

THE

NAIT NUGGET

Thursday, September 25, 2014
Volume 52, Issue 5

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

HOME, SWEET HOME

Habitat for Humanity homes that NAIT students helped build are opening this week, Page 3



Sarah McMaster, left, and Crista German, second-year Occupational Health and Safety students, volunteered their time with Habitat for Humanity earlier this year.

Photo courtesy of NAIT OH&S Diploma Program

Happy Hour is from 4pm – 7pm daily, and features \$3.99 hi balls \$3.99 domestic bottled beer and ½ price appetizers!



in our new location the former BP's on the traffic circle

NEWS & FEATURES

City eyes smart buses

By **NICOLAS BROWN**
@bruchev

Hopefully by now at least some NAIT students have had the opportunity to check out the Ookspres, the dedicated express route to and from NAIT from Churchill Square. This express service is utilizing the new “stealth” electric buses as part of the city’s new pilot project to test out sustainable alternatives to the current fleet of diesel buses.

This pilot project isn’t the only change in the works at Edmonton’s public transit provider, though. ETS is moving forward with the smart bus technology currently installed in a number of buses operating major routes throughout the city. A smart card/smart fare project is also still in the works, intended to increase convenience for transit users. And don’t forget about the long-awaited Metro LRT line direct to NAIT’s main campus as well, which is slated to open at the end of 2014.

Why the focus on new technology? Councillor Amarjeet Sohi, who serves as chair of the city’s Transportation Committee, explains: “In today’s day and age, users are demanding we embrace technology. We need to take our transit system into the next century.”

The smart bus system currently tracks buses on their routes and the buses have integrated audio systems that announce stops and can play automated messages. This system is planned to expand far

beyond audio, however. The smart bus technology allows Edmontonians to track the bus they want online or on their phones, so that transit users will know exactly when the bus will arrive. Screens at transit centres, similar to those now installed at most LRT stations in the city, will display the estimated time each bus will arrive.

“The main benefit of the smart bus technology for our customers is eliminating uncertainty, especially in our winter climate, so that customers know when the buses are coming; so they aren’t out there freezing and wondering when the bus will arrive,” says Bill Sabey, director of Service

Development at ETS.

This system also has incredible benefits for ETS operations behind the scenes, including gathering metrics and allowing the accurate dispatch of peace officers or replacement buses to the exact location needed.

In addition to the smart bus technology, a new smart card and smart fare system is in the works. This new system would improve convenience for transit users, who would no longer need to carry change or purchase tickets or passes every month, with everything replaced by a card. Reportedly easy to refill online,

on the phone or in person at certain locations, the system would make taking public transit quick and convenient for regular transit users. A smart fare system is also intended to increase convenience across the system, though exact details are not yet widely available on the final form this system will take.

Finally, an ETS article in the *Nugget* is not complete without an LRT update. NAIT students have been eagerly awaiting the arrival of the LRT system to NAIT’s main campus and the delays have been both disappointing and frustrating. However, it seems that the city is determined to have the NAIT Metro LRT line up and running as promised by the end of 2014.

“I’m really looking forward to having that line open to NAIT,” says Councillor Sohi. “Thousands of students attend that institution and an efficient transportation system is critical.”

Testing of the LRT’s new signalling programs have been underway since July, the last piece needed before students can step into the cars and ride to campus from Churchill Square. Will students be able to ride the LRT from NAIT to Churchill Square for the New Year’s Eve fireworks? We can hope so, but in the meantime, don’t forget to check out the Ookspres bus service from campus to downtown that’s available every day.



Photo by Ciaran Boyle

An Edmonton Transit bus cruises under the pedway to the HP Centre.

A new premier, a new look

By **LISA BERG**

A new premier was sworn in last week and with him comes a new cabinet.

Premier Jim Prentice was sworn in on Sept. 15 and has a new outlook and some changes in mind for the PC party. He has introduced a smaller cabinet with two unelected members, one of which is our former mayor Stephen Mandel.

The new ministers:

- Stephen Mandel – Health
- Robin Campbell – Finance, President of Treasury Board
- Diana McQueen – Municipal Affairs, Government House Leader
- Frank Oberle – Energy, Deputy Government House Leader
- Gordon Dirks – Education
- Manmeet Bhullar – Infrastructure
- Verlyn Olson – Agriculture and Rural Development
- Heather Klimchuk – Human Services
- Kyle Fawcett – Environment and Sustainable Resource Development

- Jonathan Denis – Justice and Solicitor General, Deputy Government House Leader

- Jeff Johnson – Seniors
- Don Scott – Innovation and Advanced Education, Deputy Government House Leader

- Maureen Kubinec – Culture and Tourism

- Wayne Drysdale – Transportation
- Stephen Khan – Service Alberta
- Ric McIver – Jobs, Skills, Training and Labour

The premier himself will be in charge of Aboriginal Affairs and International and Intergovernmental Relations.

Both Mandel and Dirks do not hold seats.

The cabinet has shrunk in size, which indicates future change. So far in Premier Jim Prentice’s short term he has eliminated the use of private planes for himself and the cabinet ministers. A majority of the ministers hold rural ridings in central and north-

ern Alberta, which may indicate a lot of focus on that side of the province.

The new ministers have received letters from the premier outlining what he hopes to be seen done during his term. All letters can be found on the alberta.ca website. The municipal affairs mandate states that the new party will, among other things, ‘end entitlement and restore public trust’ and ‘create a new partnership with big cities to ensure their capacity to manage growth.’

In light of this particular letter, Edmonton Mayor Don Iveson, at a press conference held Sept. 18, had this to say: “There seems to be a refreshing focus on cities. When Premier Prentice talks about building world calibre cities, that’s really encouraging. I have a level of optimism I haven’t had before.”

At the press conference held last Monday the premier said, about the coming changes in the province, “As of this moment, Alberta is under new management. This is a new government with new



dangpolitics.com

Premier Jim Prentice

leadership, new voices and a new way of doing things.”

With that in mind, we can expect a lot of changes to our city and province in the coming months.

Habitat helpers

By **JOSEPH RANGER**

Over a dozen families will take possession of new homes this week, courtesy Habitat for Humanity and several thousands of volunteer hours – including those from NAIT students.

NAIT department chairs can feel proud,

knowing their students had a hand in the construction of Neufeld Landing, billed as the single largest project undertaken by Habitat for Humanity in the Edmonton organization's 23-year history. Named after Don Neufeld, a long-time Habitat volunteer, construction began in early July, 2013.



Photo courtesy of NAIT OH&S Diploma Program
Katrean Halabi, a second-year student in Occupational Health and Safety, volunteered in mid-April for Edmonton's Habitat for Humanity.

This week, (Thursday, Sept. 24), 16 families will be presented keys to their new accommodations at Neufeld Landing. For years, students from Construction Engineering Technology, Environmental Design Technology, and Occupational Health and Safety have volunteered their time and labour towards this and several other Habitat projects.

NAIT students have also volunteered their time and efforts at Habitat for Humanity locations in Calder, Londondary, Beverly, the pre-fabrication shop and the ReStore locations. Last month, the house in Beverly was dedicated to a deserving family.

Rohit Chauhan, a second-year student in NAIT's Occupational Health and Safety program, volunteered for Habitat for Humanity in mid-April along with 32 classmates. He spent his time at the pre-fabrication shop while other classmates fanned out through the city at other Habitat locations – including Neufeld Landing.

'A good cause'

"It was a good cause and I tried to learn something new," said Chauhan. "Habitat for Humanity supports the community and it provides people with housing options."

Chauhan relayed his experience to his eight-year-old son, Rishabh and his reason for doing so.

"I told him volunteering is a good thing, as it not only contributes to society and helps credential your resume but it helps people realize the goal of home ownership."

The City of Edmonton, under then-Mayor Stephen Mandel, contributed \$2 million towards a land purchase deal through the city's Cornerstones program. With an expected 64 units, Neufeld Landing far exceeded the largest rural Habitat build in Canada. In 2013, 15 deserving families received keys to homes in Edson.

Interest-free mortgage

According to Edmonton Habitat for Humanity, families accepted into the program pay an interest-free mortgage that never exceeds 25 per cent of the recipients' income – and that income goes towards Habitat's Fund for Humanity. Additionally, recipients contribute sweat equity – at least 500 hours towards the building of their future homes.

The Canadian charter of Habitat for Humanity was founded in 1985 and has 65 affiliates in 10 provinces and two territories. The international Habitat for Humanity was founded in 1976 and operates in over 100 countries.

Editor's Note: The author of this story is a second-year OH&S student who volunteered at Neufeld Landing. For more information, or to volunteer, visit hfh.org.



The Nugget

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

Editor-in-Chief

Gabrielle Hay-Byers
studenteditor@nait.ca

Issues Editor

Maria Tagliente
issues@nait.ca

Sports Editor

Connor Hood
sports@nait.ca

Entertainment Editors

Richard Lukacs
Quinton Berger
entertain@nait.ca

Photo Editors

Ciaran Boyle
Tegan Dutton
photo@nait.ca

Online Editor

Baillie Scheetz
online_editor@nait.ca

Special Consultant

Bridgette Tsang

Production Manager

Frank MacKay
fmackay@nait.ca

Submissions encouraged:
studenteditor@nait.ca

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

For advertising, call 780-701-1951

or e-mail:

kerry@playhousepublications.ca

Letters

We want your views

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

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

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

PERSONAL FINANCE

Your money possibilities

By ALVERO KAVANAGH

I would like to start this article by introducing myself and the club I represent. My name is Alvero Kavanagh and I am the current president of the Investment Club of NAIT otherwise known as ICON.

The *Nugget* has graciously allowed our club to contribute a monthly column on personal finance and our predictions on the financial markets. If you decide to continue reading this, I think it's important you understand how passionate I am about finance and the financial markets. I also believe that everyone is secretly fascinated with the stock market and how it all works but for most students, including me, money is tight and we have trouble just paying the rent.

Most of us don't have disposable money to invest; we may not have money to buy groceries, so investing is low on the priority list right now. For this reason this column will also focus on personal finance and how you can develop strategies to ensure you have investment money

when you're out of school.

This first article will summarize the club and what we've done throughout the year. Future articles will look at personal finance and understanding money, how students can help make NAIT Finance the best finance program in Alberta, finance through the eyes of a female finance student and when should you think about retirement, etc. Please remember this column is an opinion based column and should not be used as a resource with respect to investing.

Last year in early October, The Investment Club of NAIT (ICON) decided to bring students together to create a mock portfolio of stocks with the intention of beating the market. Most readers probably don't know what I mean by "beating the market" so I will give some background information. ICON buys American stocks like Apple or Microsoft and, at the end of the year, we either have a gain or loss. To



see how well our portfolio did we need to compare that gain or loss to something. What we compare that gain/

loss to is 500 American stocks combined together in what we call an index fund. The stocks in this fund are all combined and averaged out to give an overall price. This price moves up and down throughout the year and can be used as a benchmark to compare other funds to. As I mentioned before, we mainly buy American companies so we use the S&P 500 index ETF, SPY to compare our portfolio.

Our final result for the year is a gain of 15.43 per cent. Our portfolio was opened Oct. 7, 2013 and closed on Friday Sept. 19, 2014. At the time of close we held 15 stocks. Unfortunately, we did not beat the market as our benchmark, SPY, the ETF for the S&P 500 ETF, gained a percentage increase of 17.29 per cent.

What did our club learn? The most

important factor we learned was not to overtrade. During the early stages of the portfolio our club traded a lot, buying and selling and looking for quick profits. Because of this we were actually losing money until mid-February when our club decided to stop trading and just hold our position. Our instructors were right when they told us not to overtrade and that trying to select individual stocks will lead to underperformance.

What I am talking about is an academic ideology called Efficient Market Hypothesis, which I will discuss in a future article. Regardless of not gaining alpha (not beating the market), our club did great last year and I am so incredibly proud of all our members.

But this is a new year and it's time for a new fresh portfolio. ICON will be up and running by early October and, as always, we welcome new members that are interested in the markets. Just look for our poster to see our first meeting location. All NAIT students are welcome.

Free dollars are available

By TOM ARMSTRONG

I know the thought has crossed your mind at one point in time. It has definitely crossed mine. Free money is being given away to all sorts of students each year and some of that money is just waiting to be picked up. Now, how can one just pick up this money?

Scholarships and bursaries are two of the best ways to receive this money. Every year the government gives away dough to be put toward post-secondary degrees. It's just a matter of signing up and seeing if one is eligible for the semester or year.

Here are some steps to seeing what is available at NAIT.

In order to apply for a scholarship, bursary or an award, go to nait.ca and "search"

for scholarships. After selecting the first option on the screen, it will show you the entry process. The first deadlines are Sept. 30 and Jan. 31. By going to definitions, you will see the terms and rules that are set apart for application.

By selecting "search" on the tool bar you can see many of the scholarships that are being anticipated for the year. Here are a few by name. By highlighting them, you can see the sub categories that come with these scholarships and awards.

- Aboriginal Awards
- Academic Upgrading Awards
- Apprenticeship Awards
- Athletic Awards
- Bursaries
- Entrance – Bursaries

- Entrance – Scholarship
- External Awards
- General Awards
- Scholarships
- Student With Disabilities

You are probably wondering what the difference is with these terms. It can be confusing but have no fear three simple definitions will save the day.

Scholarship: A monetary value given in recognition of excellence in academic achievement

Bursaries: A monetary value given to applicants who prove financial need and are maintaining satisfactory academic standing.

Awards: A monetary or other value given in recognition of volunteer work or leadership and may include but, is not lim-

ited to, academic achievement or financial need.

Here are some examples to consider when applying online. First, plan ahead. That way, you can keep track of all deadlines when applying. Second, read all eligibility requirements be sure to meet the criteria for applying. Some will require writing essays. Being specific and outlining what sets you apart is the best way to describe yourself when writing. Remember, quality over quantity.

Last, when applying for this free money, remember to include your student identification card as well as social insurance number.

Good luck to all and hoping this will further your learning @NAIT.

NAIT through international eyes

By CHARLIE ZHAO

It was three in the morning when I opened my eyes. The effect of jet lag seemed not to be fading. Sometimes I wonder, what is the reason for me to fly thousands of miles, across the Pacific Ocean to Alberta. The reason is simple and I fell in love with NAIT at the first sight.

I am not a person that is fond of using figurative language, but NAIT indeed leaves a strong impression on me. When I was in NAIT for the first time, walking through the harmonious, clean hallway, I felt the atmosphere: dynamic, advanced, as if I am in the future. I am in love with it instantly.

This is my third week in NAIT and I find it alluring every day in many different ways, which can be summarized as follows.

NAIT is rich in learning resources. It is well known that there is a Computer Commons on the second floor of the HP Centre. Students from all programs are able to access high speed internet there 24 hours a day, 7 days a week. There is a library located inside the campus as well, with free Wi-Fi access and an abundance of books. Students are able to find documents related to their field of study and gain knowledge in any other subjects. There is a book store on campus, which

provide textbooks and many other learning materials to students.

Not only does NAIT have a clean environment and harmonious atmosphere for learning, NAIT is also highly concerned about students' benefits, which make things very convenient for international students like me. I got my U-Pass on the second day of school and my health care covered. Besides, the Nest is a great place to have some snacks on campus. The International Student Centre has many caring staff who helped me a lot during the first two weeks. They also hold a great variety of events that are really worth

attending.

Last but not least, NAIT has versatile extracurricular activities such as NAIT Hunt, The Amazing Race, NAIT back to school events, etc. One can win cool prizes and all while making new friends by participating in these events. I have noticed that the Ooks play a significant role in NAIT's culture. Indeed, some physical exercise perfectly balance the stress of studying.

To sum up, I'm overall very impressed. I'm proud of NAIT, and I hope everybody will enjoy learning and living in NAIT!

YOUR WEATHER

It's official: Fall has arrived

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

The autumn season arrived at 8:29 p.m. this past Monday, Sept. 22. Summer ended on a hot note. The last day of the summer season was Sept. 22. The daytime high was 29 on this day with some high cloud around. An upper ridge kept us warm. Warm air was building aloft and at the sur-

face. Edmonton was in what we call the warm sector of the low. Here, we get those nice southwesterly winds coming up.

Temperatures at the 850 mb level of the atmosphere were in the 20s. On Monday, we did not break the record high of 31.1 from 1950. The high we saw of 29 is 12 degrees above the average high of 17. You will need to wait until next year to see another daytime high closer to 30. Day-

time highs for the rest of this week will be much cooler than 29. A cold front coming through on Tuesday means the temperature will be much cooler than Monday's 29. NW winds and a cooler air mass can be found in behind cold fronts. The high on Tuesday in behind the cold front will be closer to 20 than 30.

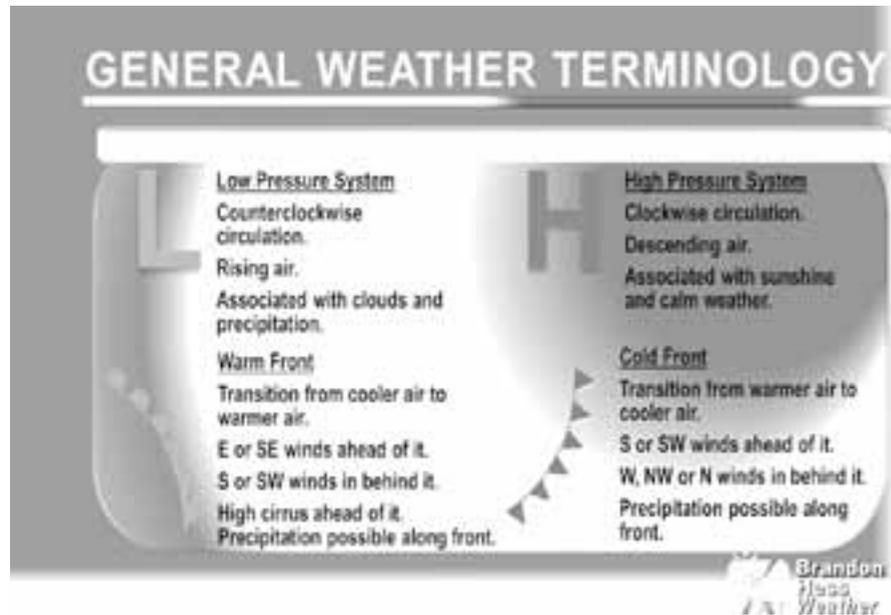
Daytime highs will be in the low to mid-20s Wednesday and Thursday of this week. We get another shove of some warm air Wednesday and Thursday due to a default ridge. It is nothing like the upper ridge of warm air we saw earlier this week. The push of warm air comes in out ahead of the low pressure system out in the Pacific. We get winds out of the SE rushing in for Wednesday in advance of the warm front as usual. The SE wind comes out of the high pressure system in the north as circulation around the high is clockwise. Wednesday and Thursday will be a mix of sun and cloud. I am not expecting any showers on these days. Thursday will be the last day of the warm air.

Looking to Friday, temperatures will be much cooler. This is where we see the upper trough swing in with that low pressure system in the Pacific. We do have a cold front coming through on

Friday which cools our temperature down into the 10 to 15 range. Winds also switch to NW because we will be in behind the cold front. There is also a decent chance of seeing some showers on Friday due to the trough coming in and the atmosphere becoming unsettled. By Saturday we should be dry as the showers would have already exited. We should see some sun this weekend mixed in with some cloud. Daytime highs will still be in the teens. Teen daytime highs will be the story next week as well.

Fun fact: In 2013, our last daytime high in the 20s was Sept. 22. In 2012, our last daytime high in the 20s was Oct. 1. Looking at this week, this may be the last time we see daytime highs in the 20s (subject to change). Daytime highs will fall into the teens after the little warm blast mid-week. The GFS ensemble mean is projecting daytime highs in the teens starting this Friday. Morning lows will also be around five degrees as we head into this weekend. Stay tuned for the next *Nugget* weather forecast next week...

Updated: Tuesday, Sept. 23, 2014 at 8:18 MDT



A green dream for Alberta

By **NICOLAS BROWN**
 @brucev

This article is the third in a series by Nugget contributor Nicolas Brown on the political parties in Alberta. This week he looks at the Green Party of Alberta.

I know what you're thinking; Alberta, Canada's oil production hub, has a provincial green party? As a matter of fact, we do.

Originally founded in 1986, the Green Party of Alberta has seen a number of different iterations and has faced a number of challenges. Originally called the Alberta Greens, the party successfully fielded a number of candidates in elections, including a close race seeing a Green candidate placing second in a riding during the 2004 election. Unfortunately, the party faced a nearly fatal challenge in 2008 when a leadership coup gutted the party and led to its deregistration in 2009 by Elections Alberta.

The newest iteration of the Alberta Green Party originally formed as the Evergreen Party of Alberta to contest the 2012 provincial election, due to Elections Alberta requirements that a party name be unused for one general election before it can be reused.

Successfully registered at the end of 2011, the party succeeded in acquiring the Green Party name in 2012. Despite registering mere months before the 2012 election, the Greens fielded 25 candidates in ridings across Alberta.

How does the Green Party of Alberta intend to reach out to students, though?

"We get that we need to try to appeal to these voters," says party leader Janet Keeping. "That's why the party is making an effort to reach students on campus, such as the Campus Greens at the University of Alberta and University of Calgary."

Although this may seem to focus on already existing supporters, the party isn't just rallying the troops.

"We're looking for more opportunities to talk to "green" clubs, and try to talk about how politics is important, political engagement is important. These issues won't go away," Keeping said.

What are some issues that the Green Party of Alberta focuses on? According to the "What We Stand For" section of the party's website, the Green Party follows six principles that are shared by the global Green movement – ecological wisdom, non-violence, participatory democracy, respect for diversity, social justice and sustainability. The party's education policies include pushing for decreased education costs, increased accessibility and funding for extra-curricular activities such as sports, clubs, and the arts, and an increased focus on diversity and sustainability.

Can the Green Party successfully woo the student vote? Keeping is confident.

"The problem of engaging the younger



greenpartyofalberta.ca

Janet Keeping

voter is very serious and very important. A lot of the latent support for the Green Party is in the young vote."

Although others may disagree, change is in the wind. Whether that latent support exists or not, as the provincial parties gear up for the 2016 election, the Green Party of Alberta appears to be determined to be a

part of that change.

To find out more about the Green Party of Alberta, check their website www.greenpartyofalberta.ca or contact your constituency association. Don't forget to check back for the fourth installment in the series on Alberta's provincial parties. Next week: The Wildrose Alliance Party.

Point ^{Counter} Point

The great fall brawl



By **QUINTON BERGER**

@QuintonBerger6

Ah, the air is crisp, the weather is fair and the trees are beautiful. Fall takes us back to the joys of flannel and scarf wearing hipsters and pumpkin spice loving white girls everywhere. Now, my counterpart Nate will be moaning on some scrooge-like nonsense about how fall is terrible but I aim to prove him wrong. Fall is a magical, whimsical time. The change of seasons helps bring out changes in ourselves. We meet new friends and reunite with old ones in the classroom and the scenery is phenomenal. Fall is the best time of year to go sightseeing or even enjoy a stroll down the street. The once “all green everything” look that summer has given has now been replaced with a magical variety of colours to see. We’ve got that blue sky, yellow and orange leaves, followed by green grass and spruce trees; can you say a painter’s wet dream?! Fall is a gorgeous time of year and even though it’s short-lived isn’t there a saying “beauty doesn’t last” for a reason? I encourage you to take everything Nate says with a grain of salt (or in this case a grain of pumpkin spice) because to hate fall is to hate beauty, which makes you a depressing, cynical wad!

Pumpkin spice

This brings us to the most popular things about fall – pumpkin effing spice! Now, you may be slightly annoyed with the pumpkin spice craze this (and every) fall, but my question is why? Pumpkin spice, pumpkin pie, that shit is delicious. Pumpkin spice has become the Nickelback of toppings. People hate it but not for any real reason aside from they see it everywhere and everyone else likes it. Are you one of those people who hate on things just because they’re popular? If so, then congrats. Congrats on being a hipster douche! Pumpkin spice is everywhere and on everything in fall because it’s delicious. It’s a warm cosy taste and texture that we get to cuddle up with and enjoy for an all too brief time of year. It’s an amazing novelty. Let’s be real, if you’re hating on pumpkin spice, you’ve probably never even tried it (which makes you a douche) and if you’ve tried it and say you don’t like it, you’re probably just lying (also something a douche would do)! Nate hates pumpkin spice and far be it from me to call people names but the guy’s kind of a ... douche.

My favourite thing about fall, though? Fall clothes! I’m a big fan of flannel shirts, jeans and toques (what can I say, I’m Canadian) and fall is the only time of year we really get to wear those things out and about. Summer is far too hot for flannel and jeans and in winter, we cover them up with parkas. Fall is the only time of year I get to run around in my Converse sneakers (too cold in winter), flannel shirt (too hot in summer), and toques. I rest my case about fall. Delicious toppings, comfortable clothes and beauty all around us. What is there to hate?



By **NATE BRYANT**

Its back. Fall is here and you are all in awe of the amazing act of leaves changing color. Well, stop it. You disgust me, and it’s annoying. Fall is terrible. You just like to romanticize it because of all the pretty colours. Trees are dying and you think it’s beautiful! It is the end of a beautiful summer and the beginning of the dead winter. Everyone probably already hates me and is calling me Scrooge but it’s the worst, I say! An omen! We are all doomed! Have you forgotten the winter? This is only the first sign of the coming coldness. Soon it will be a dark, frozen tundra of despair where we will cry for the gods of summer to release us from the cruel bonds of the winter mistress! Fall tries to let us make a smooth transition to winter but it doesn’t work. Fall works for winter. Winter is married to fall and when they sit at home, winter convinces fall to actually just let winter come early and fall says “Anything to make you happy, hun!” But we call it fall, and that makes it OK.

Pumpkin spice air

Does anything not come in pumpkin spice during fall? You’ve probably already bought about 30 pumpkin spice lattes this year. Tim’s has donuts and there’s pumpkin spice pudding and pumpkin pie cheese and pumpkin spice roast beast! Which I cannot stand in the least! Every year people think it’s such a good idea but by the time Starbucks mercilessly stops serving their pumpkin spice crack, you are so sick of it you never want to go near pumpkin spice again. You will get sick this fall and it will be all pumpkin spice’s fault! I wouldn’t be amazed if someone in the States sues Starbucks. You have been warned! Break the cycle! Say no to pumpkin spice!

It’s coming back. If you haven’t already noticed them, the Uggs are crawling from their shallow graves in the back of the closet and finding their way on to the feet of students and into our school. Like every fall has become a new part, a predictable part, and a feared part of fall. We all know what comes next. Next you will see the leggings

and the North Face jackets. It’s like an unofficial uniform to fall. And we guys aren’t escaping this, either! I have never seen more flannel than Edmonton in winter and then you have to grow out your beard to prepare for the coming weather. This isn’t a conformist rant, that’s not the problem. It’s just ... not cool. And are the Uggs really practical? One puddle and you are screwed. Fall has us by the balls! It is a cruel reminder that the best season of the year is behind us and the worst is coming up. Don’t even try to say winter is the best, either! Don’t you watch *Game of Thrones*? Winter isn’t a good thing! Winters a very bad thing! Heed the warning, fools! We must prepare for this plight!



Photo by Taylor Braat

OPINION

— Editorial —

Sick? Stay home!



GABRIELLE HAY-BYERS
Bullshit Detector-in-Chief
 @Gee_H_Bee

I spent the past two and a half weeks sick. I know, it's so sad. I missed classes and everything. Here's the thing, though: I had about a week, week and a half, when I missed classes because I was genuinely concerned that my contagion carrying self was going to give illness to people who have kids or to people with compromised immune systems. The rest of the time, I was just laid out feeling like absolute garbage. I was a walking snot locker with a fever and next-to-no patience and it was a deeply shiteous situation.

Sniffing bag of sadness

During this time I went into work quite a bit because there's just not a lot of choice about that, I have a job to do. Plus, the *Nugget* office is kind of in a segregated area and I can close the door and pretend I'm not in the office. But when I emerged from the office, look out – I was a glassy eyed, sneezing, sniffing bag of sadness. I went and did something last week while high on cold medicine that I genuinely didn't remember when it was brought up a few days later. It wasn't anything bad, just a visit with a puppy that I couldn't remember, but still. It was a drawn out interaction during which I talked with multiple people and went on a tour of campus apparently but I couldn't remember it. You see now why I wasn't in class?

But now I'm back. And I get these looks from people like, "Oh, took a vacation, did you?" Even when I explain, like yeah, I was sick and super contagious, people treat me like I've been on some sort of fun-loving sabbatical in my pajamas singing kumbaya and eating bonbons. Yeah, sweating like an animal and having severely compromised sleep whilst snoring like a wildebeest is my idea of a good time. You are so welcome for that visual.

Only if there's a test

Anyway, getting to my point, I really wish that people would just stop coming to school and work here at NAIT while sick. I know I said I was here, and yes I was, but I also segregated myself from the general population. Do not go to your classes sick unless there's a test! Do not teach class if you are spewing germs everywhere! There are people like me who have been quite ill in the past year and have immune systems that are

dodgy at best because of it that don't want to be sick for nearly three weeks because you couldn't sit it the hell out for the three days it'll take your supercharged,

healthy person immune systems to deal with it. May the force be with you. Or at least an awesome force field to protect you from germs.



wnpr.org



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

Best jerseys in sports



CONNOR HOOD
Sports Editor
@connorhood27

As promised from last week, I'm going to flip the script and count down the best jerseys in sports. When composing a list of the greatest uniforms in sports, there are many things to consider. The most obvious criteria include the logo, the colours, the look of the jersey but even includes small details such as the numbers and lettering. Making such a list may seem like a simple task but, let me assure you, it's tougher than it seems and narrowing the list to 10 was challenging.

10) Atlanta Falcons – Coming in the 10 spot is the NFL team out of Atlanta. What makes the Falcons jersey unique is the fact that they historically haven't had a jersey worth noting. It's only recently that the Falcons have joined the conversation, with their great use of crimson red, black and white.

9) St. Louis Blues – The Blues have had one of the best jerseys on the NHL for years. The use of the great logo, as well as the mix of yellow and blue, put them in the

upper echelon of hockey attire.

8) Miami Heat – A great way to incorporate the Miami climate in their name. Having a flaming basketball going through a net looks plain awesome and they included the jerseys to back it up.

7) Chicago Blackhawks – Clearly the best uniforms in hockey. The Blackhawks are one of the Original Six franchises and have been in the NHL since 1926. They had great uniforms then and have great ones now. Phil Esposito, Eddie Belfour, Stan Mikita, Bobby Hull. So much tradition behind one logo.

6) New England Patriots – Although these jerseys may not be as popular north of the border, they are one of the best south of the border. A great way to incorporate the red, white and blue of the American flag. The Pats also have one, if not the best, logo in all of sports. Doesn't hurt having Tom Brady in one of these jerseys for over a decade.

5) Los Angeles Dodgers – One of the best jerseys in baseball, for one of the best fan bases. A classic look. Only seems right that stars such as Yasiel Puig, Clayton Kershaw and Matt Kemp wear these uniforms.

4) Green Bay Packers – From the glory days of the 1960s, through the Brett Favre era, right up to present time, the Packers have had one of the best teams, some of the best fans and one of the best looks in football. Maybe it's because their jersey closely resembles the Eskimos or simply because they look fantastic between the hash marks, either way, it's a look that



www.vivaelbirdos.com

will never go out of style.

3) San Francisco 49ers – Joe Montana, Steve Young, Jerry Rice. The 49ers have had some of the greatest players the game has ever seen. It would be almost tragic to show highlights of their greatest moments, as they are clad in an awful jersey. Luckily, we get to see them in the best. There look has been constant for decades, and it should stay that way.

2) Los Angeles Lakers – Hopefully you are starting to see a pattern with my list. Teams on this list generally have won championships, been around for years, and have basically kept the same look. The

Lakers are no different. The yellow and purple look fantastic together. Kobe, Shaq, Magic, the tradition and winning culture just pour out of the seams.

1) St. Louis Cardinals – Saving the best for last. Although making a baseball uniform look good may be tough, as there truly are some awful ones, the Cardinals have made it work. Sometimes less is more, which is the case for these uniforms. They are simple, elegant and not too overwhelming. Sometimes that's all it takes. It's hard to disagree with how amazing they look on a baseball diamond.

Lose by letting loose



By **COURTNEY BELL**

Do you like to move, dance and work out? Well, I've got the thing just for you; Zumba! This new workout is a dance based aerobics class created by Colombian dancer and choreographer Alberto "Beto" Perez in the mid 1990s. Zumba's



www.sunsetempire.com

Zumba means movement and music.

marketing slogan, "Ditch the workout, join the fun," has attracted approximately 14 million people, and they participate weekly in over 140,000 locations all over the world. It is a dance that incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats, lunges and weights are also sometimes used, depending on the instructor.

Classes are typically an hour long and are taught by licensed instructors who have attended what is known as the Zumba academy. What is nice about Zumba is that it doesn't feel like you're even working out at all. You listen to loud, upbeat music, you dance around and the most important thing is that you're having fun. Another interesting fact about Zumba is that you will never have the same class twice. Every instructor teaches differently and every song has a new dance or workout to it.

This fun and active new workout is a good way for people to stay fit while still having fun. It's a class led by an instructor who does all the moves with you while you follow along. It's a great way to get up and

stay active.

In the last couple of years, Zumba has really taken off and has become very popular amongst women, including celebrities such as Jennifer Lopez, Natalie Portman and Emma Watson.

Most gyms now hold classes multiple times a week. NAIT's Athletic Department is also holding Zumba classes in Studio S-112, from Thursday Sept. 25, to Thursday Oct. 30 (six classes). The second Zumba session starts Thursday Nov. 6, and runs to Thursday Dec. 11 (Also six classes). You can register for these training sessions online on NAIT's website or visit the Athletic and Recreation administration office in Room E-134, Monday to Friday 8:30 am-4:30 pm. You are also able to register by calling 780-471-7713.

Zumba is a good way to let loose and get rid of all the stress from your day to day life. Zumba is a total workout, combining all elements of fitness, cardio, muscle conditioning, balance and flexibility, as well as boosting energy and giving you a serious dose of awesome each time you leave class. You won't leave without a smile on your face. Go ahead, try it.

WOMEN'S VOLLEYBALL



File photo

Hopes are high this year for the women's team.

Building a team



By JOSH RYAN

The 2014 season was a tumultuous year for the Ooks women's volleyball team. Chemistry and communication were a struggle throughout the regular season as the team suffered through a winless second half, before surprising SAIT in the qualifier round of playoffs.

This season, however, the squad is eager to turn over a new leaf with seven of the 17 players from last year's group returning, along with a bevy of talented recruits.

"After last season, my staff and I have looked for and found players who will fit within the culture that we are trying to create," said head coach Benj Heinrichs.

"This group will be tough, hardworking and skilled."

This group will also have plenty of depth. All of the returning players, which include setter Maegan Kuzyk, outside hitter Shaynah Godlien and middle Isabel Hess, played significant minutes last season and held their own against the best in the ACAC. The recruits hold promise as well, with four players coming from the Junior Pandas Club, which is affiliated with the U of A.

"They are local, have already received good coaching and worked under a good culture," said Heinrichs. "They will bring a lot of enthusiasm and good work ethic."

Another key recruit, Xuemei Zhang, brings an international flavour to the roster as she hails from Beijing, China.

"When Mei gets up to speed with the Canadian game, she will add to the team with her size," said Heinrichs. "Overall, we will have 12 players who are all capable of getting the job done once they are in a match."

Size is not a trait that the women will

share with their male volleyball counterparts but other strengths will more than make up for a perceived lack of size.

"We will be smaller than most teams but we have great speed and skill," said Heinrichs. "We are already passing the ball better than we did all of last season, so we will have great ball control and defence."

"However, in order to win in this league you also need to put the ball away and we have players that can do that."

The ladies echoed their coach's sentiments.

"We are really lucky to have so much diversity on our team," said third-year outside hitter Candace Hughes.

"Our players are all very well rounded volleyball players and our cohesiveness on the court has been a huge factor in our success so far."

Now a few weeks into the season, the squad has seen early success. Playing a multitude of lineups match to match, they have gone 7-1 thus far and give signs of being a contender come February.

"Here at NAIT, the goal is to put ourselves in a position to win every match," said Heinrichs. "That isn't an easy task in this league, especially with the turnover in the North Division this year."

"However, I think we have the tools to develop into a contender once the conference championship is upon us. Our busy exhibition season is allowing the girls plenty of opportunity to earn court time and the staff opportunity to evaluate the group."

The Ooks have several weekends left of exhibition play, including a tournament hosted by the Red Deer College Queens, before they open the season at home against Concordia on Oct. 23.

"This group will be tough, hardworking and skilled."

– Coach Benj Heinrichs

Jobs in Athletics

NAIT Athletics is currently hiring in the following positions for the upcoming athletics season. Pay is \$16.99/hour.

Game Day Minor Officials

All sports (hockey, basketball, volleyball)

Ticket Takers

You are the "face of athletics" – because the public deals with you first, you have a very important job. You collect tickets, set up displays, handle all promotions/draw boxes, fill out summary sheets for attendance and perform any other duties as required. (Basketball/Volleyball/Hockey)

Stat Keeping (DakStats)

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

Goal Judge

The goal judge in hockey is responsible for "flicking" on the red

light when a puck crosses the goal line. They are also required to keep a tally of the shots taken on the net they are working. (Hockey)

Camera and Webcast

The camera operator and webcaster is responsible for filming and webcasting every home game. Games will be webcast across Canada for viewers to see. Setup and take-down of equipment will be required. (Basketball/Hockey)

Extras

Staff members who will be on call for all positions, should there be an

absence. They will be contacted to fill the position.

- All staff are required to be at work 45 minutes prior to game time. Upon arrival, staff will set up their particular area and perform all tasks in preparation for the start of the game. Staff are expected to be present during the entire game (two to three hours)

- At shift end, staff will clean up their area and complete all work before leaving.

Send your resumes to Sam at snahrgang@nait.ca or drop them off in Room E-134.

WOMEN'S HOCKEY

Challenge – to stay on top

By JOSH RYAN

Coming off of a championship season in 2012, the NAIT Oaks women's hockey team last year faced the tough prospect of having a small chance of going anywhere but down.

Instead, the Oaks defended their title in dramatic fashion, winning several one-goal games and rebounding from a triple overtime heartbreaker by rattling off three straight victories in the championship. Off-ice action

saw two fifth-year players graduate, a first for NAIT women's hockey. Now the team faces the possibility of a three-peat, something only accomplished once in league history, by Mount Royal University from 2002-2005.

"We have several fifth-year players on our roster and there is a strong motivation to keep this winning tradition going to create something legendary," said head coach Deanna Iwanicka.

"However, the season is a process, so we need to control thinking about it too much and focus on the task at hand."

That focus has been evident in the exhibition season thus far, which has seen the Oaks take down the University of Alberta Pandas. The Oaks also hosted the Blue and Gold Tournament at NAIT this past weekend. The tournament was a mix of other ACAC opponents, as well as local high school prep teams. The Oaks finished the tournament 1-2.

The 2014-2015 squad features a strong mixture of youth and experience. Thirteen players have returned from last year's championship team, four of which are in their final year of eligibility, including last season's leading scorer Sherri Bowles and goaltender Jill Diachuk. Eight additions join the roster, one of them being ACAC and CIS veteran Tehnille Gard.

"She brings competition to our goaltending, which will make naming our starter a tough decision every weekend," said Iwanicka.

Also joining the Oaks are forwards Veronika Kuzelova, Livia Lucova and Whitney Thorp. Kuzelova and Lucova hail from the Czech Republic and Slovakia respectively, completing a trio of international Oaks with fifth-year Renata Mastna. Thorp is coming off a successful season with the Esso Cup Champion Weyburn Gold Wings, the Esso Cup being the national championship of women's

midget hockey.

"We have good depth," said fourth-year defenceman Karli Reeve. "Everyone has fit into their place so far."

With an influx of so many new players, the makeup of the team and its identity will be different than in previous years.

"Previous years we have typically been a bigger, physical team but there will be a shift this year as we are smaller than we have been," said Iwanicka. "We are also quicker than we have been, which will counter the change in size."

This change in structure will affect not only the players but also the staff.

"As coaches, we will have to adjust some tactics to match the players we have," said Iwanicka.

The preseason continues for the squad as the Oaks will cross over the Rockies to take on the University of British Columbia next week. The busy schedule has been a boon for the women, as they build familiarity with the team systems and each other.

"Lots of line changes are going to happen with different combinations to try players out," said Iwanicka.

"We want to be champions again. It's one thing to say that but another thing to do it. So our philosophy is to focus on the process of winning a championship again."

The regular season opens on Oct. 24, as they play the SAIT Trojans in a home-and-home series.



File photo

The women are hoping for a record setting three-peat this year.

Athletes of the week

September 15-21

Sabrina Jhamandas Soccer



Sabrina helped lead the Oaks women's soccer team to a road sweep of the Keyano Huskies this past weekend in Fort McMurray. She tallied two goals in Sunday's 9-0 victory over the Huskies, earning her Player of the Game and was also a factor in Saturday's 6-0 win. With the two wins, the Oaks also took over the No. 1 ranking in the CCAA with a perfect 6-0 record. "Sabrina was very composed this weekend and contributed both defensively and offensively," said head coach Carole Holt. "She works very hard all the time so I am not surprised that she is being recognized." Sabrina is a fourth-year Interior Design student from Edmonton.

Greg Connell Golf



Greg had the NAIT men's golf team's lowest score this past weekend at the ACAC North Regional hosted by NAIT at Goose Hummock. Greg shot an 85 Saturday and then 82 Sunday for a total of 167, which placed him 21st overall. "At the end of last season Greg told me that he wanted to improve his game and make a difference," said head coach Jules Owchar. "It was great to see him lead our team in this event and I look forward to seeing how he does next weekend at the ACAC championships." Greg is a second year Bachelor of Business Administration student from Edmonton.

Athlete Profile



Player: Trent Mounter
Sport: Volleyball
Position: Left side
Program: Personal Fitness Training

By KATHERINE HILL

1. What is your typical pregame meal? Pasta and then a banana or two close to game time.
2. What kind of music do you like to get pumped up for a game? I'm a fan of any music that's not country, mostly rap and dance music before games.
3. Do you have any superstitions? Always tie up my left shoe first. Of course I have a lucky pair of undies, too.
4. Where is your favourite place to work out? NAIT gym, Monday, Wednesday, Friday with the team.
5. How do you balance your schoolwork and playing volleyball at NAIT? I do three out of five subjects online, so it gives me a lot of time to be at home and catch up on readings and any notes I need to take. Training often runs late so it's easier if I get that sort of

stuff done during the day.
6. Who do you look up to? I don't really have an 'idol' of any sort but I definitely would look up to my Mum. She's been through a lot and has supported me my whole life. I owe her everything.
7. Where is your favourite spot to eat at NAIT? Can't go past Tim Horton's coffees, got to keep going throughout the day.
8. When you're not at school, practicing or playing, what is your favourite downtime activity? Hanging out with my roommate Brandt Thul.
9. What is your favourite sport to watch other than volleyball? Australian Football League, awesome game and follow it with a passion.
10. Do you prefer Facebook, Twitter, or Instagram? Facebook is my first line of social media, then Instagram. Don't have a Twitter account.

Athlete Profile



Player: Alyssa Shorts
Sport: Hockey
Position: Left wing
Program: Business

By KATHERINE HILL

1. What is your typical pregame meal? My typical pre game meal consists of either rice or pasta, along with a lean protein like chicken or fish.
2. What kind of music do you like to get pumped up for a game? Anything with good bass. Usually pop, rap, or rock.
3. Do you have any superstitions? I take my shower before I come to the rink and I tape my stick before every game.
4. Where is your favourite place to work out? The NAIT weight room. Great place.
5. How do you balance your schoolwork and playing hockey at NAIT? Scheduling. It is so important to have

schedules and routines for every day. I'm borderline OCD about it.
6. Who do you look up to? I would have to say Megan Augusta. She's phenomenal.
7. Where is your favourite spot to eat at NAIT? Timmies.
8. When you're not at school, practicing, or playing, what is your favourite downtime activity? Skateboarding. I'm an avid long boarder.
9. What is your favourite sport to watch other than hockey? Football. Gotta love those collisions.
10. Do you prefer Facebook, Twitter, or Instagram? Twitter, for sure. Facebook is too spammy and I have no idea what to post on Instagram.



THE STUDENTS' ASSOCIATION
 ESTABLISHED IN 1964

naitstudents
 naitsa
 yourNAITSA
 naitsa.ca
 naitstudents
 rm e-131

ENTERTAINMENT

Friends are ... everything



By **RICHARD LUKACS**
Entertainment Editor
@DickTorrance

I'm having a terribly hard time writing this thing right now. It's not simply that I have writer's block and feel like I have nothing to say but I also should be on my way to help out my friends in shooting a movie.

'Cos friends are everything, man, I'm telling you. And I have some of the very best ones. Whether it's the happiest or the worst day of my life, I know I can count on them and they will never let me down.

I've spent most of my life on the road, in a van full of friends. We had a band and were touring all over Europe for more than a decade. Our best buddies were with us as

drivers, roadies, merchants or just to help us out with ingesting the usually tidy beer burden we had.

I had the best life in that stinky, old, yellow van. I miss it. And I miss the guys who were there with me. I miss the stage. I miss the people in front of the stage, the awesome conversations and backstage parties after the shows. But I needed a change. We sold the van, stopped touring and I ended up in Canada.

So I miss all of those things but why? The only one that I can't get back is the car and that's really not that important. My friends are still there. I could go home and hit the road again with them. But I don't think I will. There are so many different things to do and enjoy in life. And there is only one common thing they all share. They are all the best if you are doing them with your friends.

I want to make movies now, fun ones with monsters and mutants and ninjas. And I have found the best guys here who are interested in doing the same. Awesome times. You know what? I don't miss anything right now. This is my way. I am doing what makes me happy with the people who

make me happy and just hoping that the things we create will make other people happy, too.

I want to try out everything that has ever interested me and I am so lucky I have

support for that. So I won't let them down. I will finish this article and fire up those cameras. I don't have anything to say anyway. Except maybe for one thing. Friends, man. Friends are everything.



www.bollyberg.com

WEEKLY SPECIALS

FOOD SPECIALS

MONDAY

\$7 Canadian Poutine

TUESDAY

\$7 Nest of Wings (11lb.)

WEDNESDAY

\$6 Deep Fried Wontons

THURSDAY

\$7 Vegetable Spring Rolls

FRIDAY

\$6 Rockfish Potato Cakes

\$4 DRINK SPECIALS

*All liquor served is 1 oz

MONDAY

Sno Cone Cocktail

TUESDAY

Rye, Rum, Vodka or Gin Hi-ball

WEDNESDAY

Domestic Pint (20 oz)

THURSDAY

Flavoured Vodka Cocktail

FRIDAY

Domestic Bottle

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

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

REVIEW US ON:
urbanspoon



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **DANIIL ANSELM**

Everyone gets hype in his or her own way. Some people like to watch "cheetah hunting antelope" videos on YouTube. Others like to listen to Dwayne Johnson workout podcasts. You might like to throw bricks at your neighbour's fence. Whatever it is, there is a special event that gets you buck. Yet there's nothing quite like listening to a specific playlist of rowdy songs that makes you feel like Lil Jon did from 2001-2005.

There have been a slew of hip-hop artists that built careers (or that one really good summer) on getting hype. The scientific formula looks like something like this:

100 per cent energy + zero per cent

lyricism = money to throw at people dancing around you.

You're looking at Chief Keef, 2 Chainz, Mystikal (who could be very lyrical but no one can tell), Waka Flocka, Pitbull, Juicy J, Three 6 Mafia, etc., basically a list of your favourite rappers.

However, if the rapper has the ability to combine hype with talent, good things happen (credibility/integrity/a good Pitchfork review). Also, people don't have to try and hide those songs on their iPods with obscure playlists that no one else would ever accidentally click on ... such as finding my Bobby Shmurda collection on the "Mid 17th century baroque music bangerz" playlist on my iPod.

I present a list of songs that will get you hype. If you are unsure of a specific track, just watch a live performance of it and come at me.

...

- **Simon Says** – Pharoahe Monch
- **Mount Olympus** – Big K.R.I.T.
- **Millions (Feat. Rick Ross)** – Pusha T
- **Rise and Shine** – J. Cole
- **Monopoly** – Danny Brown
- **Bible on the Dash** – Gunplay
- **Room with a View** – Brother Ali

- **Body Head Anthem** – Roy Jones Jr.
- **Click Clack (Feat. Pusha T)** – Slim Thug
- **Party up in Here** – DMX
- **Black and Brown (Feat. Danny Brown)** – Black Milk
- **m.A.A.d city (Feat. MC Eiht)** – Kendrick Lamar
- **Shit Remix (Feat. Drake and Juicy J)** – Future
- **Trophies** – Drake
- **Made You Look** – Nas
- **Survival Tactics (Feat. Capital STEEZ)** – Joey Bada\$\$
- **Ante Up Remix (Feat. Busta Rhymes, Teflon, Remy Martin)** – M.O.P



www.stackwellsociety.com



rap.genius.com



d4premiere.com

OCTOBER EVENTS

- 8 | HOW TO SALSA DANCE
- 9-14 | SENATE VOTING PERIOD
- 14 | NEST POOL TOURNAMENT
- 15 | WELLNESS WEDNESDAY
- 17-18 | NAIT OPEN HOUSE
- 21 | HOW TO BE A ROCKSTAR
- 31 | SCARYOKE AT THE NEST

STUDENTS ASSOCIATION

[naitstudents](#)
[naitsa](#)
[yourNAITSA](#)
[naitsa.ca](#)
[naitstudents](#)
[rm e-131](#)

MOVIES – THE KURT LOCKER



www.midnightreview.co.uk

Denzel Washington and Ethan Hawke in *Training Day*.

TRAINING DAY

Top flight gritty thriller

By KURT FABISCH

“You wanna go to jail or you wanna go home?”

There are a number of great crime films set in Los Angeles. But when I think of what the grittiest and nastiest one might be, I think of *Training Day* by Antoine Fuqua from 2001.

Starring Denzel Washington as LAPD Det. Alonzo Harris and Ethan Hawke as Officer Jake Hoyt.

Hoyt wants to join Harris’s elite narcotics unit, which will be a fast track to rising through the ranks of the LAPD. So Harris arranges one test for Hoyt. A training day where Harris drives Hoyt around the city as his partner as he goes about his various investigations, both professional and personal.

Most of the movie is just these two guys. Master and apprentice. Hoyt is an intelligent and very capable policeman but

green when it comes to the streets of L.A., Harris is a veteran detective who not only knows the gritty streets but is one of the reasons they’re so gritty.

Harris is the dictionary definition of a corrupt cop. As this day goes on, we see the web of corruption surrounding this guy.

It’s quite a busy day for our two characters.

First, it’s just patrolling the neighbourhood looking for drug buys. After they nab some college kids with some weed, Harris forces Hoyt to smoke it and we find out it’s PCP. Hoyt does it only because he’s willing to do anything Harris asks of him to get into this unit and eventually get promoted to detective and then he can start a real career in the LAPD.

Smoking some weed is just the start. Eventually, Harris has Hoyt in the middle of shootouts, chasing guys down on the

street and eventually asking Hoyt to kill someone.

This is a great film.

Both Hawke and Washington were nominated for Oscars and Washington won his. He is one of my very favourite actors, always delivering a memorable performance in whatever film he’s in.

But *Training Day* is probably going to be the film he’ll be most remembered for. It really is one of the all-time great film performances. Washington cranks the charisma up to 11 and looks like he’s having a blast as Harris.

But he’s also one of the great movie villains. Harris is a true monster in the end, both in how he deals with Hoyt and how he treats anyone he feels is beneath him. Like this one neighbourhood he’s made himself king of.

He has a scene in which he gives a speech against the neighbourhood when

they at one point turn on him. He threatens to destroy them all and it’s just masterful.

“King Kong ain’t got @#\$\$ on me!”

Hawke gives a less flashy performance but is also terrific. It’s their scenes together that are the best. It’s like an ultra-dark take on the “Buddy Cop Film” genre. They raise each other’s game.

There’s a point in the movie where it turns into a thriller and Hoyt is in the hands of some gangbangers and his gun is taken away and it’s one of the most nerve-racking scenes I’ve seen.

Great screenplay by David Ayer.

Training Day, while taking a few familiar cues from cop films of old, is more a film that sets the bar for cop films of the 2000s.

What a day.



Real world Indiana Jones

By JOSEPH RANGER

Thirty-three years after a wooden crate bearing the Ark of the Covenant was wheeled away into nondescript government storage, it's been discovered and is heading to Edmonton next month.

Not the real Ark, per se, but the fantasy one depicted in the Steven Spielberg/George Lucas collaboration, *Raiders of the Lost Ark*.

For the uninitiated, *Raiders* starred Harrison Ford as badass archaeologist Indiana Jones, who battled Peruvian Hovitos, a duplicitous French rival, Egyptian swordsmen, thousands of snakes and supernatural-obsessed Nazis through locales as varied as Peru, Nepal, Cairo and the Aegean Sea – all to secure the Ark as a museum exhibition.

Three sequels further depicted Shanghai, Northern India, Venice, Austria, Germany and Turkey.

Starting Oct. 11 and running through April 6, 2015, Edmonton's Telus World of Science will host the National Geographic presented exhibition, *Indiana Jones and the Adventure of Archaeology*.

It will feature not only costumes and props from the franchise's four movies (*Raiders*, *The Temple of Doom*, *The Last Crusade* and *Kingdom of the Crystals*) but real world museum artifacts

and educational material on loan from the Pennsylvania Museum of Archaeology and National Geographic – including artifacts from ancient civilizations in Peru, Egypt, Panama and present-day Iraq. Some of the items date back to 4,000 BC.

According to Mike Steger, vice-president of marketing and communications for the Telus World of Science, the exhibit bridges fact and fiction – using the sizzle of Hollywood and the experience and gravitas of National Geographic and the Penn Museum. This exhibit was created by Montreal's X3 Productions, the same creative team behind the wildly successful *Star Wars: Identities* display.

"It really is an amazing exhibit," said Steger, fresh from a fact-finding trip to the exhibit's current host, Fort Worth, Texas. Previous destinations for *Indiana Jones and the Adventure of Archaeology: The Exhibition* have included Montreal, Los Angeles, New York City and Madrid, Spain.

Steger explained that every guest will be handed an interactive tablet, which they will carry through the four chambers over the course of nearly two hours. As they pass through, they're

prompted to enter a three-digit code which engages audio, film or text clips to provide interactivity and educational content. Each guest will be welcomed with an audio greeting from Harrison Ford and encouraged to make their own adventure via their own personal selections.

"It was easily two hours," said Steger of his experience. "The more I saw, the more I wanted to explore."

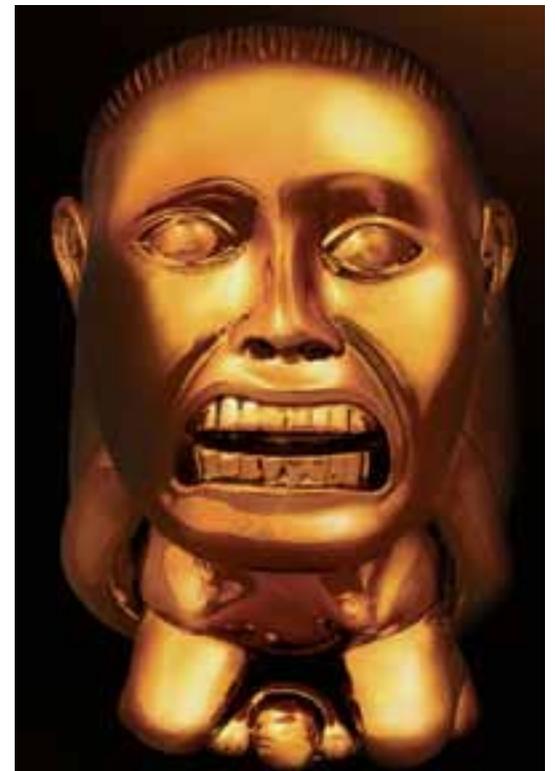
He expects that educational enthusiasm to spread as various classes are set to attend, with a 60-page education guide for classrooms distributed through provincial schools that tie the archaeology aspect into parts of the Alberta curriculum.

Fans of the movie hoping to catch a glimpse of thousands of live snakes roiling around the floors of the Telus World of Science – as they did in the Well of Souls – may be a tad disappointed, noted Steger.

"No real ones," laughed Steger. "Maybe in the gift shop."

During the first four weeks

of the exhibition, the Telus World of Science will be showing the digitally remastered *Raiders of the Lost Ark* on the IMAX screen.



Supplied photo

Chachapoyan Fertility Idol



WorleyParsonsCord
resources & energy

GROW WITH US

WorleyParsonsCord is a proven industry-leader because of our strong local roots, global reach and progressive culture.

It takes more than trades positions to execute some of the largest and most dynamic projects in the industry, which is why WorleyParsonsCord is always seeking skilled professionals for positions like construction estimators, project controls specialists, project managers and many more.

TAKE PART IN WORLEYPARSONSCORD DAY AT NAIT & MEET OUR EXPERTS

Date: Thurs, Oct 2, 2014 11:15 am- 1pm
Location: Shaw Theatre

WorleyParsonsCord information booths will also be located around the school

CONNECT WITH US







STREET FASHION

Punk's on the way back

By **TOM ARMSTRONG**

"What's the buzz? Tell me what's happening ..."

– Jesus Christ Superstar

There is a new but very old fashion that is coming back slowly. It's, referred to as the punk movement and can be alternative in dress.

It might be a little different than the average dress but many are repping the skinny jeans and spiky vests. Have you ever taken a stroll near the construction labs or even seen the funk that has hit up some of the Radio and Television students? This is a fashion that's catching on. Many want to show off what sets them apart from the mainstream crowds – those being wearers of brand names such as Abercrombie and Fitch, Ed Hardy and many more like those. But really guys – who's wearing Ed Hardy in this day and age?

Taking a look at some of the styles, the punk fashions don't just categorize the dress. This particular style concentrates on hair styles and tattoos. These are the big accessories that come along with looking like a total bad-ass.

Let's start with the basics. – the tops and the bottoms. Most students that are taking part in this trendy, new, but age-old fashion start with the T-shirt. Many have the band shirts that are worn right through, as if someone put the washing machine on high and forgot about

the shirt for 10 years. Many of the pants being worn around campus also have a certain flair to them. The rips are tattered and torn. Some are even going so far as to accentuate the tattoos underneath the pants.

When it comes down to vests and jackets, many are going for that original look, with studs being a major factor and patches sewn on to accent notes of colour. Most are just representing the bands and social fame of a lost generation, although many of us, (myself included) aren't that skilled with needle and thread. We rely on the buttons and safety pins that hold our vests and jackets together, which in turn give us an edgy feel; all the while sticking together on that timeless punk look.

When it comes down to footwear, boots are in and your Jordans with the high tops are out. Doc Martins and Converse are the will of survival, especially when attending concerts and bars. You'll need something that can keep up with the stains of alcohol and be able to take a beating when doing deadly battle in a mosh pit.

All in all, we the people of this fashion aren't there to scare but to look different and to encourage many that it is OK to be yourself. Much like freedom of expression but communicated through the way you dress and present yourself.

Tom Armstrong says punk's on the way back.

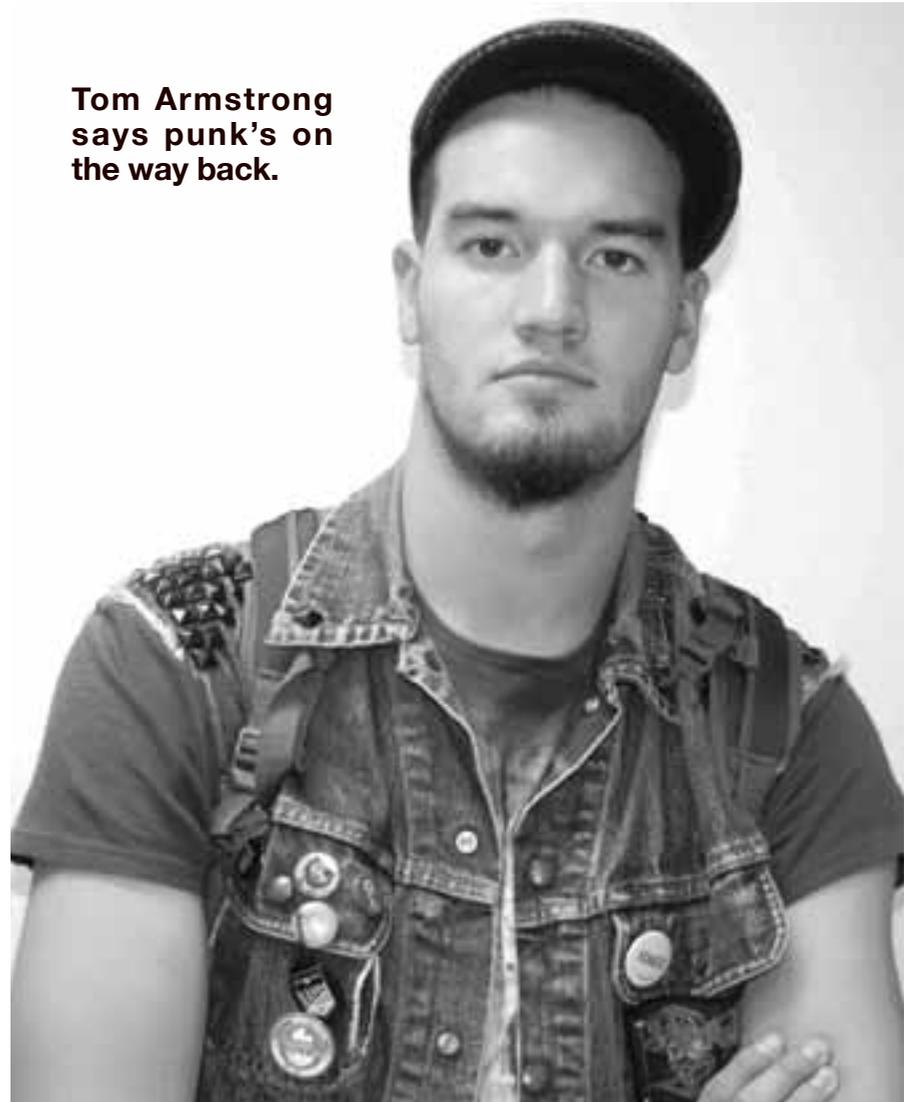


Photo by Quinton Berger

Are you a binge-watcher?

By **CAZZY LEWCHUK**

**The Other Press
(Douglas College)**

NEW WESTMINSTER, B.C. (CUP) – Netflix is a huge blessing to families, people between 13-35, and anyone too cheap or disinterested to pay for cable. It allows us to watch many shows, commercial free, with the next

episode playing immediately after. It even sends us a notification after the first two episodes, asking if we're still watching – which everyone hates, because of course we are. Binge-watching three or more episodes in one sitting isn't just easier to do with Netflix; it's the new normal. But it's certainly not healthy.

A recent survey showed that 91 per cent of Netflix users have binge-watched a show at some point.

Almost all of us can admit to watching many episodes of a show in one day and why wouldn't we? All the episodes stream continuously. You get to find out immediately how the Winchesters got out of Hell again, and you don't even have to get up to play the next episode (except when that annoying notification comes up). Watching an entire season of a show in one day used to be almost unheard of. Now, it's the most common thing to do when you're sick, hung over or just plain lazy.

It's common sense that watching TV for hours instead of going outside, exercising and spending time with your friends isn't good for you. But watching

a whole series in a couple of weeks that took five years to air is a great feeling. It's especially encouraged in Netflix-exclusive series where all the episodes air at once (29 per cent of those surveyed binged on *House of Cards*). Still it's easy to forget how harmful binge-watching is and get carried away, especially when you're watching a show on a laptop or tablet instead of an actual TV.

Particularly concerning is the popularity of Netflix amongst teenagers and young adults. The convenience and accessibility of TV series for this generation means many would rather lose themselves in the world of *Gossip Girl* than face reality, which is only slightly less dramatic. You don't need to go further than your social media feed to know what I'm talking about. Everyone's talking about their love for Netflix and how much TV they have watched in the past weekend. Why is this something to be proud of in our culture?

Ten years ago, watching a show excessively was seen as something only nerds or couch potatoes did. I personally have nothing against those groups – in fact, I identify as both. However, I think we should take a long look at how much time we spend watching TV each week and think about more useful ways to spend that time. Maybe we could aspire to live our real lives as the next Frank Underwood, Piper Chapman, or Walter White – or perhaps someone with more morality, but I don't judge.



netflixnewzealand.co.nz



Latex memories

By SAM ADELE

“Is that wine or fake blood?”

It was probably both. The red stain covered the bottom corner of the pristine white hotel comforter. Seven girls were crammed into the room getting dressed for one hell of a night out. Armed with lube, bright red wigs and a heavy dose of confidence, you might think we were ready for some kind of weird, kinky Halloween. This was Montreal Fetish Week and the Salient Seven team was ready to go.

Towering and teetering

The gorgeous group trotted out the door, towering and teetering like latex-clad aliens. We were greeted by a barrage of cameras in the lobby as tourists and guests tried to capture what was definitely a sight to see. Once we pushed past the lobby and got to the street, we were home. For blocks in all directions, we were surrounded by bigger and more extreme looks. In Edmonton, you might not expect to see a grown man in a full on, skin-tight, studded latex suit but here you saw that guy everywhere. The craziest getup I saw was a small woman in an inflated rubber pig costume being led around on all fours. I’ve definitely never seen anything like that walking down Whyte Avenue.

Tonight we walked the runway alongside international fetish wear designers. Although one of our girls bailed in rehearsal, no one wiped out when it actually came down to it. The room was freezing when we got there to set up but that didn’t last long. The massive hall was packed well above capacity while we eagerly awaited backstage. Once we were finished strutting our stuff, it was time to make our way to the after party.

Didn’t stop us

My travel partner and I had decided against buying passes to all the after parties but luckily this didn’t stop us from attending. Other friends from Edmonton came down for the festivities and we pulled the classic “two passes go in, four come out” and were able to get into some of the most exclusive parties in Montreal.

Once inside, it felt like we walked into a Rob Zombie music video. The club was four stories high and the higher you went the crazier things got. The first floor had a sort of photo booth where you could professionally capture your look for the night and several bars with toned bartenders happy to get you drunk. We kept moving.

JUST THE TIP

Just my laptop and me

By OPHELIA DYCK

So you have to clean your rifle, jerk your gherkin, wonk your conker. I know, it’s probably not what you really wanted or were expecting. You were expecting something a little more co-op but be patient.

There will be plenty of time. For now, most of us are single. So we come first!

When it comes down to it there are four key essentials to a successful spank. Place, time, entertainment and tools. Let’s start with place. Do not decide you can totally get away with a quick rub under your desk, mid-class. You’re going to feel rushed, you can’t really take clothes off and then the second someone sees you, you’re that guy for the rest of the year. You need a place where you can

be alone. Feel free to light some candles, play some nice music or just turn on your computer and drop those pants. As long as you are alone or have someone who isn’t going to mace you.

Next is time. Like when you were a teenager, you wouldn’t do it at 4:30 in the afternoon. What if your mom walked in? Now you need to make sure you’re not busy, no one is going to suddenly come in and the sun doesn’t shine in and accidentally make you have to see your own reflection. Nothing you want to see less than your face in the glare of your screen half way through. Evenings work best, people will just assume you’re sleeping ... or masturbating.

Entertainment is easy. You know what



In the stairwell to the second floor we made some new friends. My cohort was propositioned to try her hand at being a dominatrix for a night and I was offered the services of a “man slave.” People flock from all over the world to come here and lose all inhibition. We politely declined.

If you’ve ever been to a fetish party you know there are things to see that may not be appropriate for this publication ... I would say I saw most of those things. Areas of the second floor were designated for people who were into a variety of S&M. Want to see a man in a diaper spanking an elderly woman dressed as a nun? We should talk.

The next two floors definitely file under the “what happens

at fetish week stays at fetish week?” category. Some of the things happening on the upper two floors skirted on the edges of the law and might have made the studded latex clad man uncomfortable. The AGLC would have been all over that place.

Once we had gotten our fill of the excess, we escaped through a side door back onto the street. Hungry and exhausted, we tracked down an all-hours pizza place that was still serving beer. Being able to drink on the street after a night like that is something Montreal definitely has on Edmonton.

We peeled off our latex, scrubbed the makeup of our faces and let our hair out from under the wigs. Oh Fetish Week, we will meet again soon.

you want and it isn’t hard to find. 2014 is a beautiful year, where we have so many websites with so much free porn and so many ways to access them! You can watch it on your laptop! You can watch it on your phone! Soon, you can watch it mid-lecture, right in your Google glass! It’s such an amazing time to be alive! Go to your favourite site, pull up 10-30 tabs of porn that you’ll only watch maybe two of and let’s go!

I know many of you guys are thinking you don’t really need tools to get the job done, that it’s more for girls. Wrong. Lotion is a tool. Tissue is a tool. Even your hands are tools. It’s what gets the job done, and make sure no one ever knows. Some people like to use lotion, normally this is

for guys who are missing the turtleneck on their monkey. Circumcision was actually invented to make this entire act less fun. It didn’t really work but not a lot of people use lotion as a way to level the playing field. Now getting into the actual field of toys, there is the infamous flashlight. Customizable and brilliant in every way. It deserves an entire article to itself. If you are going through a breakup right now, this is your new best friend. Always bring the right tools.

If you are good on all four of those areas, you and your laptop are going to have a good night. Just remember to play safe, don’t go to any sites with viruses and always, always delete your browser history.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Sept. 25-Oct. 1

(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 love life will take an interesting turn this week. Some forgotten feelings will be sure to resurface. A relationship with a friend will briefly become rocky at best. Although, a new potential love interest will come onto the scene soon. An unexpected event will catch you off guard toward the end of the week. Meanwhile, someone is admiring from afar everything you do.

Scorpio (Oct. 23-Nov. 21)

Everyone knows there are several ways to cook a fish but not everyone knows that there are only a couple of ways to catch one. You mustn't stress yourself out by trying to re-invent the wheel. Think inside of the box right now but imagine your box is a barrel. Pushing boundaries too far may be what leads you to inconsistent outcomes. You must strive to be creative and continue to do more than others expect. However, you must do so without changing the formula. You may observe other's perspectives: but only from a distance. If possible, try and work with a team on what must be accomplished.

Sagittarius (Nov. 22-Dec. 21)

You will feel weary as the month begins to draw to a close. Get plenty of rest to avoid illness. An unexpected turn of events may overwhelm you at first but you'll quickly adjust to the changes. Stay positive and search for opportunities to advance. The September month will end with some exciting news for someone close to you. Show your support for them, because not everyone else will.

Capricorn (Dec. 22-Jan. 19)

Resist the urge to spend beyond your means. You will be tempted by an exciting purchase early in October but an unfortunate event could require you to spend a little more than you planned. Wait to make major career decisions until after the 30th. Asking for a raise could have unfortunate consequences. Stay positive, because a very interesting financial transaction could be heading your way soon!

Aquarius (Jan. 20-Feb. 18)

If life were like a jigsaw puzzle, you'd be snapping the final piece into place today. Enjoy the sense of accomplishment and accept the kudos that should be coming your way. Of course, afterwards you must concentrate on the next big set of things to fit into your personal picture. You may need some time to relax on Tuesday and Thursday afternoons between 4:30-5:30. Relax, and take some time to listen to NAIT's Campus Radio @ www.NR92.com

Pisces (Feb. 19-March 20)

A heart-to-heart with a partner, friend or family member may be what you need to help you organize your thoughts. This weekend you will notice your intellectual power has been turned way up! The kind of puzzle that you will enjoy the most is a brain-teaser. Find something (or someone) exciting to apply yourself to.

Aries (March 21-April 19)

Much-awaited recognition is coming your way in the middle of next week. However, you must continue to perform at your current pace: not any faster or any slower. Make sure to ignore any of the haters who may try to turn you away from your goals. Be aware that involvement in any school place drama could reflect poorly on others' perceptions of you. An out-of-the-box suggestion at the week's end might be all it takes to gain the attention of your peers.

Taurus (April 20-May 20)

From this afternoon through to Monday you're going to be getting pulled in two different directions. You're liable to make mistakes if you try and overdo it or slack off. If you decide to burn the candle at both ends, you may end up simply blowing out the flame. You should attempt to find a middle ground! Express yourself... This week-end those hidden passions of yours

aren't so hidden. Explore wherever you think they could take you.

Gemini (May 21-June 21)

Be wary of danger on the 29th. Keep your guard up and stay away from all of the places and situations that could potentially pose a threat. Next month, you will find something you thought you'd lost forever. Take care of it and don't let it slip away from you ever again!

Cancer (June 22-July 22)

Keep pushing! You're due to hit a milestone soon! But in order to keep your good energy flowing, you must remember there is no time to rest! You should take some time to celebrate. But then you should peruse the next big thing. The beginning of your week should be an enjoyable time in your life. You are the type of person who can accomplish anything that you put your mind to!

Leo (July 23-Aug. 22)

Help with money or property concerns could come to you from an

unexpected source in the near future. Someone you may or may not know contains all of the appropriate information to solve your troubles. This person will provide you with advice out of the blue; making a huge difference in the way you handle these matters. This situation may not be completely resolved by the day's end but remember: All will be well by the 2014 yearend!

Virgo (Aug. 23-Sept. 22)

Exciting things are in store for you next week! An opportunity you've been anxiously awaiting will finally present itself as early as next week. While you wait, you should definitely consider all of your options. Try to make your decision as quickly as possible, otherwise, the chance could pass you by. Be careful not to express too much emotion too quickly around the second weekend of the next month. You might regret the outcome. Instead, take some time to evaluate the situation before letting people know exactly what you are feeling.



RETURNS SEP 27TH AT 6PM
ON



CHARITY EVENTS, STUDENT UPDATES,
COMMUNITY STORIES-
WE WANT TO HEAR FROM YOU!

Visit naitnewswatch.ca

Facebook: NAIT NewsWatch

FOOD

All the meat you can eat

By **STACEY DADURAL**

Hello fellow foodies! So I know I said that my next restaurant review would be at Meat on Whyte Avenue but I had a change of plans and ended up having to take my boyfriend to Pampa Brazilian Steakhouse instead – that’s kind of the same, right? Just kidding. But seriously, there was so much meat.

Pampa is located in what seems to be an apartment complex by the Legislature on 109 Avenue, just before the High Level Bridge. They have their own designated parking, which is nice considering parking in that area can sometimes be a “female dog” to find. Two nights before, I made reservations for the two of us (which I did online with an app called Open Table and they call you the day of your reso to confirm it), so we didn’t have to wait for a table. Having a reservation is something I recommend because they get busy quickly and especially so if you’re planning on going on a Friday or Saturday. When our hostess brought us to our table, the first thing we noticed was how loud it was because it was so packed. We could barely hear each other talk. While this isn’t exactly the most romantic restaurant to go to, we’ve already made an agreement to come here for other special occasions because it was that good.

This restaurant works much like a buffet, except you only have to get up if you want something from the salad bar. When

you’re seated at your table, you’ll notice these little coaster-like signs on your table with one side coloured green and the other coloured red. You’ll also notice numerous people walking around carrying large metal skewers of meat, going from table to table cutting pieces off for the guests. The signs on your table basically let them know when you’re ready for more meat or if you’re done eating/taking a break. Now, let me just say, this restaurant is not in the “cheap eats” category of Urbanspoon. It has a fixed price of approximately \$50 per person (obviously cheaper if you’re under the age of 12, and during lunch hours). However, considering the amount of food you’ll be getting and the quality of it all, you’re really getting your money’s worth.

Drumstick delicious

I’m not going to sit here and talk on and on about all the meats that we had because like I said, it was a lot. However, my personal favourite was their drumstick (how plain Jane). Holy crow, it was delicious. It was cooked perfectly and was so juicy – ermahgerd. They also had bacon wrapped chicken thighs. Bacon. Wrapped. Chicken. Thighs. Hello, give me the entire skewer. There was honestly not one single piece of meat on my plate that I didn’t like. However, I’m pretty sure the both of us were so overwhelmed by the amount of meat that we didn’t even realize they didn’t bring lamb over to us, which made



www.edmontonjournal.com

The meat crew at Pampa Brazilian.

me feel extremely sad. If you’re a meat lover like my boyfriend and I, you’re gonna die as soon as you step into this restaurant. Also, if you’re Asian like me, you’ll understand the underlying craving for rice when eating large amounts of meat at a restaurant. I’ve been tempted so many times to go to Brewster’s on a Tuesday with a little Tupperware of rice. Well, they have rice at the salad bar. It was truly the cherry on top of our dinner. You can’t understand how happy I was.

The biggest downside to this restaurant is their drinks and desserts. Water was \$2 per person because they don’t serve tap water, also, I ordered a pina colada – I miss Mexico, OK – and it has to have been the worst pina colada I’ve ever had. Also, their desserts aren’t included in the fixed price, which can kind of be a bummer, but soooo worth it (well, except for one). My boyfriend had gotten this coconut custard and I got a chocolate mousse – despite the fact that we were about two bites away from our food exploding out of our stomachs. We also noticed other tables receiving an interesting shot of alcohol. The server would stand on a chair and pour a shot of alcohol that was frozen in a block of ice with some oranges. We were curious about what it was so we ordered one and let me tell you, curiosity killed the cat with the cat being me. It was a cool concept but never again. However, my chocolate mousse managed to get that nasty taste out of my mouth. It sat on top of a sponge cake with a star anise reduction and I’d go

back just for that chocolate mousse. It was so heavenly and the combination of chocolate and star anise was so soooo delightful. It was sweet and tangy and very flavourful. However, if you’re like my boyfriend, who prefers a not-so-sweet dessert (I honestly don’t know how he’s dating a chocolate obsessed baker), you’d probably lean towards the coconut custard. It was really light but still very flavourful and not overwhelmingly sweet.

Good service

Considering it is an all-you-can-eat restaurant, service was actually pretty good. Our server checked up on us and the service from the folks who bring meat on a skewer was wonderful (every girl’s dream). Our server even offered to bring around any meat we hadn’t gotten a chance to have but at this point we were so stuffed we could barely move.

Overall, I was very, very impressed with Pampa. The food was to die for, the desserts were delicious and, although their alcoholic beverages weren’t up to par, I had an overall great time. I would come back to eat at Pampa and I’m hoping you guys will go give it a try if you haven’t already.

I’d like to know if there’s any restaurants you guys really like or restaurants you have been scared to try out! I’ll gladly be your gal to spread the word on the restaurant you love or the gal who takes the risk for you :) just hit me up on twitter at @staceydadural or e-mail me at dadural.stacey@hotmail.com and I’ll do my best!



www.urbanspoon.com

The salad bar awaits.

Poll clerks needed for student elections

Duration: Oct. 14, 2014
Compensation: \$15/hour
 • Poll clerks are needed on Oct. 14 from 10 a.m.-2 p.m. for the NAITSA student Sen-

ate election.
 • Poll clerks must have a strong command of English and have a complete and clear understanding of the democratic

election process.
 • Poll clerks must have a complete understanding of the online voting process and must be comfortable in

providing guidance to students.
 • Apply in person at the NAITSA office, Room E-131 from 8 a.m.-3 p.m.

HOT 'N' SINGLE



Photo by Tegan Dutton

Joel Dampier, 26
Powerline Technician

Why he is single: Painfully shy. **Why you should date him:** He's tall and has a beard but isn't a hipster.

Dating deal breaker: Mouth breathing **Celebrity crush:** Taylor Swift

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

#OOKTECH

Forgive me, for I have shared

By **CORY SELLAR**

Until now, the phrase has always been: "Think before you speak." That has now changed to: "Think before you share."

Freedom of speech is our right as Canadian citizens. I won't dispute that. However, we must think rationally when we

share on social media because it's not just your friends that see it. It's a friend of a friend and, before you realize it, the post is being looked at by a shepherd in Nepal and you're the source. You're the culprit. I do admit, I post one too many Woman Crush Wednesday photos of my

girlfriend on Instagram. I guess that's my weakness.

When you are scrolling through your News Feeds on Facebook or Twitter on a Monday for something to do (because the weekend is over and there is no joy in your life), what are some of the posts you see every time, and often from the same people? "So hung over." "Mondays suck." "I hate my job." "I hate school. I just want to crawl back into bed and sleep."

There are always people who say the same annoying, negative things and eventually you just have to hide all of their posts from your news feeds. They're down on everything and they post 24 pictures of their dog each week. He's so cute when he sleeps. He's so cute when he's awake and when he eats, breathes or moves in any way. And let's not forget those lovely and oh so necessary sports and weather reports that we all love to read about. I guess there's no need for my Weather Network or TSN app. I've got Henry or is it Rolfe, who is obsessed with what the sun is doing or with NHL trade rumours.

It clearly does not cross our minds when we tap the 'share' but-

ton. One of the most negative results of careless sharing is bullying. Trust me, it's not fun. We can probably all agree that Facebook is where all the drama starts. I've heard of relationships ending because of a Facebook post. And Twitter is somewhat of a continuation of that. So why bother sharing? Social networks should be for sharing all of our new experiences, travels, new people we meet and what we think of a variety of items that we buy, whether it's the latest iPhone or a new pair of shoes. We're excited about something! And anyone viewing that post who feels the need to spout some venomous negativity is not just being a buzzkill, they're being rude. Social media is about bringing people together to communicate. Let's be mature about it. I personally found it incredibly resourceful that Facebook and MediaSmarts (a Canadian non-profit organization), teamed up to create a guide and tip sheet called, "Think before you Share."

It is directed toward younger users, but I think it reaches out to everyone. Not just teens but post-secondary and beyond. Regardless of how many times you hear the word sorry, it will never truly heal the damage that has been done. Be smart about what you share and just keep scrolling. Being negative is something that only belongs in a math equation, not in life or on social media.





TEGAN DUTTON

What would you like to throw at a brick wall repeatedly?



"Unruly drivers when I ride my bike to work."

Danielle
Support staff



"One of my annoying classmates."

Abby
Photographic Tech



"Any Apple product."

Luca
Computer Technology



"My math textbook."

May
Science



"May."

Youssef
Instrumentation

Transmedia event at NAIT

By CONNOR O'DONNOVAN

Some of the most accomplished, influential and progressive minds in modern media will converge under NAIT rooftops from Oct. 24-26. Billed as "Alberta's first new media and entertainment industry conference" the StoryWorld Quest conference will put a spotlight on the burgeoning industry of transmedia communication. Transmedia communication is the process of telling stories and promoting messages across various media and entertainment platforms.

The Beast, for example, was a transmedia alternate reality game created in 2001 in which savvy entertainment observers stumbled upon an alternate world mystery embedded in real life. Clues were placed in Internet forums and websites, movie posters, magazines, newspapers and more. Participants could even correspond with live game characters through e-mail and telephone calls. The storyline of *The Beast* incorporated elements of and led up to the release of Steven Spielberg's film *A.I.* of the same year, though initially players were unaware of this.

The conference boasts an extensive list of speakers from across the industry spectrum. Over the weekend, attendees will hear from internationally renowned video

game developers, film and television directors and writers, online content creators, and broadcasting professionals. Many have contributed to high profile video game projects like *Assassins Creed*, films including *Avatar* and *Transformers*, and Google creations Ingress and Glass. Panels and presentations will focus on how organizations can engage today's connected consumer by utilizing the developing array of digital platforms to immerse them in captivating stories.

Being held in conjunction with the StoryWorld Quest conference is Pitch-Quest, a competition challenging content creators to produce innovative and original methods of telling stories across multiple platforms. There will be both a student and a professional category to which ideas can be submitted until Sept. 26. On Oct. 10, the finalists will be announced. They will then participate in a virtual competition, culminating with their final pitches on Oct. 24 and the winners will be declared on the 25th. As an incentive, \$2,000 will go to the champion of the student category and \$8,000 to whomever emerges atop the professionals.

The major design theme for Pitch-Quest is "Making the most of my city," in which entries must utilize at least

three media platforms to solve challenges such as making the city more sustainable, more suitable for tourists and more entertaining. The projects will showcase interconnected apps, websites, games, virtual realities and more and will be judged based on creativity and sophistication, along with the effectiveness of their communication methods and the plausibility of their business plans. Applicants can also enter a project with a theme of their choice. The panel judging the finalists pitched consists of StoryWorld speakers Douglas Berquist, Jeff Gomez and Joe Novak.

StoryWorld Quest was created in partnership between NAIT's Digital Media and IT program and the Alberta Media Production Industries Association (AMPPIA). AMPPIA is a non-profit association that has promoted film, television and digital media in the province for over 30 years. For ticket information and to learn more, head to storyworldquest.com.

Stay tuned to the *Nugget* over the com-



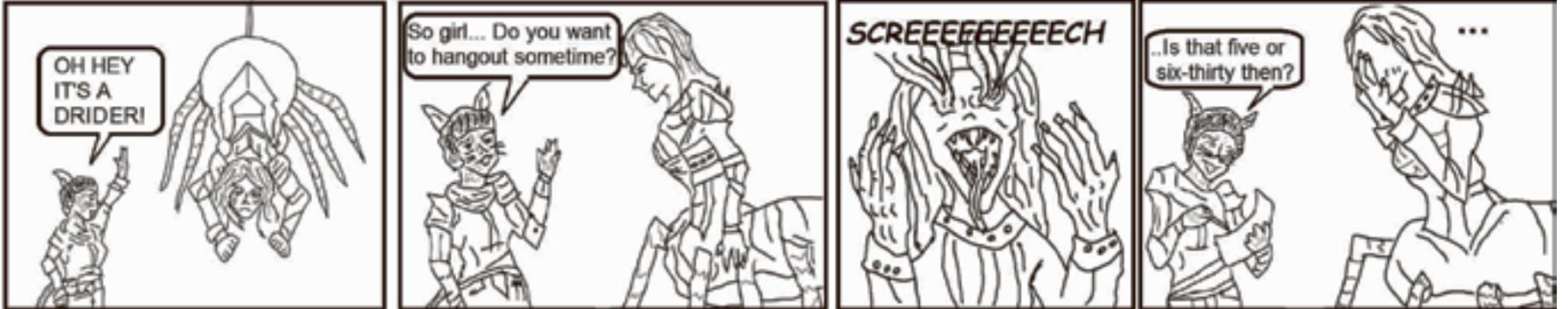
storyworldquest.com

Sean Stewart

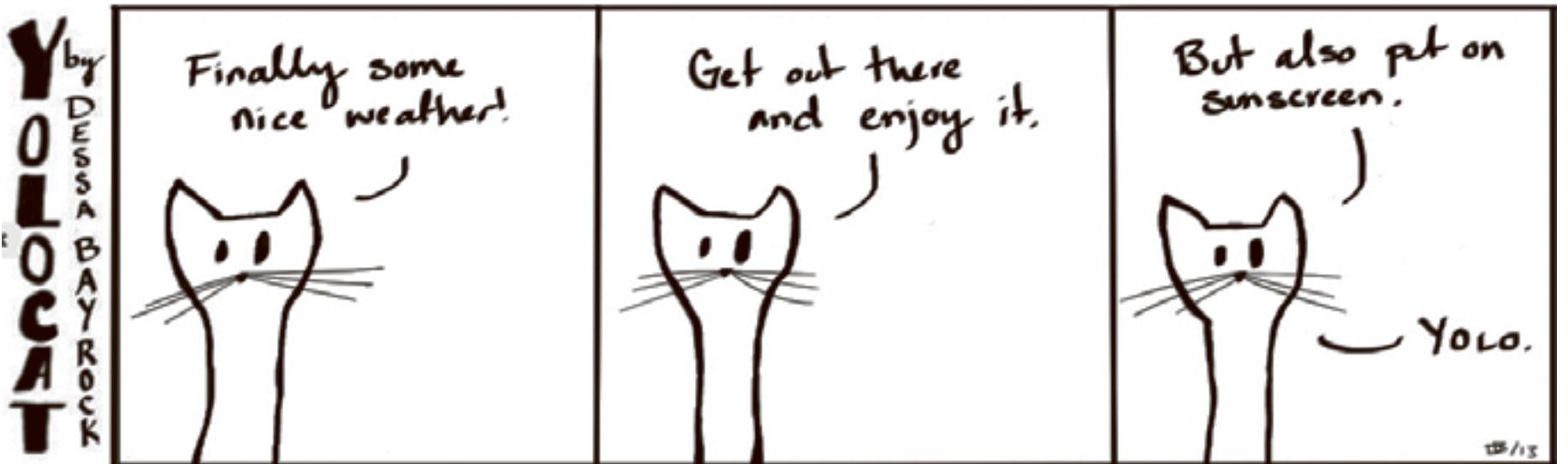
ing weeks for presenter profiles. First up will be Sean Stewart, lead writer on the aforementioned alternate reality game *The Beast* and the current creative director at Xbox Entertainment Studios.

THE NUGGET PRESENTS:
NUGGET COMICS

GDD's Adventures ...



Cartoon by Koan Stalwick



Comic by Dessa Bayrock/The Cascade

CROSSWORD

Across

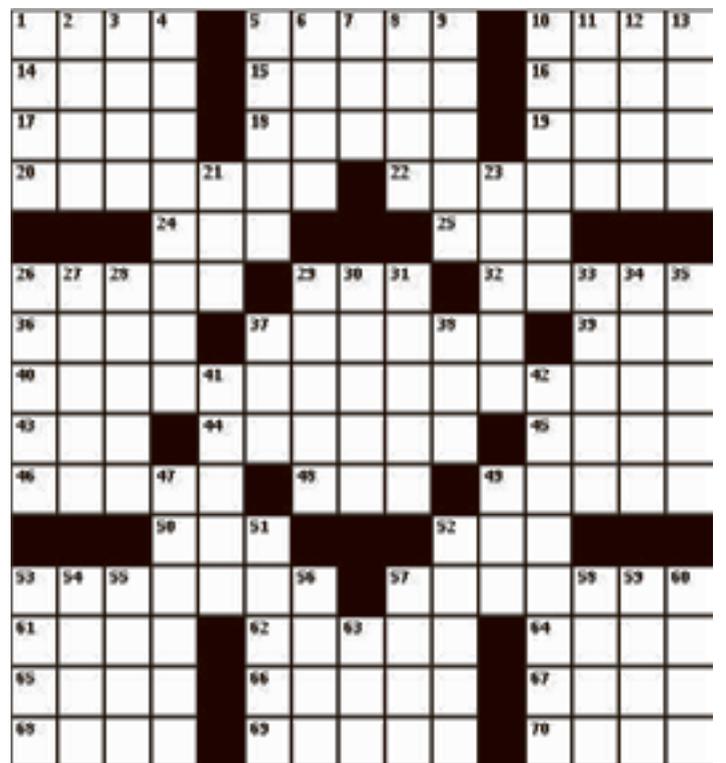
- 1- ___ Beach, Florida
- 5- Boldness
- 10- Bicycle
- 14- Hgt.
- 15- Central Florida city
- 16- Came down to earth
- 17- Actor Auberjonois
- 18- Attended
- 19- Actress Kedrova
- 20- Bewhiskered
- 22- Immoderately vehement
- 24- Actor Kilmer
- 25- Guadalajara gold
- 26- Flavorful
- 29- Marseille Mrs.
- 32- Pisa place
- 36- Dies ___
- 37- Takes care of
- 39- Never, in Nuremberg
- 40- In spite of
- 43- Gangster's gun
- 44- Golf club
- 45- Designer Cassini
- 46- "All My Children" vixen
- 48- Small batteries

- 49- Perfect places
- 50- Sun Devils' sch.
- 52- Actor Byrnes
- 53- Lord's estate
- 57- Spirit
- 61- Goddess and sister of Ares in Greek mythology
- 62- Modern bank card
- 64- Disturb
- 65- Capital city of Peru
- 66- Accustom
- 67- Harper's Bazaar illustrator
- 68- Suggestive look
- 69- U-Haul competitor
- 70- Per ___;

DOWN

- 1- Action word
- 2- Gen. Robert ___
- 3- Actress Sofer
- 4- Summary
- 5- Speech sound
- 6- Mil. school
- 7- ___ Cruces
- 8- Norwegian king
- 9- Rate

- 10- Round of voting
- 11- Nastase of tennis
- 12- Brick oven
- 13- Coup d'___
- 21- June honoree
- 23- Rigel's constellation
- 26- Burn a bit
- 27- Bellowing
- 28- Singer LaBelle
- 29- Conductor Zubin
- 30- Hostess Perle
- 31- Adlai's running mate
- 33- Old-womanish
- 34- Fabric woven from flax yarns
- 35- Safecrackers
- 37- Actor Erwin
- 38- Paving material
- 41- Bridge declaration
- 42- Feeble
- 47- Roman general
- 49- Begley and Bradley
- 51- Below
- 52- Aromatic compound
- 53- Big name in PCs
- 54- Buffalo's county



- 55- Jester
- 56- Start of a counting rhyme
- 57- Green land
- 58- Me neither
- 59- Make reference to
- 60- K-6
- 63- Partially opened flower

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

SOLUTION
Page 25

TAYLOR'S TAKE

Smart tech, dumb people

By TAYLOR BRAAT

With the new Apple Watch unveiled, we are posed with the question, what won't Apple do? They began in 1977 with a clunky beige box known as a Macintosh. It was not until 1998 that the iMac was introduced, which made everyone's eyes sparkle with the cool colours and awesome round design.

I was in Grade 2 when it came out and when it was computer time, we would all race to get one. Without creating a complete historical timeline of Apple, I will skip to the iPod. The iPod was a monumental little device that changed the world and music forever. It made bus trips home a lot shorter and workout routines that much more

effective. As iPods gradually changed to bigger screens that no longer included buttons but rather a touch screen, the iPhone came out.

The iPhone has changed the world. Our phones got smart, and we got dumb. Apps are no longer just games and photo editors but real life strategies for every type of person. The more apps we have, the less we need to worry, right? We have seen many new iPhones come out, each with a higher number beside it and longer lines outside of the Apple store to get it.

Now, Apple is taking on a whole new realm of technology and proving that they are not just a phone, music device or computer. They want to be attached to your arm at all times and always make sure you're on time. They might as well be your clingy girlfriend. The Apple Watch can calibrate with your phone and make calls, too. It can play music, tell the weather and guide you with the "maps" app. We can now have everything our phone used to have on our wrist to use at any time of the day. This raises the topic of technology being involved in our lives 24/7. With the iPhone, if you miss a call or just

plain don't want to answer it, you can always tell people you weren't around it or you had it turned off. With the Apple Watch, what is your excuse now? Technology has been weaved so tightly into our everyday lives, that we need it every single second of every single minute of every single hour, apparently.

The Apple Watch requires an iPhone and it is only compatible with the 5 or later. This promotes the keeping up with the Joneses lifestyle that they are masterminding, while sitting back and counting the billions of dollars that they make each day.

CEO Tim Cook has said, "We love to make technology more personal."

I think that if they get any more personal, we will have rights to marry the damn things.

In my eyes, Apple has taken one big step towards ruling the world, while society takes one more step towards increasing anti-social behaviours and consumerism.

If an apple a day keeps the doctor away, the Apple Watch should be making us super humans, with the ability to fight off any disease and we should all have healing powers by now.



The Apple Watch

<http://www.ibtimes.com>

THROWBACK THURSDAY

When the hulk was the TV

By JOSH RYAN

During the first video portion of Media Production Fundamentals for Radio and Television students, we were shown slides of TV systems and TV standards.

Just about everyone in the class chuckled at the description of standard definition, no widescreen and no flat screen. Unlike the others, however, I was chuckling because I remember those days when the picture was never quite clear enough, never fully in frame and you were excited for five channels rather than used to 500.

If you didn't have cable, then you had what my father called "peasant vision." This grainy, ever-changing look could bring about the strangest shapes and colours you could think of on a TV screen.

First, the TV itself was gigantic and I don't mean a 60-inch widescreen with surround sound. It was about the size of a mini-fridge and the weight of a clothes dresser. Getting this plastic boulder into the house took about the same man power you would need to move a dresser and would cause similar irrational rage at the frustration of being unable to avoid damaging the walls taking it downstairs. Mounted on top of this contraption was an antenna set, which could probably have passed as fencing swords (or rapiers for those who need terminology to survive). Getting these two things aligned properly would consume nearly as much of my family's time as we spent actually watching the TV.

There was always a need for a book or magazine for balance and the alignment for best image quality was never, ever the same. That still makes no sense to me whatsoever; over the course of a hockey game the

antennas would go from imitating a touchdown signal to being perpendicular an hour later. Years later we tried wrapping tin foil around those swords, but the results were mixed at best.

Once you were finally able to sit down and watch, the best case scenario was having the option of four channels. These were CBC, CTV, Global and A-Channel (which later became Citytv and is now just City). For the most part, the three local channels didn't have much to watch and only worked about 50 per cent of the time. A-Channel had movies once in a while but they were adult themed.

If we wanted Loony Tunes or TMNT, we would have to hang out somewhere else. CBC was the only channel that always worked, though still with various degrees of quality. Often times, Caucasian skin would appear as a striking pink before turning green (along with the rest of the screen) the very next day. One time during the 2001 Stanley Cup Playoffs, we managed to get perfect picture, clear and bright. It was so crystal clear that my sisters, who didn't follow hockey, came downstairs to watch with the rest of the family.

The funny thing is; we were happy with that 10-ton box. Sure, it was a hassle to work, but we spent most of our time outdoors running around. The picture might not have been great for *Hockey Night in Canada*, but the video channels for VHS, DVDs

and video games worked just fine (thank goodness for *Star Wars* and *Super Smash Brothers*). Plus, whenever everyone got together to watch something, it was an event and a fun time spent together as a family. In today's day and age where every new product is trying to replace the old one, we were satisfied with what we had.

So the next time you get impatient with your flat-screen, just be happy that you don't have to take some duct tape and attach a rapier to a giant box that could knock over the Hulk.



That old RCA

Supplied photo

Five favourite cop films

By KURT FABISCH

The “cop film” is one of my favourite genres. And here are my five favourite cop films.

5. Heat

Robert De Niro plays a thief and Al Pacino plays the cop who chases him down. 'Nuff said, really, about Michael Mann's LA crime epic. No detail is missed as we explore the ins and outs of what the cops and criminals in this movie do. The robbery scenes in this movie are exquisite, you're impressed by how efficient these thieves are. And then there's the climactic bank robbery and shootout in downtown LA, the loudest scene in movie history, maybe. But the best scene, of course, is De Niro and Pacino finally sharing a scene together over a cup of coffee. Classic stuff.

4. Se7en

“What's in the box?”

This is the movie that made David Fincher. Two cops, a veteran a week away from retirement played by Morgan Freeman and a newly arrived detective played by Brad Pitt. They are hunting a serial killer who is killing people in ways inspired by the “seven deadly sins.” This movie at the time of its release was dubbed by some as the single darkest film ever made. There's still stuff in this movie that hasn't been topped as far as unpleasantness goes. My favourite “buddy cop film.” This is my

favourite Morgan Freeman performance, as this detective who frankly can't comprehend this level of evil. A classic murder mystery but seen through a horrific prism.

3. The Departed

“... cops or criminals. When you're facing a loaded gun, what's the difference?”

Martin Scorsese finally won an Oscar for best director for his remake of the Hong Kong film *Infernal Affairs*. Set in Boston, it's about two cops; one is an undercover cop imbedded in a crime boss's gang to try and take him down. Played by Leonardo DiCaprio, the other is a cop that is feeding that crime boss information from within the police is played by Matt Damon. Any scene where DiCaprio is in danger of being found out by the gangsters is so intense. This is the best film about undercover cops.

2. The French Connection

The '70s produced some of the finest cop films. None better than William Friedkin's *The French Connection*. Gene Hackman plays “Popeye” Doyle, a New York narcotics detective who discovers a group of French gangsters are coming to New York to do a massive heroin deal with the city's crime syndicates. This is Hackman's best role as the vigilant cop who likes to confuse criminals to put them off their game, such as asking them a random question like “You ever pick your feet in Pough-



www.picpix.com

Morgan Freeman and Brad Pitt in *Se7en*.

keepsie?” There's a car chase in this movie that is out of this world. Doyle is speeding underneath NYC's elevated train to catch an assassin trying to use the train to escape.

1. LA Confidential

“Off the record, on the QT and very ... hush-hush.”

It's the 1950s and Los Angeles is selling an image that it's a city of glamorous angels. But this movie is about what lies beneath Hollywood, and that's a lot of vio-

lence. Russell Crowe, Kevin Spacey and Guy Pearce play a trio of LAPD cops that end up working together in a plot involving drug dealers, gossip columnists, kidnappers and corrupt cops. Crowe stands out as Bud White, a violent cop who falls in love with a hooker who looks like Veronica Lake. She's played by Kim Basinger, who won an Oscar for this movie. Not just one of the best cop films but one of the best films of the 1990s.

grow your career, join student government

be elected a

STUDENT SENATOR

represent students in your program groups

nominations open

august 18 - september 29

nominations close september 29 @ 4pm

for more information visit naitsa.ca/elections

STUDENT ELECTIONS
your voice, your vote

STUDENTS
ELECTIONS
COMMISSION

f t YouTube

naitstudents naitaa yourNAITSA naitaa.ca naitstudents n e-131

Big Lebowski love-in, Oct. 2

By LISA BERG

Bowling, a Persian rug, white Russians, a couple of misfits and an unfortunate mix-up. This is all there is to the movie *The Big Lebowski* but it's more than enough in the hilarious misadventure starring Jeff Bridges. A Coen brother's classic, the movie came out in 1998 and has since reached cult classic status. If you're not familiar with it, put watching it on your to-do list. If you are and you're a fan, gather on Oct. 2 at Filthy McNasty's on Whyte, with some like-minded people who also enjoy ridiculous comedy.

Filthy's is a local bar that is known for hosting theme nights including live music shows, bingo nights, hip hop nights and (of course) a weekly karaoke night. When I spoke to the manager of Filthy's she said her hope was to draw a big crowd of regular customers but also anyone that is interested in *The Big Lebowski*. So whether you're a huge fan or you've never seen it and want to see what all the hype is about Oct. 2 is the night for that.



www.hd-compare.de
Jeff Bridges as Dude in *The Big Lebowski*.

"Dude" Lebowski is mistaken for millionaire Lebowski and some thugs ruin his Persian rug. The story follows him as he tries in vain to replace the rug that ties the whole room together. Jeff Bridges has a white Russian cocktail in his hand throughout the movie so the drink special on Oct. 2 will be a dress-up contest, those that have the best costume win a rug! Filthy's will be handing out other prizes as well throughout the night.

The movie starts at nine but come out beforehand to hang out, drink and discuss your favourite part of the movie with the other patrons. Sound will be turned on, as well as subtitles, and Filthy's has acquired a popcorn machine for the event. Although I'm sure the bar will not be quiet this is a fun way for you to enjoy one of your favorite movies or to see it for the first time. So if you're feeling like you don't have enough Jeff Bridges or Coen brothers in your life and have nothing going on Thursday Oct. 2 as a Viking

or a slacker in a knit sweater and head down to Filthy McNasty's at 10511 Whyte Ave. for some fun, hilarity, white russians and great company. For any more information check out Filthy McNasty's page on Facebook.

CROSSWORD SOLUTION

1	V	2	E	3	R	4	O	5	V	6	A	7	L	8	O	9	R	10	B	11	I	12	K	13	E				
14	E	15	L	16	E	17	V	18	O	19	C	20	A	21	L	22	A	23	A	24	L	25	I	26	T				
17	R	18	E	19	N	20	E	21	W	22	A	23	S	24	A	25	T	26	L	27	I	28	L	29	A				
20	B	21	E	22	A	23	R	24	D	25	E	26	D	27	V	28	I	29	O	30	L	31	E	32	N	33	T		
26	S	27	A	28	P	29	I	30	D	31	M	32	M	33	E	34	I	35	T	36	A	37	L	38	Y				
36	I	37	R	38	A	39	E	40	S	41	E	42	E	43	S	44	T	45	O	46	N	47	I	48	E				
40	N	41	O	42	T	43	W	44	I	45	T	46	H	47	S	48	T	49	A	50	N	51	D	52	I	53	N	54	G
43	G	44	A	45	T	46	P	47	U	48	T	49	T	50	E	51	R	52	O	53	L	54	E	55	G				
46	E	47	R	48	I	49	C	50	A	51	A	52	A	53	S	54	E	55	D	56	E	57	N	58	S	59	S	60	S
53	D	54	E	55	M	56	E	57	S	58	N	59	E	60	E	61	S	62	S	63	E	64	N	65	C	66	E		
61	E	62	R	63	I	64	S	65	D	66	E	67	B	68	I	69	T	70	R	71	O	72	I	73	L				
65	L	66	I	67	M	68	A	69	E	70	N	71	U	72	R	73	E	74	E	75	R	76	T	77	E				
68	L	69	E	70	E	71	R	72	R	73	Y	74	D	75	E	76	R	77	D	78	I	79	E	80	M				

ATTENTION ALL STUDENTS

STUDENT HEALTH & DENTAL BENEFITS

The deadline to **OPT OUT** or **ADD FAMILY** is

SEPTEMBER 26TH, 2014

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

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

Phone 780.471.7730
Email studentplans@nait.ca | Information www.mystudentplan.ca

STUDENTS - YOU'RE INVITED!

To the Health & Dental Benefit Plan Info Session

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

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

Student Benefit Office
780.471.7730
studentplans@nait.ca

Get your motivator running

By **MARGARET MAREAN**
NAIT Student Counselling

It is not uncommon for students to start the semester full of energy, enthusiasm and great intentions. However, a month or so into their program many students feel less than motivated, especially in the winter term. Here are some tips that might help get you back on track:

- Set realistic goals that are challenging yet achievable. Try setting goals for each day and each week as well as longer-term goals. Written goals are the most effective.

- Make a daily "to-do list" – a checklist of what you can realistically accomplish. Prioritize the items from most to least crucial and always work on your most important tasks first, even if they are the most difficult or the longest.

- Specify a clear-cut goal you want to achieve before you sit down to do homework or to study (i.e. "by the end of this hour I want to accomplish ..."). This puts you in a competitive mode and stimulates you to stay motivated and focused.

- Get into a routine. If you start setting aside the same time every afternoon or evening for studying, it will become a habit within a few weeks.

- Know your body rhythms. If you are a morning person do your most important tasks in the morning – don't force yourself to

do them at 11 p.m.

- Evaluate how long you can realistically concentrate (no longer than 50 minutes; 25 to 30 minutes is best for most people) and make sure you take breaks when you need them.

- Get started on tasks early, the day you receive the assignment if possible. Tasks that are put on hold cause guilt and de-energize you; getting started right away arouses your interest and gets your creative juices flowing.

- Work on building a positive attitude. Self-statements like "I'm too lazy," "I'm a procrastinator" or "I can't do this" can become self-fulfilling prophecies. So can statements such as "I am self-motivated" and "I love to learn."

- Visualize yourself being successful. A clear picture of what success means can keep you going when your workload seems overwhelming.

- Don't waste energy being negative and blaming yourself or others for how much work you have or for past failures. Negative energy makes it difficult to learn and to be creative. Put your energy towards accomplishing your goals instead.

- Concentrate on your successes and build on them. Evaluate areas where you could have done better, learn from them and change them into future successes.

- Surround yourself with positive, motivated people.

- Set realistic standards. Being a perfectionist can de-motivate even the brightest of students. Decide how much time and effort each assignment is worth and allocate accordingly.

- If you are feeling overwhelmed by a project or assignment, break it into smaller parts and focus on one part at a time.

- Set rewards for accomplishing difficult tasks or getting through a study period when you aren't motivated. Most people work best with positive reinforcement but for some people it is also helpful to set penalties for

failing to follow through with tasks.

- Give yourself pep talks - remind yourself why you have chosen to continue your education and the long and short-term benefits this will have.

- And finally, take care of yourself by getting enough sleep, eating properly, exercising and having some fun. Motivated, energetic people have balance in their lives.

If motivation continues to be a problem, or if you have any other academic, personal or career choice concerns, you may want to book an appointment with one of the counsellors in Student Counselling, Room W-111PB in the HP Centre; phone: 780-378-6133

STUDENT LEADERSHIP AWARD OF DISTINCTION PROGRAM LEADS THE WAY ...

Do you want to become an inspiring, committed, self-confident, positive and self-reliant leader? Do you want to enhance your resume so that employers will identify you as a leader who will make a difference? This is an extra-curricular personal development and leadership-in-action program open to all students enrolled at NAIT. You must apply to become a member of this program. Don't wait, check this out online at www.nait.ca/lead and if you are interested, then complete the application form (print from the website or pick up in the Student Engagement Office O-117, located in the South Lobby).

Submit a completed application to the Student Engagement Office in O-117 to Michele Parker. For more information please email distinction@nait.ca. Application deadline is Tuesday Sept. 30, 2014.

U-Pass

Universal Transit Pass

**FALL TERM U-PASS AVAILABLE WEEKDAYS
IN THE
NAITSA OFFICE (E-131)**

**MON-THUR 8:00AM - 6:00PM
FRI 8:00AM - 4:00PM**

**ALL CREDIT STUDENTS WITH A CLASS BEGINING BEFORE FRIDAY, SEPTEMBER 26, 2014 AT
NAIT ARE ASSESSED U-PASS EXCEPT 100% ONLINE & APPRENTICE STUDENTS**









[naitstudents](http://naitstudents.com)
 [naitsa](http://naitsa.com)
 [yourNAITSA](http://yourNAITSA.com)
 naitsa.ca
 [naitstudents](http://naitstudents.com)
 rm e-131

LOCAL BAND

Five years and counting ...

By SAM ADELE

Since the '80s, Edmonton has had a thriving, growing punk scene. Any night of the week you can find a local punk band tearing it up on the stage at any number of alt venues. This community has bred some great bands and the Chokeouts are no exception.

The Chokeouts are: Christoph Janke, lead vocals; Jennifer Koole, guitar/vocals; Marisa West, guitar/vocals; Karlin Prokopetz, bass and Dustin Sebzda, drums. I caught up with Karlin, Christoph and Jen to shoot the shit and talk about what it's like living the punk life in Edmonton.

Sam: How long have the Chokeouts been together?

Jen: Too goddam long for what we've accomplished!

Karlin: 14854456 bottles of beer ... five years, maybe?

Christoph: Officially, the Chokeouts have existed for five years in various formats; current and best faction for three years.

S: What are your influences?

C: Anything fast as hell or pretty groovy [that] makes me want to drunk-dance; SNFU, Youth Brigade [and] hellcat and epitaph bands of the '90s. When I write, I pull influence out of Gogol Bordello, Flogging Molly, Korpiklanni and Hank III.

S: What was it like playing with SNFU's Chi Pig?

C: Disjointed and surreal ... pretty rad, though.

K: Chi is such a great guy and a very sharp dresser.

J: I was really scared I was going to screw up the intro for "Drunk on a bike." [...] He still gave me his pig hat so it was alright.

K: Did you see those pig hats he was making? Genius!

S: How do you feel about the Edmonton music scene?

K: Everyone has always been very supportive. It helps when people are nice. I've spent time in other scenes across Canada and what's always impressed me is the diversity.

C: I have a young family and can't see as many shows as I want but the thing I notice about the Edmonton punk scene versus other cities is a distinct lack of elitism, which is super badass.

S: Favourite venues?

K: There [are] a few places the Chokeouts have called home. Wunderbar has always been good to us.

C: I love Dv8. Rod treats us like gold and we always have a shit-ton of fun.

J: No matter how bad we sound he always wants us back.

K: You can't help but consider them punk family.

S: Any crazy stories you want to share?

K: Our band dates have become quite legendary.

C: [Once we] started pre-drinking with the intention of wandering the river valley drinking all night and having grand exploring adventures. We stopped for a quick pint at the Wunderbar and immediately lost Dustin! We had several more quick pints and decided to collectively forgo our river valley plans and go back to the jam space and drink all the 'Jager in Edmonton. Along the way, Karlin decided to light a massive fire-



<http://acidica.blogspot.ca>

The Chokeouts

work and we watched it go straight up, to our dismay, directly towards the police helicopter! The search light came down so we ran like f*** to a store to buy some chips and wait till the heat died down. We started back home and Karlin lit another firework! Same chopper came out of nowhere, searchlight on, so we ran like hell and hid in a basement, drinking until we all passed out. Turns out Dustin went for his own river valley adventure and woke up hung over, covered head to toe in mud. Fun night.

The Chokeouts have plans to record in the future and any fans of old school punk can find upcoming gigs and follow their crazy adventures on Facebook.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHAT

IntoNAITion Toastmasters
Aboriginal Students

WHEN

Every Monday from Sept. 15, 2014 -April 20, 2015
Every 2 weeks on Wednesday's from Oct 1-Dec 24

WHERE

Room H-003
Room H-111

CAMPUS CLUBS NEWS

WHAT

Clubs Training Retreat

WHEN

September 27-28, 2014

WHERE

Top Secret

THIS IS AN OVERNIGHT TRIP. This means \$\$\$ for Clubs!
There will be workshops, guest speakers, team building and fun, fun, fun! Come out & meet other Club leaders!

NAITSA

CAMPUS CLUBS CENTRE

VISIT THE
CAMPUS CLUBS CENTRE

Room E-125, NAIT Main Campus
780.471.8457 | 780.471.8871
naitsa.ca/clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates



Get 400 AIR MILES^{®†} reward miles¹ AND a chance to win a trip to New York City² with the BMO[®] NAIT SPC[®] AIR MILES MasterCard^{®‡}.

To apply visit: bmo.com/naitspc



BMO  **Bank of Montreal**

¹ Bonus offer is limited to new accounts and will be applied to your collectible Account within forty-five (45) days after your first purchase. Applications must be received between May 1, 2014 and January 8, 2015. (1) (1) Bonus offer per Collectible Account. If you cancel your card within thirty (30) days of opening your account, the Bonus reward miles will be cancelled. Excludes BMO AIR MILES MasterCard credit card customers or those who cancel their card between May 1, 2014 and January 8, 2015, are not eligible. ² No purchase necessary. The contest begins Friday, August 1, 2014, at 12:00:01 a.m. Eastern Time (ET) and ends on Tuesday, September 30, 2014, at 11:59:59 p.m. ET. The contest is open to all legal residents of Canada who have reached the age of majority in their province or territory of residence and are under 26 years old at the time of entry, and who are enrolled in a Canadian post-secondary institution. One (1) Grand Prize consists of a three (3) night, six (6) day trip for the winner and three (3) guests to New York City, NY, including airfare, hotel and taxi (T), tickets to a Broadway Show. Approximate retail value of the Grand Prize is \$75,000 (USD). Odds of winning depend on the number of eligible entries received. A mathematical skill testing question must be correctly answered to be a winner. Complete list of contest rules including Methods of Entry are available at bmo.com/naitspc. [†]Registered trademark of Bank of Montreal. ^{®‡}Registered trademarks of AIR MILES International Trading, LLC (United States) and Bank of Montreal. [®]Registered trademark of Market Price Card Ltd. [®]Trade marks of Mastercard International Incorporated. Used under license.