

# THE NAIT NUGGET

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

## FOOD FOR THOUGHT

Donations needed to feed students, Page 3



Photo by Taylor Braat

NAITSA Food Centre head Matthew Pecore, left, and Students' Association President Justin Nand look through some of the donations that have been received for students who are short food money. More is needed to respond to the demand on campus.

# NEWS & FEATURES

## Perils for politicians



**NICOLAS BROWN**  
Issues Editor  
@bruchev

One would expect that in one of the longest election campaigns in Canadian history, there would be a few hiccups on the campaign trail. We're certainly seeing a few on this election campaign, and the political opponents are eager to take advantage of the media fodder. Whether this has an effect on the outcome of the election itself is yet to be seen, but for now, let's look at the numbers.

So far in this election campaign, we have seen two Conservative candidates and one Liberal candidate dropped from the roster, along with one NDP candidate coming under fire for comments made on social media. Now, it's expected that some candidates for non-target ridings will have some slipups but the majority of those

facing scrutiny are in battle-ground ridings in Ontario and Alberta. I'm not focusing on the election consequences here though; instead, I want to look at the implications of having political candidates being dropped due to their actions.

Let's start with the Conservative candidates. Always a favourite punching bag online, this time their two candidates deserve the condemnation. One candidate was caught on camera urinating into a client's coffee cup a couple of years ago while he was working in appliance repair, another revealed as an offensive YouTube prank caller. These are certainly the worst offenders on the list and Canadians are justified in expressing their collective disgust. However, they are not the only offenders.

In Alberta, a Liberal candidate has

been kicked to the curb, and an NDP candidate faces hot water after past online comments from both candidates emerged on social media. The Liberal candidate, running in a Calgary riding, was eventually dropped from the roster after some rather aggressive tweets surfaced from her teenage years. The NDP candidate similarly is under fire from Facebook comments from a couple

of years ago that bring into question her anger management and communication skills, filled with spelling errors and curse words. Neither candidate, in my opinion, should be permitted to continue running, as someone who cannot communicate respectfully and professionally on a public forum is clearly not qualified to represent Canadians on Parliament Hill. I would be willing to cut the Lib-

eral candidate some slack, as her offending comments were made when she was still arguably a teenager, and hey, who didn't vent on social media when you still believed the world revolved around you? However, she also had the decency to apologize and eventually resign. The NDP candidate, on the other hand, has the audacity to continue her campaign.

Really, these latest political fumbles are signs of the times but should also teach Canadians a valuable lesson. Yes, technology is becoming ever more present in our lives. Candidates are becoming more reliant on platforms like Facebook, Twitter and Instagram to promote their ideals and reach out to voters and missteps are bound to happen.

However, that should only emphasize the fact that you are in control of what you say and what you type into that keyboard. You are in control of your online presence and what you put onto the Internet can affect your ability to get a job or travel to other countries.

So don't use these candidates as a role model for your online behaviour – be respectful and professional, because just like in real life, you can't take back what you've already said.



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## More sun by week's end

By **BRANDON HESS**  
MSU Meteorology Student  
Meteorologist in Training

The start of this week was showery and cool. Tuesday we saw highs near 10 C with a good rain. As we head into Thursday and Friday we should see temperatures climb back up into the mid to high teens. Looks like a southwest wind comes in towards the end of the week instead of a cooler east wind earlier this week. Southwest winds are a warmer direction for us and we will likely see some clearer skies come Thursday and Friday.

Your weekend will see temperatures in the mid to high teens. It does look like a cold front goes through Saturday into Sunday, so expect Saturday to be warmer than Sunday's 15 C. We get in behind the cold frontal boundary come Sunday under a northwest wind. Air wants to rush as well as the pressure gradient tightens up. We slip back into the low to middle teens for early next week with morning lows slightly above

the freezing mark.

**Did you know?** We are going to talk about adiabatic processes and the rain shadow that brings two distinct weather types to both sides of a mountain range (wet west, dry east). There are two types of adiabatic processes in meteorology. Adiabatic warming and adiabatic cooling. Take the Rocky Mountains, for

example. Maybe you have travelled there for a vacation. The west side of the mountain range (facing British Columbia) is what we call the "windward" side of the mountain. The leeward side (facing Alberta) is the eastern side of the mountain range. On the windward side you can get a rising parcel of air. This is called adiabatic cooling. This happens at

what we call a dry adiabatic lapse rate. The air is becoming moister as it travels up the mountain. Eventually this condenses into clouds and releases what we call latent heat. From these clouds comes precipitation on the windward side of the mountain (which is why west of the mountain is wet). The air may continue to rise after this at the saturated adiabatic lapse rate. As we take a look at the leeward (eastern) side of the mountain, you will notice it is dry there. That parcel of air that brought precipitation to the windward side of the mountain has now lost all of its moisture. Now the air falls down on the leeward side (after previously rising on the windward side). Sinking air cannot be saturated to form clouds and rain. Therefore, you get the "rain shadow" effect on the leeward side of the mountain. The air warms on compression with the surface bringing clear skies and great warming.

Now you know! Rainy to the west of a mountain and drier to the east.







Photo by Gier Buterman

Matthew Pecore, head of the NAIT Students' Association food centre, arranges some food that is available for students in need at the NAITSA office, E-131.

# Hungry? See NAITSA

By GIER BUTERMAN

Are difficult times making it hard to fix your next meal? Hungry students can find help at the Food Centre, NAIT's first official food bank.

Over the past five years, NAIT students only had access to an informal give-take box. This year, NAIT Students' Association food centre head Matthew Pecore and NAITSA president Justin Nand are working together to support a volunteer initiative to help students get access to the resources they need.

"You're here to receive a good education. Good food gets you a good education," said Pecore. Last academic year, NAITSA surveyed students and received suggestions that there is a need to support more students in their access to food. Just over 200 NAIT students were found to be using or needing assistance with food sources.

Other studies have shown that students within post-secondary institutions have become increasingly reliant on food banks, a possible reflection of the rise in cost of living and tuition.

"A serious problem to consider when students are paying rent, tuition and bills – they can always cut down eating," said Nand.

Many other Edmonton post-secondary institutions have started their own food

banks to help their students, including MacEwan University, Norquest College and University of Alberta.

"There is a huge usage of the Food Centre early on [in the semester]" said Pecore. The amount of students becoming reliant on food banks is only expected to increase now that there is somewhere for them to go within the NAIT campus.

Any student with a valid NAIT ID can apply for these services either by going to NAITSA's Service Centre and filling out a form for a Food Centre hamper or apply online through NAITSA's website. Students can apply for food hampers up to twice a month. "Service can be found within 24 to 48 hours" said Pecore.

Another problem NAITSA is trying to overcome is the stigma of going to a food bank.

"Nobody wants to go to a food bank, so we are opening a Food Centre," said Pecore, hoping that students in need will be more comfortable with the new name.

Students studying at satellite campuses face additional problems. At the moment, students needing food supplies must come to NAIT's main campus. The Food Centre is looking at options such as providing food lockers for students to pick up food hampers.

At this time, students are still required to come to the main campus.

As commonly found with other food banks, the Food Centre has difficulty raising food donations and funds. Storage can also be a problem because the Food Centre cannot keep perishables.

To get help or donate, contact the Food Centre at [naitsa.ca/food-centre/](http://naitsa.ca/food-centre/) or call at 780-491-3966.

"I want to encourage a culture where those who need receive and those who have give," said Nand.

As the website emphasizes, "hunger should not be a barrier to your education." Dropping off even the smallest donations can help with establishing the Food Centre's supplies, in turn feeding the students who need it most.

Donations such as canned goods and grain products are welcome. The Food Centre asks donations to be within their expiry date and have pop top openers for canned goods if possible to help the food products become more accessible to students who may or may not have can openers.

"It's a work in progress but it's getting better," said Nand.

The largest obstacle the Food Centre currently faces is they don't receive many donations and NAITSA encourages students to share the news by posting on social media.

"The last thing I want is for students to worry about dinner" said Nand.



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## Letters

### We want your views

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

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

We need to list your real name.

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

# Serious about safety

By KATIE WHITE

A new club on campus has caused some curiosity, and possibly some concern, among students. That club, is the Student Firearms Association at NAIT (SFA NAIT). “SFA NAIT was primarily created as an interest club, specifically for target practice, students interested in obtaining their firearms licences and as a new means for students to meet others and engage in common interests,” says Elyssa Teslyk, Operations and Safety Director for the club. The club is very new to NAIT and, although it was approved by NAITSA in April, this will be its first year officially operating on campus. Meetings will be held twice a month – once at NAIT to discuss firearms, regulations and safety and the other at selected firearm ranges for a more hands-on education with firearms.

As for concerns regarding safety on campus, “SFA executive members do acknowledge the concerns and misconceptions regarding the club’s operations,” says Teslyk. This “was expected due to the many risks and current events surrounding firearms, education, regulation and safety.”

Some students may have concerns about SFA NAIT operating on campus but others

believe that the club is a great idea.

“I think they should implement it [firearm education] in every school,” says NAIT student Tanner Mucha.

For those concerned about safety, Teslyk explains there will be a strict zero tolerance policy for infractions, once the rules and policies have been finalized. Although all clubs must be approved by NAITSA’s Campus Club staff, SFA NAIT faced additional scrutiny, including a review of the club constitution by NAIT Protective Services. Various restrictions have been placed on what the club is able to do, both on and off campus. The club has acknowledged these safety concerns, with Facebook events including the notification “absolutely no firearms, firearms accessories or ammunition are allowed on campus at any time.”

Obviously being a very sensitive subject for some, Teslyk states that individuals need to realize and accept that firearms are used in our society for different reasons, such as recreation, safety and hunting.

“The benefits of being pro-active, modelling the way and ultimately taking leadership on the matter makes far more sense and will stimulate the types of changes society would like to see,” says Teslyk, as opposed



Elyssa Teslyk at the Firearms Association table during student orientation.

Photo by Taylor Braat

to adding to the number of issues surrounding firearms and the perception of their use.

The SFA have its first meeting in Room

E-201 on Sept. 17 from 5 to 6 p.m. for those who are interested. You can also visit their Facebook page or join the club on OrgSync.

## Extra money

By ELYSSA TESLYK

As students start the new semester, the costs of tuition and books might have individuals considering whether or not to apply for scholarships and bursaries. If you applied last term and weren’t selected, this year could be your opportunity!

“NAIT takes every opportunity to recognize student achievement,” said Scholarships and Bursaries administrator Niki Stenerson. “We celebrate academic excellence. We also give out awards for athletic program participation, extra-curricular activities, leadership and involvement in the community. We work to support students in financial need,” she said.

“Most awards are available to students who have completed their first year of studies and are enrolled in their second, third or fourth year. We also offer scholarships and bursaries to student entering NAIT. Applications for Scholarships and Bursaries for continuing students are open from Sept. 1-30 online on your MyNAIT Portal.”

Tips for applying:

1. Plan ahead! Keep track of deadlines. It can often take time to get all the information and documents you need for an application. Prepare well in advance.

2. Read eligibility requirements carefully. Apply only if you are eligible and make sure you demonstrate how you meet the criteria.

3. Know your strengths and don’t be afraid to advertise them.

4. Don’t leave items blank. Include all requested attachments.

5. In your essays, go for quality not quantity.

6. Proofread your application.

7. Double-check your budget. Make sure your costs are realistic and you include all the funds you will have available to you.

8. Choose references carefully; make sure they can describe why you are a good candidate for the award. Make sure those who are writing letters of recommendation are familiar with the scholarship program. And don’t wait until the last minute to ask for your letters of recommendation.

9. Apply for all awards for which you are eligible.

10. Apply on time, or better yet, early.

For community work and volunteering – Describe your duties and state what you learned as a result of these experiences.

– Volunteering at school: Tutor, student government, clubs, school associations, sports (position on the team? Were you the captain, co-captain or manager?)

– Volunteering out of school: Hospital, public school, non-profit organization, government, sports team, nursing home, etc.

– Awards: Were you on the honour roll? Did you receive an award for your extra-curricular activities?

For more information or questions, stop in to Room O-101 or e-mail awards@nait.ca

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## INVESTING

# Always buy quality stocks

By **LOGAN PHILLIPS**

For many people first time investing is a terrifying thing. The most important question at our age is what should we buy? As student first and foremost, equity should be the instrument of choice.

The only risk one can take at our age, is not taking enough risk. Bonds and cash simply won't return enough. Finding the first stock to buy should be a question of quality, the answer should be well run, well known and transcending companies. When you go to buy your first stock, make sure you buy quality. Whether that is a company like Apple with a brand known around the world, or a company like Starbucks with over 20,000 stores.

Far too often, first time investors look for "cheap" stocks with stock prices that are trading in the low single digits because they are looking for bargains. Unfortunately, bargains are not quality companies. It is very rare to go a garage sale and find a lot of worthwhile goods. In order to find quality, we, as prudent investors, must be will-

ing to pay up. Pay for quality and I promise in the long run you will be rewarded handsomely for your wise investing. Over time high quality companies will outperform the majority of low quality stocks in the market and will be a sound long term investment.

The challenging part is finding quality in a sea of mediocrity. Picking good stocks can seem like finding a needle in a haystack but in reality the trick is to never over think it. Often times

the best investments are products that you use and love in your daily life. An example of this is Netflix and the disrupting nature of its business model. For a small fee every month a wealth of movies and TV shows are easily accessible. I recall seeing Netflix at under \$70 a share (Pre split) when

I was first falling in love with the service. I should have bought stock right then because it was clear to me that this company was going to be around for a long time. The first time you buy a stock, just think about a company whose products you

have the deepest admiration for and buy their stock. The financial media often calls many stocks "overvalued" and they are right most of the time.

There are a lot of crappy stocks that

should be avoided at all costs but on a stock like Netflix (Ticker NFLX) you would have missed an 8,000 per cent return on your money (since IPO in 2002). The best way to find quality companies is to look at current exceptional companies in the market and try to find the next winner – likely an

up and coming, well run company that you believe has a product that can disrupt and innovate for many years to come.

Think about some of the major changes going on in the world and try to profit with smart capital placement. Whether this is Virtual Reality, Solar, Cloud Computing, Drones, Artificial Intelligence, new modes of transportation or any other mega trends going on, there are unexploited niches in the market right now.

If you take anything away from this article just remember that the next time Apple comes along, Google comes along or Amazon comes along, don't miss it! Take the risk and make a small capital allocation to the next great innovative company. Quality doesn't come cheap but in order to own the best you've got to pay. Whether Coca-Cola, Facebook or Priceline; quality comes in many sizes and industries. Don't be fooled by the penny stocks and bargain basement discounts of the world. Buy like the pros and buy quality and innovation to build a successful portfolio.



# Man in the middle

By **DANIELLE S. FUECHTMANN**

There's a new voice on campus this year and he's dedicated to making sure everyone's fairly heard. In March, NAIT and the NAIT Students' Association came together to create and fund a new campus ombudsperson position with guaranteed funding for a three-year term. Yang Yu, NAITSA VP Academic, explains that it's a really exciting development because "this has never really happened before, having a person between NAIT and NAITSA. This is a really big step towards collaboration between NAIT and NAITSA."

Chris Fukushima has settled into his role as Ombudsperson after an extensive hiring process organized by a committee with representatives from both NAIT and NAITSA. A neutral and confidential adviser to the entire NAIT community, Fukushima operates at arm's-length from the institution, allowing him to provide valuable feedback and policy advice to the institution, as well as provide impartial advice to students and staff members. He examines any complaints of unfair treatment, including issues surrounding academic integrity, conduct issues, grading and NAIT policy and procedure issues. He helps identify appropriate options for resolution, can refer community members to other campus resources or provide mediation and conflict resolution help. He also recommends that students shouldn't be afraid of bringing up interpersonal issues; he says that "many students seem to be very focused and want to finish [their program] and avoid conflicts with their departments.

Sometimes they don't even ask for a review of a decision because they're worried it will impact their degree."

One of the things that makes the Ombudsperson a great campus resource is their confidentiality policy. Fukushima's role is as an impartial adviser, not to advocate for students or apologize on behalf of NAIT. Instead, he will assess the situation based on fairness and provide options for improving or resolving the situation. Students are free to proceed in the direction that makes them feel most comfortable, whether that's pursuing one of the available options or choosing to accept the current situation and move on with a different perspective.

Fukushima wants students to feel comfortable bringing up small issues. It's easier to address problems in the early stages of a conflict because there are more choices. It's much easier than trying to work with the intricacies of a policy because they've already gone through a lot of the available processes. If you come at an early stage, he can "help coach [you] a bit or send [you] to other resources on campus. It can prevent escalating a situation to where it becomes more stressful."

In addition to providing unbiased counselling and helping identify fairness issues, the Ombudsperson helps with policy development, choosing participants in a program, awarding prizes; helping ensure they're done fairly. There's always a chance for a fairness issue whenever a policy is used to enforce a decision

or a new policy is created, which is why Fukushima works with NAIT or NAITSA when they develop new policies and procedures. One of the advantages of operating at an arm's length to the institution is that he's able to critique current policies and raise awareness for problematic procedures without worrying about any repercussions. As a result, he's a valuable addition to the process, ensuring that both the NAIT or NAITSA and the students or staff that will be affected by the policy or procedure are treated fairly.

As Fukushima likes to say, he'll help you decide if "the juice is worth the squeeze" and guide you in finding the best course of action to resolve any issues you have on campus. You can find him in person in Office O-108N or call him at 780.491.1305 to schedule an appointment.



NAIT photo

**Chris Fukushima**  
New campus ombudsperson

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Application deadline is Sept. 30.

**DON'T MISS OUT ON THIS OPPORTUNITY!**

# Project Factory joins library

By DANIELLE S. FUECHTMANN

If you've already ambled over to the library this September, you may have noticed that U-210 and U-310 look a bit different this year! The Project Factory has moved upstairs into U-310 to join the library at the new Learning and Teaching Commons service desk, creating some greatly needed study space on the second floor.

With the move, the Project Factory will no longer be referred to as a separate space but the Learning and Teaching Commons will now include all of the same resources and services that the Project Factory did previously, along with the library and other LTC services. The LTC service desk is a great place to stop at any stage of a project, whether you want to ask a few questions about software, learn how to use a tool or resource, need access to equipment for loans like cameras and presentation aids or you're ready to print and share your project. They're available to help you!

The Learning and Teaching Commons offers audiovisual equipment on loan at no charge. With your NAIT ID card you can fill out a responsibility form and sign out any equipment you require, including audio recorders, digital SLRs and flashes, presentation equipment such as projectors and clickers, video cameras, laptops and specialty calculators.

Once your project is completed, take advantage of the LTC's self-serve printing and copying or use their full-service options for specialty printing, binding and finishing. Their staff are eager to help you and can provide full service options like overnight 3D printing, large scale printing, wrapped canvas printing and AutoCAD plotting. When you're ready to



Photo by Danielle S. Fuechtmann

**The Project Factory has moved to the third floor (U-310) of the library to create a Learning and Teaching Commons.**

start your job search, they're also the perfect place to get your resumes and business cards printed!

The LTC will offer three collaboration spaces for NAIT students to work on large projects or to rehearse presentations, which are currently under construction. When completed, the rooms will fit approximately six-10 students and each will include a laptop and projector. These rooms, and the

desks and tables throughout the third floor, will provide excellent areas for students to meet and work together.

It can be difficult finding quiet space to study on the NAIT campus, which is why U-210 has been turned into an expanded student study space. Soon to be divided into two areas with a glass division wall to minimize noise, half of the space is filled with study carrels for quiet individual

workspaces and the other half offers tables for quiet group work. There will be a multi-device printer in U-210 for quick and convenient printing.

If you haven't been by the Teaching and Learning Commons yet this year, check out all of the exciting changes happening in U-210 and U-310 and take advantages of all of the resources they offer to the NAIT community.

# Chaplains available for students

By WARREN MULVEY

Post-secondary education can feel like a meat grinder sometimes. Perhaps you are feeling stressed out and overwhelmed with your schedule. Maybe you are feeling grief over the loss of a loved one. Perhaps you are curious to understand different points of view on life, the universe and everything. If you feel this way or have these questions, there are several options available to you on NAIT campus. Counsellors can help in a variety of situations, but perhaps you desire a faith-based perspective on the issue.

In February of this year, NAIT Campus Life established the Chaplaincy, an initiative devoted to offering services for the myriad of faith communities represented in the NAIT student body. The process of creating the Chap-

laincy began two years ago, when Campus Life identified a need among the students of NAIT for more faith-based support around campus. As such, Campus Life recruited several chaplains, representing Muslim, Christian, Sikh and Buddhist faith communities, as well as some specific denominations within their respective communities. There are currently 10 chaplains, and an 11th will begin working on campus in the near future.

You may be wondering what exactly a chaplain is and what they do. The NAIT chaplains are faith community leaders who volunteer their time to NAIT on a weekly basis. They exist to provide support for any and all NAIT students on topics of faith and spirituality, whether you subscribe to a specific

faith or spirituality or not. Their mandate is inclusiveness, so their support is not just for members of the community they represent. Rather, they provide support for any NAIT student on any topic of faith and spirituality. They will be visible around campus at events and will host their own open-to-all-faith events throughout the year.

So far, Campus Life has heard a lot of positive feedback about the initiative, and they hope to continue to hear what students think. To find out more about the chaplaincy, their mandate and contacts for each specific chaplain, surf to [www.nait.ca/chaplaincy](http://www.nait.ca/chaplaincy). Each chaplain is listed with details about their campus schedule and contact information. The website will also identify upcoming events on campus featuring the

chaplains, including weekly meditation sessions and inter-faith discussions. Whether you believe or not, the chaplains provide a great opportunity for learning about the faith of your classmates or to reinforce your own.

The NAIT student body is a diverse, inclusive crowd. Students around the country and the world from a plethora of diverse cultures and backgrounds flock to this renowned polytechnic in Alberta. NAIT has made huge efforts to make everyone feel welcome and the chaplaincy is here to further that cause. If you see the chaplains strolling the halls or manning a table at events, stop by and say hello. Check out their website and send them an e-mail with your questions or concerns and make an appointment to meet. They are here for you.



# OPINION

— Editorial —

## Underdog complex



**TAYLOR BRAAT**  
Editor-in-Chief  
@TaylorBBraat

Now, a lot of you may not agree with my article today and I don't expect you to. I would like to talk about the underdog complex. The idea of rooting for someone who may be somewhat overly hated, disliked or just simply misunderstood. The Kanye West in a Justin Timberlake world. Keeping up with Kim when everyone is so far ahead with Taylor. The fact is, it's easy to dislike Kim or Kanye or Miley. But when I hear the constant bashing of these real human beings, two things come to mind. Oh, how easy it is, to speak badly of someone who is not even present. And as well, is this person who they "know" even the person they really are? Most likely not.

### Easy to be with the crowd

I know, being with the crowd is so easy and wearing the winning team colours is an absolute blast! But what do you walk away with? I'll tell you what you walk away with by rooting for the underdog – your pride, dignity and integrity.

The movie *We Are Your Friends*, starring Zac Efron was one of the biggest flops in recent history making only \$1.8 million on its opening weekend, the fourth worst opening weekend for a nationally released film. It was a "passion project" for Efron, said Jeff Goldstein, Warner Bros Distribution executive vice president. Now, as a fan of the electronic genre of music, I waited all summer to see this movie. My verdict: It wasn't that bad, it was a fresh idea for a movie and it combined the idea of underdogs, chasing dreams and falling in love in a way that hasn't been done before. I felt the heart that Efron so graciously shared with it. The soundtrack was great and you could tell there was research put into this film. I appreciated the effort and enjoyed it – what more is a movie supposed to do? I even got goosebumps at the end when you could feel the entire movie come to an emotionally palpable climax.

### Small demographic

Though I, a 20-something girl who likes "EDM" enjoyed the music-based journey of a young man achieving his dreams and falling in love, this movie could not have been aimed at a smaller demographic. Being a movie with only one well known celebrity (Efron) about a genre of music that the masses love to hate, director/co-writer and *Catfish* co-host Max Joseph took a real risk. The demographic was not well thought out, I do admit but seeing Facebook statuses that have no intent but to throw shade at the movie by people who had clearly not even gone to see it. That's disheartening. On perusing the endless critical

reviews, I couldn't help but think that the horse they all were beating was probably long dead. I sympathized with everyone who had worked so hard to create Joseph's freshman film – a cinematic expression of modern music and young love.

There is going to be a point in everyone's life when they put their heart into something and it fails but let's leave the amount of disappointment and sadness they will see to them, not us.

Though someone may have done something wrong or failed at something, it does not mean they deserve a heavy backlash of hatred from people who do not even know them. No one deserves that and the idea of humanity will simply not allow it. Someone's got to stand up and say, "hey, they've probably given themselves enough mental torment to go around. They don't need it from complete and total strangers."

Last year at the Video Music Awards, Miley Cyrus gave us all a good reason to make fun of her. She took a huge risk and said, hey you, world, I really don't care

what you think. It spoke volumes and gave me 100 reasons to like her. This year at the VMAs she capitalized on her previous performance and proved herself to be the weirdest host ever but also one who will use that platform to stand up for the underdogs of our society through her nonprofit organization, The Happy Hippy Foundation. She stands up for homeless youth, LGBTQ youth and anyone who may not fit into all of the impossible cultural norms of 2015. Growing up being controlled and marketed, Miley has broken out and defends not only herself but others who can't defend themselves in a world where trends and popularity are worshipped. Miley is not Hannah Montana anymore. She is brave, different and on a mission to "stop pointless judgment."

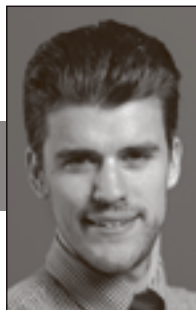
The underdog is someone who is not expected to win but the idea of overcoming should be the real message here. Overcoming is paramount in this life, and it shows you things you just didn't have the eyes for before. The underdog is someone who is wise, someone who has overcome the obstacles and now has a story to tell all of us.



Miley Cyrus, wearing a Happy Hippy Foundation hoodie.

# SPORTS

## A baseball convert



**JOSH RYAN**  
Sports Editor  
@JoshRyanSports

Recently I decided it's time to start reading again – I mean, reading that doesn't involve the Internet or homework; an actual sit-down with a book in my hand.

My first foray back into scanning the printed page is a book my older sister lent me just before the semester called *Blue Like Jazz*. So far, it's an insightful read and one sentence in particular remains prominent in my thoughts. Early on in the book, the author, Donald Miller, writes "sometimes you have to watch somebody love something before you can love it yourself." I think that statement rings true in many aspects of life and sports is certainly one of them. I experienced this first hand over the summer with the Toronto Blue Jays and the game of baseball.

### No golf or baseball

To give you all some context about my sporting interests, I'm usually either glued to the screen or bored into a coma watching various professional sports. As an athlete, I always loved playing games like hockey and basketball but turned my nose at golf and baseball. This is doubly so with pro sports on television. If the on-ice, on-court or on-

field action features standing more prominently than athletic movement, the game loses appeal. Because of this, I've never been a fan of Premier League soccer, the PGA or MLB.

My father's side of the family all love baseball. In fact, I believe I'm the only Ryan male that never played organized baseball at some point in his youth. I just never liked standing around, doing nothing. So, every time my brother had the Jays game on, I did my utmost to annoy him into a change of channels. Heck, there's a billion games every year and they are all around 12 hours, why would you want to watch each one?

### Funny thing happened

Sometime last year, I decided that I would humour my brother and start following the Jays to gain minimal knowledge about Major League Baseball. Helps to know things about multiple sports, right? But a funny thing happened at one point during that summer, actually two things. The first: I sat down and watched *Field of Dreams*, a movie whose legacy had always puzzled me. I thought my dad and brother were crazy for liking such a schmaltzy, yet surreal, film. However, after a second viewing, everything in the movie somehow made sense. The film helps to capture the nostalgia Americans associate with baseball and showed me why someone could find the sport appealing.

The second: I had made some lunch (might've been after a workout or chores) and then I turned on the Jays game. I kind of half paid attention while doing other things. But I noticed that even though I wasn't glued to the screen, I was still following the action from start to finish. This fascinated me. Previous attempts to sit

down and watch an entire baseball game had rendered me snoozing in a curled up ball on the carpet, yet I was completely fine with having just spent an afternoon drifting in and out of a baseball game.

So, at the beginning of this summer, I watched all of the same previews and interviews regarding the Jays season. I still loathed the amount of coverage baseball dominates on highlight shows but whenever Luke got excited about Mark Buehrle throwing seven shutout innings, I was happy. People watching baseball are usually in higher spirits than fans watching other sports and they're usually less high strung. It comes from the atmosphere of going out to a ball game, which is almost as important as the action on the field. Your focus isn't glued to the play at all times but not because you're bored or because what's happening is unimportant. That attitude carries over to the TV and radio experience. You can do laundry, wash dishes or sit down with a beer in one hand and enjoy getting in and out of the game.

Even my view of the sport as a whole changed. While it might appear there's nothing

going on during down times between pitches, every player on the field is trying to out-think the opponent at every fraction of a second. It's like 100 short games of chess in a row, interrupted by brief outbursts of incredible athleticism. And when those home runs, leaping catches and Herculean throws occur, there's little in sport that can match the excitement. Obviously though, this discovery was helped by the Jays being such an offensive juggernaut. Whether it's Jose Bats and JD sending pitches over the fence or Tulowitzki making a ridiculous grab-and-throw play to first base, you are in for a show when Toronto takes the field.

I still don't count myself an enthusiast for footy frenzy or hitting the links. I wouldn't say that overall I'm a big baseball fan. But I've learned to appreciate what people love about the game and the sense of nostalgia it invokes. So, for those of you who may spout ridicule in the direction of fans that follow sports you don't, try and observe them from a different perspective. You'll likely come away pleasantly surprised.



www.ottawacitizen.com

Blue Jay Edwin Encarnacion breaks his bat last year during a game against the Los Angeles Angels.

### 2015-16 RECREATION PASSPORT

The Recreation Passport is a year long FREE event filled with plenty of fun and wellbeing activities. Attend events and challenges to collect stamps. The more stamps you get, the more chances you have to win the Grand Prize sponsored by Marmot Basin & Fairmont Jasper Park Lodge: 2 night stay at the Fairmont Jasper Park Lodge and two day ski passes! Get your Passport at the Kick-off Party on Sept 11 at 12:15pm-1:00pm in the gymnasium or in E134. This includes a fun FREE fitness class so wear workout gear!

#### CHRISTMAS GIVEAWAY & WRAP-UP PARTY

Join us for our Christmas Giveaway where we will give away a ton of prizes including Marmot Basin Ski Passes! There will be a mini fitness class included before the giveaway.

Date: Dec 18, 2015  
Time: 12:15pm-1:00pm  
Location: Gymnasium  
Registration Required: Yes

#### GRAND PRIZE GIVEAWAY & FREE-CLASS

Join us on April 6th for the Recreation Passport final wrap-up and Grand Prize giveaway! Someone will be the winner of our grand prize sponsored by Marmot Basin and Fairmont Jasper Park Lodge (two night stay at the Fairmont Jasper Park Lodge and two, 2 day ski passes) along with many more secondary prizes to be won. Thirty minutes FREE fitness class to start.

Date: Apr 6, 2016  
Time: 12:15pm-1:00pm  
Location: Gymnasium  
Registration Required: Yes

FOR MORE INFORMATION GO TO [WWW.NAIT.CA/RECREATION](http://WWW.NAIT.CA/RECREATION)



# Keeping Score

## Best NBA squad all-time

Welcome back to another edition of *Keeping Score*, the weekly debate on a chosen topic in the world of sports. This week, after discussing the Shaq-Pippen summer Twitter feud, long-time Nugget contributor Matt Mosewich and I debate which team was the greatest in the history of the NBA. There are many worthy candidates that will have various critics and fans, depending on which era fans relate to. Some point to numbers, while others point to legendary names. Some point to superior athleticism and others examine the level of difficulty in the league at the time. Was it a squad from the Michael Jordan era? One of the Magic Johnson and Kareem Abdul-Jabbar tandems? Larry Bird and the Boston Celtics in 86? Shaquille O'Neal and Kobe Bryant going 15-1 in the 2001 playoffs? The Big Bad Pistons? The Big Three in Miami? Or perhaps the recently crowned, high-flying Golden State Warriors? What do we think? Read on ...



**JOSH RYAN**  
Sports Editor  
@JoshRyanSports

There are several memorable squads in NBA history. However, no one (seriously, NO ONE!) compares to Michael Jordan and the 1996 Chicago Bulls. Not only was MJ the greatest player of all time and possibly the greatest athlete of all time but the Bulls were ultimately the greatest team the league has ever seen and the benchmark of those squads was 1996. The first of the Bulls second three-peat in the '90s was a display of dominance that the league had never seen before and will never see again (outside of the 2001 Lakers playoff run). The '96 Bulls smashed records, electrified fans and downed superstars.

The regular season excellence alone separates Jordan's Bulls from the likes of G-State and LA. Chicago set a league record of 72-10. That's right, the Chicago Bulls were a game away from single digit losses in 1996, three more than the next best (the '97 Bulls) and five better than last year's Warriors. Based on Elo rankings (a formula originally developed by physicist Arpad Elo to rate chess players), the Bulls

ended the season with an 1815 composite ranking. This is 19 points higher than the third-place Warriors and 31 higher than the fourth-place 1986 Celtics. Chicago led the league with 105.2 points per game and had the highest offensive and defensive efficiencies (115.2 and 101.8 respectively).

More important than the statistics, however, is who the Bulls had on their roster and who they had to beat. Chicago defeated Alonzo Mourning's Heat, Patrick Ewing's Knicks and Orlando's dynamic duo of Penny Hardaway and Shaq-diesel to reach the NBA finals and face off against the 64-18 Seattle Super Sonics. Gary Payton's Sonics did manage to take two games but the Bulls still won championship No. 4, compiling a total record of 87-13. Compare that to the Golden State Warriors, who faced the inexperienced Pelicans, the banged up Grizzlies and Rockets and the hodgepodge that LeBron James had with him in Cleveland.

The final test of dominance is comparing rosters. Skimming over the differences in training, nutrition and rules, Chicago still matches up against anybody. Jordan and Scottie Pippen were unstoppable on offence when they were rolling but they were also freaks on

the defensive end. On paper, the Bulls roster wasn't as deep as the modern Spurs and Warriors but there was still Dennis Rodman, Ron Harper and several phenomenal role players.

There are great teams, there are incredible teams and then there's the 1996 Chicago Bulls. They set records no team will ever break and if they were put in a single game playoff against any squad in history, they have MJ. 'Nuff said



Michael Jordan  
www.eonline.com



**MATT MOSEWICH**

The greatest team in NBA history is a tough one to name. There have been no shortage of dominant teams. From the Jordan lead Bulls in the '80s-'90s to more recently the Miami Heat, NBA fans have been blessed with some truly impressive teams. However, I think none are as impressive as the latest NBA champ, the Golden State Warriors. The Warriors may not have the same superstar names but were one of the deepest, most well-coached teams ever.

When I look at building a team, there are two different ways to do it. One is the way the teams like the San Antonio Spurs and Atlanta Hawks do it, which is to build a team with no real superstars but with a system that allows players to significantly outperform their normal production. The other way is to build around a star player but have the right complementary parts around him. The Warriors had both of those

this year. Having both attributes is the main reason why the Warriors were so dominant. You need to have a system that maximizes your players' potential but you also need to have a great star-level player.

The Warriors were downright filthy this year. Now, I'm not usually a stats guy but when looking at what the Warriors did this season, it's hard not to be impressed. As a team, the Warriors were No. 1 in points, assists, three-point percentage and both offensive and defensive field goal percentage; the first team to do so in 34 years. On top of that, they were second in blocks, fourth in steals and sixth in rebounds. They had the top two players in three-pointers made with Steph Curry and Klay Thompson, both of whom were all-stars. Additionally, the Warriors' overall win total this year was insane. Including the playoffs, the Warriors were a combined 83-20 good for the third-highest win total in NBA history. To make this even more impressive, they did it all in what is considered by many to be the best conference in the history of the NBA.

The Warriors earned the right to be compared to the greatest teams of all-time. The Warriors had one of the best defences in the league and arguably the most dynamic offence ever. Maybe they're just fresh in my mind but they are no doubt the greatest team in NBA history.



www.eonline.com

## Hours for recreation facilities

### Gymnasium – Informal Recreation Monday to Thursday

11 a.m. – 1 p.m.; 3 p.m. – 4:30 p.m.

•••

### Sports Equipment Centre (E-026)

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

•••

### Fitness Weight Centre

Monday to Friday

5:45 a.m. – 9:45 p.m.

Saturday and Sunday

8 a.m. – 2 p.m.

•••

Pool

Monday to Friday

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

Saturday and Sunday

8 a.m.-4 p.m.

•••

Arena

(Drop-in hockey)

Monday and Wednesday

1 p.m.-4:30 p.m.; 12 p.m. – 4:30 p.m.

Tuesday and Thursday

Friday

1 p.m. – 4 p.m.

(Drop-in Skating)

Monday, Wednesday, Friday

11 a.m. – 1 p.m.

Tuesday and Thursday

11 a.m. – 12 p.m.

## SOCCER

# Three-out-of-four weekend

By MAREK TKACH

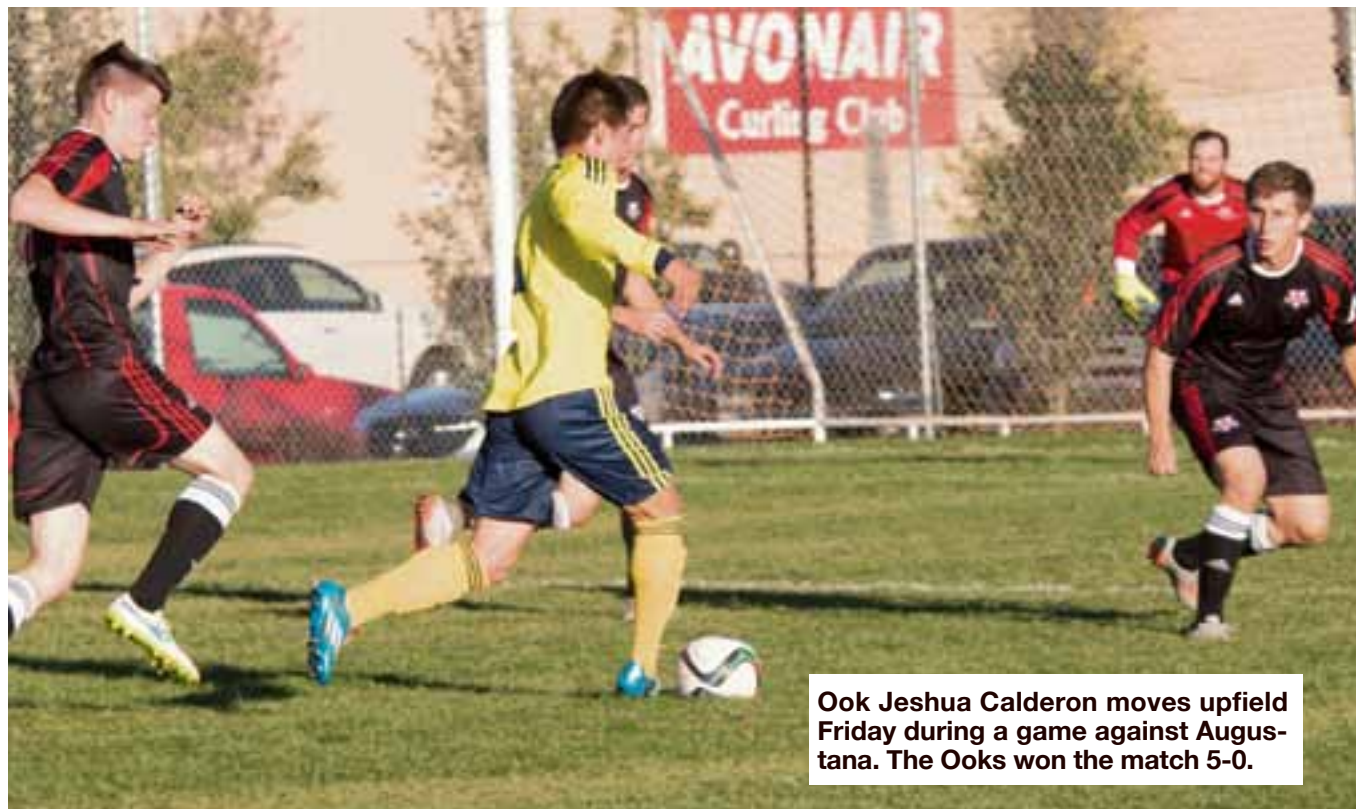
The defending ACAC men's and women's soccer champions opened up their respective seasons on the NAIT pitch this past weekend.

The home opener was on Friday night against the Augustana Vikings and the next games took place on Sunday afternoon against the host of the men's 2015 ACAC championships, the Keyano College Huskies. The women took their two contests 4-0 and 1-0 respectively, while the men split the weekend; winning 5-0 over the Vikings and losing 2-0 to Keyano.

In the home opener for the women, all of the action in the opening 45 minutes was limited to a Kayla Michaels penalty kick goal to make it a 1-0 game at the half. The Oaks turned on the heat in second half and struck twice three times, thanks to goals from Mia Austin, Wendy Abramenko and reigning CCAA player of the year, Michaels, with her second tally.

The second game for the women was a chilly one to say the least with the temperature at kickoff being 10 C, with a decent wind blowing. The first half was heavily dominated by the Oaks and most of the action took place on Huskies' goalkeeper Haley Craddock's side of the pitch. The Oaks finally struck with only one minute remaining in the first half with a shot to the right corner of the Keyano net by first-year midfielder Marissa Webb. It was somewhat status quo in the second half as both teams failed to get on the score sheet and the Oaks held on for the shut-out victory.

"We got two wins and we did not con-



Ook Jeshua Calderon moves upfield Friday during a game against Augustana. The Oaks won the match 5-0.

Photo by Lauren Hucal

cede a goal, so we are really pleased about that," said head coach Carole Holt.

"We are still moving people around to see what works best and we have versatile players that have been very responsive to the adjustments we have made. We have a lot of work to do but we are moving in the right direction"

The men stepped up to the challenge of following suit after the women with a rout of the Vikings. Midfielder Luis de la Torre Navarro was the player of the game with four goals and freshman Austin North-

cott also chimed in with the fifth goal to seal the deal for the boys. On Sunday afternoon the men faced off against Keyano and dropped that game 2-0 to fall to 1-1 on the year. Coach Charles O'Toole said after the game that a poor start was a major reason for the loss.

"We came out rather flat and Keyano was able to capitalize early," he said. "We then pushed the game for a bit with Igi Broda having the best chance. It was a good test for us and now we know we are going to be in a battle every game. So, we

will take each game as they come and look to improve on our performance."

Both Oaks squads are back in action this Saturday and Sunday against the King's College Eagles. The Eagles' women's team sits 0-2 after its opening weekend while the men swept their series against Grande Prairie and Concordia. Kickoff on Saturday is 2 p.m. at NAIT for the women, with the men following at 4 p.m. Sunday, both squads drive across town to King's where the match times are 4 and 6 p.m. respectively.

## Active bodies, happy minds

By DANIELLE S. FUECHTMANN

One of the mandatory fees that full-time NAIT students pay is a recreation fee - make it work for you! While it can be busy being a student juggling courses, a job, and social commitments, making time for regular exercise has been proven to help reduce stress in post-secondary students. In 2005, a study published in the *American Journal of Health Behaviour* found that students who were physically active had an easier time managing stress and also had better problem solving and coping skills than peers who were not regularly active (Largo-Wight, Peterson, and Chen, 2005). Researchers at the University of Minnesota published in the *American Journal of Health Promotion* that students who did 20 minutes of intense exercise three times a week had fewer reports of poor mental health. They also discovered that students who spent more than two hours a day socializing with five or more friends experi-

enced the same benefits, making an excellent case for participating in group exercise classes or fun campus intramurals.

Your recreation and athletics fee grants you access to NAIT's on-site facilities, such as the arena, swimming pool, fitness weight centre, squash and racquetball courts, indoor cycling studio, and much more. You can also take advantage of informal recreation and intramural planning, reduced rates for registered classes, and free fitness classes and admission to home varsity athletic games. This is a great opportunity to experiment, try different activities and find what works for you. You may find that you hate spin class but find a fast-paced game of squash incredibly satisfying. NAIT's recreation facilities are conveniently located on the main campus, making it a great way to spend some of that break you have between classes or stop in before catching the train or bus home.

If you find going to the gym or par-

ticipating in organized intramurals intimidating, don't let it stop you from adding some extra activity to your day. Visit YouTube or peruse the web for online yoga or boot camp style classes that you can do at home; this is a great way to spice up your routine and do different classes. Often, you can even find routines designed to be quiet, so you don't have to worry about disrupting roommates! Don't be afraid to take a break from studying and go for a walk or periodically stretch and move around. Constantly sitting for long periods of time can be hard on your body and even a short break can give your mind a chance to refresh.

A 2010 article published in *Public Health Nutrition* found that health behaviours are strongly established during post-secondary and are extended long after graduation (Laska, Larson, Neumark-Sztainer and Story, 2010). So, set yourself up for success in school and long into your career by finding a regular exercise routine that you enjoy! This will keep you in good health long after your time here at NAIT.

For information on the athletics and recreation facilities on campus, as well as intramurals and much more, visit the Athletics and Recreation website. <http://www.nait.ca/66237.htm>

### Workout partners wanted

Looking for positive, enthusiastic, disciplined and highly motivated individuals (preferably male) for workout partner or group.

Contact Kyle Lobb by cellphone at 780-904-9333 around noon or by e-mail at [kylelobb.87@gmail.com](mailto:kylelobb.87@gmail.com)



# Coach Profile



**Douglas Anton**  
**Men's volleyball**  
**Head coach**

By ELYSSA TESLYK

**How long have you been coaching?** I am a seasoned coach with more than 25 years of experience. I came to NAIT from Algonquin College in Ottawa, where I was the head coach of their men's varsity volleyball team. I have worked as a sports consultant and with Volleyball Canada as their youth development co-ordinator. For the past 10 years I have been the lead developer and director of volleyball's National Coaching Certification Program for levels 1, 2 and 3 and significantly contributed to the restructuring of Canada's athlete development systems and structures.

**Why did you decide to coach men's volleyball?** NAIT is a world leading institution with great support for both athletes and coaches. The administration here do their best to give coaches the tools and support they need to run first-class programs, so I think it's a great place to practise my craft.

**What is your favourite part about**

**coaching your team?** I think helping the players to achieve their goals both on and off the court. We are fortunate in our program to have a lot of dedicated and committed individuals who aren't just great players – they're great people. They make it fun to come to work every day.

**Any advice you have for individuals who have an interest in coaching sports teams?** First and foremost, just get out and coach. There's always a shortage of coaches, so find a program in need and help out. Also, attach yourself to more experienced coaches whom you feel will be good mentors. Most coaches are willing to help and this is vital to any coach's development. ... Finally, you need to be prepared to be self-critical. You need to be able to honestly assess what you are doing well and where you can get better – just like an athlete. Ultimately it is not about you, but the athletes you coach. You need to be the best you can be for them. They sacrifice a lot and they deserve it.

# Coach Profile



**Carole Holt**  
**Women's soccer**  
**Head coach**

By ELYSSA TESLYK

**How long have you been coaching?** I have been coaching for over 20 years. I started with working summer camps to make a little bit of money but found that I really enjoyed it and worked to gain more experience and certification along the way.

**Why did you decide to coach NAIT's women's soccer team?** I was very interested in coaching in a post-secondary environment and there aren't very many positions around. So, when this one came up, the timing was right for my family and I to submit an application.

**What is your favourite part about coaching your team?** I learn something new every day – it is always a challenging environment to find new

ways of doing things.

**Any advice you have for individuals who have interests in coaching sports teams?** Get involved with a team if you can – ideally get a mentor coach who can help you along the way. It's one thing to take a certification course but it's equally, if not more, important to get experience actually coaching. I know the soccer community is thriving right now (especially on the female side of the game) and teams are always looking for coaches.



**NEST TAPHOUSE GRILL**

## WEEKLY SPECIALS

\$6 FOOD SPECIALS	\$4 DRINK SPECIALS <small>*All liquor served is 1 oz</small>
<b>MONDAY</b> Butter Chicken Poutine	<b>MONDAY</b> Bottle Coors Light
<b>TUESDAY</b> Nest of Wings	<b>TUESDAY</b> Crushed Ice Long Island Iced Tea
<b>WEDNESDAY</b> Classic Poutine	<b>WEDNESDAY</b> Sambuca/Tequila Shot
<b>THURSDAY</b> Pepperoni Pizza Bites	<b>THURSDAY</b> Flavoured Absolut Vodka
<b>FRIDAY</b> Jumbo Daily Soup Bowl	<b>FRIDAY</b> Bottle Pilsner

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[NESTTAPHOUSEGRILL.COM](http://NESTTAPHOUSEGRILL.COM)

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## OILERS & ESKIMO GAME DAY MENU

WE'RE OPEN MONDAY-FRIDAY FOR OILERS GAMES!


**\$4 PINTS (16OZ)**  
**MOLSON CANADIAN & COORS LIGHT**

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

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

**MOLSON CANADIAN**





## NAITSA SERVICE CENTRE

### STUDENT HEALTH AND DENTAL PLAN

Please visit the NAITSA Service Centre Coordinator located in 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.  
[studentplans@nait.ca](mailto:studentplans@nait.ca) | 780-471-7710 | Twitter: @naitplan

**What you need to know about the Student Health and Dental Plan:**  
 If you are a student resident in a credit class that starts prior to September 25th, 2015 in the fall term, or a class that starts before January 29th, 2016 in the winter term, you are automatically enrolled in the plan for the Student Health and Dental plan, and are automatically enrolled in the plan. All credit students are covered under this plan, regardless of whether they are part-time or full-time students.

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

This plan includes non-credit programs, students 190% online, auditing and apprentice students.

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

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

If you have comparable coverage through another insurance carrier (Blue Cross, Great West Life, Manulife, etc.) and you would like to opt-out of the benefits, you must fill out the opt-out waiver form and provide the NAITSA Service Centre (E-131) with confirmation of comparable coverage (benefit card, previous 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](http://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 @naitplan for the go-live announcement.

**For more information on what is covered by your student health and dental plan, please visit [www.mystudentplan.ca/nait](http://www.mystudentplan.ca/nait)**

## Introducing the Naitsa Service Centre!



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

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

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

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

More information, such as needed items, can be found at [nait.ca/food-centre](http://nait.ca/food-centre), by emailing [foodcentre@nait.ca](mailto:foodcentre@nait.ca), or by calling 780-471-7710.

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# 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 18 student representatives from all program areas, who provide input and vote on important NAITSA issues.

**WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS**

**WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK**

**WE OWN & OPERATE THE NEST TAPHOUSE GRILL**  
 Located by the pool | 780-471-8840 | [naittaphousegrill.com](http://naittaphousegrill.com)

**WE PUBLISH THE NUGGET STUDENT NEWSPAPER**  
 Room E-128 | 780-471-8844 | [thenuggetonline.com](http://thenuggetonline.com)

**WE OPERATE THE STUDENT HEALTH & DENTAL BENEFITS**  
[studentplans@nait.ca](mailto:studentplans@nait.ca) | [nait.ca](http://nait.ca) | NAITSA Service Centre Room E-131

**WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPER**  
[foodcentre@nait.ca](mailto:foodcentre@nait.ca) | [nait.ca](http://nait.ca) | NAITSA Service Centre Room E-131


**WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM**  
[estl@nait.ca](mailto:estl@nait.ca) | [nait.ca](http://nait.ca) | NAITSA Service Centre Room E-131

**WE ADMINISTER THE U-PASS**  
[upass@nait.ca](mailto:upass@nait.ca) | [nait.ca](http://nait.ca) | NAITSA Service Centre Room E-131

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## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

To get involved please visit [naitsa.ca/clubs/current-clubs/](http://naitsa.ca/clubs/current-clubs/)

#### WHO

BCX General Meetings  
IntoNAITion General Meetings  
LOL Weekly LAN Party  
SFA General Meeting

#### WHEN

Wednesdays, Sept 9-Dec 15 | 4:30pm – 8:00pm  
Mondays, Sept 14-Dec 7 | 4:45pm – 6:00pm  
Wednesdays, Sept 16-Dec 16 | 4:30pm – 7:30pm  
Tuesday, Sept 22 | 5:00pm – 6:00pm

#### WHERE

Room T-607  
Room X-111  
Room X-215  
Room E-201

### UPCOMING CLUB EVENTS

#### WHO

BCX

#### WHAT

Beach Beer Gardens

#### WHEN

Oct 2 | 3:00pm – 9:00pm

#### WHERE

Annex Dock

### CAMPUS CLUBS NEWS

#### WHO

OrgSync 101  
OrgSync 101  
Events with Alcohol Type 2 Training  
Club Retreat

#### WHEN

Wednesday, Sept 16 | 11:30am-12:00pm/12:15pm-12:45pm  
Thursday, Sept 17 | 11:30am-12:00pm/12:15pm-12:45pm  
Monday, Sept 21 | 5:30pm-7:00pm  
October 3 & 4 | All Day

#### WHERE

Room T-515  
Room L-155  
Room Tower Lounge, 8th Floor  
TBA

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1. President 2. Vice President 3. Treasurer

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NEEDS WITH ADDITIONAL MEMBERS  
(INCLUDING YOUR 3 CORE MEMBERS)

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1. Go to [orgsync.naitsa.ca](http://orgsync.naitsa.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



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[naitsa.ca/naitsa-clubs](http://naitsa.ca/naitsa-clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates

# ENTERTAINMENT

## Metro Line, worth the wait?



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

"Change is here!" heralds the latest update on the City of Edmonton web page for the beleaguered Metro LRT line.

Change – from nothing to something, from stagnation to ambulation, from 0 to 25 km/h! Yes, the local media darling of the past two years has had its coming out party and is finally transporting the citizens of Edmonton from NAIT to Century Park and in between.

"The new line will transform the way we live and move in Edmonton," the update continues – a bold statement but for better or worse? The consensus opinion on the subject

seems vastly negative as of late due to almost a year and a half of delays and increased vehicle commute times now that the trains are actually in operation. But how is the ride itself? No one has spoken out on that topic yet. So I took the initiative, flashed my shiny new U-Pass, and rode the \$655 million iron horse myself.

I should say, I have experienced some of the great metropolitan transit infrastructures of the world. I have minded the gap of the London tube. I've first-hand examined the octopus that is the Hong Kong MTR, which bears the weight of over four million passengers every day. I've ridden Toronto's TTC, Chicago's CTA and the Paris Métro, so I am more than qualified to judge the LRT and its new extension.

The first thing I noticed when I stepped into the well adorned NAIT station waiting lounge was the glossy stainless steel benches. I popped a squat – uncomfortable but very chic. As I waited for my train I took in a few minutes of pre-trip entertainment on a sleek flat screen TV, courtesy of the Pattison group. IHOP commercial, anyone? Eventually the cars rolled up, stopping right at my feet and their doors opened magically, beckoning me forward on my journey.

The pilot didn't greet me by name as I stepped into the car's spacious interior, although he did nod begrudgingly through his tiny cockpit window – good enough service for me. I collapsed into a nearby seat and found my posterior resting on at least an inch of foam, with about 24 inches of leg room at my feet. Stylish NAIT ads adorned almost every square inch of the interior and the air smelled just slightly stale as we began gently accelerating down 106 Street.

No in-transit meal was offered, unfortunately, aside from the half-eaten box of chow mein on the seat behind me. I passed on the noodles as the brake/accelerate cycle of the Metro Line's "line-of-sight" piloting procedures began to woo me to sleep but was awakened when my lone fellow passenger peered into the cockpit and felt the need to excitedly inform me that we were now travelling at almost 15 km/h. I spent the next few minutes gazing through the windows at scenes of hospitals, shopping malls, traffic lights and construction signs.

Due to it being almost 10 p.m. at my time of riding, I decided to arrive alive and end my travels at the MacEwan station. At this point a uniformed employee demanded to see my

U-Pass identification and thus I felt almost famous as I strolled into the downtown core, marvelling at how the Metro Line had taken me right into Edmonton's "world-class mixed use sports and entertainment district."

So, was the 15 minute, 10 km trip worth the wait?

I took a quick (it's sketchy at night) stroll through the "Ice District" before my return journey. While lightly jogging through the district's 25 acres of cranes, glass, steel and cement, I began to feel a bit of the excitement promised on the windows of "Ice HQ," the area's presentation centre.

"It's heating up!" the messages proclaim, and I truly began to believe it as I explored the district. Edmonton may not become Hong Kong or Paris or Toronto but it is changing for the better. Besides, imitation is the least creative form of flattery.

Edmonton is a growing city and must go through its growing pains, even if it means waiting a year and a half for a relatively small public transit extension. If all goes according to plan, the little Metro Line will give access to an increasingly vibrant and dynamic downtown core and, at that time, the wait will have been worth it.

## SEPTEMBER EVENT LIST

- 2-3 | NAIT ORIENTATION
- 7 | LABOUR DAY – NAITSA CLOSED
- 8 | PANCAKE SUNDAE BAR (TOWER)
- 9 | WELCOME BACK BEER GARDEN
- 10 | PANCAKE SUNDAE BAR (HP/SPARTAN)
- 10 | KARAOKE BEACH THEME @ THE NEST
- 14 | PANCAKES & BACON (PATRICIA)
- 15 | PANCAKES & BACON (SOUCH)
- 16 | EVENING ICE CREAM BAR

- 17 | CARDS AGAINST HUMANITY @ THE NEST
- 18 | PIRATE PARTY
- 23 | WELLNESS WEDNESDAY
- 23 | BLOOD DONOR CLINIC (GYMNASIUM)
- 24 | JOE NOLAN @ THE NEST
- 29 | HOW TO MOUNTAIN BIKE

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



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I feel that in today's world we sometimes forget good old classic rock. The kind of music that makes you bob your head and think of the good times. Rock and roll is the best kind of stress relief a student can find, and it's cheaper than a therapist. So I will share a little part of me with all of you and hope it takes you back to the good old rock and roll days!

Bohemian Rhapsody – Queen

Tom Sawyer – Rush

Sympathy for the Devil

– Rolling Stones

Under pressure – Queen

Foreplay/Long time – Boston

Revolution – Beatles

I ain't superstitious – Jeff Beck

Purple Haze – Jimi Hendrix

War Pigs – Black Sabbath  
 Stay With Me – Faces  
 La Villa Strangiato – Rush  
 Can't you hear me knocking  
 – Rolling Stones  
 Just got paid today – ZZ Top  
 Tie Your Mother Down – Queen



www.youtube.com



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**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](mailto:foodcentre@nait.ca) or visit Matthew in the NAITSA Service Centre, Rm E-131.



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## ALBUM REVIEW

# AC/DC still has the spark

By EITHEN SMYTHE

As Australian quintet AC/DC's *Rock or Bust* world tour is rolling through Edmonton on Sept. 20, it's an appropriate time to take another look at the album that inspired this tour and further examine the circumstances surrounding its creation.

For a band known as one of the most stable in rock, there has been a marked amount of change surrounding them lately. Despite being a part of the creative process and playing drums on the album, Phil Rudd is not partaking in this tour due to an ongoing legal situation in New Zealand. Founder and guitarist Malcolm Young was absent for the recording sessions and ensuing tour while being hospitalized for dementia, eventually retiring from the band in September 2014. Staying in the family to find a replacement for Malcolm, the band turned to his nephew, Stevie, who's playing on

the album is as consistent and skilled as his uncle's.

This album is one in which AC/DC's signature sound is put on full display, a sound to which the band has stayed true for each successive album since the beginning. With the opening chords of *Rock or Bust*, the band showcases nothing contrary to this statement and delivers the same blues infused rock and roll that propelled them to commercial success. For a man who is not far away from his '70s, Brian Johnson's vocal performance is executed with the same conviction as ever, reminding listeners why the band decided to



bring him in as Bon Scott's replacement following Scott's death in 1980. The album continues its dose of the standard AC/DC fanfare with the anthemic lead single "Play Ball" and the groove-infused

"Baptism by Fire," both of which are live staples during their current tour.

Angus Young's bluesy and unmistakable guitar tone is put on full display throughout and the upbeat "Rock the Blues Away" is one in which this shines through the most, with a memorable guitar solo and crafty lead sections during the final chorus. The highlight for this album is "Got Some Rock & Roll Thunder," a

laid back blues number beginning with a Phil Rudd drum fill and continuing with catchy hooks spread throughout the song, and one in which the background clapping and chant-friendly chorus would excel in a live atmosphere. This is a track which, like many others on this album, would not feel out of place on an album such as *Back in Black* or *For Those About to Rock (We Salute You)*, even with *Rock or Bust* not having the same significance and influence as those albums had on rock music.

In conclusion, *Rock or Bust* is an impressive showing of force for a band that is approaching the twilight of its career. Trusting in rock every step of the way, they once again deliver an album as well-crafted and consistent as any of their 1970's and 1980's classics, with the conviction and execution of a band determined to Rock the House for as long as they can.

# The stars will come out

By JOEL LECKIE

Attention comic fans! On the 25th to 27th of September, Edmonton will once again play host to the stars of geekdom with this year's Comic and Entertainment Expo. ECEE will be running for three days with tonnes of opportunities to meet your favourite celebrities of the entertainment world.

Some of the major guests slated to be coming include Billy Boyd, whose appearances include the *Lord of the Rings* trilogy and *Master and Commander*. Michael Dorn of *Star Trek* will be present. Many actors of the much beloved Whedonverse will be attending, such as Amber Benson, Eliza Dushku and James Marsters. All three are major components of *Buffy the Vampire Slayer*. Chloe Bennet, an Agent of S.H.E.I.L.D. will be there, as will the man in black, Cary Elwes, star of both the *Princess Bride* and *Robin Hood: Men in Tights*.

Amongst all these stars and more that are being

announced on a regular basis, will be the iconic man himself, the brain behind the Marvel universe, Mr. Stan Lee. Mr. Lee was scheduled to attend the Calgary Expo earlier this year but had to cancel due to delays with a motion picture project. He stated then, in a video apology, that he would "move heaven and earth" to attend, so we can surely expect the same star treatment this year.

All these stars and more, and so many to look forward to. All will have a signing line and most will present the opportunity for autographs (for a cost, of course). But if you just want to hear what they have to say, there are many panels and spotlight interviews to attend, not only with the large name stars but also those run by locals. There will even be a concert, run separately from the convention, featuring Billy Boyd and his band Beecake.

It's not all photo ops and signatures. The Expo Centre will be a madhouse with hundreds of vendors and art-

ists. All ranges of fandoms will be present, with comics and toy figures, steampunk clothing, trading cards, board games, video games and leather creations. Many of these will be local creations, right down to new concept board games and comics that have not hit print yet. The wide range of styles are often very decently priced considering the amount of work put in.

To those attending, I have a few helpful hints to make the weekend even better. If you do end up waiting in line, take the opportunity to find some new friends. Chances are they will have the same interests as you in at least one aspect. When you get a poster signed or a photo printed, make sure you bring something to keep it secure in. Some vendors will have plastic sleeves or envelopes so you don't accidentally get a fold and spill a drink on it. Make sure you bring a camera as there will be many people in costume and cosplay, including several professional cosplayers.

There are still some tickets available. I have mine ready. Do you have yours?



## JUST THE TIP

# All the exes aren't in Texas

By TOM ARMSTRONG

Rule No. 1: Never date married people or pre-divorcés. It starts with them moving back home, or in my case, across the street. The once girl next door is in remission and loathing. She also needs a shoulder to cry on and a hand to hold. Although you are the one to give it to her (I suggest you don't), you have currently painted the big fat target on your chest that says "lookie here, rebounds!!!" She will rebound off you so hard that every time you are in the same room as her it will sound like the seven dwarfs singing "hi ho, hi ho, it's off to work she goes."

It doesn't even matter if your parents

are in the same room. Her hand will be down your pants faster than a bullet goes bang. To the men of NAIT, please don't think this is amusing because what starts as fun turns into a Stage 5 clinger. She wants to be with you 24/7. She will want you to meet all her friends and sexy co-workers at the local bar. And she will also introduce you to bigger and tougher looking guys that she claims are her friends but all want to nail her like the cute ball pin hammer she is.

You should all notice the red flags. For instance: "I have cut all connections with my husband, ex, fiancé, [whatever he is] but I'm still best friends with his sister. I

hope you can understand." Red flag. How about this one – she has a bedroom but only as a front because for the last 25 years of her life she has slept in the same room as her parents. Red flag. In any case, she has a habit of spending her week's wages on multiple shoes and tight dresses but will only wear them once, making her closet and all other available closets in the house one big flea market for future Kijiji buyers. Red flag?

Besides the fact that she's an instant 10 out of 10 and you are a bearded, man bunned, skinny jean wearing beauty that usually never gets this kind of girl. I suggest that unless you want to come

home from work and see that 'roid rage monkey and his Corvette parked in her driveway, mackin away to "I Believe in a Thing Called Love" by the Darkness (which was your song) just don't do it from the start. Save yourself the heart-break and tell her no, especially if she just got out of the marriage. Uh, hello? She's itching to rebound faster than Michael Jordan.

Although us college boys can be blinded, I warn you, divorcees and married women are bad news and to be left as a page unturned. Next week we touch on the basis of what girls don't want on a first date! Class adjourned.



## RECIPES

# Celebrate pumpkin spice!



By KATIE WHITE

It's that time of year again – time for Ugg boots, infinity scarves and, of course, pumpkin spice lattes.

Pumpkin spice seems to be taking over the world these days, with everything from pumpkin spice flavoured condoms and vodka, to pumpkin spice marshmallows and candles. Even M&Ms have jumped on the bandwagon with their new pumpkin spice candies (unfortunately, only available in the US for now). It seems that everyone is trying to pumpkin spice up their life, and the obsession is understandable to mostly everybody, as it is absolutely delicious.

The most famous one of all things pumpkin spice is the Starbucks latte. A little history on the Starbucks PSL is that it was originally released all the way back in January 2003, after the successes of their Christmas drinks, such as the eggnog latte. The PSL is Starbucks' most popular latte, with over 200 million sold each year, but for those of us who are now students, and therefore most likely on a budget, Starbucks might be off the menu for now.

Not to worry, as I have concocted a recipe for the famous pumpkin spice latte on a budget. First of all, you will need the

ingredients listed in the box. You will also need a wooden spoon, saucepan, small bowl, and a cup.

## Ingredients:

- 1-2 shots of espresso
- 1 cup of milk
- 2 tablespoons of honey or agave
- 1/8 teaspoon pumpkin pie spice
- A dash of vanilla extract
- Whipped cream for top if you wish

## Method:

1. Mix the honey/agave in a small bowl with the pumpkin pie spice.
2. Warm milk in the saucepan on medium heat.
3. Add the pumpkin pie spice/honey or agave mixture into the warmed milk, along with a dash of vanilla extract. Mix over heat.
4. Add warm mix into a cup and add 1-2 shots of espresso. Stir.
5. Add whipped cream over top if you wish.

## CONCERT REVIEW

# Parody hearty with Weird Al

By JOEL LECKIE

Last weekend I had the great opportunity to see the master of pop parody live in concert. After 30 years in the industry and 12 million album sales, Weird Al Yankovic is still going strong. The Mandatory World Tour is in honour of his latest album which broke records, topped the billboard chart and netted Al his fourth Grammy win.

The show took place at the Jubilee Auditorium. It's a good hall, with the advantage of mobile tickets so no paper ticket was needed. There was lots of time before the concert for pre-drinking and buying merchandise. This was nice because the two-hour concert had no breaks and no intermissions.

For anyone who is familiar with his appearances in the last year, yes, Al does do the walk in from outside while singing "Tacky," all with a following camera. I'm not quite sure if he knows how stairs operate, but that did not stop his crazy dance

moves on stage and down the aisles. He managed to find the one empty seat in an otherwise full house and took full advantage of it, climbing to the top of the chair and singing to the audience members nearby.

Probably the highlight of the show for me was the many costume changes that Al did. Since there were no breaks, short clips of the various cameos, media mentions and different works that Al has done over the year provided an interlude between songs. Not only did Weird Al have different costumes but each of the musicians did as well, depending on the particular set or song they were doing. He had on his fat suit during "Fat," knocking out Santa because of a mistaken ho ho ho during the bridge. He had gangsta wear on as he rolled across the stage on a Segway during "White and Nerdy." He and his crew all had biohazard suits for "Dare to Be Stupid." There were a pair of cheerleaders dancing through "Smells Like Nirvana." And, one of my personal favorites, he had on his Jedi robes and was accompanied by backup dancer storm troopers, a Tuskan, and Vader himself for "The Saga Begins."

I doubt that even a six-hour show would have gotten through all of Weird Al's most popular hits. There have been such a large number over the years. To accommodate the demand, Al did two different mega-songs throughout the show. Each one using only a verse or two from the songs such as "Party in the CIA," "Handy" and "Inactive." These two had a quick costume change during the song itself. Never one to restrict himself, the second mega-song turned the classics of "Eat It," "I Love Rocky Road" and "Like a Surgeon" into more blues, jazz and Broadway spectacular.

Though Al maybe can't rap as fast as

he used to, the show was overall filled with awesome. At no point was I bored with the musical performance or the stage presence.

It may be some time before he is able to come back, but I anticipate many years left to catch the weirdest parody artist in action.



www.youtube.com

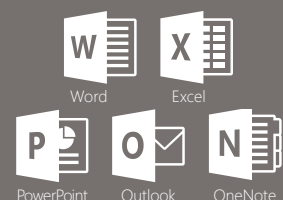
Al Yankovic



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## MOVIE REVIEW

# Not just another comedy

By WARREN MULVEY

*Good Morning, Vietnam (1987)*

Writer: Mitch Markowitz

Director: Barry Levinson

Starring: Robin Williams, Forest Whitaker, Bruno Kirby, J.T. Walsh

The Vietnam War movie oeuvre is a well-trodden Hollywood standard. The exceptional achievements include *Apocalypse Now!*, *Platoon* and *Full Metal Jacket*. Though the movie is relatively famous for a variety of other reasons, the 1987 comedy-drama film *Good Morning, Vietnam* ought to stand with those exceptions. By the time the movie was released, audiences everywhere had embraced Robin Williams' incredible comedic talent and the film has many outstanding showcases of his improvisational skills. However, the film stands as an achievement on many levels beyond the comedic.

The film opens in Saigon in 1965, during the Vietnam War. Williams stars as Adrian Cronauer, a United States airman who has gained notoriety as a disc jockey on G.I. radio. His show often comes under fire for his objectionable humour and for playing modern music. His superior officer, Lieut. Steven Hauk (played by the late Bruno Kirby, an excellent character actor) and Sgt-Major Dickerson (played by J.T. Walsh, Hollywood "army guy" extraordinaire) repeatedly upbraid Cronauer for his on-air conduct and Cronauer continually finds new ways to embarrass his superiors.

Notably, he and his cohorts, including Pte. Garlick (an early role for Forest Whitaker) re-edit a recording of a Richard Nixon press conference to include him answering questions about his genitalia.

## THROWBACK THURSDAY

## The joys of letter writing

By JOEL LECKIE

A lifetime and a half ago, I remember what a joy it was to receive a piece of mail. As a kid growing up in the country, this was a huge method of contact between friends. It was expensive to call long distance. E-mail was available but wasn't really being used readily, not for casual correspondence, at least. It took up to a minute just to dial into the Internet and it tied up the phone line with always the risk of getting cut off if a call came in. I'm talking about actually sitting down at the table with a sheet of paper and a pen and writing a letter.

There was the crisp feel of opening the envelope and seeing something that was personalized, just for you, inside. You could feel the letter in your hands. Sometimes you could still smell the ink if it was sealed shortly after being written. These are the joys that readers get when they open a paperback instead of turning on an e-book. It just doesn't do justice to all the senses in the same way.

But it wasn't just the physicality of the letter. There was a different sort of care put into it. Some letters had a flow with both the finely tuned cursive and well-chosen words. In others,

Robin Williams as Adrian Cronauer in *Good Morning, Vietnam*

As the movie progresses, Cronauer gradually spends more time with the Vietnamese as he falls for a young Vietnamese woman and attempts to court her. He befriends her brother, Tuan, in order to gain her affection and the two become fast friends in spite of Cronauer's ulterior motives.

One of the major themes of the film deals with Cronauer's increasing disenchantment with the U.S. Army's attempt to censor the news of the war from the servicemen and his increasing attraction to the genuinely honest Vietnamese people he meets. Notably, he decides to befriend Tuan

because he admires his honesty for calling out Cronauer's ulterior motive for teaching his and his sister's English class. Ultimately, Cronauer falls for the people of Vietnam and, in the manner of all Vietnam War movies, begins to question the absurdity of the U.S. presence in the conflict.

In broad terms, the movie itself gradually moves with Cronauer from the comedic to the serious. The first half of the movie is much funnier than the second half and the second half reveals a heart that attempts to form a critique of war, censorship and the U.S. involvement in Vietnam,

as well as the nature of honesty.

All in all, the movie is a complete performance and to refer to it as a comedy requires one to ignore the crux of the film itself. An engaging and heartfelt journey, I recommend this film to anyone looking for something substantial, entertaining on a quiet evening. In my opinion, this film is one of Robin Williams' finest performances, in both comedy and drama. Watch it!

Available on Netflix, iTunes and at the Edmonton Public Library.



you could only cringe at the terrible writing, when words took up two or even three rows. Small doodles created further personalization. Now, I suppose, we have emoticons to take that role. But what about the small scratches in the corner where you could just know their pen had gone dry and the other person was working feverishly to finish a sentence.

Many of the magazines geared towards youth would encourage this. You could send a brief bit of information (name, age, interests, address) to the magazine and they would post it near the back like a personal ad. Then, someone reading the same magazine next month would see a connection and write you a letter. That was it, one item a month, back and forth. So in each letter, you filled it with everything that was going on. There was no opportunity for a quick correction or update.

Things were once so simple, yet complicated at the same time. Nowadays you can keep up to the minute with Twitter and Facebook and everything else. But then, everything was truly a mystery. You didn't know what happened at that sports game or during that test or on that vacation. You waited, knowing that when it was over they would write to

you and reveal all. Then they could give you the full story rather than a brief one-line summary.

So maybe, until the post office decides to cut off service, find a friend from home or make a new one and write them a letter. Stick it in an envelope with a stamp and mail it off. Perhaps, in a few weeks, you might see a reply.





## LOCAL BAND

# Metal to the extreme

By KATIE WHITE

There may be a prominent metal music scene in Edmonton, with lots of different bands to check out but there is one you should definitely make a note of – Tales of the Tomb. They are described as psychological horror/death/murder metal.

“We are considered to be a pretty extreme form of music,” said guitarist, vocalist, and co-founder Corey Skerlak. “The band originally decided to write about some of the most extreme topics like serial killers, conspiracy theories from government to musical, aliens, etc.”

The band’s bass player, Bryn Herbert, then opened the band up to writing about horror movies, such as the Japanese film *Mermaid in a Manhole*.

Tales of the Tomb is influenced by bands such as Macabre, Dying Fetus and Hypocrisy, just to name a few. The band consists of five guys, each bringing their own different style to the table and creating a unique sound. The band was started by guitarist/vocalist Skerlak and vocalist Connor Adams. After deciding they actually wanted to get a band together, they recruited bassist/vocalist Herbert, guitarist Tres Thomas and drummer John Thomson to complete the group.



Supplied photo

## Tales of the Tomb

Skerlak said that the band hopes that the release of their EP will really put them “on the map in the industry.” Tales of the Tomb is working on scheduling a tour around Alberta that will follow the EP release.

The new EP from Tales of the Tomb is to be released very soon and will be available for download. Until then, you can check them out on Reverbnation or Bandcamp. Tales of the Tomb can also be found on Facebook, Soundcloud and Twitter.

Tales of the Tomb recently played at The Starlite Room, opening up for the final show of another local act, Villainizer. More upcoming shows will be posted on their Facebook page in the near future.

## RESTAURANT REVIEW

# Nomiya – a special treat

By PHEBE THONG

Are there any Japanese sushi fanatics out there? One of the best sushi houses in Edmonton can be found on Calgary Trail. It is the Nomiya Restaurant. This quaint little restaurant is nicely tucked between Yogurty’s and Wild Wing.

Parking is widely available but the restaurant has limited seating. If you have not been to it, it’s high time you tasted some quality stuff. This isn’t your daily eat-all-you-can restaurant because literally everything on this restaurant’s menu speaks volume and taste. It has mid-range pricing – not so pricey that it hurts your wallet.

So, before you take a peek at the menu, please do yourself a favour and wear a bib! You know you’ll be drooling in no time with the many impeccable offerings.

On offer are quite a good variety of items such as ramen, donburi, appetizers, noodles, sashimi, sushi, salads, bento box and some pretty desserts to finish off the palate. The last time I was there, I had the Century Egg Maki for \$15.50, which contains hamachi, salmon belly and avocado with century egg sauce, tobiko and green

onion. Every bite was heavenly. What can I say? I even dream of it in my sleep and, needless to say, that sweet tasty dream made me drool all night long. Yum! Yum! Yum!

I also had the pleasure of trying the Tan Tan – ramen flavoured with homemade peanut paste and spicy sesame, ground pork, peanuts, green onions and nori. The ramen are served in huge massive bowls, with enough inside to fill you up to the brim. For only \$12, that is plenty of bang for your buck.

To finish off the palate, I joyfully picked the black sesame mochi ice cream. This is actually made of pounded sticky rice with an ice cream filling that you don’t ever want to miss. They do have other flavours, such as chocolate but I highly recommend going for the black sesame ice cream – only because the flavour works.

The inner décor of this restaurant is clean and simple, staying true to the Japanese style with a nice little bar area facing the sushi prep area. I find this to be quite entertaining actually, especially for the super independent diner or for a



linda-hoang.com

group. There is always a comfortable and cosy spot for diners from different walks of life.

Nomiya has definitely won a place among my top sushi restaurants in Edmonton. I give it a blazing five stars for being so consistent with its service and the quality of

the food. Needless to say, I will be back for more. What else are you waiting for? Now, go hungry and fill that belly up with some goodness of Nomiya. Your body and soul will be very pleased.







SHEEBA LINDSETH

# What do you think of the new Metro LRT Line?



"I actually think it's fairly pleasant and easy to use. It's better than the bus and quicker than driving."

**Stephanie Stolk**  
Culinary Arts



"I think somewhere in between because it's not as fast as I like it. I've noticed that there is difference in time to get from point A to point B. Some times it takes 30 minutes, sometimes it takes 15, but for the most part it's pretty good."

**Ashley Reay**  
Chemical Technology



"I think it's really convenient now. I think it's very smooth. When I went there was no one on and I got home pretty fast."

**Dallas Le**  
Material Engineering  
Technology



"I think the LRT is OK. It works fine but it's a little crowded in the morning. There are a few stations that it goes really slow on."

**Peidong He**  
Material Engineering  
Technology

## APP REVIEW

# New sketch app won't sync – yet

By Danielle S. Fuechtmann

FiftyThree released the new iPhone version of their popular sketching app for iPad earlier this week and updated the Paper version simultaneously.

The changes were received with quite a bit of excitement. In its original form, Paper was a popular sketching app but the new layout and functions include easy list-making, annotations and sketching, as well as different views and "spaces" which act as notebooks.

When I initially downloaded and opened the app, it opened up a tips menu and ran through all of the basic functions with directions and simple, automatically playing videos. At this point I was really excited, thinking it would be a beautiful place to gather inspiration for creative projects or to collaborate and share lists. As I started to play around within the app, I began to find the seemingly intuitive swiping motions and menus a bit infuriating—they're very sensitive and it's not always straightforward how the menus are organized and designed. Before logging off for the night, I finally got a new space set

up for a writing project and I wanted to start brainstorming and added a few notes. The next day, I wanted to give the app a fair shot and poked around a bit on my phone before thinking it would be interesting to compare the iPhone and iPad experience. I reinstalled it on my iPad and logged into my account. Where was the space I had created the night before or any of the recommended people I had followed for creative inspiration?

Turns out "accounts are required to keep all of your ideas safe and backed up. A future version of Paper will allow you to sync your ideas across all your devices," so I won't be able to sync my work between my devices until they release that update.

Although Paper is aesthetically pleasing and has a lot of great functions for sketching, annotating and making lists, I don't expect to be using this app going forward. I would have been willing to spend

time getting used to their swiping gestures or menu organization but not having the capability to sync my information between devices is a huge oversight

considering the other functions the app offers.

★★★★☆





## GAMING REVIEW

# Fall lineup

By GERVASE BRANCH-ALLEN

The 2015 fall game lineup looks pretty impressive. There are plenty of games to overview, so let's not waste any time.

On the PlayStation 4, Sony is releasing plenty of multi-platform titles. *Star Wars: Battlefront*, a reboot of the critically acclaimed Battlefront game series, features characters and locations from the original trilogy, space and land battles, online multi-player and more.

*Metal Gear Solid V: The Phantom Pain* is already getting rave reviews since it released recently because of the open world gameplay, breathtaking visuals, mature story and player choice throughout the campaign.

*Assassin's Creed: Syndicate* is the latest installment in the popular series. As new hero Jacob Frye, players have new stealth moves and weapons at their disposal. You can also play as his twin sister Evie.

*Destiny: The Taken King* features a brand-new story where players have to prevent the vengeful Oryx from using the Darkness to annihilate the solar system. With new quests, weapons and challenges, this first-person shooter is sure to capitalize on the successful of the original title last year.

On the Xbox One, Microsoft features a variety of exclusive and multi-platform games. After the praised reboot of the Tomb Raider series, *Rise of the Tomb Raider* continues the series' increased popularity with a new adventure featuring Lara Croft. With various traps, puzzles, beautiful environments and immersive graphics, this action survival game should be quite impressive.

Advertised as "the next generation of open-world gaming," to say fans are excited for *Fallout 4* is a huge understatement. Players will get to roam through an irradiated wasteland, craft weapons, construct buildings, travel through detailed locales, take on various quests and engage in first- or third-person combat. That's just scratching the surface. We might have the Game of the Year on our hands.

*Halo 5: Guardians* is the first Halo game exclusively on Xbox One. The game includes up to 24 players in multiplayer alongside AI enemies and allies, a brand-new storyline with Master Chief and Spartan Locke as well as extensive focus on teamwork during online matches. Excitement is definitely ramping up for this title.

Another Call of Duty game is being released called *Call of Duty: Black Ops III*. Not a big surprise there but this game will feature a dystopian future, online multi-player and zombies. Wait, we've already

seen these features in other Call of Duty games. So what makes this worth getting? It's another Call of Duty game in the critically acclaimed series. Enough said.

On the Wii U, Nintendo has a few exclusive titles for the holiday lineup. *Super Mario Maker* grants players access to the Mushroom Kingdom by allowing them to create their own 2D Mario levels with various items, enemies and themes

based on different Mario games.

After a long hiatus, the iconic Star Fox series returns with *Star Fox Zero*, which includes gamepad controls, extra missions beyond the story, various vehicles, a cinematic view and, of course, barrel rolls.

*Yoshi's Woolly World* features a 2D side-scrolling Yoshi in yarn, with collectables, co-op and costumes.

The long-awaited *Xenoblade Chronicles X* is coming soon with HD graphics, a massive open world, battle mechs and RPG based combat!

PC gamers have plenty of upcoming titles as well including *Assassin's Creed: Syndicate*, *Act of Aggression*, *Pro Evolution Soccer 2016* and *World of Warships*.

A growing genre of sorts in the video game industry is the toys-to-life games that use interactive figures with video games via NFC technology. This year's most popular titles include *Skylanders: SuperChargers*, which includes vehicles for the first time in the series.

Vehicles include three classes: land, air and water. *Disney Infinity 3.0* introduces Star Wars to the series alongside other play-sets like *Inside Out* and a new battle mode for Marvel characters.

Lego Dimensions is a brand-new series with various franchises crossing over in Lego form such as *Ghostbusters*, *The LEGO Movie*, *Batman*, *Scooby-Doo*, *The Simpsons*, *Lord of the Rings*, *Doctor Who*, etc. While not as highly anticipated as the titles mentioned above, *Animal Crossing: amiibo Festival* uses Nintendo's amiibo figures in a party game.

Of course the handhelds haven't been left out. The 3DS features a smaller number of titles, including *The Legend of Zelda: Tri Force Heroes* and *Animal Crossing: Happy Home Designer* while the PlayStation Vita offers titles like *Persona 4: Dancing All Night* and *Super Time Force Ultra*.

With all these titles and more, video game players should be more than worried for their wallets. Have you been saving up money for a new gaming console or the big releases this year? If not, you're missing out.



## FASHIONISTA OF THE WEEK



Photo by Brandi Guzman

### Deepa Ojha Digital Media and IT – Web Design

**How would you describe your style?** It's different all the time! It's really comfortable; I like cute tops, polka dots. I like dressing for comfort but sometimes I'm inspired by things I see on TV or online.

**What's your favourite part about getting dressed?** It's like a normal routine for me, it represents me and expressing myself. It's a part of taking care of yourself.

**Where do you love to shop in Edmonton?** Sirens, Forever 21, Zara, Dynamite and sometimes, Guess.

# Boosting your self-esteem



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

People with high self-esteem have positive yet realistic views of themselves. They trust their own abilities, have a general sense of control in their lives and believe that they will be able to meet most of their goals. High self-esteem means accepting yourself for who you are, and not depending excessively on the approval of others in order to feel good about yourself. People with high self-esteem take reasonable risks and do not feel they have to conform to the expectations of others. Typically people have areas where they feel confident (such as academics or social relationships) and areas where their self-esteem is not as high (for example, personal appearance or athletics).

Lack of self-esteem is not usually related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. We usually carry the messages we have learned as children into our adult lives. The good news is that you can improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Here are some strategies for enhancing your self-esteem:

#### Identify your self-defeating thought patterns and work towards changing them.

- All or nothing thinking: "I am a total failure when my performance is not perfect."
- Magnification of negative/minimization of positive: Examples include when you expect that things will always go wrong, when you let a single nega-

tive detail, piece of criticism or comment colour your whole day, or when you don't emphasize good things nearly as much as bad ones: "She didn't say hi to me so nobody likes me." "I got five As but the one C really shows my abilities".

- Jumping to conclusions: Concluding things are bad without any definite evidence.

- Emotional reasoning: "I feel ugly/stupid/unpopular so it must be true."

- Overemphasis on "should" statements: "Shoulds" distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. "Should" statements are often perfectionistic and reflective of others' expectations rather than our own. For example "I should be getting straight A's."

- Labelling: It is much more affirming to say "I made a mistake and I can learn from that", rather than "I am a loser and it is all my fault."

- Difficulty accepting compliments: "You like this outfit? I think it makes me look fat."

#### Use positive self talk.

Healthy self esteem is built the same way as low self esteem – by the messages you give yourself. If you keep putting yourself down or beating yourself up for past mistakes you will only lower your self-esteem further. When you notice that you are doubting or judging yourself tell yourself "stop" and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

#### Emphasize your strengths

People with low self-esteem generally focus on weaknesses and perceived failures and negate strengths and successes. Start identifying and taking pride in your strengths.

#### Develop your skills

Learn and practise the skills that you feel you are lacking and that would add value to your life, remembering that not everyone can be good at everything.

#### Set realistic goals

Establish goals on the basis of what you can realistically achieve. Look for

projects that stretch – but don't overwhelm – your abilities. Break your goals down into small steps and then work towards completing each step. To strive for perfectionistic absolute goals such as – "Anything less than an A in school is unacceptable" – sets you up for stress and feelings of failure.

#### Take risks

Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process; don't be disappointed if you don't do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of self-acceptance.

#### Be assertive

This means looking after your own needs while being respectful of the needs of others. Look for experiences that really fulfill you – not things that only give immediate gratification.

#### Make decisions and take action

Trust yourself to make good decisions and to deal with the consequences. Procrastination lowers self-esteem so get to work right away on important projects and goals.

#### Self care

Do you treat yourself like you would your best friend? Try not to compare yourself with others and to accept yourself for who you are. Self care may mean letting go ... of the past, ... of unhealthy relationships ... of anger you are holding onto ... of anything that is holding you back from reaching your full potential.

#### Use available resources

There are many books, seminars and audio-visual materials to enhance self-esteem. *Ten Days to Self Esteem* by Dr. David Burns is a good book to start with.

There is only one person who can really improve your self-esteem – you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours.

*"Today is yours to make it whatever you want it to be"*

– H. Johnson

If you would like further assistance working towards enhancing your self esteem or dealing with other academic, career or personal concerns, contact NAIT Student Counselling, Room W-111PB in the HP Centre. Phone 780-378-6133 to book an appointment with a counsellor.

## 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](http://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](mailto:tutor@nait.ca) with any general inquiries.

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

**NAITSA Emergency Short Term Loan Program** – [estl@nait.ca](mailto:estl@nait.ca), Room E-131

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

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

**Housing** – On-line housing registry at [www.rentingspaces.ca](http://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.naitsa.ca/volunteer-opportunities](http://www.naitsa.ca/volunteer-opportunities)

## NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

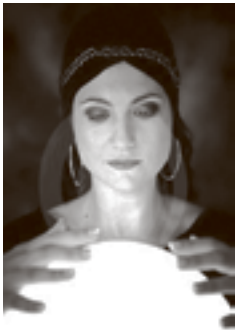
Telephone: 780-378-6133

Website: [www.nait.ca/counselling](http://www.nait.ca/counselling)



THE NUGGET PRESENTS:

## HOROSCOPES



## MADAME O

## September 10-16

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

## Virgo (Aug. 23-Sept. 22)

Just because you lost something special does not mean that the world is ending. You will have to learn to pick up the pieces of your broken heart and move on. This world is full of wonderful opportunities. Try wearing lots of bright colours. It will lift your spirits.

## Libra (Sept. 23-Oct. 22)

You are in for a very regular, run of the mill, boring week. Don't worry

though, excitement is around the corner. You will be thrown into a roller-coaster of a term soon enough. So enjoy this quiet week. It is the last one you might have in a while.

## Scorpio (Oct. 23-Nov. 21)

Love is in the air. It can be sweet and it can stink like hell. The first little bit is always the hardest part. Once you are past the rough patch you are in for a blissful and awesome relationship.

## Sagittarius (Nov. 22-Dec. 21)

Relatives can be annoying but they have your best interests at heart. So if you are feeling like you need to run away from your family, just hold tight, they care about you, even if they might have a crazy way of showing it.

## Capricorn (Dec. 22-Jan. 19)

You are in for an interesting week. When going out with friends pace yourself because you are going to turn into a lightweight. Make sure to eat healthy and drink lots of water, it helps with the hangover. Also, if you do get drunk, you will be hit on by everyone you talk to.

## Aquarius (Jan. 20-Feb. 18)

Stay away from green eyes! You are at an increased risk of getting your heart broken. Spend some quality time with your friends. They will stop you from making bad decisions. Also, resist the urge to have some fried chicken.

## Pisces (Feb. 19-March 20)

You will have an interesting conversation with a complete stranger and make a new friend. Also, fish will be your best friend this week. They might lead you to a treasure. But make sure to be nice to them and if possible give them a few treats.

## Aries (March 21-April 19)

Your headstrong tendencies are going to land you in a spot of trouble with someone close to you. Remember apologizing does not make you any less a person. Sometimes you have to say sorry when you are wrong in order to not lose certain people.

## Taurus (April 20-May 20)

You will find some forgotten cash inside an old jacket pocket. Use that

money to buy a special someone some chocolates. It will win you some brownie points.

## Gemini (May 21-June 21)

Watch out when you're walking. The alignment of stars will make you more prone to stumbling, which might lead to an unfortunate injury. Let's make it one careful step at a time. On a side note, you should also finish that assigned reading as soon as possible. There's a surprise quiz in your future.

## Cancer (June 22-July 22)

You are in for a bad pen week. Try using some pencils instead. Printing out notes is also a good idea. On the plus side, you will find a lucky penny. Cherish it and don't lose it. It will become your new lucky charm.

## Leo (July 23-Aug. 22)

People will find you incredibly charming this week. It's a great time to ask your crush out on a date, as they are likely to say yes. Stay away from red clothing, it will interfere with your charming aura.

## FEMALE TATTOO ARTIST OF THE WEEK

## Jen has found her calling

By RANDI ADAMS

Tattoo Artist: Jen Danger

Style: Illustration/full colour tattoos

Tattooing Years: 2007-present

*"All us art nerds found tattooing a way to do what we loved and pay bills at the same time."*

Edmonton is known for many different things, such as its diverse culture and even its tattoo scene. The tattoo scene exploded in Edmonton in the early 2000s when many art fanatics decided to take to the tattoo machine to do what they love, as well as share their unique talents with other local artists.

The female presence in the industry has grown as well; Jen Danger has one of the strongest presences in the industry. She has always been fascinated with art and drawing. She picked up her first crayon at a young age and fell in love, eventually opting out of crayons and moving on to pencils and paint. Art is what she loves, though she never thought she could make a career out of it.

Jen graduated from college and started working "a very boring office job." Not wanting a career in an administrative environment, she decided to turn her love of art into a much more satisfying career. Using her artistic talent and creativity, she started her apprenticeship in the tattoo industry in 2007 and honed her craft. In 2009 Jen moved to Urge2 studios,

where she refined her talent and really learned how to put her imagination to paper and then from paper to skin.

Urge2 has some amazing tattoo artists including Jen's mentors, Jo Ann Atwood (@joatwood) and Johnny Faulds (@urgeking). Jen became manager of Urge2 in 2011 and since then has really helped create a stronger presence in the Edmonton tattoo industry for herself and Urge2. The shop is constantly working with the community by hosting charity events, most recently the "Semi Colon Flash Day" when Urge2 teamed up with Bombshell Tattoos to raise \$10,000 for mental health awareness.

Urge2 has been open since 1999, specializing in multiple styles. They have also teamed up with Ben Alawy (www.secondskinremoval.com) of Second Skin Removal, bringing state of the art tattoo removal equipment and techniques with him. This shop has it all.

You can find Jen Danger at the Lethbridge Tattooing Convention from Sept. 18-20 or the Edmonton Tattooing Convention in spring 2016. She will also be featured in the next issue of Tattoo Kultur Vol. 16.2.

This homegrown girl is popular in the city and believes in producing only the best work she can. If you are interested in viewing some of her work or perhaps having a consultation, check out her web page at [www.urge2.ca/jen/](http://www.urge2.ca/jen/)



Photo by Randi Adams

Jen Danger



grow your career, join student government

be elected a

# STUDENT SENATOR

represent students in your program groups

**nominations open**

**august 31 - september 28**

- Discuss and make decisions on issues that concern NAIT students
  - 18 student representatives
- 10 meetings throughout the school year
  - Participate in vital committees
  - Dinner provided at each meeting
    - Honorarium up to \$500
    - Leadership experience
- Appears on co-curricular transcripts

**nominations close september 28 @ 4pm**

**for more information visit [naitsa.ca/elections](http://naitsa.ca/elections)**

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