen snow? Do you miss the great handlebar mustache? Then November might just be your favourite month of the year. So, put away those razors and join in. Though the month is half way over already, there is still plenty of time to get involved.

It can be a lot of fun to have a friendly challenge with your buddies. The official Movember started in 2003 with a bunch of friends in Australia and a facial fashion contest. The year after, they put their contest to good use to raise funds for men's health. In the 10 years since, over \$550 million US has been raised. There are millions of participants, official and otherwise, around the world.

There are numerous good causes that the funds go to, all focused around men's health. The biggest ones are prostate cancer research and testicular cancer research to find a solution, and allow men to continue to live long, strong and healthy lives after suffering these diseases. Other major components of Movember is the support of mental health and numerous awareness campaigns. In the past, these issues have been a taboo, existent but never talked about. But even just knowing about the issues can save lives through changed behaviour.

To get people to start asking questions and having conversations, these men are wearing it right on their face. The growth of the mustache for a whole month is avail-



nicholasjv.blogspot.com

able to everyone, whether you are gathering donations or just creating talk. The few simple rules put in place back in 2003 have not changed: start with a clean face, grow and groom a mustache the whole month of November, don't fake it or grow a beard instead, create conversation, and be a gentleman.

Though the growth portion is limited to

men, there is a lot that women can do to help as well. Outside of making donations you can rally the troops, create conversation and celebrate the wins of the mustache growers. Amongst these sensitive issues, encouragement can give just as much support.

As they say at movember.com, "Knowledge is power. Prevention is everything.

Early detection is key. Learn about the health issues men face and how Movember is having an impact on men's health."

So, as you go around campus the next few weeks, find some of the team members looking to change the face of men's health. Let's build up that conversation and grow baby, grow.

# DJs need to be present

By BRETT BOHL

Does a venue's DJ really need to be there?

There are so many shows happening in the world each and every weekend. It used to be that the majority of the concerts or shows would take place only on the weekends but nowadays, it's not uncommon to hear about events that are happening during the week days. More and more are becoming week-long events. Whether it's morning or night, there will always be a DJ playing somewhere. All around the world, DJs are performing live concerts every second of every day ... But what if DJs did not have to actually be there, in person?

Does the DJ's presence impact the crowd's enjoyment to the experience? Typically, most people will buy tickets to a concert because they are interested in hearing whatever type of music is being played.

But the question is: are they really going to see the person who is playing or do they care more about the music? Would the concert be the same without a physical being standing up on stage? What if the person playing their set wasn't actually there? What if they were on the decks and broadcasting it from home? Could a massive projection screen provide people with the same level of excitement?

Imagine if the DJ were at home and imagine he or she were playing the exact same thing; (note for note) that you

would be hearing if he or she were in front of you in person.

When I hear a mix being played live on the radio, in my car or at home, without the DJ being there, I still rock out to the song being played. Even if the music being played isn't live I usually still rock out, too!

So does it matter if the performer isn't actually there at a concert?

The answer to my question is yes.

The DJ's job is to provide everyone there with a performance that is unforgettable! People who attend these events,



tomasportofolio.wordpress.com

concert, festivals and shows are the same people who fund the existence of them. If the DJs were not actually there, they would not be able to read every direction of the audience. Without being able to read crowd, the DJ cannot incorporate cues from the audience into their performance.

Part of the DJ's job is to read the crowd. If the audience is reacting negatively to a set, it's their job to change it and change the crowd's reaction! A person can only prepare so much for a live performance because every crowd is different. They must play to the needs and wants of the majority of people at these venues.

For radio mixes, the listener can simply change the frequency to something else if they don't like what they are hearing. Or, if they are listening from the Internet, there are millions of other choices for something else they do like.

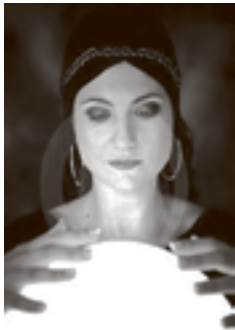
During a concert, there are not other alternatives for listeners. If they don't like what they're hearing they're going to go somewhere else. More important, they're less likely to come back. Without the people, there would be any show at all.

DJ Twix of Hot 107 says it best.

"The DJ's job is to give the people what they want and ultimately prevent them from leaving the event, by changing the style of music or the style it's being played in. How can they do that if they are not even there? They can't!"

THE NUGGET PRESENTS:

# HOROSCOPES



MADAME O

**November 13-19**  
(Warning: These Nugget horoscopes are not written by an accredited astrologer, however, believe them if you like, as they are absolute and unquestionable.)

**Scorpio (Oct. 23-Nov. 21)**  
I'm going to be honest, not a lot is happening for you this week, Scorpio. Catch up on TV or something.

**Sagittarius (Nov. 22-Dec. 21)**  
This is the week to try something new. The vanilla latte will be there when you come back. Try a salted caramel.

**Capricorn (Dec. 22-Jan. 19)**  
You will have conflict with a coworker or friend this week, Capricorn. Deal with it in the most passive-aggressive way possible. That will definitely fix it.

**Aquarius (Jan. 20-Feb. 18)**  
You will have a flawless week, like Beyoncé flawless. Everything will go well and nothing will go wrong. Just do your thing.

**Pisces (Feb. 19-March 20)**  
You will fall into a pattern of deep, dark, self-destructive behavior this week. Try your best to get out of it, but have a little fun first.

**Aries (March 21-April 19)**  
You will find your soul mate this week. Look to your left. You will be passionately kissing that person by the end of the year. If there's nobody sitting there ... well, that sucks.

**Taurus (April 20-May 20)**  
You will meet many new people this week. You will exchange words that may or may not be interesting. Good luck with that.

**Gemini (May 21-June 21)**  
You'll be pleasantly surprised by how many of your life's problems can be temporarily solved by ignoring them completely.

**Cancer (June 22-July 22)**  
This week could go either way for you Cancer, so try not to do too much speaking or walking or living. Just stay at home and watch Netflix, that's what I would do.

**Leo (July 23-Aug. 22)**  
This is your week to take chan-

ces in love. Swipe right when you may normally swipe left. Lower your standards a bit.

**Virgo (Aug. 23-Sept. 22)**  
Virgos are known for their incredible wit, astounding intelligence and breathtaking beauty. Just keep being

awesome, Hot Stuff.  
**Libra (Sept. 23-Oct. 22)**  
If you have had thoughts of travel this week, go for it, especially if it's somewhere tropical. I'm sure there are seat sales. School can probably wait.

## Volunteer meal delivery driver needed ASAP!

Volunteer drivers deliver nutritious meals and groceries to people who cannot prepare adequate meals or shop for themselves. This position is available weekdays between 10 a.m. and 1 p.m.

- Qualifications:
- Minimum 18 years of age
  - Must have own vehicle, a valid licence with clean driver's abstract
  - Must be willing to submit to a criminal records check and carry lia-

- bility insurance
- Able to climb stairs
  - Able to lift up to 20 lbs
  - No previous volunteer experience needed
- Apply for this opportunity at <http://mealsonwheeledsmonton.org/donate/volunteer/>
- To learn about other volunteer opportunities, contact us at (780)429-2020 or online at [mealsonwheeledsmonton.org](http://mealsonwheeledsmonton.org)

# Free kids' party

By CHARLIE ZHAO

Though the days are getting colder, we need to have some spirit. Recently, NAITSA is planning an event for NAIT students and their families to have some fun. Come and join us!

**When:** Nov. 15, 11 a.m.-4 p.m.

**Where:** Shaw Theatre, foyer and hallway

**What:** Kids party (theme: all cowboys and cowgirls)

**Who:** Kids/families of NAIT students

**Register:** Oct. 27-Nov. 7 in the NAITSA office E-131 or online [NAITSA.ca](http://NAITSA.ca)

"The kids party is a family friendly event for NAIT students to bring their children and have some fun!" said Gillian Wilson, NAITSA VP Student Services.

"This is a free event, however, due to limited supplies for activities, we ask that students register," she said.

"My goal as VP Student Services is to provide value for every student and involves hosting events that meet a wide range interests. We have a large population of older/mature students and it's important that we can cater to their needs. The kids party we held last year was overwhelmingly successful and we intend to build on that success. We all know how expensive post-secondary is and it's our pleasure to offer events that students can take part of free of charge." Wilson added.

"Kids will be given loot bags, food, drinks and games to play. We will also be showing *Chicken Run* and *Horton Hears a Who* (TBC). There will also be a bouncy castle, balloon animals, tattoos and face painting along with craft making!"

Come and surprise us with your awesome cowboy and cowgirl suits! We are more than happy to welcome you!

## SUPPORT UNITED WAY ATTEND AN EVENT

DATE	TIME	EVENT	LOCATION
Nov. 6, 13, 20, 27	12:00 PM - 1:00 PM	50/50 Raffle Sales	Purchase tickets in front of Common Market
Nov. 17 - 21	Various	Fitness Classes	E134 (sign up)
Nov. 17 - 21	All Day	Education Challenge Silent Auction	Online
Nov. 18	All Day	Toonie Tuesday	NAIT Cafeterias
Nov. 20	8:30 AM - 11:30 AM	Poverty Simulation	Boyle Street Plaza
Nov. 20	10:30 AM - 1:00 PM	Chili Lunch	Blue Plate - Common Market
Nov. 21	10:30 AM - 1:00 PM	Artisan Bread Sale	South Lobby
Nov. 26	8:00 AM - 2:00 PM	Computer Monitor Sale	South Lobby
Nov. 27	11:00 AM - 1:00 PM	Day of Caring	Operation Friendship Seniors Society

For full event details, please visit [nait.ca/unitedway](http://nait.ca/unitedway)





# Answer a question and win

By **TAYLOR BRAAT** and **BRETT BOHL**  
*@taylorbraat and @dj BohLd*

NAIT’s Campus Radio Station is NR92 – “the station for the students by the students.”

NR92 is your music and your attitude.  
NR92 will be conducting a survey on campus, called Band in a Box. Check us out in the South Lobby and the HP Centre, during the lunch hour from Nov. 17 to Dec. 3. We are conducting a quick survey asking students to name their favourite artist. Whoever it is, we will honour a promise to play more of it. NR92 would like to play more of the music that you listen to.

Once you tell us who that artist is, we will play your favourite artist and possibly your favourite songs on NR92’s after-hours radio shows. Listen to [www.nr92.com](http://www.nr92.com) on your computer or listen from the “tune-in” app on your smart phone or tablet.

We will be giving out daily prizes and all you have to do is fill out one of our ballots and put it in our gigantic box. Our sponsor is The Union Hall and they have given us tickets for upcoming shows. This is just one of the many prizes you can win by telling us who your favourite artist is. If you see us, come on over and participate with NR92’s Band in a Box.

We will be posting on Twitter, Instagram and Facebook each day with our themes. Our themes are:

- Metal Mondays
- Techno Tuesday
- Wildest Wednesdays
- Throwback Thursdays

- Freestyle Fridays

NR92 wants you. We want to know who you want to hear more of on our station. There’s nothing to lose but many awesome things to gain! (and to win.)



Photo by Brett Bohl

# Kirby’s favourite XXX gals

By **EVAN KIRBY**

**5. Rachel Starr**  
My fifth spot is basically a rotating spot of whoever I’m feeling week to week, but nobody graces it as often as Rachel Starr. She’s like the journeywoman of porn, been working for years consistently and putting in quality work, but never getting the glamour or fame like someone like Lisa Ann. Rachel Starr is like Jadakiss, putting in quality work year after year, but never delivering that one piece that puts them in classic territory. Rachel Starr is the blue collar porn star, putting on her hard hat every day and going to work, except her work includes having copious amounts of sex.

**4. Gianna Michaels**  
If I asked you to picture your stereotypical image of a porn star, Gianna Michaels might be the furthest from what you imagine. No, she’s not hideously attractive and yes she still has huge fake boobs, she’s just not traditionally who you’d think would be having sex for money. Nonetheless, she makes my list because I’m so scared of her. While porn usually makes the woman the submissive type and the man the wholly dominant one, Gianna never makes that the case, she is always in charge and it’s hot, but also so very intimidating.



Phoenix Marie

**3. Asa Akira**  
Asa may be, pound for pound, the funniest porn star in the business. She is probably the most well recognized porn star on Twitter, and has even further expanded her brand with a popular podcast as well as a successful book on her entrance and stories in the business. You always hear about porn stars saying porn is just an entrance to the entertainment industry and you lol because obviously seriously transitioning to other things will never happen, but Asa is the one porn star who you kinda believe could make it work. Oh, and she’s very good at sex scenes, like very good.

**2. Lisa Ann**  
She’s the one who started this whole thing, the gateway drug to this porn business for me. I’d go as far as to say she’s like this for many of people my age and older, as my research tells me\* (\*one person I talked to). Lisa Ann is that porn star who you wouldn’t be taken to much aback to hear that your mom knows who she is, not that that would be a desirable conversation to have. At 42 she’s still going strong, and even voiced prostitute No. 2 in Grand Theft Auto V #lifegoals

**1. Phoenix Marie**  
I always debate the order of these rankings, but c’mon, I’m a dude, but one con-

stant is Phoenix gracing the top spot. She gets a 10 in every category. She’s down to do whatever, and I mean whatever, knows what to say during scenes, and looks just as hot as a blonde or a brunette. On top of all this, she knows how to work her social media game, mixing it up with porn related stuff, and just random every day life stuff that makes her seem like your everyday person you’d see on the street, except that she’s in my opinion the best porn star working.

## CROSSWORD SOLUTION

1	R	E	N	A		5	S	K	E	W	S		10	D	E	A	R	
14	E	L	A	L		15	T	O	R	A	H		16	E	T	T	U	
17	D	E	P	E	N	18	D	A	B	L	E		19	P	T	A	S	
20	O	V	E	R	A					21	R	A	22	D	I	A	T	E
			23	T	E	24	A		25	A	U	R	A	L				
26	O	A	R	S		29	D	R	Y	S		31	M	A	M	I	E	
35	N	E	E		36	H	I	V	E		37	P	O	T	E	N	T	
38	E	S	T	39	E	E	M	S		40	B	E	N	E	A	T	H	
41	R	O	A	D	I	E		42	B	Y	T	E		43	D	O	O	
44	S	P	R	I	G		45	V	I	E	T		46	P	E	W	S	
			47	T	H	R	O	B		49	Y	E	N					
51	Z	A	P	A	T	E	O					54	A	E	T	N	A	
58	A	R	A	B		59	A	D	V	E	N	T	U	R	E	R		
63	N	E	L	L		64	L	O	E	W	E		65	M	A	S	T	
66	Y	A	L	E		67	M	O	T	E	T		68	A	C	T	S	



# WHAT'S GOING ON AROUND CAMPUS

## WEEKLY CLUB MEETINGS

WHAT	WHEN	WHERE
IntoNAITion Toastmasters	Every Monday from Sept. 15, 2014 -April 20, 2015	Room X-111
Aboriginal Students	Every 2 weeks on Wednesday's from Oct 1-Dec 24	Room H-111

## UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Toastmasters	Leadership Institute & Club Officer Training	Dec. 6   7:30am-4:30pm	Shaw Theatre (& additional room tbd)
BTech Club	Guest Speaker Event	Nov. 17   5:00pm-8:00pm	Shaw Theatre
ASC	Round Dance	Nov. 15   5:00pm-2:00am	Enoch Community Centre

## CAMPUS CLUBS NEWS

WHAT	WHEN	WHERE
<b>ORGSYNC CHALLENGE #7</b>	<b>NOVEMBER 10-NOVEMBER 16 2014</b> Communicate with your organization - create a poll or news post!	<b>ON ORGSYNC!</b>

# 8 Weeks of OrgSync®

WEEK  
**07**

## COMMUNICATE

NOVEMBER 10 - NOVEMBER 16

Communicate with your Organization -  
create a poll or a news post!

NAITSA **CAMPUS CLUBS  
CENTRE**

VISIT THE  
**CAMPUS CLUBS CENTRE**

Room E-125, NAIT Main Campus  
780.471.8457 | 780.471.8871  
[naitsa.ca/clubs](http://naitsa.ca/clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates.