

THE NAIT NUGGET

Thursday, October 8, 2015
Volume 53, Issue 6

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

Clubs Challenge

Two club leaders are set to launch an Ooklet in the Amazing Club challenge, "Angry Ooklets." Competitors used a slingshot to knock another Ooklet off its perch during a weekend retreat.



Photo by Muhammad Waqas

NAITSA clubs retreat **LEARN LEAD AND LAUNCH**

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NEWS & FEATURES



Photo by Muhammad Waqas

TAKING AIM

Respiratory Therapy 2018 Club member Amir Mohajery gets set to send an arrow during an archery competition at the NAIT Students' Association clubs retreat on the weekend. See story on facing page.

Vote for student senators

By WARREN MULVEY

As we finish settling into our respective class schedules, it is time to consider an important part of student life at NAIT: senate elections. Many roll their eyes at the thought of student government but your elected representatives are integral to the functioning of this institution and they oversee a budget in the millions. If you're new to NAIT or you're looking for a refresher on the function of this branch of the student government, read on.

The senate is made up of 18 elected student senators from nine program areas. You elect senators to take your interests to the Executive Council, who in turn work to ensure those interests are recognized. The executives (composed of a president, and three vice-presidents, then present their solutions to the senate, which in turn votes on whether to implement the ideas put forward

by the executives. Essentially, the senate keeps the Executive Council accountable, fiscally and otherwise, to ensure the efficient use of your NAITSA fees. Your voice in the election of the senate is important, as your interests represented by the senate guides the executives in all of their endeavours as officers of the Students' Association.

The senate is comprised of two sub-committees, which are responsible for two different policy areas. The finance sub-committee creates and fine-tunes the annual budget for NAITSA. The governance sub-committee creates and analyses the NAITSA bylaws, which govern how NAITSA, the Executive Council and the senate operate. Without these critical sub-committees, the Students' Association would cease to exist and students would not have the

many benefits such as the U-Pass and campus events that NAITSA hosts.

Members of the senate are compensated for their service in a variety of ways. Senators earn an honorarium of \$500 for attending all meetings, with deductions for each meeting missed. The senate meets 10 times during the year, on Wednesdays and the Nest provides dinner for each meeting. That's right, free food! Senators gain invaluable experience during their service that benefits their future careers in whatever field they choose to pursue. Senators hone their skills in communication, leadership, accountability and decision-making while making a difference in improving the student experience at NAIT. A senator's college transcript will include a citation about

their involvement in the Senate, which employer's love to see.

Nominations for the senate election have closed for this year, so you should be seeing your classmates out campaigning for your vote. The online polls are open from Oct. 8-14 at 4 p.m. and all students enrolled in fall credit programs are eligible to vote. You will receive an e-mail with a unique URL on Oct. 8 once the polls have opened. There will be several information stations set up around campus in the evening on Oct. 13 and in the morning of Oct. 14 should you have any questions. Make sure you vote! Your senator will be responsible for reporting your concerns to the Executive Council, so your vote is important.

A wise person once said that decisions are made by those who show up. So show up by casting your ballot, and have your say in the future of NAITSA.

Get to know the candidates, pages 16-24



Info clerks needed for student elections

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

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

Compensation: \$15/hour

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

Senate election.

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

• Poll clerks must have a com-

plete understanding of the online voting process and must be comfortable in providing guidance to students.

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



Photo by Muhammad Waqas

NAITSA clubs representatives pose at the end of a two-day retreat stressing team building and leadership.

Moving forward at retreat

By GIER BUTERMAN

Running a club at NAIT isn't all fun and games. Sometimes you need to take a little bit of training at a club retreat. Yet some would ask, are club retreats really so vital? For many clubs and members alike, retreats are essential to how a club functions.

"The retreats are very educational in how to run clubs, apply for grants and to meet other people," said John Blizman, member of the Electronic Engineering Technology Society (EETS).

"Lots of effort is put into the retreats, and it's important to develop that stronger sense of community," said Catherine Stebner, president of the Exercise is Medicine Club (EIMC). When asked if the retreats were to be discontinued, the response from both club leaders is the same – a bad idea.

"If they were to cut the retreats it would be detrimental to the clubs," said Stebner. Or, as John Blizman explained, "It would cause huge problems regarding the communication of grants, club logistics and co-ordination on things like OrgSync," which is a relatively new online program for clubs

to operate on.

The retreats are an opportunity for NAIT Students' Association club leaders to meet together and debrief on important issues as well as develop team building and leadership skills.

This year's retreat, held near Edmonton, covered a range of topics, from utilizing OrgSync's treasury function, optimizing social media use, as well as a team building activity reminiscent of the *Amazing Race*.

"It's important to share how clubs are run with logistics and legalities," said Stebner.

Clubs can be formed for program groups, interest groups, or any other legitimate campus group. This means groups as varied as the Accounting Club, Board Gamers Club, Bakers Club, Band Club, Biological Sciences Technology Club, Bike Club, Business Connex and many more are included in the retreats.

For those who think club retreats are just vacations, think again. Most clubs are required to have at least one student execu-

tive attend these retreats in order to satisfy their eligibility requirements for NAITSA grants.

NAITSA has at least 60 clubs currently registered and each club must have a representative attend these retreats to be eligible for grant funding. Each year, NAITSA puts just over \$100,000 up for grabs in grant funding for clubs to utilize. It's not an easy process though, as clubs need to prove that the funding will be used to benefit students.

The EETS club is dedicated to making electronic projects for fun and commercial purposes as well as hosting video games. The EIM club is dedicated to making healthy and active lifestyle choices in both home and work settings. Each of these clubs are vastly different but leaders from both are still required to attend NAIT's club retreats. The retreat allows for the different clubs to meet each other, strategize, learn, and have fun with their organizations.

Blizman said the retreats are "really enjoyable and a blast," referencing all of the team building exercises and networking opportunities.



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WEATHER

Warmer days in store for sure

By BRANDON HESS

Depending on where you were in the capital region you may have woken up to some light snow showers on Saturday last weekend. Temperatures way above in the sky were closer to the freezing mark supporting snowflakes. It was also windy and chilly.

Daytime highs last Saturday only reached 5 C, well below the seasonal average. But by the end of this month the 30-year average high slips to about 5 C. So, the 5 C we saw last Saturday is considered normal by the end of October.

As we head into the end of the week and weekend we could be seeing a rebound of temperatures back to near 20 C.

We have officially seen our first below zero low this season. Cold thermal high over the region allowed for a clearing sky and a plummet in temperatures. Frost will be a reality in October.

Did you know? Typically we see the most dense and cold temperatures inland during the winter. Cold air is very dense, unlike warm air. Descending air in a thermal high brings in clear but

cold conditions like we saw last week. The air cannot rise to form clouds and therefore the coldest weather usually occurs when there is a clear blue sky as we see during the winter. They are also the calmest days with the least wind. If it were windy around a high pressure system (which is not the case), dangerously cold wind chill values would be at play.

Now you know!



Letters

We want your views

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

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

We need to list your real name.

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

Students need to vote

By ASMA IQBAL

In addition to the upcoming election for student senators, NAIT students also have a federal election that is right around the corner! Unfortunately, the word on the street is that not many young Canadians are making use of their democratic right to vote.

When looking at voter turnout, there is one specific group of Canadians who can make an enormous impact on results but have the lowest turnout rate. Individuals from the ages of 18 to 24 – despite being eligible – do not turn up at the polls on election day. Unfortunately, this is not a

new trend. According to Elections Canada, statistics from the previous four elections (in 2004, 2006, 2008, and 2011), indicate that young Canadians have a much lower turnout rate than voters aged 35 and up.

The blame for disengagement often falls on the youth, making us seem apathetic towards the voting process. However, apathy is not always the case. On the contrary, some youth do not feel that their one vote makes a difference in choosing the next prime minister – thus leading them to forgo voting.

Chantal Ganpatt, a second-year Busi-

ness Administration student, definitely feels as though her vote will not count for much in this upcoming election.

“I know myself and some others feel like their vote doesn’t matter because if you’re in a constituency that always votes for a particular party, that’s who is going to win anyways ... so why vote?” she asked.

However, not everyone believes that young Canadians do not have a voice when it comes to the election.

NAIT’s Vice-President External, Allannah Wrobel, also had a few words to say when asked about her view on the importance of youth participation in this election.

“While voter turnout is an issue for the public as a whole, only 39 per cent of youth are believed to have voted in the 2011 election,” Wrobel said.

As a result, the interests of young Canadians go unnoticed on a national level, creating a disconnect between youth and the voting process. But Wrobel believes that young Canadians should push past this disconnect.

“[The lack of youth voter turnout] has an adverse affect on post secondary education; since politicians can overlook student issues and not feel that they are making a political risk. That is why it is so important to have youth vote,” she said.

At the end of the day, when we cast our votes for a candidate, we are amplifying our voice through them. When we sup-

port a candidate, we are supporting their values, beliefs and opinions. We are supporting their plans for our future – academic or otherwise. So let’s do it NAIT. Let’s be heard.

How to vote : Election day is on Oct. 19 but if you are unable to cast your vote on that day, the advance polling days are from Oct. 9-12. To vote, individuals must be a Canadian citizen, at least 18 years old on election day and must be able to prove their identity and address. Bring ID, along with a proof of address, to your electoral district to be able to cast your ballot. You can choose where to vote based on your address while at school or even using your permanent family address.

If you live in two places – one while at school, the other while away from school – choose which one you consider home and use that address to register. How do you know if you need to be registered? That’s easy! If you have not received a voter card in the mail, chances are that you will need to register to vote beforehand. Online registration is available on the Elections Canada website and registration services are also available on advance and election day polling places – right before you cast your ballot.

Let us all exercise our democratic right. The elections are upon us, so get ready to vote, NAIT!



canada.isidewith.com

NAIT making difference in Cuba

By ELYSSA TESLYK

Corporate social responsibility, accountability and transparency are becoming an increasingly hot topic. Every time each of us turns on our TV, reads the paper or catches the latest news on our devices, we see companies and individuals publicly being scrutinized and shamed for not being responsible enough with their decisions and power. This has had some large ripple effects on the business environment and how companies, institutions and other organizations around the world do business.

So how do organizations stay competitive in such a cut-throat business environment? After having trained an entire generation of individuals to think that large amounts of investments in corporate social responsibility is not viable, some organizations are learning to change their thought processes, and coming to realize the long term positive impacts it may actually create as we progress as a society.

As a socially responsible corporate citizen, NAIT takes part on several dozen projects internationally in addition to domestic affairs that contribute positively to the environment in which it operates. Sometimes when organizations grow large enough, they are acknowledged for a few contributions that are largely recognized, and some that go unnoticed that are often just as important as those that are noticed.

NAIT has been working internationally for over 40 years in over 60 countries, and does a variety of different projects to contribute positively to the communities it

works within. The Centro Nacional para la Certificacion Industrial (CNCI) is one such project, celebrating 15 years of working with the Cuban government to provide essential trades training and certification to the country’s workforce through the partnership and support of NAIT and Foreign Affairs, Trade and Development Canada.

Since operations started in 2000, CNCI has gone from offering electrical and instrumentation courses to about 80 students, to expanding its efforts to offer certification to supervisors, welding inspectors and inspectors of high-risk equipment such as pressure vessels, boilers, valves and piping which benefit the workforce with certifications that are internationally recognized.

“This has been a true partnership between the people of Cuba, the government of Canada and NAIT,” said George Andrews, NAIT’s vice-president External Relations and Chief Development Officer.

“In addition to helping to provide economic sustainability to Cuba, the partnership has presented opportunities for NAIT staff to learn and grow. As a leading Canadian polytechnic, we value these international relationships.”

NAIT continues to grow

strong national and international relationships with partners that reflect the passions and ambitions that NAIT holds, further celebrating the fact that locals know CNCI as “the school.” It provides training and certification to high priority occupations, and has trained over 11,000 Cuban workers in 20 trades, technical and business programs to ensure countries around the world are getting the support they need from their international community.

NAIT is continuing to focus on building partnerships at all levels, sharing the NAIT way and offering value to communities. The CNCI is just one of the ways NAIT works to build communities and offer increasing value to stakeholders.



Supplied photo

NAIT has helped train 11,000 Cuban workers since 2000.

INVESTING

Compound for success

By ALEXANDER DA COSTA

Invest Now! Ditch the HISA (high interest savings account) and discover the magic of compounding.

Inertia, with respect to people, is the tendency to remain doing what you're doing (or not doing) due to the current forces acting upon you. It's this inertia, this resistance to change and fear of the unknown that keeps people from trying to improve their financial futures.

With hopes of showing the ease and utility of investing and making money work for you, this piece will argue against the use of a "high interest" savings account as any form of savings device and why investing in index funds is a better bet for the uninitiated.

Why should you invest? Isn't putting your money in a high interest savings account a lot less risky? For short term goals, like buying a new car next year or tuition, a HISA in the form of a TFSA (tax free savings account) may be a better option.

But for that home you want to purchase a couple years down the line or for (early) retirement, a HISA won't cut it. One reason for that inflation. Due to a variety of forces (The primary being the central banks around the world continuing to print money), our money goes through inflation, which devalues it and eats up

the well-earned dollars stored in your chequing or even your one per cent "high interest" savings account, (average Canadian inflation rates tend to be above one per cent annually).

By investing, you are not only protecting your money against loss from the nefarious effects of inflation, you are growing it. Average market returns are seven per cent per year, compared to inferior HISA rates of less than inflation. Though to warn, index funds are not as consistent as the reliably useless one per cent you'll be earning with your bank in a HISA. They'll also be years, months and day to day changes in the value of your investments, depending on what you even invest in.

Risk tolerance or how much volatility you can withstand determines the type of investment you are looking for, though the stronger your stomach in these matters, the better off you'll be to reap the profits of the compounding of your investment. For example, taking the average market return, investing just \$1,000 today could in 10 years nearly double your money (\$1,967.15). There will be years, though, that your investment may not do so well and others years it will be quite the oppos-

ite. With a constant, consistent amount of your savings invested and a tolerance to handle the uncertainty around market returns, you can really make your money work for you.

So, how should you invest? Should you just pick a couple of stocks and pray?

Going about it that way won't help you earn the average returns seen in the market. The average person simply does not have the know-how, temperament or the time to acquire the knowledge necessary to make sound stock investments.

Even those who work in the financial industry, like investment firms and mutual fund managers, rarely beat the market in returns, so, in my opinion, the best strategy is to replicate market returns. Most would find that simply trying to match the market a far easier and more consistently successful endeavour.

Making that happen involves investing in the market to the best of your financial ability and in a number of markets from various countries and industries. Diversifying away risk is ideal when an industry or country goes south economically. The cheapest and most effective way to do this is investing in low-cost index funds. A little research can give you a variety

of options in this regard, from a general fund that covers the market like the Vanguard Total Market Index fund or even through a brokerage house at your bank, like TD E-Series index funds. What you're looking for is low fees (low per cent MER (management expense ratio) usually below 0.60 per cent) and a wide variety of stocks and bonds from Canadian, American and international markets. This allows for maximum return and little headache if an industry doesn't do so well over the years.

If you'd like more details about index investing, reading a couple articles from *MoneySense* or looking up *The Canadian Couch Potato Portfolio* would give a more solid understanding of the process.

Ultimately, the process is quite simple once the knowledge is acquired and I encourage those who want a profitable and care-free investment experience to look into this for saving for long-term financial goals.

With that said, this article's intentions are only to trigger curiosity about this available option and any serious financial manoeuvring, depending on your situation, should be discussed with a financial planner, though I'd be wary of any adviser propositioning mutual funds. So, ditch the inertia and grow with your money!



Fund raising shows results

By ELYSSA TESLYK

NAIT works hard to position itself in its efforts to be inclusive, practical and reliable to the needs of its community. The school's Department of Advancement promotes and offers annual giving that allows gifts to NAIT's annual giving program, which helps enhance the overall student learning experience. Some of these programs and initiatives include scholarships and bursaries, specific programs, capital projects, athlete's teams and the NAIT Fund, an unrestricted fund that is distributed to many different initiatives on campus each year.

The Department of Advancement started the initiative as the Family Campaign, which has been renamed as NAIT It Forward. The NAIT It Forward Campaign has done a fantastic job of supporting stu-

dent success at NAIT since 2001. Last year alone, the campaign raised over \$85,000 and had 22 per cent participation from faculty and supportive staff members. The campaign is set to run Oct. 1-23 this year.

"The support of NAIT's faculty and staff shows that as a community, we believe in NAIT and our students," says Lynn Ryan, annual giving officer at the Department of Advancement.

"NAIT It Forward reflects the NAIT Way values – respect, collaboration, support, celebration and accountability – and the generosity of paying it forward. As staff and faculty, we are committed to mak-

ing NAIT a great place to learn and work. NAIT It Forward builds on all the work we do every day to help our students reach their educational goals," Ryan said.

Events are being held on Oct. 8 and Oct. 21 in efforts to promote the spirit of paying it forward. On Oct. 8, Tag Day will feature the impact of giving at NAIT with over 1,000 tags across the NAIT campuses to showcase donors' support of facilities, equipment and scholarships. This will create a dynamic visual effect of the impact philanthropy has on NAIT students' education.

The event, that takes place on Oct. 21,

will be a cookie sale with volunteers travelling to office banks selling NAIT-made cookies with proceeds going to support the NAIT Fund. Cookies will also be available for purchase at the NAIT food services locations.

Additionally, Shop at NAIT is selling limited edition NAIT mittens while supplies last with all proceeds going toward the NAIT Fund. Staff may allocate their funds to: the NAIT Fund, where 60 per cent goes to student success initiatives such as tutoring, mentoring and counselling, 20 per cent goes to scholarships and 20 per cent goes to the current capital campaign (at present, the Centre for Applied Technology); scholarships; emergency bursaries; the NAIT Centre for Applied Technology and any program or NAIT initiatives.



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LRT and potential danger

By WARREN MULVEY

Many NAIT students get to campus each day via Edmonton's LRT. For the most part, the system is safe but that doesn't absolve riders of their responsibility to prevent accidents and injury. The Edmonton Transit System tasks their employees, from train operators to peace officers to maintenance officers, with keeping you safe. You can help them by keeping a few simple tips in mind whenever you approach the LRT station.

Obey all signs and signals. The crossing arms block traffic on the street and sidewalks at LRT crossings, so be sure to stop and wait whenever they are down.

Look both ways

If the arms are up, make sure you look both ways and listen carefully before crossing the track. The trains run quietly, so you may not hear them but you would definitely see them. You should also listen for announcements of the arrival or departure of trains when you are near or at the station. Do not cross the tracks until the train has passed.

ETS officials have spent time and money on improving warning systems around LRT stations and tracks in order to increase your awareness with warnings. When approaching an LRT crossing or station, turn your music down so you can hear announcements over the public address system. Read all signs indicating the location of tracks, crosswalks, escalators, elevators and pedways.

Eyes and ears

The flashing lights and the PA system are excellent but do not assume that they are working perfectly at all times. The electronic system can fail on rare occasions. Your eyes and ears are your most important assets for your safety, so be alert at all times.

Sonja Martens, an ETS social marketing specialist, suggests that students ought to turn down the volume on their music and keep their eyes away from their smartphone screens when approaching an LRT crossing. She also suggests making extra time to get to and from classes



Photo by Taylor Braat

Always be alert and obey signs when at LRT stations and road crossings.

when riding the LRT to avoid rushing to class. Running the train to gain an extra five minutes is extremely dangerous.

"It's pretty hard to stop quickly when you're driving an LRT train," she said. "It's just not worth the five minutes to take that risk."

Drivers have a responsibility to LRT safety, too. Stop well in advance of the crossing arms, and make sure there's more than enough room ahead of you to clear the tracks during stop and go traffic. Never stop on the tracks for any reason.

Also, make sure you give yourself enough time for longer waits at LRT crossings, and obey the signals and crossing arms. Waiting in traffic at an LRT crossing for

a long time is frustrating, but no amount of frustration is worth putting yourself and others in harm's way. Martens reminds drivers and riders that the delays at LRT crossings won't last forever, and the wait times will be shorter as ETS fixes the bugs.

"It's going to get better from here," she said. "It's just a matter of having a positive outlook."

So stay alert and stay positive when you're around the LRT, and everyone will get to and from the NAIT campus safely.

For more information, please visit the City of Edmonton TraXSafe website at http://www.edmonton.ca/transportation/ets/safety_security/TraXSafe.aspx

New plan for computer access

By DANIELLE S. FUECHTMANN

We all use computers and technology heavily as students, both in class and to complete assignments. If you don't regularly bring your own laptop or digital device to use while on the NAIT campus, you've likely relied on computer stations in one of the campus labs or commons.

If you're a business student, you may have been feeling that the relocation of some of the computers from the basement lab has you competing much more fiercely for screen time. However, the "Bring Your Own Device" plan in development is actually intended to offer a lot of flexibility to students!

The BYOD plan is creating a system where students will be able to come to their classroom and the campus and bring whatever device they have, from smartphone to laptop and be able to log onto a virtual desktop. This virtualization allows

students to use a single login to access a personalized desktop.

The benefit is that students will be able to access a full suite of programs and applications on all devices.

"With the virtual workstation, you log on and all your stuff is there," said Perri Sinal, associate dean for the JR Shaw School of Business.

"No matter what device you're using, you have your suite of software and work and your icons where you want them."

The philosophy behind the programs is that students will be able to take advantage of more flexible, accessible learning at any time.

Being able to take this virtual workstation with you anywhere you go and

on any device makes it easy to stay engaged, Sinal said.

"Getting students comfortable with the tools and the platform, is a really good way to showcase to the public, to [their future] employers, what our students can do! It's an amazing opportunity to start showcasing the amazing technology that our students know."

But if you're still worried about the changes happening with the computer labs, don't be! While some of the computer stations have moved out of the labs in the Business Tower,

new stations have been added to the LRC and there will be a large learning common in the Centre for Applied Technologies (CAT) with a lot of computer stations, plus workspaces for people com-

ing with their own devices, and lots of charging stations. The BYOD plan won't be removing any of the computers from campus, just creating more fluid spaces for using them and creating a system that makes using your device a convenient option. As well, the new CAT building is working hard to develop a robust and fast wireless system, so connecting to WiFi will be efficient and powerful.

If you're still concerned about the complications of transitioning to the BYOD plan, take advantage of some of the soft launch programs and opportunities NAIT is offering as the program is developing, including getting Office 365 for free or the walk-up help desk in T-307!

NAIT is currently piloting a walk-up help desk so if you're having any kind of technology issue you can walk in and they'll help you troubleshoot your problem.



Come one, come all to NAIT!

By GIER BUTERMAN

Mark your calendars, NAIT students. Open House is back! Bring your friends and family to NAIT and show them what this institution has to offer.

Check out NAIT's Open House on Friday Oct. 16 (9 a.m.-3 p.m.) and Saturday Oct. 17 (10 a.m.-3 p.m.).

Everything has free admission on both days and, of course, a free welcome package. There's even free parking in designated spots for Open House visitors, so be sure to arrive early to take advantage of the limited parking.

If you decide to opt out of fighting for parking on campus, NAIT has the new LRT station located on Princess Elizabeth Avenue between Kingsway Garden Mall and NAIT's South Learning Centre.

Worried you will get lost on NAIT's campus? This year we have an interactive mobile map which can be accessed simply by going to www.nait.ca/ohmap. The map shows exactly where you are on campus; this feature allows people to access exactly where they are on the NAIT campus in real time.

NAIT also has dozens of volunteers ready and waiting to help you out and, to top it all off, there is a map on the back of your open house program package, which is available at the doors. Campus maps are also posted at major entrances and campus areas to help you

orient yourself on NAIT's campus.

Don't forget that Friday and Saturday have tons of family friendly events, including a physics demonstration that will show fire and "ultra-cold liquids that freeze everything they touch" – no word on whether or not you can bring your Thanksgiving turkey leftovers for flash freezing.

Or catch a NAIT men's hockey game at 6 p.m. at the NAIT arena, women's soccer at noon or men's soccer at 2 p.m., all on Saturday. You can also examine a fully loaded ambulance at the North Lobby off 106 Street.

A social media contest has started and is running on Instagram until the Open House takes place. If contestants correctly guess the program featured in a photo, you can win great prizes that can include a \$300 Ticketmaster gift card prize. Daily prizes are \$10, so don't miss out.

Other events such as the opportunity to be in a radio booth or try out art critiquing, a robotics competition and digital design displays are also available. Over 100 interactive exhibits and program displays will be presented. NAITSA clubs also have the opportunity to promote engagement on campus, with some clubs manning booths in the South Lobby and elsewhere to showcase the extracurricular activities available at NAIT.

The NAIT Students' Association will also

have a booth that will have food centre drop boxes for donations of non-perishable goods such as canned vegetables, soups, and pasta.

Learn from a personal perspective from students and faculty about the rewarding career learning possibilities to help guide your experience as a future NAIT student.

Both NAIT staff and students will be manning program area booths to give potential NAIT students a perspective on any program they are interested in. Go online at NAIT.ca to see more about program specific information sessions, maps and donation needs.



twitter.com

Open House gives programs a chance to explain what they offer to potential students and the public at large.

FIND YOUR DESTINATION

OPEN HOUSE 2015

OCT 16
9 AM – 3 PM

OCT 17
10 AM – 3 PM

Main Campus • 106 st. & Princess Elizabeth Ave. • FREE PARKING!

Experience the learning environment that gives NAIT students the edge.

See dozens of displays and interactive exhibits showcasing our wide range of career-related programs.

Take the LRT to NAIT and don't forget to bring a donation for the NAITSA Food Centre.

nait.ca/openhouse

A LEADING POLYTECHNIC
COMMITTED TO
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By CONNOR O'DONOVAN
Entertainment Editor
@oadsy

Oh to slip the surly bonds of advertising and dance the web on laughter-silvered pages, high in the ad-free silence, to hov'r there and tread the untrespassed sanctity of the ad-less Internet!

— Adapted from John Gillespie Magee Jr's "High Flight"

A report recently came out that Adblock has been purchased by its most popular competitor, Adblock Plus. Adblock didn't specify exactly who it was sold to but the report's inference is founded on the announcement that Adblock will begin to incorporate an "Acceptable Ads" program which allows certain advertisements deemed "non-annoying" and "non-intrusive" to bypass the software and appear on your web pages.

Adblock's decision seems harmless enough, right — allow the good guys through while keeping out the bad. I mean, controlling what you see is a slightly hypocritical move for a company built on the pillars of freedom but still, they're promoting the lesser of the evils. This way you can browse away to your fingers' content and only have to deal with the ads that respect your practices and schedule. Of course, entry to this club doesn't come without a cover charge.

Devil's advocate

I hate to play devil's advocate (OK, I love it), but as they say, money makes the world go round or, in this case, it keeps your ad-blocking software provider profitable. Very profitable, I might speculate. Do you know how many users Adblock has? Wait for it — no, really, I'm going to make you wait for it.

As a student hoping to foray into the world of television broadcasting, I have a particularly vested interest in this situation. The industry and all of its content — sports, news, entertainment — must move online. There are no ifs, ands or mehs about it. And why not? I used to have to wait until SportsCentre rotated through its entire lineup if I missed my team's highlight package but now I can just hop online, scroll down and relive that 7-1 loss to Chicago in an instant. Of course I'll probably have to watch an ad first but, hey, someone has to pay for that beautiful high-definition video and the \$100,000 lens that shot it. I've only been going to school for a year and I don't think I can count on my fingers the number of pros who have told me how decaying a state the industry is in (we're being replaced by robots). The cash flow has to be sustained somehow; might online advertising be a necessary evil?

I digress — my little advertisement is over and we're back to Adblock. According to its website, the software has over 40,000,000 users! If said report is true, add that to Adblock Plus's 50,000,000-plus users. Numbers like those make a sales pitch pretty damn easy.

Advertising's everywhere

We're having this conversation about freedom, about withholding the sacred independence and anonymity of browsing the World Wide Web and yet here you are contracting out your ability to filter information to a company that appears as money-hungry as the advertisers you so despise?

Listen, advertising is everywhere around you, and it always has been. If your frontal lobe was fully developed when you popped out of your momma's oven you would have noticed branding on your birthing bed, a PSA health poster on the wall and an unignorable special on the cafeteria billboard. It was there; it was affecting you and you didn't even know it! That's what makes advertisers so resilient — they have to adapt to the changes in your lifestyle. They're going to adapt again, even if it means becoming "non-annoying" and "non-intrusive". Look at companies like BuzzFeed who are starting to build the advertising right into the content you want to view.

I acknowledge the ubiquity of advertising but I have never used ad blocking software and somehow I've survived. The Internet is the new wild west — a dangerous frontier where the owners and stakeholders are hard to identify — and Adblock is lauding itself as the sheriff when the best line of defence is to holster that six-shooter yourself.



By KYLE ROBERT

Ad blocking software. I'm sure you've got it and if you don't, you're either a raging idiot or have a veritable ocean of saint-like patience and understanding because it's basically essential to doing anything on the Internet without wanting to choke the life out of someone. 'Cause if you don't have some of this nifty free software and you've been wondering why all your pages seem to take two minutes to load and every empty space you click on spawns a pop-up ad, you're reading about it right now.

I am an impatient, instant-gratification demanding, Internet loving young person — I don't want to load all this extra garbage, which I don't pay attention to anyways, purely on principle. I just want to watch this God damn Fetty Wap vid. And if Chevy thinks stuffing an unskippable 20-second ad onto the front of whatever other dumb video I'm trying to watch is getting them any more sales, it absolutely is not. But guaranteed, it's made more than a few people want to slam their advertising director's head in a door. All I wanted was to click through a few searches and watch or listen to whatever's been in my brain and now you've gotta slap me in the face with this? Seems pretty rude.

Creepy

And not only are they annoying, getting in the way of you trying to have a pleasant time on the Internet, they're creepy. Custom-tailored, Orwellian ads are everywhere and I hate it. On every page you load, every link you click, they're there, a constant reminder that our big Googly brother is watching and taking note, sizing you up like a cartoon character with dollar signs in his eyes — which to be honest, I find to be not only creepy but affronting. There are other, much less invasive ways to advertise. Not to mention the murky moral waters you get into when buying and selling data accumulated from what essentially amounts to spying on people for the purpose of better marketing to them in the "privacy" and comfort of their own homes. Like it's open season if you want to pay good money to assault my peepers with stuff I should buy when I'm out in public but to be constantly reminded that we live in a society that more than anything is about the bottom line on the quarterly profits report while I'm sitting on the couch in my underwear is kind of a bummer.

It's OK!

But don't worry, Kyle is here to tell you it's OK! All those tears and homicidal urges and commie-sympathizing sentiments can be taken care of before they even happen, like some kind of future cop movie where they go back in time and arrest the guy before he kills the ambassador. And it's thanks to the marvel of Adblock! Adblock is a free piece of software, developed by our benevolent and Jesus-like Internet saviours and it's available as an extension for Google Chrome.

It's been pretty much the modern peak of technological advancement. There was the time BAB (Before Adblock) and now, AAB (the time After Adblock). (And if you don't have Chrome, please just go sit in the corner and give up). It's there to spare you the relentless pushing and prying of the money-grubbing advertising industry and for that service I am eternally grateful.



Photo by Lauren Hucal

OPINION

— Editorial —

Go fund yourself!



TAYLOR BRAAT
Editor-In-Chief
@TaylorBBraat

“Would you like to donate \$2 to blah, blah, blah?” I honestly didn’t even hear what the girl behind the counter at Ardene even said. The feeling of being cornered overwhelmed me, so much so that my ears couldn’t even catch onto the actual charity that she wanted me to donate to. Maybe if she had asked me in a tone that put meaning into each word, or in a way that made me believe she even knew what she was saying rather than the robotic intent she gave off, I would have graciously donated \$2 to this charitable cause.

Issues on my side, too

Other than her incomprehension of this charity, there were issues on my side of the exchange, too. Now, as you can see, I was using my SPC card to get a discount on the store’s deal of three pair of shoes for \$10 – what part of this screams that I can afford to give someone else any of my money, even if it is just \$2? Maybe if I had known she was going to ask, I would have spent my money in a more calculated way so that I could spare some change for said cause ... whatever it was.

It used to be the Girl Guides and the Salvation Army, now it is every public school and every small business that wants something. It used to be our spare change but if I give any more money away, I’m going to have to start digging into my non-existent retirement savings. At least when the Girl Guides came around, we got something delicious to dip into our milk.

Yanking on heartstrings

The madness does not stop when we leave the mall, it continues when we get home and start surfing the web. The Internet is defining “charity case” with a whole new narrative. As we are scrolling through the liberated land of Facebook, we see a paragraph of solemn words attached to a link asking us to follow it to the place where we can help a dire cause. This link leads us to a crowdfund page.

Originally created to gather funds from a large number of people, for a project or venture, crowdfunding is a way to generate money from people through the Internet on websites like gofundme.com or kickstarter.com.

Our heartstrings are yanked on so we follow the link. We are then guided to the simply laid out page where all we have to do is click a ginormous green button, how convenient. This button leads us to their intended destiny of our hard earned money. Crowdfunding is an endeavor for

the monetary needs of the helpless and the hopeful alike, but where does it stop?

The centrepieces at Steve and Michelle’s wedding can be that much more spectacular, because they have crowd-funded their wedding. Craig can now go “back home” to see the aunts, uncles and the boys with our group effort. We can even donate to Miss Teen Ohio’s new wardrobe, getting her that much closer to her dream of walking in sparkles across the stage. It may take me three years to save \$18,633 but for the man who created the Pirate Pancake Griddle, it was as easy as setting up a profile on a website.

I really shouldn’t be so taken aback; after all it is 2015, where everything is in excess and nothing is sacred, not even the hardship of earning our own account balances. Paying for something with our own money? What a concept! It’s not that complicated; working hard, saving up and buying something we want, but in today’s liberated reality, there is not much that isn’t socially accepted.

I am just so sick of walking down an aisle of beg-

gars, everywhere I go. If I take a walk downtown, I will probably have no change left in my pockets, but now the Internet is clawing away at my PayPal. If I don’t stand my guard, I could end up on the streets, too. My e-mail is not Dwarbucks\$\$@hotmail.com and I don’t owe anyone anything, so kindly get your open hand away from me.

There is a lighter side to this argument, perhaps one that may not have come to be if not for crowdfunding. Kiva.org is a non-profit that uses the Internet to connect people from all corners of the globe to network micro-finance institutions. The minimum amount that one person can loan is just \$25 and it helps to create opportunities where there might not have been one otherwise. There is no selfish personal gain from this website and it will build possibilities and enhance self-esteem. It provides evidence that in every negative there will be a positive, or should I say in every deficit there will be a surplus.

There is an allowance of a lot of egocentric behaviour but there will always be someone special out there who will create something of luminescence.



boards.weddingbee.com



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

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

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

SPORTS

Can't have it both ways



JOSH RYAN
Sports Editor
@JoshRyanSports

"You know, we just gotta keep playing our game, putting pucks in deep and we'll give ourselves a chance to win."

How many times has this utterly useless sound bite made its way into living rooms, bars and jumbo-trons across this continent? In fact, apply this to any professional sports league (minor and amateur sports as well, for that matter) and you'll get the same thing. Just insert basketball court and field for ice here and you'll get essentially an identical answer.

As a diehard sports fan, I crave interviews with athletes like Chris Pronger, which are simultaneously insightful and entertaining. However, those are harder to find than a Republican in Hollywood, especially in the NHL. However, this isn't a woe-is-us scenario, as we are the culprits responsible for the situation. Players don't give uninteresting interviews because they themselves are uninteresting (with the possible exception of Michael Peca, he's got the personality of tree bark), they give boring interviews because anything else tends to land them in trouble.

Harkening back to the '70s (just from

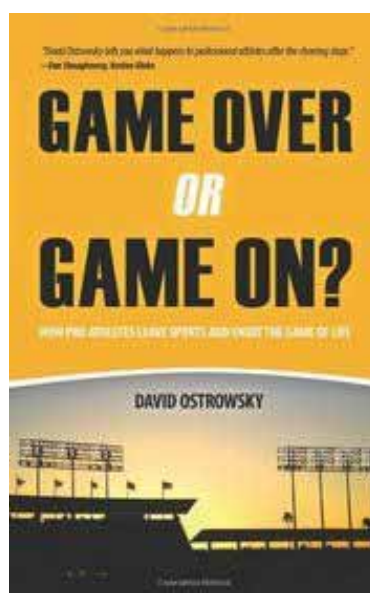
research, I'm old, but not THAT old), players like Phil Esposito gave interviews that players now could never give. There was a rock-star persona that came with the stars of that era, the way they dressed, the way they walked and the way they talked to the media. Athletes of other leagues, especially the NBA, were even more vibrant as the '80s rolled along. However, as technology advanced, so did the impact and access of the media. Every word uttered on camera could suddenly be played over and over again with the click of a mouse.

People unfamiliar with sports usually assume that crappy interviews are born from a lack of education. This isn't the case, as players manage education during their junior years and some complete degrees while playing in the pros. Moreover, the training players receive for dealing with media is unbelievably extensive. It's as though they are about to appear before a grand jury and require that their emotions are completely buried under layers of robotic staring. Every single question in a reporter's arsenal is answered with a response that's been uttered over a thousand times that couldn't possibly incriminate that interviewee in the court of public opinion.

Ah yes, the wonderful court of public

opinion. It is there when rational thought, carefully considered compromise and courageous conviction are automatically sentenced to a quick, yet painful, death. Players aren't allowed to express that they don't like something or that they think one player is better than another, because that is taken to an extreme.

Tom Brady made a comment a few weeks ago about wanting Donald Trump



to become the next president of the United States. If you hear the clip, it's clearly made in jest but because it winds up on the front page, we ravenously consume it like raccoons scything their way through a garbage bag. If you were interviewed about your classmates or coworkers, would you want a headline stating that you are unhappy with their performance? And heaven forbid athletes mention political issues or religion. If you reference God in any manner, you're written off as a judgmental nut-job and players who criticize religion receive hate speech in return.

The most frustrating occurrence is when we label athletes as arrogant or selfish, depending on their answer. I love listening to Kobe Bryant interviews because the Black Mamba does not give a crap what anyone thinks. Sure, he probably has a massive ego and he isn't a nice person all

the time but at least he's honest. There's such a taboo on any absence of humility in sport. It's kind of like saying a pilot who saves the lives of his passengers during a plane crash is only a hero by saying he isn't a hero. Don't misunderstand me, humility is an important and admirable trait in human beings. Being able to win with class is unfortunately rare and is an important example to set for young people watching. But just because somebody over-celebrates a goal once in a while doesn't mean they are raging me-monsters.

That's what has attracted so many people to Don Cherry and other former athletes-turned-analysts, like Charles Barkley and Gregg Zaun. Heck, that's why Donald Trump continues to receive more and more support in the polls for Republican presidential candidates (really though, how close are we to the bombshell where he finally offends literally everyone on earth?). However, players don't get the same support for honesty. Richard Sherman is an angry black man just because he got fired up about beating a guy he didn't like? PK Subban is unsportsmanlike simply because he ... wait, maybe this is a race thing ...

Anyone who's watched *Cabbie Presents* knows there are people in professional sports that are funny, smart and interesting to listen to. Sydney Crosby is one of those guys; listen to any journalist in the NHL talk about him and they all say that he's a very interesting guy to talk to off the record. But until the media stops misrepresenting what they say and we stop getting outraged over it so quickly, athletes will continue to give clichéd, zombified post-game answers.

FITNESS

Options around the city

By **DANIELLE S. FUECHTMANN**

Having a hard time committing to an exercise plan or showing up to the same class every week? You're not alone! Luckily, it's increasingly easy to add activity to your life even if you don't have a perfect fitness routine or show up at the gym every day. Variety is the spice of life – keeping variety in your exercise routine makes getting a workout a fun stress buster and it's a great way to avoid accidentally overworking one part of your body. It's smart to mix cardio and strength training with flexibility and balance training – it ensures that your muscles don't plateau or adapt to just one form of exercise.

NAIT's fitness and recreation programs

allow students to purchase drop-in passes for classes that interest them. It's a great way to check out several classes on campus to find what interests you or, if you hate committing to a full session of a class, it's a fun way to take advantage of several different classes without needing to register for all of them. Drop-in passes are available for \$12 plus GST per class; you can pick them up on campus by visiting E-134.

If you prefer to take your workouts off campus or are craving a wider variety of workouts, programs like FitSet offer flexible passes for a network of studios in the city. FitSet offers easy access to classes from studios like Champ City CrossFit, Vertically Inclined

Rock Climbing, The Surf Studio and much more. Once you've signed up for a FitSet pass, all you do is go online to book a spot in a class you're interested in and then show up to class! They allow users to visit the same studio up to three times per month, encouraging users to try lots of different classes. Thanks to the very diverse group of studios to choose from, you'll never get bored of doing the same workout every week!

If you're great at self-motivation and prefer body-weight exercises or working out solo, check out some online resources and lead your own workouts. There are some amazing teachers that focus on online classes and you can find some great free options,

which is perfect if you're on a budget. Try searching on YouTube or even Pinterest for workout ideas and games to supplement your usual workout or run, whether you're looking for an exercise video, a routine or an easy way to gamify your workout, there are lots of easy and inexpensive ideas!

Finally, don't be afraid to keep it really simple and just go for a walk! If you're burnt out from your usual routine or trying to slowly build better habits, taking a break and just going for a walk or even gathering a few friends for a casual game in the park, are perfect ways to raise your heart-beat and take your mind off your other responsibilities.

Keeping Score

Who will win the Cup?

Welcome back to another edition of *Keeping Score*, the weekly debate on a chosen topic in the world of sports. This week, long-time Nugget contributor Matt Mosewich and I finally reveal our Stanley Cup predictions! With the NHL season off and running this week, Sportsnet and TSN have outlined all of the analysis, gut-feelings and video game simulations revolving around the next winner of Lord Stanley's Cup. The selections are across the board amongst both fans and broadcasters. The most commonly named teams are the New York Rangers, Tampa Bay Lightning, St. Louis Blues, Anaheim Ducks, Montreal Canadiens and the defending champion Chicago Blackhawks. Las Vegas favours the Hawks with 13-2 odds, while the Bolts, Los Angeles Kings and Ducks follow at 8-1, 10-1 and 11-1, respectively. Will the Stanley Cup return to the Windy City? Does King Henrik finally win a title? Are the Blues over the hump or still posing? Can Tampa use last year's experience to reach a new level? And seriously, how much longer before Don Cherry's wardrobe causes blindness? What do we think? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

Seeing as it's the 2015-2016 campaign's opening week, it feels only appropriate to partake in unfounded speculation of which franchises will face off in the sweltering heat come June.

My picks are unorthodox, head-turning and quite possibly biased. One could make the argument that not only am I speculating but actually pining for these predicted results. However, I remain steadfast regarding these speculations and will venture forth unafraid of the ridicule that will surely be hurled my way. I have ... the Calgary Flames defeating the Tampa Bay Lightning in six games.

Now, before you put down the paper in frustration, hear me out! Or at least, hold your incredulosity until you've read the final printed word. For I give you a tale of excitement, adversity and glory. Really, this would be a page turner, were it not for residing on just one page.

The Flames are coming off a season where they defied expectations, qualifying for the second round of the playoffs. This summer, Calgary retained all key roster members (including team captain Mark Giordano), while acquiring defenceman Dougie Hamilton from Boston and adding versatile winger Michael Frolik. Cowtown's squad is virtually the same as the one that defeated Vancouver last spring, a great year of experience for Sean Monahan, Johnny Gaudreau, Sam Bennett and company, who are looking to take their games to another level.

The Flames quickly silence their Corsi critics. While there are some skids, Cal-

gary grabs the second seed in the Pacific Division. Goaltending continuously draws questions but Jonas Hiller and Kari Ramo are reliable. In the opening round of the playoffs, Calgary dispatches the Los Angeles Kings in five hard-fought games to set up a rematch with the Ducks. Smooth sailing to this point. That is, until ...

Johnny Hockey goes down with an injury in Game 1, while T.J. Brodie loses his cool and gets suspended for three games. Anaheim takes a 2-0 series lead. But Bob Hartley's boys battle back to take the next two in heroic fashion, turning the Red Mile into a madhouse! Next, Game 5, in which a controversial call allows Anaheim to win the game in overtime, courtesy of enemy No. 1, Corey Perry. Everyone writes off the Flames but they win Game 6 to get back to Anaheim. There, Calgary prevails 3-2, heading to the first conference title bout since the Cinderella run in 2004.

Another underdog story awaits the Flames – the Winnipeg Jets! After qualifying as a wildcard, Manitoba's team has shocked the world by knocking off St. Louis and Chicago. Against the Flames, the Jets battle hard to win Game 4 but Calgary is too much for Winnipeg. On now to a familiar finals opponent, Tampa Bay, the same team that should've been eliminated in Game 6 so many years ago; playing in back-to-back finals.

Calgary is outmatched by the high scoring Bolts in the opener. However, Johnny Hockey returns from injury in Game 2, scoring two goals that compete for highlight of the night! The Flames then claw their way to a pair of tight victories at the Saddledome. Tampa responds by dominating at home, sending the series to Calgary for a new chance to down the Bolts in Game 6. The Lightning lead 3-2 with less than four minutes to play, when Sean Monahan scores on the PP.

In overtime, several great saves from Ramo keep Calgary in the game, just long enough for Gio to go coast-to-coast and bury the winner! The Flames' captain is awarded the Conn Smythe and hoists Calgary's second Stanley Cup.



MATT MOSEWICH

The Washington Capitals will win the Stanley Cup ... according to me. I think when you look at the potential Cup champs, the obvious pick is the Chicago Blackhawks. But, as history has told us in today's game, repeating as champs is almost impossible.

The next obvious pick is last year's Prince of Wales winners, the Tampa Bay Lightning. However, I believe way too many players on that team over-achieved. The Triplets won't fly under the radar anymore and will likely come down to earth. You may want to lean towards taking a dark horse and potentially looking like a genius at year's end but like I did last year with the Habs, you just end up looking like an idiot. So, this year my pick is much more obvious.

The Washington Capitals enter this season with no real question marks. The offence, which has never been a problem, is stronger than it's ever been. Alexander Ovechkin and Niklas Backstrom return as one of the league's most dynamic duos, and with a massively improved supporting cast. The Caps made two key additions this offseason, in T.J. Oshie and Justin Williams. Oshie adds skill and grit to the line-up, while Williams' veteran presence could prove invaluable when the playoffs begin. Adding to that, the Caps have Evgeny Kuznetsov returning. If the uber-talented Russian's finish to the year is any indication, he could be in for a monster season. Young Swedes Andre Burakovsky and Marcus Johansson add even more firepower, while Tom Wilson, Michael Latta and Brooks Laich add grit, which becomes

a necessity come playoff time.

On the back end, the Caps may not look like world beaters but their defence is much better than it looks. Every championship team has its ace defenceman – LA with Drew Doughty, the Bruins with Zdeno Chara and, of course, Duncan Keith for the Hawks. The Caps have John Carlson, who may not be a household name yet but is a true No. 1 defenceman in every way. He plays a sound two-way game and has proven he can handle massive minutes in the post season. They have a shutdown beast in Karl Alzner and a veteran presence in Brooks Orpik. Now, they've made no real additions to the defence over the offseason but they have rid themselves of Mike Green, who was a complete boat anchor. So, we'll call that addition by subtraction. Plus, youngster Dmitry Orlov is twice the player Green is and will fill his "void" seamlessly. The

defence isn't the best in the league but they have Braden Holtby behind them. I believe that goaltending is the great equalizer. Holtby emerged as a legit Vezina candidate last year and looks to be entering the prime of his career. The

Caps will be able to play with such a high level of confidence, knowing he is behind them.

Three years ago, if you had told me I was going to pick the Caps to win a cup, I'd likely say you were crazy. I had sworn that the Caps could not win a Cup with Ovechkin leading the way. And to be honest, I still don't like OV as a leader nor a player capable of taking his team to a final. However, Caps management has built a nearly perfect team around him. They've surrounded him with elite depth and a defence that not only complements the offence up-ice but can shut things down in their own end. With Holtby in net and the emergence of said depth, Backstrom and Ovechkin are free to focus on producing. So, with my tail between my legs, I have to go back on my word and chose the Washington Capitals to win the 2015-2016 Stanley Cup.



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HOCKEY



Ooks Scott Fellnermayr sizes up his Keyano faceoff opponent on Saturday, Oct. 3 at NAIT arena. NAIT won the game 6-1 to complete a two-game weekend sweep of the Huskies.

Photo by Alanna Fletcher

Ooks sweep Keyano visitors

By MAREK TKACH

With the weather slowly, but surely getting colder, what better time for the 2015-2016 ACAC hockey season to get underway. Last season's defending ACAC champion NAIT Ooks men opened the new campaign by playing host to the Keyano Huskies out of Fort McMurray.

Two different games with the same result is a perfect, short and sweet summary for how the Ooks' 5-1 and 6-1 victories went on Friday and Saturday. The sweep puts the Ooks in fourth place, though the three teams ahead of them in the standings have all played four games.

In the first of the two-game set, the Ooks and Huskies looked to be neck and neck with each other and, late in the first

period, the game started to get chippy. Both head coaches were not very pleased with their team's play early in the contest, as NAIT led 1-0 thanks to a seeing-eye shot from forward Connor Hoekstra. In the second, number four came out of the penalty box to sneak behind the Keyano defence for another goal. Despite Keyano cutting the deficit to one, the Ooks were able to turn up the heat in the third period and bury the Huskies with a flurry of goals, including a beauty from team captain Scott Fellnermayr.

NAIT outshot Keyano 41-34, with 17 of those missiles coming in the third period alone. The POG for the Ooks went to Hoekstra for his two-goal effort. Goal-tender Kyle Birch made 33 saves for the

win. After the game the forward spoke well of rookie head coach Mike Cabinet, who is the grandson of Edmonton coaching legend Clare Drake. Cabinet said it was a nice way to start the year and it was important to keep it going in the next day's game.

The Ooks did exactly that, they jumped on top with another big win, outshooting the Huskies 52-20. Tyler French was the only player to find the back of the net in the opening period, but the Ooks broke through during the next 40 minutes. Kevin Carthy, Trace Elson, Charles Wells, Klarc Wilson and Jordan Apt all found the back of the net, while Fellnermayr and Jordan Wood both added a pair of assists. Cameron only had to make 19 saves for back-to-back wins.

After the game Nate Bedford, the Keyano Huskies coach, said one of the key players to watch for his squad this year would be Jimmy Sheehan on the back end, whom he said always has been known for having bounce back games and it was important to keep it going in the next day's game.

Cabinet admitted the group needs to work on discipline, picking up 26 minutes in penalties over the weekend.

The Ooks are back in action next weekend when they take on the Red Deer College Kings, who shutout the Briercrest Clippers 11-0 over two games. Opening whistle at NAIT on Oct. 9 is at 7 p.m. The following day, NAIT travels to RDC, with the puck drop once again at 7 p.m.

Athlete Profile



Player: Scott Fellnermayr
Sport: Hockey
Program: Bachelor Business Administration

By ELYSSA TESLYK

1. What made you start playing hockey? As far back as I can remember I wanted to be a hockey player. As a kid I couldn't get enough of hockey and I spent most of my spare time shooting pucks and tennis balls in my driveway.

2. What is something people don't know about you? I'm scared of spiders.

3. What three things can you not live without? Doritos, salsa and hummus.

4. What is your favourite movie? Remember the Titans.

5. What type of music do you enjoy? I am a big fan of classic rock but I also like country, rap and pop music. My iPod is a very wide variety of genres and generations of music.

6. What are your hobbies in your spare time? I enjoy almost any type of competition with my friends such as video games, board games, golf, and softball; I also like going camping and to the bar with my friends.

7. What is your dream oasis? Haven't been to a lot of places personally but after some research I would say Bora Bora island.

8. Who is your childhood idol? My childhood idol was my favorite hockey player Paul Kariya. I admired the way he played on the ice and the way he handled himself away from the rink. I used to read books on him, watch him play and try to model my game after his.

9. Which sports do you like to play besides hockey? I enjoy almost every sport to some degree but my favourite sports besides hockey are golf, baseball, basketball and beach volleyball.

10. Do you have a pregame meal? For home games I usually make pasta and chicken with salad, but for road games I usually get chicken and shrimp (with extra shrimp) on rice from Edo Japan.

11. Who inspires you the most? A lot of people inspire me including my parents, my teammates and my friends.

12. What is the best advice you've been given so far? Enjoy these years playing college hockey at NAIT as they will be some of the best years of your life and they go by quickly.

13. What do you want to say to your team? You should be proud to be a part of the NAIT Ooks and enjoy your years here, as they will fly by in a hurry.



Photo by Alanna Fletcher

Ooks forward Jason Wark moves around a Keyano Huskies player at NAIT arena on Saturday Oct. 3. The Ooks went on to win the game 6-1.

Athletes of the week

Sept. 28-Oct. 4

Kayleigh Pepper
Soccer



With several NAIT Ooks women's soccer forwards putting up big numbers this past weekend in the team's sweep up in Grande Prairie, Kayleigh earned Ooks of the Week honours this week with her superb defensive play. The Ooks picked up a 7-1 win Friday, and 6-0 Saturday to remain undefeated. "Kayleigh's positioning was excellent ... her decision making was fantastic and she got forward into the attack when the opportunity presented itself," said head coach Carole Holt. "She did everything a fullback should do and I really can't say enough about how well she played ... " Kayleigh is a second-year Veterinary Medical Assistant student from Edmonton.

Connor Hoekstra
Hockey



The NAIT Ooks men's hockey team opened their season with a home sweep of the visiting Keyano Huskies this weekend at NAIT Arena and Connor was a major factor. He had two goals Friday in the Ooks' 5-1 win and was named Player of the Game. He followed that up Saturday by playing a great two-way game and adding an assist in NAIT's 6-1 victory. "Connor is a great example of hard work and a team-first attitude," said head coach Mike Gabinet. "He not only brings a consistent physical presence to our team but is now showing the ability to contribute offensively ... " Connor is a second-year Millwork and Carpentry student from St. Albert.

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NEWS
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www.naitnewswatch.ca
[#naitnewswatch](https://twitter.com/naitnewswatch)

SOCCER

NAIT devours GPRC Wolves

By MIKE ALLISON

The Oaks were out in full force on the field in Grande Prairie this weekend against the GPRC Wolves. This was the only time the Oaks and Wolves were scheduled to meet this season and the men ensured the wolves didn't get a sniff, blanking them 6-0 and 2-0, while the women posted 7-1 and 6-0 victories. The men and women improved their respective records to an impressive 6-1 and 7-0 heading in to the Thanksgiving break.

Wrong foot

Saturday's action started off on the wrong foot for the women but they were persistent and stuck to their game. The Wolves struck first on a penalty kick three minutes into the game but the Oaks showed their tenacity and went into halftime with a 2-1 lead. The Oaks dominated the rest of the game with five second-half goals. Kassy Jajczay had an impressive four-goal game while Wendy Abramenko, Marissa Webb, and Megan Loyns each posted singles.

Head coach Carole Holt was very impressed with Saturday's performance, noting that she believes it was "the best game we've played all season."

On Sunday, Kayla Michaels and Kassy Jajczay scored a hat-trick each, accounting for every Oak goal in the win.

"We're playing well as a group; people are stepping up when needed and some of the girls are playing in different positions," Holt said.

Justin Marler backstopped the Oaks' men's

team in Saturday's blowout victory, posting a shut-out for his first game as keeper. Fellow first-year student Luis de la Torre Navarro led the scoring for the Oaks, netting four goals in under 10 minutes.

Sunday's game resulted in a closer match but Navarro, who hails from Guadalajara, Mexico, again led the offensive charge and scored the Oaks' only pair of goals. Despite the impressive back to back shutouts over the weekend, head coach Charles O'Toole still believes that there is room for improvement.

"We currently have five players out with injuries and hope to have them back for the games following the Thanksgiving break," said O'Toole.

Weekend off

The men and women can rest easy this Thanksgiving weekend but will need to be prepared for upcoming matches against the Concordia Thunder and Keyano Huskies on Oct. 17 and 18.

The Thunder have a 6-0 record and trail the women by a game, while the Concordia men have a current record of 3-3. Keyano College's women's team has yet to win a game this season, while the male team has yet to lose, boasting a perfect 8-0 record.

NAIT's men's only loss this season has come from Keyano. The Huskies handed the Oaks a 2-0 loss in early September and are back in town on the Oct. 18, hoping to do the same. You can catch your Oaks at home on the 17th and 18th. The females kick off the action at 12 p.m. both days, with the men following at 2.



NAIT photo by Jesse Kushneryk

A NAIT player heads the ball during a match Sept. 11 at home en route to a 5-0 win over Augustana.

WOMEN'S VOLLEYBALL

Women ready to go to battle

By ZANE TOMICH
@7_zaner

The 2015-2016 volleyball season is underway and the NAIT Oaks women's team is cut and primed for another eventful year.

Last season, the team finished with a 15-9 record, good for fourth overall in the North Division. However, the squad lost in straight sets in their quarterfinal match against eventual champion Red Deer College.

Overall, the Oaks enjoyed a lot of success last season, displaying very solid defensive play and blocking but struggled at times with passing and serving. This year brings the opportunity to build on the success they had last year and hopefully progress even further towards the ultimate goal of winning a championship.

Head coach Benj Heinrichs returns to lead the team through another campaign. Heinrichs likes how his team is looking and feels that there is a

good, hardworking attitude within the roster.

"We have a good mix of experienced players hungry to learn and get better," said Heinrichs.

The Oaks are missing both of their setters from last year, so it will be up to the newcomers to pick up the slack and deliver on a consistent basis throughout the season.

Taking over at the setter position are Marija Damjanovic, Cheyenne Zweifel and Megan Smith. While Damjanovic (who hails from Croatia) doesn't join the team till the second half of the season, Smith brings a veteran calm and mature demeanour to the floor, having played for the Grande Prairie Wolves from 2009-2011. Along with Zweifel, the Oaks are already in good hands.

Tiffany Evans, a second-year player, was the North Division rookie of the year last season. She is an athletic outside hitter and will be relied upon to put

up some big numbers this year. Veteran middle Tara Voogd played every set last year and will be counted on for leadership and steadiness this season and Nalani Stang is a solid back court player who could very well step up and take on the libero role.

Another key returnee in the middle is Joslin Peters, who entered the starting lineup as a rookie last season. She will be looked upon to continue her progression as a key contributor and utilize her size this year.

Also, Candice Hughes is another returning veteran outside hitter who will be heavily relied upon for leadership and excellent two-way play. Other names sure to make an impact include returning outside hitter Victoria Johnstone, rookie outside hitter Natasha Ng and rookie middle blocker Taylor Card.

The Oaks play in a highly competitive division, full of strong teams. Heinrichs knows it will be a big challenge all year

long to compete against the opposition.

"Our division is brutal, in a good way. There are eight to 10 outstanding teams with four or five in each division. It will be a battle," he said.

Results in preseason competition haven't been friendly to the Oaks, who have gone winless in the month of September. However, their fortunes have turned around as of late, as they were victorious in straight sets against Concordia on Oct. 2. This year, Heinrichs's goal is to have the team win. Plain and simple.

"We want to improve on last year," he said. "We had a decent record last year and our goal is to win more matches and get back to the conference title."

The women's home opener is on Oct. 17 as they take on an Edmonton rival, King's University College. Game time is at 6 p.m. The Oaks are back at NAIT campus the following day for another match against the Eagles. Game time for that day is once again at 6 p.m.

WHAT DOES NAITSA DO FOR YOU?

WE ARE YOUR STUDENT-LED ORGANIZATION, & OUR MISSION IS TO PROVIDE STUDENTS WITH EXCEPTIONAL SERVICE & REPRESENTATION.

WE HAVE 4 FULL TIME STUDENT EXECUTIVES
The VP Student Services is here to help foster student life at Nait. The President is the official spokesperson of NAITSA. The VP External represents student interests throughout the campus, city and province. And the VP Academic can help you with questions or issues regarding your studies at Nait.

WE HAVE THE STUDENT SENATE
The senate is made up of 15 student representatives from all program areas, who provide input into vital on-campus NAITSA issues.

WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS

WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK

WE OWN & OPERATE THE NEST TAPOUSE GRILL
Located by the pond | 780-471-8840 | nesttapousegrill.com

WE PUBLISH THE NUGGET STUDENT NEWSPAPER
Room E-128 | 780-471-8844 | thenuggetonline.com

WE OPERATE THE STUDENT HEALTH & DENTAL BENEFITS
studenthealth@nait.ca | nait.ca | NAITSA Service Centre Room E-131

WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPER
foodcentre@nait.ca | nait.ca | NAITSA Service Centre Room E-131

WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM
estl@nait.ca | nait.ca | NAITSA Service Centre Room E-131

WE ADMINISTER THE U-PASS
upass@nait.ca | nait.ca/upass | NAITSA Service Centre Room E-131

WE PROVIDE DISCOUNTED TICKETS
To sporting events, movies, and other fun events! Available in the NAITSA office (E-131) on the Main Campus or at the Bookshores on South & Patricia Campus.

WE SUPPORT & FUND OVER 70 CLUBS
org@nait.ca | NAITSA Club Centre Room E-132








WE COORDINATE FUN STUDENT EVENTS ON CAMPUS
Check the boards and our social media for updates!

NAITSA TRADING POST

REGISTER
(AT TRADINGPOST.NAITSA.CA)

WHAT ARE YOU LOOKING FOR?

- BOOKS?**
 - POST A BOOK
 - FIND A BOOK
- ROOMMATES?**
 - NEED A ROOMMATE
 - FIND ROOMMATE

NAITSA SERVICE CENTRE

Introducing the Naitsa Service Centre!

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

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

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

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

More information, such as needed items, can be found at nait.ca/food-centre, by emailing foodcentre@nait.ca, or by calling 780-471-3944.

STUDENT HEALTH AND DENTAL PLAN

Please visit the NAITSA Service Centre Coordinator located at Room E-131. We provide health and dental coverage to over 5,300 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 Coordinator immediately to ensure your coverage eligibility has not changed.

studenthealth@nait.ca | 780-471-7770 | Twitter: [naitplus](https://twitter.com/naitplus)

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 2015, 2016 or in the fall term, or a class that starts before January 2016, 2017 in the winter term, you are automatically assessed the fees for the Student Health and Dental plan, and are automatically enrolled in the plan. All credit students are assessed these fees, regardless of whether they are part-time or full-time students.
- Health Plan fee: \$100 per academic year and is charged in two payments of \$50 per semester.
- Dental Plan fee: \$120 per academic year and is charged in two payments of \$60 per semester.

The plan includes new credit programs, students 100% online, auditing and apprentice students.

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

- Deadline (September Start): Friday, September 25, 2015 no later than 4:00 p.m.
- Deadline (January Start): Friday, January 23, 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.mystudentplan.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 fees 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 @naitplus 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











for more information about voting please visit nait.ca/elections



Business & Administration
Shamaim Arshad

Hello my fellow business students,

My name is Shamaim and I want to be your student representative for NAITSA's Senate. I am currently in my second year of Bachelor of Business Administration pursuing a degree in finance. I also have created a club recently called Pakistani and Indian Students' Association that strives to represent all the south Asian community, nonetheless every student at NAIT is honorably welcomed. As a candidate for the seat in the student senate I acknowledge the responsibilities listed in the Bylaws and consider becoming the voice of my student fellows. My current experience as a president of my club has prompt me to run for this position because I believe that my leadership, effective communicating and efficient listening skills will help me put your words and thoughts out for a better change. Elect me, Shamaim Arshad, as one of your senate representative as I will do all my best to put your thoughts forward.



Business & Administration
Calli Barker

I, Calli Barker, am in my 3rd year in the BBA program with an emphasis in Human Resources. I am committed to listening to, and voicing the opinions of the students. The values that I believe in most are leadership, integrity, and respect. I look forward to speaking with everyone during the campaign!



Business & Administration
Vinu George

Hey, I am Vinu, a third year student majoring in Accounting. I would consider myself an honest, fair, efficient and accountable person. I am sorry if that sounds a little arrogant. My downside is the fact that I am terrible at writing and you have probably noticed this by now. I honestly hate essays. I only wrote this article because I was told that it was extremely improbable to win without it. I am very interested in politics and I have attended over 50 meetings that follow Robert's Rules of Order, which just so happens to be followed by the NAIT Senate as well. I really want to be Senator this year. Please do me a favour and vote for me. :)



Business & Administration
Gen Joncas

Hello fellow business students!!

My name is Gen Joncas and I am running for 2015/2016 student senate. As business students we relate to topics around NAIT differently in comparison to other faculties at NAIT. It is important to have our opinions heard and I want to be the one who you can come to voice your concerns. As student senator my goal is to make sure that our NAITSA executives are looking out for our best interests as business students. I want you to be comfortable bringing up any questions or concerns you think are important at NAIT and I will do everything I can to help you. I can be reached at my personal email 'gen.joncas@gmail.com' if you have any questions, concerns, or if you just want to say hi! As your acting student senate I believe the most important part of my role is to stay connected to fellow business students about relevant issues at our school. Vote for a fellow business student, vote Gen Joncas!!



STUDENT ELECTIONS

candidate biographies

**Business & Administration****Nathaniel Lipinski**

It should not be questioned that the beliefs and aspirations of the students form the foundation of this school, and should be expressed with the greatest care and vigour. As a passionate candidate for a seat in the Student Senate, I pledge to convey all that is presented to me by my fellow students; this shall be my strict purpose. Each one of us has an opinion, though our words may express different things, we all strive toward a similar goal; the improvement of this Northern Alberta Institute of Technology. No thought or opinion is too small to be considered, as it is the combined strength of both the international and Canadian ideologies within the business, and veterinary medical assistant programs that will make NAIT, and, by extension, society at large, an altogether excellent place for us now, and in the future. Let me conclude by emphasizing how our collective and modern ideas will shape an institution that will offer great pride to each of us, as we distinguish ourselves as students and eventual alumni of our Northern Alberta Institute of Technology.

Thank you for your consideration;

Please elect: Nathaniel H. Zach LIPINSKI

**Business & Administration****Elyssa Teslyk**

Hello! My name is Elyssa Teslyk and I am a fourth year student in the BBA program. Throughout my time at NAIT, I have shaped my career focus around my passions of business development, corporate social responsibility, governance, advocacy, law, research and policy writing, which has led me toward senate elections as one of the two potential student representatives within my program group.

This position allows members to administer the bylaws pertaining to the activities and affairs of NAITSA within its jurisdiction, represent the Students' Association by advocating a position on matters of concern to students, appointment of ad-hoc and/or standing committees to investigate any matters or problems that may arise concerning the student body, approval of all NAITSA budgets and all unbudgeted financial commitments and expenditures, and ultimately provide fair representation and communication.

Please do not hesitate to ask questions if you see me so that I can ensure they get directed to the appropriate representative and dealt with. Students deserve a passionate and tenacious individual, who is knowledgeable, hard working, and who will listen to their needs and consistently communicate progress; I am this person!

**Engineering Technologies, Academic Upgrading & Open Studies****Mikayla Luchkow**

My name is Mikayla Luchkow and I am in my second year of Petroleum Engineering Technology. I feel that I am an remarkable candidate to represent you in senate as I have been decisive personality and experience as a senator when elected last year. This was accomplished by an excellent record of bringing forward those issues that affect the engineering and academic upgrading programs. I am also a mature student having attended St Francis Xavier University in Nova Scotia for a geochemistry degree. While at St.FX I also played women's varsity rugby winning the national title. By voting yes, I would continuing to be a senator who is determined and dedicated to the students needs and would like the opportunity to represent you this year.

Sincerely,
Mikayla

**Engineering Technologies, Academic Upgrading & Open Studies****Kanku Ndumbi**

My name is Kanku Ndumbi, NAIT's 2nd Year Petroleum Engineering Technologies Student -Class of 2016 and I am running for Student Senate representing the Engineering Technologies, Academic Upgrading and Open Studies programs group. As a student senator, I intend to represent my peers in a way that will provide them a strong voice in their Student Government. NAIT is a community comprised of many students who want their College experience to be the most rewarding that it can be, both academically and socially. While each student is individually an essential part of this community, not everyone can have the opportunity to voice their opinions to their peers or their administration in an effective manner. Needless to say, things would get a little loud. Therefore, as a senator, I plan to take on the responsibility and the honor of representing the collective voice of the class of 2016 and beyond. I will be reachable, open-minded, and always willing to listen to not only my thoughts or my goals, but our thoughts and our goals. I am confident that we can make our time together at NAIT better than we ever could have imagined, by working together as a class. Thanks



for more information about voting please visit naitsa.ca/elections



Health Sciences
Joshua Schaefer

No Article Submitted



Health Sciences
Amy Sulz

Hi, my name is Amy. I am a Medical Transcription student in the Health Sciences program at NAIT. I am so excited to have a chance to represent my fellow students as part of the NAITSA Senate. This is my second post-secondary endeavor, having previously studied and worked in media, radio specifically. I have several hobbies, some of which include trying not to look lost and being nice to people. I am a bit of a gamer, love hockey, and have exceptional pronoun-antecedent agreement skills. I am a great listener and a firm believer that the only bad question is the one not spoken. I am happy to talk about almost anything, so feel free to get my attention if you see me anywhere in the Tower, which is pretty much where I live these days. Thank you!



Information Technology & Electronics
Ace Bellikka

Hello, my name is Ace and I am studying Game Design in the Digital Media and IT program this year. Last year, I was elected as a student senator for the Media and Design program group, and my time with NAITSA proved to be a success: I received an honourable mention for the Golden Gavel Award for Excellence in Student Governance. I absolutely loved being able to represent my peers for NAITSA and having a say when dealing with issues that students care about. Being a senator is something I have grown very passionate about and I am ready to take on the challenge of representing the 1,201 students in this program group. If you want someone with the passion, knowledge, AND experience to represent you, re-elect Ace!



Information Technology & Electronics
Fami Biji

Walking around the campus, you're sure to hear student discussing their scholastic preferences: the things they like, the things they don't care for. We all have opinions; I certainly have mine! However, with those opinions comes the responsibility to voice any concerns or comments that might have an impact on the school. After overhearing a few of these conversations, I thought, "Why not be that voice?" I want my voice to be heard, in order to bring positive changes to NAIT.

I have learned that it's important to take different perspectives and realities into account when making decisions. As an international film student, I've gained experience in being open-minded and approachable. I love hearing what others have to say, and these conversations help me understand and consider all of the different pairs of shoes that walk our campus.

I'm just an ordinary student who's good at listening and believes that every pupil should have a voice. I am accountable, responsible, a hard worker, and organized. I feel that I would be a great choice to represent Information Technology and Electronics.

STUDENT ELECTIONS

candidate biographies



Information Technology & Electronics Aaron Champagne

My name is Aaron Champagne and I am running for Senate Representative of Information Technology and Electronics. I have been a Digital Media and IT student since 2013 and I am finishing my last year here at NAIT. My time at NAIT has been incredible and I want to give back to my school by working hard and doing a good job as Senate Representative. My leadership experience goes back at least ten years to when I was a Project Leader for the volunteer exchange program Katimavik. Since then I've worked as a Lookout Observer for Alberta's Wildfire Management division of Forestry. At NAIT I also fill the role of Supplemental Learning Leader working with students who struggle in some of DMIT's most challenging courses. It's through this role as SL Leader that I've had the most contact with NAIT students. I often hear about the struggles many of our students face and want to help make their time here at NAIT as wonderful as my few years have been. As Senate Representative I will take the concerns of the student body seriously and will make sure that our student government keeps those concerns close to heart. Vote Aaron Champagne.



Information Technology & Electronics Kat L'Heureux

Hello, I am Kat L'Heureux and you might have seen me in such places as the W310 student lounge which I affectionately nick named the Gaming Lounge. Or at least any of the festivals that have been held this summer (if I look familiar that might be why). This is because I love having the community around and helping it out, so I have volunteered at: Edmonton Pride Festival, Fringe, The Works, Street Performers Festival, K-Days, and Edmonton Entertainment and Comic Expo this year alone. I love having fun but also I want to make our program the best it can be, as a DMIT student, I try to do that in what powers I currently hold as a student. I would say I will always be honest, perhaps brutally so; make sure you want to know the answer then when you ask me a question. Let's make this and all future years better by working together.



Information Technology & Electronics Sam Ibach-MacKeen

Hey hello there, I'm Sam Ibach-MacKeen. As a student in the DMIT program I want to represent YOU! The average student. (I'll take above and below average too)
As your senate representative I will strive for authenticity, accountability, transparency, and being rad.
Vote for me if you want more out of your student experience here at NAIT! I want to help you guys help yourselves and make sure we all have an awesome time in college!
Things I'm against: exploitation of students, handwash-only clothing, two or more hours between meals, and minus 40°C weather. I will put all my efforts into fighting one of those things.
Look at my face. This is the face of progress.



Information Technology & Electronics Graham Peever

Hello! My name is Graham and I am in Digital Media and IT, specializing in systems administration. I am running for the student senate with the hope of becoming the voice of all the students enrolled within the program group of Information Technology and Electronics. If anyone has any questions for me, please do not hesitate to come and talk to me. I will keep all of my fellow students best interests in heart at each and every senate meeting. I will let our voices be heard!
For the 2015 senate election I ask for your vote! **Vote Graham Peever** for senate!



for more information about voting please visit nait.ca/elections



Building Construction & Design Erik Brandt

My fellow Building Construction and Design students, my name is Erik Brandt. I am a first year Mechanical Engineering Technology student. I enjoy the outdoors, good food, and watching Formula 1. I was heavily involved in Venturers and Scouts during high school. Furthermore, I served in many leadership roles, most notably President of my Venturer Company.

My priorities are mental health, the NAITSA budget, accountability, and student life. I will listen to your ideas and focus on what matters to Building Construction and Design students. If you see me walking around, feel free to express any ideas, comments, questions, or concerns you may have.

As future technologists, draftsmen, designers, and woodworkers, we are the backbone of industry. Our purpose is to solve problems and to get things done. I will solve problems and initiate solutions that benefit you. Each and every one of us has a vision of the future. Let me represent you and fight for your vision for the future of your education. In the words of Archimedes, "Give me a place to stand, and I shall move the earth!" Vote Erik Brandt for senate.



Building Construction & Design Shawn Fairbridge

Hello! My name is Shawn Fairbridge and I am a second year student in the Construction Engineering Technology Program. I graduated High School in 2009 and joined the Royal Canadian Air Force as an Aerospace Control Operator where I defended Canadian values for three years. I should also mention that I was married to my beautiful wife Miranda in 2012.

Now let's focus on what really matters... You, the voter. You have an incredible opportunity to give NAIT and its students a brighter future. In these hard economic times, we have a chance to strive to become not just better students, but better people. I want to be your voice; therefore, I declare my candidacy for the position of student Senate Representative for the NAITSA Program Group of Building Construction & Design.

It is my belief that in order to achieve positive change, we need to be represented by someone who genuinely cares about our well-being. Students of NAIT, I care about your well-being and I believe in positive change.

If you want to be represented by someone who knows what it takes to lead, take the opportunity to vote for me between October 8th and 14th.

Kindly, Shawn Fairbridge



Building Construction & Design Karen Huang

No Article Submitted



Building Construction & Design Coleten LeBlanc

Hello fellow students I am Coleten LeBlanc. I have been a student at NAIT for now three years, I just graduated from my first diploma and now onto my second diploma. Through the past three years here I have been an active member within the NAIT community from creating program clubs to organizing student industry mixer to being a board member of an industry association to help my fellow classmates and programs. Currently I am on the Nait Academic Council for the second time and treasurer of the Materials Engineering Technology Program Club. Another that will prove useful to the students is my network. Through this skill I am in contact with people from the executive staff of NAIT to the executive staff of NAITSA. With this experience and network I believe I will be able to handle any and every situation that arises.

If anyone in the Building Construction and Design program area have any questions you can easily reach me at coleten@outlook.com.

STUDENT ELECTIONS

candidate biographies



Building Construction & Design Keshav Nepal

Keshav Nepal is a student in B. Tech. Construction Management program. He has a long history of working for the welfare of students, and had also been elected to the post of Secretary of Students Union while he was a student in Nepal. He is very effortful and dedicated in finding student's issues and in making ardent attempts to achieve outputs for. If the very intelligent students of NAIT elect him to the post of senator in the NAITSA Senate, he will put all his strength to achieve the following goals, including a lot many more.

1. Co-op program to all students, as against the small number only involved currently.
2. Extended medical facilities, including dental and vision care, to all family members of students, at no additional financial burden.
3. Addition of Scholarships and increase the limit of financial aid, including the international and immigrant students to meet their minimum needs.
4. Make study tours and site visits, related to construction projects, a part of course material.
5. Organize conversation meetings once a month with all students to collect innovative ideas, current issues & suggestions and take necessary actions accordingly.



Building Construction & Design Josh Stock

I am in my first year of the Civil Engineering Technology program (much of my time is spent over in the "L" Building!). Prior to attending NAIT, I obtained a Bachelor of Science degree from MacEwan University. As I worked toward my degree, I served four terms with the Students' Association of MacEwan University (SAMU) on Students' Council (similar to the Senate here). In the final year of my degree, I was elected to the SAMU Executive Committee as Vice President Operations and Finance. By virtue of that portfolio I was also appointed by the province as the student member of the MacEwan University Board of Governors. While serving with SAMU, I was a board member of the Alberta Students' Executive Council (ASEC) where I worked in tandem with NAITSA to lobby on behalf of post-secondary students at the provincial level. If elected to the NAITSA Senate, I would like to: accelerate the push toward the construction of a standalone NAITSA Building; work with the NAITSA Executive to expand into lobbying for NAIT students at the federal level; and, communicate feedback from the students in my program area to the other Senate representatives and the NAITSA Executive.

Josh Stock

Senate Candidate for the Building Construction and Design Program Group



Building Construction & Design Meijun Zhu

Hi there!

My name is Meijun Zhu, and I am a second year Materials Engineering Student. As a potential student senator, I promise to listen to your concerns and help improve your school experience, the way you want it improved: perhaps by saving you money, cutting out inconveniences, or promoting more fun events. I am highly active in our community as a volunteer/executive and always a friendly face to talk to -- please don't be shy if you have any concerns!

If you have an issue or suggestion for me, feel free to text me at [780-993-8498](tel:780-993-8498) or email me at meijun.zhu.1997@gmail.com. I will be pleased to help you however I can.

**VOTE FOR YOUR
STUDENT
SENATE**
representative

online voting **october 8 - october 14 @ 4pm**



for more information about voting please visit nait.ca/elections



Media & Design **Gier Buterman**

My name is Gier Buterman, a media and design faculty candidate for the 2015 upcoming senate election at NAIT. I have held several student representative positions such as Balwin School student union event coordinator, M.E. LaZerte student union supervisor, and dance committee representative. My responsibilities included organizing events, conflict resolution, time management, and problem solving. Serving with these groups allowed me to learn what it takes to plan and represent people on their behalf in a organized and timely manner. My goal as a senator is to make sure that the students of NAIT's media and design faculty are equally represented and have access to the resources they need while having a strong voice in the NAIT community. I hope to serve the students of NAIT in the upcoming term as the senator they need and deserve.



Media & Design **Cory Sellar**

In all honesty, I wish this article and my photo were the only things that I had to worry about for campaigning. That's not what it's about though. It's not why I am in my program – Radio and Television – or why I want to represent my program group. I have always been told that I am a good listener. Which complements a quote that I believe best represents my philosophy during this campaign: "Let your voice be heard". It may be cliché, but I believe it's fitting for us, the students under the Media & Design Program Group. Why? Simply because we are storytellers.

This academic term, I, like my classmates, am a first year; therefore I am not aware of all the ins and outs of student life here. I need you to work with me to help make greater change for our lives on campus. I am asking that we work together and I hear your concerns and opinions. Tweet it, Facebook it, or tell me in person over a coffee. From there, I will then bring it to the table. Because I plan to let my voice be heard. My voice, is your voice.



Skilled Trades & Apprenticeships **Mark Braun**

Salutations,

It is my pleasure to be returning to the student senate for the 2015-2016 year. Last year, as a senator with NAIT, I learned a great deal about governance and student organization. With the help of my fellow senator, then a second year IHET student, I was able to address the concerns and interests of our program grouping. I hope to represent the skilled trades and apprentices with the same zeal and interest that I commanded upon my last term. I am here as a servant of the NAIT students, specifically those who are learning under the banner of a trade program. If you have any questions or concerns feel free to approach me or your program chair, who will then be in contact with me, to address your concern. I am happy to be of service.

In Christ,
Mark Braun
2nd Year IHET



Skilled Trades & Apprenticeships **Daniel Inkpen**

Dear Student Body,

I have decided to campaign for a seat on the senate because, I want to represent the students in the skill trades and apprentices division, and I believe that our voices should be heard. My goal is to ask the questions that should be asked, and push the concerns that we as students have. I hope everyone is enjoying the school year so far. Thanks for your time and please vote "yes".

Daniel Inkpen

STUDENT ELECTIONS

candidate biographies



Environmental & Natural Resources Management Tobe Achimole-Ibe

My name is Tobe Konyerem Achimole-Ibe and I am currently running for the student Senate serving the Environmental and Natural Resources Management. I was born in the beautiful and culturally rich state of Imo, which is located in the eastern region of Nigeria. I am currently in Canada as an international student with residency in the Bahamas, completing a diploma in Occupational Health and Safety (Class of 2016). During my first year, I was part of an innovative group of students that were involved in activities that helped fellow students acclimatize to life at NAIT and establish a positive learning environment. This experience running a non-organization group has allowed me to acquire important skills that are essential for a Senator. If elected, I will help my fellow senators and the financial committee by lobbying for financial assistance if required. I will ensure that my actions on the Senate are ethical and fully transparent to all members of both the freshman and senior class. I believe I have the maturity, accountability, and enthusiasm that best reflects not only the NAIT student body but the Environmental and Natural Resources Management group. Thank you!



Environmental & Natural Resources Management Chelsea Gates

Hey fellow students!

Let's get straight to the point: As a former Senate member I know what is expected from a student representative. I have learned how to address student concerns and ensure proper action is taken. As a member on NAITSA's Governance Sub-Committee I assisted in amending the very by-laws we are governed by. Aside from governing experience, I have developed strong leadership skills through my position as Student Council Vice President. But what does this mean for you? It means I have the confidence and abilities required to turn your concerns into solutions. I will make myself available to hear what's important to you in order to properly represent you in this Senate.

Vote to re-elect Chelsea Gates



Environmental & Natural Resources Management Cody McRitchie

I am Cody McRitchie, and I am running for senate in the Environmental & Natural Resource Management program group. As a student in the Alternative Energy Technology program, I have gained a passion for sustainable and responsible living. As such, you will not see any campaign posters or materials that I have produced. True campaigning is not wasting resources and money on advertising, but is meeting and speaking to the constituents that I may represent. You will be seeing me in your program areas and classrooms, and I will be speaking with those that I represent. If you see me in the halls, I encourage you to come and speak with me. I desire to know who you are and to know your NAIT story. Knowing you will allow me to make decisions that are in your best interest. If you want your voice to be heard and counted, vote Cody McRitchie for senate. Thank you.

online voting
october 8 - october 14 @ 4pm

info stations
october 13 @ 4pm - 7pm

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

info stations
october 14 @ 10am - 2pm

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



for more information about voting
please visit naitsa.ca/elections

STUDENT ELECTIONS

candidate biographies



Culinary & Hospitality
Genevieve Mireau

I am running to be a senator to help get some of the values of the students in the School of Hospitality and Culinary Arts out there. I'm hoping we'll all have the chance at a great NAIT experience, and I would like to make sure our voices and problems are heard. I would be overjoyed for the chance to represent my fellow students!



Culinary & Hospitality
Clayton Stevens

No article submitted.

VOTE FOR YOUR STUDENT SENATE representative

online voting

october 8 - october 14 @ 4pm

info stations

october 13 @ 4pm - 7pm

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

info stations

october 14 @ 10am - 2pm

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

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO

BCX General Meetings
IntoNAIT General Meetings
LOL Weekly LAN Party
IntoNation 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

IntoNation

WHAT

Area Contest

WHEN

Oct 21 | 5:00pm – 8:00pm

WHERE

Shaw Theatre

CAMPUS CLUBS NEWS

WHO

Club Grant #1 Deadline

WHEN

Tuesday, October 13th, 2015 | 5:00pm

WHERE

**GET
CONNECTED
GET INVOLVED
ON CAMPUS!**

CLUBS | EVENTS
ATHLETICS & RECREATION
HEALTH & DENTAL | NAIT SERVICES
& SO MUCH MORE...

CHECK OUT ORGSYNC THROUGH
orgsync.nait.ca OR THROUGH
YOUR NAIT PORTAL!

**AMAZING
CLUBS**
HOW TO START A CLUB

YOU NEED 3 PEOPLE TO START A CLUB

1. President 2. Vice President 3. Treasurer

BUILD YOUR TEAM TO SUIT YOUR CLUB NEEDS WITH ADDITIONAL MEMBERS (INCLUDING YOUR 3 CORE MEMBERS)

STEP 1 | SIGN IN ON ORGSYNC

1. Go to orgsync.nait.ca
2. Click **Log In** (enter your NAIT user name & password)
3. Please ensure you edit your profile once you log in. Click on your name at the top right corner & click **My Profile** & then **Edit Profile** under the **About Me** section.

STEP 2 | CREATE AN ORGANIZATION/CLUB ACCOUNT

*Only club presidents are to register new organizations under their profile name.



CAMPUS CLUBS
CENTRE



**NAITSA CAMPUS CLUBS
CENTRE**

**VISIT THE
CAMPUS CLUBS CENTRE**

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

Check out the Clubs Website for other
upcoming Important Clubs Dates

ENTERTAINMENT

Just let the music flow



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

My friend was shredding a little John Mayer on a public piano in Churchill Square last weekend. Well, he was attempting to shred, when a pair of young women crept up behind him and asked if they could give it a go.

"I play a little," one of them said, as she slyly pulled down her brown and black fedora over provocative eyes.

She whispered a word of thanks and slid easily into the blue metal chair. In the honey-tinted light I glimpsed her willowy, dextrous fingers and, for a moment, they were poised motionless above the black and white keys. Suddenly, cars stopped rattling by and I became aware of a cosmic stillness, punctured by nothing but a murmuring breeze, then a breath, then – she played.

A sweet, intricate melody began to echo off the stone steps of the square, ricocheting down Rice Howard Way and stretching outwards to City Hall and the Winspear. Colourful notes fell about like raindrops in 4/4 and, as they arranged themselves into the song's first bars, I realized that she was playing a song that all men hold close to their hearts – "A Thousand Miles" by Vanessa Carlton.

Meanwhile, the stranger's companion stood silhouetted in an amber streetlight. The tails of her blood-red trench coat fluttered softly as she smiled knowingly at our surprise – she had seen such speechless appreciation before. She turned away while the final notes of the pianist's lead cascaded into the streets and then – she sang.

And the cars rattled by one more – a movable tribute to the dissonance of the singer's tone. She crooned in a non-existent key, her voice personifying the flatness of the great Saskatchewan prairies. Her meter was accurate and Carlton's lyrics came out as written but the chorus was composed of nails – my ears, the chalkboard.

Still, whether aware of the uniqueness of her rendition or not, she was rocking out. It reminded me of something I read in a book – *This Is Your Brain On Music* – about how modern Western society has split the musical experience into

that of the trained and devoted expert and pretty much everyone else. There are those that sit on the stage and those in the bleachers. The author goes on to explain how important music was to the daily lives of ancient cultures for recreation, spirituality, ceremony and health. Darwin even theorized that, before the advent of more expressive language, the human species' ancestors used primitive forms of music to

court potential sexual partners. Yet, today nobody would be caught dead rattling two sticks against a cave wall and claiming virtuosity.

True, some of the drunkest of sailors still cringe at the thought of stepping up to the mic on karaoke night for fear of sounding too much like William Hung. They should

know that for millennia, in many cultures it was considered taboo if you didn't sing. It's been proven to elevate endorphins, especially when done with a group and, if Darwin was correct, it had a profound impact on the very evolution of our species.

So I say, grip that mic and bring the house down the next time you're at karaoke (there's a night at the Nest every month). Serenade your windshield on the way to school, Freddie Mercury; belt one out in the pouring rain, Gene Kelly. The next time your favourite tune meanders its way into your head, warm up those vocal cords and bellow out like the Michael Buble you were born to be.

The next time your favourite tune meanders its way into your head, warm up those vocal cords and bellow out like the Michael Buble you were born to be.



The Biggest Gaming Event Of the Year

Thanksgiving Weekend Oct 9-12 At The Edmonton Expo Center

Costume Contest - Tabletop Games - Video Games - Lan Gaming

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The Gathering

POKÉMON

Street Fighter

SUPER
SMASHBROS

MARIOKART 8

ULTIMATE
MARVEL
CAPCOM 3

PATHFINDER
ROLEPLAYING GAMES

DOTA 2

SETTLERS
CATAN

HEARTHSTONE

STAR WARS
X-WING

Find out more at www.tcegcon2015.com



GAME
CITY



Adventures
Guild

POKÉMON
EDMONTON LEAGUE

Table
Top
Café



Microsoft

Pink Floyd – the symphony

By GIER BUTERMAN

Need a break from all the hard work and studying? The Edmonton Winspear might just have the perfect and affordable solution.

On Tuesday Sept. 29 and the Edmonton Symphony Orchestra was preparing for its performance of *Pink Floyd* on stage. While the group readied the performance, the guests of the Pink Floyd concert were treated to something a little more than just a show. The lobby of the Winspear Centre was set up with all sorts of instruments for guests to try out and play. From violins to trombones, the lobby was one huge collaboration of sound and every once in a while you would get some volunteers that knew how to play and would start a mini jam session.

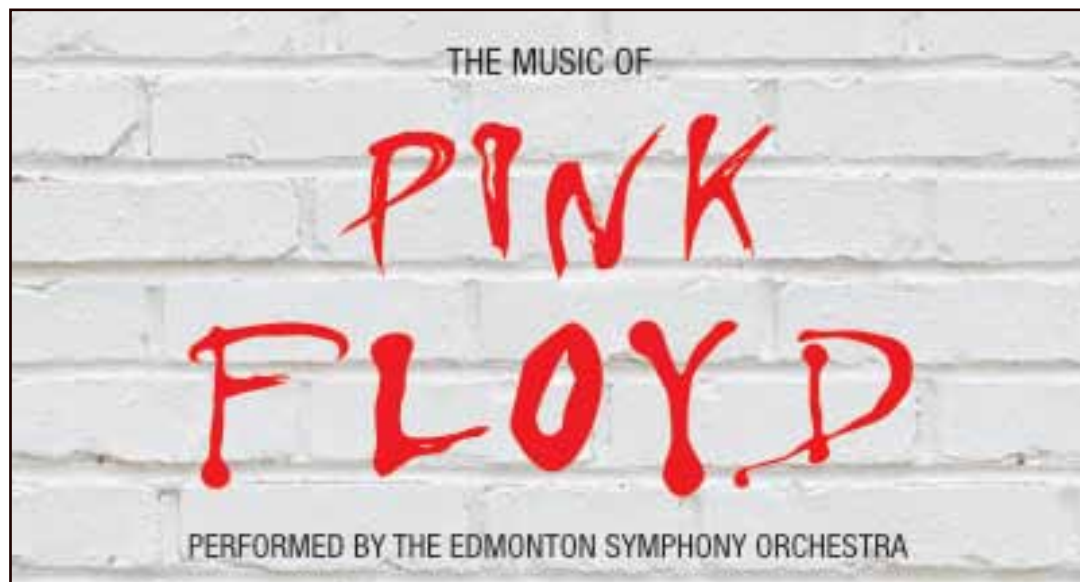
This feeling of collective sound only fed into the crowd's excitement as they eagerly waited for the doors to open. Eventually it was announced that the show was about to begin and all the playfulness left the air as the audience filed into the theatre.

Seeing the crowds fill the sold out place was amazing, to say the least, and each of them were anticipating the show to come after their already fun filled entrance. For anyone that hasn't been to the Winspear, the sheer size of the space and magnitude of the audience makes the performers seem

smallish and insignificant in comparison, until the music begins.

Attention snaps to the stage as lights fill create an atmosphere with swirling shapes and smoke, cheers break out when the orchestra, out-fitted in lightning font T-shirts, often stop to pose as rock stars when they came on stage. They were accompanied by lead singer Randy Jackson from the rock band Zebra along with background vocalists John Hines and Kathryn Key.

Eventually, the guest composer, Brent Havens, the creator of this rock/orchestral piece came onto the stage and the show went off with a bang. Sitting in the midst of the audience during the performance meant being surround by people who were drumming their fingers, rocking their heads and tapping their feet. If not for the environment, a person could almost forget that they were visiting the Edmonton Symphony Orchestra. As the show went on, the night was beautifully executed with an amazing light show, smoke show and, to top it all



off, a couple of riff battles between guitarist George Cintron and Eddie Williams on the saxophone.

Powell Randolph, on drums, had a solo that almost pushed five minutes. His fluid movements were so precise that he was able to stop and start beats on a dime. Audience participation was also a magnificent factor to the already stunning performance.

During one of the more well-known songs by Pink Floyd, "Another Brick in the Wall," the lead singer and conductor each

invited five people onto the stage to sing and conduct the orchestra, making it a very friendly and inclusive experience with ever increasing cheers from the audience.

For rock and Edmonton Symphony Orchestra fans who can't get enough of shows like this, Brent Havens will return with his rendition of the Who in March and April next year. With your student, ID you can attend these events for a discount price, so why not enjoy a night with the Edmonton Symphony Orchestra. It's a performance worth attending.

NEST TAPHOUSE GRILL

WEEKLY SPECIALS

\$6 FOOD SPECIALS	\$4 DRINK SPECIALS
MONDAY Butter Chicken Poutine	MONDAY Bottle Coors Light
TUESDAY Nest of Wings	TUESDAY Crushed Ice Long Island Iced Tea
WEDNESDAY Classic Poutine	WEDNESDAY Sambuca/Tequila Shot
THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

*All liquor served is 1 oz

FOR CURRENT HOURS PLEASE VISIT US ONLINE
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ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

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NEST TAPHOUSE GRILL

OILERS & ESKIMO GAME DAY MENU

WE'RE OPEN MONDAY-FRIDAY FOR OILERS GAMES!

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ENTER FOR YOUR CHANCE TO WIN
TICKETS IN OUR BI-WEEKLY DRAW!

*Nest Taphouse Grill is here to serve the NAIT community!

CANADIAN

RESTAURANT REVIEW

Bul Go Gi still delights

By DANIELLE S. FUECHTMANN

I've been going to Bul Go Gi House since I was a little girl and it's always been a delightful choice for a dinner out or for grabbing takeout. I had made plans to have dinner at Cafe

Bicyclette before catching a play at La Cite Francophone with a friend of mine on Wednesday evening, which is a popular brunch spot but also has a lovely dinner menu – except from Mondays to Wednesdays, which my friend and I discovered when we arrived.

Luckily, Bul Go Gi House's convenient location made it a perfect second choice!

Bul Go Gi has been in its building for about 30 years and it's not winning any awards for curb appeal or parking. However, it's almost always busy and for good reason. Their Korean food is consistently excellent – I can't remember having any disappointing meals there and I've been eating there for about two decades!

The best way to experience Bul Go Gi House is to go with at least one other person and order a variety of dishes. Matthew and I ordered the Kan-pung-gi (deep-fried chicken tossed in sweet & spicy sauce) and the Twigim kook-soo (a bed of fried rice noodles covered with chicken, shrimp and vegetables) and all orders come with rice, bean sprout salad and their excellent kimchi. The sauce on the deep-fried chicken is a nice mix of sweetness and a little bit of spice. It's a good pick if you want something that's a little bit sweeter and decadent. I usually recommend it if I'm not sure if the people I'm dining with will enjoy some of the

more savory and spicy dishes – it pairs nicely with almost everything! The Twigim kook-soo is a nice light dish; the wide noodles start out light and crunchy but soften as they pick up some of the brothy sauce from the stir-fry.

My friend had never been there before and he described the food as being "so delicious that I regret not eating there sooner, despite living so close and hearing about it so often."

We left the restaurant very satisfied with our dining decision and feeling a little gluttonous after finishing both of the dishes. Our bill was just under \$40 with tip (we didn't order drinks), which is quite fair for the quality of the food and portion size.

If you're looking for a few other dishes to try (and want leftovers) or if you're going with a larger group, I also highly recommend the Bi-bim-bap (fried mountain vegetables with rice topped with egg), the Dweh-ji bul-go-gi (marinated spicy pork with vegetables) and, for a vegetarian option, the Tofu bok-kum (stir fried tofu with vegetables – hot and spicy).

Bul Go Gi House
8813 92 St.



www.iheartedmonton.org

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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NETFLIX PIX



spacemika.com

Scene from Deep Impact

Disaster film worth watching

By WARREN MULVEY

When my wife and I were looking for a movie to watch on a recent quiet evening, we sifted through Netflix relentlessly to find a movie we could agree to watch. After what seemed like several hours of arguing, we decided on a favourite of a mutual friend of ours: *Deep Impact*. I remember laughing at our friend when she first told us that *Deep Impact* was her favourite film, as we'd both heard that it was forgettable (and our friend's taste in culture is trashy at best, in my opinion); however, upon watching the film, we were pleasantly surprised.

Paramount Pictures released *Deep Impact* the same year as *Armageddon*, so it's easy to overlook it in the disaster film oeuvre. The main plots of *Deep Impact* and *Armageddon* are remarkably similar – an asteroid threatens to obliterate all life on earth, so the U.S. government concocts a plan to blow the asteroid apart and

off a collision course with Earth. However, these films tell this similar story in different ways. In *Deep Impact*, there are several plots exploring various angles on the theme of a pending asteroid disaster. The main plot resembles that of *Armageddon* – the first plan is to send a crew via space shuttle to land on the asteroid, drill and sink nuclear warheads into the heart of the rock and blow the asteroid into two pieces. The crew in *Deep Impact* is composed of several astronauts (led by a veteran shuttle pilot, played by Robert Duvall), rather than a ragtag bunch of American rig pigs. *Armageddon* aimed to be purely entertaining but *Deep Impact* attempted semblances of scientific truth in telling the story of how we would deal with an impending asteroid collision.

This is where the similarities between the two films end. The writers of *Deep Impact* spend considerable time exploring the human consequences of an

impending asteroid collision. Tea Leoni plays an ambitious reporter chasing the story of the asteroid, which leads her to a U.S. government cover-up masterminded by the president (played by Morgan Freeman with his usual calm authority). Meanwhile, Leoni's character struggles with accepting her father's new and, much younger, wife and her mother's depression. In another sub-plot, a precocious young boy, played by Elijah Wood, is among the first to discover the asteroid and becomes a celebrity when government officials name the asteroid after him and his astronomy teacher. Meanwhile, he falls for his neighbour and classmate (played by Leelee Sobieski), complicating his decisions later on in the film.

I'd prefer not to give away more of the plot but suffice to say that the exploration of just what a "deep impact" the asteroid has on the lives of the people on Earth is by far the most intriguing part of the film.

The writers and director Mimi Leder were fearless in exploring the darker areas of this catastrophic thought experiment. Sadly, the film lags significantly in many of the performances by the main actors and Tea Leoni is lacklustre in what could have been an excellent role in the hands of a different actress. Some of the dialogue is wooden, but the interesting premise and execution of the film in general makes up for these shortcomings. *Deep Impact* is a flawed but thoughtful speculative science fiction film. Watch it!

Deep Impact (1998)

Written by Bruce Joel Rubin and Michael Tolkin

Directed by Mimi Leder

Starring Morgan Freeman, Tea Leoni, Elijah Wood, Robert Duvall

Available on Netflix, iTunes and at the Edmonton Public Library



APP REVIEW

Sunshine not always bright

By DANIELLE S. FUECHTMANN

A weather app is one of the things that is easy to overlook on your phone. You don't use it that much and as long as it's decently accurate, it does the job! There are hundreds of weather apps available but most of them do the same tasks with slight variations in design. Sunshine switches things up with an aesthetically pleasing experience and personal weather forecasting.

Sunshine uses the barometers built into smartphones, using the app to gather crowd sourced data and weather information about the area you're in. It also takes a personal approach to weather, using information about your routine and your responses to questions about the current weather to send you personalized alerts and weather recommendations for the day.

I love the idea of Sunshine and I think it's a beautiful app to look at; however, I think there are some big flaws with it, some of which may improve as the user base grows. The main screen of the app shows a softly animated rendering of the weather in your area. It's a bit reminiscent of the weather maps on TV but with a prettier design. The slider on the bottom of the weather map moves the forecast from current weather to approximately 18 hours in the future.

One of the disadvantages of the app is that it's focused on current, hyperlocal weather information, which is excellent if you want to know what to expect for short-term weather but highly inconvenient if you're trying to plan a day or two in advance. The other issue I had with the app is that it depends on the number of users in the area. For example, while I was at home and first testing the app, I tried checking what the weather was like on campus, and received an error message saying that there were insufficient users in the NAIT area to provide



accurate weather information. The app also offers daily weather notifications that summarize the weather predictions for the day and offer some personalized recommendations based on the preferences you've set. Unfortunately, this isn't set as an automatic feature that you can turn off! I didn't realize that I had to deliberately turn it on and as a result, missed out on what is probably the best feature of the app for the first few days I was using the app.

I think Sunshine is a nice app as a supplement to

your existing weather app of choice. I prefer to have detailed weather predictions with at least a few days forecasted and Sunshine's lack of long-term, or even two day, forecast is a huge drawback for me.

I'm going to leave it on my phone for a little bit longer to see if the weather recommendation messages and the entertainment of playing with the weather map make this app worth the space on my phone.



TELEVISION

Law of large numbers rules

By KA CHUN YUNG

Rejoice! The new seasons of *Survivor* and the *Amazing Race* are back! Now entering the 31st season of *Survivor* and the 27th edition of the *Amazing Race*, there's no doubt that these games are more difficult than ever to win. Smart contestants have learned from previous seasons, adopted better overall strategies and know how to avoid costly mistakes.

Players now come prepared by researching and watching past seasons. They can find out information like that the majority of winners

from the *Amazing Race*, 14 out of 26, were in a male-female team. This probably isn't surprising as these duos usually provide the most diverse skillset. In contrast, only three out of the 26 winners have been in an all-female team. Based on the numbers alone, a woman would have a significantly higher chance to win the *Amazing Race* if they have a male partner.

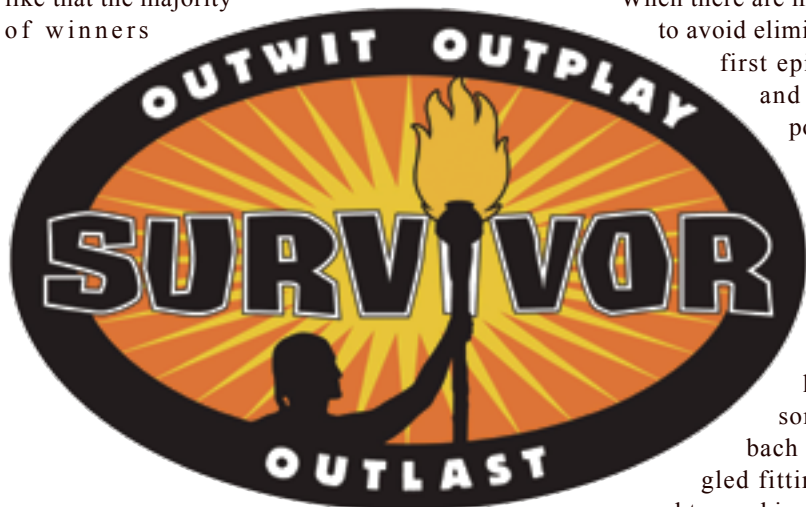
With the start of the new seasons, I would like to share an idea that applies whenever there are many contestants left. I call it the law of large numbers. When there are many contestants left, the easiest way to avoid elimination is to follow the majority. The first episodes of *Survivor Second Chance* and the *Amazing Race* illustrates this point.

More often than not, the first eliminated player from *Survivor* is someone that stands out for either good or bad reasons. They could simply be famous, older, gotten into a dispute or they could have performed poorly on a challenge. A few of the players this season, quickly stood out. Stephen Fishbach from the Bayon tribe visibly struggled fitting in and made it worse by getting caught searching for a hidden immunity idol. On the

Ta Keo tribe, Abi-Marie didn't help her chances by immediately becoming this year's most annoying survivor. Luckily for her, she was saved at the first tribal council when Vytas got voted out for being the creepiest player in their tribe.

The law of large numbers also applied on the season premiere of the *Amazing Race*. The priority for each leg is to simply not finish last. With 11 teams at the start, it's best to follow the majority. Get on the same flight. Do the same detour. Openly work with other teams. In a large group, there is a good chance you can finish ahead of one of the weaker teams. In addition, teams that deviate from the large group can easily find themselves well behind the majority.

In this episode, we saw the green team, Justin and Diana, stray from the pack and as a result greatly increase their variance. They took a calculated risk by going for the fast forward. Often times when teams go for the fast forward, they will either win it and finish first or don't complete the challenge and end up near the bottom. The green team was unlucky as the weather prevented them from even attempting the fast forward. However, as luck would have it, they ended up benefitting from the law of large numbers, as the two celebrity gossip employees of TMZ struggled mightily to solve a puzzle and thus were eliminated first from the race.



THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

October 8-14

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

Libra (Sept. 23-Oct. 22)

Real and True – Future featuring Miley Cyrus is feeling love from your speakers this week, Libra. The most precious and rewarding things in life are the ones that have authenticity. Keep putting your heart into everything you do. It's the only way to do it!

Scorpio (Oct. 23-Nov. 21)

Work – Iggy Azalea is turned up to 11 this week, Scorpio. Keep on working hard in silence and let your accomplishments speak for you.

Sagittarius (Nov. 22-Dec. 21)

Window Shopper – 50 cent is playing in the background this week, Sagittarius. It's OK to admire things without touching or having them. The true appreciation for an object does not always mean ownership.

Capricorn (Dec. 22-Jan. 19)

Waiting for a Girl Like You – Foreigner is the soundtrack to your week, Capricorn. Never settle for less than you deserve. Stay on the playing field, the one for you will come into your life. It's about being patient enough to be available at that time.

Aquarius (Jan. 20-Feb. 18)

Superman's Song – Crash Test Dummies is your jam this week, Aquarius. Sometimes even the most heroic acts don't get recognition. This does not mean we stop being heroic. Keep this in mind the next time you're needed.

Pisces (Feb. 19-March 20)

Sweet Melody – Nora En Pure is the rhythm to your week, Pisces. Reflect and engage yourself into all of the accomplishments you have made this year. Be proud and know that you

are on the right track.

Aries (March 21-April 19)

The Suburbs – Arcade Fire is this week's anthem for you, Aries. Appreciate the things you have, you are very blessed. Be grateful and take nothing for granted.

Taurus (April 20-May 20)

Suga Suga – Baby Bash is your beat this week. How exactly did you get so fly? Confidence is key and you possess this amazing quality. Use it

to your potential and help others who may not possess as much as you.

Gemini (May 21-June 21)

Smile – Galantis is on repeat for you this week, Gemini. There truly is always a paler shade of green, so make sure you appreciate the colourful ground around you.

Cancer (June 22-July 22)

Sea of No Cares – Great Big Sea is in your recently played playlist this week, Cancer. Isn't it a beautiful life

when we stop sweating the small stuff?

Leo (July 23-Aug. 22)

Ride – Lana Del Rey is blasting from your stereo this week, Leo. Keep on riding and enjoy the scenery. Life is a trip!

Virgo (Aug. 23-Sept. 22)

No Type – Rea Sremmurd is this week's most played song in your library. You're testing the waters, playing the field and having a blast all throughout. This is a useful tactic but make sure you don't skip past The One.

VOLUNTEER
POSITIONS

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

If you are interested in this opportunity to help in a way that directly benefits students, please contact Matthew Pecore at foodcentre@nait.ca or visit Matthew in the NAITSA Service Centre, Rm E-131.

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VIDEO GAME REVIEW

OK, despite some issues

By CARTER RAIMONDI

Back in July when Media Molecule first announced the so called “spinoff” to their Playstation Vita hit *Tearaway* (2013), many fans of the series were incredibly disappointed that the spinoff *Tearaway: Unfolded* was not actually going to be available for the Vita, but instead the Playstation 4.

Smash hit

A smash hit by Vita standards, *Tearaway* sold over 600,000 copies (according to VG charts) as of January 2015 and the decision to stray from the Vita left many scratching their heads as to what Media Molecule was thinking. When the dust had settled, Media Molecule made it clear that *Tearaway: Unfolded* was a re-telling of the original Vita game, made from the ground up to utilize the PS4 and its controller.

As someone who thoroughly enjoyed the Vita version and received a platinum trophy for it, expectations were high going into *Unfolded*. As soon as you are thrust into the *Tearaway* world, a frailer environment is shown to us – an incredibly unique, hand crafted paper craft land inhabited by squirrels and awful little critters called Scraps that are going to give you quite a pain throughout your journey.

Since *Unfolded* is a Media Molecule game, you know it’s going to be creative. The studio that produced the *Little Big Planet* games didn’t quite hit the nail on the head this time around but they are strik-

ing the nail hard. *Unfolded* has many unique aspects to it, like the integration with the PS4’s touchpad. Throughout the game, you are tasked with using the touchpad to draw or trace objects that will act as aesthetics throughout the game. Even though these things are only aesthetic, the touchpad makes it so incredibly hard to draw on, that it becomes hilarious how bad your creations turn out. This feature is much better suited to the Vita, where drawing on the large screen feels much more natural. Apart from the touchpad, I also became frustrated because of the odd camera and its angles.

The Vita version had it down perfectly and somehow they really took a step

back with the camera in *Unfolded*. Countless times I found myself falling off a cliff or having to stop for a moment and figure out what was happening with the controls.

Like predecessor

How Media Molecule messed this up is beyond me but it really wasn’t so bad that it affected the overall game itself.

Besides these two issues, game-play wise, *Unfolded* is very similar to its predecessor. The new environments are done very well and have many challenges that you must meet, however they seem to get a bit repetitive once the game is approaching the final levels. The controls are done quite well and there were no times through the story where I became frustrated because of them.



FASHIONISTA OF THE WEEK



Photo by Brandi Guzman

Jayme Hill DMIT Video Production

Tell me a little bit about your style. I never really thought about it. I’ve been going for a lot of strega stuff, it’s like witchy kind of fashion, and I really like it, it’s really unique with lots of layers. I’m like every other girl and I have my issues, layers are the best for hiding whatever you’re freaking out about. I’ve also kinda got this dude style, I keep it simple. If there’s something darker than black I’ll probably be wearing it!

What do you think about when you get dressed in the morning? Depending on my mood, I might think about it the day before but since I’m waking up by like 6 in the morning it’s often just what’s clean. It usually doesn’t take me too long to figure out what I want to wear, it’s usually like “that’s the thing and that’s a thing and they go together!”

Where do you like to shop? A lot of online shops, the Hundreds, H&M, Urban Outfitters, thrift stores - especially Divine, Disturbia, Sheinside, Killstar and Zumies.



ALBUM REVIEW

Unique blend of influences

By EITHEN SMYTHE

On Aug. 12, English rock band Royal Blood came to Rexall Place to open a concert for Dave Grohl and the Foo Fighters. If the band's self-titled debut is any indication, it should come as no surprise to anyone when it headlines concerts of its own in the near future.

Released in 2014, the band's unique blend of influences and instrument sounds is beginning to make headway around the rock music scene and push the boundaries of a genre on the decline.

Just two members

The Brighton band's unconventional nature begins with its makeup, with just two members. The band simply uses a bass guitar, run through a special octave pedal, which outputs the bass through both a guitar amp and bass amp. This guitar sound is similar in nature to bands such as Queens of the Stone Age, a very influential band for Royal Blood's compositions and one which front man Mike Kerr said "changed [his] life" after seeing that band at the Reading Music Festival in his youth.

He is accompanied by drummer Ben Thatcher, whose simple grooves and creative fills keep the flow and rhythm in each and every song on the album.

Reached No. 1

The band first started receiving airplay with its single, "Out of the Black," which was released in late 2013 and reached No. 1 and No. 2 on the UK and US mainstream rock charts, respectively.

"Out of the Black" is the track which put this band on the map and begins with a powerful and heavy riff which is immediately contrasted with the melodic and smooth vocal presence of Mike Kerr. The



www.acffestival.com

Royal Blood

band's decidedly simplistic approach is evidenced heavily on tracks such as "Figure it Out" and "Come On Over," the former with a hypnotic riff which plays in some form or another throughout the song and carries forth a funky chorus section whilst picking up the pace at its end. This song once again demonstrates Kerr's yowling and moany quality that channels a strong White Stripes influence, which can also be said about the abrasive and chaotic "Ten Tonne Skeleton."

The band comes into its own on the standout track of the album, "Little Monster," which perfectly showcases everything that Royal Blood is able to convey on

this album. Conveying a haunting vibe during the verses similar to the song before it in sequential order, "Blood Hands," "Little Monster" is a groovy number with an infectious chorus and an expertly crafted bluesy bass riff shortly after the halfway point of the song. Closing out the album is the brooding "Better Strangers," which, clocking in at just over four minutes, is the longest song on the album and is a slower affair with Kerr's lyrics emphasizing a broken bond with a lover and how creating distance from this person will mean "a thousand miles from danger."

Overall, Royal Blood is one of the bands alongside contemporaries and

countrymen Arctic Monkeys, who are keeping this style of bluesy rock music alive. The band has received plenty of press in Britain, where it is competing with musicians such as Sam Smith and Ed Sheeran for attention and doing so successfully, reaching No. 1 on the UK albums chart the week following its release.

Where these bandmates can take this sound from here is entirely up to them, but in a world of sameness and unoriginality that is overpopulating the music scene, Royal Blood may have discovered a formula which can lead to the resurgence of rock music and bring in a new creative outlook.

REFLECTIONS

Barricades to the flow of blessings

By JAGRIT BAJWA

From the day you were born, you have always been safeguarded and nurtured by nature. Nature was so considerate of you that it kept you safe in the womb. You were protected and, when born, the food was already there for you in the form of mother's milk for your nourishment.

Despite all that divine sanction, you never realized you can thank that supreme power, which had been caring for you 24/7 till today! (still not realizing or are you?). On the other hand, when you do something for someone, even a little thing, you seek a great amount of thankfulness from the person you helped and, if not received, you

could be quite rude within you (am I right?). Yeah!

But the ultimate ocean of love, knowledge and power that has been so generous and committed to take care of you, yet it never sought your appreciation. Your morality for thanking him is in a question when you don't appreciate how well he has taken care of you. You can breathe — many suffer from asthma, you can see — many are blind, you can walk — many are disabled and handicapped, you can smile at will (though you avoid it, I know) — many have a numbed nervous system and can't even express themselves!

So, when you learn you can live in a state of appreciation rather than bragging about things, you get opened to a

new form of the world and living. This perception surrenders you to the very power of existence. Now you allow nature to do its thing perfectly, the way it usually does! But your mind has played a marvellous role in blocking the flow of blessings that have always been knocking at the door and asking for your assent. Your mind has become very capable over time of bringing more doubts into every moment of happiness; in having long periods of procrastination; in wrongly believing "everything is tough," along with being shut off to new thoughts. You support wrong words from others like "You cannot do anything," "You are worthless," etc., even when you are quite worthwhile (I am

hopeful you are!).

Recognizing with every breath that the world around you (or inside you), has already given you so much to sustain, to live up, flourish, enjoy and feel satisfied about, is a great way to bring a change in the mindset you previously had. Those negative images which have been formed in your mind about the life outside and inside of "you" will get dropped by themselves, thus making you believe everything from "Can Nots to Can Dos."

Your working heart, lungs, limbs, eyes, nose, etc. are great reminders to let yourself feel that you are blessed. It is your birthright to feel good about the life the way it is 'granted to you, so cherish every moment!

Feel like a SmartyPantz?

By JOEL LECKIE

Ever felt like being a spy? Want to investigate a haunted house? Think you could escape a serial killer's locked basement? Freshly opened Oct. 3, SmartyPantz Escape Rooms will give you the immersive experience of a lifetime.

Escape rooms started in Hong Kong many years ago but, according to our host, they have only spread across North America in the last two years. Cody Civiero is the head Zookeeper for the Edmonton branch of SmartyPantz, located at 10524 110 St. He says that when his father and his father's business partner decided to open the business, they wanted to differentiate themselves from the rooms that just offered generic puzzles. The result is well designed rooms, each with their own theme. The intricate puzzles, the movie quality props and even the in-character host are all related to the theme. These rooms can be scary, mysterious, thrilling or surreal. Just pick a theme and dive in.

When you go in, the instructions are very simple and the puzzle solving is wide open. Your answer could be anywhere, but don't think you can use your phone for help, because that will be safely secured with the rest of your electronics in a locked closet. Logic will prevail and bring you the answers you seek. Some people can be creative but if some-

thing doesn't seem like it wants to move, then it doesn't need to be but, if it's not glued down, there very well may be a clue nearby.

The rooms are set up with puzzles in stages, so you can have incremental victories. To provide a balance of challenge and fun they range from 50 per cent solvable for the easier rooms, to 20 per cent solvable for the harder rooms. You get two hints from your host, who is just a radio call away, if you want them. But you can try without hints or explanations so you can continue where you left off on another day.

The first room we tried was Spies and Lies. While we were waiting, a man in a trench coat came down with a mission for us. He brought us to a room that dropped us in the 1940s just after the Second World War. There, we had 45 minutes to investigate the room to find evidence to convict a traitor before the suspect returned.

The next room was Morning Never Comes. We were greeted by a ghost hunter who said we needed to investigate a murder victim who had been haunt-



Photo by Joel Leckie

Spies and Lies

ing the room. It was 11:15 p.m. when we arrived and we were told no one survived in the room past midnight.

Most of the rooms are designed for three to eight people. Generally it is a good idea to book ahead but they accept walk-ins if the rooms are not pre-booked already. They are open 5-10 p.m., seven days a week, though they plan to expand the hours once word gets out.

In about a week, SmartyPantz will be opening a third room, Thirst for Murder. Here, your group will be trapped by a serial killer and need to escape in time.

In November, the Dreamscape room will be opened. After that, there is still space for three more rooms to accept victims, though they are still in the concept stage right now. I definitely plan to come back for more, because the escape rooms were the most fun we've had in months.

DIY

Why not paint a concrete floor?

By JOEL LECKIE

Renovating a floor can be intimidating. They are expensive, tricky and can take a long time to complete. But for our basement, we decided to save money and paint the concrete. It sounds boring, but there are some awesome tools and techniques that

will allow you to really spice it up. One tool, to create faux wood grain, gives the floor new life.

The first thing to do is to make sure the floor is prepped properly. Since we removed carpet, this meant scraping away and cleaning off the glue residue first.

Make sure you get a good scraping tool and some glue remover. If the cement is old or cracked, you'll want to get a filler and patch up any holes, then sand it down to make the floor fairly smooth. Make sure it is clean before painting. When painting a floor, make sure to get a long handled roller or your back is going to be super sore, especially after doing seven or eight coats.

There are two colours, plus a clear-coat Varathane for added protection. Generally the lighter, softer colour will be your base coat. This can be added directly to the floor, usually in three coats to get a solid consistent colour. The darker colour should be mixed with Varathane to make it a bit thinner and easier to manipulate. We went with 1:1, though some places suggest as high as 4:1, four parts varathane for every part paint. That depends on how thick or subtle you want the colouring to be.

It is this darker coat that requires the artistic touch. Since the graining tool we got was only four inches wide, we did it in very narrow sections. Throw a thick batch of your darker paint down and roll it smooth. Drag the graining tool in a single, continuous line in the direction you

want the graining look to go. Rolling the tool slightly as you go, which comes naturally anyway, gives a varying knotted look. Just be quick, as the paint will start to dry within a few minutes, making it harder to work with. Ours was done in two-foot wide lengths because if you try to do the whole floor you'll get tacky paint instead of wet and you'll have to step over already painted areas to reach.

Getting the graining right can take a little bit of practice. We found we were rolling over our first section a couple times before it looked decent enough to keep and move on. Try a small patch of only a couple of feet to use as your test section.

Last is the clear coat. Since we wanted a really soft look, we put a touch of colour in the first two coats of Varathane at about a 10:1 ratio. If you want it really sharp, just go pure clear. Since a floor sees a lot of heavy traffic, it's good to put on at least three or four coats of this, with at least two hours between coats. Once it dries, then you're all done – wood flooring at a third of the cost.

Just remember: Don't paint yourself into a corner unless you plan to make footprints a part of your design.



Photo by Joel Leckie

Wood flooring for a third of the cost.

LOCAL BAND – STELLAFOX

For the love of music ...

By RANDI ADAMS

Kevin Schmitt – Lead vocals/guitar

Jason Hammer – Bass guitar

Dan Waner – Guitar/keyboard/backup vocals

Art Lane – Drums

Stellafox is the love child of guitarist Kevin Schmitt. He has always had a love for the sound of music. Every chance he gets, he sits and strums the strings of his guitar, which creates such angelic sounds. Stellafox had a name change back in 2014 and, since then, Schmitt has created a solid bond between himself and his bandmates.

“It’s not for the love of fame or air time on the radio, it’s for the love of music,” he said.

Stellafox’s sound is alternative rock, mixed with some dirty soul rock and roll. The band’s name originated from one of Kevin’s pets who was sick and

was patched by a vet. He wanted to pay homage to his animal and its healer and so the band’s name was born.

Stellafox has been around for some time but some of the member’s roots go back even longer. Kevin and drummer Art Lane played together briefly back in 1996, when they attended the same junior high and reconnected again six months ago and Jay’s wife and Kevin’s wife are best friends. The history is deep within this group, as well as the love for its music.

Some of the band’s influences include Nirvana, Red Hot Chili Peppers, Pearl Jam and the Beatles.

Stellafox’s ultimate goal is not to become the next “it” band. Their goal is to play music and play it as much as they can, wherever they can. Ideally, if fame were to happen, they would not spit in the face of their fans, only embrace it

and remember where they came from.

They plan on releasing two EPs within the next few months or so. Nine songs were recorded during the blood moon and will be split between the two EPs. They are hoping to release both before the Christmas season, so you will have to stay tuned for that.

Edmonton’s music scene has its ups and downs and, with the closing of some of the city’s intimate music venues, it’s hard to find a place to accommodate local talent. Stellafox won’t let that deter them. They will continue to play wherever and whenever they can.

The band’s advice to up and coming musical talent is: don’t ever give up, focus on what it is you want to



Supplied photo

Stellafox

accomplish and don’t ever let your “ego” control your destiny. They have seen too many bands suffer because of that fact.

If you are interested in Stellafox and their journey into the Edmonton music world, you can follow them on Facebook at facebook.com/thestellafoxband to stay up to date with future shows and the release of their two EPs.

JUST THE TIP

Beware the scary bar-star

By DIRK DIGGLER

Have you ever been on that date and thought to yourself, this girl might be crazy? I’m talking, this gal might have come from the depths of hell and her sole duty is to make everything on this date a living nightmare.

I once had a first date with this special kind of woman when I was an eager young college student. Like many college students it’s the time to be free and be open to new ideologies – if you are into many relationships, then respect to you! However, I am a one woman kind of guy. Now, I was at the bar with a good friend and there she was. A beauty at that, just waiting on the dance floor. I strolled up and just started busting every single move. I felt like a wild turkey strutting back and forth on the dance floor, trying to make every move count to attract this young minx. Seeing how she was laughing and having a great time I decided to play it cool. Then, she whipped out her phone and gave me her number, that’s right, her number!

Now when the female gives you her digits, you must have done something right! So after a few days we are already well over 500 text messages deep into conversation. It was time for the meet up and boy, was I excited.

Here’s a tip for you lads – if you meet her at the bar, leave her at the bar – it’s never good for a second round. So the plan was to meet at my favourite bar and restaurant for some good Old Fashioneds and poutine. She comes in an evening gown, when everyone else including myself is dressed not to impress but for comfort. This

can be either a good thing or a bad thing. On one hand she might be dressed up to stand out and make all the other guys jealous. Then again, she might actually be serious and not know how to dress for public social events. Red flag.

The next thing you know she is telling you about the many scary things in her life, stuff that you might have thought a junior high student would tell a guidance counsellor. As you are sitting and sculling back your beers listening to this dreadful life story, she breaks into tears and you don’t know what caused it because you’ve been zoning out for the last 10 minutes. Red flag.

After being bombarded with stories from a Gary Larson’s *Far Side* comic strip, you just want to talk to someone else that hasn’t told you they would cut you. Not only for the sake of cutting you but for talking to a waitress. In the midst of it all, the waitress is the only option for salvation. She came over in a hurry. She could see in my eye that I was distressed from the way I was sweating. Flo was her name, and she whipped me out a bill faster than Usain Bolt himself.

The only one regret was agreeing to drive this demon of a bar-star back to her car. That’s when it got ugly. She told me she had to go pee. I said there was a small toilet up the stairs into the hotel lobby. Regardless, she didn’t listen to me but instead got out of the vehicle and decided to just let ’er rip. Lifting up the entire dress, she squatted down in front of the car and let those bowels get called to action. RED FLAG. Just

be careful who you bring home from the bar because I bet some of those ladies are crazy.

Look out for those who aren’t and it will save you the mess of steam cleaning the urine out of your car seat.

Who to call?

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

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

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

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

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

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

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

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

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

NAIT Protective Services – 780-471-7477

Program-related Concerns – Contact program chair or program adviser

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

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

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

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

Volunteering – www.nait.ca/volunteer-opportunities

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HP Centre | Engineering Technologies Annex Building
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