

MID-TERM BREAK: NEXT ISSUE OF THE NUGGET ON OCT 30

THE NAIT NUGGET

Thursday, October 16, 2014
Volume 52, Issue 8

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

PRINT IT, USE IT

New 3-D printer creates large objects, story page 4



Photo by Joe Ranger

Rui Cadeiras, electronics engineering and CSST tech, shows off a wrench he created with NAIT's new 3-D printer. He has been experimenting with the Makerbot, determining the quality of its finished products.

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NEWS & FEATURES



Photo by Ciaran Boyle

Despite regulations preventing the sale of nicotine attachments in Canada, some public places have banned e-cigarettes altogether.

E-cigs' fate up in the air

By **TANIA BOYKO**

From their appearance in North America in 2007, e-cigarettes have been climbing in popularity wearing the double hat of a cigarette replacement and a quitting aid. The device works by providing programmed amounts of liquid mist through a metal chamber to the user.

The liquid mist inhaled by the user contains propylene glycol with nicotine and a flavouring of the user's choice. While the nicotine attachments are not sanctioned for sale in Canada, users often turn to international online sellers or have gone to the U.S. directly. The only e-cigarette compatible products permitted to be sold in Canada are the flavoured and nicotine free counterparts.

While the device emits vapour and not smoke, venues in Edmonton are banning the device to maintain guest experience.

"From a guest's perspective, smoke is smoke," said Northlands spokesperson Jennifer Sheehan.

Under Edmonton city bylaws, e-ciga-

rettes are not banned from public spaces, but organizations are taking it upon themselves to update signage to include these new devices. Northlands, Edmonton Expo Centre and Rexall Place are among the first to ban the use of e-cigarettes in their facilities.

In fact, all NHL venues have banned e-cigarettes, with support from the Canadian Cancer Society.

With recent strides in tobacco reduction, the Canadian Cancer Society fears that the social acceptability of tobacco through e-cigarettes will undo past and current campaign efforts.

"The use of e-cigarettes indoors has the potential to renormalize that smoking behaviour," said Angeline Webb from the Canadian Cancer Society.

However, not everyone agrees with the move to ban the use of e-cigarettes in public spaces. Owner of Edmonton's Lifestyle Cig. Inc., Atul Kalia, gives insight into the growing market that is "providing a tobacco-free nicotine delivery."

In response to the recent bans and potential changes to city bylaws that will affect where one can light up, Kalia shares his viewpoint.

"I think it should be left up to the establishment, not a blanket ban on the basis of the unknown ... or fear," he said.

He further addressed Northland's recent campaign of cigarette education targeting youth through social media handles with, "We do not market nor sell to minors."

According to a 2009 analysis conducted on two brands of e-cigarettes by the US Food and Drug Administration, over half of the samples taken contained carcinogenic nitrosamines with concentrations. However, their concentrations ranked between 100 and 1,000 times lower than that of tobacco smoke.

Due to their low levels of carcinogens, e-cigarettes have been compared with and are often used as devices to quit smoking. The flavoured attachments serve as a nicotine replacement and allow quitters to go through the motions of smoking without

the health ramifications of nicotine.

However, the limited studies and data focusing on the usage of the e-cigarettes themselves have been found troubling.

The evidence "concerning the effect of inhalation of propylene glycol is limited and concerns have been expressed about manufacturing quality-control practices," states the Canadian Public Health Association.

Moving to understand the effects of e-cigarettes on public health, Federal health Minister Rona Ambrose has requested a study on the risks and benefits of using e-cigarettes.

Whether or not we see further establishments ban the use of e-cigarettes or changes in city bylaws, storeowners and users await the e-cigarette's fate.

On Sept. 29, Northlands tweeted their new signage and stance on the usage of e-cigarettes.

"Coming to @Northlands tonight? The only vapour you'll see is on the ice! @EdmontonOilers #yegsports #RexallPlace."

Women harassed?

By **BAILLIE SCHEETZ**

The Facebook page NAIT Confessions has been around for a while now, with students anonymously sending confessions or thoughts to be posted on the page.

For the most part, these confessions are just people trying to connect with other people at NAIT that they find attractive and want to meet, because an anonymous Facebook page is a much easier way to meet someone than actually making human contact.

Lately, some of the posts have taken a turn towards a much deeper issue and one that has seemingly been around for a while. A few of the recent confessions have been from females who feel unsafe or uncomfortable walking through the halls of NAIT because of negative attention and even derogatory comments from some of the male students at NAIT.

NAIT has a male dominant population at 57 per cent in full time programs and some of the trades programs are over 90 per cent male.

This issue is bigger than just the situation at NAIT. Sexism is being called into question all over the world and particularly on social media right now and it doesn't seem to be going away any time soon.

"Networked Feminism" such as the #YesAllWomen trending hashtag on Twit-



ter, as well as Emma Watson's viral feminism speech at the United Nations, are all over the online world and it seems that the trend has trickled down more locally to NAIT Confessions.

"As a girl, I try to not attract any more attention than necessary to myself. I dress modestly and keep to myself, yet the catcalls and comments are almost constant," said one of the anonymous posters on the page.

Should females at NAIT have to act a certain way to avoid the uncalled-for male attention or should the males of NAIT have control over their comments and unnecessary advances?

One student poster to NAIT Confessions believes that the fact that there is

a gender inequality in numbers at NAIT shouldn't play a role in safety.

"I don't care what the ratio is, just because you see a female doesn't mean you need to open your mouth. NAIT is my school, too, where I should feel protected and respected. Too often does this kind of thing happen to make me feel the opposite."

With feminist movements happening worldwide and gender equality being more prevalent than ever, it seems that the catcalling and undesired male attention have become a societal norm.

At a male dominated trade school like NAIT, is this just human nature that should be dealt with and expected or is there more that can be done?

Warmer on weekend!

By **BRANDON HESS**
Meteorologist in Training

I hope you had a great turkey weekend. Did you enjoy the weather? It was a warm Thanksgiving Long Weekend. Daytime highs were 19 on Saturday, 16 on Sunday and 18 Monday. Those highs were well above the average temperature. However, it was windy on Saturday and Sunday, as promised. At one time, the wind gusted to 54 km/h (sustained wind of 37 km/h). Winds were mostly out of the west-northwest with a shift to the southeast by Monday.

It won't be near 20 today (Oct. 16). Instead, we'll be closer to 12. Wind lately has been out of the northwest. This returns back to the southeast today or Friday. Outlook for precipitation looks dry for the next few days. I don't see any snow in the immediate future and am not expecting any significant rainfall. The GFS Ensemble looks dry. I am expecting another warm-up for this coming weekend. After a little cool-down mid-week, we're warming back up just in time for the weekend! Daytime highs will work their way back up into the mid-teens for the weekend.

Model guidance this past weekend has still been under cooked. I explained this term last week. Actual daytime highs are much warmer than what the computer

models say for a high.

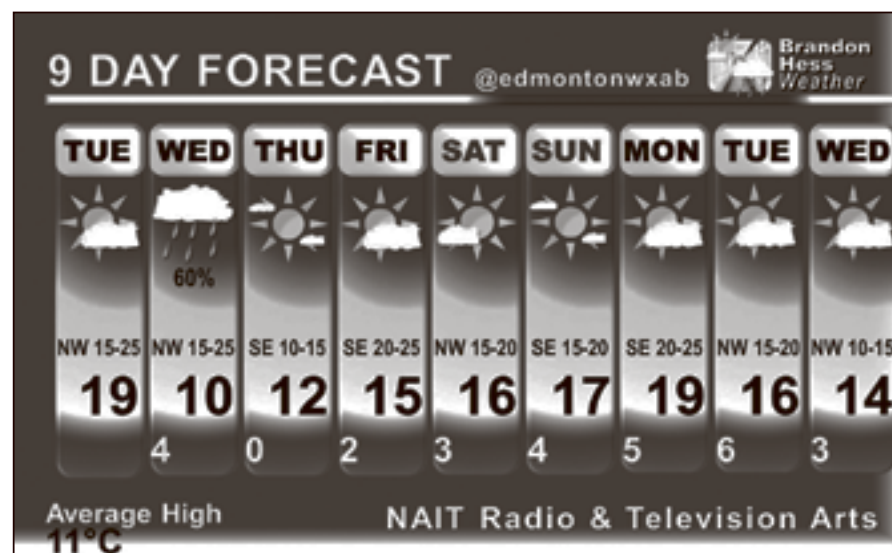
The GFS model has been a couple degrees cooler than reality. This is what we call cool bias. Other models are experiencing this same thing. If you recognize a cool bias in model guidance, you can always adjust to it. Making a forecast is not simply looking at a model and putting that output into a forecast. We forecasters must first check to see if the model is performing properly. We take what has happened in the recent past and apply that to future forecasts. If you recognize a cool or warm bias in model guidance, we forecasters can go a

few degrees above or below what a computer model is projecting for a high.

For example, if we were two degrees above what a model says for a high yesterday and today, I can apply that to tomorrow and say we'll be about two degrees above what the model says for tomorrow. Eventually the models will catch up and I could be overshooting my highs.

Wondering about the weather for Halloween? Any snow? I'll get a better handle on what the weather will be for you as we get closer to that week.

Stay tuned!



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Letters

We want your views

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

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

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



Photo by Gabrielle Hay-Byers

EASY DOES IT!

A student carefully removes a Jenga block from a tower on Oct. 15 in the Common Market as his competitor looks on. Staff and students competed at an information session for NAIT it Forward, a faculty and staff funded campaign to raise money to support student success.

'Big Kahuna' 3-D printer

By JOSEPH RANGER

Designed based learning at NAIT is entering a new dimension – specifically the three-dimensional type.

NAIT recently took possession of a Makerbot Replicator Z18, which can print out polymer parts or products measuring 12 inches (X-axis) by 12 inches (Y-axis) by 18 inches (Z-axis).

"This is the big Kahuna, you can create huge objects," said NAIT electronics engineering and CSST technologist Rui Cadeiras, who has been busy experimenting with the Makerbot, to determine the quality of finished products.

It is a time consuming process, with a stretchy bracelet taking one-and-a-half hours to process. A wrench, nuts, bolts and four links of joined chain have been created as part of the testing process.

'Not like printing on paper'

"Prints take a long time, it's not like printing on paper," said Cadeiras. "If we made a mask here, it would probably take a whole day, 24 hours, to build – and you would hope it came out right in the end."

"3-D printers are all sort of unique, they all work in their own way. The (Makerbot) work table is the part that moves in the Z-direction, so up and down and the head moves in the other two dimensions.

"Basically what it is doing is depositing material where it needs to be deposited – like building a square obviously, we would just go back and forth in a square like motion until it's got the height that you want it."

A thin strand of filament is directed downward to the worktable through a pre-programmed order.

"It is part of our learning curve here. We have to find out how it works, how it responds to different shapes. There are certain ways of placing your object that helps the printer. This is not state-of-the-art where it will print anything you tell it to, so there is a little bit of babysitting."

"I guess you could use it for repairing things. Like if a part breaks, you could just draw it up and print it out – to fix stuff."

Programmers still have to align the part in the correct orientation, by having the flat sides down. Things like overhangs have to be dealt with, too, with support materials providing additional structure so they don't tip over when it is printing in mid-air.

As it is still in the testing phase, there are a few kinks to work out, including the quality of parts produced.

"I'd like to say was impressed with the wrench, but I wasn't terribly impressed, but that could have to do with the file itself," said Cadeiras, who didn't create the file but downloaded it off a free site open to the public called Thingiverse (www.thingiverse.com).

"A lot of people who are into 3-D printing upload their designs and share them with other people and most of the stuff on there is free."

Asked if he plans on building a Rui bobble head, Cadeiras simply laughed.

"That would be cool. It depends on what you like. The sky is the limit. Me personally, I'm just testing it right now. I don't really know what I'd like to print at this point. Maybe a windmill or a turbine or something like that

would be cool, because I'm into that sort of thing."

Among the practical applications for NAIT students and instructors would be parts specifically created for the engineering, design and drafting departments.

"I can see them benefitting from it for their projects, maybe year-end projects," said Cadeiras. "Anything that involves engineering and design, this would be very useful."

"It is in its infancy. We are just starting to get these here. Although 3-D printing has been around since the 1980s, I think now the price point has come down to the point where schools can afford them and even individuals can afford them."

At a cost of \$6,500 US, sans shipping, supplies and GST, the built-in New York Makerbot has a built-in camera, a self-leveling feature and can run over NAITs' internal network, allowing several computers to access it.

'Pretty cool'

"It's pretty cool," said Cadeiras. "This particular unit has a lot of sweet features. You can link it to your phone over the network, where you can actually keep an eye on it as it is printing through the camera, even if you are somewhere else."

According to David Christiansen, supervisor of tech services for the School of Sustainable Building and Environmental Management (SSBEM), 3-D printers have been around NAIT for at least four years.

"In other departments of NAIT, 3-D printing isn't all that new," said Christiansen. "Electronics has had a Dimension 4 printer for probably four years now, a PVC thermoplastic model. They also have a mojo machine."

As well, the Shell Manufacturing Centre has had a Dimension 4 machine for a few years, the UV hardenable resin type of 3-D printer.

Also in the works is a Makerbot Replicator for the Project Factory and a more expensive direct-to-metal 3-D printer, which uses a powdered metal that is laser centered, according to Christiansen.

"The big advantages of that is that the finished parts can be machineable and a lot more useful in prototypes just due to their strength."



Photo by Joe Ranger

Some of the items recently fabricated by the Makerbot Replicator Z18.

Growing a sensible future

By **NICOLAS BROWN**
@bruchev

It may be surprising to some that sustainability would ever find a foothold here in Edmonton, the capital of a province that revolves around natural resource extraction. And yet, sustainability has been lurking in Edmonton for many years, under different names and organizations but focussed on the same end goal. It is now starting to be embraced by organizations across the city, and by the city administration itself.

One of the oldest organizations in Edmonton that focusses on sustainability is Sustainable Food Edmonton. Originally founded in 1989 as the Personal Community Support Association, Sustainable Food Edmonton has organized numerous initiatives.

Their primary programs are the Little Green Thumbs and Urban Ag High, elementary and high school programs that teach children about gardening, local food production and food sustainability. They also operate the Community Garden Program, where they serve over 70 community gardens across the city and provide information and guidance to new and emerging gardens. Relying heavily on volunteers, Sustainable Food Edmonton has helped spread the idea of sustainability into the community for almost 25 years.

Tying into community gardens and backyard fruit trees, another Edmonton-based non-profit works to ensure locally grown fruit is used productively. Established in 2009, Operation Fruit Rescue Edmonton or OFRE, has been mobilizing volunteers for the past five years to harvest, process, and preserve local fruit. OFRE offers an interesting solution for surplus fruit – volunteers are organized to pick unwanted fruit, which is then divided equally to four groups; one quarter to the homeowner, one quarter to Edmonton's Food Bank or other charitable organizations, one quarter to the volunteer fruit pickers and one quarter to OFRE for processing. They also organize canning and preserving events throughout the harvest season, an excellent resource for those interested in learning about

canning and preserving food.

If you are interested in learning about canning and preserving food, there is also the Fruits of Sherbrooke. Another non-profit fruit rescue, Fruits of Sherbrooke offers jam making and apple preserving classes throughout the year for those interested in learning.

Even the City of Edmonton has gotten on board with the sustainability movement. In 2011, The Community Sustainability Task Force was established to create a vision to build strong, sustainable neighbourhoods and communities in Edmonton. The resulting report, "ELEVATE" outlined nine recommendations for steps the city could take to achieve ongoing community vitality. This report also called for the establishment of the Edmonton Community Sustainability Coalition, which would provide leadership to and manage the partnership of participating parties in the "ELEVATE" initiative. Although still a work in progress, active steps taken by City Council means the city is investing in the sustainability movement.

NAIT isn't about to be left out of the progress being made, however. NAIT's Applied Research program covers a number of different initiatives, including major sustainability topics. NAIT's Boreal Research Institute in Peace River focusses on emerging forest reclamation research, peatland management, watershed reclamation and wetland management.

NAIT's School of Sustainable Building and Environmental Management offers students opportunities to learn about sustainable innovations, ecological engineering and environmentally sustainable urban development.

Finally, NAIT's School of Hospitality and Culinary Arts is also committed to food sustainability. Surplus food



is donated to local charities or repackaged for the cafeteria's Gourmet Take Away program. Unsustainable seafood species are removed from menus, and only seafood that meets Ocean Wise standards is purchased by the program. The school even has its own herb garden on campus, utilizing a commercial-grade hydroponic garden to grow organic herbs on campus for use by culinary students.

Needless to say, sustainability is catching on in Edmonton. There's also a great reason for students to get involved; sustainable technologies can save you money in the long run. If you are interested in learning more, try volunteering for organizations focussed on sustainability or look for ways to be sustainable in your own life. Recycling and composting are small things you can incorporate into your daily life, or you can start a window garden at home. There is even a Sustainable Technology Club on campus, an excellent opportunity to get involved in a campus club.

Sustainability isn't going away any time soon, and it will only continue to build momentum, so do some reading and learn more about it!

Canada standing by Ukraine

By **TANIA BOYKO**

Ukraine's problems began back in February of this year when large protests were held in the capital city of Kiev that ultimately ousted President Viktor Yanukovich.

Elected democratically, the former president, known to have ties with Moscow, created widespread discontent throughout the country. Protesting citizens alleged that Mr. Yanukovich had a role in corruption, non-existent economic growth, cronyism and Ukraine's unwillingness to make ties with the European Union.

According to BBC News Europe, momentum grew for Russian separatists from the recent annexation of Crimea in March, sparking the movement into action.

Since April of this year, Ukraine has been fighting against armed pro-Russian activists who overtook government buildings in the Donetsk and Luhansk regions of Eastern Ukraine.

It's unknown how much aid has been given from higher levels in Russia.

"But in August, the rebel leader in Donetsk, Alexander Zakharchenko, said 3,000-

4,000 Russian citizens had been fighting alongside the rebels," according to BBC Europe.

With the help of Ukraine's Western allies, a ceasefire was reached on Sept. 5 to pave the way for serious negotiations.

Canada, known as a peacekeeping country, has decided to stand alongside the people of Ukraine and offer support, which includes "imposing a broad range of political and economic sanctions; pledging support to help Ukraine stabilize its economy and promote economic and social development and providing non-lethal security assistance and training for members of the Ukrainian military," said Canadian spokesperson Amy Mills.

Further, Canada participated in the United Nations General Assembly that

denounced Russia's annexation of Crimea in March. The assembly formally requested that Russian respect Ukraine's independence and territorial integrity.

As one of Ukraine's strongest supporters, Canada has supplied \$5 million in non-lethal equipment, \$250 million in financial support, \$1 million in Trust Funds for Ukraine to NATO and \$3 million in humanitarian aid.

From the beginning of Russia occupation of Ukraine, Canada has imposed over 190 sanctions on both Ukrainian and Russian persons and entities.

On Sept. 16, Foreign Affairs Minister John Baird announced further implementation of economic sanctions and travel on four Russian individuals. Additionally, economic sanctions have been placed on five Russian entities including one financial



Petro Poroshenko

institution that "bear[s] responsibility for the crisis in Ukraine."

Talks of a bilateral trade agreement were at the forefront of Ukrainian President Petro Poroshenko's visit to Canada in September to meet with Prime Minister Stephen Harper. The meeting ended with Canada committing to a \$200 million loan to aid Ukraine's economic and financial sectors. Additionally, Canada added \$3 million in humanitarian assistance to aid an estimated 3.9 million people living in affected areas and the approximately 200,000 persons registered as displaced.

When the Ukrainian parliamentary elections are held on Oct. 26, Canada will have in place over 300 electoral observers acting with three different missions to help ensure that the voting process runs fairly and smoothly.

"Until Russia clearly demonstrates its respect for Ukraine's sovereignty and territorial integrity, Canada will continue to work ... to apply pressure that will further isolate Russia economically and politically," said Mills.

NDP preps for election



By **NICOLAS BROWN**
@bruchev

This is the sixth article in a series by Nugget contributor Nicolas Brown on the political parties in Alberta. This week he looks at the Alberta New Democratic Party.

In a province as conservative as Alberta, it may seem odd that there would be a long-standing social democrat presence in our political scene. That social democrat presence is of course, the Alberta NDP. Although the Alberta NDP may not have as strong a presence as our more well-known major parties, the party has a unique place in our provincial history.

The New Democratic Party is traditionally known as the major socialist party in Canada, both federally and provincially. It is also the only party that has inextricable links between its federal and provincial branches. Membership in the provincial NDP party includes automatic membership in the federal party.

The NDP, both federally and provincially, were founded in 1961-62 from the merger of Co-operative Commonwealth Federation party and Canadian Labour Congress values.

The party has a strong history of social-democratic ideals and organized labour, and even more so in Alberta, as the provincial branch, it could be argued, is the successor of the now defunct United Farmers of Alberta. Focussing on issues like human and civil rights, social assistance, public health care and public transportation, the NDP lives up to its name as the major social-democratic party throughout Canada.

What does the Alberta NDP offer students? The over-arching theme from the party's policy book indicates an emphasis on increasing the accessibility of post-secondary education for Albertans. The party

aims to reduce the cost of education, reduce student loan debt and increase the availability of apprenticeship programs. The party aims to freeze tuition fees, remove non-instructional fees, reduce tuition by 10 per cent and introduce a student loan forgiveness plan that forgives up to \$1,000 a year for students who continue to live in Alberta after graduation. The party would also replace revenue lost by institutions from reduced tuition and work with trade unions to increase apprenticeship training.

"We think post-secondary education is critical for the future of the individual," says outgoing party leader Brian Mason. "But it is also very important for the future of the province, the economy and society. We support a reduction in tuition in Alberta, and a freeze after that – a 10-per-

cent reduction and we would close the loophole left for institutions to charge non-instructional fees."

Every student can agree that reducing the hit to our bank accounts gets votes but that's only if the voters know about it and, as a demographic, university students aren't exactly "tuned in" to the political scene.

According to Mason, the party isn't having any difficulty reaching out to students.

"Some of our most dramatic growth in recent years has been in the 18-25-years-old demographic. We have a very young membership and some active clubs on campuses. Student issues are very important in our work."

Focussing on the work, rather than what the other parties are doing, appears to be the current trademark of the party.

With three young candidates already canvassing in Calgary and an experienced doctor running in Edmonton-Whitemud against an unelected health minister, former mayor Stephen Mandel, the party is placing a lot of confidence in the calibre of its candidates.

With a provincial election rapidly approaching in 2016, it is a poignant time for the Alberta NDP, as Mason is due to step down as leader at the party's leadership convention on Oct. 18 in Edmonton.

Under Mason, the party has spent the last 10 years rebuilding, with an increase in the number of constituency associations, an increase in membership, a formalized fundraising model and more young candidates running for the party.

"I am proud that I am leaving the party in very good shape," Mason said.



Brian Mason
Outgoing NDP leader

daveberta.ca

Long journey to study at NAIT

By **CHARLIE ZHAO**

There are many international students at NAIT and they all have different stories to tell and they contribute significantly to NAIT's cultural diversity and prosperity.

Smart, strong, slightly shy, this is Kelvin, a first-year student in NAIT's Instrumentation Engineering Technology program. Let's take a look at Kelvin's road to NAIT and his experiences, dreams and aspirations.

"I come from Philippines, an island country in southeast Asia. As can be seen from the map, I need to cross the Pacific Ocean to come to Alberta, Canada. It is indeed a long journey," Kelvin said.

During his flight he slept a lot and, as a result, he felt very refreshed after landing Canada.

"The first few days of being in Canada is kind of hard, because it is not so easy to

find a place to live. I went to the apartments around NAIT and ask the landlords if there is still rooms available. However, they said the apartments were all rented out and they kindly advised me to start looking for residence place earlier next time. Fortunately, one of my mother's friends told me she had a room empty. I am finally settled down." Said Kelvin. Planning well ahead seems to be one of the most important things in students' personal and academic life.

"Generally, I would say I've had an awesome experience here in Canada. People here are so friendly. They always say sorry whenever there is a small conflict such as hitting each other in the hallway. One thing that really surprised me is that all the people will hold the door for the next person entering. I really feel warm when seeing people helping each other. Besides, people often greet each other even though

they don't know each other. After getting off the bus, they will say thank you to the bus driver, which is kind of hard to imagine in some of the other countries," Kelvin said.

Since there's so many difficulties to conquer on the way from Philippines to Canada, the reason Kelvin decided to come here is simple. "I am a realistic person, the reason for me coming to NAIT is that the employment rate of NAIT graduates is over 95% and they get good pay after work. Also, my friends go to NAIT for diploma and they strongly recommend me to come. By the way, the tuition is cheaper here than other universities whereas the instructors are awesome." He said.

There are always things that inspire students at NAIT, though varies from person to person. For Kelvin, "I would say the hand-on labs are really awesome. That way I get more experience than simply doing

calculations."

Though the weather is different than that of Philippines, Kelvin seems to like here a lot.

"It's very humid in Philippine's, here we have snow and beautiful girls. But seriously, the education system is a lot more established and coordinated I would say."

Kelvin is not thinking much about what he will do after graduating from NAIT.

"I haven't planned that much, but honestly, I would really like to be a well-established instrumentation engineer," he said.

"I wish I could marry a beautiful wife and have beautiful kids. Besides, I hope I could get a high-paid job in industry. Where there is a will, there is a way," he said.

"I wish I could achieve my dream in my dream college, NAIT. Also, I wish that everybody can get jobs quickly after graduating!"

NAIT's own media maven

By **GABRIELLE HAY-BYERS**

Social Media Expert. NAIT Communications Guru. Philanthropist. Blogger. Cat lover, pho-promoter, NAIT alumnus and former *Nugget* Issues editor, educator ... all titles you could easily assign to Linda Hoang, digital communications specialist for NAIT. It's easy to say that Hoang has been pretty busy since her time at NAIT as a Radio and Television Program student, which lead her to work for Global TV and CTV before moving into her communications role at NAIT.

"Most people who go into news, they're not like 'I'm going to be out of it by 24,' like they want to stick with it a little longer but I was, like, 'This opportunity is really good,' and I've really liked going in this direction," Hoang said. "I think with social media it is really cool because of how it's affecting so many aspects of daily life and business now. There is essentially a social media job in almost any industry across any sort of field that you could think of.

"So they say ... that most people will go over to the dark side, which is corporate communications, so you kind of have that in the back of your head. The hours are easier, the lifestyle is way different, you're still doing lots of work but it's just at a different

pace. So I knew probably down the road I would not be reporting or whatever it is for the rest of my life. But the social media aspect of it just happened because I was very interested in social media, personally."

But how did Hoang catapult to such local success, or "D- or F-grade local celebrity" as she calls it? She credits NAIT's RTA program for instilling into her the importance of focusing on building connections.

"All of these places that I've moved through, I've been very aware that I should have positive relationships with as many people as I possibly can, because you never know ... what's going to happen down the road."

Hoang's road just so happened to lead her right back to NAIT.

"I really liked it when I went to school here so when that job opportunity came up I thought, well, I loved being a student here so I'd probably love being a staff member here as well," she said.

"In the normal sense, it would have been great if I had ended up on TV and reporting but then I just found my interests leaning more toward what had been my hobby, so my hobby became my job and there was this opportunity for that."

Hoang's success isn't just limited to

her professional life, however, with this past year seeing her organize the inaugural Edmonton Cat Festival, supporting the Edmonton Humane Society and also creating her own charity burger for Delux Burger Bar, which is supporting the Second Chance Animal Rescue Society.

"I really like food, so I knew that they regularly did monthly celebrity burgers and had a feature and that some of the proceeds from the sale went to charity. And I always thought it was a cool concept. Then, over the past few months, you know you see the traditional celebrities, you have your TV anchors and weather personalities and radio stars ..."

But there is also public exposure through social media.

"And I think Twitter, especially in Edmonton because our community is so tight knit as well as active, that you do have this sort of ... D- or F-grade local celebrity that you can achieve when you are very active on social media."

And with that, Hoang saw that there

was an opportunity to approach Delux to be a celebrity chef with them.

"And I thought, I've seen people from Twitter doing a celebrity burger. Why not? I can raise money. I really like supporting animal causes. I had done the cat festival last June, which supported the Edmonton Humane Society so I thought, oh, if I did this I could support the Second Chance Animal Rescue Society and kind of split up the animal love there."

"I'm sure if they didn't believe that you could actually sell burgers they would reject you. But I asked and they said, oh this is a great idea, perfect."

If you're interested in trying out Hoang's charity burger, which features a crispy fried egg, arugula, crispy onion, blue cheese and bacon and a seven-ounce Angus beef patty for \$13, visit any Delux Burger Bar location this October.

Better yet, attend one of the remaining tweet-up events on Oct. 22 (Riverbend location) or Oct. 29 at the Parkview location.



Supplied photo

NAIT's Linda Hoang with her delicious charity burger.

3 DAY STARTUP
BRING YOUR IDEA TO LIFE

OCT. 24-26 | SPARTAN CENTRE | MAIN CAMPUS

The concept is simple; start a company over the course of three days! 3 Day Startup is a 72-hour learning-by-doing workshop that teaches in an exciting, hands-on environment.

The program is **FREE** but you must apply by October 17.
To learn more and to apply visit nait.3daystartup.org

Point ^{Counter} Point What's in a name?



By **QUINTON BERGER**

@QuintonBerger6

Well it's happened, the single greatest tragedy to ever occur as a result of terrorism. Adam Reed and Matt Thompson of FX's *Archer* announced that there will be no more ISIS in the show due to recent events. For those who don't know, ISIS (International Secret Intelligence Service) is (or was) the name of the spy agency on the show. And now because of some group in the Middle East, the agency we've grown to know and love is gone! I must say that this is a terrible move on *Archer*'s part. While I realize that they can't acknowledge ISIS in the show itself, I don't see why they should back down. If ISIS is no longer a part of the show, then we've let the terrorists win! The terrorists have officially started eating America from the inside. *Archer* will no longer embark on daring missions under the same agency he has for the past six years, all because Reed and Thompson didn't have the guts to stay the course.

Let's get real

I mean, let's get real here. *Archer* has been seen on TVs across the world since 2010. ISIS, the terrorist organization has been seen in TVs across the world since what, 2014? *Archer* came first and therefore it's only logical that no change is necessary. If something or someone has an idea first and people then steal it, it doesn't mean you give up. You don't completely surrender your idea. *Archer* needs ISIS because, let's face it, *Archer: Vice* wasn't that good. Fans were delighted to hear that Reed was taking the show back to its spy agency roots and then the plot twist – "now we're heading in another direction" and why? Because some bad guys operate under the same name as your fictional agency? I say the guys at *Archer* should pay no mind to this solely because *Archer* came first. Fans know it and any new fan with a brain will understand the show has been around for a while now. And in a decade when the ISIS crisis is no more and people are binge watching *Archer* for the first time, it'll be pretty crappy for the show to no longer have its hilarious headquarters. Eastern extremist groups come and go but cartoons, those are forever.

Time-tested

It's been time-tested and proven that shows aren't as good when things reroute. *Weeds* wasn't as good when Agrestic burned down, replacing Eric with Todd on *That '70s Show* didn't work and when Dan Harken was briefly off *Community*, the show went to crap. What if Jacks had gone nomad in Season 3 on *Sons of Anarchy*? I bet the show wouldn't be on its seventh season. What if Homer Simpson started going to a new bar or *South Park* became Rockton tomorrow. You wouldn't be fond of it because you've grown to love the wacky adventures and familiar scenarios. That's why you're watching a cartoon! They don't get older, they don't have to change. An American institution has died and it's all because of ISIS. The terrorists have won.



By **NATE BRYANT**

Archer is a terrific show and nothing is going to change that but ISIS has had its name tarnished. It's time to let it go. It's not like getting rid of the name is going to make the show any less amazing. The entire last season took place away from ISIS when it was *Archer: Vice*, and that was a great season! For those of you who do not watch the show, ISIS was their spy agency. In the last season, they turned from being spies to being drug-arm dealers, making ISIS no longer existent. They did, however, promise us their return to the agency this season. However, the show left itself open to leave ISIS because of that. They had a lot of options and the one it seems they will be taking is they will now be working under the CIA. No one wants their show to be associated with a terrorist group, and most people no longer think *Archer* when they hear ISIS. I know I did, the first time I heard the name brought up in the topic of recent events but things changed. Now it would be distasteful to leave that connection.

It just had to be done

It's not like the show is going to be any worse for a name change to the company. They wouldn't be the first to change their name due to an association with terrorists. The show has been trying to get rid of the name for a while. Last season, they were just hoping the entire ISIS thing would die down but once events started to unfold, they realized it wouldn't. They knew early on that it just had to be done, because it looks bad. Imagine the entire first five seasons where it was called something other than ISIS. Would it have mattered? No! And what about all that merch you have? Walking around with a shirt with the *Archer* ISIS logo on it is probably going to give you some unwanted attention, because not everyone watches *Archer*. Even if they should.

Can't shrug it off

You can't really shrug this off. Shows like *Family Guy* and *South Park* might try to make

this a joke, and have something like *Archer* tracking down ISIS because they are using their name but that's not *Archer*. I mean, *South Park* did not wait long. Their season opener had ISIS. The creator has stated that the terrorist group doesn't even exist in the *Archer* universe, not to mention that making jokes out of current affairs isn't their shtick, because we don't know the year. So when it comes down to it, you have to think of this in the real world application of the name. People in reality are going to hear ISIS and think terrorist. Especially your parents, grandparents and anyone who just doesn't watch the show. Having the connection to a terrorist probably isn't the best thing. With all that said, I am really happy I bought a Baboo shirt and not an ISIS one.



File photo

OPINION

— Editorial —

Mid-term misery



GABRIELLE HAY-BYERS
Editor-In-Chief
@Gee_H_Bee

Midterms. They are coming.

I feel like I'm talking about a swarm of locusts but midterms sometimes feel like an absolutely brutal experience. I don't mind finals because, oddly, I love the finality of them. It's the 'final push' and, once it's done, it's done and you get a fresh start.

But midterms ... not my favourite. It's the practice of simultaneously trying to remember that this isn't the finish line whilst studying like it is. I always vastly prefer the classes that have a midterm learning cutoff about a week before the exam, so that you're not leaning new things up until the day before testing and neglecting reviewing the rest.

Some groans

Now I'm sure that comment will garner some groans from the instructional staff here at NAIT. How could a student ever neglect a full review before a midterm? Maybe because there are four other classes just like yours, I would suggest. For instance, for one of my classes I have done around 800 pages of reading thus far. Yes, you read that right, eight hundred. So do I spend the bulk of my time reading just to keep up, rather than reading to review? Yes, you bet. So am I choosing sometimes to review a few hundred pages for a quiz rather than read ahead for the next class so I have a bit of an idea what's going on? Yep.

The greatest thing I learned from doing my schooling at night, sometimes five classes at a time, while working full-time in the financial industry was to stop being so damn hard on myself. I know a lot of students here at NAIT are in similar situations, working hard to complete their education while working even harder to afford it. If I had one bit of advice, I'd say please, please be easy on yourself. I wish I could have told myself that when I decided to start working towards my degree rather than spend those months agonizing over grades with little sleep.

Tuition rates increase the pressure

And for the instructors and administrators that are shaking their heads at this idea, I encourage you to remember that a report from the Canadian Centre for Policy Alternatives made it very clear recently that tuition costs are rising at a rate far exceeding inflation and incomes, causing students to take on jobs and high levels of debt previously unseen in Canada. The report showed that since 1990, tuition fees have risen 6.2 per cent annually, or roughly three times the rate of inflation. The pressure for students is rising.

I watch and listen as students break down and cry in the hallways over singular tests gone wrong, hear the constant comments about how tired my classmates are from working or studying the night before, and commiserate as students attempt brain-surgery style class scheduling tetris to allow them to work often 20-30 hours a week to afford school. I know that personally, at least

once a year I get super sick from a combination of lack of sleep and stress.

I'm not suggesting that some magical fairy come and lower our tuition or give us free places to live, but a couple review classes, or even open study classes, before midterms may make a bigger difference than one may think.

Study hard and be easy on yourself.



time.com



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

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

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

SPORTS

Research a no-brainer



CONNOR HOOD
Sports Editor
@connorhood27

When Hockey Alberta changed the rules for body checking from starting in peewee, to now starting in bantam, many in the hockey community wondered if the change would actually have any effect on the number of head injuries.

A new joint study out of the Universities of Alberta and Calgary is planning on answering that question. The study, which is following over 1,000 bantam level hockey players across Alberta and British Columbia, will be monitoring the kids both physically, as well as mentally over a five-year period. Researchers will be collecting data on practices, games, injuries, behavioural traits and social interactions as a way to develop a baseline for concussion testing for the kids.

Players involved in the study will also receive medical treatment from the Glen Sather Clinic if they get a concussion during the season.

"We know there is a three-fold increase

(in injuries) for kids that had peewee body contact," says Dr. Terry DeFreitas of the Glen Sather Clinic. "There is also a four-fold increase in concussions in the athletes who had body checking at the peewee level."

Researchers will be looking to expand their knowledge of reducing head injuries, as well as determining the best ways to prevent future concussions and long term effects such as post concussion syndrome, slurred speech and seizures.

Analysts out of the Brain Care Centre in Edmonton say not only is the prevention of such injuries important, which makes the new study so crucial but so is proper treatment if an athlete suffers a brain injury.

"There is a chance to get a second impact," said Jen McLean of the Brain Care Centre.

"That's the biggest thing we want to stay away from, especially in children."

Even with the new study on the rule changes and the recent attention put on concussion prevention, there are still some questions left unanswered.

Which sport causes the most injuries? What is the correct way to treat these types of injuries? Is there enough being done?

"I think there is a lot being done," said NAIT Ooks forward Michael Piluso. "They have the new hit to the head rules in the NFL and NHL."

"Protection is getting better every day with helmets, so I think they are doing their best, but there is really only so much you



University researchers have embarked on a head-injury study of 1,000 young hockey players in Alberta and British Columbia.

can do for concussions. It's just part of the game," said Piluso.

Although the study is on youth hockey, there are still many who question if hockey is even the sport with the highest concussion rates, compared with youth soccer and football. It may be a good question, but it isn't the right one. Focus should be placed on how the game is played, not so much the sport itself, in finding a way to properly prevent future injuries.

The main danger occurs "when the rules are not adhered to," said Dr. DeFreitas. "The

referees and coaches aren't controlling the players and people take risky and dangerous plays. I think that is more the issue than comparing one sport to the next."

The emphasis being put on head injuries has never been greater, and rightfully so. With the new study placing their focus on youth hockey, I know I'm not the only hockey fan that is hoping they find some concrete answers. The first set of results, however, won't be available until after the 2014-2015 hockey season.

RUGBY

Looking for a new sport?

By **COURTNEY BELL**

Playing sports is a good way for all of us to stay healthy and active. It is all part of a balanced lifestyle. Rugby is a high intensity sport that is good for cardio and muscle building. For those of you who don't know, rugby is similar to football, although there are still many differences. One is that rugby is played without any protective equipment, such as helmets or shoulder pads. Another major difference is the positions. In rugby, the number you wear on your jersey represents the position you play, which means that each team has the same numbers for the same positions.

In rugby, there are forwards and backs. The forwards are eight players who form the scrum.

The positions in the scrum are called tight head and loose head prop, hooker, lock, flanker and the No. 8. These players are generally bigger, heavier and stronger than the backs because they are supposed to do more of the pushing in the scrum and most of the tackling.

The goal for the scrum is to get the ball out from the centre and sent it to the backs to run to the opposing team's end. The hooker is the centre position that is supposed to

hook the ball and kick it backwards so the 8 can toss it to the backs. They perform rucks and mauling. Rucks are when the ball is on the ground and they use their feet, while as mauling is off the ground with their hands.

The backs are made up of seven positions. These players provide the speed and agility. These players tend to be smaller and faster than the forwards.

Once the 8 throws it to the scrum half (position No. 9) they then run the ball forward to go for a try. In rugby, a try is similar to a touchdown, but worth five points. You may also gain three points by a conversion kick. Once the backs start moving the ball forward, the forward's job is defend teammates by tackling and taking on the opposing team. There are rules in rugby like any other sport but there are a few that have to be followed.

As the players wear no equipment, you are not allowed to obstruct opponents, punch, trample, kick or trip other players. If you tackle too early, late, above the shoulder or

while they are in the air, you will receive a foul. Any action that is unfair or dangerous will result in a foul as well.

Although rugby is a tough, gritty sport, I recommend it for anyone looking for a new challenge or for someone just looking to play a sport with some friends. It is a lot of fun and it's a great experience.



Players form a scrum.

MEN'S HOCKEY

Weekend split with Keyano

By JOSH RYAN

After several weeks of exhibition play, Oaks hockey fans had their first home hockey game of the 2014-2015 season.

The Keyano Huskies came to the NAIT arena Oct. 10 on a roll, having won four straight games. However, the Oaks came in with their own momentum, having swept Briercrest on the road in Week 1 and defeated the University of Nebraska Omaha 4-0 the previous weekend. The Oaks couldn't keep the winning streak going however, as they would split the set with the Huskies.

In the opener, the boys took little time in setting the tone against the Huskies. Hard checking and timely offence put the Oaks up 4-0 in the first period. While the Huskies shored up play in their own zone, the Oaks were able to fend off the charge, winning 4-1. NAIT dominated special teams, scoring two short-handed goals and one power play marker. Jordan Wood led the way with a hat-trick, John Dunbar had two assists and rookie goaltender Kenny Cameron had 25 saves in his first home win.

The following afternoon, it was the Huskies who came out more aggressively but they couldn't get on the board in a scoreless first period. After Keyano opened the scoring in the second, the

Oaks started to apply more pressure but couldn't solve Huskies goaltender Logan Stebner. Stoppages were frequent during the contest, with over 25 penalties assessed and four game misconducts (three players and one Keyano coach).

A pair of quick goals by Keyano in period three sparked a furious attempted comeback by NAIT but the boys were unable to tie things up in the dying seconds, losing 3-2. Dunbar was named player of the game for the Oaks.

"It came down to finally realizing it didn't have to be complicated," said head coach Serge Lajoie of the team's late rally.

"Overall, I thought we played the game the right way and had some good looks but we ran into a goaltender playing really well and those looks weren't going in. It would have been nice to make a team like Keyano pay with those power-plays but you know what, that's the way is and it's a learning process," Lajoie said.

With the split against the Huskies, the Oaks now sit 3-1 and will take on the Red Deer College Kings next.

"We want to be a team that makes



NAIT photo by Jesse Kushneryk

NAIT Oaks forward Jordan Wood just misses with a shot on Keyano goaltender Dustin Nikkel during a game Friday night at NAIT arena. The Oaks won 4-1.

the opponent pay for penalties so we are going to work a little bit on our power-play to make sure our special teams are sharp," said Lajoie.

"But the bottom line is, it's just a matter of getting back to basics."

The first game will take place in Red Deer on Oct. 17 at 7 p.m. For those who can't make the trip down, check out the action on SportsCanadaTV. Saturday the two teams will clash here at NAIT arena, with puck drop at 6 p.m.

VOLLEYBALL

Teams tune up against King's

By JOSH RYAN

While the volleyball squads are anxious to begin the season at the end of this month, they still have had a few exhibition contests left to gain experience before the opener.

Both the men's and women's teams took on the King's University College Eagles, a North Division rival, in a single night setting on Oct. 9. The women played at King's while the men took on the Eagles at Spruce Grove Composite High School, as a kickoff to the school's annual high school tournament.

Head coach Doug Anton saw the match as a good insertion in the schedule for the squad before they enjoyed a much needed break.

"Everyone was really looking forward to the Thanksgiving weekend and some much needed rest but we knew before that we needed to get by King's, which is a team that relishes competition and always plays us tough."

The men got off to a quick start, taking three straight sets against the Eagles, 25-21, 25-16, 25-13. Both teams agreed on playing another set for the extra practice and fan experience, which the Oaks took narrowly 26-24.

Once again, the Oaks' superior depth played a key role in the win as they were able to get offence throughout their lineup.

"It was another good win for us," said Anton. "We took control of the match early, worked hard to keep the ball alive, kept the pressure on King's and things worked out well for us."

The following night at King's, the ladies also had little trouble in dispatching the Eagles. Precision throughout the match paved the way for a 3-0 victory

with set scores of 25-19, 25-9 and 25-13. Balance in all aspects of the game paved the way to another Oaks win.

"It was a great match for us," said head

coach Benj Heinrichs. "We were super-efficient from start to finish."

The event held some nostalgia for the Oaks as Anton and assistant coach Greg Gulash are SGCH alumni, while Sean Renaud and Bryce Hayes grew up the Spruce Grove area.

"Matches out in the community are certainly something we like to do when we get the chance," said Anton.

"It's a special match for us because the Spruce Grove-Stony Plain region been very supportive of the NAIT men's volleyball program and we have had many athletes from the district play in the NAIT program," he said.

"For some of us, it is a bit of a homecoming and an opportunity to return to our volleyball roots."

The men's team, who sit 5-1 this preseason, have one last exhibition match before they take on Concordia in the season

opener. The opponent in the last preseason match will be the Ambrose Lions, a program competing in the ACAC for the first time this season.

Match time is 5:15 p.m. on Saturday at St. FX high school. The women's win ends another strong preseason. The squad's exhibition record now sits at 12-3 and the three losses were against the contending powers of the ACAC, including the defending champion Queens.

This early success, along with the right mindset of the players, bodes well for the Oaks heading into opening night.

"I think we are looking strong heading into the opener," said Heinrichs.

"Not only did we play our best of match of the year so far to end the preseason, but the players pointed out things we can improve upon and we're excited to work on those things."



Doug Anton
'Another good win'



Benj Heinrichs
'Looking strong'

SLAMBALL

Trampolines and b-ball

By JOSH RYAN

Basketball, gymnastics, hockey, and football – these four sports combine to create: SlamBall. Thanks to a unique set of rules and the glorious contraption known as the trampoline, this exhilarating sport is the closest real life equivalent to the *NBA Street* video game series. SlamBall was founded in the late '90s and appeared in the public eye by debuting on Spike TV in 2002. While the sport has had its ups and downs since, it still has corporate interest and is expanding to eight teams.

Like basketball, points are scored by sending the ball through the opposition's hoop. However, there are significant differences beyond just the trampolines. Some of the changes are three points for dunks, four players are on the court instead of five, up to nine players are on the roster instead of 12 and substitutions can be done freely, like in hockey. The games consist of four five-minute quarters, a 15-second shot clock and teams are only allowed one timeout (which can only take place in the final two minutes).

The biggest differences are the rules regarding contact and the three trampolines

by each hoop. Checking is allowed in SlamBall, although there are some limitations. Checking an opponent from behind, before dribbling or during entry onto a trampoline will result in a foul and a faceoff. This is a showdown where one defensive player attempts to stop an offensive player during a dunk. Some other rules include no bouncing

SlamBall was founded in the late '90s and appeared in the public eye by debuting on Spike TV in 2002.

on one trampoline at the same time for offensive players and no bouncing twice on the same trampoline while holding the ball as an offensive player.

If you don't have access to sanctioned facilities to play SlamBall, have no fear. As long as you have a backyard trampoline and a basketball hoop and backboard you can set up your own version of the sport. You play one-on-one, point values are the same no matter the shot and don't bother dribbling. In order to make it easier to play defence, the offensive player can't bounce in the same place more than twice, forcing constant movement. It's the ultimate one-on-one sporting experience.

Now, there are several steps to take in order to make the backyard game safe. The first is that the players must establish rules for checking in order to reduce injury risk.

SlamBall players get lots of air.



imgur.com

Having a net around the trampoline is a good idea, in order to prevent landing awkwardly on the ground or on objects like rocks and bricks. The hoop is another safety consideration. When I lived in Montana, my best friend had a backboard and rim attached to a shed, so tripping or slipping under the hoop led to a face full of wood. The best option is to buy a portable one from your local Canadian Tire or online for as little as \$34.

The key to SlamBall, to go along with the necessary skills to succeed in basketball, is fearlessness. If you are aggressive and utilize the trampoline, you will rock at this sport – in the arena and in the backyard. So if you have access to a hoop, a trampoline and a basketball, start throwing down some dunks, SlamBall style! But please be safe, if you want to be able to go to work or school the next day.

Nest pool tourney a success



By COURTNEY BELL

This past Tuesday (Oct. 13), NAIT hosted its very first pool tournament at the Nest Tap house and Grill.

CAB (the Campus Activities Board), which is made up of eight students who plan events for throughout the year during the summer. They help organize and build events with the NAIT Students' Association and other groups. CAB planned this event during their annual brainstorm weekend in the middle of summer.

"If the feedback from the tournament turns out well, we will hopefully have this every year or even once a semester," said tournament organizer Gillian Wilson, who is also NAITSA VP Student Services.

They decided to host this event because it appeals to wide range of people and could bring everyone together for an evening of fun.

There were 12 contestants who signed up for the tournament. They played a regular 8-ball game, calling the shots. For those of you who don't play pool, it's when you call the pocket you want the ball to go into. For example, you would say "The 8-ball in the right hand corner pocket."

It was a standard rule game with sin-

gle game elimination. As they win, the players moved up in the rounds to get to the finals. First place winner Randy Arcand received a \$125 Visa gift card. The second winner Joe McLean won a \$75 Visa gift card and the third-place winner Jesshi Lau won a \$50 Visa gift card.

Each winner played with great talent and showed off a lot of skill.

"It feels great to win. Even just playing again felt great," said Arcand.

"I played pool competitively all throughout my adult life and unfortunately haven't played for a few years, so I thought I'd sign up to give it another go." We can tell that all of the players showed a great love for the game and would love to see this event go on again.

The turnout was amazing and to see the contestants compete in the high-intense atmosphere made the event memorable. There was great music and delicious food all around and really an enjoyable evening. Playing pool and enjoying a night with your friends is a great way to end your stressful school day.

Maybe next time you'll sign up for the tournament, it's friendly competition and a great experience.

NAIT OOKS
UNDERWATER HOCKEY
COMPETITION

November 4-6, 2014
2:00-3:30pm
NAIT Pool

- All students and staff welcome
- Sign up as a team or an individual
- Minimum of 6 people per team

To register: www.booking.ca/bknait
Deadline date to register: October 28th

Coach Profile



Name: Serge Lajoie
Position: Head coach
Sport: Men's hockey

By CHARLIE ZHAO

1) **What made you start playing hockey?** I always liked to play hockey. Also, my dad played and I followed him when I was four.

2) **Who is your childhood idol?** Guy Lafleur from the Montreal Canadiens. He was the best, I'm a big fan.

3) **What are your hobbies during your spare time?** Fishing, hiking, spending time with my family.

4) **What type of music do you enjoy?** Country music. I listen to all other types, too.

5) **Which sport do you like other than hockey?** Volleyball, baseball.

6) **Who inspires you the most?** A lot of people, most of them are leadership positions, such as John Wooden, Pete Carroll, Bill Moores, Clare Drake and my father, J.C. Lajoie.

7) **What are three things you cannot live without?** Family, my iPhone and the NAIT hockey team.

8) **Where is your dream oasis?** Waterton National Park.

9) **What is the best advice you've been given?** "Bloom where you are planted."

10) **What do you want to say to your team?** A positive approach creates the power of possibility!

Coach Profile



Name: Deanna Iwanicka
Position: Head coach
Sport: Women's hockey

By CHARLIE ZHAO

1) **What made you start playing hockey?** Family. My brother played and my aunt convinced my mom to let me play.

2) **Who is your childhood idol?** My mom. She's always there for me. She's my No. 1 fan. She is selfless and she supported what I wanted to do.

3) **What are your hobbies during your spare time?** Mountain biking, spending time with my family.

4) **What type of music do you enjoy?** Country music.

5) **What is your favourite sport outside of hockey?** Indoor soccer.

6) **Who inspires you the most?** The athletes I deal with every day.

7) **What three things you cannot live without?** Family, sleep and hockey.

8) **Where is your dream oasis?** Mountains and oceans. I would also love to go to New Zealand.

9) **What is the best advice you've been given?** "Smile every day."

10) **What do you want to say to your team?** Let's be the best!



Athletes of the week

October 6-12

Kenny Cameron
Hockey

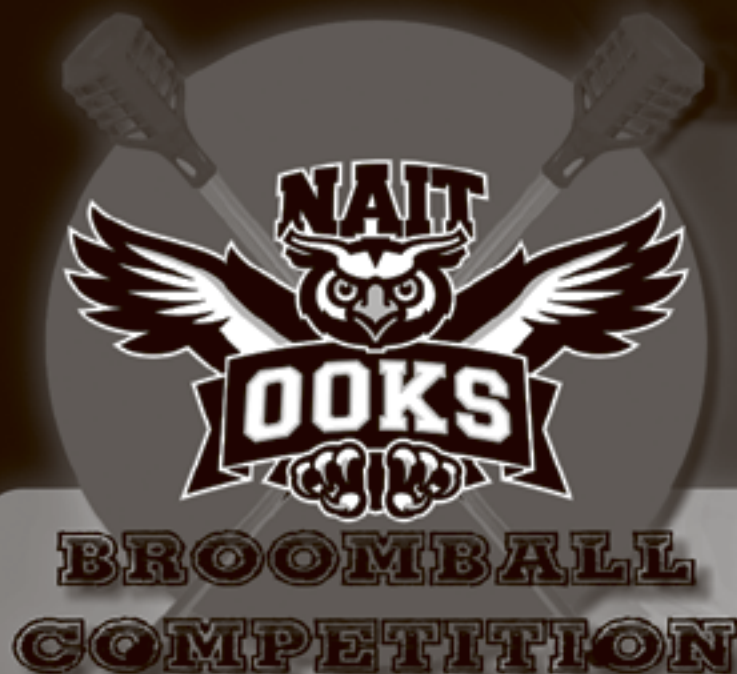


Kenny was a major reason why the NAIT Ooks men's hockey team was able to pick up an impressive 4-0 shutout victory over the NCAA Division I University of Nebraska Omaha last Monday. He then returned home to lead the Ooks to a 4-1 home-opener victory over the Keyano Huskies, making 24 saves. "Kenny is quickly establishing himself as an elite goaltender at the collegiate level," said head coach Serge Lajoie. "His 35-save effort in Nebraska was nothing short of spectacular. He has had a great start to the ACAC season and we expect him to continue to perform at a high level." Kenny is a first year Bachelor of Business Administration student from Calgary.

Kristen Hansen
Cross-country running



In her third year, Kristen has truly taken on a leadership role with the Ooks cross-country running team. She was the team's top female runner at this past weekend's ACAC Grand Prix event hosted by Augustana, finishing sixth. In the previous four events, Kristen has finished fifth, seventh, eighth and 11th. "Kristen is our veteran runner. She has been a strong student-athlete on our team for several years and returns this year once again competing for a top placement," said assistant coach Andrea Von Engelhardt. "Her athleticism and commitment to the team are outstanding." Kristen is a third-year Personal Fitness Training student from Edmonton.



November 25-27, 2014
11:30am-1:00pm
NAIT Ice Arena

All students and staff welcome!
Sign up as a team or an individual, at least a minimum of 6 people/team.

To register: www.booking.ca/bknait
Deadline date to register is November 18th.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHAT	WHEN	WHERE
IntoNAITion Toastmasters	Every Monday from Sept. 15, 2014 - April 20, 2015	Room H-003
Aboriginal Students	Every 2 weeks on Wednesday's from Oct 1-Dec 24	Room H-111

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Biological Sciences Tech 14/15	Halloween Candy Sale	Oct. 31 11:00am-2:00pm	E-wing entrance under pedway
EDSS	Halloween Pub Night	Nov. 1 8:00pm-2:00am	The Ranch Roadhouse
Aboriginal Student Club	Halloween Costume Contest/Bake Sale	Oct. 31 11:30am-2:45pm	Room E-121
Chinese Students Association	AB Chinese Basketball League	Oct. 16-Nov. 1 All day	University of Alberta
Aboriginal Student Club	Social Media Teaching	Oct. 29 4:00pm-5:30pm	Room V-217

CAMPUS CLUBS NEWS

WHAT	WHEN	WHERE
Clubs Showcase	Nov. 5, 2014 11:00am-12:30pm	South Lobby
ORGSYNC CHALLENGE #3	OCTOBER 13-19, 2014 Create an event and post it to the Community Calendar!	ON ORGSYNC!
ORGSYNC CHALLENGE #4	OCTOBER 20-26, 2014 Create bookmarks in your portal for important information!	ON ORGSYNC!

8 Weeks of OrgSync

WEEK
03

EVENT TIME

OCTOBER 13 - OCTOBER 19

Create an event and post it to the Community Calendar!

BOOKMARKED

OCTOBER 20 - OCTOBER 26

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WEEK
04

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ENTERTAINMENT

My gory gig as a grinder



By **RICHARD LUKACS**
Entertainment Editor
@DickTorrance

I'm taking a program called Television Arts. I just love it. The reason of that besides my rad classmates (and that I'm actually interested in learning all that stuff), is that it gets me into places I would probably never hear about and I'm learning to know awesome new

people every day.

Yesterday for example I was doing a story on the Deadmonton Haunted House. While I've been doing interviews with staff and the operator/creator of the house, I heard that they are short on actors. I'm not a qualified actor by any means but it's not an absolutely unknown territory either so I volunteered to fill up the spot. I had a go-pro camera with me so I was hiding it in different sports of my scenery throughout the show and got some funny extra footage for my report. Win-win situation.

I got the role of "the grinder" who apparently has to be a poorly skilled workman, as his body and head are covered in scars and burns. It's a very fitting role as I love grindcore and my appearance is quite

obnoxious so I barely needed a little touch up at the make-up room.

My premise was in the tool shed where skulls are hanging around on chains, chopped-off body parts and bloody tools (including a badass chainsaw) are laying on the shelves. Just like home. And I had a working surface with an actual grinder on it so I could sharpen my sexy axe in peace.

Until the intruders came. Then I lost my temper and chased them out of the room with that hatchet. I had a blast. I mean seriously, is there anything more fun than chasing cute, screaming girls with a bloody axe? I don't think so. There were a lot of rad toys around so I started to create scenes. For example I found a severed leg on one of the shelves, I put it behind the work table like there would be a body

lying there. When somebody entered the room, I swooped down my axe like I'd just cut that leg off and then thrown it to the back, hope that it hits someone. Then I start grinding it and at that point somebody always freaked out and screamed so I let the chase begin. I found a big, rusty old barrel, too, which I placed next to the exit door so just before they left the room, I swung the axe and hit the barrel beside them. It made an unexpected loud noise that got every man of nerves skedaddling.

It was wicked fun. I just couldn't stop smiling behind my bonnie mask. People were coming to get scared and I delivered that scare to them. One of the best nights in forever. I would never know about that place if I didn't do that report on it. Did I mention I love my program?



Richard Lukacs in full grinder gear

Supplied photo

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **BRETT BOHL**
D.J. BohLd

This week's theme is on a dance concert in Edmonton. The concert's name was PURE and it went down at the Shaw Conference Centre on Oct. 12. The guests had to dress in all white clothing. I'm talkin' every article of clothing had to be white,

(except shoes) but the rest had to be at least 80 per cent white ... This caused some turmoil when finding your disoriented friends throughout the evening.

This was a 10-hour concert! The doors of the Shaw opened at 8 p.m., and they stayed open until 6 a.m. This contributed to making it such a crazy night out! It's understandable how long the show went on for, because they had over 20 artists performing in one night.

The concert brought some of the most talented E.D.M. (electronic dance music) producers and DJs from all over the world to our fine and fabulous city.

That's why this week's 3.99 mixtape shuffle playlist is all about artists from PURE.

These 11 songs are all pre-exsiting

songs from within my library, who played on both of the stages from PURE You can listen to each of these songs for yourself.

For live electronic dance mixes, and artist insight – check out a local student's mix-show on NAIT's Campus Radio Station: "NR92." D.J. BohLd (me) brings you the "92 Minute NAIT MiX." at 4:30 – 6:02 p.m. Thursday afternoons!

All of these songs will be played!

1a) GO (Showtek Edit)

– MAKJ, M35

1b) GO (Spryte Show Edit)

– MAKJ & M35 vs. Joel Fletcher

2) City Of Lights vs Sun And Moon (Neil Jackson & Ah Yeahh! Edit)

– MAKJ, M35

3) Sun and Moon

(Dropwizz Festival Trap Bootleg)

– Above and Beyond

4) Mufasa (Original Mix)

– Laidback Luke, Peking DuK

5) Big Ben – Ilan Bluestone

6) The Reach

– (Original Mix) – Audien

7) Ghostbusters Theme

(Zombies Are Way Scarier Than Ghosts Remix) – Peep This

8) You're The One (Pleasurekraft

Remix) – Cajmere, Sonny Fodera

9) Need U (100%) (Original Mix)

– Duke Dumont ft. AME

10) The Clapping Track

(Solomon Remix)

– Claude VonStroke

Listen yourself @www.NR92.com; at home from on your desktop computer or on the go from the "Tune-in" application, while using your smartphone or tablet, by searching NR92.



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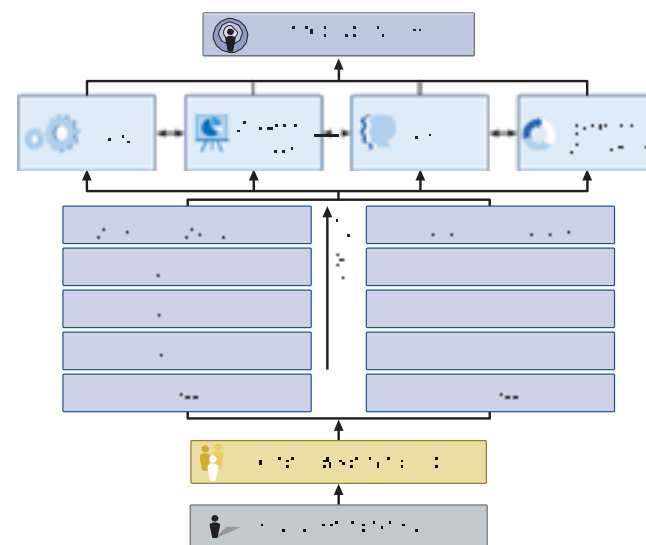
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Details

Date: Wednesday, October 22nd

Location: Shaw Theater

Time: 11:30 – 12:30



What will you be?

Schlumberger

MOVIES – THE KURT LOCKER

Ben Affleck in *Gone Girl*

moviepilot.com

GONE GIRL

Familiar – with a twist

By KURT FABISCH

David Fincher's latest film, *Gone Girl*, might start out as something familiar. But it sure doesn't end that way.

Ben Affleck plays Nick Dunne. On his and his wife Amy's fifth wedding anniversary, Nick comes home and finds her missing and signs of a struggle in their house. The police arrive on the scene and with very little to go on, Nick is the first person they suspect of any possible wrongdoing.

So, at first the film is a search for a missing person who may or may not be dead.

We cut back and forth between the search for Amy and flashbacks to Amy's diary where we see the origins and progression of her and Nick's five-year relationship. What started as adorable, heartfelt romance turns into something truly ugly over time.

Now, as much as it's about the mystery of where Amy is, the movie is also about the media circus that swarms around Nick.

The film examines and satirizes the media and the public's reaction to an event like this. It'd be funny if it wasn't so painfully accurate.

One more thing the movie explores is the complicated (and that's putting it mildly) relationship between Nick and Amy. This movie pretty much has a disclaimer attached to it throughout that says:

Don't. Get. Married.

It occurred to me that *Gone Girl* is either the worst movie for couples to watch ... or the best.

All of the acting in the film is first rate.

Ben Affleck gives perhaps his best performance as Nick. His mix of charm and a certain level of mystery makes him an unusual protagonist. You're never quite sure how to feel about his character – whether you should sympathize with him or despise him as so many other characters in this film seem to.

Rosamund Pike plays Amy and she

gives one of the best performances of 2014, sure to get an Oscar nomination. Amy, over the course of this film, becomes one of the most complex characters in recent memory.

Tyler Perry (perhaps better known as Madea) delivers a nice supporting turn as Nick's defence attorney.

But the performance that stood out the most for me was Neil Patrick Harris as a former lover of Amy's. He is so insanely creepy, it's almost funny. His character sort of takes the movie on a bizarre detour and it involves probably the most striking scene in the film, which is saying something.

Gone Girl is one of the best films I've seen in 2014. I expect many people involved in the cast and crew will be up for Oscars next year.

It's another masterpiece by *Seven* and *The Social Network* director David Fincher, who tones down the visuals this time and focuses more on the story and characters.

The movie takes a sharp left at around

the halfway point and never ceased to surprise me. It was so exciting to try and guess what was about to happen in a given scene and be wrong just about every time.

This movie has a tone to it that might seem strange to many but one that I think everyone will like. Because as dark and disturbing as the film gets, it has a wonderful sense of humour. Based on what I knew of the film's plot, I never imagined I'd be laughing as much as I was.

Make no mistake, this is a twisted film that will no doubt make audiences uncomfortable. Many are already calling it the "feel bad movie of the year" and I'm inclined to agree.

But I had so much fun with *Gone Girl*, laughing one minute and then so tense the next that my hands were shaking and my heart was in my throat.

Gone Girl is a hell of a movie.



CRAZY NIGHT OUT



YouTube

PURE at the Shaw Conference Centre

PURE evening in Edmonton

By BRETT BOHL

This week's crazy night out was a truly wild experience. Taking place only a few days ago, at a dance concert in Edmonton. The concert's name is PURE and took place at the Shaw Conference Centre on Oct. 12.

The venue was a bit different than most, as it required guests to dress in all white clothing. When you bought a ticket, you were told every article of clothing showing on your body (excluding shoes) had to be at least 80 per cent white. This obviously caused some confusion in who was whom and made finding any of your friends to be a difficult task throughout the night.

This was a 10-hour concert! The doors of the show opened at 8 p.m. and they didn't close until 6 a.m.! Which is what contributed to making me have such a crazy night out! It's understandable how long the show went, with over 20 artists performing at PURE in one night.

The concert brought some of the most talented EDM (electronic dance music) producers and DJs from all over the world to our fine and fabulous city of Edmonton, for one crazy night!

As a DJ myself: (D.J. BohLd), I made it an absolute must for me to attend this stacked show. I have been a DJ for a number of years and it's been a pleasure to attend these types of shows to learn from what other artists are doing and get ideas for myself in the future. These shows can be inspiring! The experiences can power and influence one's perspective or possibly even change their life forever.

Never in all of my shows have I seen this amount of pure talent in one building on one night! The lineup was astonishing and was actually one of the finest that I have ever seen in my entire life...

The lineup had tons of world famous EDM artists and two stages. The main stage celebrities included: MAKJ, Above & Beyond, Laidback Luke, Ilan Bluestone, as well as "Audien" and many well-known others. Not only did it include music production artists and DJs from other countries but also some from our very own city. It was incredible seeing people from my own backyard (doing the exact same thing which I plan to be doing ... later on in life.) Some of the local talent featured Peep This, consisting of: (producer: Peep'n Tom and Edmonton's No. 1 D.J. rated by *Vue* weekly as well as Hot 107-on-air mix-show host and producer: D.J. Tyco). The duo kicked things off at PURE's Alchemy Area, and built-up the night with a stylish performance.

Peep This took over from 9:15 and they rocked the house until 10:30! I arrived early and watched some of their performance from the front and centre stage.

At the same time, on the other side at PURE's Foundation Arena performing, was "David Stone." (Edmonton's No. 2 D.J. rated by *Vue* weekly and CJSR-on-air mix-show host.)

Although I would have enjoyed watching both of these local performances, their sets conflicted with each other. David's started at 9:15 and went until 10:15. Throughout their overlapped sets, I cruised back and forth from the two stages. Although spending more time at the Alchemy arena, I will say David's set also dominated for the solid hour he had, as the crowd of people arriving grew for his stage, too.

Having two stages allowed for each of the performers to get enough time to showcase some of their own music production

with a twist of their DJ mixing science. Overall, I was extremely impressed with the sound and lighting productions. The sound separation from stage to stage was

crisp and clear. It was so high-quality you would have never known there was another crazy night happening in a room only a few feet away.

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Halloween events



By **QUINTON BERGER**

Halloween is just around the corner, which means different things to different people. To adults, it means handing out candy or pretending to not be home. Kids run amok on the streets and get said candy but for the average 20-something year old, there's so much more.

With every bar, concert venue and frat house throwing a different Halloween party, it can be hard to decide what to do. Never fear, though, as we here at the *Nugget* have taken the time to provide you with some solid options for Halloween.

Who doesn't love a good night of live music and beer-fuelled mayhem? For over two decades now, 100.3 The Bear's Halloween Howler has been regarded as one of the city's best Halloween parties. Each year, the Shaw Conference Centre fills up with guests donning their best costumes and, each year, more liquor is sold than any other event at the Shaw. If that



alone wasn't enough to entice you, this year's lineup features Canada's own Headstones and the raunchy stylings of mock hair metal band, Steel Panther. Both bands put on shows that are as rowdy as they are memorable ... provided you pace yourself! Tickets for the Howler can be found on Ticketmaster for \$60.

Say rock music isn't your thing. Say you're one of the millions of people who've fallen under the captivating spell of Electronic Dance Music. Well there are a few events you can attend. Just a day after the Howler, it's Boodang's turn in the Shaw Conference Centre with the latest installment of their Halloween massive, SCREAM. Same idea as the Howler, each year the Shaw fills up with thousands of costumed party goers and each year it's a crazy good time! This year's lineup features Amster-

dam powerhouse, Yellow Claw and hit maker, DJ Snake along with many more. Tickets for this one range from \$85-\$105.

Want to get your groove on for a fraction of the price? Just down the road, United Bass Collective will be hosting The Funkin' Zombie Apocalypse at The Starlite Room. The night is a full-on Zombie themed party that features groovy vibes from Canada's own The Funk Hunters along with support from Pumpkin, Knight Riderz and several Edmonton DJs. Tickets for this are pretty scarce but if you look hard enough, you'll end up paying about \$25 for them.

Live music not your thing? No problem! Head on down to Edmonton's Metro Cinema for a night of frightening flicks. Edmonton's DEDfest (an annual horror film festival) will

be at the theatre from October 21-26 but on Halloween Night you can head there and see the original *House on Haunted Hill*, *Horror Express* and the zombie flick

that started it all, *Night of the Living Dead* as part of the theatre's Halloween Metro Mash. Tickets are \$13 but prices vary for children (\$8), students and seniors (\$10).

Finally, if you're looking for a classic Halloween activity, there's always Deadmonton House. This house promises a good scare and as *Nugget* Editor Richard Lukacs will tell you, it delivers! The house is open throughout October, so even if you don't go on Halloween, we still recommend checking it out. Tickets can be purchased online (\$10) or at the door (\$15), however on the 30th and 31st, tickets are \$20.

Whatever you end up doing this Halloween, the *Nugget* would like to remind you to do it safely. Death is only fun on Halloween when it's pretend. Party safe, party responsibly and have a happy Halloween!

FASHIONISTA OF THE WEEKSTA



Photo by Tegan Dutton

Derek Repchuk

How would you define your style? Skater, hippie, I don't know.

Favourite places to shop: Winners, Urban Outfitters, H&M.

Favourite article of clothing: Thai pants.

What do you have lots of? Hoodies.

Scareoke at the Nest!

By **SAMANTHA MARCELLIN**

Looking for something fun and spooky to do this Halloween? Want to sing your heart out in disguise? Look no further than the Nest's own Scareoke! If you're a diehard karaoke fan who owns the hell out of Bon Jovi or just a fan of dressing up for some wicked prizes, the Nest has you covered.

Come down after class on Friday the 31st from 3 p.m. to 7 p.m. to experience all the musical talent the Nest can handle. Like Nest manager Michelle Dirksen says, "Where else can you go in costume and sing like a rock star or sing in character?"

Looking to pre-drink before tearing up the town and toilet papering houses? (Do people even do that anymore?) The Nest has some eerie drink specials to have you well on your way to a memorable Halloween. Bud, Bud Light and Kokanee are on for \$4 and delicious Jell-O shots for only \$3.

If the drink specials aren't enticing enough, all of those who dress up can enter to win fabulous prizes. Dirksen says there will be "cash [and] a super cool Corona fridge" to be won. With all of that incentive, it's obvious that the Nest is the destination for NAIT's ghouls and goblins this Halloween!



TAYLOR BRAAT

What is your favourite thing about fall?



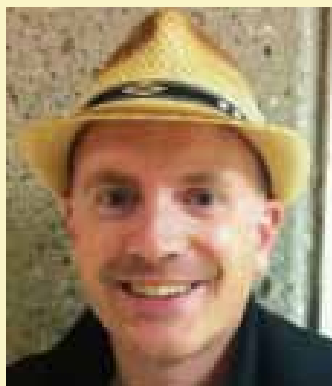
"The changing of the colours, especially the beautiful scenery, and wearing lots of layers."

Baillie Baugh
Radio and Television



"Sweater weather."

Kennedy Pawluk
Radio and Television



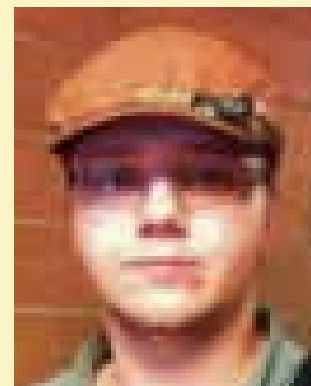
"The beginning of the hockey season."

Kevin Maher
Radio and Television



"Changing of the leaves and all the colour."

Mardy MILC



"The coming of winter."

Tyler Wyllie
MILC

THROWBACK THURSDAY

Remembering movie trailers

By JOSH RYAN

Movie trailers have been a popular form of advertising for film and television companies. They can scare us, enthrall us, intrigue us and pique our interest enough to persuade us to sit our butts down in the theatre or in front of the television at a specific time.

Some trailers were such an event that people actually paid for movie tickets and walked out after the previews! Yet as technology has evolved through online media, the style and substance of these trailers has changed dramatically over the course of a decade. Now anyone and everyone can see anything and everything with the click of a mouse.

Previews started out quite rudimentary compared to what we are used to today. A few basic clips and some text would fill up a two to four minute time frame. In the 1960s, films like *Dr. Strangelove* featured trailers that were textless and had quick edits, giving the feel-

ing of a montage. The perfected model we have today came about around the mid-1990s and included the increased use of teaser trailers. These shortened previews are primarily produced when the film has yet to reach the pre-production stage and often has footage that doesn't appear in the final product. A famous example is 2002's *Spider-Man*.

Years back, without the Internet, the best way to discover news for movies was through magazines so when you saw movie previews at the theatre you never knew what you were going to see. One of the most vivid memories for me was seeing the trailer for Disney's *Tarzan* in 1998. The quick edits of leopards, gorillas, gunfire and Tarzan "surfing" on vines

to no audio other than that epic Phil Collins soundtrack felt like a 100-second adrenaline rush. Trailers generate many other sensations, including a sense of awe when seeing *The Lord of the Rings* come to life or genuinely freaking out over *The Blair Witch Project*.

With the Internet is so integrated into our daily routine, trailers have lost their lustre. Movie news is at your fingertips, so it's no surprise to see footage of a film in development. There's definitely no need to go to the cinema just to see a trailer when you can watch it at home, at work or on your phone for free. There is also a disappointing trend with previews revealing too much.

Comedies give away their best gags,

action flicks give away big explosions and many trailers basically tell viewers exactly what is going to happen in the plot from beginning to end. From a business perspective it makes sense, as film companies are trying to get money from every possible film goer but it makes it hard to decide if you want to view a trailer and have it spoiled for you.

Now, there is still plenty of entertainment to be found in watching trailers. Editing allows for incredible creativity and there are still films that people find intriguing upon viewing the preview.

A current example is the trailer for *Mad Max: Fury Road*, which features amazing use of colour and design. Some trailers have such incredible production values they end up being better than the actual film. However, we will likely never again see a preview with the event status like *Star Wars: The Phantom Menace* did.



THINK YOU HAVE WHAT IT TAKES TO WORK IN WEST EDMONTON MALL?

West Edmonton Mall is hosting a job fair on **October 26**, from **noon to 5 p.m.** See if your favourite retailer is hiring.

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Sunday, October 26
Noon to 5 p.m.

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Be a food revolutionary!

By **KATIE STOBART**
The Cascade
University of Fraser Valley

ABBOTSFORD (CUP) — We have an intimate relationship with food. The contents of our plates say a lot about who we are, about where and how we live. Because it's so ingrained in our everyday lives, it can be easy to forget food is not just a source of energy; it's also a source of political power.

As students, many of us are in the midst of a complex transitional relationship with our parents — straining away or resisting departure, at once eager to taste independence and lured back by the magic of the home-cooked meal.

The thought of Thanksgiving, for example, triggers immediate sensory memories: the warm, rich smell of my mom's homemade dressing; the texture of moist turkey breast and the taste of acorn squash baked with brown sugar. They're nostalgic sensations, reminiscent of times my family ate together.

After being out on my own for two years, I'm hosting the holiday dinner for the first time and feeling the pressure to live up to those memories. Meanwhile, I've made choices about my diet that no longer welcome that tasty stuffing packed with bread and sausage.

There's a resonant connection between food and autonomy. Learning to prepare our own meals is essential to our capacity to thrive independently as adults.

But it can be a tense transition. Recently, I have been taking a harder look at what I choose to eat, but I've found myself drawing an uneasy square around the day of my family's Thanksgiving dinner as a day to slip back into my old eating habits. I'm justifying it to myself as a special occasion — but it's not for the sake of childhood nostalgia.

It's not those holiday scents and flavours standing in my way, it's fear of alienation.

Even if I wasn't hosting the dinner,

I'm afraid it would cause a lot of tension with my family to suddenly start passing on most of the meal. I've already experienced some of that strain at informal gatherings, but to invoke it at a family holiday would make for a lot of awkward fork-to-plate clinking, as well as the unsaid, What's wrong with the way we eat? The way we've always eaten?

For one, the food we've always eaten has been largely a result of socioeconomic status. We've eaten plenty of boxed food, potatoes and fast food

because it's cheaper than eating healthily and it's easy to find prepared food that reflects our culinary traditions. Putting a meal together can happen in less than half an hour, or less than five minutes in the microwave. Putting a healthy meal together takes much longer.

Who has the time to always buy fresh food and prepare it from scratch? How many students have the funds? Filling my grocery cart with fresh vegetables and other unprocessed ingredients for a week's worth of meals costs significantly more than it does to eat fast food or buy pre-packaged facsimiles of the comfort food I grew up with.

What we eat for cost and convenience moves from necessity to habit and from habit to tradition. But the choice to improve my eating habits feels empowering. I feel healthier, more in control and more mindful. Part of the intimacy we have with food is that we literally take it in and make it part of ourselves. Forgive the cliché — you are what you eat. Choosing what you eat, then, can be an expression of identity and of independence. It's an act of autonomy.

Just as our ability to make choices is influenced by economy, choosing food (to eat local products, for example) is an economic decision. Trying to break out of a loop of choosing and needing to choose cheaper food is inherently political. Awareness of what we eat becomes a kind of political engagement, making your own dinner a revolutionary act.



Image courtesy Richard Smith / Flickr Creative Commons

Your choice of food is important.

A culinary dream come true

By **STACEY DADURAL**

Hello foodies! I'm sorry it's been a while, but since I've been ultra busy with school lately, I figured my next article will be a little more personal than anything.

So, if you don't already know, I'm currently a student in the Culinary Arts program at NAIT. A little something you should know about me: food has and always will be a passion of mine, whether it'd be making a mean dinner or baking cakes for the sole purpose of fulfilling my cravings. I don't even remember what kick started my baking-cooking passion. For as long as I can remember, I've always loved to bake. As a child, whenever my mom came home with a box cake mix, I'd be in the kitchen helping her bake. In Grade 7, I took Foods, which, at the time, was the baking portion of all three-food class options. So I very much consider myself to be a baker. But you're probably thinking, "why aren't you in the baking program then?"

Well, I'm not going to lie I was terrified at first. I've only cooked from

scratch a handful of times and most of the time they were eggs. On my first day of class, I had learned that the majority of those in my class either already work in the food industry or have previously. Technically, I work in the food industry but I don't work in the kitchen, so I don't have the same type of experience that they do, which made me even more nervous. I considered dropping out because of how anxious and nervous I was feeling. But I am so glad I stayed because I'm having an absolute blast.

My first month in Culinary, I've learned how to make soups, sauces and basically the fundamentals on cooking. I've made everything from chicken stock to cream soups, risotto, fresh pasta and even tempura. I didn't think it was possible to love being in a kitchen more than I already do but nowadays I find myself itching to be there.

Not to mention, I absolutely love the people in my classes. I graduated high school at Archbishop MacDonald, and although it's ranked as second in all of Edmonton (last I checked), some of the

teachers there aren't the greatest around. Don't get me wrong, I had a few amazing teachers but many of them just didn't seem to care too much about their students or their education — I mean other than marking, that's your job right? I'm so used to having to teach myself everything. But I can't even count the amount of times I have said "chef" in the last month — Chef Szutarski probably wanted to shoot himself in the foot every time I called him over. But the great thing about him is that no matter how many times I called him over, he always helped and he always gave me feedback. Every day that I walked out of that class, I had learned something new.

I've also learned so much from the people in my class. I definitely wouldn't have been able to make anything without the help of my peers. When I'm doing something for the first time, I tend to have a lot of doubt in myself. I'm never 100 per cent sure about something unless I've practised it to perfection. So, the majority of the time I would walk into class not knowing a single thing about

the recipes we were making that day. I'd always ask people if I was doing something right, if it tasted OK. I lacked confidence in the products I was making.

However, in the past month I've built up enough confidence in myself to not depend so much on what other people think. I've been able to work on something completely by myself without having to ask whether I'm doing something right.

I know it's only been a month that I've been in this program, but I feel like I've already learned so much. I've never been more motivated or excited to go to school — not mention that my in-class work becomes my lunch. I'm actually quite excited to learn more.

I just thought, since it's the long weekend, I'd do a quick blog-like article about my life. Next week, I'll be right back on track with either a recipe or a review or something — depends on how I feel.

I hope you all had a wonderful Thanksgiving long weekend and I wish you all a beautiful day!

THE NUGGET PRESENTS:
NUGGET COMICS



Comic by Dessa Bayrock/The Cascade



Comic by Koan Stalwick

CROSSWORD

Across

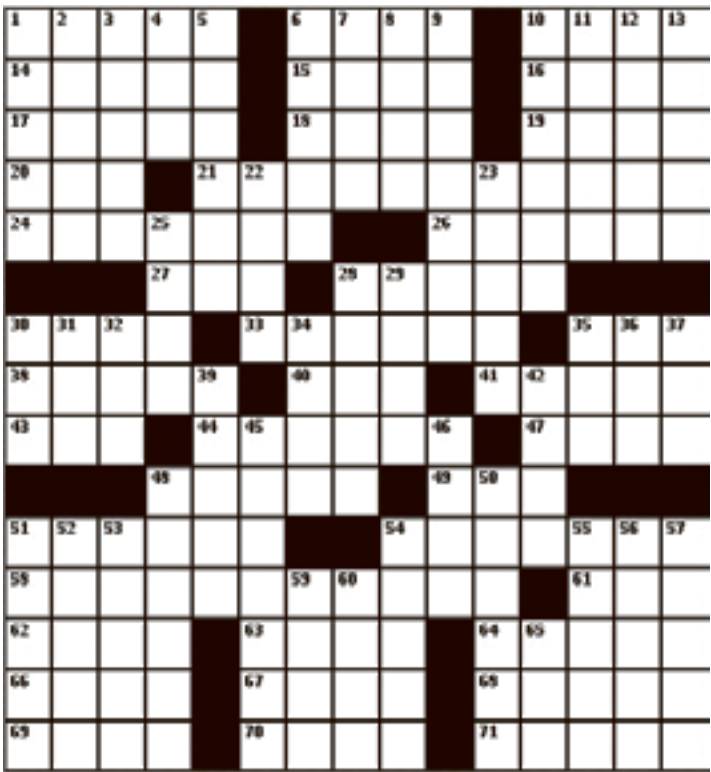
- 1- Joins
- 6- Mamie's predecessor
- 10- Money
- 14- Equip
- 15- Plaster backing
- 16- Gap
- 17- Sphere
- 18- Anatomical passage
- 19- "___ Brockovich"
- 20- Swiss river
- 21- Instrument for measuring mechanical force
- 24- Paint oil
- 26- Naked-faced Amazon monkey
- 27- Gasteyer of "Saturday Night Live"
- 28- In a strange way
- 30- The doctor ___
- 33- One who enjoys inflicting pain
- 35- Small battery size
- 38- Lost
- 40- Distress signal

- 41- Separated
- 43- Big Apple sch.
- 44- Quest
- 47- Woe ___
- 48- Bank offerings
- 49- Consume
- 51- Church instruments
- 54- Washcloth
- 58- Piety
- 61- Reveal, in verse
- 62- Ear-related
- 63- Old oath
- 64- Discover
- 66- Nothing, in Nogales
- 67- Equinox mo.
- 68- Below
- 69- Baseball's Hershisier
- 70- New Age musician John
- 71- Pool stroke

Down

- 1- George of "Just Shoot Me"
- 2- China's Zhou ___
- 3- Bedeck
- 4- Crowd
- 5- Whence Ikea
- 6- Unable to see

- 7- I could ___ horse!
- 8- Flower part
- 9- Burial clothes
- 10- Impudent
- 11- Main artery
- 12- More cunning
- 13- Artist Matisse
- 22- Affirmative votes
- 23- Island near Sicily
- 25- Having a sound mind
- 28- Smells
- 29- Frisbee, e.g.
- 30- 007 creator Fleming
- 31- Pigpen
- 32- Terre Haute sch.
- 34- Slippery ___ eel
- 35- Small batteries
- 36- Human limb
- 37- Downed
- 39- For ___ (cheap)
- 42- Old German helmet
- 45- Least difficult
- 46- Furnace output
- 48- Secular
- 50- Institution for mentally ill
- 51- Maine college town
- 52- Pave over



- 53- Move effortlessly
- 54- Breadth
- 55- Highways, e.g.
- 56- ___-ski
- 57- Style
- 59- Arch type
- 60- Dupes
- 65- Bambi's aunt

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

SOLUTION
Page 30

Archeology meets the movies

By JORDAN WARDELL

If you're a fan of the adventurous Indiana Jones movies then the new *Adventure of Archeology* exhibition is for you. The exhibit has every iconic prop you could ever think of from the movie, starting with the classic Indiana Jones outfit.

As you enter the exhibit you are given a tablet device and headphones to create your own adventure. Just like the *Star Wars* exhibit, the device you are given allows you to look at all the props and listen to extra information. Without the device, the exhibit would need to be twice as big just to be able to display all of the information. I think it is a wonderful idea because you can look at the props you find interesting and learn the reasons they were used in the movies, the actual history behind how they were created and see extra scenes from the movies.

The exhibit isn't all props, though.

"There's really great science and culture in the exhibition with a whole bunch of artifacts that you're only going to see at some of the world's biggest museums or here at TELUS World of Science Edmonton," says Alan Nursall, president and CEO of the TELUS World of Science.

The exhibit is a mix of real life artifacts as well as the props from the movies. When you go through and look at all the artifacts in combination with the props, it is easy to

tell that real archeology and history was put into the fictional movies. Yes, it is still completely fiction and the props – like the golden idol – were made just for the movie. But did you know that the golden idol is based on ancient fertility idols? Another fun fact, outside of the filming of the *Raiders of the Lost Ark*, the Ark of the Covenant has never been opened by anyone at Lucas Films. It is a superstition and, even though they built the ark themselves, they have never opened it.

The exhibit was designed to be fun but still educational. Therefore, they included the real archeology elements.

"These pods, these sort of treasure pods we have off to the sides, that's where the real artifacts are, that's where the real archeology is explored," said Nursall. "And we've got things here that are 7,000 years old."

You can go into the many side rooms that branch off the main path of the exhibit and see artifacts like a gold hair wreath from 2,500 BC. One artifact that seemed to be the most impressive was the world's oldest known map. It is a map that is carved into clay and is just bigger than the palm of your hand. It was easy to see where the centre of the town was and then all the canals that branched off it, which is pretty impressive, considering it is thousands of years old.

This exhibit is put on by Lucas Films, so it does have a similar feel to the *Star*



www.bluebearfilms.com

Wars exhibit in being interactive and having a goal to reach by the end. You have a tablet, which I mentioned earlier, and it really does make the exhibit more exciting.

"We wanted to make sure that kids of all ages would have an activity that would be fun for them," said Sophie Desbiens, of X3 Productions that put on the exhibit.

They have accomplished that. When you enter the hall, you find the first "check point" type station. At every juncture, you simply put the tablet against the numbered station and then you are prompted with how to continue. The goal of the exhibit is to find a completed artifact.

So, when you first start, you get to pick which artifact you want to build and all of the choices are real artifacts that are in the exhibit. You then go throughout the exhibit

finding the other check points and completing little activities to find pieces of your artifact. Some activities are little puzzles that you complete on the tablet but others were even more interactive with the actual exhibit by making you tap your device against specific spots on the walls.

This exhibit will be fun for all ages. As ashamed as I am to admit this, I haven't actually seen all of the movies but, after getting to go see everything and learn about everything that went into making them, I am definitely motivated to go watch all of the movies. It is a fun and interesting exhibit and will be here until April 6. *Indiana Jones and the Raiders of the Lost Ark* will also be playing for about three and a half more weeks in the IMAX theatre at the TELUS World of Science.

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Looking to feel “real”

By COREY SELLAR

And with a mighty roar of horses' hooves and battle cries, the soldiers come storming over the hill by the thousands to do battle with the mighty Maleficent.

Well, except that in reality, there are about 40 soldiers. Computer Generated Imagery does the rest. OK, when *Lord of the Rings* first showed us a huge army of Orcs pouring down the hillside in full attack mode, it was pretty cool and scary, too. Orcs are pretty ugly. But by now we must've seen that army a hundred times and I have to say it's getting a little old.

Copy and paste an army

CGI has gotten WTM. (Way Too Much) Take 40 soldiers, copy paste, copy paste and now you have an entire army. Where was that technology when there were those five tough guys standing around me at my locker in Grade 10 saying I had to do their homework? I wish I could've copy pasted me into an army that laid waste to the lot of them. Do your own damn homework.

The worst offender, arguably, of this tech excess, is our good friend, George Lucas. CGI cities full of CGI citizens celebrating the blowing up of the Death Star ... and Ewoks that blink. Why do Ewoks have to blink? Couldn't non-blinking simply have been a physiological trait due to the atmosphere, the oxygen levels and the lower amount of sunlight due to the thick forest trees? And Jesus, why does R2D2 have to have an extra rock in front of him while Luke gets the crap kicked out of him by the sand people? Technology is great when used correctly, to create new and believable worlds that we've never seen before. It's not for making a rock for no damn good reason. Does it add to the story telling? No, it's just adding a rock. Jeff Goldblum was cor-

rect in *Jurassic Park*. He could've been talking about CGI in movies when he said “your scientists were so preoccupied with whether or not they could, that they didn't stop to think if they should.” Now that's a correct use of tech in a movie – they made a dinosaur!

Any actor will tell you that he or she still prefers on-set props and characters to touch and hold, to react to. Green screen has become a shortcut to creativity. Actors grow weary of reacting to a guy crouching in a blue skin-tight leotard with white dots covering his body. If the Indiana Jones movies had been all CGI, the current travelling exhibit now at the Telus World of Science would be a lot different. Props? Forget it. Imagine walking into the exhibit entrance, your anticipation barely contained and there, in front of you under a glass display case, coloured lights glowing from above, is a digital hard drive, with all of the movie's CGI files on it. Woowheeeeeeeee! That'd be cool, wouldn't it? Can I please pay 26 bucks to see that!

Using real tools

So, thank god JJ Abrams has seen the value in having as much for real on the new *Star Wars* films. Yes, technology has its place but I think I can feel “real” in a movie. And it's just nice to know that craftspeople are actually being employed to build things with something other than a computer mouse. They're using blowtorches, saws and hammers. They even talk about virtual actors in the not too distant future replacing real actors. That's not a future I want to pay 12 bucks in a movie theatre to see. Although ... if it means Jim Carrey will never work again, maybe there is an upside. In conclusion, all I can say about the ever-increasing and unnecessary use of tech in movies, is “Nooooooooooooooooooooo!”



Photo by Taylor Braat

Kelly Thompson, 19 Hospitality Management

Twitter: @Whitelightking Instagram: Kejthompson
Website: WWW.Kellyejthompson.com

What are you looking for? A social chameleon who can fit into any situation and someone who is ambitious.

Why are you single? I haven't met the right person yet.

What is your ideal date? Lots of champagne over a five-course meal and a night full of romance.

Describe yourself in three words. Ambitious, creative and charismatic

What is your best quality? I enjoy the finer things in life.

What is your favourite sport? I don't do the whole “sports” thing.

Words to live by: Go big or go home.

Why you should date me: I'm pretty nifty and fun to hang out with. I also really enjoy eating and making blanket forts.

Are you hot and single? E-mail us at entertain@nait.ca

LOCAL BAND

Dead Fibres' five-year plan

By BRETT BOHL

Local band The Dead Fibres has been together for the past five years. Their sound called for only three talented members – guitarist and second vocalist Zachary Mouallem, drummer Brandon De Gans and NAIT student/bass guitarist and lead vocalist Kennedy Pawluck. The group has been friends since the age of 12, which makes their chemistry together sound natural!

You may have actually heard of the trio before ... Their band has not always been known as The Dead Fibres. They recently went through a name change from Martians after the group had taken a minor break due to conflicting schedules.

When the band reformed, they came back stronger than ever. With their new strength came the decision to create a new band name. The band originally came up with the name The Dumb Fibres but after a little thought, they decided going with the name The Dead Fibres would better suit them.

According to Pawluck, the last show they played was his most memorable. The group shook the house of local venue The New Wunderbar Hofbrauhaus on Sept. 24. Their show fell on a Wednesday night and, even though it was on a weekday, the lineup stretched out the front doors and down Whyte Avenue. Before the show even began, the venue was absolutely packed full of supporters for these up-and-coming legends.

The band's style is very unique and creative. It has a dark and grungy, yet catchy, feel to it, while still creating the urge to move on the dance floor. Their music takes the listener on a journey and makes them feel upbeat and aggressive. However, they use modern rhythms. Their songs can be enjoyable for listening to in almost every situation. Words can only describe a fraction of any form of music, so check this talent out yourself at thedeadfibres.bandcamp.com

The biggest obstacle for the band to overcome has been co-ordination through group members. The team's schedules can conflict with each other, which makes it difficult to find time to practise together.

The band always makes time for practice before a show. Before their live performances, they play their set out. Once ready to perform, their pre-show ritual is to loosen up and take the edge off by having a couple of drinks together.

In five years, the band's hopes are to be "touring the world consistently while producing and releasing new albums in their down time."

They each hope to be comfortable enough to have music as their only day job.

When I asked The Dead Fibres what words of wisdom could they recommend to other under-dog artists starting out, Pawluck replied, "The band typically practises at least five hours per week."



Facebook

"Other artists need to stay focused as much as they possibly can on what to do next, he said. "Try and make some progress towards your goals daily."

The Dead Fibres have a hall booked for a CD release party on Nov. 15 at Queen Alexander Hall – (it's right off Whyte Avenue.)

"You seriously don't wanna miss this

shit! It's goin to be a masher party!" said De Gans.

Check out Pawluck's radio show, *This City's a Mess*, on Thursday at 8 p.m. on NR92, NAIT's campus radio station.

You can listen at NR92.com from your computer or from the "Tune-in" app. Just search: "NR92" while using your smartphone or tablet.

Drill music and violence in Chicago

By SCOTT DAVIDSON
The Sheaf

University of Saskatchewan

SASKATOON (CUP) – Regional styles have played an important role in the development of rap music in the United States. The traditional players have been the east coast (especially New York), west coast (mostly California) and the south, but Chicago's "drill" scene is the latest emerging hotspot.

Emerging on the heels of the trap music trend of previous years (which included Three 6 Mafia and or producer Lex Luger), Chicago's newest style rose to international

prominence in mid-2012 with the success of rapper Chief Keef's single "I Don't Like." The song was a hit in Chicago but attracted even more attention after it was remixed by Kanye West for his *Cruel Summer* compilation album. The success of "I Don't Like" paved the way for more Chicago drill rappers to rise to fame.

Though not the first rap artists to emerge from Chicago – West and Lupe Fiasco being notable predecessors – Keef and groups such as Glory Boyz Entertainment (GBE) represent a changing of the guard in the city's rap scene.

While Fiasco is known for his socially conscious lyrics and West for his experimental style, drill rap is characterized by dark, grimy beats, heavy bass and unflinchingly graphic lyrics about violence.

Chicago's south side – a poor district with a history of racial segregation – has become notorious in recent years for its increasing levels of gun and gang violence. Because of this, the city has become known as "Chiraq" among locals. The name stems from statistics that show the city's murder rate is comparable to the number of American deaths in Iraq over the past decade.

In 2013 alone, the city recorded 415 homicides – the lowest number since 1965. In 2012 police recorded 543 in all of Canada, according to Statistics Canada.

The very name "drill music" reflects these violent themes. "Drilling" is local slang that refers to gang-related actions. Thus drill music is more than a subgenre of rap for the artists – it's a representation of their surroundings, their upbringing and for some, their day-to-day lives.

Many of the scene's most prominent artists including Keef and Lil Reese have demonstrated that they have deep ties to the gang violence that plagues Chicago.

In early 2013, 16-year-old Chicago rapper Lil Jojo released a song on YouTube in which he attacked Keef, Reese and other members of the GBE record label as frauds.

In response, Reese exchanged insults with Jojo on Twitter. The argument, which included references to gangs both rappers are thought to be associated with, escalated into a face-to-face confrontation where Reese can be heard in a video saying "I'ma kill you" several times. Hours later Jojo was shot and killed.

Though the murder remains unsolved, both Jojo's brother and mother blamed Keef – a GBE associate of Reese's – for ordering the shooting.

Despite the continued success of Chicago's drill scene, some critics claim the music glorifies the city's street violence.

"Chief Keef scares me. Not him specifically, but just the culture he represents," said Lupe Fiasco in an interview with a Baltimore-based radio station in 2012. "The murder rate in Chicago is skyrocketing and you see who's doing it and who's perpetuating it – they all look like Chief Keef," he said.

Keef signed a \$6 million, three-album deal with Interscope Records in 2012 and released his major label debut *Finally Rich* that December.



www.bet.com

Chief Keef

TIP OF THE WEEK

Does positive thinking matter?

By KRISTA PIERCE

NAIT Student Counselling

Positive thinking can be described as approaching the challenges life throws at you with a positive outlook. It definitely doesn't mean ignoring the bad things; instead it is trying to make the most of a bad situation, seeing the best in other people and trying to view ourselves in a positive light. Research is full of examples of positive thinking helping with stress management and improving overall health and well-being. According to the Mayo Clinic, positive thinking is linked with a longer life span, lower rates of depression, increased resistance to catching a cold, increased physical well-being, better psychological health, lower risk of cardiovascular disease-related death and better coping skills.

The question is – how can you become a more positive thinker? Here are some tips to get the ball rolling:

Nix negative self talk

Self-talk is the “stuff” we mentally tell ourselves. It can have a direct effect on lowering our self-esteem, particularly if our self-talk is negative. Because our actions are inspired by our thoughts, if we can change the way we think we can begin to change the actions we take. Practicing positive self-talk can help us set in motion actions that will bring us greater rewards. It can help to give yourself a positive pep talk, or make a list of the things you are good at or have accomplished. You could also stand in front of a mirror and say some positive statements out loud to yourself.

Cultivate an attitude of gratitude

Researchers are finding that individuals who exhibit and express the most gratitude are happier, healthier, and more energetic. Grateful people report fewer symptoms such as headaches, stomachaches, nausea,

and even acne. And the more a person is inclined towards gratitude, the less lonely, stressed, anxious and depressed he or she will be. Every day try to make a list of 3-5 things that happened that were great and that you are thankful for. This may be more difficult at first – both in terms of number of things you can think of and level of thankfulness, but you will find it becomes easier and more automatic over time.

Humour

Without humour, it can be very hard to stay positive. Sometimes just being able to recognize the potential humour in a situation can lessen our stress and increase positivity. YouTube and other social media are great at making us laugh. Watch funny videos on YouTube or read autocorrect fails to give yourself a laugh. It can also be helpful to post positive quotes in places we'll see them; use sticky notes to attach to your fridge, dashboard or computer.

Strengthen your optimism muscle

Learning to think positively is like working a muscle. The more you use optimism the stronger it will become. Even if you are naturally optimistic it can still take effort, particularly when faced with challenging situations.

Meditate or do yoga

Yoga is very relaxing, can help ease your mind, and focuses your thought on the present. Meditation can be as simple as sitting in a comfortable chair listening to calming music or doing deep breathing exercises. If you spend a few minutes each day feeling relaxed and peaceful, you may find that you automatically shift your mind into a more positive place. When you feel more relaxed you start thinking more positively. Start with a short period of time like five minutes a day. You can meditate first thing in the morning, during your lunch

break, right before you go to bed at night, or any time. It doesn't take a lot of time and you can do it no matter where you are.

Surround yourself with positive people

Your mental state can become toxic by being around friends who are negative. If you are not vigilant you will start to adopt their thoughts as your own. It's important to be aware of what your negative influences are. If they come from certain friends, limit your exposure to them as much as you can. Refrain from discussing your plans with people who will be unsupportive of your dreams and goals. Instead, surround yourself with thoughts and actions from people who will empower you. If you are surrounded by people who look at things positively, you will take on this way of thinking!

Join a club

Joining a club or group of interest allows you to become involved with likeminded people, can lower your stress, and can give you an opportunity to build relationships and meet new people. NAIT has a tonne of clubs/groups that may be of interest to you. Check out nait.ca for more information.

Depression and positive thinking

It's important to note that negative thinking is something that can be turned around with some work and effort. It is not the same

thing as depression – something that can't just be “turned off.” Most people have felt sad or depressed at times – feeling depressed can be a normal reaction to loss, life's struggles or an injured self-esteem. However, when feelings of intense sadness – including feeling helpless, hopeless and worthless – last for many days to weeks and keep you from functioning normally, you may be dealing with something more than sadness.

It may be clinical depression – a treatable medical condition. If you find that you can't break out of a pessimistic mind frame by “just thinking positive” and that happy thoughts or wishful thinking aren't cutting it, you may want to consider coming to talk to a counsellor in W-111PB (Academic Success Centre). Counselling is free for NAIT students and a counsellor can help you figure out what you are dealing with and provide resources or referral information if necessary.

References

www.goodtherapy.org
www.helpguide.org
www.lifehack.org
www.nait.ca
www.pickthebrain.com
www.psychology.about.com
www.sparkpeople.com
www.tinybuddha.com
www.webmd.ca

WHAT WE THINK, WE ARE..



You can't live a positive life with negative mind.

Who to call?

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

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

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

Part-time campus jobs/volunteering – Go to www.nait.ca under “Get involved.”

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

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

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

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

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

Open House parking

To accommodate our visitors on Friday, Oct. 17, parking will be free to staff, students and visitors. It will not be possible to protect staff and student stalls; therefore, please come early that day to ensure a parking spot.

If you vacate your stall during the day, there will be a strong possibility it

will not be available upon your return.

Please note that meters along 118 Avenue in front of Ernest's are City of Edmonton property and are not included in the above notice. Please be sure to pay the meters if you decide to occupy them.

Parking Services
780-378-6989

Twin Peaks – 25 years later

By CONNOR O'DONOVAN

Who killed Laura Palmer? Spoiler alert, it was her dad! However, her dad was possessed by a deranged homicidal demon at the time, so we can't really blame him. Confused? You should be! Welcome to *Twin Peaks*, a charming Montana logging town harbouring some very peculiar secrets.

Twin Peaks is the setting (and also the title) of the David Lynch directed murder mystery that originally aired from 1990 to 1991. On the surface, it charts the investigation by FBI Special Agent Dale Cooper (Kyle MacLachlan) into the murder of Laura Palmer (Sheryl Lee), homecoming queen and *Twin Peaks* sweetheart. However, you quickly learn that this is not your average criminal serial, especially not for 1990. As the plot progresses, the storyline quickly becomes surreal, as Lynch weaves mystifying dream sequences and the supernatural into his subtly darkening world. The show's narrative, though superficially linear, often throws your mind in unexpected directions with its creepily ambiguous metaphors and subliminal symbolism. We encounter, for example, a possessed owl, a secret revealing dream-giant, and a delusional log-lady.

Twin Peaks was also, at times, lovingly light hearted with its Canadian tuxedos, crybaby cops, cherry pie and repeat-

edly referenced "damn good coffee!" The characters were often eccentric, from Agent Cooper and his amazement at witnessing "Birds on a lake!" to the multi-coloured glasses-wearing psychiatrist, Dr. Lawrence Jacoby (Russ Tamblyn).

All of this abnormality resulted in it being one of the most popular shows of its time and, stemming from its initial success, *Twin Peaks* has become entrenched in television culture as an unforgettable cult classic. A simple Google search can help the eager super-fan find *Twin Peaks* themed coffee mugs, T-shirts, plaid sweaters, poker chips and more amongst a densely populated Internet community revolving around the 1990s television Zeitgeist. The show was actually cancelled after just two seasons but it clearly left a deep impression on those who saw it.

NAIT student Keeton Cottrell gave his reasons for the show's impact.

"It's a show that tapped into the audiences that loved cult movies," Cottrell said.

"People who love *Evil Dead*, *Rocky Horror* and *They Live* found themselves at home watching *Twin Peaks*. Basically, *Twin Peaks* is a soap opera for weird people."

On Oct. 6, the legion of *Twin Peaks* zealots had a field day when a special *Twin Peaks* announcement appeared on the Showtime YouTube page featuring archival video clips of Laura Palmer and the *Twin Peaks* town sign, indicating that something new was in the works.

The Internet rumour mill had been set ablaze three days earlier when Lynch and the show's writer, Mark Frost, simultaneously tweeted a cryptic *Twin Peaks* reference that was retweeted more than 20,000 times. The eerie YouTube short then confirmed what many were hoping to hear: *Twin Peaks*

would be returning to television (and more likely mobile, tablet and desktop) screens in 2016 and it will be a continuation rather than a remake. Mark Frost told *Variety* magazine that the new *Twin Peaks* will be "the next chapter of the story" and that it will continue on story-

lines "built into the last episode."

However, though the sequel will have a built in viewership of card carrying *Twin Peaks* ultra-geeks, the question of whether the new show will have the same cultural impact as its first two seasons remains unanswered. The ground-breaking traits that adorned *Twin Peaks* – dark intellectual themes, fleshed-out characters and charming juxtaposition – are already featured in many of the television crime shows today. *Twin Peaks* influence can be seen in mentally tormented detective Sarah Linden (Mireille Enos) of *The Killing*, a show that went so far as to directly emulate *Twin Peaks* with its tagline "Who Killed Rosie Larsen?" The popular HBO series *True Detective* used Peaks-esque sinister symbolism to help drive its plot and set its mood.

One thing is certain: *Twin Peaks* will have a new audience to take in its first few scenes in 2016. Cottrell is just 18 years old, and wasn't born until more than five years after the final *Twin Peaks* episode aired. I reminisce about the words of an older co-worker whom I asked about the program when I first started watching it a couple of years ago.

"It was f*****d up but I could never stop watching!"

I wonder if I'll be saying the same thing in 20 years.



www.hollywoodreporter.com

David Lynch



MÉTIS STUDENT FUNDING INFORMATION SESSION

Learn more about student funding options available to Métis students at NAIT from Métis Education Foundation and Rupertsland Institute Métis Training to Employment. Presentations to be followed by complimentary stew and bannock. Staff will be on hand to answer any questions you may have regarding funding eligibility, requirements or application.

NAIT ENCANA ABORIGINAL CENTRE
OCTOBER 31ST 2014, 11:00 AM – 1:00 PM



STORYWORLD QUEST

Powerful, captivating tales

By CONNOR O'DONOVAN

How many lines of a news story do you typically read before deciding that you're bored and move on? What is so compelling about the stories that magnetize your eyes to the page from start to finish? What makes you hesitate when cruising through radio stations, television channels or Internet blogs?

Valerie Geller, who will be at NAIT on Oct. 26 presenting a workshop on storytelling during the StoryWorld Quest transmedia conference, has the answer.

"The core of storytelling is about three things," she said on the phone from New York City.

"Tell the truth, make it matter, and never be boring!"

Geller perfected these basic principles over a 30-year broadcasting career. She began as a radio journalist in stations across the United States and has gone on to produce radio programming at some of America's premier radio stations in New York, Denver, Phoenix and Los Angeles.

She now runs her own broadcast consultation and talent training company, Geller Media, which has helped more than 500 media outlets produce

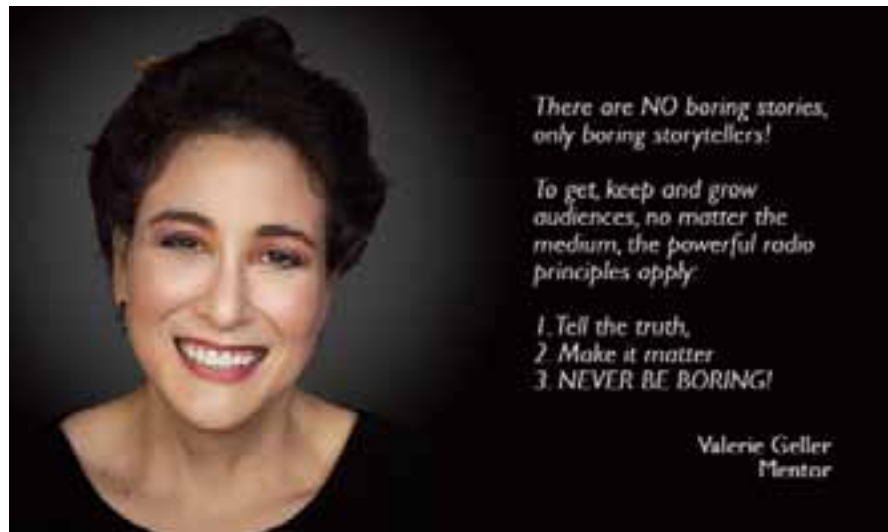
engaging news, talk, information and personality programming in 31 countries. She has also written four books on effective communication, the most recent being *Beyond Powerful Radio: A Communicator's Guide to the Internet Age*.

Geller's StoryWorld workshop will focus on tailoring powerful and captivating stories on the variety of platforms accessible today. Geller explains how radio programming, for example, can utilize its lack of visual content to stir the imagination of the listener.

"When people say 'the book was better than the movie,' it's because you imagine the characters in your mind," she said.

"No actual character can match up to the evil, horrible person or the beautiful person you imagined in your mind. Simple audio provokes the imagination which is one of the most powerful things humans have."

In the modern day, consumers find information not only on radio and television, but also in interactive and connected online formats. Experiences are told in six-second Vine videos, filtered Instagram photographs and 140 character tweets. These formats require a con-



www.radiomw.com

centrated effort to contain stories to a short form. Geller refers to an assignment that American author Ernest Hemingway was once given involving telling a story in 10 words or less. His simple, six word response – "For sale, baby shoes, never worn." – contains startling implications for all its brevity.

People are information hungry creatures and creators must distribute their content on whatever platform consumers are using to find content.

"As broadcasters and communicators

we have to be wherever the audience is and however they want us," Geller says.

"Do you really care if the information comes in through the fillings of your teeth, if you get the story and what you need to know? Whatever platform the audience wants to use, we will give them the story on that platform."

Geller's workshop is scheduled for 8:30 a.m. on Sunday, Oct. 26. Tickets for StoryWorld Quest Range from \$100 to \$350 and can be found at www.storyworldquest.com.

OCTOBER EVENTS

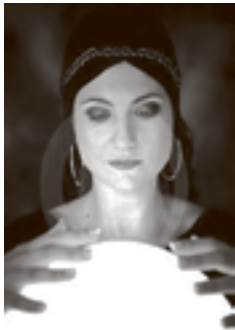
- 10 | HOW TO SALSA DANCE
- 9-14 | SENATE VOTING PERIOD
- 14 | NEST POOL TOURNAMENT
- 15 | WELLNESS WEDNESDAY
- 15 | BIOMECHATRONICS & THE FUTURE OF HUMAN CAPABILITY
- 15 | NAIT'S GIANT TUMBLE TOWER
- 17-18 | NAIT OPEN HOUSE
- 21 | HOW TO BE A ROCKSTAR
- 31 | SCARYOKE AT THE NEST

STUDENTS ASSOCIATION CELEBRATING 50 YEARS

naitsa.ca

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

October 16-22

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

Libra (Sept. 23-Oct. 22)

Your parents were right!

Scorpio (Oct. 23-Nov. 21)

Lately you've been more inclined to stay in on weekends. But no friendships were ever started that way. Seize the oppor-

tunities going out provides. You never know who you'll meet.

Sagittarius (Nov. 22-Dec. 21)

You may have confused feelings about a friend of the same sex. The best way to handle this is to act on them. You never know unless you try, right?

Capricorn (Dec. 22-Jan. 19)

Your thick rimmed glasses and use of big words aren't fooling anyone. Just sayin'.

Aquarius (Jan. 20-Feb. 18)

Spend less time on Facebook and you won't be annoyed as often. Seriously.

Pisces (Feb. 19-March 20)

A crucial piece of evidence could lead to your arrest. Take a minute and make sure you took care of every detail.

Aries (March 21-April 19)

An interesting opportunity will present itself this week but don't dive into anything you can't see through. Weigh your current situation and gauge your priorities

accordingly. Remember, not every opportunity that presents itself is a good one.

Taurus (April 20-May 20)

When was the last time you called your mom?

Gemini (May 21-June 21)

You may have been feeling like you've been drifting apart from an old friend. It's probably all in your head. Spend some time with them and you'll see that nothing's changed.

Cancer (June 22-July 22)

You probably feel like someone holds a grudge against you. You're right to think that. I mean, you are pretty annoying ...

Leo (July 23-Aug. 22)

Lately you've felt overwhelmed by the everyday pressures of student life. A night alone with a bottle of whisky should help relieve your stress.

Virgo (Aug. 23-Sept. 22)

Regular prostate exams are key to good health. Fun, too!

CROSSWORD SOLUTION

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JCL PRODUCTIONS | COMING SOON

THE PROVINCIAL ARCHIVE CD RELEASE

w/ Doug Hoyer & Boreal Sons | Friday October 17 | Royal Alberta Museum Theatre

BROTHER OCTOPUS CD RELEASE

w/ Locomotive Ghost, Dave Vertesi, Rosie June | Friday Oct. 17 | The Mercury Room

JCL & LIVE AT THE WINSPEAR PRESENT CURRENT SWELL

w/ Lucette | Saturday October 18 | The Winspear Centre

JCL & EDMONTON FOLK MUSIC FESTIVAL PRESENT BAHAMAS

w/ The Weather Station | Tuesday October 21 | McDougall United Church

FIVE ALARM FUNK

w/ The Gibson Block | Sunday October 26 | The Mercury Room

THE GRAPES OF WRATH

w/ guests | Thursday October 27 | The Mercury Room

PAPER LIONS

w/ Post Script, and guests | Friday November 7 | The ARTery

MATTHEW BARBER

w/ The Dylan Farrell Band, and guests | Monday November 10 | The ARTery

BUCK 65

w/ guests | Wednesday November 12 | Royal Alberta Museum Theatre

KIM CHURCHILL

w/ Mo Kenney, and guests | Saturday November 15 | The ARTery

COLD SPECKS

w/ Aroara | Thursday November 27 | Royal Alberta Museum Theatre

JON AND ROY

w/ guests | Saturday Dec 6 | The Mercury Room



MORE INFO | jclproductions.ca
TICKETS | yeglive.ca



JUST THE TIP

Pssst – can we talk?

By PHIL McREVIS

"I can't believe I started porn back in 2005 it seems like such a long time ago. When I first began porn I was an independent performer for about eight months. Then I stopped and got some well needed implants. You might say I faked it to make it," said performer Alektra Blue during a recent interview.

"Then I got contracted to Zero Tolerance Productions. In this job I was working as a spokeswoman and performer. I was working with my husband (Pat Mayne) at the time doing mainly boy-girl scenes. After doing a few scenes, Wicked Pictures finally decided to sign me. I was signed to them for four years and now I am free of them. It almost feels like starting over again. Fresh out of the gates."

So are you hoping to sign with a new company or do you prefer being a free agent?

"Well, no one has come up to me yet and offered to sign me. My pussy works well, my butt works well and my mouth does too. So I'm ready to go."

If your performing has slipped down a bit, have you thought about directing movies?

"Well it would be very cool to direct all types of differ-

ent movies. It would be fun to dabble in domination. I like hard sex, so creating more upscale productions would be fantastic."

Has there been any particular scene or movie that has made a significant difference in your career?

"I can't pinpoint one particular movie or scene that made a significant difference. Although I've been fortunate to several great projects, mainly as the main actress and nominated for several movies, which is cool"

Are you picky when it comes to performers you work with?

"I'm very picky when it comes to them. I rarely ever try new guys but on occasion. I like to guarantee the product. I want to like the guy I'm performing with. I want the company that is hiring me to get their money's worth. If I'm not attracted to the person I am working with, it might not be as good. Nobody wants that. I want to knock it out of the park every time I come up to bat."

Are there any performers that you would love to work with but haven't yet?

"I've never worked with Bonnie Rotten. She and I are friends, and would love to. It wouldn't matter if there was a man in the scene or not.

In fact, I might just want her all to myself."

What would you enjoy working on?

"I've been holding out on putting up a new website. I'm still putting it together. I have a new team helping piece it together. The idea is to use porn stars in a new vogue kind of way. It will be sexually suggestive and great. Then I want this artsy concept to turn into sexy solos and artistic looking blossoms."

Speaking of blowjobs, are they one of your favourite acts to perform?

"I love giving blowjobs. People underestimate the power and beauty of them. They can be done so artistically. I did a lot of blow bangs when I started out in the industry and I want to bring them back again."

So then, what is the Alektra Blue method of sucking dick?

"My technique would be equal amounts of spit, suction and hand movements. I like to keep things wet and in motion ... I'm crazy like that."

What about your sexual style as performing as Alektra Blue?

"Wild and crazy. I do whatever comes naturally and let my sexual freak flag fly. If I get a tear while giving a blow job, then it's a good day. I'm back to banging how I used to like before when I was a contracted star. I want to be electrified compared to off camera, where I just like to be lazy and take it."

Thanks for your time here at brazzers and is there anything you would like to add to those at NAIT?

"Have fun reading this article and maybe I'll find a few new fans."



www.funnyordie.com

Alektra Blue

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

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ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

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HOSTED BY:

BEAST MODE COWBOY

CALEB REYNOLDS

FROM BIG BROTHER

\$4.25
JACK DANIEL'S COUNTRY COCKTAILS

\$4.25
Tennessee HONEY

PLUS: LADIES FREE UNTIL MIDNIGHT!



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FRIDAY, OCT 31

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\$500 SEXIEST COSTUME

\$10 GENERAL ADMISSION

\$25 VIP EXPERIENCE

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