

SPEED DATING AT THE NEST – THURSDAY OCT. 1. 5-8 P.M.

THE NAIT NUGGET

Thursday, October 1, 2015
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YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA

FREE-LAXATION!

A five-minute massage – no charge

A massage therapist works out the kinks for a student in front of the NAITSA office on the first Wellness Wednesday of the semester. The Students' Association offers the service once a month. Next one is Oct. 21.



Photo by Taylor Braat

NEWS & FEATURES

Time is all you've got



NICOLAS BROWN
Issues Editor
@bruchev

Benjamin Franklin once said, "You may delay but time will not." As students, we all face a considerable demand on our very limited time. Whether it is group projects, studying or work, we are bombarded with things that need to be done. With only 24 hours in a day, how do you get to everything?

With so many things clamoring for attention, it is important to prioritize. It can be tempting to bounce between items as they each grab your attention – it's human nature to respond to a stimulus. However, by bouncing around between items, it becomes more diffi-

cult for you to focus on finishing each task. As you add more tasks to the list, it becomes almost impossible to complete any of them. If you've ever experienced your computer running too slowly because you have 50 pages open in your web browser, it's exactly the same for your brain when you have 50 things you're bouncing between.

When you have so much to do, it is important to write it down but then get back to the first item you were working on. If you continuously bounce between items, soon you feel exhausted and still have nothing to show for it. It's better to get each item done right away than to start and not finish multiple items.

That leads to the next point – never leave something half finished. Once you

start a task, follow through to the end. You'll find it becomes more difficult

to complete a task the more times you have to return to it. When you take a break from a task, the longer you wait, the more you forget what your next step was going to be. You start thinking about something else you need to do or start adding even more to your to-do list. If you focus on completing a task, however, it's much easier to remember what you wanted your next step to be.

The final point is to remember to not procrastinate. It's tempting to focus on other items, or rather, focus on anything but what you need to do. We all know how clean our apartments get the week before a major exam or how many episodes of our favourite series we watch on Net-

flix. Often we find every possible reason or distraction in order to not do what we actually need to. This kills productivity, because not only are you avoiding what really needs to be done, you end up taking even longer to do it. You'd be surprised at how quickly you can get through those unpleasant tasks if you actually sit down and finish them right away. Waiting increases the risk you forget what needs to be done.

When it comes to being a student, it's tough to balance paying the bills, studying for classes and having fun, too. No one wants to miss out on the post-secondary experience and most of us aspire to achieving high grades in our coursework. If you want to keep your sanity, you need to build your time management skills and that includes prioritizing your tasks, never leaving things half finished and remembering to not procrastinate.

If you find you're getting stressed out dealing with all of the demands on your time, you can also access NAIT's counselling services to help manage your stress. You can find more information about them at nait.ca/counselling.



www.bonbonbreak.com

Bookstore has a new look

By **NICOLAS BROWN**
Issues Editor
@bruchev

All NAIT students visit it at least once while studying on campus but the NAIT Bookstore is about to get a new look. Along with significant changes to actual store layout, the Bookstore is facing a full rebranding effort from top to bottom.

The new look? Shop at NAIT. Gone is the dusty image of your average campus bookstore, something to dread as you hand over your hard-earned money for textbooks you might open once or twice over the term. The new image for Shop at NAIT is intended to inspire a more student-oriented experience for shopping on campus.

What does this change mean for students? Beyond looks, there have been a

number of updates to the way Shop at NAIT will operate. A focus on retail products, especially brand name producers for NAIT swag, will open up a whole new arena for NAIT pride on campus – not to mention more ways to shell out your hard-earned cash. This includes partnerships with brands like Fossil and Under Armour for clothing and accessories. Another major step is an update to the store's online presence, which will make online shopping far more convenient. This has the practical advantage of also improving the way students purchase textbooks at the beginning of each term, as you can pick up textbooks ordered online through a new "VIP" check-out line.

The changes haven't all been positive,

however. Over the summer, the decision was made to shut down the Tech Corner, where students used to be able to purchase a wide variety of tech hardware and software solutions. This means the amount of tech solutions available for students to purchase on campus

have been significantly reduced. The main factor for this shutdown has been the downward

trend in students purchasing tech solutions on campus. Fourth year students may remember the Tech Store, which was replaced by the Advising Centre in the HP Centre. The reduction from Tech Store to Tech Corner in the bookstore was the first step in reacting to decreasing student spending on campus for tech items. That process has now been completed with the shutdown of the Tech Corner.

That doesn't mean students can't still receive deals on certain tech accessories however, as Shop at NAIT will still carry a limited selection of tech solutions, including software.

It may require some time for students to take in the changes to Shop at NAIT, but most comments so far have been positive.

"I think this is moderately long overdue, it's been quite a long time since the Bookstore really only sold books, and this new change really signifies what they've been doing all along," said Michael MacComb, NAITSA VP Student Services. "You can purchase pretty much everything you need for student success in that area."

One thing is certain, as Shop at NAIT continues through the rebranding process, students will get to see a whole new look, and a whole new line of products for NAIT swag.

Info clerks needed for student elections

Duration: Oct. 13, 4 p.m.-7 p.m.

Oct. 14, 10 a.m.-2 p.m.

Compensation: \$15/hour

• Poll clerks are needed on Oct. 13, 4 p.m.-7 p.m. and Oct. 14 from 10 a.m.-2 p.m. for the NAITSA student

Senate 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 com-

plete 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.

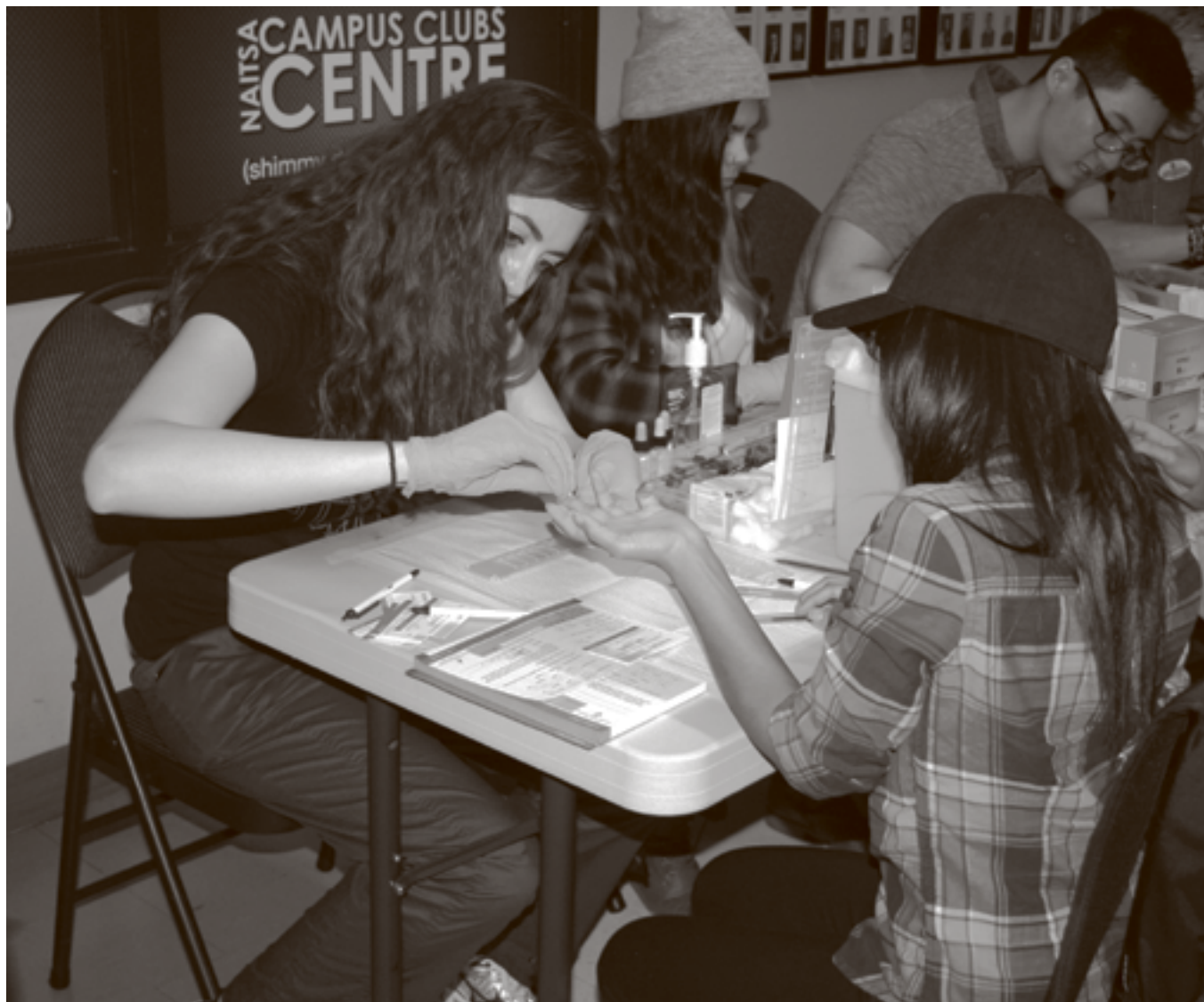


Photo by Taylor Braat

DO YOU KNOW YOUR BLOOD TYPE?

Students find out their blood type outside the NAIT Students' Association office in preparation for a NAIT blood donor clinic that was held Sept. 23.

Calling entrepreneurs

By DANIELLE S. FUECHTMANN

NAIT's Bachelor of Business Administration program will be placing an increased emphasis on entrepreneurship and innovation as it aims to further NAIT's vision of building a strong entrepreneurial spirit.

The Entrepreneurship and Innovation stream will be an addition to the traditional business streams already offered in the program. The curriculum has been developed in consultation with entrepreneurs.

Like all of the other streams, the curriculum blends hands-on practical learning and real world experiences throughout the coursework.

Associate Chair Keven McGhan describes the stream as "appealing to people who have an idea, that want to start their own entrepreneurial practice but also those who want to develop an entrepreneurial mindset to help existing companies to continually innovate."

After finishing their diploma, students can consider the new entrepreneurship focus for the BBA regardless of what their diploma focus was. Students don't need to fit the traditional entrepreneurship mould either, as McGhan mentioned, "all kinds of people go into entrepreneurship ... there's a

bit of a misnomer that you have to have this huge risk tolerance to go into entrepreneurship and innovation and that's not necessarily the case." The curriculum promotes entrepreneurship and innovation as a way of being, so the program is still an excellent choice for students who don't have a business idea they want to build.

The stream will give students the practical skills and knowledge required to succeed as an entrepreneur while working on their existing ideas or identifying new opportunities.

Tabea Berg, one of the program instructors, "[looks] forward to facilitating a process of self-discovery for students. That's cliché, but because the courses are intended to be highly experiential, students will learn a lot about their strengths, weaknesses, interests – and stretch themselves in ways that enhance their skills as entrepreneurs and innovators. The courses are rigorous, but also a lot of fun."

If you're not a business student but are interested in the entrepreneurship and innovation, there are some great ways to get involved with the program offerings and other opportunities on campus. These courses will be offered as open studies

and, if students from other programs are interested in some of the course offerings, they will be able to take them. Some of the courses will be modularized in the future so students could take portions of the course over a weekend in a non-credit format.

Also in development is a course on starting a business that will be available to all NAIT students and will be specifically designed for students across the institute. There are other excellent opportunities for students across campus to pursue entrepreneurship, including getting connected with business students for capstone projects, business plan competitions and much more.

Berg encourages students to consider the program because "what they will learn will be relevant, no matter their career path."

"Of course, we want to help students test, refine and ultimately launch their business ideas," she said. "But even if they don't – or aren't ready yet – the courses can help them gain a broad understanding of how businesses work and succeed and help them build their innovation tool kit."

If you're interested in learning more about the program and if it would be a good fit for you, you can contact Keven McGhan at kevenm@nait.ca.



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Letters

We want your views

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

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

We need to list your real name.

Getting something off your chest is downright therapeutic. Write us.

Human rights and community

By **DANIELLE S. FUECHTMANN**

On Sept. 21, the International Day of Peace, the John Humphrey Centre for Peace and Human Rights hosted the fourth annual Gall Conference.

Named in honour of Gerald L. Gall, a former University of Alberta law professor and a founding member of the JHC, the conference provides a forum for debate on the state of human rights. This year, the focus was on connecting human rights and community issues such as youth poverty, criminalization of poverty, missing and murdered Aboriginal women, mental health and emergency planning with the goal of developing recommendations to present to the municipal and provincial governments.

Conversations about human rights abuses and systemic issues of unequal access are never easy to have, especially if you have the privilege of being able to turn a blind eye. However, the biggest difference we can make as individuals is to learn about what is happening in the world and educate ourselves on these issues.

As he led a smudging ceremony at the beginning of the conference, Aboriginal

Elder Gary Moostoos told participants that, “the distance from mind to heart or heart to mind can be the longest journey a person takes.”

Bridging the difference between what you feel in your heart to be right and what you think about in your mind can be the most difficult thing to connect. However, this is the most powerful step in making a difference.

Dr. Dawn Lavell-Harvard, president of the Native Women’s Association of Canada (NWAC) opened the conference with a discussion of the missing and murdered Aboriginal women. This issue has become the first instance in which a lack of action by a government or group has ever been considered a human rights violation – doing nothing is no better than actively par-

ticipating in the problem.

The first step that we all need to take is to educate ourselves on the issues in our



Dr. Dawn Lavell-Harvard

communities. It can be difficult to start looking at the ugly side of history but it’s necessary for us to break down existing systems and build a strong future that supports all of the members of our communities.

“Once people start to learn about it they want to make a difference, you can’t unknow something once you know it. It starts with learning the truth ... learning the real history and being open to it. People don’t like to hear things that make us feel bad but we have to and it would go a long way in fostering a more supportive environment,” said Lavall-Harvard.

“In order to do good advocacy and make

a difference in our communities, we learn about the issues and really get an understanding of the depth of issues.”

Renée Vaugeois, Executive Director of the John Humphrey Centre said: “We [need to] bring the voices of the marginalized forward to do good advocacy.”

Rather than trying to make changes for marginalized groups, we need to work together to find solutions to issues that are creating cyclical problems of access and injustice.

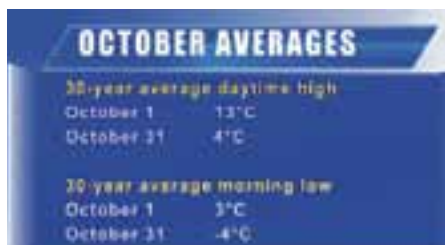
The Gall Conference events provided a variety of perspectives from which to consider human rights issues but the clear pattern was the dilemma of access and poverty. We have to consider substantial changes to how we provide supports and services to people who need it. Big task? Yes. However, if we all start by critically looking at our history and communities with an open heart and an open mind, we can all start to move forward together.

It’s not a matter of tolerance, Lavall-Harvard said. “You tolerate a toothache, we need to respect and celebrate [and] actively foster empowerment.”

Expect temperatures under 10 C

By **BRANDON HESS**
Meteorologist in Training

Welcome to October! The average high now is near 14 C. We will be seeing highs at or above this for the middle of this week. However, as we head into the weekend and early next week, we will be well below this, seeing highs struggling to reach 10 C. There will be gusty winds at times. At the end of this month, the average high actually falls to 5 C. Sunset times are earlier.



Today’s meteorology did you know? We are talking about climate. Climate and weather are two different topics. Climate is the average weather in a particular location over many years. Weather refers to daily patterns of the atmosphere in a given place. There are many different climate types across the world. For example, Northern Canada will see a different climate than Southern Canada. Today, we will look at different climate types around the world. To evaluate climate we use the “Modified Köppen Climate Classification System.”

The first type of climate is the “tropical humid” climate. These climates are found around the equator in countries such as Brazil, Indonesia, the Philippines and countries in central Africa. These areas can be near rainforests and

see abundant rainfall. They are not necessarily the hottest places. Some of these regions are under the influence of monsoon seasons where warm, moist weather comes in during the summer and cool, dry weather comes in during the winter.

Another climate is the “dry climate.” Minimal rainfall is seen in these areas

such as northern Africa, Arizona deserts, central Australia and the Middle East. There can be extreme temperatures in this climate with

extreme differences between day time and night time temperatures.

Another climate type is the “mid-latitude climate.” This climate consists of the average temperature of the warmest month of the year above 10 C and the coldest month between minus 3 C and 18 C.

Edmonton is in the climate which we call “severe mid-latitude.” This is the “subarctic” climate for us. Warmer variations of severe mid-latitude climates are further south.

Polar climates consist of “tundra” and “ice cap.” Tundra is an area that sees at least one month above 0 C out of the entire year. Ice cap sees all months below 0 C, such as the Arctic where polar bears live. Ice cap is a zone of permanent ice.

Highland climate is the last type

of climate, consisting of elevation foot of a mountain will be warmer up a mountain. For example, the than the peak.

Who to call?

Academic & Personal Concerns – Student Counselling; ph: 780-378-6133; Room W-111PB, HP Centre.

Academic Support Services– Visit www.nait.ca/tutorial for a full list of online and on-campus academic support services. NAIT students have access to free tutoring in math, physics, and writing. They can also find support in some traditionally difficult NAIT courses through our Supplemental Learning program. Workshops and information on study skills and access to our Peer Tutor Registry are also available to all students. E-mail tutor@nait.ca with any general inquiries.

Emergency Loans – Financial Aid Office: 780-471-8757, Room O-111 Available on a limited basis to students in crisis. Emergency loans are not granted for school-related needs or for students who budgeted poorly. Loans do not exceed \$500 and must be repaid within one month.

NAITSA Emergency Short Term Loan Program – estl@nait.ca, Room E-131

Food: emergency assistance – NAITSA Food Centre, 780-491-3966; Room E-131

Health Insurance Coverage – Student Health & Dental Plan, 780-471-7730, Room E-125. Students must opt out by Sept. 25

Housing – On-line housing registry at www.rentingspaces.ca

Injury; Minor Medical Concerns – Health & Safety Services, 780-471-8733, Room O-119

Job-related Resources & Workshops – BGS Enterprises, <http://www.bgsenterprises.com/our-programs/career-employment-workshops/workshop-schedule/>

NAIT Protective Services – 780-471-7477

Program-related Concerns – Contact program chair or program adviser

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

Special Needs Students – Services to Students with Disabilities, 780-378-6133; Room W-111PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office, 780-491-3056, Room O-111

Violence or potentially violent behaviour or extreme medical emergency – Protective Services (780-471-7477) 911 or police complaint line 780-423-4567 if appropriate

Volunteering – www.nait.ca/volunteer-opportunities

INVESTING

Real estate the easy way

By **LOGAN PHILLIPS**

Prudent investing takes many forms: whether stocks, bonds, gold or even bitcoins; as long as money is being made, then an investment is a good one.

One of the longest running and most debated ways of making money is through the real estate market. Many people over the past 30 years have argued that real estate is the best investment because of its inflation fighting power and potential for income through renting. Many other people have championed the side that real estate is actually not a wise investment as it is outperformed by equity and can be very volatile. From 1980 to 2012 housing prices in Canada increased at an average rate of 5.4 per cent, whereas American stocks as measured by the 30 largest companies in America returned an average of 8.9 per cent from 1980 to 2012. These stats are distorted, however, because in the 1980s and 1990s Real Estate Investment Trusts (REITs) were not yet popular.

The first question to answer is – what is a REIT? A REIT is similar to a stock in that it trades on an exchange and many units are sold and bought each day. The similar-

ities end there, however, as REITs focus on direct real estate/mortgages and are not a “going-concern” business as a traditional public company is. REITs are forced to distribute 90 per cent of earnings to investors, meaning that often times these investments have an annual payout of over five per cent (The average dividend paying Canadian stock is around 2-3 per cent). In addition to the large consistent payout, these securities are given preferential tax treatment by the Government of Canada as earnings flow through directly to unit holders. Similar to stocks, REITs have limited liability and the most an investor can lose is the principal they put into the investment.

REITs have other benefits as compared to traditional real estate investing. Going out and buying and subsequently repairing a “fixer-upper” house is extremely time consuming and often the money dumped into the home does not translate into large gains. As the buyer, you must pay closing costs to the realtor, property taxes, util-

ities, etc. With a REIT, you do not have to pay any costs associated with the maintenance of the underlying real estate and an investor is not obligated to buy any more units of the REIT after an initial purchase.

Direct real estate buyers who plan on earning rental income must also deal with



a multitude of other challenges such as renters destroying property, chasing down renters in small claims court for missed payments and, perhaps the worst pain of all, being responsible for the repairs of the rented home. This means that if the toilet at one of your rental properties breaks at two in the morning, you must travel to the rental location and fix any issues immediately.

The only work required for REIT investing is doing the research and due diligence on the particular REIT to ensure its solvency and future stability. Traditional real estate investing can be thought of as heavy on the physical labor and light on the intellectual analysis. Since the only analy-

sis is mainly on the city that the location is being purchased, the type of the location (home, apartment, condo, etc), and the particular neighborhood the property is being purchased in. The physical labor is large since, the unit will most likely need costly time consuming repairs. On the other hand, analysis of a REIT will be a laborious process if done right. It is really no different than analysing a stock with the core aspects being a judgment of the underlying cash flows, safety of the cash flows and potential of the cash flows to grow at a rate that exceeds Canada's inflation rate.

In conclusion, investing in real estate through the traditional channels is a difficult and costly endeavour. Investing in real estate through a Real Estate Investment Trust removes the physical labour required and will still earn a decent return. When building a diversified portfolio, real estate should be a key tenant and REITS give investors easy exposure to this controversial asset class.

Correction: Last week's investment column should have been attributed to Sang-hoon Darren Lee.

Aboriginal Day: Teaching, learning

By **DANIELLE S. FUECHTMANN**

Sept. 21 was the annual Aboriginal Culture Day at NAIT; the day's events included a tipi raising, a stew and bannock feast and presentations from elders and community members. The activities were open to the entire NAIT campus, providing an opportunity for First Nations, Métis and Inuit students to showcase and be proud of their culture and offer a chance for all students to learn and celebrate it.

This year, event co-ordinators tried to include more teachings throughout the day, particularly in regard to traditional ways. One of the opportunities available was a chance for men and women to smudge with one of the elders and learn more about the reasons for smudging and the cleansing that it does.

In the afternoon, organizers hosted discussions about the Truth and Reconciliation Commission. Students were able to hear personal stories, particularly regarding navigating through the process of truth and reconciliation, as well as some of the issues of that era and residential school issues as well. The day closed with the presentation of the 2015 Sen. Thelma Chalifoux Award to the Rupertsland Institute and a stew and bannock feast.

In addition to organizing events like

these, the Encana Aboriginal Students Centre provides many services and programs on a day-to-day basis. Its goal is to empower students to be confident in who they are and where they come from. One of the most significant things offered is a space to celebrate culture and receive guidance from elders.

There are two Cree Elders-in-Residence at the centre, Walter Bonaire and Alsenia White, who are able to provide teachings and guidance to students. If students are interested in learning more about traditional practices, such as smudging, the elders are available to talk about the purpose and significance of the practice and teach the proper way of doing it.

A lot of what the elders provide is related to spiritual or personal guidance; while they're not counselors, they can share ways to return to a sense of calm-

ness and balance. The centre also offers a space to do these practices, such as a ventilated space for smudging.

The centre also acts as a valuable liaison between Aboriginal students and the NAIT community, as well as the greater Edmonton community. They help to connect students with other parts of NAIT or to other services and programs available on campus, both through formal assistance and informal opportunities. The Encana Centre

thinks beyond the NAIT campus, recognizing that for Aboriginal students, moving to a city like Edmonton from a smaller community can be overwhelming. Students are encouraged to navigate within the city and support is offered within Edmonton to help them succeed at NAIT but also in their lives off campus.

Aboriginal Liaison Co-ordinator Derek Thunder describes it as “community building and relationship building ... so those students can feel confident and not overwhelmed.

“It's all benefitting the students and their success in post secondary; the more we can connect the students and empower them, the more networking they do and the more they do on their own, the more confident they are in regards to living life.”

The other primary focus of the centre is fostering opportunities for non-Aboriginal students to learn about the culture and engage with it.

“It may say Aboriginal Students' Centre but it is for everyone,” Thunder said.

“We welcome others to come and have a taste of what our culture is about ... part of what we do at the centre is provide the opportunity to teach other students our cultures,” he said.

If you're interested in learning more about the Encana Centre for Aboriginal Students or their events and services, they're located next to the NAITSA offices.

Watch for their monthly stew and bannock nights for a great opportunity to mingle with students and staff while enjoying some delicious food.



Photo by Lauren Hucal

STUDENT LEADERSHIP AWARD OF DISTINCTION PROGRAM

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Do you want to become an inspiring, committed, self-confident, positive and self-reliant leader? Do you want to enhance your employability skills? Improve your resume so that employers will identify you as confident, skilled and 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 apply to be a part of LEAD.

Submit a completed application to The Advising Centre (HP Centre, W-101) and indicate it is to go to Michele Parker. For more information, please e-mail distinction@nait.ca.

Application deadline is Sept. 30.

DON'T MISS OUT ON THIS OPPORTUNITY!

Point ^{Counter} Point

A drunk-food fight



By **CONNOR O'DONOVAN**
Entertainment Editor
@oadsy

Say what, Kyle? Sorry, I didn't catch that, I was face deep in a half pound of rotisserie roasted mystery meat – which is the best kind, I might add, when relaxing after a hard night on Whyte Avenue.

I think we do agree on something. After gallivanting about town all night like the socialites we are, we deserve a bit of a break from our old-fashioned drinking, classy-ass lifestyles. This is the one time we're allowed to kick judgment to the curb and shamelessly chow down in ways that would make our grandmothers shudder.

Yet, given this glorious opportunity to go full canine, your faux-food of choice is a tiny little rubber rod crapped out of some machine like a squatting pitbull? I might as well eat my pen – it would probably provide the same sustenance and it doesn't vibrate when I touch it. And what are you paying for that bad boy? Four bucks? Five? That vendor is laughing his way to a winter vacation at the Fantasyland hotel on that markup.

Need substance

No, we need to properly take advantage of this scenario. We need something with some substance, some girth – something that'll weigh down your hand at first grasp – a dripping, piping hot, hearty barrel of boldly seasoned donair meat. Pick a shop, any shop, they're everywhere on Whyte and Jasper – Queen's, Mike's, Maximo's – shining beacons lighting up the sidewalks like a "vacancy" sign, extending your night beyond the bars' 2 a.m. draconian curfew.

And shake that man's sweaty hand when he passes you that gift, toss a loonie in that foam paper tip cup and propose a toast with that Dr. Pepper that you're not going to drink. He just handed you a bargain-class ticket to flavour town. Hop on that plane, baby.

Raise that behemoth to eye level and admire it for a second. Let the steam condense on your forehead. Let the scent of those Mediterranean spices frolic along your nasal cavities; there's sage, rosemary and saffron, an ancient recipe tried and tested across millennia. The Spartans probably pounded back something similar after dispatching a few wayward Persians back in the day.

Jumbo donair

A jumbo donair with a bucket of fries is an undisputed hero meal, there's no doubt about it. Every bite is a battle – you against a jaw strengthening mass of condensed cow mingling with sauteed onions and mushrooms and whatever else your intoxicated mind desires. Let that sweet, sweet sauce run down your chi... actually, let's not go there. But don't be afraid to let your ingestion style echo the sloppy state you're in.

What other options are there? There's no decent pie in town – no deep dish Giordano's like in Chicago, no legacies like New York Pizza Suprema. Even Mamma's Pizza in Toronto is a decent spot for a half-conscious romp. What comes close in Edmonton? I suppose 7/11 is stepping up their game with the addition of deep fryers in some locations but 7/11 should always be a last resort. McDicks? Way too mainstream.

Buy a donair and support your local business after your next night out. You can deal with the consequences in the morning.



By **KYLE ROBERT**

So you're searching for the best drunk food, eh? Well, worry no longer, your woes are at an end, because I know and I'm gonna let you in on it.

Picture it. It's 10 minutes after last call and the nice bar man is getting pissed that you're still trying to squeeze another beer out of him. Your increasingly elaborate and twisted liquor logic seems only to make him increasingly surly and cross-armed. He's a brick wall in a shirt that doesn't fit, immune to your tempting flashes of cleavage and cash. You realize that not only are you getting nowhere with Captain Tight-Shirt but that you've already given him too much of your money and time, so you promptly stumble out into the cold cigarette-scented night.

Time to eat

It's time for a way less expensive type of entertainment. Your happy word-slurring visage casts around blankly, looking for stereotypes, things to mock and people who think no one is looking. Drunk girls, looking way too good in way too little clothing for Edmonton, duck into cabs seconds before freezing to death. Oil patch douchebags vape aggressively and catcall while they contemplate driving drunk. You catch the scent of cooking meat and realize that, drunk, you forgot to eat. Maybe you'll scarf something at home. The smell persists, amazingly enticing. You whip out your phone to call an Uber, mentally preparing to destroy whatever unfortunate leftovers are cowering in your fridge – and then you see it. A hot dog stand. Street food.

You watch in awe as a smiling old guy in a greasy apron passes someone a beautiful honky, glistening with grease, laying in its fluffy white bun, the little wrapper crinkling around it as it passes from hand to hand. And all of a sudden you know without question that one of those gorgeous glistening weenies needs to be passed into your hand.

Needed: \$5

You pat and fondle your entire person because you just spent four hours getting trashed and the \$5 that you need to baptize your mouth in processed pig and ketchup is spread throughout your every pocket. You mine what's probably enough money from your pockets and get in line, almost able to taste your warm, meaty (and pervy-sounding) goal. You don't have quite enough money but this unshaven, stained saint helps you out, telling you with a smile that he's hardly doing this to get rich.

You gratefully move to the other end of his chromey food chariot to wait for your prize. Smiling again, he passes the sumptuous feast that he has clearly undercharged for in your hand, it's adorable paper sheath crinkling like a choir of angels. Your hand shakes with anticipation as you dress your beautiful meaty pig cylinder in red and yellow and raise it to your lips. You take your first bite and your massive, drunken smile touches your ears while your eyes close, lost in the modern day miracle of the hotdog. Tell me that doesn't sound like the best drunk food of your life.



Photo by Lauren Hucal

OPINION

— Editorial —

Customer dis-service



TAYLOR BRAAT
Editor-In-Chief
@TaylorBBraat

I walk into the post office to mail my damaged computer to the repair centre in our neighbouring province of BC.

Now, I am not especially well-versed in the whole “mailing large objects” thing, so sue me. I probably should know how to do this, being a 22-year-old young adult but I was born in a time when e-mailing took precedence over letters and I just haven’t had much experience with this.

So, there I am, in the post office and the lady at the mailing desk, who I will call Karen, aided me in my endeavour to send my somewhat unusable laptop to the repair centre. Karen was effective in passive aggressively walking me through the five-step process while adding tinges of “tone” and managing to make me feel like an incompetent part of our society.

Growing frustration

“Not many people know how to mail these days,” she said, indicating her growing frustration with generation Y and our non-ability to properly mail objects. I quickly realized I was a scapegoat for Karen’s anger with the least favourite part of her job.

I did end up having my laptop mailed to where it would eventually be fixed but not without being thoroughly shaken up over Karen’s lack of hope in my generation and her brave willingness to spill it all onto me on that lovely Wednesday morning. Thank you or, should I say you’re welcome, Karen. Customer service – a word broken down to mean the serving of a person who is purchasing a product or using a service from the company in which these attendants work. So, why do I feel more and more like a nuisance for these customer service representatives when all I am trying to do is the one thing that they are obligated to do as per their job requirements?

Customer part of the equation

Don’t I create the work that this person is paid to do? In order for them to continue to be employed, aren’t I a necessary part of them even having their job? Well, I know the answer but the “Karens” seem to think otherwise.

Many people are disgruntled with the idea that the minimum wage will be raised to \$15 an hour by 2018 but I do not disagree with this, unless these people (many in customer service) are doing their jobs prop-

erly. I am not going to join the gang of people who think “these jobs are easy, so why should they be paid more?”

I don’t think any one job is easier than another but I do think that no matter what employment someone has, they should do it properly, effectively and with the right attitude. I will bet \$1 million that “the ability to make someone regret ever walking into this business” is not in the qualifications section of the application at McDonald’s, Superstore or the post office.

I’m a barista at Starbucks or, in other words, someone who is constantly dealing with people who haven’t had their coffee yet. Having experience with both sides of the counter, it’s not always easy to be perfectly accommodating, efficient and kind to everyone every minute of the day because, well, we’re all human. I get it but whether we’re in a great mood or a bad one, we have to leave it either at home or the door. As you walk

into your place of work you are now a piece of a puzzle that needs to fit with all the others for it to be successful. Not only are you a piece of the puzzle, you are also an energy and an aura that is emitting from this business. You represent not only the company but yourself. In addition, it’s just simply not nice to be short tempered with people who are expecting a service from you.

I’m not expecting to be escorted to my throne to be fed prosciutto a la crostini while having my six-inch heels polished but can I get a little respect now and then? We get it, you hate your job, but do you hate humans? Bad days – we all have ’em but something we must always keep at the top of our minds is to have mutual respect for all people.

A wise woman once sang, “I’m about to give you all of my money. And all I’m askin’ in return, honey ... and well, you get the point.



Photo by Taylor Braat

SPORTS

After the cheering stops



JOSH RYAN
Sports Editor
@JoshRyanSports

Earlier this week I came across a Facebook post about struggles that former athletes go through, which resonated with me. While we spend countless hours learning from coaches, trainers and our peers about how to play, compete, eat right and perform under pressure, there isn't enough conversation about preparing athletes for life after competition. It's incredibly difficult to move on from something just as ingrained in you as your principles are. Hopefully, this will shed some light on what it's like being an elite level athlete with no more elite level athletics to look forward to.

For context, here's some background detail (which I'm sure my RTA friends have never heard before ...) I was a multi-sport athlete since ... well, birth. In my posse of mini-jocks, every afternoon consisted of playing soccer, street hockey, football (full contact, double-touch was for "pansies") and more. My teens held less recreation time, as competitive sports became more-and-more time consuming. But that didn't bother me as I was competitive to a fault, always having more fun when there was a winner and a loser.

My favourite game was volleyball. It wasn't my best skillset but I'd been hooked from the first time I witnessed the U of C Dinos take on the UCLA Bruins on national television. Upon graduating high school, I played collegiate volleyball in Medicine Hat and Camrose. I loved it all, playing cards on road trips, screaming fans and the absolute exhilaration of victory. Ask any athlete, there isn't a substance on this earth that produces the same high as winning in front of a roaring, sold-out crowd.

Where do you go?

The problem with devoting that much time to something that specific is that when it's over, where do you go? Typically after a season I would get away from practice for a few weeks, maybe work out here and there to stay active and then, when April rolled around, get back into a routine with off-season training. But after my last year, I really didn't know what to do with myself. It was as though I was going through an out-of-body experience.

Fitness was the first adjustment. While I've never particularly loved it, I wanted to prepare myself for competition as best I could. Without a season to look forward to, finding the motivation to get to the gym every day was more difficult than anticipated. When you're training over 20 hours per week, exercise is taken care of. Post-career, you lack the motivation, steady schedule and teammates pushing you. Eating habits were tough, too. When you're training every day, you consume two or three times the calories of an average person. Now, there's no reason for pasta, eggs and chocolate milk protein shakes to dominate my week.

Without practice, that's four or five hours in my day where I don't know what to do. Sure, exam week this isn't an issue, but now the excitement of prepping for a singular, evening event throughout the week is replaced with an extended longing for something meaningful to do with my time. That's obviously something uncommon here at NAIT, especially RTA. There's always something to take up the time.

There were many other changes. The majority of my previous wardrobe featured athletic wear, accrued over several years of club, college and tournaments. My friends' circle consisted of teammates, classmates (often athletes) and like-minded people. Once removed from that lifestyle, it felt like I was being thrown into an ocean of unfamiliarity. It's terrifying knowing almost everything and everyone that represents normal in your life is gone.

I had always identified myself, first and foremost, as an athlete. Now, everything that I had worked towards, everything that I took pride in and everything that I felt defined me, seemed devoid of value. Worse still, was the realization that I didn't want to pursue a career in coaching, which my degree was geared towards. I hadn't accomplished any of the results-based goals I pursued as a player and I had no desire to coach or teach Phys-Ed.

This was a scary and depressing conundrum as I went to work that summer. I would get lost in thought reliving the highlights of competition, wondering about what could've been if we had one more key player on those teams. Every new encounter felt like joining a conversation amongst

neuroscientists. This feeling of purposelessness continued for a while, before the thought occurred that I once desired the role of sports play-by-play announcer.

What ultimately helped induce change was constantly trying new things. When you get out of your comfort zone, as I did during my final year in Camrose, it opens you up to possibilities that would've otherwise never crossed your mind. I viewed the future from a much different perspective, finding the confidence and motivation to do things I once believed I couldn't. These days I can discuss music, politics and literature, I have multiple reasons to remain fit (one definition of fit, anyway) and I have new goals.

Enjoy every moment

To athletes set to play their final home games this season, enjoy every moment. Soak in each second you have with teammates, friends and family. Afterwards, find new hobbies, play recreational sports with friends, start a journal or go travelling (something in my future plans). To current athletes, keep the passion you have for your game and continue to work hard. Make sure that when you have some down time between training and studying, don't just party. Maybe it's playing guitar, reading political thrillers or even coaching but find something else you're passionate about. This way, when you leave the floor, ice or field for the last time, you're still excited about the next day. Always find new challenges, whether it's dropping weight, volunteering, learning an instrument or achieving a degree. Never stop tackling (yes, full contact) the obstacles life throws at you.

SOCCER

Men, women trounce Augustana

By EITHEN SMYTHE
@e_smythe13

The NAIT Oaks men's and women's soccer teams both entered play on Saturday looking to build upon their previous success against the Augustana Vikings, a team which both Oaks teams had defeated earlier in the season. Not only was the success duplicated, but triumphed in a big way as both score lines were lopsided victories for the Oaks, 5-1 for the men and 5-0 for the women.

On the men's side, the team was able to put up five goals in their road victory over the Vikings, with Sebastian Cabrera leading the charge with a pair and the other goal scorers being Julian Gonzalez, Austin Northcott and Jeshua Calderon. There was almost certainly some bad blood carried over from the previ-

ous match, as the game was a physical and chippy affair that led to some questionable intervention and calls from the referees. However, the Oaks were able to overcome this and push their record to 4-1 as they enter the final month of the season.

For the women's team, it was again a five-goal performance, capped by Kayla Michaels scoring four of the team's goals and Megan Lyons chipping in the other. The game was a physical affair that provided limited space for the Oaks to utilize. Each of the four goals scored by Michaels exhibited a different set of skills that reigning Player of the Year has in her possession, which head

coach Carole Holt says makes her "very hard to defend."

The captain of the team, Alysha Elyk, was named the player of the game, thanks to her ability to lead the midfield and contain the attack of the Vikings. The win maintains the Oaks' undefeated record as they head into the most difficult part of their season. The ladies will need to do so without the services of defender Kelsey Mitchell, who is likely to miss the rest of the season with an upper body injury.

Next on the ledger for the Oaks is a trip to Grande Prairie to face the Grande Prairie Regional College (GPRC) Wolves (2-3) for a

pair of away games on Oct. 3 and 4, with the men starting at 2 p.m. both days. The GPRC men's squad has struggled for most of this season, having lost 4-0 to King's College at home in their most recent match. For the women's squad and their perfect 5-0 record and No. 2 ranking in the Canadian College Athletic Association rankings, it will be on the line as they face the 4-1 Wolves on the same dates at noon. The Wolves have been improving as the season carries forward, suffering their only loss in their second regular season game at the hands of the Concordia Thunder. The last match played by GP was a 2-0 home victory over the King's College Eagles and they look to continue this momentum into the next match.

Stay updated on the results by following the Oaks on Twitter @naitooks.

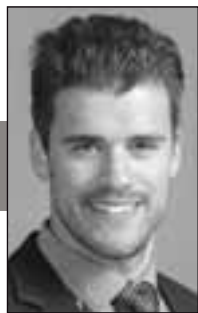


Keeping Score

Pitching call for Jays

Welcome back to another edition of *Keeping Score*, the weekly debate on a chosen topic in the world of sports. This week, long-time Nugget contributor Matt Mosewich and I dip into speculation regarding the starting pitching rotation of the playoff bound Toronto Blue Jays. Earlier, the Jays snapped the longest postseason drought in the history of North American professional sports and then clinched the AL East this week. The big question going forward is who remains in the lineup game No. 163? While Cy Young candidate David Price is a virtual lock, there is debate amongst MLB fandom who else pitches in the postseason. Marcus Stroman has shone since returning from knee surgery but has only a few games under his belt this season. R.A. Dickey has turned around an awful start in spectacular fashion but is unpredictable as a knuckleballer. Veteran Mark Buehrle has struggled with injuries recently but brings veteran savvy in what could be his final season. And Marco Estrada's past penchant for giving up home runs has popped up again in an otherwise great campaign.

What do we think? Read on...



JOSH RYAN
Sports Editor
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(For those unfamiliar with baseball abbreviations: ERA = Earned Runs Average, WHIP = Walks + Hits per Innings Pitched, G = Games played, GS = Games Started, IP = Innings Pitched, SO = Strikeouts, W = Wins and L = Losses).

When selecting the best four starting pitchers for the Blue Jays to trot out to the mound come playoff time, you obviously start with David Price. R.A. Dickey's second half brilliance makes him a great No. 2. Despite the skepticism and concern at Marcus Stroman being thrown into the fire against the New York Yankees, the 24-year-old phenom has looked as good as anything the Jays have gotten out of the rest of their pitching staff. What's left is one spot in the four-man starting rotation to be filled by Marco Estrada or Mark Buehrle. If I was betting my life (which I am not, thankfully) on one of those two guys, it's Buehrle.

To start, let's simply crunch the numbers. Buehrle's win-loss record of 14-7 beats Estrada's 13-8 but Estrada has Buehrle in pretty much every major category, (3.13 to 3.69 ERA, 120 to 83 SO and 1.08 to 1.13 WHIP). However, much of this is due to the past few weeks, when

Buehrle went 2-2 with an ERA of over five and Estrada went 3-1 with an ERA under three. So, statistically, Estrada would seem the better choice.

But this discussion goes beyond stats when the playoffs are involved. Estrada appeared in only two playoff games, both with the Milwaukee Bucks in 2011. Buehrle has competed beyond the regular season three times, including a World Series title with the Chicago White Sox. Several important players on the Jays roster do not have postseason experience, so having another veteran on the mound who can perform with poise is key. Estrada has pitched magnificently for Toronto this year, exceeding every "expert's" expectations but he tends to give up a lot of home runs when he struggles. That will cost the Jays against teams like the Royals and the Yankees.

However, the biggest reason for selecting Buehrle is the motivation he carries with him to every start going forward. With increasingly nagging injuries and greater mileage on him than most starting pitchers in the majors, it's likely that the Missouri native retires at season's end. He's had quite a career and winning a championship would be quite a prestigious bow on that tenure. You know that going into every start, the veteran lefty is going to bring everything in his arsenal against whomever the Jays go up against.

The shoulder pain is an issue, hence the cortisone shot a few weeks ago. But as long as Mark Buehrle is healthy enough to take the mound, he's got to have a spot in the Blue Jays' starting rotation. He may not have many starts left in him but he's going to make the most of every one he has left in his great career.



MATT MOSEWICH

Yes!!! It feels so good to write about Toronto Blue Jays playoff baseball. As a fan who was born in 1992, I don't even know what Blue Jays playoff baseball actually is, I just know that I'm excited for it. The biggest key to victory for the Jays will be their pitching. We all know they can hit but, come playoff time, you need to be able to shut things down. I think there are three locks on the rotation: David Price, Marcus Stroman and R.A. Dickey. After that, it becomes a battle between Mark Buehrle and Marco Estrada. Here is how I see the rotation breaking down

1) David Price

This is why we got this guy. No surprise at the top of the order – Price is the guy you throw out there when you need a win. When the series is on the line, this is the guy you want pitching. We gave up a lot to get Price and now it's his time to show us why.

2) Marcus Stroman

I have Marcus Stroman pencilled in as my No. 2 going into the playoffs. I feel his

inexperience may work as a positive going forward as he doesn't know any better but to come out with the energy and passion that he always does. He has looked excellent in his three starts since coming back from the DL and looks ready to help lead the Jays on a deep run.

3) Marco Estrada

Mr. Consistency comes in as the No. 3 in my playoff rotation. Estrada has surprised both the fans and likely the organization as well this year. He has been a calming presence and has proven that he can win big games. Now, you can argue that Estrada would be a better fit throwing out of the pen than either Dickey or Buehrle,

however, you have to put your best players in the starting rotation and Buehrle has gone cold at the wrong time.

4) Robert Allen Dickey

Rounding out my starting rotation is R.A. Dickey. Dickey has been very

inconsistent this season but he's been able to pitch some gems down the stretch. His pitching style is very low impact so he's likely still quite fresh. Dickey is one of the league's most unique pitchers and could prove a massive depth piece in a hopefully long playoff run.

When you look at the rotation as a whole it's very deep and diverse. The opponent will have to face a different style every night, which will be important the longer a series lasts. Enough talk, let's get these playoffs underway.

Go Jays, go.



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David Price
His time to shine

Hours for recreation facilities

Gymnasium – Informal Recreation Monday to Thursday

11 a.m. – 1 p.m.; 3 p.m. – 4:30 p.m.

•••

Sports Equipment Centre (E-026)

Monday through Friday until Sept. 18
10:30 a.m. – 1:30 p.m.; 2:30 p.m. – 9 p.m.

•••

Fitness Weight Centre

Monday to Friday

5:45 a.m. – 9:45 p.m.

Saturday and Sunday

8 a.m. – 2 p.m.

•••

Pool

Monday to Friday

6-8 a.m., 11 a.m.-1:30 p.m.; 3:30-6 p.m.

Saturday and Sunday

8 a.m.-4 p.m.

•••

Arena

(Drop-in hockey)

Monday and Wednesday

1 p.m.-4:30 p.m.; 12 p.m. – 4:30 p.m.

Tuesday and Thursday

Friday

1 p.m. – 4 p.m.

(Drop-in Skating)

Monday, Wednesday, Friday

11 a.m. – 1 p.m.

Tuesday and Thursday

11 a.m. – 12 p.m.

HOCKEY

Men win U of A tourney

By ZANE TOMICH
@7_zaner

NAIT's men's hockey team, the only ACAC entry in a four-team CIS tournament, got the season off to an impressive start by winning the 31st Golden Bears – Brick Invitational at Clare Drake Arena on Sept. 25-26.

The Oaks defeated the reigning CIS national champion U of A Golden Bears 4-3 in double overtime on Friday and then defeated the UBC Thunderbirds 4-2 the next day to take the title. Also in the tournament were the Saskatchewan Huskies.

"The game versus the Golden Bears was a huge character win for us," said Oaks forward Klarc Wilson. "We were down 3-1 heading into the third and came back to win in three-on-three."

Oaks forward John Dunbar was named tournament MVP, while NAIT goaltender Kenny Cameron, forwards Tyler French and Riley Sheen and defenceman Jordan Abt were named to the all-tournament team.

The weekend before, the men played a pair of exhibition games against Mount Royal on Sept. 19 and 20 in Calgary. NAIT lost the first game in over-

time by a slim margin of 5-4.

Wilson felt the team played well in their first game but things just did not go their way at the end.

"For our first two games as a team, we did quite well," said Wilson. "Our first game we should have won. We were up by two goals heading into the third.

"The referees made a few questionable calls that affected the outcome of the game," he said.

The second game on Sept. 20 resulted in a great victory for the Oaks as they skated their way to a goal-filled 8-4 victory over Mount Royal.

"We bounced back and had a really good overall team game. MRU is a top five CIS team, so it was a good challenge for us," said Wilson.

"We took some big steps and I think we will be going into the regular season in full flight."

The Oaks end their preseason with a successful 3-0-0-1 record. It appears this team has the right level of confidence and momentum to be successful as they head into the regular season.

While the men were winning, the women had a few growing pains. On

Sept. 11, they played an exhibition contest against the University of Alberta Pandas and were shut out 6-0. Head coach Deanna Martin feels the sting of the loss but she remains positive and knows that her team can learn from this.

"We were almost shell-shocked at times. We will use this as an evaluation tool and also we play them again in January so let's see how we do then," said Martin.

The women's team also competed in the Blue-Gold Tournament at the NAIT arena from Sept. 18-20. Their fortunes turned around as they finished with a 2-1 record.

"Overall we had great success. For us specifically the scores in pre-season are irrelevant. It is about applying what we are developing and allowing players to show where they can contribute most," Martin said.

Regular season action begins on Oct. 9 as they face the SAIT Trojans in Calgary for a back-to-back series. The schedule shifts back to Edmonton the next day for the Oaks' home opener. Game time is 6 p.m. at the NAIT Arena.

NAIT begins the 2015-2016 ACAC campaign this Friday, Oct. 2, as they take on the Keyano Huskies in their home opener. Puck drop is 7 p.m. at the NAIT Arena.



Deanna Martin
Women 'almost shell-shocked'

MEN'S VOLLEYBALL

Ooks sport strong lineup

By JOSH RYAN
Sports Editor

Since missing the playoffs during the first season of head coach Doug Anton's tenure, the NAIT men's volleyball team has improved their play, including winning bronze in thrilling fashion last year. This season, the Oaks have the grandest stage in their attempts to achieve the next step of success, a conference championship in their home gym. While the automatic play-off berth allows the squad to better develop systems and rest key players, Anton stresses results during the year are still important.

"We still need to learn how to consistently perform every week in order to create

a habit of winning. Ranking going into the championships is important, too. I'd prefer not to draw one of the top Southern teams in the first round."

Anton has good reason for wanting to place high. The Oaks faced three South

Division opponents at last year's championship.

Despite coming in with the third-best record in the league, NAIT narrowly won their quarter-final and bronze medal matches, while losing in straight sets to powerhouse Red Deer in the semis. What will help the Oaks get to their destination is depth. Seven players return from last year's squad and are joined by six recruits capable of starting.

"It's a great

advantage," says Anton. "It allows us to be less affected by injuries, keep a really competitive practice environment and gives us solutions from the bench if we have anyone having an off-night."

The makeup of this edition of the volley-Ooks is a solid mixture of youth and experience. Transfers Jordan Wenaas (Grant MacEwan), Cole Burkhart (U of A), Cale Whiston and Derek Jansen (Lakeland) represent the new veterans, while local club standouts Spencer Fisher and Isaiah Stime (the latter a graduate of NOOKs, the NAIT run club) bring energy and athleticism. Burkhart should make a great one-two punch on the right-side with gifted leaper Teador Kostelnik, while Jansen will compete with Brayden Kennedy to replace former co-captain Sean Renaud at the setter position. The level of play these two ball chuckers display will have an enormous impact on the squad's success.

"Our setters are both relatively untested at the top echelons of the ACAC," said Anton. "So, that will be a key development how they come along this season."

On the left-side, the Oaks boast a trio of experienced swing-men in fourth years Trevor Zemlak and Jordan Teliske and fifth year Justin Knight. In the middle, fifth

years Whiston and Ethan Redman bring veteran smarts, while Wenaas and Oliver McSwain add size. Despite losing three captains last season in Renaud, Bryce Cardinal and Anton Borodyuk, Anton believes the current group has great leadership potential.

"We have some good candidates, guys that have played that role on other teams. So, it just depends on how the team dynamic plays out," he said.

After hosting exhibition matches against Canada's Military Games squad and South Division opponents and competing in the third annual Sofa Land Men's Volleyball Classic (which included a strong showing against the U of A Golden Bears, Anton's team from his playing days) the Oaks have two more marquee matchups before league play begins. First, the Oaks host their semifinal opponents from last season, the Red Deer College Kings, on Saturday. Then, they take on the defending champions, North Division rival Augustana, Oct. 8 in Spruce Grove at 7 p.m.

"These two are a good test for us and give us a much better idea of where we currently fit overall," said Anton.

The Oaks home opener is Oct. 18 against the King's University College Eagles.



Doug Anton
Striving for team consistency

Athletes of the week

September 21-27

Kayla Michaels
Soccer



Last year's CCAA women's soccer player of the year continued her dominance over ACAC opponents this past weekend as she led her NAIT Oaks women's soccer team to a 5-0 victory over the Augustana Vikings. Kayla scored four of the game's five goals, bringing her total to a league high 10 in five games. "Kayla scored four very different goals and she continues to show how dynamic a player she is," said head coach Carole Holt. "She is playing very determined soccer right now and continues to contribute to this team in a significant way." Kayla is a fifth-year Business Marketing student from Edmonton.

Ryan Gillie
Soccer



The NAIT Oaks won their fourth game of the season Saturday with a 5-1 road victory over the Augustana Vikings and keeper Ryan was once again a major factor. Gillie ranks in the top three in the ACAC in goals-against-average with a miniscule 0.6. "Ryan is always a strong presence for us and this past weekend was no exception," said assistant coach Jordan Stewart. "His experience and veteran leadership has been a big key to our success so far this season. He will be relied upon heavily the rest of the way." Ryan is a third-year apprentice student from Edmonton.

Coach Profile



Mike Gabinet
Head Coach
Men's Hockey

By ELYSSA TESLYK

How long have you been coaching?

I was named head coach this summer after serving three years as associate coach with the NAIT Oaks. [I] joined the program after playing nine years of professional hockey, [and I have] served as the NAIT Oaks full-time associate coach for the past three seasons in which the team captured two gold and a silver medal including winning the ACAC championship this past season.

Why did you decide to coach men's hockey? *I consider myself fortunate to be a part of this great post-secondary institution we have here at NAIT and its excellent athletic program. Our leadership in the athletics department provides our NAIT coaches with great resources and gives us the opportunity to work together, share ideas and help each other out. It's great to coach in this environment.*

What is your favourite part about coaching your team? *Coaching is a great opportunity to be a part of a group focused on attaining goals that can only be reached as a team. Working with this great group of student athletes and helping them to achieve academic and athletic success is a privilege. Being in an enthusiastic, incredibly hard working environment, where people work together, push their individual and team comfort zones, and make sacrifices for the good of the whole team is an awesome experience. Reaching our potential as a team and pro-*

gram is the ultimate feeling of success."

What is the most challenging thing about coaching? *Similar I guess to a lot of our students and staff here at NAIT – it's finding time. Time to be able to do all the things that are necessary to develop our program to be the best in the country. Another challenge is to be resourceful enough to provide the environment that supports all of our coaches, staff and players to reach their potential. We work very hard at working on the right things that enable each of our players to be successful students and athletes.*

Any advice you have for individuals who have interests in coaching sports teams? *I'm reluctant to give out unsolicited advice to anyone, but if someone asked me, personally, about what they should do if they were interested in coaching, I would suggest they first consider a few things:*

Is coaching hockey in line with your passions? Does what's involved with coaching fit with your values?

Are you prepared to put in the tremendous amount of time and effort that is required to help individuals and the team reach their potential?

After thinking about these important questions and a number of others, I hope that people will get involved and follow their dreams. Perhaps they will be fortunate, as I have been, and wind up coaching an outstanding group of student athletes at a great place like NAIT.

Athlete Profile



Player: Taylor MacPhail
Sport: Hockey Team
Program: Academic Upgrading

By ELYSSA TESLYK

What made you start playing hockey? *My dad.*

What is something people don't know about you? *I lived in a town with less than 300 people for two years to play hockey.*

What things can you not live without? *Joell, Kennedy, Travis, and hockey, lol.*

What is your favourite movie? *Big Hero 6.*

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

What are your hobbies in your spare time? *Sleeping, dirt biking.*

What is your dream oasis? *Camping in the mountains*

Who is your childhood hero? *Cassie Campbell.*

Which sports do you like to play besides hockey? *I like to dirt bike and snowboard as well.*

Do you have a pregame meal? *Pasta with mushrooms and spinach.*

Who inspires you the most? *My mom.*

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

What do you want to say to your team? *They are awesome!*

NAIT NEWS WATCH

Saturdays at 6 p.m. on **CTV two**

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FITNESS

A leg up with plyometrics

By ZANE TOMICH
@7_zaner

Never skip leg day! Your workout routine depends on it. Just because you lack the proper machinery to perform leg exercises at home, does not mean leg workouts are a lost cause. One of the most effective lower body fitness workouts to follow is plyometrics. You do not need weights or a fancy apparatus to perform the exercises. In fact, all you need is your body and an open environment.

Plyometrics emphasize the importance of having explosiveness, quickness and pure speed. It develops the power within your legs. Plyometrics is an essential component for a high level athlete's offseason training program. Hockey, football and basketball players will benefit most.

There are many plyometric exercises you can do. Whether it be at home, in the gym or in an open field, you can do plyo's pretty much anywhere. A great exercise to perform is the squat jump. What you do is firmly plant your feet on the ground of a flat surface. Next, bend your knees down and get low into a squatting position. Once you do that, push up with your leg strength in an upward jump. Make sure to use as much power as possible, with all of the force coming from your legs only. You will then be as high as you can possibly be in the air. As you descend and hit the ground, make sure you land on your toes like a ballerina first, then plant your feet flat on the surface, so you stay synchronized with the movement of the exercise and maintain velocity. Keeping the downward movement intact, finish the jump by bending back down into a squatting position. The key here is to absorb the momentum you created from jumping up and landing. Use the momentum you

absorbed to perform the upward jump again. Do this exercise continuously until you max out on the amount of jumps you can do.

Another plyometric exercise to do is quick feet. The purpose of this exercise is to improve your overall quickness and foot speed. Hockey players in particular will find this exercise quite useful and it will certainly improve their quickness on the ice. What you do is find a long piece of tape and attach it to the ground, creating a straight line. This tape will be your guiding line. Stand on one side of the line with both of your feet firmly planted on the ground close together. Keep your legs and feet tight against each other. Then, simply hop over the line side to side as fast as you possibly can repeatedly until you max out. Always make sure your legs and feet stay tight together when jumping and landing. Sounds easy now, but wait till you do this for a longer period of time. The burning sensation you feel will test your perseverance that's for sure.

So if your regular workout routine just isn't cutting it anymore or you are a high level athlete preparing for the upcoming season, give plyometrics a try. Not only will your fitness level increase for the better but you could become as fast as the Roadrunner from *Looney Tunes* if you work hard enough and stay disciplined. You will not grow powerful legs overnight because, as anyone

Squat Jump



www.popsugar.com

will tell you, great things take time. Your effort will pay off if you stay committed to the program. See how plyometrics works for you!

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WHO

BCX General Meetings

IntoNAITion General Meetings

LOL Weekly LAN Party

WHEN

Wednesdays, Sept 9-Dec 15 | 4:30pm – 8:00pm

Mondays, Sept 14-Dec 7 | 4:45pm – 6:00pm

Wednesdays, Sept 16-Dec 16 | 4:30pm – 7:30pm

WHERE

Room T-607

Room X-111

Room X-215

UPCOMING CLUB EVENTS

WHO

BCX

WHAT

Beach Beer Gardens

WHEN

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WHERE

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CAMPUS CLUBS NEWS

WHO

Club Retreat

WHEN

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WHERE

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ENTERTAINMENT

Nuit Blanche a blast



By **CONNOR O'DONOVAN**
Entertainment Editor
@oadsy

Do you know what I don't do very often? Walk around downtown Edmonton at three in the morning with a \$4,000 video camera dangling loosely from my shoulder. Doing something like that is like begging to be violated. You might as well start the insurance claim before you even head out of the door.

Yet, that is what I found myself doing early Sunday morning – cruising the streets around Churchill Square with my skateboarding friend, filming his ollies and shooting video for a class assignment.

We weren't alone, either. As the night inched towards the morning, Churchill Square, City Hall and Rice Howard Way were still filled with party-goers taking in the 7 p.m. to 4 a.m. artistic audio/visual spectacle that was Nuit

Blanche. And for once, like when Crashed Ice brought its Red Bull fuelled excitement to town, the downtown core became more than the empty, hollow shell it usually is at night. Those dark city streets, seldom lit by anything more than flashing blue and red police lights outside of Knoxville's, became temporarily illuminated by scores of peculiar art installations and thousands of enchanted faces.

The populace of Edmonton's increasingly common condo towers seemed curious enough to slip out for a wander. The busy commuters comprising Edmonton's suburban sprawl made the trip, too, knowing full-well how far they would have to return before they could rest their heads. Laughter spilled from packed patios, last-resort pubs harboured lengthy lineups and vehicles queued behind intersections waiting for throngs of pedestrians to cross the street. "Nuit Blanche" was trending on Twitter and Instagram snapshots tagged with #yeg were further inscribed with words of adoring adulation for our capital city – a modern sign of civic pride.

At whose expense, though, was our city celebrat-



www.metronews.ca

ing? The words "Ice District" definitely made an appearance. People went home with memories of dancing cranes and balloon filled pedways, of bumpy soccer fields and trees with wish-filled paper leaves. They also went home with Ice District branded glow sticks and took selfies labelled with the Ice District hashtag. Eager were the marketers behind the moniker, it seems, to ensure that Edmontonians associated it with their Nuit Blanche feelings of dignity and satisfaction.

So should we embrace the brand's little coming out party? Should we wear the Ice District badge with honour and pride? Alas, Nuit Blanche is gone and #yegdt no longer graces our news feeds. The downtown core is once again witness to people scuttling hurriedly, heads down, from their vehicles to their condo buildings. The commuters are back in the 'burbs. The streets hold barely a hint of the extravagance they held only nights before. It usually takes something special to coax so many Edmontonians out of their holes on a chilly Albertan night. Can "Ice District" make it a norm?

WEEKLY SPECIALS

\$6 FOOD SPECIALS	\$4 DRINK SPECIALS <small>*All liquor served is 1 oz</small>
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TUESDAY Nest of Wings	TUESDAY Crushed Ice Long Island Iced Tea
WEDNESDAY Classic Poutine	WEDNESDAY Sambuca/Tequila Shot
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FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

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\$3.99 mixtape ...By **MIKE ALLISON**

Feeling like your current musical library is getting a little stale? Looking for some new bands to listen to and/or fall in love with throughout this semester? The wait is over! Here's a sampler of some heavy, synth-driven, poppy, rockin' and downright strange music which can all be found on Spotify. Grab a good pair of headphones, crank the volume up to 11, and enjoy!

- Musical Chairs – Fair to Midland
- Nita – Pezz (Billy Talent)
- Say You Don't Want It – One Night Only
- Daddy, Brother, Lover, Little Boy – Mr. Big
- Mother Tongue – White Lies
- Chemicals – Scars on Broadway
- Witchcraft – Pendulum

- Who You Are – Incura
- Wait for the Sunrise – The Body Politic
- Get the Funk Out/Rest in Peace – Extreme
- Everyday Combat – lostprophets
- Pull Harder on the Strings... – Trivium



www.amazon.com



www.youtube.com

VOLUNTEER POSITIONS

The NAITSA Food Centre has volunteer positions for those who would be able to assist for a minimum 2 hour window per week.

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Super lineup of heroes

By GERVASE BRANCH-ALLEN

Starting this October, Marvel is revamping their comic lineup. Following their summer event Secret Wars, the all-new, all-different Marvel lineup will start brand new titles and revamp pre-existing ones to invite the mainstream movie and TV audience to check out the comic books where these characters originated.

Headlining this event is the *Invincible Iron Man* series. Meeting new friends and foes in new armour, Tony Stark is going to discover some big secrets, including the return of an old enemy. Expect a huge surprise on the last page of the first issue, according to writer Brian Michael Bendis. David Marquez illustrates the series.

Another big October release includes the *Amazing Spider-Man* series. Peter Parker is a world-travelling entrepreneur following the success of his company Parker Industries (Peter doesn't stay a teenager forever). Expect guest stars to appear as well as the reinvigorated Zodiac and a new



Green Goblin in the first few issues. Writer Dan Slott and artist Giuseppe Camuncoli are taking Peter Parker on a high tech global adventure.

The *Astonishing Ant-Man* features everyone's favourite ant-sized hero. Scott Lang has made bad choices in the past for the right reasons such as stealing the Ant-Man suit to save his daughter. Now, Scott is deciding whether he should continue being a hero or return to his life of crime. Nick Spencer and Ramon Rosanas weave a story for long-time fans and fans of the Ant-Man movie.

As mutants once again face extinction, Storm leads the X-Men to ensure their survival in these difficult times. This series, *Extraordinary X-Men*, fea-

tures the talents of writer Jeff Lemire and artist Humberto Ramos.

The latest *Guardians of the Galaxy* series, written by Brian Michael Bendis and penciled/inked by Valerio Schiti, stars the lovable Rocket Raccoon as the leader in Star-Lord's absence (that's a whole other story). He leads Drax, Agent Venom, Groot, Kitty Pryde and the Thing.

In *Uncanny Inhumans*, the team of genetically altered humans is quite different. Black Bolt, traditionally known as the king of the Inhumans, is going on secret missions. Medusa, traditionally known as the queen of the Inhumans, is dating the Human Torch. And the time-travelling super villain Kang the Conqueror is after them. Charles Soule and Steve McNiven get their crazy on. Don't miss a bonus story at the end!

When Steve Rogers chooses his successor as Captain America, he chooses his close friend, the Falcon, a.k.a. Sam Wilson. Writer Nick Spencer and artist Daniel Acuña present *Captain America: Sam Wilson*.

Gwen Stacy from an alternate universe

became super hero *Spider-Woman* (call her Spider-Gwen) when her best friend Peter Parker died after turning into the Lizard. Faced with the return of the Lizard, Gwen questions whether Peter is dead or not. The fan-favourite *Spider-Gwen* series returns with a creative team comprised of Jason Latour and Robbi Rodriguez.

The *Unbeatable Squirrel Girl* features the titular character's life as a computer science student and superhero. Having defeated Doctor Doom, Thanos and Galactus in the past, Squirrel Girl is no joke, even if she's pretty witty and fun loving. Ryan North and Erica Henderson lead this series as writer and artist.

There are plenty of other new series including *Karnak*, *Doctor Strange*, *New Avengers*, *Spider-Man 2099*, *Uncanny Avengers*, *Contest of Champions*, *Blade* and *Angela: Queen of Hel*.

There are so many new series coming in November alone that I can't fit them in. I plan to get back to you on those series. Until then, happy reading!

Want a lift? Eat a cookie!

By MAHAM FATIMA

A few days back, one of my friends asked me this question after seeing how depressed I looked.

I wasn't feeling good that day. I was going through a lot and really wanted to be just left alone – you know how it is, we've all gone through it. She tried cheering me up and, after a couple of failed attempts, she asked me, "You want a cookie?"

I wasn't sure what she meant. I mean, who says that in a situation like that. But anyways, I still ate the cookie.

Surprisingly, I felt better. I started talking

about my feelings to my friend. That sweet sugary cookie was just too good, it really made me feel better.

It's an odd theory, better understood by experiencing it than by explaining. Sugar helps pump us up, at least for a little bit and after that we can take control. While thinking about a topic for my article, I thought of that cookie, which helped me a lot. It was a different idea to cheer someone up, or even just yourself. You probably hear people saying chocolate makes you feel better from inside and it helped in my case. There's actually a chemical reason called anandamide, a neuro-

transmitter produced in the brain that temporarily blocks feelings of pain and depression. It's a derivative of the Sanskrit word "bliss," and one of the great things about chocolate is that it is not only produces this chemical, it also contains other chemicals that prolong the "feel good" aspects of anandamide. Chocolate has even been referred to as "the new anti-anxiety drug." When you eat chocolate or chocolate chip cookies in this



case, the sensations distract you from whatever is making you upset, improving your mood.

Let's just forget the science behind it for a moment. I think most would say that chocolate makes them happy.

You don't need expensive material to cheer you up, sometimes in life all you need is a cookie. So just grab a cookie, if it tastes good, makes you feel good, then life's good and so is your mood!

REFLECTIONS AND INSIGHTS

The upside of dissatisfaction

By JAGRIT BAJWA

It's been ages, folks all over the world, of any age, maybe a kiddo or a grown up kiddo (who votes) or a person who is on his death bed can easily be found to have every reason to show dissatisfaction.

Dissatisfaction is a normal trait, which you acquire (consciously or unconsciously) every day from your fellow beings, companions, friends, relatives or parents, even. You can write an unending list of things you feel unhappy about (Trust me, pick up a pen and you won't stop!). You can have a grudge on someone you are associated with or even on someone you don't have any connection to and, above all, you can always blame nature for anything unexpected.

This blame game can be turned on yourself, too, when you burn too many calories thinking about the different situations you go through daily. It's easy to grab an opportunity to feel dissatisfied.

Like a child who shows his dissatisfaction when he is not provided with chocolates or video games (or other cute things) by his parents, similarly you too tend to be in a state of dissatisfaction when your expectations are not fulfilled by your parents, spouse, friends or any person whom you are in relationship with! Also, when your work is not validated and your efforts prove to be futile or even when you don't spend your money wisely, you can easily see yourself moving towards dissatisfaction.

But a knowledgeable mind or the enlight-

ened mind (the road we are heading on) can turn these "irritations and frustrations" into "inspirations." You can find the good in every bad. You can also come to terms with each negative thing that happened as an act of the uncontrollable, which brings you to the understanding of which things you can control and which you can't.

Having this knowledge about yourself will help you know that you are worrying and feeling unhappy about things which are beyond your control. This can bring you back into harmony with your way of life and you can start gathering energy to carry on with a spark.

This state of dissatisfaction, if used wisely, can be very beneficial for the creation and actualization of those things and goals

which seemed to be very far from you. All you need to do is recollect and direct those energies which you kept scattering every time on the emotions you never needed, thus enabling you to see the best of you.

Negative vibrations and energies don't let you be who you are and, if you never know who you are, how can somebody else know your potential?

Everything can be good for us, depending on how we take it. Satisfaction is always a better state of mind in which we feel peace in ourselves. This peace is important to everything, every work and every person we associate with. Molding our mood to always be a positive one can be a handy practice.

Live, Laugh and Love.



Left us wanting more

By JOEL LECKIE

This weekend, we saw the great Edmonton Comic and Entertainment Expo. The Expo did a great job of hosting all the vendors, artists and entertainers. Despite crowds of thousands of nerds and geeks, it was nicely spread over several different halls. That provided room to walk between booths and allowed fans to take their time to get a thorough look at what was going on without being overwhelmed by people. We don't have exact numbers but I'm sure it met or beat last year's 47,000 attendees.

Among the artists and vendors, there were also a lot of interactive booths. A new laser tag company was promoting their opening by having a free laser tag arena and arcade at the expo. We also got to try the nerf shooting range and test some different board games in the tabletop area.

There were lots of great deals on merchandise, especially near the end of the Expo if you could bargain. A lot of vendors are willing to cut their prices down simply so they don't have to pack up as much stuff to take back to the shop.

It seems like every year the costumes get better and better. Not only the professional cosplayers, whose fan base seemed

to be bigger than for some of the actors but the local enthusiasts in costume as well. We saw one fellow who had a nine-foot-tall grim reaper costume, with speakers built in, that towered over and amazed everyone even as it frightened them. But probably my favourite moment was the Sauron and Ring Wraith when they met Billy Boyd doing autographs – truly a hobbit-getting-caught moment.

Speaking with some of the volunteers who have done conventions before, this year was one of the best for having polite and orderly lines to see the actors. They felt things went very smoothly. This is especially good because people were able to slow down and talk to the people they were meeting. We had a great conversation with James Marsters about the depth of character and progression of Spike when he played him on *Buffy the Vampire Slayer*. And there wasn't any pressure to get in and get out as with some of the more hectic conventions. Many of the guests were friendly enough to offer handshakes, photos and even hugs as well.

The best thing was the two panels on Sunday for both *Buffy the Vampire Slayer*, with James Marsters, Amber Benson and Eliza Dushku, as well as the



ched.com

Superheroes were everywhere at this year's Edmonton Comic and Entertainment Expo.

Doctor Who panel with Jenna Coleman. For the *Buffy* cast, it was the first time they'd ever been at the same convention together and the panel was a blast. There were great stories of fight scenes gone wrong, particularly with Marsters lighting his hand on fire and his half-asleep fight with a demon, which ended up canning the stuntman. With the *Doctor Who*

panel, the references kept coming back to Jane Austin as a recurring joke drawn out of one of Coleman's favourite episodes.

I do wish that there could have been more time to spend on spotlight with the actors. Every year it comes down to wanting more and not wanting the event to end. But the good news is there will surely be another convention next year.

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MOVIE REVIEW

High on the Depp chart

By JOEL SEMCHUK

Johnny Depp fans, relax: he's trying again. He made his millions and either played Captain Sparrow in a different costume or else phoned it in but now Johnny's delivering another one of those earth-shattering performances of his. In this case he plays a cold, evil sociopath who'll leave your blood chilled for a few days. He plays Whitey Bulger, a real life Boston gangster in the movie *Black Mass*.

Right off the bat we see Johnny in his dark black jacket, big black shades, big black boots and big black car. In fact, everywhere Johnny goes, it's black. All the things around him are black. He always seems to be sitting or walking in a shadow.

Bulger just happened to grow up with someone who became an FBI agent and this agent recruits him to hurt the Italian mob, basically ensuring that he has immunity from prosecution and permission to do whatever he wants.

So Bulger's a nutcase with no restrictions and Depp plays it so well there are scenes guaranteed to elicit an audience reaction. Sounds like a licence to sell popcorn, right?

Unfortunately, director Scott Cooper took the lazy way to cram in the mountains of background information needed. He just has a bunch of guys explain it all to the camera. This makes the first hour or so come off like a documentary, with talking heads. It would have been really stupid to have one of them say something like, "Then Bulger's evil started to affect everyone around him," so that's when the documentary style backs off and you get to enjoy the movie. That's OK,

because this is the best part.

At some point Bulger loses his family, and I'm not sure if that's meant to make us feel sorry for the mass-murdering sociopath or just to show that he went even crazier but he goes so crazy that even the mass-murdering sociopaths around him start to wonder. It's these latter people who make up the talking heads. They're afraid of Bulger and are therefore spilling everything to the feds. These guys are mostly B-list TV actors trying to claw their way into Hollywood, so you get some fantastic performances from them.

There's Rory Cochrane (from, um, I don't know ... *A Scanner Darkly*? You know that one?) He says little but becomes terrified of Bulger quietly, in his eyes. W. Earl Brown (from *Deadwood* and a cameo on *Lone Ranger*) finally gets to play something other than a cowboy, so he does his damndest (and succeeds) and Jesse Plemons (*Breaking Bad*), no doubt thrilled to be in a real movie for a change, is just obviously having the time of his life being surrounded by established superstars. Joel Edgerton, who plays John Connolly, the FBI agent who starts the whole thing, keeps it close to the vest until he starts to enjoy the criminal life Bulger's getting him into, and he joins the gangsters in a slow, convincing character change. The documentary style creeps back in near the end.

All in all, *Black Mass* features a superb bevy of fantastic performances, superstar and neophyte alike. If Cooper had made it into a mini-series it would have been epic, but if you want a better movie that's more or less the exact same thing, watch *The Departed*.



Johnny Depp as Whitey Bulger

www.hitfix.com

NETFLIX PIX

A suitable House substitute

By KYLE MATZ

House of Cards is arguably one of the best television shows to grace the Internet airwaves. It has a great cast, excellent cinematography and a fully developed sound and score. But all that would be worthless if the story were terrible. *House of Cards* is my favourite show on Netflix, but after I binge watched the third season on the weekend it came out, I knew I had a problem (a problem I think we all can empathize with, right?). The solution: find another show that can keep me entertained for as long as possible.

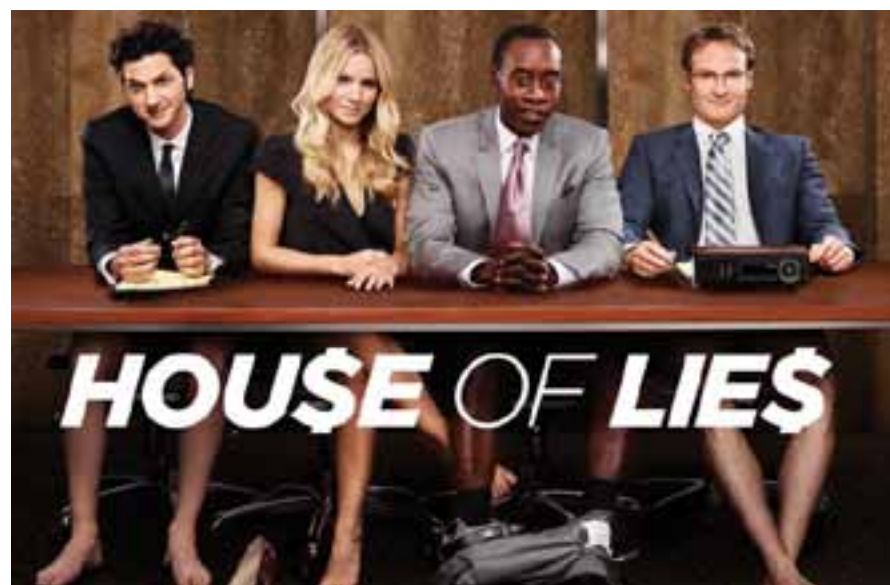
In the related titles section on the *House of Cards* page there was a show called *House of Lies*. I thought that Netflix was only matching it because the name was similar but, thankfully, that was not the case. Netflix's algorithm really helped me with my problem.

House of Lies is a show featuring Don Cheadle, Kristen Bell, Ben Schwartz and Josh Lawson as individual members of "the Pod," which is headed by Marty Kaan. He

and the team work for a management consulting agency called Galweather Stearn that helps clients with their complicated, and often messy, problems.

Similar to the situations he has to clean up, Marty's homelife isn't exactly the easiest to deal with. He's a divorced father with a 15-year-old son. His ex-wife is often either high or drunk and, whenever they encounter each other, they bicker and fight. This isn't a problem that Marty can solve as easily as those at his work since his ex-wife works at a rival consulting agency, Kinsley & Associates. They often compete for clients and we see a lot of her in the show.

House of Lies is not only similar in name to *House of Cards* but in other ways as well. For example, the main character frequently breaks the fourth wall to speak to the audience. In *House of Lies*, when Kaan speaks to the audience, he also simultaneously freezes time. Now that is a convenient ability to have. Another reason I really like *House of Lies* is Marty drives a Tesla Model S. I am a fan of the Tesla cars



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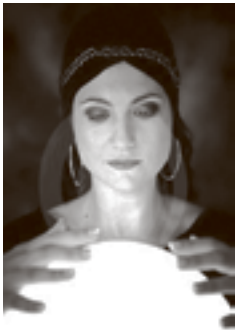
and this is the first show I've seen in which the main character drives one. It's never obvious but to a fan with a trained eye, it was easy to spot.

Although *House of Lies* isn't as high profile as *House of Cards*, it is a great show

nonetheless. If you're like me and you're waiting for the next season of *House of Cards*, *House of Lies* is perfect in the meantime. Currently, there are three seasons streaming on Netflix but you can stay up to date with the show as it progresses on cable.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

October 1-7

(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Libra (Sept. 23-Oct. 22)

"When you squeeze an orange, orange juice comes out because that's what is inside." It may seem like an obvious idea but this might be a good week to reflect on yourself. Feeling a little bitter? Think about what you can do to make your days a little sweeter.

Scorpio (Oct. 23-Nov. 21)

"The early bird gets the worm but

the second mouse gets the cheese." Sometimes even the best advice isn't the right answer. This week, take a look at what you're doing and make sure you pursue what's best for you. Be the second mouse.

Sagittarius (Nov. 22-Dec. 21)

"If you always do what you've always done, you'll always get what you've always gotten." Tired of the same problems? Maybe it's time to make a change and see what happens when you try something new.

Capricorn (Dec. 22-Jan. 19)

"A ship in the harbour is safe but that's not why ships are built." Change can be scary! However, taking a risk could be the best decision. Be bold this week – ask that cute classmate out, find a new way to solve a problem or at least switch up your coffee order.

Aquarius (Jan. 20-Feb. 18)

"Success is a staircase, not a doorway." Feeling proud of recent achievements? You should! However, don't forget to keep striving towards next week's goals.

Pisces (Feb. 19-March 20)

"It takes courage to grow up and be who you truly are." Being part of the group and going with the flow can be the easy and comfortable thing to do. However, is the ease of fitting where you don't want to be worth the discomfort of denying who you are?

Aries (March 21-April 19)

"Start off every day with a smile. At least it's a good start." Sometimes getting out of bed feels like an achievement! Make mornings a bit better with a positive helping and a generous cup of coffee; attitude is everything this week.

Taurus (April 20-May 20)

"The harder the fall, the higher the bounce." Failure happens to everyone; use this week's period of change to make the most of your bounce back to the top. Learn what went wrong and be confident going forward on a fresh path.

Gemini (May 21-June 21)

"The usefulness of a cup is in its emptiness." Think it's pointless? This

week, reframe how you're looking at life or what you're working on and see the value in what's around you. It might be much more useful than you originally thought!

Cancer (June 22-July 22)

"You don't need strength to do something, you need understanding." Don't try to solve problems by forcing them along this week. Instead, try to look for a new solution or strategy by understanding the problem and working with others.

Leo (July 23-Aug. 22)

"There's no such thing as an ordinary cat." You, Leo, are never boring. Why not use this time to cook up something really exciting? If change is in the air, it's the perfect time to make something fabulous.

Virgo (Aug. 23-Sept. 22)

"Even if you're on the right track, you'll get run over if you just sit there." Don't get complacent, things are falling into place but you shouldn't rely on luck. Keep working towards your goals and then you'll see real success!

JUST THE TIP

Online profile makeover

By DANIELLE S. FUECHTMANN

Someone once told me that grocery stores are a great place to meet people and although there is some sound logic behind that advice, I have yet to have anyone ask me for my number while comparing tofu brands or picking up apples. I think it's safe to say that if you're single and looking, you either have an online dating profile or are thinking of starting one. But are you using that platform to its best potential? Standing out from the crowd can be hard and crafting a great profile that really represents you is key to connecting with your matches!

1) The first thing people see are your photos. Why would you do yourself a disservice and post a pixelated selfie you took in your bathroom? Get a friend to take a quick picture of you outside or in a nice, well-lit space. You don't even need to tell them what it's for! Think about what's going on in the picture that you're choosing – are you posting just group shots or a picture that looks like you're with an ex. Rotating or changing your photos regularly is a great way to keep your profile fresh and maybe catch the attention of someone who missed your profile the first time.

2) Fill out that profile! You don't need to tell your whole life story but putting some effort in and sharing some information about who you are and some of your interests makes it easier for people to reach out and start a conversation. Share some of the things that make you unique! Almost everyone likes watching Netflix and hang-

ing out with friends; add some hobbies or interests that are great conversation starters – adding some specific interests is a great way to make it easy for people to reach out to learn more about you.

3) Keep in mind that you have a brief opportunity to catch someone's interest, think about what's important to you and then edit it. Try to share these things through stories. Rather than listing personality traits and interests, use an example. Instead of saying you enjoy hiking or camping, tell a story about the time you went for a week-long hike.

4) Remember your audience. You're not on LinkedIn but you're not on Facebook either – keep a healthy balance between talking about your career and social life. Your potential date probably wants to know a little bit about both but remember to let your interests and personality shine through. What do you genuinely love doing?

5) If you haven't started your profile yet or you have the ability to change your username, pick something memorable! Avoid using a single name followed by a string of numbers and pick something that references either your

name or some of your interests.

6) Consider asking a close friend for some feedback. Asking someone you trust what they think of your profile is a great way to see if you've missed anything important (and get a second opinion on your new photos).

Take a look at your profile this week and give it a little makeover! Update those photos and make your personality shine. You'll have more success connecting with your matches. If that's still not working for you, try hanging out in the grocery store.



RESTAURANT REVIEW

Moxie's?

... meh

By ZANE TOMICH

On Monday, Sept. 21, my sister Hayley and I decided to sit down at the Moxie's restaurant on Calgary Trail for a nice lunch. Moxie's has always been one of my favourite places to chow down. The service is usually great, the food delicious and the atmosphere quite enjoyable. Our recent experience at Moxie's wasn't as great an experience as other times.

Hayley has a really messed up diet. Quite recently, she found out she can only eat food that is gluten free. She is also lactose intolerant. Sadly, she can no longer enjoy a majority of the food she once adored. Going out for dinner can be a pain for her at times because there is not much of a selection of food she can choose from. Thankfully, Moxie's accommodates people like my sister very well by providing a gluten-free menu with a wide variety of dishes to select from. They had fish, chicken, specially cooked beef and terrific sides of steamed vegetables and grains that suited my sister's taste. I was very impressed with the gluten-free menu. Hayley was satisfied as well.

Lunchtime rush

We arrived during the lunchtime rush, so around noon. Surprisingly, the restaurant wasn't very busy and we were seated right away. The waiter that served us was a polite, well dressed young man. He was very courteous and kind. We noticed it took forever for them to clear our table and bring us our drinks. An issue arose when they brought out the wrong meal for my sister. No big deal. I understand people make mistakes and other things might be going on but the restaurant wasn't very busy. The waiter did not have a lot of tables to serve, so bringing us the wrong meal was somewhat of an inconvenience. My food came at the same time so when my sister's correct meal finally came, I was already finished mine. I respected Moxie's reaction as they offered us a free appetizer gift card for the next time we return to the restaurant. Recognizing they made a mistake shows their professionalism.

I was starving

I was starving. You know that feeling you get when you are so hungry, your stomach feels empty and it begins to ache? Well I had that sensation. To start, I ordered an appetizer – hot wings, my favourite. I was a little disappointed because the wings weren't very meaty and they were quite small with not much bite to them. Not to mention, I wasn't very enamoured with the fact that I paid \$12.50 for only 10 wings. For my main dish I ordered the classic beef burger with fries for \$13. The burger itself was OK – it was dry and there was not much flavour to it. I will say the fries were delicious, some of the best fries I have tasted in a while. They were nice and crispy with a beautiful golden-brown colour. The bill was \$58, including the tip.

Overall, I had an average meal. The experience my sister and I had at Moxie's wasn't terrible but we definitely feel that we can go to a different restaurant and eat an amazing meal for a lower price. Everyone knows that in the restaurant business, the main idea is to make customers want to come back. If it wasn't for the free appetizer card, I don't think my sister and I would want to go back for a while.



Kijiji.ca

FASHIONISTA OF THE WEEKSTA



Photo by Brandi Guzman

Jess Warren
Carpentry

What are you wearing? I'm wearing either Scotch and Soda, Urban Outfitters or Zara, and second-hand plaid. This plaid is made in Winnipeg. It's a work shirt that I got at Decadence.

When you get dressed, what do you think about? Stuff that fits well, because I'm smaller it's easy to find stuff that fits big. So, stuff that fits in the shoulders and is generally gender neutral. When I'm looking for clothes, I'm looking for something that makes me feel comfortable in my own skin. I'm looking for something that makes me feel confident in the world; over three decades of living, I've found that this is what makes me feel comfortable. There are so many different ways of dressing that people can choose from these days. That's really what I look for after a lifetime of experience – clothes that make me feel like confident with myself and that's different for everyone. Everyone just needs to find what is for them.

Where do you like to shop? Scotch and Soda, Urban Outfitters, Zara, Decadence, Divine. Army and Navy has a cool selection of dollar toques when winter comes.



Who will win the Stanley Cup this year?

By
MAREK TKACH



"I think the Pittsburgh Penguins have a great shot again this year, especially if Crosby and Kessel gel like most expect."

Warren



"The Montreal Canadiens, because they've been on the brink the last couple seasons and have a cornerstone player at each key position in Pacioretty, Subban and Price."

Muhammad



"New York Rangers, they have the best goalie in the world, (Lundqvist) and a rock solid defence ... It's their time, I think it's time now that they win"

Zane



"The Canadiens, because Subban will have a big impact this year."

Mason



"Anaheim Ducks. No team in the West has a 1-2 punch like Getzlaf and Kesler and this year one of Andersen/Gibson proves they are a capable No. 1."

Eithen

LOCAL BAND

Bevy of multitudinous riffs

By THORBJORN ALBRIGHTSON

Roger Dean fans, rejoice! Emerge from the depths of your basement; take a break from practising polyrhythms and cursing Genesis before Phil Collins started singing, for the dawning of a new era of prog rock is upon us! With a bevy of multitudinous riffs and a litany of euphonious harmonies, Edmonton's (probably) youngest prog band, the Tylor Dory Trio, has arrived!

Jokes aside, what the Tylor Dory Trio brings is a breath of fresh air to a music scene that is deeply rooted in (and sometimes a little too tied to) specific genres of metal. With rich, technically proficient music, this band is an outlier among outliers in progressive metal – a genre that isn't new but could be considered unusual in the Edmonton music scene.

Formerly known as Illusive Man, the Tylor Dory Trio features drummer Jonathan Webster, bassist and backing vocalist Slava Fedossenko and, of course, Tylor Dory on guitar and vocals. These three are bringing a brand of progressive metal/rock to Edmonton that is unique and interesting in its focus on dense, heady music coupled with lush production that creates an overall absorbing experience. Since starting in 2013, the Tylor Dory Trio have since shared the stage with acts such as Ninjaspy,

The Order of Chaos and Tesseract (UK),

On the inspiration for and content of their new four-track EP *Carried Away*, drummer Jonathan Webster said:

"The songs on *Carried Away* are some of the first that we wrote together as a three piece and really capture the dark, moody and more complex elements of the band. They embrace both the high and low energy of progressive music as well as some of the brutality of metal with a sense of melody that binds it all together. We definitely pay homage to our influences here but tried to do so in a way that it stands on its own, rather than in the shadow of those influences. As well, we were able to work with some of the best names in the international progressive/metal scene along the way and are very excited to share our labour of love with you."

The band wears its influences like a badge of honour and takes pride in the fact that it draws from quite a wide range of inspiration – from Rush to Alice In Chains, Tool to Devin Townsend. The intention of the group is to create non-genre specific music drawing from all realms of influence – metal, progressive, grunge and anything else that inspires them. This mix of diverse musical influences coalesces into a band that is perhaps greater than the sum of its



photojunkies.com

The Tylor Dory Trio

parts and, at the very least, is certainly an interesting listen.

Carried Away was released on Friday, Sept. 25 and is available for purchase on iTunes. This local band is currently recording a follow-up to be mixed and mastered

by Christer-André Cederberg starting later this year.

You can follow and like the Tylor Dory Trio on Facebook and Twitter for more updates, listen on Soundcloud, or visit their website at tylordorytrio.com!

THROWBACK THURSDAY

The loser: imagination

By JOEL LECKIE

This past weekend I had an interesting conversation with our waitress at the restaurant. She was mentioning how much video games have changed over the last several years, particularly how 3D gaming has shaped our view of the heroes in long running series. One of my favourites, which has seen many different versions, is the *Legend of Zelda* series. There are 16 different games in the main story, all tying together over the course of many eras but the style of gameplay has changed several times over.

Three of the first four Zelda games were top-down adventures of the hero, Link. The other is a side scrolling RPG whose game style bears little resemblance. Let's just forget about that one for now. Twelve years after the original game came out in 1986, the world changed with 3D graphics and the third person view of the Ocarina of Time.

It is so bizarre how for years all you can think of the hero is the top down view of their little pixelated head. Then, suddenly, not only do they have a full body but facial features and buildings towering over them. It can be downright scary, not to mention the sinister storyline itself in which the entire world is coming to an end due to dark magic. Whatever happened to the sectional exploration of one frame area at a time?

In the original games, Link could only see as far as the edge of the screen and was only threatened by things within that view. The puzzles were all contained and could be solved on a nicely gridded map. You could see what was going on all around you, even behind you. An enemy wasn't able to sneak up behind you as they can with third person viewing. You had a bird's eye view of everything that was going on. It kept life simpler and hearts lasting longer.

Back then, there wasn't as much emphasis on the graphics of the game. You didn't need to worry about the facial features of the hero or the villain, when all you had to work with was a half-dozen pixels. It was all about the imagination. You could put your own face on Link and imagine the biggest, baddest face possible for Ganondorf. It was one of the big reasons they've kept Link from having his own voice. You, the player, are meant to make it your own, with your own creative say in what was spoken or how things looked.

With the easier puzzles and the simpler graphics, even the controls were easier. There was no shortage of things you could do with four directions of movement and two action buttons. The huge expansive nature of modern 3D gaming has seemed to force more into a game than is necessary and this takes away from other aspects such as storyline. It's why classic games have remained classic and why, even after so many years, I can't help but go back to the old top-down adventures to rescue the princess Zelda and the land of Hyrule.



pinkman.mx



NAITSA SERVICE CENTRE

STUDENT HEALTH AND DENTAL PLAN

Please visit the NAITSA Service Centre Coordinators located in Room E-131. We provide health and dental coverage to over 3,000 students each year, and it's our duty to assist you in completing all proper documentation for opt-out or opt-in to the plan, and to answer all your questions. If you change programs at any time, please alert the NAITSA Service Centre Coordinators immediately to ensure your coverage eligibility is not changed.

studentplan@naitsa.ca | 780-471-7730 | Twitter: @naitsaplan

What you need to know about the Student Health and Dental Plan:

If you are a student enrolled in a credit class that starts prior to September 25th, 2015 in the fall term, or a class that starts before January 29th, 2016 in the winter term, you are automatically assessed the fees for the Student Health and Dental Plan, and are automatically enrolled in the plan. All credit students are assessed these fees, regardless of whether they are part-time or full-time students.

- Health Plan fee: \$100 per academic year and is charged in two payments of \$50 per semester.
- Dental Plan fee: \$120 per academic year and is charged in two payments of \$60 per semester.

This plan includes non-credit programs, students 18th+ online, auditing and apprentice students.

IMPORTANT! Opt-Out and Family Add-On Deadlines:

- Deadline (September Start): Friday, September 25, 2015 no later than 4:00 p.m.
- Deadline (January Start): Friday, January 29, 2016 no later than 4:00 p.m.

If you have comparable coverage through another insurance carrier (Blue Cross, Great West Life, Manulife etc.) and you would like to opt-out of the benefits, you must fill out the opt-out waiver form and provide the NAITSA Service Centre (E-131) with confirmation of comparable coverage (benefit card, previous claim, letter from insurance company or employer etc.) before the above deadline date. You may also complete the opt-out form online at www.mystudentplan.ca/naitsa. Please Note: Provincial Health Care is NOT comparable coverage.

There will be NO EXCEPTIONS if the deadline is missed. You will be required to pay the Student Health & Dental fees. If you miss the September deadline, your next opportunity to opt-out will be the following September (no changes can be made to plans in January). If you begin your program in January and miss the January deadline, your next opportunity to opt-out would be the following September.

Family Coverage

Eligible students on the plan can purchase coverage for their spouse and/or dependent(s). The student must complete a Family Add-on form and pay the additional fee prior to the above deadlines. Please call or visit our office in E-131 for more information.

Blackout Period

New eligible students will be added to the plan approximately 45 days from their program start date. During these blackout periods please keep all receipts for any eligible expenses incurred for submission to Great West Life, once the plan is activated. Please check with the NAITSA Service Centre to confirm the actual benefit plan start date, or follow us on Twitter @naitsaplan for the go-live announcement.

For more information on what is covered by your student health and dental plan, please visit www.mystudentplan.ca/naitsa

Introducing the Naitsa Service Centre!

This year, NAITSA is proud to announce the launch of the NAITSA Food Centre.

Hunger should not be a barrier to education, and the NAITSA Food Centre is here to help. The cornerstone of the Centre is the hamper program, which aims to provide 3 days emergency food relief for members of the NAIT community in need.

If you are interested in helping the NAITSA Food Centre combat hunger in our community, donations are always welcome. Non-perishable food items can be donated at the NAITSA office (E-131); monetary donations can be made either through the NAITSA office or online at naitsa.ca/food-centre.

Please Note: As NAITSA is not a registered charity, monetary donations to the NAITSA Food Centre unfortunately are not tax deductible.

More information, such as needed items, can be found at naitsa.ca/food-centre, by emailing naitsa@naitsa.ca, or by calling 780-471-3964.



NAITSA SERVICE CENTRE



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How to succeed in math



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Post-secondary math courses generally go at about twice the pace of high school courses, so you are expected to absorb new material much more quickly.

Math is learned mostly by doing problems, not by memorizing. Therefore, most of your math study time should be spent working through problems from your homework or textbook. Many students need to spend more than an hour of study time for every class hour of math. The good news is that by regularly doing problems you won't have to study extensively for math exams. To make your study time most effective try following these tips:

- Attend class every day and take complete step-by-step notes.
- New material builds on what you have already learned. Take responsibility for studying and recognizing what you do and don't know. Get help with concepts you don't fully understand.
- Study math before your other sub-

jects, especially if it is a weakness for you – you are most alert when you first start to study.

- Understand, don't just memorize, formulas. Be clear about when and how to use each formula you learn (i.e. Which type of problem is the formula used for? What type of wording should you watch for? What are the steps to solve the formula?).

- If you have a lot of formulas to memorize, use flashcards with the formula on one side and, on the other side, list when to use it, how to use it and a step-by-step example.

- Use your homework assignments as practice tests. Go through your notes and then set the timer and work through your homework without referring back to your notes. When you are finished go back and use your notes to complete the questions you didn't get. Mark questions that you didn't get and redo them later. You do not know the material well enough to succeed on an exam if you have to constantly refer to your notes while doing your homework.

- The best way to learn a topic is to teach someone else. If you can explain a concept to a classmate you know that you really understand it.

- Apply mathematician George Pólya's four-step process to problem solving:

1. Understand the problem. Read through it to get an overview. Reread it to identify exactly which quantity the problem is asking you to find a solution for. It often

helps to underline key parts. It is always a good idea to guesstimate an answer.

2. Devise a plan – Convert word problems into mathematics (i.e. find equations which describe relationships among the variables and describe the goal of the problem). Use one or more of the following:

- Think of every formula or definition that might be relevant to the problem.
- Work backwards; ask "What do I need to know in order to get the answer?"
- Look for a pattern.
- Draw and label a picture, diagram, or table.
- Solve a simpler related problem.
- Relate the problem to similar examples in your notes or text.
- Guess and test. This is a last resort but can help formulate your thoughts.

As you progress in your course, many problems will require several steps. Break these problems down into smaller pieces and solve each piece.

3. Carry out the plan

- When you work on homework problems write out complete solutions as if you were writing a test answer.
- Try to do your homework without looking at your notes. Referring to your notes only if you get stuck will make test taking easier.
- If your answer is wrong rework the complete problem. Don't just convince yourself that you know where you went wrong.

4. Look at your solution and ask:

- Does it look "reasonable" according to my guesstimate?
- Is it in the proper form?
- Is it answering the question I was asked to answer?

If you're having trouble, get help ASAP:

- Set up an appointment with your instructor.
- Form a study group – brainstorm solutions to difficult questions together.
- Use the Tutorial Centre on campus (drop in to Room U210 between 9 and 1:15 or 2:30 and 4:30) or the eTutor Alberta program – See details at www.nait.ca/94301.htm

- If you need help with study skills or personal problems that may be interfering with your success, book an appointment with a counsellor at NAIT Student Counselling. Counselling is free to registered NAIT students and is completely confidential.

Main Campus: Counsellors are available Monday, Tuesday and Friday 8-4:30, Wednesday from 8-5:30 and Thursday from 7:15-4:30. Call 780.378.6133 or come in person to Room W111-PB, HP Centre.

Souch Campus: A counsellor is available on Thursdays. Book in Room Z153.

Patricia Campus: A counsellor is available Tuesdays. Call 780-378-6133 to book.

Book in person at Student Counselling, Room W111-PB in the HP Centre or call 780-378-6133.

APP REVIEW

Connect, automate, enjoy

By MIKE ALLISON

The creators of IFTTT built their app around the idea of the conditional coding statement "If This, Then That." IFTTT exists as a free app for Android and iOS, and may also be accessed from any web browser of your choosing.

The truly beautiful thing about IFTTT is the simplicity of the app. In order to create a "recipe" you only need to select a trigger and resulting action, then write a description. The power behind IFTTT lies in the thousands of connections users are able to make between different apps and web services. Users just like you and I are able to create and share these recipes that add convenience to our daily lives, ultimately cutting back on cellphone use. Posting a photo to multiple social media sites with the tap of a screen is as simple as enabling that recipe. If you know of a website that displays a new picture each day, you can tell IFTTT to automatically change your phone background to the new picture so that your phone is always

feeling fresh. IFTTT can also utilize the location feature on your phone to perform various tasks. Arrived at home or school? Turn data off and set your phone to whatever ringing mode you desire. Out somewhere and couldn't catch the game? There's a recipe that will update you with the scores from all of your favourite sports teams.

I personally have used IFTTT to aid my forgetfulness, receive weather reports, find free video games and keep track of the sports world. One extremely useful recipe allows me to use a friend's phone to text my phone with a keyword of my choosing. Upon receiving this keyword in a text, IFTTT turns my phone's volume up to maximum so that I can call it and find it! If you live in a basement suite (like myself) and perhaps can't get a good indication of the weather outside from your bedroom window, another recipe can send daily weather reports at whatever time is convenient. Additionally, I have probably received 15-20 free PC games over the



www.getsaga.com

past couple of months due to a recipe that searches certain areas of the website Reddit, then e-mails me as soon as offers with the keyword "free" appear.

Unfortunately, an American carrier is currently necessary for the absolute full IFTTT experience. This is just for some recipes where IFTTT will actually need to send text messages to the phone instead of e-mails or notifications. Another drawback to the app is the information that developers require access to when installing the app. Loca-

tion is always disabled on my phone but I know some people get hung up on developers potentially knowing their location and travel habits along with other information. Regardless, I think this is a great app with near limitless potential for creative minds. I regularly see user-submitted recipes and combinations that I would never have thought of and I feel that the app offers a little bit of something for everyone.



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online voting

october 8 - october 14 @ 4pm

info stations

october 13 @ 4pm - 7pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus)
HP Centre (1st Floor)

info stations

october 14 @ 10am - 2pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus)
HP Centre | Engineering Technologies Annex Building
North Cafeteria/Fresh Express (Main Campus)
South Learning Centre/X Wing (Main Campus)
South Campus | Patricia Campus

for more information visit
naitsa.ca/elections

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