

THE NUGGET IS TAKING A WEEK OFF FOR MIDTERMS – NEXT ISSUE NOV. 5!

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TBH CONFESSES

Creator of new NAIT confessions page speaks, p. 16



NEWS & FEATURES

Hoping for more space



NICOLAS BROWN
Issues Editor
@bruchev

Space, just like time, appears to be a finite resource on campus at NAIT. Students everywhere are feeling the squeeze and it might not be getting better any time soon.

As NAIT's enrolment continues to grow, it feels like we're finding less and less space on campus. Trying to access a computer workstation at the HP Centre conjures up the thought of winning the lottery. During peak times, it can feel like you're more likely to win the lottery than find a computer. Go down a floor and you can see the Bytes food court with lines extending around the corner almost to the Advising Centre at times. No doubt this is partially due to the ever-popular Tim Hortons being part of that Food Services location, however, the lack of seating makes sitting down to eat or socialize a luxury during peak hours.

It's not just food services or technology areas that are feeling the pinch. Wander down the E Hallway and you can see many students crammed into the small study areas offset in the adjoining halls. Some students resort to lining the hallways, sitting on the floor to study or snack between classes. Have a group project to complete? There are precious few locations on campus where you can gather quietly to collaborate, mostly limited to the new Teaching and Learning Commons on the north-end of campus. We can just ignore the limited space available for students to organize social activities, since that could take an entire article in itself, but NAITSA's limited office space is indicative of that issue.

Certainly, NAIT's continued expansion, with the addition of the new HET building and the planned opening of the CAT Building in Fall 2016, will have some impact on crowding on campus. The CAT Building in particular is slated to have additional student study spaces spread throughout the building. The rearrangement of the new Teaching & Learning Commons from the Library and Project Factory, along with the altered study space in the Tower basement, has provided an additional influx of space. But is that space going to be enough?

Once many programs are relocated to the CAT Building, what will happen to the



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vacated space? No doubt more programs will be rearranged to take advantage of the space, as different programs are consolidated or expanded. Many students would say that their program area has begun to spread out, the distance between classes larger. For example, some business classes are being held in the J Wing now, no longer exclusive to the Tower building. Consolidation of programs to specific campus areas would not only reduce travel time between classes, it could encourage students to socialize more. However, less travel time

between classes doesn't mean more space.

It's impossible to know for sure what space will be opened up on campus as programs and classes are rearranged with CAT. Instead, students should focus on finding available space now, and it's time to get creative. While we still have time to enjoy them before the winter blizzards set in, outdoor study areas are available and chronically under-utilized. Once winter hits, students may need to resort to commandeering empty classrooms for study periods – study hall anyone?

Colder temperatures coming

By **BRANDON HESS**
MSU Meteorology Student

The average daytime high will now slip below the 10 C mark. Average morning lows will also be falling below 0 C. I think it's safe to say that temperatures in the 20s are done for the year. Temperatures over the next few days are going to be in the plus single digits to near the 10 C mark. Morning lows are going to slip into the minus single digits area or near freezing.

This weekend into early next week will be near or slightly below average. It will also be breezy at times. We will be getting into an upper trough later this week, which will bring in northwest winds. Early next week, winds will switch to southeast. The high pressure system will move down and clear the sky.

Heading out the door to school, you will need to be dressed warmly and the same goes for the end of the school day, too. It may be clear at times but do not let the clear sky fool you.

Did you know?

Today we will talk about a concept called "altitudinal zonation." This occurs in areas of the world where you can get sharp contrasts between areas of different elevation. For example, the top of a mountain has a high elevation and the bottom of the mountain is low elevation ... and both see dif-

ferent living conditions. In Mexico, there are five different zones used to describe different levels above sea level or different levels from the foot of a mountain up to the top.

The lowest zone is called Tierra Caliente. This level of elevation occurs from sea level up to about 750 metres. Here we see bananas, sugarcane, rice and other tropical crops growing.

Moving further up in elevation, we see the level called Tierra Templada. In this zone, we see coffee, corn, wheat and vegetables growing. This zone is where most of the population lives. The temperatures in this zone are cooler but still comfortable to live in. This level occurs between 750 metres and 1,800 metres.

Even further up, we reach the Teirra Fria zone. This zone is right beneath the tree line and here we see the growth of potatoes, barley, wheat and dairy. This zone is in the higher Andes Mountains. Occurring just below the tree line, this is the highest elevation that you can go to see the growth of trees. Move up

any further and temperatures are too cold to see that kind of vegetation. This zone is between 1,800 metres and 3,600 metres.

Then, we reach Teirra Helada. This zone is found between 3,600 metres and 4,500 metres. Since this zone is above the tree line, we do not see any tree growth, only grazing livestock such as sheep.

The highest level, called Teirra Nevada, is permanently covered in snow and ice. This zone, for example, would be the peak of the Andes Mountains. Now you know.





Photo by Gier Buterman

Juggling Club president Jay Chun practises flow art with a ball.

'Art and engineering'

By GIER BUTERMAN

Are you an aspiring juggler with nowhere to practise? Look no further, as NAIT finally has its first ever Juggling Club. Jay Chun, currently an international student in Architectural Technologies, and founder and president, explains why he felt the need for the club.

"I started this club because it wasn't there, juggling helped me get through things in life ... I thought it would be nice for a school setting."

The new club meets at the entrance of the Shaw Theatre in the X-Building every Monday from 6-8 p.m. The Juggling Club is a "practical mix of art and engineering," said Chun. Currently, there are nine members in the club, including Chun, who hopes to increase the numbers within the near future.

The Juggling Club may have some difficulty in finding new members because "when you say 'juggling,' people think three balls and clowns" and "there's a stigma around juggling towards being just dumb," said Chun.

However, Wikipedia describes juggling as "the manipulation of objects for recreation, entertainment, art or sport," which does not limit jugglers to just three balls, nor does it require them to be a clown. With a similar mindset, the Juggling Club and Chun strive to create a new working knowledge of the performing arts and a new community within NAIT through the art of juggling.

The club runs workshops and training sessions or "juggling jams" to practise, have fun and learn new types of juggling. Some of the types are toss juggling (three balls), club juggling, poi, devil stick, hula-hoop, folding fans, diabolo and more, including riding unicycles. These skills are not solely honed by Chun himself but are divided among club members. Their acquired knowledge and skills are shared.

Students who are interested in joining the club do not require any prior experience. For example, Chun began juggling three years ago after a short career as a magician but soon found passion in flow art or juggling. He started by practising contact juggling, a balancing act of optical illusions and suspension. After he was introduced to this world of flow art, he began to explore all the types of juggling he could get access to.

Eventually, the club would like to be involved in performances and fundraisers to build awareness for their group.

"After we build a reputation, we might be able to perform for other faculty groups around NAIT campus," said Chun. Perhaps next year the club could participate in the open house exhibition.

Chun stresses that the Juggling Club is "open for everyone to learn" and needs more members. Chun looks to the Juggling Club as a way to become a travelling artist around the world.

"I want to be good enough that language wouldn't be a barrier; to just go anywhere."



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Turnout up for federal vote

By **MICHAEL VECCHIO**

With a new Liberal majority government under Justin Trudeau and with a 68 per cent voter turnout, things are looking a little different on the political landscape.

The once powerful NDP suffered a shocking blow in Quebec and Ontario and even with picking up a few seats in BC, it has been reduced to third-party status. The Bloc Quebecois experienced a modest rebound to 10 seats in Quebec as well, with the Green Party holding onto to Elizabeth May's stronghold of Saanich-Gulf Islands. The big story though, is the Liberal sweep across much of Eastern Canada, contrasted with the stubborn Conservative resistance in the Prairies.

At 78 days, the campaign proved to be quite unlike its predecessors. In a campaign that managed to see several issues and controversies arise, voters were asked through it all whether it was in Canada's best interest to stay the course or boldly choose a new direction for the nation. But

in a marathon campaign period, how attuned would the average Canadian voter be in the face of so many promises, scandals and pleas for support?

Voter turnout in Canadian elections has always fluctuated but the Canadian electorate has usually always been engaged in the political race to Ottawa. Hovering at around 70 per cent as an average rate of turnout historically, our last several elections have garnered record lows of voter participation. In the 2011 vote, just 61 per cent of eligible voters cast a ballot and in 2008 that number was 58 per cent, the lowest turnout in history. Indeed, these recent numbers are a far cry from elections like 1958 where a resounding 79 per cent of voters made their choice in the election that saw John Diefenbaker claim what was then the largest single parliamentary majority.

In advanced polls that were open from Oct. 9-12, which included the Thanksgiving long weekend, a new rec-

ord was set. Some 3.7 million Canadians voted ahead of election day in a number that amounts to an increase of 71 per cent from the 2011 advance polls. On Friday the 10th alone, 850,000 ballots were cast!

Could it be that the long campaign reminded voters of their duty? Or was it simply a near decade of Stephen Harper's leadership that finally soured on the population? Ultimately, it was a combination of these factors and many others that seemed to embolden in Canadians that our democracy is not something to be taken for granted. And for many new young voters and students, including at NAIT, the opportunity to be involved and valued as a member of the decision process sparked a fire that can hopefully continue to burn in the future, not just for this election but the ones in the future.

Whether it's a veteran voter or a young first timer (of which there are many) the importance of having a say has sunk in.

Boot camp for entrepreneurs

By **ELYSSA TESLYK**

There are many students that attend NAIT in the diverse programs that are offered, who have a passion for entrepreneurship or out-of-the-box ideas that facilitate a competitive advantage in their respective fields.

NAIT New Venture held a three-day startup on Oct. 16-18. The boot camp had no requirements, aside from enthusiasm and interest in entrepreneurship.

"It is a free workshop that provides [students] an opportunity to get [their] hands dirty and learn how to build a business," says Robin Mazumder, who is assisting in the facilitation of the event.

NEW VENTURE AT NAIT

The three-day startup was 72 hours of learning-by-doing, which taught skills in a hands-on environment by allowing participants to start a company in groups with other entrepreneurs.

The boot camp allowed participants the eligibility to participate in subsequent workshops that further their new ventures. Essentially, the best way to learn how to start and run a successful company is to start one in a risk-free environ-

ment or simulation. What if you build a prototype that does not work? Or sell a product or service to a customer that fails? Perhaps you have a marketing plan that fails because you don't have a strong skill set in that field. NAIT New Venture can provide the skills necessary to build a business in ways that sometimes a lecture or textbook just can't offer.

For any entrepreneur, it sounds pretty exciting and possibly the next move into

turning a dream into a reality!

Although not a prerequisite, the information and skills learned at the boot camp will be beneficial opportunity for those who may be interested in the New Venture Hatch Challenge, as it helps individuals to build a quality application.

Last year, New Venture awarded \$30,000 and office space to a few companies and is currently sorting out the details for the next Hatch Challenge.

Students interested in receiving information regarding New Venture can sign up for the newsletter on their website at naait.ca/52909.htm

REFLECTIONS & INSIGHTS

Watch for light at end of tunnel

By **JAGRIT BAJWA**

"We must accept finite disappointment but never lose infinite hope."

— Martin Luther King Jr.

In this hardball world, one comes across many disappointments every day, be it a student not getting desired marks, a player not performing well, an employee not getting a desired promotion, a child not getting a desired gift, a romantic partner not behaving as expected, unwanted scolding from parents, etc. These situations, and many others, create an unpleasant atmosphere and thus you feel disappointed. This disappointment further acts like a drainage system and you just get soaked within yourself. You start spending more time with this drainage and then the disappointment creates a multiplier effect.

The greatness of this nature is that it also multiplies. If you start feeling the good, enjoy what nature gives, then nature will bring more joy to you with a magnification. But if you begin to feel that everything bad happens to you alone or, not enjoy what nature gives you, then nature multiplies that, too! One problem comes with another, one bad emotion comes accompanied by another bad emotion.

This is like, despite having everything you still find yourself in a place where you can't feel good or find a way to shatter your disappointments. Everyone gets caught up in such situations but you could be new to my point of view, so I would love for you to explore further.

Contestants in many singing, dance and other reality shows are greatly disappointed when they do not win or garner much appreciation. They feel disappointed but they often fight back hard and come again with better performances. Such little struggles make you learn how to deal with those disappointments.

Disappointment comes when expectations are much higher than what is realistic. The bigger the gap between the two, the bigger the disappointment. One can always make sure to keep away from too high expectations and over thinking. The level of disappointment you feel will decide the level of misery you are going to be in. Your intelligence will decide if you can see light at the end of the tunnel.

There is always something which can keep you moving. A little extra enthusiasm in the bad times can change the world around you and that little hope can soon open you up to

a world where you start believing that things are still possible, if only you maintain your patience. All great achievements are only attained because of the extra faith that a person has in their abilities after everyone and everything else stopped going their way.

The conviction of your beliefs are all that sustains you when nobody else will! The thunderstorms never last forever and when they go quiet you can always carry on with your journey, visualizing the brighter side of your upcoming future.

Live, laugh and love.





Photo by Sheeba Lindseth



Photo by Tom Armstrong

OPEN HOUSE

Students greet visitors to NAIT's annual Open House, which was held on Oct. 16 and 17 and featured more than 100 displays and interactive exhibits for potential students. The event is NAIT's largest annual recruitment event, regularly attracting over 13,000 visitors.

Student senators chosen

By WARREN MULVEY

The campaign has ended, and the electronic ballots have been counted. A record number of students elected a full slate of representatives for the student senate for the 2015-2016 year. The official results are:

Building Construction and Design: Shawn Fairbridge and Karen Huang

Business and Administration: Shamaim Arshad and Calli Barker

Culinary and Hospitality: Genevieve Mirezu and Clayton Stevens

Engineering Technologies and Academic Upgrading: Mikayla Luchkow and Kanku Ndumbi

Environmental and Natural Resources Management: Tobe Konyerem Achimole-Ibe and Chelsea Gates

Health Sciences: Joshua Schaefer and Amy Sulz

Information Technology and Electronics: Ace Bellikka and Aaron Champagne

Media Design: Gier Buterman and Cory Sellar

Skilled Trades and Apprenticeships: Mark Braun and

Daniel Inkpen.

Media and Design had the highest voter turnout, at 25.6 per cent, which is twice the turnout compared to last year. Building Construction and Design had the largest increase in voter turnout compared to last year. Twenty two per cent of those students voted, three times higher than in the previous senate election.

Overall, each constituency saw an increase of voter turnout compared to last year. Allanah Wrobel, NAITSA VP External and the deputy returning officer for the election, said that the voter turnout hasn't been this high in a number of years. Wrobel attributed the increase in many constituencies to increased numbers of candidates.

"The more students they have running, the more people know, thus the more people will vote," she said. "They had that option and, when that happens, the word of mouth spreads."

The senators got right to work. This past Thursday evening, they met for the first time to learn how to be senators. They attended a mandatory training session wherein they learned some basics in *Robert's Rules of Order*, how to address each other during the meeting and met the chair of the senate. The

rules the senators must follow are important so that meetings can be efficient and productive. This election saw four incumbents return, which will help expedite the learning curve for the 14 new senators in stepping into their roles.

"They will help build the momentum and build it faster," Wrobel said. "They are going to be able to challenge us as executives more, at a higher level and faster."

Despite the excellent turnout and all the positivity of the coming year, Wrobel recognizes that there is always room for improvement in getting the word out to students about the election.

"The fact that we have the numbers we do is fantastic, but they can always be better," she said. "We want those numbers to go higher; the more students who know, the better." Wrobel said NAITSA will focus on raising awareness about the senate and the annual fall elections, especially for first-year students.

The senators move on from their training to their first meeting and will meet once a month (twice in February and March) for the remainder of the 2015-16 year.

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INVESTING – JAPANESE CANDLESTICKS

Technical Analysis 102 ...

By **SANGHOON DARREN LEE**

We have all had the experience of drawing line graphs. From temperatures to statistics, we use graphs. Why do humans like drawing graphs? People like to see pictures, summarizations and illustrations rather than writing. Most of the time, the pictures are easier to comprehend than long essays.

Investors follow stock movements in graph form to get a summary of the price action of a stock over a chosen time period. Of course price history in table form is available, but it is very rare to meet someone who prefers price history tables over simple graphs. History tables are frequently difficult to read, showing large amounts of data in very small text, turning an already difficult task for most people into a nearly impossible task. Many people use line graphs instead but some people prefer Japanese Candlesticks.

Typically, a candlestick pattern is viewed as a combination of the line chart and bar chart, representing four important pieces of information; the opening value, the closing value, the high price and the low price. Each candlestick represents a single trading day. The appearance of each candlestick can say many things that indicate different results for that particular day.

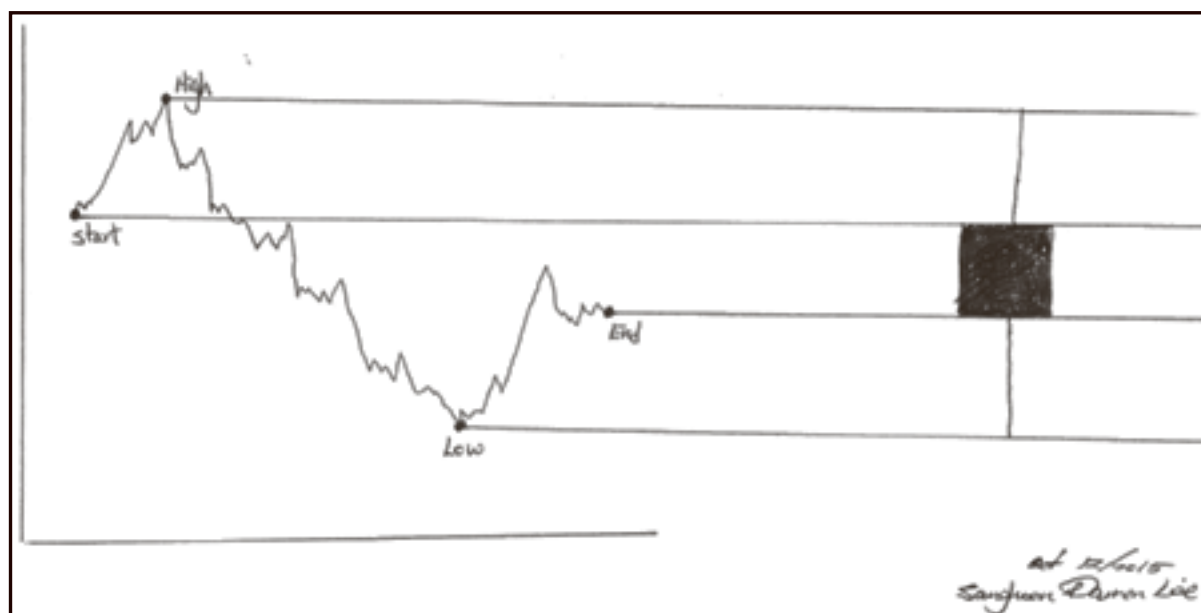
The candlesticks have two components: the body and shadows. A black or red body means the start price was higher than ending price or the price is declining. On the opposite side, a white or green body means the ending price is higher than the starting price or the price has increased. Shadows show the stock's highest and lowest prices within the range that day. There are also unique indicators that can be useful in the candlestick pattern. A hanging man pattern

has the body with no upper shadow and a long lower shadow which denotes a bearish pattern during an uptrend, which could be compared to an inverted black hammer, shown as a long upper shadow with no lower shadow (like an upside-down hammer), which denotes a bottom reversal.

However, the candlestick pattern has one crucial weakness. By looking at the candlestick, we can learn how the price moved over the course of the day but we would not know how volatile the price movement was. Let's say the price went from \$8 to \$15, 10 times in a day. Unlike the

line graph, which could adequately display this rapid price movement throughout the day, the candlestick pattern is unable to accurately display volatility, only showing the cumulative effect of the price movement during the day.

Next time you are looking at stock charts, you may want to use Japanese Candlesticks charts instead of line graphs or bar graphs. Candlestick charts provide a variety of useful price summaries in an easy to use form and allow quick interpretation of stock information without delving too deeply into long data tables.



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THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

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CANADIAN

OPINION

— Editorial —

Marriage is a sham



TAYLOR BRAAT
Editor-In-Chief
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Avril and Chad, Ben and Jen, Gwen and Gavin, Miranda and Blake ... The list goes on and on. 2015 was the year of celebrity divorce but isn't Hollywood just a microcosm of society? Marriage is a promise, yet it is constantly broken. Broken promises are the ultimate oxymoron. A broken promise was never really a promise in the first place. If two people want to be together, let them! If they want to split up, let it be so. Let's take marriage out of the equation and let love speak for itself.

There's no doubt about it, Hollywood has made a complete mockery of marriage and the average span is often woefully short. Kim Kardashian has been married three times. Her most public and laughable marriage was to Kris Humphries. They had a gorgeous \$30 million wedding and a marriage that lasted 72 days. They divorced, citing "irreconcilable differences" but if it takes you 72 days to figure out that these differences are so irreconcilable, you probably don't know each other well enough to be getting married in the first place.

Marriage is nothing but a caveman tradition that has lived on for way too long. We don't publicly hang people, so why do we have to profess our love publicly for it to be official? I don't mean to sound cliché but "come on, it's 2015", (yes, I did just officially name that sentence a cliché). Marriage is passé and unnecessary. Why does a party and a contract mean that I love someone? Can't I share an unbreakable bond without being in an agreement under the law? Wedding cakes alone are extremely expensive and I think that money would be much better spent making memories that strengthen a union rather than test it.

47 per cent divorce rate

If and when I choose to break up with someone, I want it to be as painful as the termination of the relationship built, instead of the legal and financial agony that a marriage creates. We have to get real here, with a statistic like a 47 per cent divorce rate there is no such thing as "as long as we both shall live" all of the times it is promised.

I'm a female, I listen to other women talk about their weddings and their bridesmaid experiences all the time. I smile and speak words of encouragement, "that is so cute, and so unique – I love that idea" – it's just something that I do. Now, do I think I will get married? I really don't know. Love and relationships are always going to be something I want but a wedding has never painted beautiful pictures in my dreams and it is just not

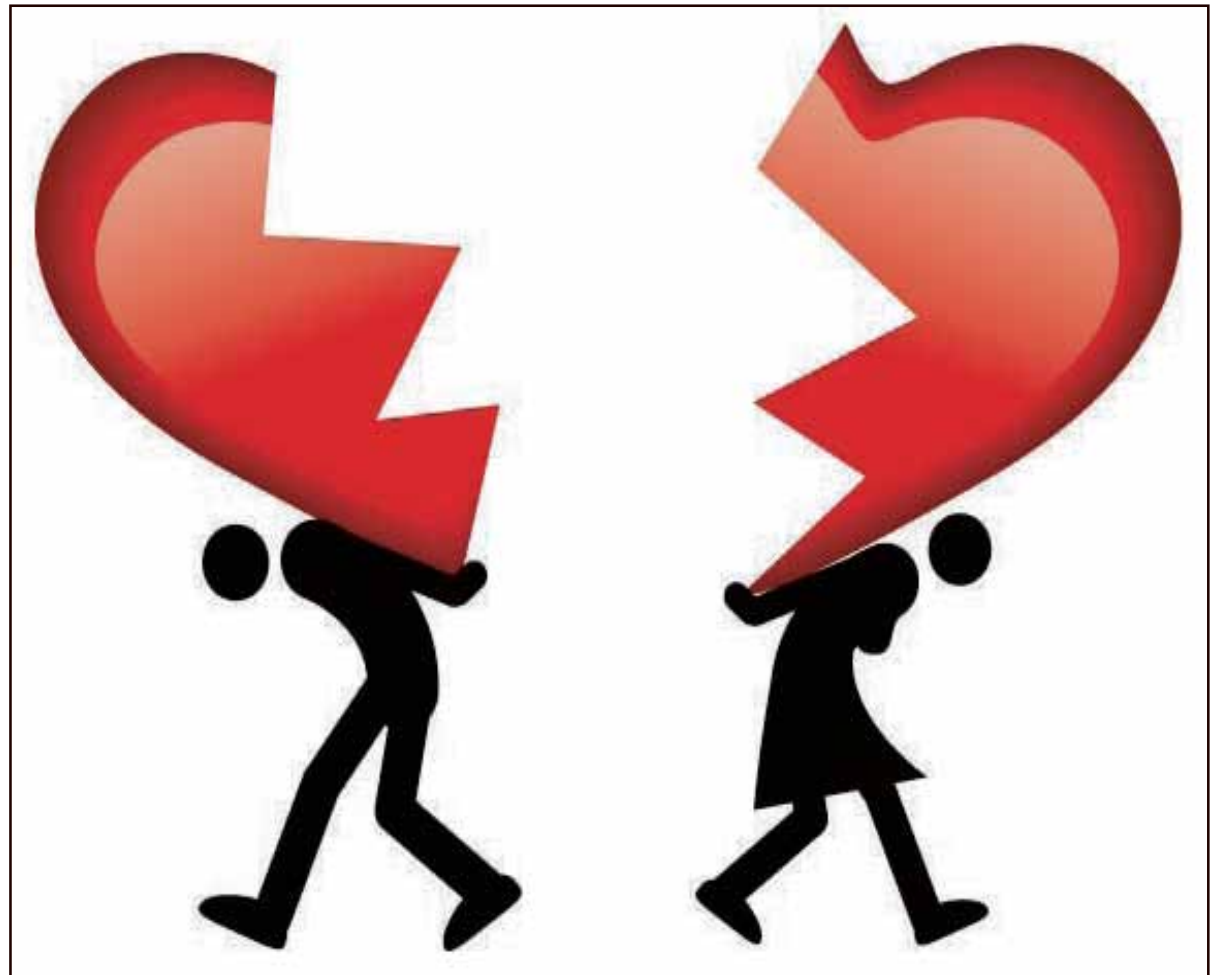
something I think about. It's not only up to me, after all. If it becomes a deal breaker, I will push for elopement. I sure as hell am not spending all that money or worse, going into debt, for this massive celebration that takes place over a period of one day.

Not only is this one day just way too expensive for what it is worth, it is something that has actually been proven to change a relationship. Sometimes for the better, sometimes for the worse. A relationship should never be altered so significantly by an occurrence or event. A relationship is a precious unity that should be based on the two people sharing it and nothing more.

Marriage was founded on commitment and I have noticed the two words are often synonymous but I think

they can exist without one another. I am not saying that commitment is dead (depending who you're talking to), but I am saying that marriage should be. We can still be great parents without matching rings and we can still own houses with the loves of our lives while lacking a wedding album. I was born out of wedlock but I really think that it made us all a little freer. Maybe I'm jaded or maybe I'm enlightened ...

In this modern age, we have let go of a lot of social norms and I think it's time we let go of this one. Next time your aunts barrage you at the Thanksgiving table with their inquiries on your "big day," tell them to watch the news! Times are changing and this contract that we call marriage needs to go.



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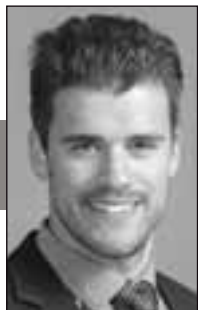


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SPORTS

Rabid sports fans – relax



JOSH RYAN
Sports Editor
@JoshRyanSports

I began typing words on a Saturday evening, around supper time for most folks, after reading on the Sportsnet Live Tracker that Jose Bautista flew out to end Game Two of the ALCS, a 6-3 Blue Jays loss. Immediately, anger and despair took over social media as vicious barbs were thrown the way of players, coaches and management, along with proclamations of the end of days. Generally, this sort of behaviour bothers me because it's lazy, lacks perspective and holds no accountability. But what's most perplexing about this particular case is we (Blue Jays Nation) just went through this a week ago. How is it possible that no one possesses enough memory storage inside

their craniums to last over seven days?

Admittedly, Texas isn't as strong a squad as the Kansas City Royals but they certainly aren't a pushover. And when the Jays were down 2-0, they faced elimination for three straight games, two of them on the road. Despite the quality of opponent, there's no reason for Jays fans to knee-jerk and lose all reason and rational thought before reacting to any situation but this isn't uncommon for a large fan base. In fact, it's a weekly occurrence in all sports.

The NFL, for instance, is a perpetual cesspool of the very worst of fandom. Game-to-game, teams are either Super Bowl contenders or soon-to-fail pretenders. Last season, when the Green Bay Packers lost a few games to start the year, angry and confused voices clamoured for changes in management and an investigation into why Aaron Rodgers' play was anything less than the reincarnation of Jesus Christ on a football field. The star

quarterback went on radio to say "Relax, we're going to be OK," and soon after, fans at Lambo Field transformed from an angry mob into a tidal wave of joyful roars again. That is, until the shocking final minutes of their loss to Seattle in the NFC championship.

Hockey fans are equally guilty of the knee-jerk syndrome. Less than

two weeks into the NHL season, viewers and broadcasters alike are crowning the Montreal Canadiens champions and declaring the Calgary Flames and Columbus Blue Jackets failures, despite no team having played an eighth of the scheduled games. One

five-game win streak can change the perspective of a franchise league wide, yet we're ready to make judgments on a team's fortunes in April six months in advance. A big part of the problem was mentioned earlier – the broadcasters and analysts.

Men and women are paid to give their opinions and analysis because, in

theory, they bring knowledge and credibility not available on the street. At least in theory, because more and more shows on ESPN, FOX, TSN and Sportsnet are increasingly filled with gut reactions to the happenings in the sports world, with vigorous hot takes rather than carefully constructed insight. At times, this sort of vitriol provides a wealth of entertainment, particularly on Sportsnet's *Tim & Sid* but when the majority of sports fans tune in to watch *Monday Night Football* or *Hockey Night in Canada*, there's a desire for articulate and researched analysis.

To effect change going forward, we (the ever-growing mass of exhilaration and hate that's eating popcorn in living rooms, guzzling alcohol in bars and urinating on Main Street) must demand better from both our TV personalities who cover the game and ourselves. If you're frustrated with shows that choose the eyes-glued-to-watch-a-train-wreck style, turn off the television and send the company feedback via e-mail (politely of course). And when you're cheering for your favourite team, whether it's the Jays, the Oilers, the Ooks or Jimmy and Bobby's peewee Kodiaks, just remember to think before you react.

The NFL, for instance, is a perpetual cesspool of the very worst of fandom. Game-to-game, teams are either Super Bowl contenders or soon-to-fail pretenders.

VOLLEYBALL

Men, women one for four

By **JOSH RYAN**
Sports Editor

Volleyball this year began with a mixture of frustration and exhilaration.

The Ooks women's and men's teams opened the season against the King's University College Eagles, with the ladies losing both matches and the men sweeping the weekend. NAIT's women lost on the road in four sets and fell short of completing a fifth set comeback at home 2-3, while the men squeaked out a 3-2 win at King's before losing in straight sets in the home opener.

The women began their season playing shorthanded, with injuries throughout their lineup, including starting setter Megan Smith, forcing first year Cheyenne Zweifel into the starting lineup. Saturday's home opener was filled with growing pains as the more experienced Eagles largely had their way with the Ooks in a 14-25, 17-25, 25-21, 15-25 NAIT loss. Veteran outside Candice Hughes led the Ooks with nine kills and two aces while rookie libero Lauren Smith had 15 digs in her ACAC debut.

Saturday, the Ooks came out with a new energy, playing spectacular defence and getting great, aggressive swings on the outside from second year power Nalani Stang to win the opening set 25-22. King's steady attack and service pressure gave the Ooks trouble in the next two sets (15-25 and 22-25) but NAIT battled back in the fourth, 25-21, to stay alive. In the fifth however, a couple of untimely errors and Eagles' kills on long rallies led to a 9-15 loss.

Stang and Joslyn Peters led the team with 11 kills, Zweifel showed in-match improvement in distribution and three aces and Hughes added 10 kills and a match high 16 digs.

Friday night, the men jumped out to a quick five-point lead before the Eagles stormed back to tie things at 18. The Ooks outlasted King's to take the first set 25-19 but the home team responded minutes later, bolstered by the home crowd, to tie the match, 16-25. The third frame was a tight battle, in which NAIT squeaked out a 28-26 win but the Eagles responded 20-25 in the fourth. Finally, NAIT gained enough momentum to clinch the fifth, 15-11.

Trevor Zemlak and Teodor Kostelnik had 14 and 13 kills respectively, while Brayden Kennedy dished out 47 assists. While not King's made a number of untimely



NAIT photo

Ook right side Cole Burkart spikes the ball during NAIT's home opener Saturday against King's.

errors, men's coach Doug Anton was proud of the team's effort in the season opener.

"I think that was a good win for us and an important win for us to start the year."

Saturday, our fierce owls weren't so fierce to start the match, as King's took the opener 25-15. The Ooks pushed back in the second, before the Eagles snuck in a couple of big points to win 25-23. A back-and-forth battle in the third broke open late, as the Eagles star middle Olivier Prophete was unstoppable at times, guiding his team to the 25-16 victory. Justin Knight received player of the game for NAIT with 11 kills.

"King's played really well today and we didn't do a great job controlling their hitters," said Anton. "We had some youth on the court today that we are trying to get experience and this is part of that growing process that we need to go through. The toughest thing to do in the ACAC is win two in a row."

The two squads have a bye week to rest and regroup before travelling to take on the Grande Prairie Wolves on Oct. 30 and 31. Those matches are available for live viewing online via SportsCanada. TV.

Keeping Score

Best fictional athlete?

Welcome back to *Keeping Score*, the weekly debate on a chosen topic in the world of sports. This week, "NAIT NewsWatch" anchor Brennan Klak returns for a lighter debate than usual but filled with more entertainment than a post-game interview with Gronk. We're talking about the best fictional athletes in film. Here were the ground rules. One, no based-on-true-stories (obviously). Two, the athlete must appear on camera competing in their sport for at least 10 minutes. And three, the athlete must look convincing to the trained sports eye, unlike Michael J. Fox in "Teen Wolf." There are so many great professional athletes in film that stick in our memories for their bombastic personalities, exhilarating athletic feats and ridiculously combed hair. There's Jesus Shuttlesworth in "He Got Game" (played by NBA star Ray Allen), Tom Hanks' titular "Forrest Gump," Robert Redford's Roy Hobbs in "The Natural" and many, many more. But who are we selecting? Read on...



JOSH RYAN
Sports Editor
@JoshRyanSports

How can anyone pick a fictional athlete other than Rocky Balboa? He's one of the most iconic sports figures of the past century and he's fictional. There's an actual statue in Philadelphia in his honour! Whenever we think of underdog stories, Rocky is the archetype for the genre. A guy down on his luck who turns his fortunes around through grit and determination. The original film transcended sports films and is a monumental achievement in cinema history. And the biggest reason for its success is because of the character himself.

Rocky Balboa had a career record of 57 wins (51 by KO), 23 losses and one draw. He took the world heavyweight title from Apollo Creed (a boxer with a record of 48-2), defeating him in a rematch. He regained his title from the rage-filled monster known as James "Clubber" Lang, after losing it to the trash-talking puncher prior. Then, he survived a bout with a professional wrestler (played by Hulk Hogan) before avenging the death of his friend by defeating Russian PED experiment, Ivan Drago.

Rocky IV provides all the proof you need for this argument. Drago trains with 1980s state-of-the-art equipment, while getting routine steroid shots. Rocky is out in

the Russian wilderness training the American way by sawing and carrying logs, lifting rocks and (when he has a minute) helping civilians free their horses stuck in snow drifts while he's out on a run through the wintery countryside. He does pull-ups from barn rafters, scales mountains and chops down trees with a small axe like the true American that he is. "Clearly" he trains for a fight the "right way," as drugs would never in a million years be the source behind his ridiculously ripped physique. Those are American muscles, after all. He proceeds to defeat the "roided-out" Drago after 15 gruelling rounds and gives one of the greatest speeches in cinema history, uttering the famous words "anybody can change!" That's right, it wasn't negotiations and reform that ended the Cold War, it was an everyday underdog from the city of Brotherly Love punching communism square in the face!

Even after that iconic moment, the Italian Stallion wasn't finished. He came out of retirement in his 60s to fight the current world champion, Mason Dixon and survives to the final round. He's a senior citizen who survives against the best boxer in the world! Even the ageless wonder, Roy Hobbs, was only in his 30s when he got his shot at the majors. Giving even more credence to this accomplishment is behind the scenes in the film, when Stallone took real shots to the head from a trained boxer.

There are many unforgettable fictional athletes. But none of them out muscled Mr. T. None of them were followed by a parade of children down Main Street. None of them took out Hulk Hogan, scaled a mountain and defeated communism, all in just one movie! There is only one worthy of this title. It's Rocky.



BRENNAN KLAKE
@nhlupdate

I'm a guy who enjoys a good underdog story, whether it's a classic tale like David versus Goliath or a more modern success like the Miracle on Ice.

I'm the guy who sits on my couch on the opening day of March Madness, grinning when a team like Harvard or Georgia State takes down a juggernaut school in the dying seconds of end-to-end basketball.

It's no surprise then, that my pick for best fictional athlete of all-time is an underdog. In *Dodgeball: A True Underdog Story*, Peter La Fleur (played by Vince Vaughn) is the long-time owner of Average Joe's, a run-of-the-mill gym with an odd group of misfits and personalities. It doesn't have the sex appeal and buff roster of its rival Globo-Gym, which seeks the purchase of Average Joe's to turn it into a parking garage; an inevitable end nearing for La Fleur and his pals. Only one event can stop the sale – a dodgeball tournament with a \$50,000 prize.

This is where La Fleur earns his rank. His team has no business contending in the tournament but La Fleur manages to lead the team as captain, receiving timely contributions along the way from key members like a raging Gordon Pibb or his not-so-secret crush, Kate. Right before facing Globo-Gym for all

of the glory, everything goes awry. Head coach Patches gets flattened and killed by a neon sign and half the team disbands, almost disqualifying the Average Joe's from the tournament. La Fleur sells the gym to White Goodman, the evil head of Globo-Gym for \$100,000 and it all appears to be over.

However, La Fleur passes up quitting.

The team rallies to play in the final. It gets down to La Fleur and Goodman in a sudden-death overtime battle and La Fleur blindfolds himself. "Bold strategy, Cotton," let's see if it pays off for him. Under immense pressure, in front of his team and all of the fans at home on ESPN8 – the "Ocho" he dodges a perfectly thrown ball to the face by Goodman in Matrix-like fashion and pegs Goodman right between the eyes with an absolute laser of a throw. It's an extremely clutch sequence of events. Average Joe's wins.

La Fleur sold his gym, though. It's already over ... until he reveals he put the \$100,000 he grabbed from Goodman's pocket and bet on the team. He turns the underdog bet into \$5 million and buys not only Average Joe's back but also a controlling share of Globo-Gym. Jedi-mind tricks, if you ask me.

La Fleur comes up clutch, lands his crush, receives his gym back and grabs the top dog rivals across the street as a bonus. He throws a mean dodgeball with incredible reactionary time for dodging but it's the mental games he can play while maintaining an average likeable persona that only the best of athletes can pull off.

Yeah, I could have picked Rocky Balboa, but I wanted to go bold. Hope it pays off.

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.

MEN'S HOCKEY

Undefeated after six games

By WARREN MULVEY

It was another exciting weekend for Ooks men's hockey. On Friday night, the Ooks torched the SAIT Trojans 7-1 at SAIT Arena in Calgary. On Saturday, the Ooks again beat the Trojans 5-1 in front of a near-capacity crowd for the Alumni Game at NAIT.

The Ooks remain undefeated after six games and have not allowed more than three goals in a single contest this season.

A major theme of this weekend's games for the Ooks was teamwork. Friday's game saw seven different players score NAIT's goals. Head coach Mike Gabinet said the team played excellently away from home. The entire team, led by team captain Scott Fellnermayr, has been practising extremely hard.

"I'm a big believer that the game is fair: if you play the game the right way, it rewards you," Gabinet said. "Those guys

were rewarded last night for playing hard hockey and going into the tough areas. It's funny how when you do those things, the puck finds the net for you."

Ook goaltender Kenny Cameron was outstanding, stopping 33 of 34 shots. Including this weekend's games, he has allowed three goals in four games and has stopped 124 of 127 shots for a stellar .976 save percentage. Gabinet again noted the importance of practice.

"He's a really focused kid, he's always critiquing his game. He's a nice calming presence in the net right now."

On Saturday, the Ooks faced SAIT at home for the annual Alumni Game. At a ceremony before puck drop, the Ooks Men's Hockey Alumni Association presented a cheque of \$210,000 for student athlete scholarships. Before the game, Gabinet

talked about importance of NAIT alumni in the success of the hockey program.

"For any elite program, you need the support of the alumni. They're a huge contributor to our program for our success ..."

The Ooks demonstrated their excellence by once again defeating the grumpy Trojans. NAIT was all over SAIT in the first period, with four different players finding the back of the net. SAIT came out flying in the second period, throwing hard checks and finally beat Cameron to narrow NAIT's lead to three. Halfway through the second, a brawl erupted when tempers finally boiled over after a hard-fought first half. The referees handed three Ooks and four Trojans each 10-minute misconducts.

The third period was comparably quiet, as NAIT added the fifth and final nail in SAIT's coffin (courtesy of Jordan Wood) to

end a tempestuous home-and-home series.

Keenan Bailey, the Ooks player of the game, had two assists. After, he talked about standing firm despite SAIT's aggression.

"SAIT's always played like that," Bailey said. "They've been chippy. Our coaches came into the room and told us to stick to the game plan and take some punches in front of the net if we have to."

Bailey added the team was excited to play in front of the boisterous Alumni crowd. "It was awesome and they're a great support for the team. There was a lot of people in the stands tonight and it helps to pump the boys up."

Next, the Ooks take on the MacEwan Griffins Friday at 7 p.m. at NAIT Arena and 8:15 the following evening at Bill Hunter Arena.

SOCCER

Women, men one and two

By CRAIG FRASER

The NAIT Ooks soccer teams came out of a tough weekend of back-to-back games, nearing the end of the season and provincials.

Both squads took on the Concordia Thunder on Oct. 17 and came up victorious, the women 2-1 and the men 2-0. The following afternoon, the women ended their home stand undefeated with a 3-0 shutout, while the guys played CCAA No. 1 seed Keyano to a 2-2 tie. NAIT's footy teams finished first and second in the standings, respectively.

The women's team opened up the action at noon Saturday in the first double-header. Kayla Michaels scored in the final minute of the half to put the Ooks ahead, but Concordia responded with their own tally seconds later. Michaels notched her second in the 88th minute to give her squad the victory. Women's coach Carole Holt said that Saturday's game was a tough contest for her squad.

"It was a physical game and we knew Concordia would be ready to play as both our teams were tied for top spot in the Northern Conference going into the game."

Holt added that the team's performance, while not its best, was gritty and she was proud of how the players responded. Goalkeeper Kailey Harder was outstanding for the team and came up with some big saves in the second half to seal the 2-1 victory.

The men's squad put up a solid effort Saturday afternoon as well, fighting off a determined Concordia squad. Head coach Charles O'Toole said he was proud of his team's effort and they deserved the win.

Sunday, Oct. 18 kicked off once again against the Keyano Huskies, with the ladies

coming to Edmonton to take on the Ooks. There was no doubt of the dominant team during the game, as the ladies romped to a 3-0 decision. Michaels scored her league leading 17, while Wendy Abramenko added a pair of her own. Holt said it was a special day because of the game being the Graduating Players Day, which is always special. Jenna Kleebaum, Sabrina Jhamandas, Michaels and Kelsey Mitchell will graduate, while Abramenko also leaves the program at season end.

"These players will be very hard to replace and I felt as though the team played for them on Sunday," said Holt. "The 3-0 win was a great way to close out the weekend."

In the men's heated contest against the Huskies on Sunday, which saw a number of ejections, Edem Mortotsi and Igi Broda scored for NAIT. While the guys were unlucky not to come away with a win, it was good for the team to have a tough test going into the post season.

"This was good preparation for us as we head to Provincials in two weeks," said O'Toole. "We are looking to build on our performances from this past weekend to make a run at another provincial title and a trip to nationals. We are healthy and, with one game remaining in our season, we are looking to finish strong."

The men are also graduating four players – Mortotsi, Broda, Tarik El-Assal and Jahmed Mayes.

The Ooks soccer squads look ahead to this weekend when they'll play their last regular season games of the year on Sunday, Oct. 25, on the road. Both teams will make the quick trek to Concordia to take on the Thunder before getting ready to enter ACAC Championship games on Oct. 30. Game

times are noon and 2 p.m. For the conference tournaments, the ladies team will have to travel to Grande Prairie, while the men

must make the long haul to Fort McMurray, as the championship will be hosted by Keyano College.

Athletes of the week

October 12-18

Kayla Michaels Soccer



In the final home games of her career, Kayla once again put up big numbers leading her NAIT women's soccer team to a 2-1 win over Concordia Saturday and a 3-0 win over Keyano Sunday. Kayla scored both goals Saturday, including the game winning goal in the last minute and then added another one Sunday giving her a league leading 17 goals on the season. The Ooks remain undefeated and are ranked No. 2 in the nation's CCAA rankings. "Kayla continues to be a leader for this program as she demonstrated over this past weekend," said head coach Carole Holt. "She is a versatile player that can perform well up front or in the midfield and is prepared to work hard for her teammates." Kayla is a fifth-year Business Marketing student from Edmonton.

Kenny Cameron Hockey



The NAIT men's hockey team continued to roll this past weekend and goaltender Kenny Cameron is a big reason why. Kenny kept the Ooks undefeated in the young season after backstopping the team to a 7-1 victory over SAIT Friday in Calgary and a 5-1 victory over the Trojans Saturday at home. Kenny leads the ACAC in wins, save percentage and goals against average. "Kenny's work ethic and preparation throughout this past week of practice was excellent," said head coach Mike Gabinet. "When there was a breakdown, Kenny was there with big saves at key times in the game. He also got on the scoresheet with an assist Friday night in Calgary." Kenny is a second-year Bachelor of Business Administration student from Calgary.

Athlete Profile



Player: Chelsea Gauchier
Sport: Women's hockey
Position: Forward
Program: Personal Fitness Training

By ELYSSA TESLYK

What made you start playing hockey? I started playing hockey because my dad and siblings all played it and I wanted to follow their footsteps, as I enjoyed skating and being at the rink.

What is something people don't know about you? I moved to Ontario for two hockey seasons, for hockey.

What three things can you not live without? My family, money and love.

What is your favourite movie? My favourite movie is *Insidious*; I'm a scary movie kind of person.

What type of music do you enjoy? With music, I like pretty much anything, besides "screamo" and hardcore techno.

What are your hobbies in your spare time? In my spare time I like to go camping, hunting, quading and be with friends and family.

What is your dream oasis? My dream oasis is being in the woods camping in the

fall with those who mean most.

Who is your childhood idol? My childhood idol was Ryan Smyth as he was one of the stars on my team, the Oilers.

Which sports do you like to play besides hockey? In addition to hockey, I really enjoy baseball and golf.

Do you have a pregame meal? I don't have a specific pregame meal each time, but if I had to have one, it would be Fettuccini Alfredo pasta.

Who inspires you the most? The person who inspires me the most is my Dad. He works hard and does what he needs to do, even if that means losing sleep, but he always makes time for his family.

What is the best advice you've been given so far? "If you want to be the best, you have to play the best."

What do you want to say to your team? "A hockey team is a family. Ohana means family and that means nobody gets left behind."



Coach Profile



Benj Heinrichs
 Women's volleyball

By ELYSSA TESLYK

1. What is your coaching philosophy? We want to help empower young women as they enhance their holistic wellness. We need to passionately develop our awareness, focusing on connection, mastery and purpose. We want to bring our best authentic selves into all that we do. This will enable us to reach our potential on the volleyball court and in all aspects of life!

2. What is your favourite part about coaching? I love the teaching and learning process that comes from all of the interaction and effort required to become great at something. Every single moment is new and different and to continuously find ways to inspire, teach, learn and figure out how to help everyone reach their potential is a blast. To be a part of the growth of each student-athlete and coach in our program is a tremendous honour.

3. What is the biggest challenge you face as a coach? The biggest challenge is to balance our volleyball schedule with the very demanding academic schedule of

student-athletes at NAIT. With the limited amount of gym space and some less than ideal practice times, it can be a big challenge to make sure everyone is able to balance academics and volleyball. Our student-athletes are amazing. They are full-time students in challenging programs and still find up to 20 hours a week to devote to volleyball and training. Despite that time commitment, our team still managed to earn a 3.3 team GPA last year! They are phenomenal ambassadors for NAIT.

4. What is one thing you want to instill in your team's mind? For me, it's all about the moment. I want to help our student-athletes be aware of the "now" as much as possible; not just on the court but in all aspects of their lives. Life is so short, what are we doing to make every moment count? As Master Oogway says in *Kung-Fu Panda*, "Yesterday is history, tomorrow is a mystery but today is a gift. That is why it is called the present."

5. Why did you decide to start coaching? I played volleyball at the post-secondary level for five years and then played for Team Canada and professionally, so it was a way to stay in the game once I was finished playing. Although I was most interested in being a player, I knew early on that I wanted to be a teacher of some kind. To me, coaching and teaching are virtually the same thing. It happened fast. I finished playing professionally in France in April, 1998 and was hired to be a Kinesiology instructor and men's volleyball head coach at Medicine Hat College in July. Seventeen years later, here I am still coaching in the ACAC!

FITNESS

Enhance with belly dance

By GIER BUTERMAN

When it comes to fitness, belly dance might be the last thing you think of. And for some, it might not even be an appealing option. But Wolfe Junge, a dancer from Bedouin Beats Studios, along with Michelle Kaplan, studio owner, explain the health benefits that come from belly dance.

This is an activity that requires you to be on your feet or knees for most of the dance styles. Belly dance works every muscle in the body, from the head to the toes.

Both Kaplan and Junge agree that belly dance is central to many improvements in their physique, including developed abdominal muscles and thighs, as well as cardio. Other dancers would add that their experiences with belly dance contributed to a certain grace and poise in their everyday movements.

"Definitely a good workout. I lost weight and gained balance," said Junge.

There is, however, a risk of injury, mostly in the knees and hips. For example, the action of slamming your knees back too hard can cause muscle or ligament dam-

age in your legs while performing a knee shimmy. If a dancer uses props in their belly dance like finger cymbals or Zills there is a risk of nerve damage from the tight elastics if left on too long. There is also a risk with using props such as swords. Exercising caution while dancing this balancing act is highly recommended.

Belly dance is also a good transfer from yoga, which specializes in flexibility. Yoga is a good workout for strengthening and fine-tuning belly dancing skills.

Abdominal control gained with belly dance helps with deep central breathing (diaphragmatic breathing) which can help with supplying oxygen to the brain. Because of this breathing technique, the art form can help refresh the mind and help with focus at the work place.

A person interested in this art form absolutely needs to eat something before dancing. As mentioned, because the whole body is working to perform complex movements, it's important that dancers have enough energy to sustain themselves. As always when doing

high intensity workouts, stay hydrated. It is always important to keep water available while doing belly dance or anything strenuous.

"Dancing has always been central to my life," said Junge. "This is a unique community that has helped me in many ways".

For any male dancers who have considered belly dance and want to give it a try, don't be shy. As Kaplan explains, belly dance is "not just for women," and there are "famous male dancers like Nath Keo" that are very successful in this art form. Bedouin Beats currently has over 100 dancers and there is a growing male population within the studio.

With both men and women, "there's no stigma from the dance community but there is a conscious one about gender roles. This fades away as soon as you enter the community," said Junge.

For students who may be travelling a lot, a quirky and convenient side to belly dance is that you can perform it anywhere in the world. Money can be earned by performing in restaurants and venues wherever you may go. This is possible because belly

dance has been around for thousands of years worldwide, branching into different styles throughout different cultures. This lends to the ability to transcend language while travelling in foreign places.

An obstacle for students may be in finding a belly dance studio. Luckily, there are eight in Edmonton, including Rebel Hips Studios, Bedouin Beats Studios and Zahara Belly Dance and Fitness Edmonton.

Belly dance is a good way to stay healthy, meet people and have fun. It isn't all fun and games, though, said Kaplan.

It is "easy to pick up but hard to master ... professionally it takes between five to 10 years to master as an art form."

But for dancers that have practised enough and are wanting to take belly dance to the next level, competition is available both on a national and international scale. The Star Belly Dancer Canada held in Toronto is the Canadian national belly dance competition and the World Belly Dance Festival (WBDF) held in Singapore is the international competition to attend.

ENTERTAINMENT

Unread but not forgotten



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

Pablo Neruda was a famous Latin American author and poet from the mid-20th century. The man reportedly sold all of his possessions in order to pay for his first publication. After becoming well-known for his writing, which at first swirled around love and despair, his words turned political and his poetry documented such historic events as the Spanish Civil War and the Chilean government's expulsion of communism in the 1940s. He also

wrote a book called *Odes To Common Things* – to lemons, to books, to socks. They are filled with subtle passion for the nuances of the simplistic.

Today, I write an ode to my video textbook – to what it was, to what it became and to what it could be again.

I remember when I first laid eyes on it. It was late August or early September and I crossed the bookstore towards it in heated anticipation. I scanned my book list and matched its words to those on the shelf's shiny spines. I remember picking it up, crisp and touched only by the hands of a caring bookkeeper and wondering in awe at its contents. I bought it, the price tag not an issue, and hurried home, throwing it on the kitchen table and pulling up a chair. What secrets did it contain? I leafed through the pages, knowing that I would soon have surveyed them all and that the knowledge within was mine for the taking.

But that's not how it worked out. Of its title, my instructor made no men-

tion in the first days of class. I assured myself that it would be made useful soon, that my hard earned dollars would bear fruitful return and through it I would master my discipline. Alas though, the days went on and, aside from a little assignment here and there, I began to neglect you, my proud little video textbook. I was distracted by high-tech cameras with their glossy lenses, top-of-the-line computers and other practical tools of my craft.

I did still find use for it, from time to time. I used it to prop up a microphone once. It spent some time in the back seat of my car where it was often called upon to be used as a rolling surface (for loose-tobacco cigarettes, of course) and occasionally as a soup tray. I even used it as a pillow once after one beer turned into many when I "stopped by" my friend's cabin.

Now, it has finally made its way to a shelf filled with others just like it. It sits, with some pages fresh and unread, between other volumes that have met a similar fate. It sits with invaluable nuggets of untapped information, amongst black

and white evidence of a lost year at the U of A, beside great tomes dedicated to astronomy and calculus, Latin and archaeology – fertile literature waiting for someone to plant

a seed. The road to forgotten dreams is paved with expensive text, it seems.

Maybe one day, in some distant, unimaginable universe where I have time for such selfish pursuits, I can explore my sweet little textbooks again. I'll riffle through chapters full of unrealized potentials and become entranced again by the topics that once owned my fleeting interest. You are not forgotten, my hardcover friends!



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 1,300 students each year, and it's our duty to assist you in completing all proper documentation (to 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 has not changed.

studentplans@nait.ca | 780-471-7733 | Twitter: @naitplan

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 23rd, 2015 in the fall term, or a class that starts before January 29th, 2016 in the winter term, you are automatically enrolled in 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 \$54 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 19th and over, 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 claims, letter from insurance company or employer etc.) before the given deadline date. You may also complete the opt-out form online at www.studentplans.ca/nait. 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 plan 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 (@naitplan) for the go-live announcement.

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

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.

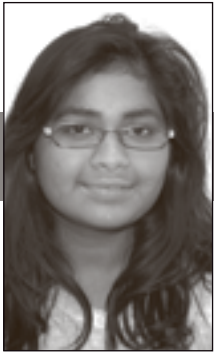
If you are interested in helping the NAITSA Food Centre combat hunger in our community, donations are always welcome. Non-perishable food items can be donated at the NAITSA office (E-131); monetary donations can be made either through the NAITSA office or online at nait.ca/food-centre.

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 nait.ca/food-centre, by emailing foodcentre@nait.ca, or by calling 780-471-2996.



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...**By SHEEBA LINDSETH**

Let's do some '90s rock, people! As a '90s child, I feel like I am a part of the generation that still remembers the days when we would wait for our favourite song to be played on the radio and record it on our tape recorders. That is how we got our free tunes. It's the age before the Internet took over and made it ridiculously easy to get music. So here's to good old nostalgia. Enjoy.

- Spoonman – Sound Garden
- Vasoline – Stone Temple Pirates
- Man in the Box – Alice in Chains
- Under the Bridge – Red Hot Chili Peppers
- No Rain – Blind Melon

- This is a Call – Foo Fighters
- Bulls on Parade – Rage Against the Machine
- Creep – Radiohead
- When I Come Around – Green Day
- Two Princes – Spin doctors
- Jeremy – Pearl Jam
- Say Hello 2 Heaven – Temple of the Dog
- Rooster – Alice in Chains
- Santeria – Sublime
- Santa Monica – Everclear
- Give Me One Reason – Tracy Chapman



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DATE	TIME	EVENT	LOCATION
NOV. 2	11:00 AM - 1:30 PM	Campaign Promo Day with Sumo Suits	South Lobby
NOV. 2	10:30 AM - 1:00 PM	Great Pumpkin Smash	South Campus
NOV. 2-27	11:30 AM - 12:30 PM	50/50 Raffle Sales (draw dates every Friday)	Tuesday at Bytes, Wednesday at Fresh Express, Thursday by Common Market and anytime at Shop at NAIT
NOV. 3	11:00 AM - 1:30 PM	Kickoff Lunch	North Lobby, Main Campus; Patricia and South Campuses
NOV. 3-7	Various Times	Fitness Classes	Sign up in E134 (sign up required)
NOV. 6-27	All Varsity Games	NAIT Athletics Food Drive	NAIT Rink and Gym
NOV. 13	9:00 AM - 12:00 PM	Poverty Simulation	Fresh Express
NOV. 17	8:00 AM - 12:00 PM	Silent Auction	Patricia Campus
NOV. 17	All Day	Toonie Tuesday	Common Market, Fresh Express, Chai's, Embers, Bistro, Plates & Elements
NOV. 19	10:30 AM - 1:00 PM	Chili Lunch	Blue Plate - Common Market
NOV. 24-26	All Day	Be a Hero	Food Service Locations
NOV. 25	8:00 AM - 2:00 PM	Computer Monitor Sale	South Lobby
NOV. 27	10:30 AM - 1:00 PM	Artisan Bread and Turkey Sausage Sale	South Lobby

Hope to see you there!**OCTOBER
EVENT LIST**

1 | SPEED DATING
3-4 | CLUBS TRAINING RETREAT
7 | EVENING STUDENT APPRECIATION
8 | NEST KARAOKE OILERS THEME
9 | JULY TALK CONCERT
13 | HOW TO MAKE SUSHI
14 | HOW TO MAKE NATURAL PRODUCTS
15 | DIRTY BINGO
19 | HOW TO KAYAK
21 | WELLNESS WEDNESDAY

22 | OOKTOBERFEST
30 | SCARY-OKE
31 | TRICK OR EAT

NAITSA CLOSURES
12 | THANKSGIVING

FOR MORE INFORMATION ABOUT
ANY OF THE ABOVE EVENTS,
CHECK OUT **NAITSA.CA**



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TV REVIEW

Keeping eyes on the prize

By KA CHUN YUNG

Competitors on the *Amazing Race* will often times find themselves in stressful environments. In these situations, it's easy to lose focus on your goal. The primary objective on each leg of the race is to avoid coming in last. There have already been times this season where the teams could have benefited from taking some time to analyse the situation before proceeding.

One of the favourites to win this season are best friends Tanner and Josh of Team Texas. They have fared well with two first- place and one second-place finish so far. The second-place finish, however, proved costly as Tanner pulled his hamstring out-sprinting another competitor to the mat. They should have known their biggest rivals, Team Green's Justin and Diana, had already finished first. With that knowledge, there's absolutely no reason to try and beat Usain Bolt's 100 metre world record to win second place. It's better to save their energy, as the time advantage they gained over the third-place participants quickly disappears at the beginning of the next leg anyways.

At the start of the Argentine leg, a perfect situation arose that would allow teams to co-operate and eliminate the last place challengers. They all received a clue to travel by bus to a rural town. As such, five teams ended up traveling together. The five twosomes correctly speculated that the last place Dancing Brothers, Ernest and Jin, were well behind. With this information, these teams should have openly colluded and collaborated for the rest of the leg. Instead they all worked independently. With many of them struggling on the meat skewering roadblock, it could have easily resulted in one of the teams being eliminated in Argentina.

At the pit stop, Tanner and Josh ended up edging out their arch nemesis in Team Green to win first and a trip to Cambodia. Host Phil Keoghan had a chance to interview the two adversaries simultaneously. The Texas pair revealed that they planned to U-Turn their foes if given the opportunity. There are no benefits to declare this. Not only have the Texans made themselves a new enemy, it's also highly unlikely that such a move would work. There are just too



haveuheard.net

many variables out of their control for their desired result of eliminating Team Green at the next pit stop.

Instead of wasting time and energy planning a low probability event to eliminate their strongest competition, Tanner and Josh are better off concentrating on things within their control. They have been visibly upset with Justin. They should work on controlling their own emotions and not letting it affect their decision making and judgment. Tanner

and Josh have performed exceptionally well so far and have a good chance of winning but in order to win, they need to maintain their focus on the grand prize.

When people are stressed, it's easy to lose perspective on the bigger picture. Whether it's studies, relationships, health or anything else that means something to you, it's important to take a moment to pause, reflect and analyse whether your actions are aligned with obtaining your goals.



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Thursday, November 5
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North Lobby
NAIT Main Campus
11762 106 St.

pcl.com/careers






**SHEEBA
LINDSETH**

Onesies – pyjamas or costumes?



"They are pyjamas."

Josh Marchand
Lab and X-ray
Technology



"Pyjamas. People who used them as costumes are lazy."

Jenna Hrechka
Medical Radiologic
Technology



"Totally pyjamas, because they are easier to take off when you need to go to the bathroom."

Thao Le
Chemical Engineering
Technology



"Totally costumes. Who's going to wear that to sleep?"

Lizhi Hee
Construction
Technology



"Pyjamas, duh. Babies sleep in them and now that we have bigger ones for older people, we should continue to sleep in them."

Denaya Enyedy
Radio and Television



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Screen shot

Interview with “TBH NAIT”

By **CONNOR O'DONOVAN**
Entertainment Editor

If I had asked the creator of the “TBH NAIT” Facebook page to meet me for an interview two years ago, he may have avoided me.

“When I was younger I was really shy,” said the 21-year-old marketing student, who requested to remain anonymous beyond that description.

Such is not the case anymore. In fact, TBH NAIT is a sort of reflection of its creator’s personal growth.

Shy people get a voice

“The page kind of gives shy people and people that are socially anxious a voice to be heard, and not be judged,” the student explained, in an unusually quiet HP Centre in early October. My request for an interview received a response within hours.

The young entrepreneur was eager to meet me and eager to explain both the motivation and strategies behind TBH to the NAIT student body. Seated casually at a table in Bytes, we spoke candidly about TBH NAIT’s creation, its future and its benefits to the student body.

The student started TBH (To Be Honest) NAIT after the original “NAIT Confes-

sions” page stopped operating. TBH is very similar to NAIT Confessions – to publish a post, users simply message the page. That message is then reviewed briefly and made public on the page’s news feed. The identity of the poster remains unknown.

One of the page’s recent messages details a poster’s displeasure at somebody’s microwave conduct and another expresses animosity towards those who loudly “sniffle” in class. An unnamed fellow laments the growing propensity to sport man buns about campus.

Most posts are light hearted and TBH mentioned that no overtly explicit messages have been received. TBH believes that for the most part, people just want to speak their mind. Messages will not be posted, though, if they contain racism or if they are “very” offensive and directed at specific individuals.

Before its hiatus, the original NAIT Confessions page had gathered over 4,000 likes and almost 1,400 confessions over a two-year existence.

Being a fan of that page is part of what prompted TBH to start another. Before Confessions went down, its administrator posted a message advertising for a new operator. TBH attempted to contact the

administrator but received no reply.

Thus came the decision to start a new page, which has gradually grown in popularity since its creation in May. It has been experiencing a recent growth in popularity, and currently sits with about 540 likes.

TBH wasn’t the only one to see an opportunity, though. Another page, also entitled “NAIT Confessions” started in September, but with about 100 users, it hasn’t seen TBH’s success. This is a fact that didn’t go unnoticed by its creator.

“He actually contacted me last week and the way he approached me wasn’t very friendly,” TBH recalled. “He basically said, ‘Here’s the deal: I made a new Confessions page. You’re gonna shut yours down and you’re gonna work for me.’”

TBH recoiled at the manner of contact. As a marketing student, he sees value in proper communication and finds that running the page complements his schoolwork. TBH also runs a popular Facebook page detailing the whereabouts of radar and speed traps in the city.

“You get into a routine,” TBH said of the busy lifestyle.

As for the name, TBH thinks it breathes a bit of fresh air into the world of school confession networks, adding that it is more

relevant to the generation that uses the page.

“I get a lot of people that ask ‘What does TBH mean?’ But it’s one of those acronyms that everybody learns, like LOL,” he said.

Although there is no target number of users in mind, TBH has plans to increase the page’s visibility. Some of the plans include entering those who share the page to their friends into a draw for something like a prepaid Mastercard.

Anonymity attractive

However, the greatest attraction of the page seems to be the anonymity that surrounds it. TBH hopes to one day run the page under a real name but thinks that for now, staying anonymous benefits all parties involved.

“If you’re anonymous, it basically seems like talking on an open stage with a paper bag on your head. No one is really going to judge you,” TBH mused.

“You’re actually going to get to have an opinion. If you get approval on a confessions page or on TBH, that might encourage you to actually go out and do something. It might encourage you to take action in your life.”

MOVIE REVIEW

Space flick worth seeing

By KYLE MATZ

Going to Mars is something that our generation is dreaming of. The Mars One program is preparing to settle on Mars in the next 10 years but the tickets for those expeditions are one way.

In *The Martian*, NASA astronaut Mark Watney travelled to the Red Planet with five other scientists, with a guaranteed return flight but all of that changed when a dust storm cut the mission short. The team, except for Watney, got to the ship in time and he was stranded and left for dead.

After he wakes up, he has to figure out how to stay alive until a rescue mission can come to get him. He does everything from synthesize his own water to growing potatoes. Although the recent development that there might be liquid water on Mars isn't included in the film (the film was released about the same time the news broke), some movie goers are speculating that the movie would have had a slightly different plot if it had. However, many of them don't understand

Matt Damon in *The Martian*

that the liquid water is likely extremely salty, keeping it liquid between minus 70°C and plus 24°C.

Water aside, this film is extremely entertaining. When

my friend, Rob, saw the trailer, he said, "Did they just shoot this between takes for *Interstellar*? Damon and Jessica Chastain are both in it and Matt can just keep his space suit on between takes for each film." Although an interesting point, it's unlikely. But it is odd that Damon would be in two space films back-to-back, not to mention that Chastain is also in both.

To give you an idea of the flow of the film, if you've seen *Moon* with Sam Rockwell, it's very similar to that. One guy is stranded on a different planet. This film is *Moon*, combined with *Interstellar*. There are quite a few scenes that take place during space travel. Although I'd consider *Interstellar* the better movie, *The Martian* does hold its own. I'm not sure whether I would purchase the movie, but it's definitely worth seeing in theatres. I didn't get the opportunity to see it in AVX or 3D but would recommend AVX. The theatre I saw it in was small, the screen was discoloured and the sound wasn't as loud as I would have liked.

LOCAL BAND

Life-long pursuit of music

By RANDI ADAMS

The Sam Spades band played their first show Oct. 31, 2013 at the dearly departed Pawn Shop. Since then it's been quite a ride. Sam started singing as a young boy in his family band, John started playing bass and guitar when he was 12, Trevor started playing guitar at six and Greg started playing drums at 11. The energy and creativity that surges through these inspiring musicians is unique and tasteful. It leaves your ears wanting.

The Sam Spades band has been together for two years, playing venues, showcases and festivals around Alberta and are planning to start recording a seven-inch that will be available in the spring of 2016. Their ultimate goal in the music business is to extensively tour Europe and the US.

Blood, sweat and tears

The boys of Sam Spades want to make their love of music a full time job. Their blood, sweat and tears pour into every mic check and broken guitar string. Once a few more puzzle pieces are linked, this could be a reality for them. Once Sam Spades records their seven-inch, they plan on shopping the music around to different record labels. Eventually, they plan to record a full length album.

The guys find their musical stimulus from such talent as JD McPerson, Daniel Romano, Johnny Cash, Wanda Jackson, the Beatles, Alabama Shakes and Carlos and his Banditos. They find that listening to a wide range of genres and artists helps them with their song writing and the process it takes to produce their sound. When one person has a song idea, they all work on it together, so there is a little piece of everyone in the music they create and play.

Music a mix

It takes a lot of time, effort and serious love to become a musician. Sam Spades' advice to those who seek out this lifestyle: "Make sure everyone is on the same page and don't be a dick about it. Some of the best most technical musicians out there spend their lives playing in their basements because



samspades.ca

Sam Spades

nobody can handle their egos."

Sam Spades music is a mix of rockabilly, rock and roll, blues, country and surf. They play in venues such as Blues on Whyte, Tavern on Whyte and the Cask and Barrel. They will rock out anywhere that has a decent dance floor and a crowd that wants to listen to good music.

To see Sam Spades in their natural habitat you can

check out Fionn MacCool's on Nov. 27 or Blues on Whyte on New Year's Eve.

For more information, check out their website at samspades.ca or at facebook.com/samspadesband

Sam Spades – Sam Heine: vocals/guitar; John Richards: vocals/double bass; Greg Hann: drums; Trevor B McNeely: lead guitar/ vocals

Pink Floyd's all-time classic

Instruments and sounds used were so real, original and natural during that music generation. Sound quality might not have been as great in the 1970s as it is today but the beat and flow of the music was very unique. The calm and smooth melodies of *The Dark Side of the Moon* tracks cast me adrift into another dimension filled with soothing emotions and peaceful thoughts. I have a sensational feeling of complete relaxation and total awareness of what's going on around me.

Another thing that stands out about this album is the transitions from one track to the next. Pink Floyd does an excellent job by fading one song into another. It makes for a useful effect when listening to the entire album all the way through. The name of the album itself represents a mysterious outlook about the early 1970s and the moon landings. It provides a creative sense of mystery and the exciting phenomena of space exploration. Pink Floyd adds the psychedelic flavour and cool sound to that era of curiosity. I feel like a 1976 Lee high school student in the movie *Dazed and*



It's unfortunate that the late, great Syd Barrett left Pink Floyd in 1968 before he could have a chance to contribute to *The Dark Side of the Moon*. Barrett was a gifted musician and was highly regarded for his creativeness and ability to make music. He was the original front man for Pink Floyd. *The Dark Side of the Moon* album is a

perfected, magnificent work of art but you have to wonder how much better it could have been had Barrett been there to contribute with his intriguing talent. The beautiful part about the album is that it will remain a popular hit forever. A classic will always remain a classic. Time is irrelevant when you listen to an album like *The Dark Side of the Moon*. Music is timeless. Classics will forever be remembered and this album holds a comfortable spot not just in my heart but also on the list of greatest music albums of all time. As far as a rating out of 10 goes for this album, I will give it a solid, realistic 9.5. I tell you, those English musicians from back in the day knew something about making sensational music.

House heating on command

I live in an old creaky house and sometimes things don't always work the way they are supposed to. My thermostat and the heating system were giving me problems so I decided to invest in a new thermostat. Well how is that going to solve any

You see my heating system sometimes has a mind of its own. And I can't get it fixed. It has something to do with me being a student who is busy and being lazy at the same time. So my solu-

tion was to buy this new thermostat called the Nest Learning Thermostat. Once I got it installed in the wall in place of where my old thermostat used to reside, I downloaded the Nest. The thermostat is connected to WiFi and I managed to connect my phone to the thermostat. Voila! I can see the temperature of my house anytime I want and from anywhere.

It also has a cool “away mode,” which basically means that it can detect when I am not home and set the temperature to be whatever I set it up to be when I am not

home. It is 18 C for me, so when it detects that I am not home, it automatically sets it to be at 18. It has motion detector built in. That's how it can tell that you are not home. Now why am I telling you this, you may ask? It's because if I had a really cold day and want to walk into a nice warm, cosy home, I can just go on this app and turn the temperature up so that when I get home, it's as if I never left! And you can tell that it is heating up because when you increase the temperature, the heating system kicks in and the screen turns orange. It stays orange till the heating system is off again. It can also turn on just the fans in the ventilation system for the hot days (although I doubt we will have any more of those) so that you can get some air circulating around the house.

So am I happy with my new app? Yes, most definitely but it's still new, so I might find a few flaws and when I do I will be sure to tell y'all about it. But let's hope that I stay happy with it.



Test-taking strategies



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Be prepared

This, not surprisingly, is the most important strategy for exam success.

- While studying test yourself on an ongoing basis to make sure you really know and understand the material. Just reading and re-reading is the least effective way to learn. The Strategies for Success manual (downloadable at www.nait.ca/counselling under Online Resources) outlines many effective study techniques.

- Mock exams not only assess knowledge, they also help decrease exam anxiety.

Use your time effectively

- Skim the entire exam first to get a feel for the length and weighting of questions.
- Budget your time and check periodically to make sure that you are on track, but don't get obsessed with the clock.

- Don't be disturbed about other students finishing before you do. Take the time you need to put in your best effort.

- Use any extra time to review your answers. When you review them more slowly, you may eliminate careless errors or find that there is a better answer. When you complete a test, you tend to relax a bit and you may find that some material you had forgotten comes back to you. Don't hand your exam in too quickly when you finish.

Don't get hung up on difficult questions

- If you are unable to work out a question, go on to the next one and come back to it later if time permits.

- When you come back to the question, brainstorm everything you can think of about the subject. Often, by doing this, creative solutions will pop into your head.

- Try to write something down for every question.

Manage your anxiety before and during the test

- If possible, go for a brisk five to 10 minute walk right before the exam.

- Arrive early enough to be organized and ready instead of in a panic, but not so early that you have a lot of time to sit and worry.

- Don't talk about the test with classmates immediately beforehand. This usually raises anxiety levels.

- Find some questions you know well to start with in order to increase your confidence.

- Regard a lapse of memory as perfectly normal; do not let it throw you into a panic. If you block on answering one question, leave it for awhile and return to it later.

- Use relaxation techniques such as deep-breathing, visualization or tensing and releasing exercises before and/or during the exam. Counsellors can help you learn effective use of these, and other, techniques.

Make sure you are answering the question

- Read each question carefully and completely before marking or writing your answer. Re-read the question if necessary.

- Try not to read more into the question than is there, or to expect trick questions.

- Ask your instructor for help in interpreting a test question that is unclear or ambiguous. He or she will probably want to clear up the misunderstanding for everybody if

the question really is confusing or misleading.

Problem/formula questions

- Write down hard-to-remember formulas, equations and rules before you actually begin working on the test problems.

- Identify the type of problem.

- Think about the process needed to solve the problem and outline your method.

- Underline key facts and then plug them into the process.

- Cross out facts once they are used.

- Do your calculations carefully.

- Check to see that you have answered the question that was asked, and that you have used the correct units.

- Make sure to show all the steps in your work; you may get partial marks even if your answer is not correct.

- Take the time to write legibly and make your corrections, if any, as neatly as possible. Most instructors react subjectively to the appearance of papers to be graded, so let neatness work for you rather than against you.

Short answer/essay questions

- Read the question twice to make sure you are clear on what the examiner is asking.

- Underline key words to make sure you interpret the question correctly.

- Outline your answer, considering all points.

- Develop each point as it refers to the answer.

- Keep the weighting of the question in mind so that you can spend more time on the questions worth the most marks.

Multiple choice questions

- Anticipate answers before you look at the multiple choice selections.

- Read over all of your options and choose the best.

- If you must guess, keep in mind the following tips:

- Eliminate highly implausible answers.

- Quite often lengthy or highly specific answers will be the correct choice.

- Be aware of extreme words like "always," "never," "only," "must," "all," "none" and "completely." These are often the wrong answers since there are many exceptions to rules. Answers including the words "seldom," "generally," "most," "tend to," "usually" and "probably," are often correct, however never change an answer based just on these tips.

Change multiple choice answers – but only if you are sure your original choice was wrong

The popular belief that "your first hunch is your best hunch" is wrong. Research shows that changes from wrong answers to right answers are at least equal and probably improve test scores. However, don't change your answer unless you have a convincing reason. And if you know that you have changed a lot of your initial answers to wrong answers in the past, stick with your original answer.

Remember to give yourself a pat on the back for a job well done

You have likely put in long hours and pushed yourself to the limit. Physically and mentally you will need some time to unwind and recuperate. Plan something to look forward to when finals are over.

Professional counsellors at Student Counselling are available to help you with any academic or personal concerns that may be interfering with your success at NAIT.

Main Campus: Counsellors are available Monday, Tuesday and Friday from 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.

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

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

DIY

Build your own gaming table

By JOEL LECKIE

Tabletop gaming is starting to take the world by storm. One of the issues that I've come across is finding a good place to play. I'd love to do it at home more but I don't have a table that is big enough to accommodate all the players and still be compact enough to fit in my basement. This is an idea that I've toyed with for a while and there are some ingenious solutions.

This type of table is designed for role-playing games. It starts out as a fairly basic table design but with a small hole cut through the centre for wiring. The major component is a frame for a flat screen TV. It should be on legs high enough to fit each player's stuff so they have room to write or roll. The TV will be facing up, so it needs to be low enough for all

to see. Feed the power cable and either a VGA or HDMI cable through, depending on the type of computer you will run on it.

While this saves some space, it's not done yet. With some simple hinges and latches, you can fold out extensions for each player. They can hang down when not in use to save space but be lifted and locked into place for a little extra room on each side. Alternatively, you can run rolling tracks under the table for storage drawers between gaming nights. You could even do both and have four layers; the table top, a pull out leaf, a spacer frame and a drawer underneath.

As a symmetrically minded person, I always enjoy setting up square tables for eight players. You can divide your table with small frame pieces, about a half-inch wide, cutting

each side in half. You can then have the corners framed out as well. That will leave a nice little triangular piece at each corner. You can cut a hole a couple inches wide, two at each corner, then hang a disc a short ways underneath. This will give you eight cup holders, one for each player. To further the idea, you can hang a short basket off the end of each corner, giving you room for four bags of chips without taking up any table space.

The last bit, of course, is decorating. I will leave that to your imagination. But you can do a custom paint job, decorative framework, or any number

of other designs. Now you will have a perfect place to play than can be made smaller after each night.



Photo by Joel Leckie

NETFLIX PIX

Scream team's magic

By GIER BUTERMAN

The Netflix original series *Scream* is now available to stream. It features as a payoff and continuation of the original 1996 horror film of the same name. IMDB describes the original movie's plot as "a girl attempting to cope with her mother's murder. Sydney and her horror movie-obsessed friends are stalked by a murderer who seems to have a hard time letting the past go."

However, Netflix's version of the *Scream* franchise varies a little from the original plot. Taking the mourning through the entire town establishes the plot concept that no one is safe.

"What starts as a YouTube video going viral soon leads to problems for the teenagers of Lakewood and serves as the catalyst for a murder that opens up a window to the town's troubled past."

The show is paired with great writing and dialogue, keeping the viewer interested and guessing who the culprit is. The camera shots are also fabulous, playing off subtle and obvious transitions, making the cinematography all the more fascinating. Online reviews are appearing with nothing but positive results.

"We've come to a startling conclusion: it may actually be the must-watch new show of the year," said Maria Lewis from news.com.au.

For horror aficionados, this show might just be the perfect thing to watch, right on time too, with Halloween creeping around the corner. A more macabre and ironic side

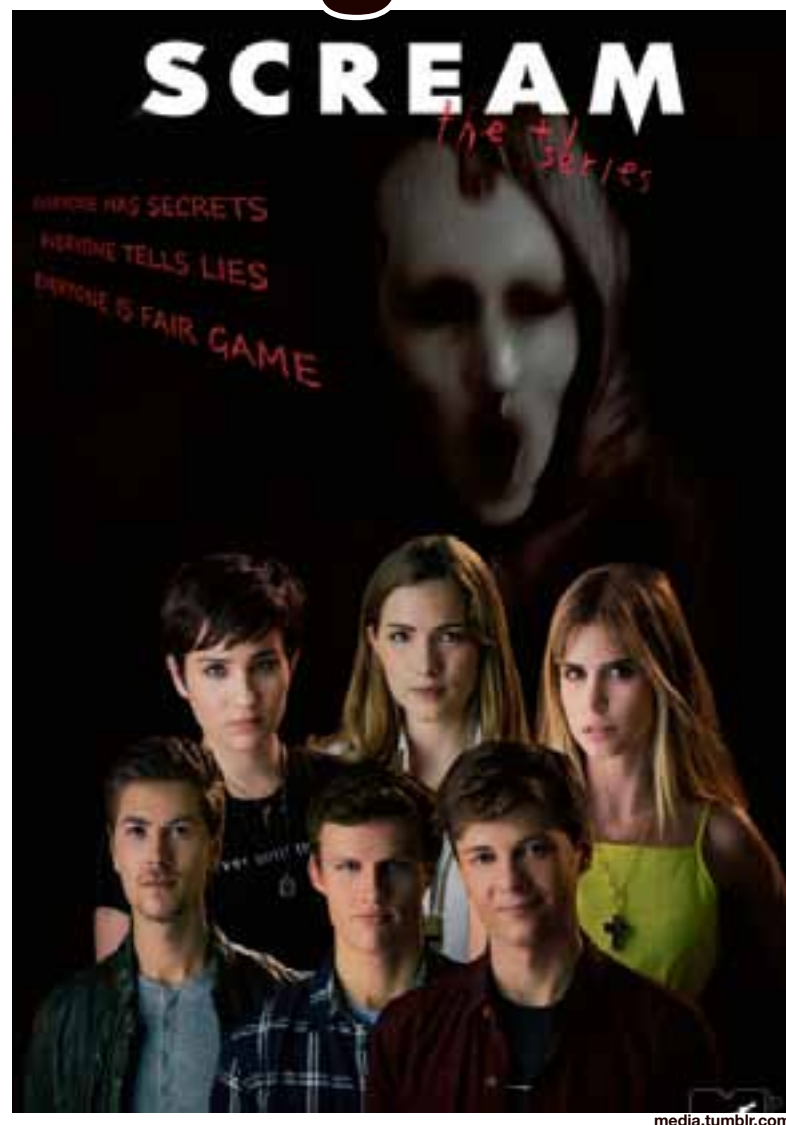
to the series are the writers of the show, with Kevin Williamson and the late Wes Craven.

"The *Scream* TV series was the last iconic thing the horror filmmaker was working on before he died in August of brain cancer. A genuine auteur, he was legendary for having a hit in every decade that he worked: from *The Last House On The Left* and *The Hills Have Eyes*, to *A Nightmare On Elm Street* and *Scream*," said Lewis regarding Craven.

The trailer of the new series sets audience members up in anticipation for whose ticket is up next for the death toll. The trailer does a good job of taking shots from the first episode of all the talent, making sure the audience is familiar with them on an individual basis.

"The death scenes were at the best times more extreme than previous *Scream* outings and the plot worked hard to bring the unexpected, despite how much we know of what is expected in the typical teen slasher genre," said Daniel Sanguinetti from movieplot.com.

One of the best things about this series is that it is beautifully shot, with nods to classic horror films such as *Jaws* by using camera "zollys" to emphasize expression and using spinning shots to emphasize vulnerability. The cinematography is on point. The only bad thing evident in the series is that it is paced a little like an MTV drama, where there is a lot of teen gossip. Teen drama aside, it is a highly recommended TV show that you should check out.



media.tumblr.com

Take a break, shoot a zombie

By JOEL SEMCHUK

Tis the season of justified substance abuse and legitimized anger! Or as others put it, mid-terms. As such, I thought I'd go into what's still one of the most popular study breaks, at least among gamers – *Zombie shooters*.

Most people put down *Tranzit*, *Green Zone*, found on *Call of Duty Black Ops II*.

I respectfully disagree and I suspect that my brethren's invective comes from their inability to recall their early days with the game. *Tranzit* offers the best zombie experience in terms of discovering a larger world that, for all practical reasons, could be separate scenes from any zombie movie – the garage station diner, the farmhouse

and the bus stop are nearly setting cliches for American post-apocalyptic.

I will meet the haters halfway in that after you get it all set up, it's kinda redundant and there's nowhere to make a good last stand. But the bus adds an element that every other zombie shooter lacks and that makes it unique. Also, this version allows for a longer gaming experience with two people and that whole bank-wall-grenade thing.

If you're like me and gaming is an escape into a warm, introspective wonderland, then the best way to really freak yourself out is *Nach der Untoten*, found on *Call of Duty: Word at War*. This particular version is a favourite because the back-to-the-wall existentialism that inevitably appears in any zombie situation is pretty much there right from the get-go. It's like a suicide mission ... you're just trying to stretch it out as long as possible. Also, the second floor corner by the grenades makes for a good last-stand place.

Pretty much everyone else will say that they prefer *Kino der Toten* for its breadth. I agree. Most people like to talk about how far they've made it on this version (one gamer told me Level 45 was her normal).

When everyone's done with their big fish stories, however, I like how they all start going into strategies: Everyone has an entirely different way of making it to their highest level. *Kino der Toten* allows for a more relaxed style of play since the map is so big and there are so many weapons. And since there are so many places to keep yourself distanced from the zombies, it's much easier to use grenades.

Also, this version allows for a little bit more of the zombie experience you get from *Tranzit*. There are doors to open and alleys to run down and stairs and nooks and crannies. It's a little more realistic and it also makes you think that you've got more a chance than you do in *Nach*.

Oh sure, on study breaks some of you go for jogs or bike rides. Some of you do things like clean or bake or call someone or write letters. If that's your thing, great. For the tactile-minded imagination dragons, nothing beats melting into a couch and getting lost in the focused chaos of gunning down a few hundred (thousand?) zombies while running around decrepit structures with gun outlines on the walls. Good luck with mid-terms, everyone.



zommods.com

CONCERT REVIEW

Slipknot and the darkness

By CRAIG FRASER

Since their debut album in 1999, Slipknot has been considered one of metal's darkest and most intense acts to ever grace a stage.

The band's career was in doubt in recent years with the death of bassist Paul Gray in 2010 and dismissal of drummer Joey Jordison two years ago but the band put out their latest album *.5: The Gray Chapter* last year to rave reviews. With a total of five studio albums and a legion of fans dubbed "maggots," Slipknot brought their latest world tour to Edmonton Sunday night and fans were not disappointed.

The set was a grisly scene of hydraulic drum sets and fire spitting out of everywhere, with lights hanging down from a demon-goat head that had eyes that glowed down in malevolence upon the crowd. Slipknot had constructed a perfect carnival of evil and their performance matched the scene as they came on to a chorus of "Slip-knot" chants from the fans.

Classics

The nine-piece group from Des Moines, Iowa kicked off the evening with a song off their new album called "Sarcastrophe" but quickly ripped into some Slipknot classics like "The Heretic Anthem" and "Wait and Bleed" before coming back with their newest single of ".5 The Devil in I."

Vocalist Corey Taylor roared into the microphone the entire show, devouring the souls of any unfortunate enough to get in front of his warpath of misanthropic vocals. His poise and brutal screaming were reminiscent of his early performances, while guitarists Jim Root and Mick Thompson blazed the trail through the powerhouse set-list, including

lesser known songs "Me Inside," "Prosthetics" and "Eeyore" from the band's self-titled debut album.

New drummer Jay Weinberg didn't seem to have trouble keeping up to Jordison's rapid pace from blistering tracks like "Psychosocial," "Spit it Out" and "Vermillion." Bassist Alessandro Venturella wasn't troubled either in keeping up to the pace of deceased original member Paul Gray. He kept the harsh rhythm pounding through the band's most famous songs of "Duality" and "Before I Forget."



www.simplysyndicated.com

The beauty of Slipknot's performance partly came from their core instrumentation, but percussionists Chris Fehn and Shawn "Clown" Crahan helped give Slipknot the thunder in their drum section, with keg-pounding riffs and spinning tom tom kits high in the air. Rotating above the crowd with severed goat heads dangling off their kits, Fehn and Crahan added their roaring vocals to new Slipknot licks "Custer" and "Metabolic."

Sampler Craig Jones head-banged throughout the entire concert from his perch behind Fehn's drum kit, adding his twisted sound that gives Slipknot their grotesque ambiance. DJ Sid Wilson was coming off a foot injury from the previous show in Calgary but still entertained fans with his famous stage antics, dancing around the fire shooting out from the staircases on the set.

Not done so easily

Slipknot wasn't done with Edmonton so easily. They rallied for an encore which kicked off with their most recognizable intro music and then scorched into their classic tune and one of their most famous fist-pumping tunes "People=S*t." Front man Taylor made sure to get the audience fired up throughout the show but demanded the loudest reaction possible for the 'national anthem' of Slipknot, "Surfacing."

The entire package of Slipknot's performance on Oct. 18 can be best explained by the band's longevity and savagery. Slipknot has strangled the music industry for 16 years and they continue to deliver the relentless, neck-snapping performance that has made them famous in the metal world. Taylor vowed that the nu-metal legends would return to Edmonton before they disappeared into the shadows at the end of the night and given the near-capacity crowd screaming for more, they will be welcomed back with open arms and raised devil horns.

FASHIONISTA OF THE WEEKSTA



Photo by Maham Fatima

Supreet Chakkal Business Administration (Accounting)

What is the most important thing about style? – I believe that the most important part of style is usually overlooked, which seems to me, the root of fashion and that is honesty. You have to know who you are before you know your style. It may sound like a cliché but it's true, because your style can't really reflect yourself if you aren't sure about who you are.

What do you think about when choosing an outfit? – When I leave home in the morning, I try to choose something which makes me feel trendy while keeping comfort in mind. It's not just the clothes, it's the way you carry yourself that decides what will look good on you and what won't.

Where do you shop? – Zara, Armani Exchange and Jack and Jones seem to have my choice of clothing. Fossil and Guess are my picks for watches. I usually wear aviators so Ray-Ban seems to be my favourite there. I usually don't do a lot of online shopping but if I do spot something that catches my mind, I do give it a shot. These brands are always updated to the newer ramp styles which keep you up to date with new trends.



A culinary journey

By JOEL LECKIE

With so many streaming services it is no surprise that there is one dedicated to Japanese animation. Crunchyroll serves as one of the largest video service providers of anime and Asian media. Much like Netflix, users pay a small monthly fee for unlimited viewing of content on a variety of platforms, including all the major game consoles and mobile markets. You can set up a personal queue to save shows you want to watch and continue from where you left off. Hundreds of shows are available, from the most popular to the most obscure and more are being constantly added. New shows are often simulcast, allowing users to watch them as quickly as one hour from the airing in Japan.

One new show out this summer is *Food Wars! Shokugeki no Soma*. It centres on Yukihiro Soma, who is training to take over the family diner. His father, Yukihiro Joichiro, decides that Soma should enter an elite culinary school instead of just learning to cook at home. The high school is very strict and competitive, with a graduation rate of only 10 per cent. Most of the school's students are from high class families who own enormous restaurant chains, quickly placing Soma as an outsider.

Based on the manga of the same name, *Food Wars* contains a lot of unique recipe ideas, both good and bad. It follows Soma's journey as he tries to get accepted and competes with the other students. Everything focuses on the competitive aspect of the school; from the student board elections to dorm furnishings, life is determined by who can cook best. Only the top students will survive and a failing grade could mean immediate and permanent expulsion.

There are a lot of comedic elements in *Food Wars*. In the very first episode, an urban life planner tries to buy the Yukihiro family diner to convert it into a skyscraper hotel. Soma fends them off by making a dish so grand with only the most basic of ingredients that it causes the planner to have what fans have termed a "foodgasm." He threatens to take the dish away if they close the restaurant, forcing the planner to comply and leave the restaurant alone. Of course, one quirk is that Soma aims to make not only the best dishes



ota-pi.blogspot.com

possible but also the worst. There is no middle ground, everything is either glorious or disgusting.

As the manga was written by a chef, all of the recipes and theories are real. Many of the recipes described on the show are available for viewers to try out on their own. Techniques and spices

from across the world are showcased, with certain characters having specific specialties that Soma must learn and battle against. It offers a great blend of fun comedy, social growth and culinary education. My hope is that the show takes off so it can be continued with another season next year.

FEMALE TATTOO ARTIST OF THE WEEK



She knew at 16

By RANDI ADAMS

When Natasha Nolan was young and foolish, as she put it, she decided at the age of 16 she wanted to be a tattoo artist. Once the idea was in her head she found the first place that would accommodate a 16-year-old. Natasha had her ups and downs and hit a few bumps in the road but the trials and tribulations she's had to deal with have paid off and she has grown into a breathtaking artist.

Nolan's style is not defined by certain strokes. She would say her art evolves and changes but often she finds herself involved with a lot of realism. Exaggerated colours and shadows and, dare I say, bold outlines for definition are evident in her work.

Natasha learned the most from Edmonton local Anastasia Powell (a previous tattoo artist of the week), as well as Johnny Faulds at Urge 2 Studios. She surrounds herself with inspiration daily. This includes following 500 of her favourite artists on Instagram.

"When you observe other competitors, it's easy to call out what they're doing wrong. But finding all the things they are doing right is much harder to acknowledge and it helps gain from them and be inspired to apply the things to your own work," she says.

Those are truly some words to live by. Nolan agrees that tattooing demands utter perfection, but being able to identify things that are incorrect does

not stop her from finding the positive in almost every tattoo she sees.

Since I have started writing these weekly articles, I have found myself fortunate enough to have met and chatted with all these amazingly talented ladies and have the utmost respect for everyone I have spoken to thus far. Nolan, like Jen Danger, Powell and Nikko Adams, has a very creative soul. We are lucky to have such talent in this city.

But enough gushing. The person we really want to hear about is Nolan. This inspired artist only attends one tattoo convention a year, so if you want to get some work done by this lady, she will be at the "Alberta Bound" convention which takes place April 22-24.

Her advice to those who want to venture into this career – be kind to everyone and don't be a "douchebag." You will literally destroy what you work for with a not so likeable attitude.

"Being civil should be something you can manage as a human in most situations. Your ego is your enemy. Just feed it enough kibble to keep from hating yourself and quitting," she said.

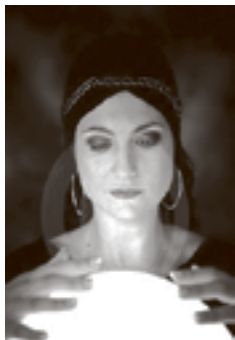
If you would like to have a look at her art or perhaps book a tattoo consultation, check out her instagram page at @natashanolintattoo or @rabbitrabbitedmonton or e-mail her at Natasha.nolan@gmail.com.

Natasha Nolan

Rabbit Rabbit Most Auspicious Tattoo
11231 Jasper Ave. (second floor)

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Oct. 22-Nov. 4

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

Scorpio (Oct. 23-Nov. 21)

Your passion is your strength. It is a mark of genius to be passionate about something. You can make it into a truly wonderful thing. But don't let the rest of your life slip by. Remember to stop every now and then and check up on fun.

JUST THE TIP

It's time to talk about it

By GIER BUTERMAN

Sex in today's age is still a relatively taboo subject. Granted, sex is often a large part of our day to day interactions with media and entertainment but what happens when you talk about sex beyond a marketing point?

Most people shy away and are reluctant to talk about it. This mentality can have repercussions. Studies show that sex education in public schools is unreliable at best. Standards of sex education between provinces vary widely.

"A recent report by the Canadian Federation for Sexual Health suggests that schools should be doing more to educate students about sexually transmitted diseases," says Shelly Sidval with the ATA (Alberta Teachers' Association).

Because Alberta schools are lacking in their sex education programs, "STD rates in Alberta are high and there's a general lack of knowledge around them," said Dr. Brian Parker. Because of this lack of knowledge, people may be making uninformed decisions that lead to injury and disease.

"Thirty thousand people reported injured due to sex in one year," said Parker, who speculates the numbers are actually higher due to a stigma of taboo around sex.

Sagittarius (Nov. 22-Dec. 21)

Honest hearts produce honest actions. You embrace the truth, but it can sometimes go too far and get you into trouble. Take a moment, think about the reasons, and then let your heart produce what is important.

Capricorn (Dec. 22-Jan. 19)

Humour is the sunshine of the mind. Let your mind open up and share that with the rest of the world. Don't let fear or pessimism get in the way. Everyone has rough days, but you can make this one a little brighter.

Aquarius (Jan. 20-Feb. 18)

Friends are the family we choose. You get along well with people. This will give you great opportunity. But don't let yourself get detached or distracted. Use your loyalty to improve your life and theirs.

Pisces (Feb. 19-March 20)

Never allow yourself to stop caring. You are a giver, and other people know that. Your shoulder may be always wet

with the tears of others, but that is one of the greatest gifts you will be able to provide during the hardest times.

Aries (March 21-April 19)

Fear is the mind killer. New opportunities will come up and you need to seize them when they arrive. The difficulty will be in waiting for the perfect moment. Don't move too soon.

Taurus (April 20-May 20)

Patience, young grasshopper. Though there is a time to be upset and emotions often run hot, everything will work out. It may just take a little longer than you expect.

Gemini (May 21-June 21)

Brevity is the soul of wit. You may find yourself in a tense situation. The best way to set the mood is with a bit of a joke. Don't worry about it, don't hesitate. Your nerves will be calmed once everyone starts laughing.

Cancer (June 22-July 22)

Be cautious, but not timid. Life is full

of chances. Taking too much time to make a decision could cost you in the end. Find what you love, and stick to it. There is no need to change your mind.

Leo (July 23-Aug. 22)

Creativity is contagious. Your mind is full of ideas. This is the time to take one and run with it. But remember to get approval first. You can't be the boss of everyone around anymore.

Virgo (Aug. 23-Sept. 22)

Work hard and let success make the noise. You always put in great effort. People will begin to see that and reward you for it. Don't be hard on yourself. Accept praise and take time to bask in it a little before your next project.

Libra (Sept. 23-Oct. 22)

You can never fake charisma. You are a social person, ready to step it up and be the life of the party. A word of caution – do not let yourself be convinced to be anyone other than yourself. Danger lurks around the corner when you try too hard.

People are too embarrassed to talk or report about it. Places to go for help are the Compass Centre for Sexual Wellness, the Sexual Assault Centre of Edmonton and the Alberta Sex Positive Education and Community Centre. The Sexually Transmitted Infections Clinic (previously, Sexually Transmitted Disease Centre) includes free and private testing, treatment, pregnancy testing and referral, emergency contraceptive pills and needle exchange.

"It's extremely important for people to know safer sex practices," said Parker.

Sex safety doesn't just involve STDs. Kink and fetishes play into some safety issues as well.

"People who engage in [fetish play] often explicitly discuss, negotiate and agree upon the activities that will take place within a particular scenario or scene before any activities commence," said SIECAN (Sex Information and Education Council of Canada) in a 2015 report.

Communication often is key to preventing injury. Places such as the Traveling Tickle Trunk are known to have sexual items for kink and fetish play that are well researched and stocked. Informed sex lives make great sex lives.

"The average person doesn't know a lot about sex safety or awareness," said Parker.



fuzzyscience.wikispaces.com

Making sure that you are informed about sex safety will give you a better, healthier experience with a sexually active lifestyle.

"It is important for public health professionals to have basic information regarding sexual assault," said SIECCAN in a report.

Another problem regarding sexual ignorance is consent. How do people know where consent is given, how it is given and when to give it? These questions should be obvious answers to everyone but, unfortunately, not all can say the same.

"In 2014, there were about 20,700 police-reported sexual assaults, the majority (98 per cent) of which were classified as Level 1 sexual assault," states Statistics Canada.

SIECCAN summarizes sexual assault from the Criminal Code as "any form of sexual activity forced on another person (i.e. sexual activity without consent) or non-consensual bodily contact for a sexual purpose (e.g. kissing, touching, oral sex, vaginal or anal intercourse).

Level 1 sexual assault involves minor physical injury or no injury to the victim. Conviction for a Level 1 sexual assault is punishable by up to 10 years in prison.

Needless to say, sexual awareness can be raised by educating yourself and others on best practices, consent, safe places to go for help and how to get help. Communication about sex is imperative and it is time Alberta's population learns to be open with this subject and turn taboo into common knowledge.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit naitsa.ca/clubs/current-clubs/

WHO

BCX General Meetings

IntoNAITion General Meetings

LOL Weekly LAN Party

IntoNAITion Tuesday General Meetings

WHEN

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

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

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

Alternating Tuesdays, Oct 13-Dec 14 | 4:45pm – 6:00pm

WHERE

Room T-607

Room X-111

Room X-215

Room E-225

UPCOMING CLUB EVENTS

WHO

LoL

SFA

Exercise is Medicine

BCX

EDSS

MECSA

WHAT

World Championship Final

Info Booth

Blitz Condition Q&A

Halloween Pub Night

Fright Night

Halloween Bash

WHEN

Oct 31 | 5:00am – 11:30am

Oct 22 | 11:00am-1:00pm

Nov 13 | 12:15pm-1:15pm

Oct 30 | 7:00pm-11:00pm

Oct 30 | 9:00pm – 12:00am

Oct 30 | 6:00pm-12:00am

WHERE

Shaw Theatre

HP Centre 2nd Floor by Pedway

Outside Shaw Theatre

The Druid Irish Pub

The Pint on Whyte

Canadian Brewhouse Downtown

CAMPUS CLUBS NEWS

WHO

Club Showcase

Club Social

Club Connect #2

Club Grant #2 Deadline

WHEN

Wednesday, November 4, 2015 | 11:00am-12:30pm

Tuesday, November 17, 2015 | 3:45pm-5:00pm

Tuesday, November 17, 2015 | 5:30pm-6:30pm

Wednesday, November 18, 2015 | 5:00pm

WHERE

South Lobby

The Nest Taphouse Grill

Tower Lounge

**NAITSA CAMPUS CLUBS
CENTRE**

**VISIT THE
CAMPUS CLUBS CENTRE**

Room E-125, NAIT Main Campus
780.471.8457 | 780.471.8871

naitsa.ca/naitsa-clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates