

# THE NAIT NUGGET

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Volume 52, Issue 10

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

## WAITING FOR LRT

### NAITSA president requests U-Pass fee relief from city



Photo composite by Ciaran Boyle

NAITSA President Hasib Baig stands at the NAIT LRT station to draw attention to a request that the Students' Association made three weeks ago to Mayor Don Iveson's office. The letter asked for a rollback of next year's U-Pass fee increase as a result of three delays in the transit project, now slated for opening in February. The mayor had not responded at press time.

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# NEWS & FEATURES

## Student senators meet

By **NICOLAS BROWN**  
@bruchev

Elections are over, training is done, but the learning never stops. NAITSA's student senators gathered for their second meeting of the year last week to discuss issues important to students on campus.

The Student Senate is NAITSA's governing body. Eighteen student senators, representing nine different program areas, receive information on NAITSA's current projects and ask questions until they are satisfied with the information provided.

NAITSA President Hasib Baig opened the meeting by outlining some key activities undertaken in the past weeks, including meeting with MP Laurie Hawn to discuss EI processing for apprenticeship students, explore the idea of tuition rebates for international students intending to remain in Canada and building student engagement in federal politics.

This was followed by VP Academic Rechelle Eklund's report, which outlined a terms of reference for NAIT's upcoming Office of the Ombudsperson and the Office of the Ombudsperson Leadership Committee.

VP External Justin Nand reported a number of activities, including orientations for new apprenticeship students at Patricia Campus, helping with review processes on campus and attending external events on behalf of NAITSA.

Finally, VP Student Services Gillian Wilson reported on the recent Alberta Campus Mental Health Innovation Fund (ACMHI) mental health survey that was distributed to students via e-mail. NAITSA is also continuing with its "How to" series this term, with a wide range of topics.

She also reported that the Coca-Cola, or "Coke," exclusivity contract will be up for renegotiation in Spring 2015.

NAIT currently has a 10-year exclusivity contract with Coca-Cola, which dictates what beverages can be sold on campus. Exclusivity contracts offer benefits to students through scholarship funding and the "Coke Fund" that provides funding to NAIT departments and NAITSA for projects. This year, NAITSA applied for support from the Coke Fund for a pilot project to install five digital displays across campus to replace poster boards, making it easier to share information with students and open up a new source of advertising revenue for NAITSA.

"The benefits of exclusivity may not have a great enough value for students," said Wilson. "NAITSA wants input because Coke is very strict about what can be sold on campus."

In the end, "our goal is to negotiate the best value for students. Regardless of the brand, we want to ensure that whatever we choose has the best value and gives the best opportunity for students."

The last major part of the meeting was the appointment of the two major committees – Finance, and Governance.

Senators Cruz, Luchkow, Theriault, Modi, Moya, and Huang were voted to the Finance Committee and Senators Wrobel, Purkiss, Gates, and Russell were voted onto the Governance Committee.



Photo by Nicolas Brown

Justin Nand, NAITSA VP External, listens as Gillian Wilson, VP Student Services, makes a point during a Student Senate meeting on Oct. 29.

## Good food from unlikely place

By **MARIA TAGLIENTE**  
Issues Editor

Why pay for your food when you can just find it in the trash? Most people would think such acts as unsanitary but for people like Patrick Sperling (NAIT Personal Fitness graduate), it's become an everyday way of life.

"I 'dumpster dive' for most of all my food," Sperling said.

"That just means I get perfectly good food that stores deem unfit for sale out of their garbage."

Most would assume that only garbage is found, well, in the garbage. Unsanitary, rotten, contaminated and all that good stuff but you wouldn't believe what he actually finds. After some successful hunts he takes to Instagram to share with his 2,800 (and growing) followers. Apples, salads packed per-

fectly in their to-go bowls, potatoes, a lot of bananas and much more. "Anyone who follows my Instagram knows I love bananas and (that) they are my favourite food find."

After five years of doing this, you can say he's become a pro but why would anyone take countless hours out of their day to hunt the alleys for food when we have grocery stores on almost every busy block in the city?

"I can't exactly pinpoint when but I started doing it after realizing the massive amount of unnecessary waste our culture produces. I didn't want to be a part of it or, at least, as little as necessary. I wanted to combat that."

For you future divers out there, Patrick suggests to focus on locations that "have bins and not compactors and that usually means smaller grocery stores. Every store has waste regardless of it selling food or not, so just

check stores that you want to get stuff from and check often."

Some other unexpected items that he's found while dumpster diving are "a brand new \$1,500 keyboard in (its) box or my dining room table and chairs that were brand new in the box or a La-Z-Boy chair ... brand new. You get the point. Capitalism works, right?"

As well as being a dumpster diver, he is also a passionate vegan.

"Veganism is about non-violence," he says. First of all to the animals but also to the planet and my health. The animal agriculture industry is the single most destructive industry to the planet. More than oil, more than transportation. So yes, veganism influences my decisions.

"For anyone interested in this, check out the documentary *Cowspiracy*."



**Patrick Sperling**  
Dumpster diver





Photo by Krista Verburgh

### Scary-oke at the Nest

These folks were in the Halloween spirit on Friday Oct. 31 at the Nest for the annual Scary-oke night. The best costumed person at the event was awarded a \$200 gift card and the second place finisher received Oiler tickets. The third best dressed received a mini-fridge.

# True blue to be tested

By **NICOLAS BROWN**  
@bruchev

*This article is the sixth in a series by Nugget contributor Nicolas Brown on the political parties in Alberta. This week he looks at the Progressive Conservative Party of Alberta.*

For the past 43 years, Alberta has been known nationally as a true blue province. The Progressive Conservative Party, more officially known as the Progressive Conservative Association of Alberta, cemented that perception last week with a string of victories in recent byelections. With a solid track record of having the longest unbroken run in government at the provincial level in Canadian history, let's take a look at the party itself.

When the province of Alberta was formed in 1905, the party was created as the Alberta Conservatives from the remains of the Northwest Territories Liberal-Conservative Party that had existed since 1898 in the old territory. Although lead by influential men of the age, including future prime minister Richard Bennett, the Conservatives were a marginal party for the first 60 years after the province's formation. The only major policy difference between the Tories and the Liberals of the time was the party's belief that the province should have control over its own natural resources, something the province had been denied during its foundation. Even more shocking to those unfamiliar with Alberta's political past, the Conservative Party actually joined with the Liberal Party as a coalition in the 1940, 1944 and 1948 elections, with candidates from both parties running as independents in an attempt to unseat the rul-

ing Social Credit party. In 1959, after the failure of the coalition and the rebranding of the federal conservative party, the party became the Progressive Conservatives, though the party continued its weak showing.

The party's fortunes changed in 1965 with Peter Lougheed became leader of the party, transforming it into a political force that recognized the growing influence of Alberta's major cities. Just 10 years later, the party gained a majority government, thus beginning Alberta's true blue reputation. In the past 43 years, iconic politicians such as Lougheed, Don Getty, and Ralph Klein (famously known as King Ralph) have led the party and province with near impunity, as other parties have failed to put any significant dent into the Conservatives' staunch support.

However, the party has taken a few blows in the past 10 years, and that staunch support may waiver as other parties build their momentum. The party recently elected their fourth new leader in 10 years, former federal cabinet minister Jim Prentice, and though he demonstrated his political chops by leading his party to victory in four byelections last month, the true test comes when the legislature returns to work. Confidence in the party has waned, made evident by the abrupt formation of the Wildrose Party, which swept into the Opposition benches in the last provincial election. If the Conservatives do not satisfy Albertans that they are still a viable governing party, our next election could show Alberta change from blue to a new colour.

Like all major parties, the Conservatives have a few campus associations at major post-secondary institutions across the province but that is not always indicative of youth

engagement. The party has also not made their policy book available to the public as other parties have; instead, they have posted a "Statement of Principles" on their website. A short 572 word statement, last revised over 12 years ago, is meant to illustrate how the party intends to serve Albertans.

These listed principles are: Fiscal and Economic Responsibility, Accountability, Lifelong Learning, Health, Enabling Individual Initiative and Responsibility, Environmental Stewardship, Emphasis on a Free Enterprise Economy, The Importance of Family, The Role of the Individual, The Rule of Law, Equal Partnership in Confederation, and being an Open Party Accessible to All Albertans.

The only principle that affects NAIT students is the commitment to lifelong learning.

"It is important that learning opportunities be accessible, affordable, and sustainable for all Albertans," the statement says. "We believe in enabling and encouraging Albertans to contribute to their fullest potential."

Clearly, the Conservative party has shown tremendous ability to govern, with a track record to prove it. However, history cannot be used to support change and the party's greatest challenge will be providing the evidence to support the new headline on their website, "A New Era for Alberta." With provincial elections rapidly approaching, those words could prove prophetic, and not in the way they intended.

If you want to learn more about the Progressive Conservative Party of Alberta, check their website, [www.pcalberta.org](http://www.pcalberta.org), or contact your constituency association.

**Next week:** The Alberta First Party.



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## Letters

### We want your views

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

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

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



# City has a bright plan



By **QUINTON BERGER**

There's no question that Edmonton has some of the longest, coldest winters around. Edmontonians deal with the pain of winter that seems to last forever. That's why this year Winter City Edmonton is taking a new initiative.

This year, the people of Edmonton are being asked to leave their Christmas lights on past the holidays. The idea behind this is if we brighten up Edmonton's skies, winter won't seem so dark and cold.

Winter City Edmonton has spent years thinking up ways to help Edmonton become a "winter city." The aim is to have us embracing winter, rather than dreading it.

Susan Holdsworth, co-ordinator for Winter City Edmonton, explains the goal is for people to see the house displays not as Christmas lights but as winter lights.

"January and February are really dark months in our city," says Holdsworth.

"Leaving out some Christmas lights – by all means take down your Santas and reindeer, but leaving some lights out is a low cost, low energy, yet high impact way to really make our neighbourhoods more beautiful, to increase the perception of warmth and the beauty of the season."



Winter City Edmonton has taken to the web, asking people on Facebook whether they think the lights will help brighten up winter (pun intended) and have been getting mixed reactions.

Responses on Facebook ranged from "What a great idea. The lights always seem to help folks feel better and smile more during the long dreary darkness of the winter months" to "Never before Remembrance Day! It seems foolish and disrespectful to jump straight to Christmas without taking the time to honour

and respect the entire reason why we have Christmas as we know it."

We at the *Nugget* took to the streets and asked Edmontonians what they think.

We got answers like "I know that might be a problem for electricity" and "If you can afford the power bill, go for it." The general consensus from those opposed seems to be that this will have adverse effects on the city's power grid and cost people a bunch of money.

Holdsworth believes people's per-

ceptions of the cost are inaccurate.

"It's not going to add any significant cost to people's power bills, especially if they're not full blown, Candy Cane Lane style, but something more subtle. It's probably the equivalent of a single light bulb."

At the end of the day, it all really depends if the people of Edmonton want to leave their lights up. But maybe if every house kept them on all season, Edmonton's winters would seem a little less bleak.

## Don't be afraid to reach out

By **NICOLAS BROWN**  
@bruchev

*"In light of recent events at the University of Alberta, it is vital that students are familiar with the resources available and where to go when they need help."*

– Gillian Wilson,

NAITSA VP Student Services

Rumours of suicide have circulated after the University of Alberta's HUB Mall was shut down for just under an hour last week for what is being called a "hazardous materials incident."

University officials are being tight-lipped about the incident, with only a brief media release issued, stating "there was an incident in HUB mall at the University of Alberta. Edmonton Police Services and Edmonton Fire have evaluated the scene and have determined there are no risks to public safety."

All further inquiries have since been redirected to Edmonton Police Services, though the officials did confirm that there had been a death on campus a few hours after the incident.

Whenever a suicide occurs in the post-secondary community, it is important to remember that there are services

available to students to seek out help. Whether it is stress, anxiety or any other multitude of reasons, there are resources on campus specifically set aside so that students can access the people and programs necessary to make it through difficult times. Both NAITSA and NAIT itself have programs and services available for students to access when dealing with stress, anxiety and other mental health troubles.

NAIT has provided a number of different services geared toward promoting mental health awareness and providing support to students. Foremost is NAIT's Counselling Centre, which is located in room W111-PB in the HP Centre. Counselors are available for appointments to assist students with challenges they might face on campus. There is also a 24-hour help line, the ULifeline

(1-800-273-8255) available, which students can call at any time for support or help. Other centres, including the International Student Centre and the Encana Aboriginal Centre, are available to provide support for students as well. There is even a new campaign on campus, the Hi F.I.V.E.

***Should students be looking for counselling or other services not provided by NAITSA itself, the Students' Association website links directly to NAIT's Counselling Centre site.***

campaign, to encourage, educate and inspire open conversations about mental health and to invite kindness and friendship towards anyone experiencing mental health issues. Staff and students alike can express their support, and

participate in the campaign, by visiting the Academic Success Centre (Room W-111PB) to learn more information about this new campaign to promote a judgment free and supportive campus.

NAITSA itself focuses on promoting services available on campus, provid-

ing students opportunity to build their own support networks through campus clubs, the "How To" series, and "Wellness Wednesdays."

"NAITSA is committed to our students' mental health and promoting awareness of mental health related services," said Wilson.

"Our goal this year is to promote stress-relieving activities that encourage positive well-being."

Should students be looking for counselling or other services not provided by NAITSA itself, the Students' Association website links directly to NAIT's Counselling Centre site.

As students, life can get pretty stressful, as many students move away from home and friends for the first time and the pressures of life – school work, bills to pay, job expectations to meet – can become a very heavy weight. It is important to remember that you don't have to carry that weight alone. There are people available on campus to help you, even if all you need is an attentive ear and shoulder to lean on. As we pass the halfway point for fall term, remember that you aren't alone.



# Cooler weather on the way

By **BRANDON HESS**  
Meteorologist in Training  
@edmontonwxab

Welcome to November! The month started above average. Daytime high was 8 C to start the month. As we head further into the shoulder season, we see systems coming and going rapidly. One day can be closer to 10 C and another day can be closer to 0 C.

Thursday, Nov. 6 looks to be the warmest day of this week. We could hit 10 C this day. We get a nice push of warm air out ahead of a Pacific low pressure system. This system quickly moves off by Friday. What a difference a day can make! The high on Friday could be closer to the 0 C mark. We have a cold front coming through and some Arctic air rushes in from in behind it. However, it does not look like Edmonton will get into the huge dip of Arctic air. The brunt of it should stay well to the northeast.

Thursday will be the last high near 10 C for a while. Starting Friday, I am looking at daytime highs closer to the 0 C mark. If we see any precipitation through the region this weekend, it could fall as a wintry mix. Temperatures in the mid-levels of the atmosphere could possibly support wet flurries and some showers.



Systems are picking up speed at this time of year. There will not be prolonged days of heat with no precipitation. At this time of year, systems are always moving. Any blast of warm air we get is usually accompanied by some precipitation. All these systems on the move also means a lot of wind, particularly winds out of the west and northwest. A tight pressure gradi-

ent means wind.

Believe it or not, the average daytime high sinks closer to 0 C by the middle of this month. Therefore, it will be considered "normal" to see daytime highs around 0 C. Morning lows this weekend and into next week could be around the minus 5 C mark. Earlier this week, there was a lot of disparity between temper-

atures on single runs of GFS. Some had us much warmer, while others were much colder. At this time of year, it can be tricky to compare single model runs, long range. We therefore look at an ensemble for a more accurate forecast.

How are you dealing with the cooler weather? Send me a tweet @edmontonwxab!

# Be an everyday hero!

By **ELYSSA TESLYK**

Everyone is affected by poverty, and we all have a responsibility to create a movement towards a society where everyone's human rights are met.

"I encourage all students to get involved on campus and join us in our fight against poverty. Through volunteering at the NAIT events throughout the month or starting their own initiatives, we move one step closer to solving poverty and creating a better society for Albertans," said Justin Nand, NAITSA vice president External.

Take a step back and ask yourself: Do I have the financial means to purchase goods and services I require to become a happy, productive citizen of this country? Do I have the mental abilities and required skills to deal with daily life (reading, writing, computing)? Am I mobile and do I have good physical health? Do I have friends, family, and back-up resources available to access in



**Justin Nand**

times of need? An answer of 'no' to any of these questions could lead to an individual being at risk of encountering poverty in their life and the 2014 Education Campaign from the United Way aims to raise money to combat poverty in our community.

For the next month, the United Way will be conducting the 2014 Education Challenge in an effort to raise \$75,000 by promoting events and contests that stimulate small wins for students; educating and encouraging individuals to remove the stigma behind poverty.

The campaign emphasizes everyday heroes uniting and takes advantage of the (mostly) friendly rivalry between NAIT, MacEwan University, Athabasca University, the University of Alberta, Norquest College and King's University. Setting up the campaign in this way is meant to build participation to foster collaborative ideas that build a better future for Canadians.

In the 2014 Education Challenge,

individuals within NAIT are encouraged to participate in employee giving which allocates 30 points for the percentage increase in the number of dollars raised, everyday hero dollars and leader dollars. The employee participation rate allocates 40 points for the percentage increase in overall donors, everyday heroes, and leaders. Student engagement is allocated 20 points for creativity, attendance, social and leadership. Lastly, best practices are allocated 10 points and are divided into four groups: education, engagement, participation and management.

Education best practices include attending training, hosting/attending an ambassador training, hosting a member agency presentation for staff, hosting a Leaders of the Way/everyday hero presentation or promoting payroll options, tax benefits, or the gift of stocks and securities.

Engagement best practices include product drives, creativity of special

events, attending a poverty simulation, or attending a day of caring.

Participation best practices include effectively canvassing all employees, attending United Way events and utilizing personalized pledge forms or electronic pledges.

Management best practices include the visible support of the United Way from senior management.

Eliminating poverty the NAIT way means to take the first step by speaking up and giving

us your two cents. It means that you believe in teamwork and strengthening the national security of this country. If you are oddly intrigued and inspired by some of the initiatives NAIT is taking, than it might be time for you to model the NAIT way. To seek more information about what you can start doing as an individual, shoot us a line at the *Nugget* to start fostering ideas or visit <http://www.nait.ca/UnitedWay> for contact information pertaining to specific events taking place.



# Point Counter Point Bah ... humbug?



By **QUINTON BERGER**

@QuintonBerger6

Well, here we are. Halloween is over and now it's time for the next holiday to be crassly exploited for commercial gain. Christmas is coming. It seems like we start seeing Christmas stuff earlier and earlier each year and, each year, I care about it a little less. Don't get me wrong, seeing your family is great, so are bright lights and high spirits but by the time Christmas actually happens, you've seen all that stuff for two months. You're tired of it because it's been played out. After a while, you just get sick of it. The commercialization of Christmas isn't even the problem to most, it's just the amount of time spent commercializing it. There's barely even snow on the ground when all the Christmas crap comes out but that won't stop the corporate giants from shoving it down our throats in an attempt to squeeze us for every penny we've got. It's gotten so hollow and meaningless that people just stop caring.

I've been told there was once a time when Christmas actually meant something. Apparently the holiday used to hold some kind of religious significance. According to some old-ass book, Christmas is the same day some dude was born. This dude wound up being very important to a bunch of people who model their lives around his teachings. I had a hard time believing this because to me and most other kids these days, Christmas is about Santa. Everywhere you look, you see the big man in red. Kids line up to sit on his lap to ask for stuff they don't need and if you pay money, you can get a crappy picture taken with him. Santa is everywhere, constantly watching and judging you and if you get caught slippin' you won't get what you want for Christmas. Man, the Christmas season is like a freaking Orwell novel. Santa Claus has taken Christmas's old meaning and is using the holiday to dupe kids into thinking they're being watched and adults into spending a bunch of money, only for someone else to get all the praise. Man, Santa is a dick.

## Christmas songs on repeat

But with all the hustle and bustle of Christmas, you know who I really feel bad for? Retailers. If you've worked in a grocery store around Christmas, you know what I mean. Every chain store has their crappy mix of Christmas songs, which they play on repeat till Christmas. Call me a Scrooge but you can only hear the same playlist so many times without getting utterly sick of it. No one would blame you, either. Christmas music sucks and the earlier and earlier that Christmas starts getting plugged, the more and more our poor cashiers and stock boys have to hear those crappy rehashes of songs that were already terrible. This is just cruel. Christmas should only start hitting the stores on Dec. 1. What we're seeing happen these days is just too early, and kind of inappropriate. Leave the Christmas stuff for Christmas time. It shouldn't be brought out as soon as Halloween ends, just so the man can capitalize on it.



By **NATE BRYANT**

When is it every too early for Christmas? Christmas is the best time of the year! Anyone who complains that stores are pushing it too early have clearly never had a good Christmas memory. Which is sad, and I would be sad, but I can't because I'm listening to Christmas carols on loop right now. You can't even argue that it's not even the next holiday anymore. Halloween is over, and now it is November, so unless you expect stores to start hanging Movember signs and playing the only two songs about moustaches in existence, you better jolly up! Christmas is the coming and all this complaining is only going to land you on the naughty list. What do you have to look forward to for the next two months if not Christmas? We are always looking towards the next holiday because it's fun and keeps us going. Imagine Alberta when it's ridiculously cold, constantly snowing to the point that you can't see in front of your nose, we have terrible roads, and there ISN'T Christmas to look forward to.

## A time to be happy

Like I said, Halloween is over. Done. Not happening. Dead. I know everyone is just in love with Halloween but now it's cold and all I can think about is what Santa is going to bring me. We might start advertising Christmas early but that's because it's the biggest holiday of the year. It's a time to be happy and everyone knows just the notion of Christmas puts people in a better mood, so we start it early. We shove holly up your butt and cram mistletoe in your face because it just puts you in a better mood. We play carols for the next two months because it makes us so jolly. We replace our pumpkin spice lattes with peppermint hot chocolate because 'tis the season. If you say it just makes you grumpy and all you do is complain about it, you are probably at least a quarter related to the Grinch. People dressed up as Santa for Halloween, so I'd say it's safe to say we are accepting the Christmas season.

Not to mention the money that can be made. People don't want to push off their Christmas shopping until two weeks before December, so they will be hitting the

stores in October and November. It's kind of weird to be buying something before Halloween as a Christmas gift, but when you see the tired stock boy dragging out decorations, you don't feel so weird. Stores know if they can make you comfortable and feel like it's Christmas, you will probably buy your gifts and spend more money. Now that sounds greedy, but you had to get gifts anyway, and I bet you won't be so upset come December when you have the 2014 equivalent of Tickle Me Elmo when it's sold out. Now your kid can be the happiest kid on Christmas day, or you could just sell it for like, a grand. All in all, you can see how an earlier Christmas definitely benefits us all.



File photo



# OPINION

— Editorial —

# Movember for all



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

Once a week for about an hour and a half, I become a person I don't like. I become exactly the type of person I loathe to accidentally follow on social media – self-absorbed, myopic and mildly pretentious. That time is about how long it takes me to write these editorials.

Working for the *Nugget* has so many perks. Setting our own hours, salaries for editors, occasional snacks, getting to hang out with Frank “the Tank” MacKay on the regular, couches to nap on ... but once a week I question what I signed up for.

## Great opportunity

OK, maybe once a week is an over dramatization, because at times I have things I would just love to rant about and this column is a great opportunity for that. Other times, something crosses my path that I just have to share with the general public. But most of the time, my life is luckily pretty damn good and I don't have a lot to rant about. Or at least, nothing so upsetting that I could write 600 words about it.

My life is pretty simple. I love Edmonton, I love Alberta, I love Canada. I like math, dogs and wine (not in that order). I have an awesome family and an awesome partner and a couple of pretty damn cool jobs, all of which are understanding of the fact that in my mid-20s I'm still in school because I decided to finish my degree. Nobody judge me but the BBA wasn't available when I did my Business Administration diploma (did I just date myself?). I could write about how I have my CFA Level 1 exam in four weeks and I'm stressing out but does anyone other than my mom really care?

## For women, too

Here's something I feel we can all relate to, however: Movember. Love it for the fun mustaches that come out and the great cause it supports or hate it for the scruffy, prickly, ungroomed food catchers they can become, we all seem to have an opinion. However, there's not a huge opportunity for the female side of the population to get involved and have a bit of fun beyond financially sponsoring our male counterparts.

Enter my former colleague and friend, Edmonton jewelry designer Megan Prefontaine. One half of the company Two Good Trends (@twogoodtrends on Instagram), she has designed (again, after selling out her stock last

year) an option for the ladies in the crowd that want to support the Movember efforts. Simple, jet black bracelets with a dainty mustache for \$15 with 50 per cent of the proceeds going to prostate cancer research through the organization Prostate Cancer Canada. Not only does this awesome girl (who is also completing her Education degree) make these bracelets to raise funds for a cause she believes in, she has

also put her body to the test doing the MS Bike Tour the past two years (like a boss). I love it when great people give back to our great community.

So without further ado, that's my editorial this week and I'm going to get back to studying for my exam, because I am stressed and not afraid to admit it. Have a great week and don't forget to put on your poppies.



Supplied photo



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

## Celebrating injuries



**CONNOR HOOD**  
Sports Editor  
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Celebrating is part of sports. It doesn't matter if it's football, hockey or baseball in your backyard, it's part of the game. But there are instances when you see a celebration go so horribly wrong, you have ask yourself – why? Why would a player be so idiotic? Good question. Case and point, last week's NFL game between the Chicago Bears and the New England Patriots. Patriots are leading 51-23 in the dying minutes of the fourth quarter. Bears defensive end Lamarr Houston sacks Patriots backup quarterback Jimmy Garoppolo. Now, most defensive players would take the sack as what it is, a meaningless stat in a game in which you are losing by 28. Not Houston, he decides to celebrate sacking a backup quarterback by leaping into the air in glory, only to tear his anterior cruciate ligament, or ACL, after landing

the jump, ending his season on the spot. How perfectly does the punishment fit the crime?

I completely understand celebrations

in sports but at the right moment. Perhaps a three-point game, Houston sacks Tom Brady, stalling the New England drive, and giving the Bears the momentum. Sure,

give me a hearty fist pump. Down 28 with the backups in? Shut up and go back to the huddle.

You may be thinking, this doesn't happen a lot, does it? Let me tell you, it happens a lot more than you would think. Current Detroit Lions linebacker Stephen Tulloch knows all about it. The play was similar to Houston's. Tulloch sacks Green Bay Packer quarterback Aaron Rodgers and decides to celebrate in style, by mocking Rodgers' championship belt move, only to also tear his ACL. Another boneheaded move. What's so wrong with giving your teammate a high-five and getting ready for the next play? In most cases, less often equals more.

Or how about Bill Gramatica? It's 2001 and Gramatica's St. Louis Cardinals are playing the New York Giants. Gramatica kicks the field goal to put the Cards up 3-0. Instead of walking back to the sidelines like 99.9 per cent of kickers do after a first quarter field goal, Gramatica jumps wildly in the air, also injuring his knee upon landing. Not a game-winning field goal, not a game-changing play, just the first three points of the game. Still don't believe me? Simply type celebrations gone wrong into YouTube and you will have hours of enjoyment, pity and as many celebration related injuries you could ever ask for.

Many sports fans wonder, what happened to the time of players like Walter Payton, who would run in the game winning touchdown and simply hand the ball back to the ref? Does every moment of every game need some sort of taunting? Yes. Players in every sport are always trying to get under each others skin and by any means necessary. That used to mean winning. More recently, it has been after the play, when it no longer matters. Unless players enjoy sitting in the press box for the rest of the year because they had another notch on their stat line, it's time for them to learn to shut up, get back to the game and to save their celebrations for the locker room. What's wrong with acting like you've been there before?



**Lamarr Houston falls awkwardly during his ill-advised quarterback sack celebration.**

### FITNESS

## Yoga – practice makes perfect

By **KATHERINE HILL**  
@katherinehill57

There's nothing in this world more relaxing than yoga. After a long day, the best thing to do is head to your yoga mat. Whether it's a two-hour practice, or just a few sun salutations, the stresses in your life will just melt away.

Clearing your mind can be a bit of a challenge, but once your breathing engages it's hard to hold onto any worries. Once you've set the intention for your practice, it drives all of your moves. You move through your sun salutations, tak-

ing the time to create a rhythm in your breath. Inhale, reach your arms above your head. Exhale, hinge at the hips. With each breath, you settle into a moving meditation. You access parts of your body you had forgotten even existed, stretching and breathing new life into your limbs.

Once you're warm and breathing regularly, you move through the rest of your sequence. Each posture targets a different part of your body. Some take strength, others flexibility. Certain postures require your legs to work, while others need you to open up your shoulders and your back. By the end of your practice, every part of you will feel stretched and strengthened. That's the beauty of yoga; it works every part of you.

Even if you're not practising hot yoga, the postures make you sweat. You're creating inner body heat through your breath, warming up the rest of your body and helping you extend your flexibility. Your breath helps your body open up, gaining flexibility each time you step onto your mat.

Yoga teaches you to do things you never thought possible, like regaining access to those backbends you used to do so carelessly as a

child. Sometimes there's a healthy amount of fear involved, like the first time your instructor tells you to kick up into a headstand. Sure, they might be crazy, but with a little faith in yourself and some help holding your legs up, you can find postures that you never dreamed were possible. In no time, you're working through postures that seemed crazy the first time you saw them, wondering what on earth scared you so much in the first place.

Once you've completed your practice, you allow the postures to settle in corpse pose. Here, you commit to stillness. Any tension that remained melts away and your only job is to relax. Your breathing slows, your brain calms down and you are perfectly calm. This might be the best thing about yoga: finding absolute relaxation. There's nothing left to do at that moment. Your work is done.

For anyone who hasn't tried yoga, I definitely recommend checking it out. Most studios offer beginner classes, where you can learn the basics and find out what yoga is all about. Yoga can be challenging and terrifying, but it also incredibly rewarding. You'll learn things about yourself along the way, as you commit to your practice and embrace the calm that goes hand-in-hand with your practice. Namaste.



breakingmuscle.com



## WOMEN'S HOCKEY

# MacEwan beaten twice

By BRIDGETTE TSANG  
@BridgetteTsang

There's nothing better than a good rivalry, especially when it comes to hockey. In this case, it was the MacEwan Griffins returning to the NAIT Arena for the first time since they last saw the Oaks win ACAC gold on the same ice.

After splitting wins in their opening weekend against the SAIT Trojans, the Oaks women's hockey team are in tight competition in the ACAC again this year. With only four teams making up the conference, winning games becomes even more crucial.

The first game of their home-and-home series against the Griffins saw Sherri Bowles lead her team with two goals and an assist in a shutout victory. Netminder Tehnille Gard stopped 16 shots to seal her first shutout as an Oak. Gard is one of four goalies the Oaks have on their roster this year. Head coach Deanna Iwanicka is confident that her netminders will all have a chance to play and gain experience over the course of the season.

## 'Most experience'

"Right now, we have the two that are kind of splitting the games (Jill Diachuk and Tehnille Gard), probably the two with the most experience," says Iwanicka.

"It's going to be tough I think for the other two (Laura Wagner and Shelby Audit) to get some experience. But that being said, I think we are going to make an effort to try and get them in there but we definitely want to be putting the best goalie in to win games."

Before facing off against the Griffins again the next night, the team held a special jersey presentation honouring and introducing the current team. Parents, friends and alumni were on hand to present the jerseys.

## Strong connection

Recent alumnus Nicole Dunlop knows the importance of having the strong connection that the alumni share with the current team.

"It's really important that we give back to the program that gave to us," says Dunlop.

"So we're really trying to start that for the team so that they have something to look forward to when they're done and something that they can contribute to after they're done their career here."

The Oaks ended their weekend series against the Griffins with a sweep, winning their second game 4-1 with

goals from Becky Wall, Breanna Frasca and Megan Goebel. Gard stopped 25 Griffin shots to put away another Oaks win.

While it may be a rivalry on the ice for both teams, both head coaches more than respect each other. After alternating seasons which saw Iwanicka win ACAC coach of the year and Griffin's Lindsay McAlpine winning the title last season, their friendship proves to be paying off in dividends in terms of support for one another.

"We've known each other for quite a while," Iwan-

icka said. "We grew up together since our high school years when we were on the same team and then playing at the U of A together and then owning a company together and now coaching against each other. I think there's definitely a strong relationship there and it creates a strong competitive nature just based on both of us being that way. We definitely force each other to be better and we both want to win."

The women will rekindle their rivalry with the SAIT Trojans on Nov. 14 and 15.



Supplied photo

## Kayla Michaels CCAA Women's Soccer Player of the Year

NAIT Oak Kayla Michaels accepts her Player of the Year award from CCAA executive Alan Rogan, in Medicine Hat Wednesday on the eve of the women's soccer nationals. Michaels led the Oaks to a perfect 10-0 regular season. The Oaks outscored their opponents 75-3 and Michaels accounted for more than a third of those goals. Michaels broke the ACAC scoring record for goals in a season with 26 and also tied the record for most goals in a game when she scored seven times on Sept. 7. Michaels joined Oak teammate Cailyn Newman on the All-Canadian women's team. At the men's nationals in Oakville, Ontario, Oak Bruno Zebie was named to the men's All-Canadian team. Zebie was also ACAC Rookie of the Year.

## MEN'S BASKETBALL

# Ooks improve to 4-0 on year

By AARON BORDATO  
@aaronbordato

The NAIT Oaks men's basketball team is starting to heat up and that should be a scary thought for their upcoming opponents. The guys took on King's College this past weekend in a set of home and away games against the Eagles on Friday and Saturday night. The Oaks swept the set against the Eagles and improved their unbeaten record to 4-0.

Halloween went just the way head coach Mike Connolly envisioned, as the guys walked away with a sweet 102-89 victory. Donny Moss led the way for the Oaks with 34 points and nine rebounds, while going 11 of 12 from

the free-throw line. Alvin Parker helped facilitate the offence with 13 points and eight assists, while chipping in six steals on the defensive end. After getting outscored in the first quarter, the Oaks changed the momentum in the second quarter and the win was never in doubt. The team executed their offence on point and played solid defence, holding the Eagles to under 43 per cent from the floor for a 102-89 win. The night wasn't filled with all good news though, as fourth-year wing Nate Obridge-witch suffered a knee injury which could keep him out next week.

Saturday night may have brought on a different month but it didn't bring on a different

result as the Oaks came away with a slightly more contested 83-73 victory. After trailing at halftime, the Oaks turned it all around in the second half. On the back of a wild 26-point fourth quarter and another big 25-point performance from Moss, the team was able to give some playing time to first year PG Wyatt Beaver. He played most of the second half, chipping in a solid all around performance with eight points, seven rebounds and five assists in 23 minutes of playing time. Cameron Smith was also able to come off the bench and provide depth with a strong 12 points, while going three for four from the three-point line.

"We had a good team effort Saturday night

with everyone stepping up and contributing in positive ways" said head Connolly.

"We still have a lot of ways to go with our defence and our general team chemistry but we have a good group of guys who are improving every day they are together."

This coming weekend should see the return of third-year guard Chris Mooney, after an ankle sprain earlier this season. They could also have the services of fourth-year guard Troy Barns, recovering from a groin injury.

The Oaks are back in action again on Friday night as they take on Lakeland College at the NAIT gym at 8 p.m. The women play at 6 p.m.

# And then Jen said yes ...

By **BRIDGETTE TSANG**  
@BridgetteTsang

Like every game, the Player of the Game announcements probably aren't as exciting as the game itself. While the honour is thrilling for the player who receives it, the process is usually quick and not many really pay attention to it.

But that proved different in the Oaks men's basketball home opener against the Concordia Thunder on Friday Oct. 24.

Two weeks before that date, though, Oaks' basketball player Nathan Obridgewitsch had a plan he needed to set in motion. He had a ring. And he needed to put that ring on the love of his life. The idea of proposing to his girlfriend, Jen Pillon, in front of family and friends at the basketball game was a no-brainer for him.

"I wanted to do something really special, so the idea just came – why not surprise her during the game in front of everybody? I wanted to show her how much I love her," said Obridgewitsch.

Back to the game. After defeating the Thunder 83-79, Obridgewitsch finished with eight points and received the Player of the Game honours. He then took the mic and walked over to his girlfriend.

"Can I get Jen Pillon to stand up please? Can you come down?"

Pillon stood up, and walked down the bleachers to meet her boyfriend.

"I love you. You're my partner, you're my soulmate, you're my best friend," he told Jen.

"I know God loves me because he put you in my life. I promise I'll always respect you, always cherish you. I love you so much, baby. I wanna grow old with you, I want to start a family," said Obridgewitsch as he choked back tears.

In desperate need to have someone take the mic from him so that he could properly kneel down, Obridgewitsch handed the mic to a Concordia player who was nearby at the time in a funny moment. And then he got down on one knee.

"Jen Pillon, will you marry me?"

Without hesitation, she teared up and nodded yes. He put the diamond ring on her finger and they had their moment.

"It's amazing! It's more than I wanted!" said the newly engaged Jen Pillon. "I'm just shocked and really happy. I'm glad all my friends and family are here with me."

And Obridgewitsch's coach couldn't have been more proud, either.

"I think it was a great thing for the school and team," said coach Mike Connolly. "That's what college life is about. It's not just all about basketball, it's about a life experience. And we want to make sure the guys have a great life experience here at NAIT and we know one of them is for sure!"

As for Nathan, he can only recall what he was thinking during that moment. "Don't stammer over your words, don't trip and fall when you're walking and please say yes, please say yes!"

And she did.



Photo by Bridgette Tsang

The crowd got quite a surprise during the Player of the Game presentation after the Friday, Oct. 25 men's basketball game when NAIT Ook Nathan Obridgewitsch proposed to his girlfriend Jen Pillon.

## VOLLEYBALL

# Men, women split with GP

By **JOSH RYAN**

The NAIT volleyball teams had their first road trip of the season, as they were in Grande Prairie, where desperate Wolves squads turned the tables on the Oaks Saturday afternoon. NAIT's women's team split the set with the Wolves, while the men won 3-1 and lost 3-0. GP's volleyball programs have had the Oaks' number in recent years. The NAIT women came into the weekend with a three-match losing streak against Grande Prairie dating back to 2012, while the Wolves men defeated the Oaks three times last season.

Friday was a roller coaster of momentum for the women. After building a two-set lead, they went away from the game plan and allowed the home team back into the match. Fortunately, they recovered in the fifth set in style, winning 15-5 on the strength of a nine-point serving run from middle blocker Isabel Hess. Third-year outside hitter Candice Hughes led all players with 14 kills and libero Abby O'Neill led all players with 12 digs.

"We saw some really good things from our team in the first half of Friday's match and we definitely showed some great energy in the fifth set to come away with a victory," said head coach Benj Heinrichs.

Saturday's contest, however, was one the ladies will want to put behind them. Grande Prairie ran away with the first two sets as the Oaks made a number of uncharacteristic errors. Despite a better effort in the third set, the Wolves aggressive serving was too much for NAIT and they won 25-17. Rookie Nalani Stang led the Oaks with five kills. While unsatisfied with the result, coach Heinrichs was quick to credit the Wolves' serving.

"They dominated us from the serving line and we just couldn't make any adjustments to turn the momentum in our favour."

The men had a much slower start than their female counterparts Friday night, losing the opening set 25-20. However, the group rebounded nicely to take the next

three sets 25-22, 25-18 and 25-23. Fourth year right-side Bryce Cardinal led the team with 21 points (including 15 kills), while middle Ethan Redman had seven kills and no errors on 12 attempts. Libero Jonas Engen had a match high 13 kills.

The following afternoon, the Wolves came out with plenty of energy and put pressure on the Oaks. NAIT struggled with offensive execution and fell 25-19, 25-23 and 25-22. Teodor

Kostelnik led the Oaks with 13 kills and rookie Trent Mounter was solid coming off the bench with four kills on seven attempts.

"Their tenacious defence was the biggest challenge," said head coach Doug Anton. "We're not used to having so many

of our strong attacks back in play. We also had no success in controlling their middle attack on Saturday. Our blocking wasn't nearly as effective as it was the first match."

Both squads are now 3-1 and have a home-and-home series with the Lakeland Rustlers. Lakeland's women's team sits atop the North Division at 6-0. This matchup will require better execution from the Ook women.

"We'll need to improve our consistency in the serving and passing game and work on our preparation to allow us to play well in both matches each weekend moving forward," said Heinrichs.

The Rustlers men's team currently sit in fourth place, with a record of 3-3. Anton stresses ball control as a key for success this weekend.

"Our free-ball passing, down-ball passing and out-of-system setting were not up to standard and will need to be better going forward," he said.

Friday night the teams travel to Lloydminster and are at home Saturday. Start times are 6 and 8 p.m. on both nights.



Benj Heinrichs



# Coach Profile



## Todd Warnick Women's basketball

By CHARLIE ZHAO

**What made you start playing basketball?** I played since high school and got injured in final year and I kept coaching since then.

**Who is your childhood idol?**

**Why?** Michael Jordan. He's competitive, he's the best player ever.

**What are your hobbies during spare**

**time?** Read, spend time with kids.

**What type of music do you enjoy?** Everything – old school hip hop, rock, pop.

**Which sport do you like other than basketball?** Football, I've been an NFL football fan since I was seven.

**Who inspires you the most?** My son. He makes me want to be the best father coach and I want to be a positive role model for him.

**What three things can you not live without?** Family, basketball, a good book.

**What is your dream oasis?** A basketball court. This is the place I feel most valued.

**What is the best advice you've been given so far?**

Leadership is about what you can do for those that you lead, not what they can do for you.

**What do you**

**want to say to your team?** I always want you to play hard, smart and together..



## MEN'S HOCKEY

# Win and a tie

By JOSH RYAN

The NAIT men's hockey team came into the weekend on a mission after dropping a tight game against the league leading Trojans and it paid off in a weekend sweep against the MacEwan Griffins.

The Ooks trashed the Griffins 7-0 Friday and erased a two-goal deficit in the third period for a 4-4 tie on Saturday. The comeback had significant ramifications on the league standings as MacEwan came into the weekend two points ahead of the Ooks for second place.

Despite CIS aspirations, the Griffins last title dates back to 2004 and the program's last medal was silver in 2008. MacEwan has also been unable to defeat NAIT in league play since February 2012.

Game 1 took place at Bill Hunter Arena, where the Ooks stomped on the Griffins at each and every opportunity. The contest was scoreless until John Dunbar and Charles Wells scored in the final two minutes of the first period. From then on, the Griffins had no answer for the high flying Ooks, who fired 48 shots at the MacEwan goaltender. Fourteen players registered a point for NAIT and five players had multipoint games. These multipoint outings consisted of two goals from Wells, a goal and an assist from both Michael Piluso and Dunbar and two helpers from Kevin Carthy and defenceman Jordon Apt.

Ook goaltender Kenny Cameron made 25 saves for the shutout.

Saturday evening, the Griffins held NAIT off the scoreboard early and led 1-0 after the first period. The lead was extended to 4-2 in the second, despite the Ooks outshooting MacEwan once again. However, the guys continued to press and

were able to tie the game in the final minute on a Wells tally. The Ooks were unable to convert in overtime, firing 49 shots on net over the game's duration. Dunbar had a pair of assists while Apt had a goal and an assist. Cameron made 24 saves for the tie.

As a result of the win and tie, NAIT now has 15 points, even with MacEwan. However, the Ooks win the tiebreaker and have sole possession of second place

in the ACAC. The team's next opponent is the Portage Voyageurs, who are winless in 10 games after a pair of losses to the Briercrest Clippers.

NAIT has a nine-game winning streak against Portage and have a chance to stretch it into double digits next weekend. Game 1 will take place at NAIT, with puck drop at 7 p.m. Saturday night will have the same start time when the Ooks battle with the Voyageurs in Lac La Biche. Catch the games online at Sports-Canada.TV.



**Kenny Cameron**  
A shutout

# Coach Profile



## Mike Connolly Men's basketball

By CHARLIE ZHAO

**What made you start playing basketball?** I started playing back in Grade 6. I played all sports. It was just one I stuck with the most. I had to make a decision which sport I would play when going to university. I had to choose football or basketball and I chose basketball.

**Who is your childhood idol? Why?** My father. He was a supportive, funny, loving, caring man who shared all his knowledge and philosophies with me. He was the best man at my wedding.

**What are your hobbies during your spare time?** Cooking. I love to cook. If I could do it all over again I would take Culinary Arts. I would love to own my own pub/restaurant. I spend most of my Sundays cooking the week's meals and the Sunday dinner. I

also love music.

**What type of music do you enjoy?** Classic rock, punk rock, grunge rock.

**Who inspires you the most? Why?** My team. They inspire my best work and my 100 per cent commitment. They keep me working hard to make sure they are prepared and can succeed. All I want is for them to have a great experience here at NAIT and grow as individuals. Also, my mom. As a widow and a three-time cancer survivor, she is the toughest person I know who lets nothing get her down or slow her down. Three years ago she survived her last bout of cancer and she then proceeded to have both knees replaced within 18 months of each other so she can "go for another 100,000 km with the new wheels" as she says. She inspires me every time we talk on the phone (which is usually four times a week).

**What three things can you not live without?** My family, my team, wine – in that order.

**What is your dream oasis?** Private hut living on the beach in the Caribbean.

**What is the best advice you've been given so far?** Work harder than anyone. You will never go wrong if you work harder than everyone else.

**What do you want to say to your team?** Give 100 per cent of yourself to the team and each other. No conditions. No expectations. No excuses.

# Athletes of the week

Oct. 27-Nov. 2

## Sherri Bowles Hockey



Despite getting injured early in the Ooks' second game of the weekend, Sherri led the NAIT women's hockey team to a sweep over the cross-town rival MacEwan Griffins. In Friday's 3-0 win at NAIT Arena, Sherri had two goals and an assist and was named player of the game. On Saturday, she added an assist in the Ooks 4-1 victory before leaving the game in the first period with a cut from a skate. "This is the type of performance we expect from Bowles, being a veteran player with an outstanding ACAC resume," said head coach Deanna Iwanicka. "We are looking forward to seeing more performances like this one." Sherri is a fifth-year Bachelor of Business Administration student from Elkhorn, Manitoba.

## Donny Moss Basketball



Donny showed his experience this past weekend, leading the NAIT Ooks men's basketball team to a sweep over the King's Eagles. In Friday's 102-89 home win Friday night, Donny scored 34 points and added nine rebounds, going 11 for 12 from the free throw line. He followed that up Saturday, netting 25 points and eight rebounds in the Ooks' 83-73 victory. "He made some extremely tough shots when we needed them," said head coach Mike Connolly. "He did all of the things he did while playing under adverse game situations." Donny is a fifth-year Applied Banking and Business student from Nassau, Bahamas.

# ENTERTAINMENT

## Needed: A little help ...



By **RICHARD LUKACS**  
Entertainment Editor  
@DickTorrance

I'm sorry but this article won't be a light or entertaining one. There is a very important issue I need to talk about. It's the stigma and the prevalent misinformed, careless crassitude about mental health.

Another suicide attempt happened at the U of A campus last week. About a month earlier, I witnessed a college guy as he tried to jump off the High Level Bridge. Earlier this year I got diagnosed with severe depression.

Depression is a vicious animal and it can easily drive you into places you never wanted to go. And it's extremely hard to find

the way back because you're blinded, misguided and vulnerable. No matter if you're suffering from depression or not, it is your business if you have a social life, a work environment, if you are human. Many more of us have struggled with or are struggling with mental health issues than you may think. Maybe your brother or your best friend, too.

I have been fighting with my depression for the past six years and my family had no idea, nor did my best friends. I felt ashamed and guilty of my own emotions and thoughts so I painted a smiling mask on my miserable face every morning to cover the endless pain, sadness and anxiety. I tried to come up with different forms of self-therapy. Some were clever (fostering dogs, creating art ...), some were dumb (raging alcohol consumption) but even if in the short-term they were effective, they all were just feathers in a cover on a rising bloody mess.

I got to a point when I felt that I

couldn't do it anymore. I couldn't eat or sleep for months, lost about 30 pounds and all my motivation, felt physically sick and when I had to leave my room, I pretended that I was alright. I knew I needed to reach out for help as that's the only thing I hadn't tried before.

**When you have depression, the worst you can do is to try to defeat it alone.**

I have made a lot of friends in the past year since I moved to Canada but to talk about a problem like this after all those years of denial, I needed somebody extremely close.

My girlfriend was the only person like that. She broke up with me instantly, saying that it would be too much of a responsibility for her to be with somebody who was dealing with depression. I can't blame her. How could I expect somebody to be with me when I don't even want to be with myself? But it didn't stop me. I had lost too much – jobs, opportunities, relationships, weight, not to mention all the good memories I should have had. I had suffered for

too long and even if the first reaction was painful and repulsive, to open up finally and take the first step to face my demons by saying out loud, "I'm drowning in depression" felt like redemption.

When you have depression, the worst you can do is to try defeat it alone. Your mind is against you. You see the world, the people but first of all yourself through a distorted lens. Your heart is full of lies that your own brain generates. If you have depression, you are your own worst enemy. That's what so many people who have never had to face with it can't understand, probably can't even imagine. Depression is not a choice.

### 'Popular misconception'

"There's a pretty popular misconception that depression is just being sad when something in your life goes wrong. That's sadness. That's a natural human emotion. Real depression isn't being sad when something in your life goes wrong. Real depression is being sad when everything in your life is going right."

– Joe Penola, founder of The You Rock Foundation in reaction to the frequent ignorant judgment of people who commit suicide when they are mentally ill.

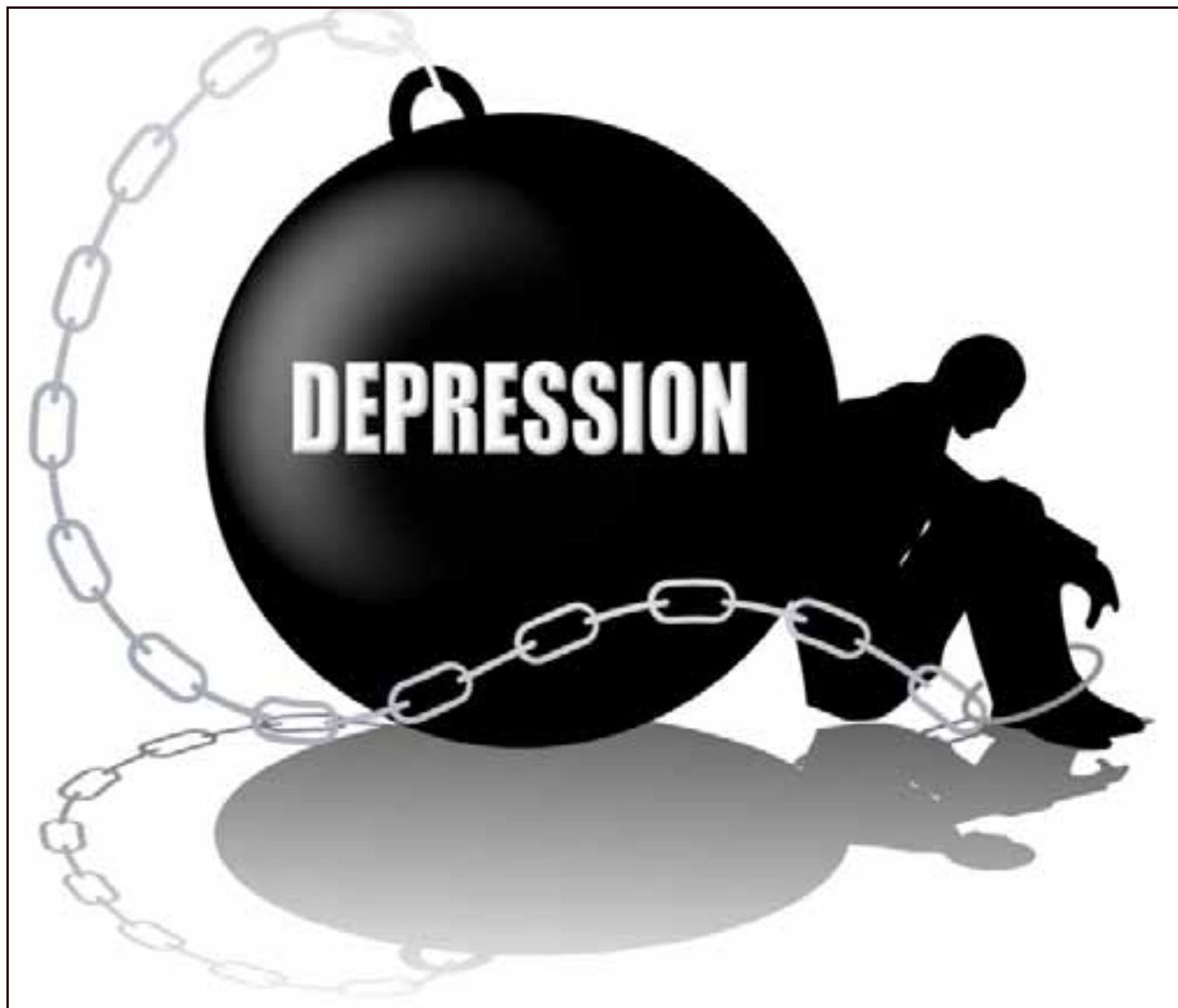
Cures can show up in many shapes – one-on-one therapy, group treatment, medication, friends, family, a mantra, whatever. Just pick one and if it's not working, try another. You never should feel that your depression is a weakness. Standing up, facing it, choosing a weapon and putting up the hardest fight possible is not weakness, it's strength.

### Found a way

I have found a way to re-plant the seeds of joy and motivation in my mind. I learned to recognize when it's lying. I can laugh truthfully again. I don't even mind anymore that I have this grim companion. It made me learn a lot about myself and I became a much better and stronger person than I have ever been.

Of course, it's insanely hard to deal with the unbounded sadness attacks out of the blue from time to time but I feel I'm learning how to take the control back. And as intense as that pain can be, I'm able to feel happiness and love on the same level of intensity. I say it's fair, after all.

So my only advice if you're in a place worse than hell is to start screaming. And if you never been in that place but you hear that scream, give a hand and listen. You can save lives by being understanding with those around you. Yes, it's that damn simple.





FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By TOLGI ISAEVA

Although the weather lately felt flakey, the mood of this fall season seems quite cool and tranquil. Reminds me of the still faces of models on a runway. So, for me, this is the time of the year to put on your toques and combat boots and strut your way to class as the rough wind blows your hair all up in your face. You might be in a rush to get to class and hide yourself from the brittle air. You might be standing at the bus stop, power puffing your cigarette as your hands freeze to death. It's cold. Do you care? No. Probably because you're Canadian but also because now you have this kick-ass playlist to make you think you don't give a damn. So hope you take a few minutes to

readjust your hurried attitudes. Take the stress of the cold, school, work, social lives and whatever else might trouble you and reintegrate that energy into your movement. Don't think, don't worry, don't rush, just stride with pride. Next time you walk somewhere, play all or a few of these songs. Let yourself sink into the music and let your hips be slightly swayed. Forget about chronic bitch face. Opt for the vacant, expressionless look and unleash your inner model on NAIT. Although these songs might not match as well as they should in a playlist, I find these songs accommodate my shorter legs and slower stride quite nicely. Also nice to listen to while taking your daily doses of lung cancer (as a smoker, I'm allowed to make fun of my own kind, right?) Either way, hope you enjoy.

1. Elephant – Tame Impala
2. Crawl – Kings of Leon
3. Howling for you – The Black Keys
4. Black Betty – ZZ Top
5. Mona Vegas – Starfucker
6. Where There's a Will There's a Whalebone – Islands
7. No Diggity – Blackstreet ft Dr. Dre
8. American Boy – Estelle

9. Banks – Warm Water (Snakehips remix)



leifpodhajsky.com



en.wikipedia.org

10. Roxy Roller – The Runaways
11. Sex Tourists – The French Kicks



www.alexzass.com



www.youtube.com

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## MOVIES – THE KURT LOCKER



viagem-andromeda.blogspot.com

Clive Owen, right, as Theo Faron in a scene from *Children of Men*

## CHILDREN OF MEN

## Perfect from start to finish

By KURT FABISCH

Alfonso Cuarón directed *Harry Potter and the Prisoner of Azkaban* and *Gravity* from last year for which he won the Oscar for best director.

His 2006 film *Children of Men* opens with a crowd of people in a coffee shop staring at a TV newscast announcing that the world's youngest person has died at the age of 18. We come outside and the coffee shop explodes and a woman walks out carrying her arm that's been blown off.

This sets the tone for the rest of the film.

It's 2027 and there hasn't been a single human child born in 18 years. Humanity's days are numbered. The world is in chaos, tearing itself apart when faced with the idea that there is literally no future for mankind. The United Kingdom is the only country in the world that is more or less running smoothly ... apart from having turned into a police

state where any and all immigrants are locked into internment camps.

Theo Faron (Clive Owen) is a humble government bureaucrat who's recruited by his ex-wife Julian (Julianne Moore) for a mission. Julian is the leader of a violent immigrants' rights group called the Fishes and they need Theo to acquire some travel documents to move one refugee to the coast. This one refugee, Kee, turns out to be the first pregnant woman in 18 years.

The film is a perilous journey across Britain to get this woman to safety where she can in effect help save the human race.

That's just the story, which is impressive enough. But how the story is told in this movie is truly extraordinary.

The depiction of this future is so realistically frightening, you watch and see that this is exactly how people would react to the slow death of humanity.

People are marching in the streets declaring the end is nigh. The government is issuing suicide kits to anyone who wants them and even advertising them on TV like it's a cold medicine. Scary stuff.

Then there's the action in this movie. I say this without any hyperbole, *Children of Men* has the best action/battle scenes I've ever seen.

They're largely done in single unbroken takes and with little to no CGI, which leaves you wondering just how the hell they accomplished filming some of these scenes.

The film ends with a series of battle scenes. Rebel forces are battling the British military throughout a small British town that now serves as a prison. Our hero, Theo never actually picks up a gun, we simply follow him and see the battles through his eyes, which makes them feel even more realistic.

There's one scene that stands out as

the tensest. Theo is trying to escape from the Fishes in a car that keeps dying and he literally has to get out and push to get it moving again, all while men with guns are sprinting towards him in the distance. You'll be gripping your seat like I was.

The cast is outstanding. Michael Caine stands out as Jasper, a retired political cartoonist and aging hippie who lives in the woods. And Chiwetel Ejiofor from *12 Years a Slave* as Luke, a zealous member of the Fishes who will stop at nothing to get his hands on the newborn child.

I have to mention cinematographer Emmanuel Lubezki's exquisite camerawork in this film.

*Children of Men* is a perfect film from beginning to end and I think the best of the 2000s decade.

*Children of Men* is available on DVD and Blu-ray.





## FASHIONISTA OF THE WEEKSTA



Photo by Gabrielle Hay-Byers

## Justin Nand

## VP External, NAIT Students' Association

Pants and vests from Moores, shirt le Chateau, NAITSA custom scarf.  
 "I dress this way to represent students to the best of my abilities. Especially when meeting with external people – dressing like this, they take me seriously so they take our students seriously."

# HOT 'N' SINGLE



Photo by Maria Tagliente

## Nuno Nogueira, 20 Electrician

Instagram: [nuno.nog](#) Snapchat: [nuno.nog](#)

**Ideal dream date?** Mini-golf, followed by Marble Slab, followed by Netflix.

**Why are you single?** I haven't met her yet.

**What's important to you?** My roots. I'm Portuguese. Food. Friends and family.

**Describe yourself in three words.** Funny, European, energetic.

**What is your best quality?** The smile. Can make you smile and can cook.

**What's your favourite sport?** Soccer.

**Favourite thing to live by?** Expect nothing, appreciate everything.

**If you could be any animal, which would you be?** Dogs, because I like cuddles.

**Favourite colour?** Pink and blue.

**Favourite activity?** Playing soccer, playing FIFA, going on long walks along Beaumaris Lake #northside.

**What do you look for in a girl?** Likes to rave but to a certain point. Flexible. A level 5/10 crazy. Petite in height.

**What don't you like in a girl?** Level 7/10 crazy. Too serious.

**Favorite quote?** The less you give a damn the happier you are.

**Are you hot and single? E-mail us at [entertain@nait.ca](mailto:entertain@nait.ca)**



# Horror at its finest

By **RICHARD LUKACS**  
Entertainment Editor

DEDfest is a rapidly developing international genre film festival specialized (but not limited) on the darker shades of independent cinema. This was the seventh year of DEDfest and this time it offered 17 feature films over six days at The Metro Garneau. It had something for everybody, featuring the newest horrors, sci-fis, thrillers and black comedies from all over the Globe, alongside grind house classics and a Halloween themed cartoon matinee that supported the Stollery Children's Hospital Foundation.

My personal history with DEDfest is quite short but very rich as I only moved here shortly before last year's happening. But the first person I ever met in Canada (accidentally) was Kevin Martin, founder and vice president of the festival and as I have a soft spot for both horror movies and film festivals I offered my help as a volunteer. It was a blast. I loved the whole show and I wasn't alone in that. All the celebrity guests (for example Bobcat Goldthwait and Jeremy Gardner (award-winning director of *The Battery*), who returned to the screen this year in a small role of the strange Lovecraft-inspired horror-romance *Spring*) were very vocal about their good experiences.

This year the guys asked me to be the volunteer co-ordinator and I proudly took the offer. I had an awesome group of returning and new team members, my best friends and tons of like-minded people all around, unlimited free popcorn on behalf of the Garneau crew, old video games at the lobby and a crazy after party. Unfortunately,

my memories are a little blurry about that.

But let's see what I have seen! My favourite film of the whole week was a little gem from New Zealand called *Housebound*. It's such a smart, refreshing and funny film, so I wasn't surprised at all when I heard that it's Peter Jackson's favourite of the year as well. It's very rare that a horror comedy actually delivers on two levels – hilarious at one minute and gripping the very next. Reminded me somehow of *The Cabin In The Woods* (although *Housebound* is more sophisticated and stylish), which was an alright movie on the surface but underneath that it's joking and playing with all the cliches of the genre and that makes it so good. Entertainment and film making in their very best.

The biggest surprise was a very small and strange indie picture called *Starry Eyes*. It's basic storyline and moral dilemma (How far would you go to get what you crave the most?) is nothing new but the film has an eerie mood, strong atmosphere and an unfailing attempt to blend together genres like a realistic thriller, a dreamlike, surreal drama and straight-up horror.

The cinematography, the directing, the soundtrack and, above all, the acting are all superb and knowing that most of the cast and crew had no significant experience, makes it's even more impressive. These young people achieved warm-hearted comparsion with David Cronenberg, David Lynch and Roman Polanski with their first serious feature film and they absolutely deserved it.

Saturday night, two sequels took over the big screen and something rare hap-



pened. Both the *ABCs Of Death 2* and *Dead Snow 2* widely surpassed their originals. *ABCs* was exactly what the first one should have been; a constantly flowing and entertaining compilation of 26 shifty, twisted, funny and sick sketches, all made with great production values. And in *Dead Snow 2*, the Nazi-zombies returned and brought the funniest movie of the week, a real crowd pleaser, an absolute blast for gore hounds and all fans of movies like *Dead Alive* or *Evil Dead II*. As I was the general in charge for the operation, I got a sweet uniform and some zombie makeup while the bartender girls got prime body-paint by BodyArtz.

Probably the most anticipated horror movie of the year was *The Babadook* and it packed the theatre on a late Sunday night. It is a marvellous piece of cinematic art. I think it can be *The Innocents* (one of my favourite movies of all time), *The Shining* or *The Exorcist* of this decade. Although don't let the misleading

marketing campaign fool you, it's not the "scariest movie ever." It's not a horror film with some psychological elements but a psychological drama with some horror elements and it's simply flawless. It has a very strong classic vibe, a breathtaking main performance by Essie Davies and an original iconic boogeyman. It's a film that you won't forget easily. The tag line is right. You can't get rid of *The Babadook*.

There were some other great movies, like the super violent Indonesian/Japanese psycho-thriller *Killers* or the local independent "romantic black comedy," *Hybrid Moments*. The most uplifting moment of the festival was connected with the latter as after the loud success of his film and a short Q&A on stage, the director proposed to his girlfriend in front of 200 cheering people. So romance is DED?!

It was a great week and I know one thing for sure. DEDfest will be back in 2015 and I just can't wait for it.

## JUST THE TIP

# When the rubber hits the road

By **OLIVER CLOSEHOFF**

The one problem with a free market economy is there are so many products and they all differ in quality. You have good cars and crappy cars, good liquors and bad liquors and unfortunately, you have good condoms and bad condoms. This is a story about the latter.

I had been sleeping with this girl for a couple of months. Nothing serious, just sleeping together. I went over to her house one afternoon and we had sex. First go was that easy one. You arrive, you undress, suit up, slip you penis in and before you even really started to enjoy yourself, you're done. You remove the condom but no time for pillow talk. You just lasted a very unmanly amount of time. Christ, it takes longer to fill up your car! With my very man hood at stake, I had to keep that boner alive. We fool around some more until I'm confi-

dent that I can stand on my own. I throw another allegedly "dur"-able condom on and we have sex again. This time I last a lot longer. I mean personal best longer. After what I'm sure was the best sex of her life, I get out of bed and go to pull my condom off. Much to my dismay, instead of grabbing a semen filled condom, I'm grabbing the tip of my penis...shiiiiit! It couldn't have slipped off. That only happens to guys with small dicks \*eyes dart from side to side\*. But maybe if it came off it's still in there with all my semen in it. I look at my shaft and see a rubber ring around it. Nope, it broke. That's much less disgusting ... and much worse!

My heart sank. I looked up and all I said was "we need to get to a drug store." I speed, and I mean race, to the nearest one. I run in and demand a morning after pill. I run back out and after watching her take it (cause I'm not play-

ing) I'm finally able to calm down. At the time I thought nothing of it. I mean, things happen. It probably broke because I'm so intense ... yeah, that's it.

A couple weeks later, I'm over at her house and we're having sex. Once again, the durable condom I had on busted when I did! I freaked out again and raced to purchase another morning after pill (cause I'm not playing).

This was the second incident a condom broke on me, but two times is hardly a pattern. So, I kept using them. Then one night I was sleeping with this other girl and guess what happened. That's right, while having the best sex of her life, the condom broke. This girl was on the pill so I wasn't worried. The condom was just an added precaution (did I mention I'm not playing?). This was it, a definite pattern in the quality of these award-winning "dur"-able condoms. I

have since switched over to Trojans and have had zero problems.

Now, you may be thinking, "sure three condoms broke but how many of that brand have you used in total?"

This would be a completely valid argument if we weren't talking about condoms. One slip is too many!

Condom manufacturing should be a meticulous process, second only to parachute packing. Actually, first. I'd rather fall to my death than have a kid. I encourage all of you to be cautious of your condom brand. And if you need stats to back your decision ... well, we've got zero broken Trojans, three broken of the "dur"-able brand, millions of sperm cells coming out of your penis and just one needed to get a girl pregnant. Just something to think about the next time you're buying or applying rubbers.



# Timeline for Ghomeshi

By CONNOR O'DONOVAN

Jian Ghomeshi, who created and hosted the CBC Radio show *Q*, was abruptly fired by the CBC last Sunday amid allegations in *The Toronto Star* of sexual abuse, assault and harassment. *Q*, a daily, nationally broadcast talk show focusing on arts and culture, first aired in 2007 and has gone on to become the highest rated program in CBC history. Its success solidified Ghomeshi as a Canadian media icon with over 250,000 followers on Twitter, 90,000 likes on his Facebook page and constant live and recorded appearances across the Canadian media spectrum. The accusations and firing are reverberating throughout the network and beyond.

This is a timeline of the story so far:

**Oct. 23:** In a meeting between Ghomeshi and CBC executives, Ghomeshi and his lawyers present text, e-mail and photo evidence they claim proves consent during the alleged sexual encounters. The CBC apparently sees the evidence as incriminating, and another meeting is set for Oct. 26.

**Oct. 24:** A CBC spokesman confirms that Ghomeshi will be taking an "undetermined" leave from the CBC. At this point, most speculation concerning the departure relates to the passing of Ghomeshi's father, who died earlier in October.

**Oct. 26:** The CBC releases a statement saying, "its relationship with Jian Ghomeshi has come to an end." Just hours later, lawyers representing Ghomeshi announce

a \$55-million lawsuit against the CBC for defamation, breach of confidence and punitive damages.

**Oct. 26:** Ghomeshi claims he is becoming the victim of a smear campaign in a detailed message on Facebook, stating "I've been fired from the CBC because of the risk of my private sex life being made public as a result of a campaign of false allegations pursued by a jilted ex-girlfriend and a freelance writer." The post receives more than 100,000 likes.

**Oct. 26:**

*The Toronto Star* publishes a story written by investigative journalist Kevin Donovan that details the dismissal, the lawsuit response, as well information he has collected from three women who claim Ghomeshi was "physically violent to them, without their consent, during sexual encounters or in the lead-up to sexual encounters." The women remain anonymous.

**Oct. 27:** Ghomeshi's lawyers file the lawsuit.



Jian Ghomeshi

o.canada.com

**Oct. 29:** The CBC radio show *As It Happens* features an interview with an unnamed woman claiming to have briefly dated Ghomeshi around 10 years prior. She speaks of an incident in Ghomeshi's home, saying, "he grabbed my hair, threw me in front of him on the ground and started closed fist pounding me on the head, repeatedly, until my ears were ringing. I

was in tears and he said 'You need to go'."

Later that day, another *Toronto Star* article is released claiming there are now eight women accusing Ghomeshi of sexual violence, including *Trailer Park Boys* actress Lucy

DeCoutere.

**Oct. 30:** Ghomeshi writes another Facebook post: "I want to thank you for your support and assure you that I intend to meet these allegations directly. I don't intend to discuss this matter any further with the media." This receives a little more than 5,000 likes.

**Oct. 30:** Public relations firms Naviga-

tor and Rock-it Promotions announce they no longer represent Ghomeshi.

**Oct. 30:** Author and lawyer Reva Seth writes an article for the Huffington Post in which she details a violent encounter with Ghomeshi.

**Oct. 30:** A former *Q* employee tells the *National Post* that Ghomeshi harassed her over the course of her three-year tenure at CBC. She reports complaining to management but her problems were never resolved.

**Oct. 31:** The Twitter account @bigears-teddy (the name of which references a stuffed animal Ghomeshi has publicly spoken about) prompts Carleton University to review its internship records after tweets involving Ghomeshi are discovered from as far back as April. The tweets, such as "Hi there @jianghomeshi. Remember luring me to ur house under false pretences? Bruises dont lie. Signed, every female Carleton U media grad" imply abusive relationships between Ghomeshi and Carleton students.

**Oct. 31:** Two women come forward to Toronto police with allegations against Ghomeshi and a criminal investigation is launched.

**Nov. 1:** A third woman comes forward to the police, and the police ask that anyone with evidence related to the investigation should contact them.

Ghomeshi has denied all of the allegations and none have been proven in a court.

## CROSSWORD

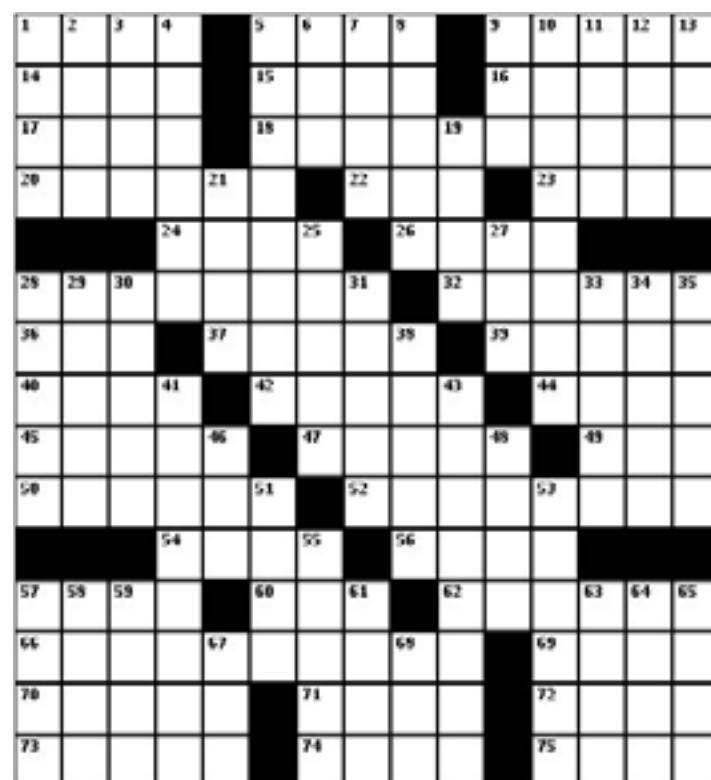
### Across

- 1- The back end of something
- 5- Invitation request
- 9- Shops want to achieve high ones!
- 14- Salinger girl
- 15- On the briny
- 16- Cherish
- 17- Riding
- 18- Homebody
- 20- Cosmetics
- 22- "Seinfeld" uncle
- 23- Greek letters
- 24- Stuck in \_\_\_\_
- 26- Wraps up
- 28- Person who makes a will
- 32- Prepared for publication
- 36- With it
- 37- Queues
- 39- Madonna role
- 40- "Exodus" author
- 42- Cool!
- 44- K-12
- 45- Less
- 47- Thick slices
- 49- Electric fish

- 50- Blues great Smith
- 52- Be unsuccessful
- 54- Bear in the air
- 56- Oscar winner Patricia
- 57- Blacken
- 60- ABA member
- 62- Like celery or rhubarb
- 66- Applied hydrodynamics
- 69- Hawaiian goose
- 70- Audibly
- 71- Away from the wind
- 72- A party to
- 73- Dated
- 74- Undesirable plant
- 75- Weeps;

### Down

- 1- 500 sheets
- 2- It is in Spain
- 3- In a frenzy
- 4- Say again
- 5- Russian mystic
- 6- Fast flier
- 7- Meat dish
- 8- Check recipient
- 9- Posed
- 10- Stickum
- 11- Booty
- 12- Humorist Bombeck
- 13- Goes out with
- 19- Bang-up
- 21- Russian range
- 25- Musical sounds
- 27- HST's successor
- 28- Pollex
- 29- Uncanny
- 30- Rotates
- 31- Kingdom
- 33- Floor worker
- 34- Early anesthetic
- 35- Every 24 hours
- 38- Stigma
- 41- Soft rustling sound
- 43- Preoccupied with
- 46- McCartney title
- 48- Beat it!
- 51- Son of Rebekah
- 53- Singer Morissette
- 55- Attorney follower
- 57- Fellow
- 58- Tree frog
- 59- Brouhahas



- 61- Wall covering slab for a kitchen or bathroom
- 63- Letterman rival
- 64- Door part
- 65- Cravings
- 67- Citrus cooler
- 68- Bee follower

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

**SOLUTION**  
**Page 23**

## TAYLOR'S TAKE

# It's all about the money



**TAYLOR BRAAT**  
@TaylorBBraat

Halloween can be one of the most expensive times of year, along with Christmas and possibly Valentine's Day (If you have someone to spend money on). People go absolutely insane on these holidays trying to impress everyone they know.

The choice is yours – will you rush to the costume store and spend \$100 on a costume, then rush to Wal-Mart and spend \$30 on candy that you won't eat and then to Safeway to spend \$15 on themed cupcakes for the office? Whether it is in your budget or not, Halloween can get pretty expensive.

Part of the reason people tend to spend more money on these commercialized holidays is just that – they're commercialized. Everything you can think of is dressed up in a certain way to portray the holiday that is happening. At this time of year, everything is the scary or spooky version of itself. The

decorations get put up earlier and earlier every year and come down quicker than you can say Nov. 1. They have to come down then, so people have more room to put up Christmas decorations.

Christmas is in a league of its own when it comes to decorations, events, presents, clothing and spending money. The latter on the list of things that get Christmas-sized is our bank accounts. People have to "save up" for Christmas nowadays. People expect so much from this time of year and it can get out of hand. These Christmas "sales" are all an illusion. There is nothing cheap about Christmas. It's sad how out of hand it has become, because not long ago, we used to spend a lot less, care a bit more and it was a lot more heart-warming.

Don't get me wrong, it is a heart-warming time of year but the stress that comes with it matches up. Speaking of stress, searching for parking at the mall on Boxing Day is like a kid on Christmas Eve ... heh.

Christmas and Halloween are the two big money makers but coming in third, due to the fact that not everyone celebrates it, is Valentine's Day and it is pretty commercial-

ized, too. Ask five people if they know why we celebrate it and see how many people actually know that it all started in Europe. I am not as cold-hearted as I may seem, it is a really fun time of year and does bring out the loving side of people, even if they don't have a special someone. Maybe I'm seeing hearts but it gets to be a bit much.

I am a broke student and cannot really

afford to go all out at these times of year but even when I am a millionaire, I don't know if I will participate in these holidays to the extent that some people do. It's fun and it does give a little je ne sais quoi to our normal everyday lives but, really, is clocking the lady that grabbed the last fruitcake necessary? Some people might say yes.



www.themanitoban.com

## Black Keys hit the right note

By **BAILLIE SCHEETZ**

The Black Keys hit Edmonton on Oct. 28 for their North American Turn Blue tour. Despite mediocre reviews of their latest album with the same name, the Black Keys do know how to put on a show and they know what their audience wants. The Keys decided to leave out most of the songs from their latest album and concentrate on the tracks that got them where they are today.

On a very big stage, complete with a patterned backdrop and blinding white lights, but simple compared to what we have become accustomed to at arena rock and pop shows, the pair, Dan Auerbach on vocals and Patrick Carney on drums, along with a touring bassist and keyboard player, did their best to hold and excite the crowd.

They kicked off the show with "Dead and Gone," a song from their 2011 smash *El Camino*, directly followed by "Next Girl," from their album *Brothers*. The Rexall Place crowd was right with them through "Run Right Back" and "Same Old Thing," while offering up the loudest cheers of the night for "Gold On The Ceiling," a song that still sounds great no matter how many

times you've heard it on a commercial. The new tunes were kept to a bare minimum with songs such as "Strange Times," "Nova Baby" from *El Camino*, "Leavin' Trunk" and "Too Afraid To Love You" providing the mid-show lull. The pace was picked up shortly afterwards with a cover of the "A Girl Like You" by Edwyn Collins, "Money Maker," "Gotta Get Away" and "Lonely Boy" from *El Camino*. It seemed very strange that The Keys would choose a pair of their newest songs as well as their slowest song in "Weight Of Love," "Turn Blue" and "Little Black Submarines" for the most lacklustre encore I have ever witnessed, though it did give me a chance to head out early and avoid concert traffic.

Opening the show was ridiculously talented Nottingham singer/songwriter Jake Bugg. Channeling his obvious influences from Dylan and maybe even Cash, along with something that is unmistakably his own, Bugg let his confidence and no-nonsense approach roll through songs such as "Messed Up Kids," "Me And You," "Seen It All" and, arguably his most popular song and crowd favourite, "Lightning Bolt."



therockrevival.com

**The Black Keys**



## TIP OF THE WEEK

# Preventing date rape

By MARGARET MAREAN  
NAIT Student Counselling

Date rape is defined as being forced or pressured into having sex against your will and without your consent by a person who is known to you. It includes new acquaintances or ongoing relationships. The best defense against date rape is to become informed and to minimize situations that put you at risk.

**Here are some suggestions:**

- Don't keep your head in the sand. Recognize that date rape could happen to you. Between 10 to 25 per cent of college women report being raped by men they knew. Although far less common, men can also be raped.
- Know that it is your right to set limits and to defend them and to tell your partner if and when you do and don't want to have sex.
- Firmly discourage any unwanted contact, even if it is casual.
- Be assertive in setting relationship boundaries. Think about your limits in advance and communicate limits and expectations clearly (e.g. how much touch is OK). If you are clear in your own mind about your limits it is easier to communicate them.
- Passivity may be interpreted as permission, so say 'No' in a tone that relays that you mean it. Don't hint or expect anyone to read your mind.
- Be wary of acquaintances who are excessively jealous or possessive, get hostile when you say no, ignore your wishes or opinions, act in an intimidating way, or attempt to make you feel guilty if

you say no to sex.

- If you are uncertain about the person you are with, avoid alcohol or drugs.

**If you do get into a situation where you feel uncomfortable or are forced:**

- Try to stay calm. Think about your options and how safe it would be to resist.
  - Stay NO strongly.
  - If you have a safe option to resist act quickly.
  - Try to get away. Use self defense tactics. You may be able to hit, bite or kick to gain a chance of escape. However realize that fighting back might cause the offender to become violent so appraise the situation.
  - Yell for help.
  - Buy time with talk. Try to convince or persuade the offender. Flatter him. When he thinks he no longer needs to use force, he may ease up his guard and give you a chance to break away.
  - Be as non-sexuctive as possible. Tell him you have a sexually transmitted disease, your period, or that you are pregnant. Do physical things to turn him off (e.g. urinate on the floor, pick your nose, pass gas, belch or vomit).
  - Remember that giving in is not consent. It may be the only survival strategy.
- If you are raped get medical attention as soon as possible. Do not shower or bathe until you have been examined at an emergency department. The Sexual Assault Response Team offers 24-hour service and support through hospital emergency departments. You may also want to talk to a friend or family mem-

ber who will be supportive and/or inform the police of the attack. Remember rape is not your fault, it is an act of violence.

**Men have the responsibility to prevent date rape, too:**

- Listen carefully to what the woman is saying. If you feel like you are getting a mixed message, clarify what she wants.
- Be sensitive to women who are unsure whether they want to have sex. If you pressure a woman into sex, this is classified as force.
- Do not let your desires control your actions. Think about whether you really want to have sex with someone who doesn't want to have sex with you.
- Remember that date rape is a crime and that it is never acceptable to use force in sexual situations.
- Don't make assumptions about a woman's behavior. Because a woman drinks or dresses sexily it does not mean that she is inviting you to have sex.
- The fact that you were intoxicated is not legal defence regarding rape. You

are responsible for your actions, whether drunk or sober.

- Just because a woman has had sex with you previously does not mean you have the right to have sex in the future. Date rape is a crime even if there has been past sexual involvement.
- Don't assume that a woman who consents to kissing or other sexual intimacies is willing to have sexual intercourse.
- If you have sex with a woman who is drugged, intoxicated, incapable of saying no, or unaware of what is happening, you may be guilty of rape.
- Get involved if you believe someone is at risk. Don't be afraid to intervene – you may save a woman from assault and a man from criminal prosecution.

Student Counselling is open from 8 a.m. to 4:30 p.m. Make an appointment to discuss any personal, academic or career concerns by calling 780-378-6133 or booking in person at Room W111-PB, HP Centre.



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CONNOR O'DONOVAN

# If you could add one restaurant to the halls of NAIT, what would it be?



"Freshii."

Andrew  
Landscape  
Architecture



"Mucho Burrito."

Andrea  
Radio and Television



"Mucho Burrito."

Mike  
Business



"Subway."

Matt  
Radio and Television



"Oodle Noodle."

Tabitha  
Landscape  
Architecture

## 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

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## TECH TALK

# 'Tis the season for – apps



By **CORY SELLAR**  
@iSellar  
#OOKTECH

Whether 'tis the season by the calendar or not, I'm going to thumb through a few high tech Christmas gift ideas for the gadget-minded. Too soon to think about Christmas you say? Well, in my house, my dad starts planning the annual Christmas village right around the time the little kids are all back in school. My mom calls it an unhealthy obsession requiring medication and psychoanalysis. My dad calls it a hobby. My feelings lie somewhere in the middle.

How about the *Countdown to Christmas* app for iPhone? You can view it in days, hours, minutes, seconds, or for the mathematically advanced, just in seconds. Right now I think it's somewhere around six million seconds to the big day, give or take a few thousand. Thank you – information you needed, right?

Of course on Christmas Eve we all want to know exactly where Santa is at any given moment. So get the *Where is Santa* tracker, and watch him move across the Eastern hemisphere, trek through Africa, leave some buttered scones under the tree in the United Kingdom, then pop up on the East coast of North America. The app description tells me I can follow Santa's every move at any minute from anywhere, and not just on Christmas Eve. Ok, so tell me why I need to know where Santa is in August. Come on, let's give the jolly elf a little privacy. And come to think of it, a tracker following his every move sounds an awful lot like one of those electronic tagging devices attached to the ankle of a guy with a record of break and enters. Sounds like Santa may be able to make a case for illegal monitoring or stalking or something like that. I don't know about you, but I sure wouldn't want to see a Cory tracker on iTunes tomorrow. No one needs to know about my six weekly visits to Starbucks, or why I'm browsing Bath and Body Works weekly for a good moisturizer.

Always losing that piece of paper that you wrote that cool gift idea on for your mom in July? Then when the big day comes and you hand her the same lame slippers you give her every year, you wish there had been a better idea for storing



itunes.apple.com

your amazing gift ideas. Try "Gift It": the Christmas Shopping List and Countdown App! Keep your lists organized. Arrange according to person or item. See your progress as you move through all of those wonderful people you see once or twice a year.

But my favourite right now is Santa Cam FX. There are in-app purchases that can be had but for me I'm quite happy with the cute, energetic young lady elf who can magically appear in any room

in your home and check on you or a little child's readiness for the big day. There are several short free video messages that you can pick from.

So get ready for the season by arming yourself with the technology to make it a more joyous, organized time of year. And while you're at it, you might as well get a Santa iPhone case so you'll always know he's close. But then if you've got the *Santa Tracker*, you know where he is anyway. I still think that's kinda creepy.

## THROWBACK THURSDAY – SPACE JAM

# The greatest film ever made

By **CONNOR HOGG**

At the beginning of time, there was nothing, and then all of a sudden there was life. Species of animals came and went, there were ice ages, volcanoes and the reformation of continents. Roughly 400,000-250,000 years ago, archaic forms of modern humans, *Homo sapiens*, first walked the earth. This is their story of evolution to the point where, in the year 1996, the species as a whole would birth its greatest achievement. There had already been great films made up to this point: Federico Fellini's *8½*, Ingmar Bergman's *The Seventh Seal* and Orson Welles' *Citizen Kane*. But in 1996, the human race produced its greatest achievement – *Space Jam*.

Of course, all of you need no introduction to this beyond legendary film – the film that has been hailed by critics and audiences alike as the supreme achievement of not only the motion picture industry, not only the human race but of Earth itself as a whole. The film that only six short months after its release on Nov. 15, 1996, was shot into space on 1,000 satellites so that other life forms would be able to appreciate our genius. Who can forget

such classic moments as Porky Pig uttering the immortal line "I think I wet myself?" Or Bill Murray appearing for no reason and with no explanation to cash a paycheck? Or Michael Jordan's humanistic, revisionist and all-together breathtaking portrayal of the role he was clearly born to play – Michael Jordan. The movie is full of such classic moments that will live on forever as monuments to the human experience.

Part of the reason this film is so great is because of its subtle metaphors. Aliens coming to steal Looney Tunes from the centre of the earth and then becoming monsters (or "Monstars," if you will) and then facing off in a basketball game (or "Space Jam," apparently) against Michael Jordan is a metaphor for the human condition. We can all relate to being Michael Jordan, a world-famous billionaire basketball player/marketing product. This causes us to really feel for Michael when he is roped into a conflict in which he has no vested interest in and is forced to fight aliens. (Why, we must wonder, the aliens did not simply give up after realizing they would be against Jordan, is anyone's guess.)

There is really nothing I can say to



hellogiggles.com

**Bugs Bunny discusses strategy with Bill Murray, left and basketball great Michael Jordan in a scene from *Space Jam*.**

further iterate to you the genius of *Space Jam*. It was the culmination of producer Ivan Reitman's career (made directly after his second greatest production, *Junior*, in which Arnold Schwarzenegger gets pregnant) and the only film that director Joe Pytka has ever helmed (although, where do

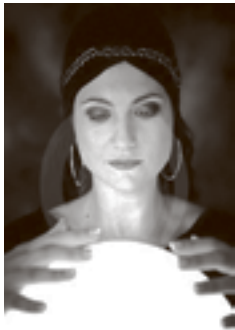
you go after *Space Jam*?)

"This film has truly proven itself to be deserving of the title "Greatest Film Ever Made." Clearly, such high praise is a testament to the public's continuing and never-ending obsession and 20-year love affair with *Space Jam*.



THE NUGGET PRESENTS:

# HOROSCOPES



MADAME O

**November 6-12**  
(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)**  
You have a big chance to boost your income, work profile or investments today. You might have to take a risk in order to benefit, most likely a commitment of some kind to additional work or responsibility but the payoff could be well worth it.

**Sagittarius (Nov. 22-Dec. 21)**  
The paperwork is starting to get to you a bit today but if you plow through and get it off your plate, your mood will pick up and you will find that there is a great satisfaction in store. You may be attending an entertainment event or art gallery opening soon.

**Capricorn (Dec. 22-Jan. 19)**  
Capricorns don't expose themselves easily and they may often have difficulty showing or expressing their feelings. However, you can definitely count on them, as they generally make good advisors and reliable friends. In spite of the difficulties they often face, they constantly try to reach the goal that they have in mind.

**Aquarius (Jan. 20-Feb. 18)**  
You will likely be travelling or on the phone a lot today. You are an inspiration or a source of comfort to a friend in need. Look to music, art and entertainment for ideas on ways to make someone's mood swing back into the "positive" direction.

**Pisces (Feb. 19-March 20)**  
This is not the day for spiritual teaching or preaching but for learning and listening. Keep an open mind and let others do the talking. Tomorrow, you will be among those who are more receptive to your personal message or insights.

**Aries (March 21-April 19)**  
You may be in a power struggle with a business associate or your significant other. Someone has drawn a line in the sand. Before you call their bluff, ask yourself what is more important, winning this battle or keeping their regard?

**Taurus (April 20-May 20)**  
Can you really afford to drop every-

thing and help out that financially troubled friend? Probably not. Trouble is, they have some kind of guilt trip they are holding over your head. Ask yourself if the friendship is all that solid.

**Gemini (May 21-June 21)**  
Everyone knows you have a way with words but when Mercury enters your sign on the 15th, your talent for self-expression will be truly dazzling! If you haven't started your blog yet, get on it. Your fan base will skyrocket!

**Cancer (June 22-July 22)**  
Cancers attract good luck when they are charitable, sympathetic and encouraging. They are intuitive and they will attract good fortune if they let these feelings guide them. They increase their luck when they use their imagination and are able to be compassionate to others.

**Leo (July 23-Aug. 22)**  
Leos are often hard on them-

selves when they fail to achieve predetermined goals they've set for themselves. They are ambitious, clever and creative but can easily go into depression and self-pity if they feel they are not getting results.

**Virgo (Aug. 23-Sept. 22)**  
Getting the job done, whether you work, own a business or stay at home, is harder today. Getting the chores done seems to be an impossible, never-ending task. The upside, once you get through it, is that you could end up finding money hidden in a task.

**Libra (Sept. 23-Oct. 22)**  
Your love life is exciting and interesting today. There is an opportunity to learn something important about your significant other. If you are still single, you may be attracted to someone who shares your political, spiritual or intellectual interests.

## 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, must have valid licence with clean driver's abstract
- Must be willing to submit

to a criminal records check and carry liability insurance

- Able to climb stairs
- Able to lift up to 20 lbs
- No previous volunteer experience needed

Apply for this opportunity at <http://mealsonwheelsedmonton.org/donate/volunteer/>

To learn about other volunteer opportunities, contact us at (780)429-2020 or online at [mealsonwheelsedmonton.org](http://mealsonwheelsedmonton.org)

## 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)





# Old space is new again

By CONNOR O'DONOVAN

The Edmonton nightlife just got a little more unique with the opening of Denizen Hall on Oct. 24.

“Perfecting the hangover since 1904,” Denizen Hall is a bar, eatery, arcade and live music venue that has taken over the ground floor of the 110-year old Grand Hotel at 10311 103 Ave.

Urban Sparq Hospitality, which also runs Knoxville’s, The Pint and The Rack, bought the Richelieu Pub in 2013 with the goal of transforming an iconic, but run down, establishment into something fresh and original. Urban Sparq has experience in such things, as the building that houses Knoxville’s (previously Oil City) was in a similar state when purchased by them around 10 years ago.

“We wanted to create a true pub for the people,” Al Gothjelsen told the *Edmonton Journal* prior to the venue’s opening.

“The fact that this is an old building is something we seek out. People have been drinking in these four walls for 110 years. That’s awesome. That’s the kind of thing

we get passionate about.”

The group began turning the Richelieu into Denizen Hall earlier this year. They replaced the dirty white panelling of the building’s exterior with stained wood, updated the walls, inserted leather booth seating and renovated the bar, all with the goal of modernizing the space while still preserving the historic and distinct feel. Big game trophies watch over the dance floor beside velvet paintings underneath a ceiling mural.

Denizen Hall is an early entry into a seedy area that hopes to be revamped by the time the new arena is built. Other projects are under construction in the immediate area, including a 30-plus storey condo building on 103 Street. Urban Sparq Hospitality also has plans to repurpose the rest of the Grand Hotel, which is still in operation.

“The location is amazing, with everything happening in ‘Katztown,’ ” Gothjelsen said. “We’re really excited to turn it into something positive.”

One of the unique features of Denizen Hall is the many arcade games illuminating its walls. Patrons can jam away on Iron



updt.ca

Man, AC/DC and Sopranos-themed pinball machines or battle a friend head-to-head with the likes the X-Men, the Simpsons, and the Teenage Mutant Ninja Turtles. Denizen Hall also hopes to become a go-to concert venue in the city, and has already hosted the Canadian punk group Pup. When the gamers and concert-goers work up an appetite, they can fill their stomachs on a menu full of “southern comfort food.”

Denizen Hall is open Monday to Saturday, from 11 a.m. to 2 a.m. Featured are \$1.75 draughts, \$2.75 fireballs and \$3.75 hi-balls on Wednesdays, \$3, 12 oz Yellow-head Lager mugs that come with a double game token on Thursdays and \$8.75 double hi-balls on Fridays and Saturdays. Head to [www.thedenizenhall.com](http://www.thedenizenhall.com), Twitter, Facebook or Instagram for pictures and more details.

## CRAZIEST NIGHT OUT

# Crazy, but it was the best

By COURTNEY BELL

We all have our stories about our craziest nights out, the drunken blackouts and the crazy hook-ups. My craziest night out, I will never forget.

As six friends and I got ready to go to what would be the most unforgettable night of our lives, we found ourselves in the capable hands of four strangers. Did I forget to mention that we were in Punta Cana in the Dominican Republic? We were staying in a resort right on the ocean, with the cool breeze coming through our window; we could only imagine the night we were about to experience.

We hopped on the bus that was taking us to the nightclub. A little tipsy, since we had been drinking tequila in the swim-up bar all day, we gracefully let ourselves onto the bus and into the arms of our extremely attractive dates. During the bus ride, the atmosphere only got more intense and more ecstatic.

We exited the bus only to find ourselves at

the entrance to a cave. We were confused for a moment but decided to enter anyway. We discovered that we had not entered one party but five. Each cave led to another, with each having a separate atmosphere and a completely different party than the last one. The place was packed with locals, as well as tourists, all looking for a good time.

Our dates pulled us onto the first dance floor. Who could resist that perfect smile (especially with the amount of tequila in our systems)? We experienced five different parties in the matter of hours.

The first one could only be described as loud. Blasting Katy Perry in our ears, we danced and drank till we got bored. We moved onto the next cave, which was more of a techno scene, with lasers and strobe lights overwhelming our senses. We moved on until we reached the rave cave. This is where we spent most of our night, playing the best music with the best drinks. We drank until the sun

came up and even then we kept partying.

As I got up on the bar to dance, I realized this is what living is and that our worst decisions sometimes turn out to be the best memories, our craziest nights out. When we’re old and gray these will be the nights we remember, not the ones we stayed at home. So travel, party, love life and don’t be afraid to get hurt because my craziest night out was the best night of my life.

## CROSSWORD SOLUTION

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www.tripadvisor.com

Punta Cana



# 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
BCX	Beer Gardens	Nov. 7   3:00pm-10:00pm	Tower Lounge

## CAMPUS CLUBS NEWS

WHAT	WHEN	WHERE
Clubs Showcase	Nov. 5, 2014   11:00am-12:30pm	South Lobby
<b>ORGSYNC CHALLENGE #5</b>	<b>NOVEMBER 3-NOVEMBER 9 2014</b> Start uploading photos and/or videos!	<b>ON ORGSYNC!</b>

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PHOTO OP  
NOVEMBER 3 - NOVEMBER 9  
Start uploading photos and/or videos!

WEEK  
**06**

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