

THE

NAIT **NUGGET**

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

AN ARRR-SOME TIME!

NAITSA hosts annual Pirate Party, Page 21



Photo by SL Studios

Students ham it up, pirate style, Friday night on the Edmonton Queen Riverboat.

NEWS & FEATURES

What happened to debate?



NICOLAS BROWN
Issues Editor
@bruchev

How you view the world dictates the path you choose to take in life. But sometimes, your world view doesn't quite match up with the direction society is moving towards. Having the ability to accept other people's perspectives and perhaps change your own at times is a sign of maturity. That being said, it would appear our politicians are about as mature as a bunch of fourth graders arguing over the differ-

ence between grape and raisin juice boxes. (I will never claim to be good at funny metaphors).

We live in a time where people are increasingly identifying themselves by what cause they support and what political "leaning" or stereotype they feel they align with. Debates, political or otherwise, are slowly devolving into shouting matches where the loudest wins and the virtues of either side are never considered. This is exemplified perfectly in the election campaigns both in Canada and in the US right now.

We have pundits greedily using sound bites to justify whichever argument they want to make and candidates are all too happy to provide them with all the material they need. Air time is all that matters, publicity is king and, depending on where you are, bad publicity is just as important as good publicity – take the Rob Ford saga in Toronto as an example.

How did it come to be this way? Debates used to be productive discussions, where the ideals of different positions were discussed and consensus could be reached. Politics wasn't about which side has the most money or the most freedom ('Merica!). We don't go to the lengths of US politics but even in Canada we have our own version, where parties argue over who cares most about Canadians rather than discussing the merits of their platforms.

We do have some outliers, however. Bernie Sanders has continuously proven that he doesn't fit the modern mold of popular politics. We are starting to see progressive municipal politicians across the country who no longer run on the corpses of their rivals' failed dreams. I wouldn't doubt that NDP party insiders are still missing the charismatic Jack Layton, who was as principled as Harper is robotic (if you believe the Twitter feeds).

In an age where so much information is readily available at our fingertips, how can it be that there is so much misinformation and apathy in the public domain? We have progressed to a point where individuals can have a significant global impact through their actions and yet too many are focused on disagreeing over a political party's position on the slide scale of politics.

Post-secondary is supposed to be an environment to foster practical critical thinkers. Maybe in the long-run, we can move away from the 15-second sound bite back to the era of discussions and compromise. Dogma and dramatics do little to help build a better world and all it takes is for people to start standing up and demanding real change. I'm not talking about Quebec "orange crush" change either, I mean effective change. Change where political parties don't take shots at each other but work together and compromise on their individual political positions.

Volunteer opportunities



Photo by Lauren Hucal

Jennifer Grundke, Campus Culture Director with the NAIT Students' Association, says volunteering provides life skills for students.

By **DANIELLE S. FUECHTMANN**

NAIT's new Campus Activities Board (CAB) has been busy planning events that will make your time at NAIT the best it can be. Board members were hired in the spring to work with NAITSA's executives and full-time staff to help develop and promote campus programming.

CAB's current board members are divided into three subcommittees, working with full-time staff members in events, marketing and communications, and volunteering. Each subcommittee works closely with appropriate NAITSA staff members; the Campus Activity Board acts as the bridge to the student body, finding fun and novel ways to share information with students and make NAITSA events bigger and more memorable.

Virtual volunteer centre

One of the projects CAB has been passionately working to build this year is the new Volunteer Initiatives Program. The program will act as a virtual volunteer centre for the campus, allowing NAITSA to provide more opportunities for students that are looking for volunteer opportunities both on and off campus.

The Volunteer Initiatives Program takes advantage of OrgSync's capabilities to post volunteer opportunities offered by community not-for-profits and charity organizations who can then manage their own postings. Added benefits of OrgSync is the value it can add to students who participate – in addition to making the opportunities easy to access, it provides an easy way for the Volunteer Initiatives Program and NAITSA to follow up with students and make sure that their experience was valuable. OrgSync allows volunteer hours and campus participation to be tracked so students can log in and print a co-curricular record that has all of their involvement over the year, including who they volunteered with as well as the events they attended. Reflecting

on the year and brushing up on a resume is a breeze!

Jennifer Grundke, NAITSA's Campus Culture Director, explained that providing this service and making meaningful volunteer opportunities easy to access was something that NAITSA and the Campus Activity Board was eager to achieve.

Volunteering and networking in the greater community offers students a chance to "[gain] skills that they need in the workplace and these might be skills that are hard to get in the classroom, so getting out there and applying what you learn here at NAIT and receiving feedback ... provides life skills, [you'll] build your resume, and you'll stand out from some of the other students in your program." Often, volunteering can even provide a chance to combine your studies with your personal interests.

The Volunteer Initiative Program is currently still in the process of being populated while CAB is reaching out to organizations in the community in order to provide a diverse range of opportunities to NAIT students.

January launch

They're allowing the program to grow organically during the fall semester but they have an official launch planned for January.

Board member Joel Benitez says that "[they've] started adding organizations and different positions" and "it's pretty neat, connecting the students with organizations in the community."

He also mentioned that in addition to the hard launch in January, students will have the opportunity to meet representatives from a variety of local not-for-profits and charities on Nov. 3 in the South Lobby. You can view opportunities already posted from the Volunteer Initiatives Program by logging into your OrgSync account; there's a convenient link under the "Featured" list on the left column of the page.



Photo by Lauren Hucal

Students have to double and triple up on computers in the The Common Lab, Room (T007) in the Business Tower since 30 computers were removed in a pilot project to test a bring your own device plan.

Tower tech shortage?

By **NICOLAS BROWN**
Issues Editor
(@bruchev)

As students, we rely heavily on technology to complete our studies. Whether it's to research a project, write an essay or prepare a presentation, computers are rather ingrained in the way we pursue our education. Sometimes, that reliance can present a challenge.

Business students are experiencing that challenge now, due to a rather shocking change to "The Common Lab" otherwise known as the basement computer lab in the Business Tower. What used to be a go-to location for printing and research has gone from tech bounty to famine. Thirty computers were removed from the basement lab over the summer, leaving behind empty work stations.

These machines were relocated to T-212 for a pilot project being tested for the new CAT building. The pilot project will explore the virtualization of applications in a live environment.

"We are moving to a 'bring your own device' model for CAT and are supporting students by demonstrating the initiatives we plan to implement in the future," said Troy Watson, computer systems support supervisor.

Testing the system on existing hardware may reduce technical mishaps once the CAT building opens, but it does leave the fate of "The Common Lab" in limbo.

The removal of computer workstations has effectively turned most of the lab into a new study space on campus. Although study space is always a desired commodity on campus, computers are in high demand and some students are starting to feel the pinch. Third year business student Kyle Duckering says, "I think the last thing they should be doing is taking out computers, I mean at around noon or so, it gets really busy in the HP Centre, you're struggling to find spots and not everyone has a laptop or brings it with them to school. So a lot of people do go to the basement floor and with half the computers taken out, it's tough to find a spot. I don't understand why but maybe they should have said something at least, just to give us an understanding of why [the computers were removed]."

There are currently three computer labs available for general student use on campus. The HP Computer Commons, the Library, and "The Common Lab" in the tower basement. With the removal of the majority of computers in the tower lab, many business students have to trek across campus to access printing services. The

recent move to merge the Project Factory with the library has increased the number of available computers in that area of campus to 95, and the HP Centre has 111 workstations available for students. However, the loss of 30 workstations in the tower is being felt by business students. NAITSA President Justin Nand says, "I've had a few students complain to me about the lack of computers in the basement of the business tower. I have studied there a few days ago, and it was nice to have that open space next to my friend using the computer. However, I could have gone to a separate space on campus to use tables, instead of taking away from a computer, which could have helped a student without a laptop."

Although the move to a "Bring Your Own Device" model can be expected to produce substantial savings for NAIT on the hardware end, it will take some time for students to adjust to the change. A full transition won't be complete until end of year at earliest, as Watson explains, "A soft launch is up and coming in that area, and should be live before the new year" which includes wireless printing in the basement lab. Until then, students will face fiercer competition for a computer space on campus.



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Letters

We want your views

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

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

We need to list your real name.

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

Students hit by food prices

By GIER BUTERMAN

Students living on a tight budget may notice their food dollar is not stretching as far as it used to. While rising grocery prices from conglomerate companies such as the Overweitea Food Group or Loblaws might seem to be at fault, this isn't necessarily true.

Statistics Canada states "food prices have risen by 3.5 per cent" compared to the previous year and "meat prices have risen by 6.1 per cent." Food prices have also risen due to the fall of the Canadian dollar, lowering to "76.70 per cent against the U.S. dollar" states the Bank of Canada and our current recession status may not benefit the worsening of food prices.

There are some other factors to consider. The Canadian Ministry of Agriculture states that "Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life."

16,000 a month

Currently more than 16,000 people are reliant on Edmonton's food bank every month.

Studies have shown that post-secondary students are increasingly reliant on these services.

NAIT also has felt the pressure of hungry students. Last year, NAIT was assisting more than 200 students with their food resources,

"We are expecting more usage of the Food Centre [as time progresses]" says Matthew Pecore, head of NAIT's new Food Centre.

MacEwan University has experienced a 47 per cent increase of usage on their food bank, pushing the number of students using it to just over 600 students per year.

Food security

Which brings to question Edmonton's food security. An Edmonton food security report made by Becky Lipton, executive director for Organic Alberta states, "Alberta is the second highest agricultural exporter in Canada." Resources such as \$303 million worth of lettuce and \$235 million worth of grapes are imported to Alberta each year.

Edmonton receives most of its food imports, such as fruits and vegetables, from California. But when that area is experiencing agricultural disaster such as forest fires, floods and drought, where do we get our food?

Perhaps Edmonton needs to look at finding more than one sustainable food source.

Alternative food sources some people are considering are things such as fruit rescue programs, where fruit from local homeowners' trees is harvested rather than left to rot, or old-school methods such as home cultivation.

Since most students do not own land to cultivate, it may not be the most practical solution for post-secondary students.

An alternative food resource is Freegan living, defined by Wikipedia as "the practice of reclaiming and eating food that

has been discarded."

A student or someone on a fixed low income can also approach Edmonton's WECAN Food Basket Society. For a baseline fee of \$25 a month students can receive a food hamper.

As the concept of food security becomes an increasing issue

for Edmonton's students, more creative food options are being examined and practiced.

NAIT students can also explore the option of buying meat and bread products on campus for a more local and accessible food source.

WHAT'S THE BIG IDEA!

New Venture at NAIT is dedicated to championing an entrepreneurial spirit at NAIT that inspires new ideas, stimulates creativity, and encourages experimentation.

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INVESTING

Technical Analysis 101

By **LOGAN PHILLIPS**

Have you ever seen finance majors drawing crazy doodles on stock prices and trying to predict the future price of a stock?

If you think that this is what finance students and professors are doing, you are wrong. First, what these people are doing in movies or in real life is called technical analysis. In addition to technical analysis, there are other common analysis methods used by financial professionals. Fundamental analysis investigates the “fundamental” nature (financial statement, industry, etc.) of the firm or investment. Quantitative analysis often involves a high level of math to find exploitable opportunities missed by the market.

In my experience, technical analysis is the easiest and fastest tool to analyse price trends. Although it may seem simple, technical analysis is very powerful. Rather than calculating or looking into financial statements, you draw lines and circles on a chart. Although many investors and analysts use technical analysis, it receives heavy criticism from many experts. In my conversations with teachers and finance students, technical analysis is sometimes referred to as “art” or “low-level analy-

sis.” This view is common since it is easy to understand and takes less time than traditional analysis. That is why it may be seen as a less prestigious and sophisticated way to look at investments.

However, the critics also admit that stock price patterns and trends are crucial. From a recent visit to the Alberta Investment Management Corporation (asset manager with over \$90 billion in assets under management), the analysts on the trading desk also use moving averages and the Relative Strength Index (RSI) to study stock prices. After reading this article, it will be up to you to decide whether you feel that technical analysis should be used or not.

Today, let’s look into the most basic tool of technical analysis: moving averages.

Moving Average: Individuals in finance love using the acronym, so I am going to call it MA. For example, ABC company’s average price (for 100 days) is \$5/share. The price today is \$4/share. It is either underperforming or undervalued

and this presents an analysis point. The price is cheaper than the average, so it is a perfect time to buy some shares. But wait, the price may have been hammered because ABC company is having a difficult time in the current business environment. If that is the case, you should not buy any shares. On the other hand, if the price is \$6/share today. Is it overpriced or well-performing? Using moving averages can provide a signal to look into the stock further.

But, how do we analyse MA? The price was \$4/share a week ago but the price today is \$5/share. If the lower price breaks through the average price, this is a bullish (positive) sign. If the price trend is opposite (downtrend from higher price that falls below average price), then it means bad news and that is a bearish (sell) sign.

Most online stock chart tools have the function to draw MA lines and you can also set the days of average. One website that the Investment Club of NAIT likes to

use is freestockcharts.com. It is easy to use and completely free. In the example, we used 100 days as moving average day. However, you can draw a nine-day MA to see short term investment opportunities or even a 200-day MA to analyse long-term investments opportunities. There are two major MAs: simple moving average (SMA) and exponential moving average (EMA). One is simple moving average and the other is exponential moving average. The formula behind SMA and EMA are different. However, the basics of how to read MAs and use MAs are very similar.

In conclusion, using moving averages is the easiest technical analysis. The problem of MAs is that you do not factor in current events or other external environmental stock market shocks. That is why we use multiple different analysis tools – fundamental analysis, quantitative analysis, etc. This is why I, as an accounting student, am studying technical analysis and founded the Investment Club of NAIT. We use not only MAs but a wide variety of financial analysis in our weekly meetings on Tuesdays at 4:30 in Room T-210. Feel free to stop by any of our meetings to help broaden your investment knowledge.



Charting your course in life

By **JAGRIT BAJWA**

You see, you can’t please everyone, so you have to please yourself.

We all exist in such an environment where we are always being checked by someone. Every other person whom you come in contact with or the one with whom you want to share the least contact with, keeps bothering you and your work. They try to find every possible way to dominate you, criticize you, bring your morale down and may even try to put obstacles in your way or try to put you off-track. Usually people are not happy to see and accept the way you are, your way of doing things and your way of living life. They will give their best to make you change to suit according to their needs, opinions and shallow thoughts.

But in the above process you tend to lose your originality, individuality and your personal freedom to do the things you enjoy. If you do one thing wholeheartedly they will come up with another shortcoming or defect in either you or your

work. You start falling in the vicious circle where every good is immediately replaced by a bad one. The more you engage yourself in pleasing others you may not get the key to success but the key to failure will surely be knocking at the door. It is good to know your shortcomings and weaknesses but remaining in that environment consistently can leave a negative impact

on you and you may start feeling dissipated and drained all the time. Critics and leg pullers would always be there to pull you down, so you need to boost your inner strength and enthusiasm to keep moving.

Even in our general life, everyone is born with different tastes, different mindsets, different lifestyles and different habits which may or may not be pleasing everyone. Though the bad habits should always be eliminated from ourselves. It’s good to strive to discover the good in you, bad will take a step back on its own then.

Jealousy and hatred is so prevalent that everyone is not easily accepted and

not even digested. Only the things you do “your” way can make you feel at ease and happy about yourself. The things that are dictated or forced on you affects your natural balance and you start feeling depressed and stressed, thus bringing down your output. This all makes the lovely and lively side of you go latent. This is the time when you need to know more about yourself and stand for the person you actually are.

Being on your own, feeling and feeding good thoughts to yourself, loving yourself and living up are those lit-

tle things you need to take care of. A little extra care on your part can dramatically change your perception towards the shit you were in. Though the shitty things will keep happening one way or another and you will encounter many jerks many times, still you can make yourself intelligent enough to not let those people have an impact on you.

Feel yourself as a part of this great nature and nature is always perfect in doing its things. Thus, you can feel that perfection in your very being, if you choose to!



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Submit a completed application to The Advising Centre (HP Centre, W-101) and indicate it is to go to Michele Parker. For more information, please e-mail distinction@nait.ca. Application deadline is Sept. 30.

DON’T MISS OUT ON THIS OPPORTUNITY!

Fall is here!

By **BRANDON HESS**

Welcome to the fall season! Astro-nomical summer is officially over. The sun set at the North Pole and there will be 24 hours of darkness until the spring.

We are likely done with high temperatures in the mid and high 20s. Much of the weather story now will consist of mid-teen temperatures, with morning lows near freezing and a few isolated cloud bursts here and there. Leaves are changing colour due to shorter daylight hours and little photosynthesis taking place.

Today's meteorology did you know?: We will talk about hurricanes. There are no hurricanes in our city but many regions in the southeastern United States have to deal with them during storm season.

There is a particular structure and development of hurricanes. In order for a hurricane to form we need a warm and moist ocean (among many other ingredients). Hurricanes have a high release of latent heat in condensation (forming clouds and rain) keeping its strength. Hurricanes keep their strength over warm waters but lose their strength upon reaching cooler waters. For example, the ocean waters in the Gulf of Mexico are warm. As you head further northeast into the Atlantic just off Newfoundland, the waters become cooler. Hurricanes will sometimes take a path from

the west coast of Africa, westward towards the Gulf of Mexico (southeastern United States), and then finally take a shift north-eastward along the East Coast of the United States and Canada.

Hurricanes in this particular setup take a westerly direction first off the west coast of Africa (as a tropical depression becoming tropical storm) because this is where we find the easterly trade winds. These winds blow from the east towards the west, therefore these trade winds denote a westerly tracking storm. The storm intensifies in warm ocean waters. Once the hurricane reaches the Gulf and southeastern United States, it starts to track up to the east and northeast instead, due to the westerlies. Westerlies blow from the west towards the east. As the hurricane travels up along the eastern sea board, it loses strength as water becomes cooler. Hurricanes have caused serious damage to homes and communities in their paths. Hurricanes have very strong winds (very low central pressure) with a tight pressure gradient. The centre of a storm is the "eye" where there is virtually no storm action. Winds converge into the centre of the storm at the surface and diverge upon rising aloft.

New Orleans, for example, was hit with a strong hurricane in 2005.

Now you know!



Photo by Lauren Hucal

Sen. Thelma Chalifoux Award winner
Lorne Gladu, CEO of the Rupertsland Institute, addresses a gathering in the north lobby this week after his organization was named this year's winner of the Sen. Thelma Chalifoux Award for consistently demonstrating a commitment to aboriginal student success.



STUDENT HEALTH AND DENTAL PLAN

Please visit the NAITSA Service Centre Coordinators located in Room E-111. We provide health and dental coverage to over 5,000 students each year, and it's our duty to assist you in completing all proper documentation (to opt-out or opt-in to the plan), and to answer all your questions. If you change programs at any time, please alert the NAITSA Service Centre Coordinators immediately to ensure your coverage eligibility has not changed.
 shc@nait.ca | 780-471-7700 | Twitter: @naitshc

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

If you are a student enrolled in a credit class that starts prior to September 29th, 2015 in the fall term, or a class that starts before January 29th, 2016 in the winter term, you are automatically enrolled in the Student Health and Dental plan, and are automatically enrolled in the plan! All credit students are assessed these fees, regardless of whether they are part-time or full-time students.
 -Health Plan fee: \$100 per academic year and is charged in two payments of \$50 per semester.
 -Dental Plan fee: \$120 per academic year and is charged in two payments of \$60 per semester.
 This plan includes non-credit programs, students 100% online, sailing and apprentice students.

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

-Deadline (September Start): Friday, September 25, 2015 no later than 4:00 p.m.
 -Deadline (January Start): Friday, January 23, 2016 no later than 4:00 p.m.
 If you have comparable coverage through another insurance carrier (Blue Cross, Great West Life, Manulife, etc.) and you would like to opt-out of the benefits, you must fill out the opt-out waiver form and provide the NAITSA Service Centre (E-111) with notification of comparable coverage (benefit card, previous claims, letter from insurance company or employer, etc.) before the above deadline date. You may also complete the opt-out form online at www.mystudentplan.ca/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-111 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 (@naitshc) for the go-for assessment.

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

Introducing the Naitsa Service Centre!

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

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

If you are interested in helping the NAITSA Food Centre combat hunger in our community, donations are always welcome. Non-perishable food items can be donated at the NAITSA office (E-111); monetary donations can be made either through the NAITSA office or online at nait.ca/food-centre.

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

More information, such as needed items, can be found at nait.ca/food-centre, by emailing food@nait.ca, or by calling 780-471-7700.



OPINION

— Editorial —

Big Brotherly love



TAYLOR BRAAT
Editor-in-Chief
@TaylorBBraat

Growing up, my mom and I were religious with our reality TV shows. *Big Brother*, *Survivor*, *America's Most Wanted*, *Hell's Kitchen* and other non-scripted shows were our favourites to watch together.

The one that has stayed closest to me over the years is the American version of *Big Brother*. I admire the format of this reality game show which was created by John de Mol and originally based on *1984*, a book by George Orwell. It's a microscopic view into human behaviour and, instead of living my life for those three hours it's on per week, I get to live theirs. Nowadays, many of the house guests invited to live in the Big Brother House for over three months are "superfans," people like me who have grown up watching this social experiment and who are knowledgeable of the timeline of events that *Big Brother* has generally stuck to over the past 15 years.

\$500,000 grand prize

Though it is possible for a house guest to have no idea what the show really is about, many of the chosen participants have been educated in the events that are awaiting them, which adds to the excitement and suspense of each season. Not only do we, the viewers get to see how a wide array of personalities react in extreme situations and each other, we get to see how they deal with competitions and twists in the quest for the \$500,000 grand prize.

The cult TV show has maintained its massive following through its relatable content and in my case, the inevitable emotional investment right from the get-go. Whether I'm watching the show, listening to podcasts about the show or reading Internet content that gives away upcoming happenings on the show, it completely captures me and I know I am not alone in this obsession.

'Few minutes to say goodbye'

The HOH (head of household) will put up two nominees each week but there is also a veto competition where, if one of the nominees wins, they can take themselves off the block. At the end of the week, all of the house guests will vote one nominee out. This person "will have a few moments to say goodbye, gather their belongings and walk out the front door" – words I have heard the ever so lovely Julie Chen say for many years. The winner gets the money, which is great, but he or she also gets the title, which becomes very lusted after in the exhilarating final weeks.

My love for the show has been tested and questioned

over the years but nothing will change the fact that I have been raised and entertained by it for most of my life. Yes, it is under the same category as some less than stellar pieces of television and may look superficial from the outside but when you take a deeper look, you can see that it is sewn together by the threads of human nature. These house guests are vicious rivals but they only have one another to lean on. All they know for three months is each other and the game of *Big Brother*. Throughout the 17 seasons, I have seen love, lust, hatred and the making of lifelong friends. I have met a few house guests and they are not a penny short of who they were on national television, proof of the true sincerity and authenticity of the show.

Despite the millions of people like me who tune into watch *Big Brother* three times a week, (Wednesday, Thursday and Sunday), there are some haters. There are just some people who do not like reality TV and will go on at length for their entire lives as to why it is the bane of our existences but, in my humble opinion, these people

This show is a microcosm of the world and how people interact ...

are in denial. How could you not have an attachment in some way, to the lives of these diverse characters and the real relationships that they nurture (or destroy) in real time every week? This show is a microcosm of the world and how people interact and, with the addition of the surreal portions that producers throw in, every episode is interesting in one way or another. There's a reason why millions of people spend hours watching "live feeds."

Finale nights are emotional for me because the entire season and all of the relationships, backstories and competition all come together to create the final half a million dollar question: Who played the best game? In the most recent version, jurors had a big decision to make and it all came to a poignant and exciting finale, as always.

With the end of Season 17, I look forward to the Canadian version, which begins in March and again the American one next summer. As long as this show runs, I will be happy knowing that Julie Chen remains a constant in my life.



Julie Chen

www.cinemablend.com



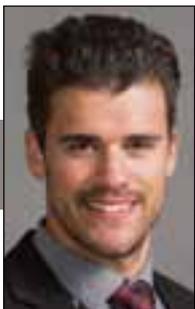
Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

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

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

SPORTS

Court of public opinion



JOSH RYAN
Sports Editor
@JoshRyanSports

I find human nature disturbing. I know, that's hardly an original thought but the morass of questionable ethics and principles in society, specifically the current generation of North Americans aged 15 to 30, is alarming.

Chief amongst this group's vices is the promoted credibility of the opinion. How many times have you heard "well, in my opinion," then a prolonged ramble about something that a person feels "strongly" about but carries no basis in fact? It's as though people don't have the time to find out anything for themselves, so they simply latch onto whatever they can to churn out gossip the quickest.

This pops up whenever entertainment or politics are being discussed but unfortunately this has spilled into the world of sports. The main event that has stained 2015 is deflating. Yes, the saga of pigskin air pressure, lost cellphones and a gigantic report written by a

not-so-independent independent investigator dominated the sporting news north and south of the border. Thank goodness for the Toronto Blue Jays. Interestingly, the most fascinating part (for me anyway) of the so-called scandal wasn't whether or not Tom Brady was guilty, it was how quickly the general public assumed there was guilt.

Let's examine the precedent for this tale. Years ago, the New England Patriots were punished, albeit lightly, for spying on other teams in order to gain a competitive advantage in the film room. Since then, the NFL has bungled a series of discipline cases, including bounty gate with the New Orleans Saints and the Ray Rice scandal last

summer. Yet, everyone immediately painted the Patriots as guilty without having seen any evidence to support that theory. As the case went on, a little online digging is all it took to see how the NFL was spinning the media coverage of the controversy to cast Brady and the Pats in a dark light. Seriously, actually read the Wells report or any of the documents released online during the case proceedings and you'll find nothing to support the NFL's accusation. This isn't to suggest that Brady and the Pats are in fact innocent, it's simply to point

out that the NFL had zero hard evidence.

More than that, anyone reading through the headlines failed to apply logic to the situation.

"Brady destroyed his cellphone, he must be guilty!"

How many of you would hand over your phone to an employer you don't trust? How

many of you would hand over your phone over to your friends? With a little more digging, you'd learn that Brady actually handed over his phone bills and a list of the numbers he'd contacted with that phone and Commissioner Roger Goodell had refused to hand over his phone during the Ray Rice situation but regardless, not one rational person can honestly

say they would have no problem turning over a device that could have something, anything, on it that they wouldn't want the public to see or know. Are people really too lazy and spineless to read a paper to find out the truth? Plus, it's not like the NFL has a better track record than the Patriots on morality issues.

Now we have another situation of bypassing innocence before proven guilty with the developing story surrounding Patrick Kane of the Chicago Blackhawks. Somehow, that someone is suspected of hav-

ing been involved in some way is enough to print headlines. No formal investigation was announced (until recently), no charges have been laid, yet people immediately have taken a stance that Kane is guilty of sexual assault against an unnamed woman. Kane does have a troubled past but there is still nothing yet proven. Twitter is the worst example of this, with people shouting rapist without having read more than a headline.

The problem I have with opinions in this case is that they're getting increasingly lazy. It's easy to tell someone that I think (insert pop star) is an idiot or Kobe Bryant is a jerk or Bruce Willis is an egomaniac. However, no one can follow up a claim by providing examples as to why they believe said claim, whether it's the Miami Heat secretly running the mafia or that Nicholas Cage's hair is actually an alien hiding in plain sight (actually, Nic Cage himself is an alien, his hair is like the little thing in the dude's stomach in *Total Recall*). There's no backbone or accountability in spouting an opinion without discussing the details as to why you have that opinion.

We may learn one day that Kane committed a crime and that Brady is an evil mastermind. Until then, let's stop taking the cowardly route and take responsibility for what we say. Karma is a term commonly used for a female canine. Sooner or later it rears its ugly mug and we are all digging a large hole in which to meet it.

It's as though people don't have the time to find out anything for themselves, so they simply latch onto whatever they can to churn out gossip the quickest.

Workouts are app-ening

By DANIELLE S. FUECHTMANN

While the impact that increased screen time and sitting has on our bodies, our gadgets can also be a great tool in increasing your fitness! Adding elements of gamification and social interaction to working out can be the difference between good intentions and actually enjoying the activities. Why mindlessly go through a fitness routine when you can make it more fun with games and challenges?

There are hundreds of tools and mobile apps available, making it easy to track your fitness, to keep a convenient food log and to make working out a social activity without needing to co-ordinate with a fitness buddy. These mobile apps are perfect for adding some variety and fun to your workout, keeping you engaged with your fitness goals.

Zombies, Run!

This app lets users turn their regular and, potentially boring, runs into an engaging post-apocalyptic game. Is your pace slowing down? You'll kick it up a notch again once

the zombies start to catch up. Walk, run or jog as the app delivers one of 200 missions. Create your own missions with interval training, and track and share your progress online. Available for iOS and Android.

Endomondo

Endomondo calls itself the "fitness trainer in your pocket". This app allows you to set your fitness goals for a wide variety of activities and receive real-time feedback. You can also connect with family and friends or the Endomondo community to take advantages of social interaction, increasing your engagement and results. Check your data anytime, including your running distance, calories burned and much more. Available for iOS, Android, BlackBerry and Windows.

Google Fit

Maybe it's a bit boring but sometimes an

intuitive app can be the most useful. Google Fit automatically tracks your walking, running and cycling activities and links data from any linked third-party apps or devices, which brings all of your information to one place. Log in from your device or access it on the

web to easily check your progress. Available for Android and iOS.

Spotify

Is great music the difference between a great workout and a lacklustre one? Try Spotify's Running setting and hear the music automatically match your tempo. If you like a little bit more control over your tunes, check out one of their workout playlists. You can pick choices like "Lock the Flow – shimmering electronic beats", "The Chase – step into an action movie" and many more. Available for iOS and Android.

SworKit

If you're limited for time, SworKit is a

great option for you! Select the type of activity you would like to do, specify the area of your body you'd like to focus on, set the amount of time you have available and watch the app create a custom workout for you. Video demonstrations and audio cues make it easy to follow along with the routine, whether it's one of your favourites or it's your first time using the routine. With this app, you can seize that extra five minutes. Available for iOS and Android.

Pact

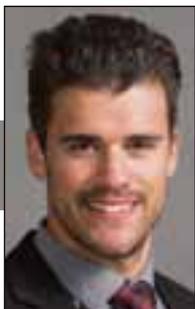
If you enjoy the motivation of a bet and are comfortable putting your money on the line, this app is an entertaining way to stay accountable to your workout goals. Earn money for checking in to your workouts or pay up if you skip leg day! Once you set your exercise and healthy eating goals and manage how much money you're putting on the line, you can upload pictures of your meals, check into your workouts, link your other fitness apps and join a community keeping each other accountable to their goals. Available for iOS and Android.



Keeping Score

Billboards on skates?

Welcome back to another edition of *Keeping Score*, the weekly debate on a chosen topic in the world of sports. This week, long-time Nugget contributor Matt Mosewich and I debate whether the looming reality of having advertisements on jerseys (spun in motion by the new deal between the NHL and Adidas) is a positive or negative for hockey. Some say that having ads on jerseys will greatly increase league revenues and bring more exposure to the game. Others say it will become confusing for current fans seeing soccer style jerseys replacing classic designs and cause many to turn away. The general population of hockey fans are bristling at simply the thought of having ads on jerseys! What do we think? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

So, the hockey world is still up in arms about this topic, based on Internet reaction following the deal Commissioner Gary Bettman and the NHL signed with Adidas. I find this sort of knee-jerk reaction fascinating. First, there's no immediate worry about having these changes regarding jerseys. Reebok will remain the supplier till at least fall 2017 and whatever changes made down the road will come slowly, rather than as fast as David Price sprints to get popcorn at the Rogers Centre. Second, this eventuality (yes, this evolution of attire will indeed occur sometime in the future) is not the second coming of Sauron, Voldemort, Darth Vader and Vladimir Putin. There are, in fact, several positives attached to hockey sweaters literally becoming more commercial.

The most obvious fact is the boat load of money the NHL and NHL Players' Association will make. Ultimately, professional hockey is a business and making it rain dollar bills is the primary concern. This is a great way to get corporate sponsors and is necessary to compete with the other major professional sports leagues in North America. NBA Commissioner Adam Silver says ads on jerseys is inevitable. That holds true of the NHL.

People forget the extent to which this game has evolved over the past half cen-

tury. Mandatory helmets, goalie masks, interference, two-line passes and blind-side hits are just a few of the changes we've seen since the Original Six days. Many a diehard puck enthusiast has protested, and will continue to protest, the introduction of shootouts in regular season games and while there is still complaining over how frequently it occurs, it's provided a lot of excitement and helped grow the game in the United States. Ask the average NHL ticket buyer if they find the shootout exciting. The data says they're likely to say yes. In due time, fans will accept these changes to jerseys as well.

Also, it's not like we haven't seen brand new jersey designs before. Every franchise has 12-13 alternates now and several teams have transitioned to a complete rebranding of logos. Just look at the Vancouver Canucks, the Anaheim Ducks, the Dallas Stars and the Phoenix Coyotes. It's not like the Winnipeg Jets or Columbus Blue Jackets logos have circulated long enough to enter iconic territory. I know it's scary to think that one day hockey games might look like Samsung vs GEICO, but when that comes, the hockey world will be prepared. More prepared than current day humanity if Donald Trump is elected U.S. president.



MATT MOSEWICH

Hello and welcome to Tim Horton's Hockey Night in Canada, brought to you by Durex Condoms in association with the Royal Bank of Canada, live from Rogers arena in the middle of downtown Edmonton, which is brought to you by KFC - it's finger-licking good. Tonight's matchup sees the Edmonton Big Mac's take on the Calgary Five Dollar Foot-Longs ... This may sound ridiculous but it's a glimpse into the not so distant future of the NHL.

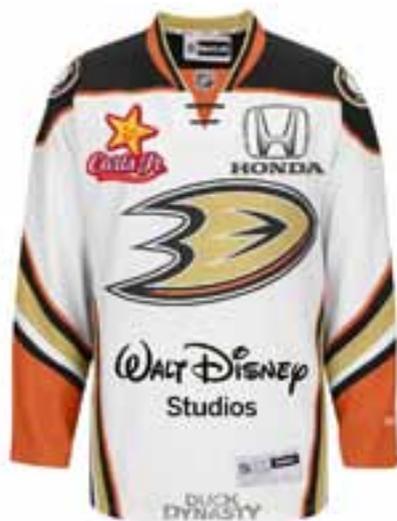
However, I'd be naïve to think that corporate sponsorships on jerseys is the start of all this. The entire NHL experience is already marred by ads. Teams play in buildings with corporate names. The ice, boards and scoreboards are covered in corporate logos. The giveaways, events and even power plays have corporate sponsorships. Games are broadcast on chan-

nels bearing corporate names, with digitally inserted ads on the glass, graphics and score clock. In addition, almost every single segment of the broadcast is brought to you by something. It's engrained in our society, corporate ads are everywhere.

But where do we draw the line? The number of ads that are thrown in our faces is becoming ridiculous. We will soon have so much advertising on the ice that it will distract both the fans and the players. In addition, the jersey is a sacred part of the game. If ads are plastered on the jerseys, the fans are losing the last piece of un-tainted heritage. Almost every other part of the game has been covered in corporate garbage. It would be a sad sight to see.

Is there any hope? No. The only way ads on jerseys will be stopped is if the NHLPA turns it down. However, the players would be a major benefactor of corporate sponsorship on jerseys. So, it's a safe bet that they are for it. The fans could band together and revolt, boycotting the NHL. But like we've seen in the last two lockouts, hockey fans are weak and will eventually come back. The NHL will do what they please with the jersey. This will undoubtedly upset fans but there is nothing they can do. Only money talks.

I'm not happy about it. No one is. Of course, I hope the NHL keeps it to one subtle (and hopefully non-obtrusive) sponsor patch but there is no way they stop there. We've already seen it throughout the game - any blank area is for sale. If the NHL can sell something, they will. Ads on jerseys will ruin the last piece of heritage the fans have. The NHL doesn't give a damn about tradition. Everything's for sale ... The NHL, brought to you by greed.



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Signs of the times?

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



Photo by Lauren Hucal

A NAIT player snakes through a group of King's defenders during a game last weekend. The women won both their matches against the Eagles by scores of 5-1 and 11-1.

4-game sweep vs King's

BY JOSH RYAN
Sports Editor
@JoshRyanSports

After a rusty start in week one, NAIT's soccer squads were looking to improve the following week against the King's University College Eagles. The two defending champion clubs did that and more in a four-game sweep of their crosstown rival.

The women shelled the Eagles' keepers 5-1 and 11-1, while the men pitched a two-game shutout, 3-0 and 5-0. NAIT's women maintain their undefeated record over ACAC teams to 16 (dating back to Sept. 6, 2014), while the gents improve to 3-1.

On Friday, the Ooks women's offense was active from the start, with crisp passing that helped NAIT maintain possession throughout the contest. Third-year forward Kassy Jajczay notched a hat-trick in the first half, while Wendy Abramenko and Jenn Perry added tallies in the second and Kailey Harder earned the W. Though the Ooks missed on several other great scoring chances, head coach Carole Holt was

pleased with the effort, particularly from players coming off the bench.

"It's so important that we get everyone contributing and they did just that," Holt said.

Saturday, NAIT seemed to make up for all of the missed opportunities the previous evening, taking advantage of the available chances. Sharp shooting from fifth-year Kayla

Michaels put the Eagles out of reach early as the Ooks led 5-1 going into the second half, when things opened up even more. Michaels finished with four goals and five assists, Abramenko had a hat-trick, Jajczay added a pair and Harder got the win once again. In total, the Ooks had six different goal scorers over the course of the weekend.

"We combined well in tight spaces around the goal," said Holt. "We still have a lot to work on but seemed to be moving in the right direction."

The men, meanwhile, had a tougher game on Friday than their female counterparts. A vastly improved King's squad pushed the Ooks, hitting a goal post in each half. How-

ever, third year Julian Gonzalez gave NAIT an early lead, pouncing on a Luis Navarro produced rebound and Igi Broda and Sebastian Cabrera gave the Ooks insurance in the second half. Head coach Charles O'Toole was complimentary of the opposition and of his own team for staying the course.

"This is the best King's team in a long time. However, once we got ourselves settled, we were able to play more to our potential," he said.

NAIT's male footy players wouldn't allow the Eagles the same tense, close contest the following day. Great execution on offense led to a Gonzalez hat-trick in the opening 45 minutes. Cabrera and Jeshua Calderon added tallies in the second half, while keeper Ryan Gillie picked up

his third shutout of the season. The Ooks also played a variety of players during the match, giving some players a chance to rest and others a chance to get game experience.

"It allows us to nurse players back into the swing of things from injury and gives guys who haven't played as much a chance to prove themselves," said O'Toole.

Next up for NAIT's footy phenoms is a road tilt in Camrose against the Augustana Vikings. Only in year two as an ACAC program, both Vikings squads were blown out by the Ooks in NAIT's season opener, but

both Ooks coaches are preaching consistency on their respective sides of the field. The women are up first at 12 p.m. on Sept. 26, with the men following at 2 p.m.



Photo by Lauren Hucal

Kayla Michaels



Photo by Lauren Hucal

Wendy Abramenko

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

Athletes of the week

September 8-13

Kelsey Mitchell
Soccer



Kelsey's veteran leadership helped lead the NAIT Ooks women's soccer team to an opening weekend sweep. The Ooks defeated the Augustana Vikings 4-0 at home Friday (Sept. 11) and then shut out the Keyano Huskies Sunday (Sept. 13) 1-0. "Kelsey was solid in both games, keeping things very secure in the back," said head coach Carole Holt. "She is a very athletic player and has many of the physical traits of a top-quality defender such as pace, physical presence, great ball distribution and very good in the air. Considering she is playing in a new position this year, she has adapted extremely well ..." Kelsey is a fifth-year Instrumentation Engineering Technology student from Sherwood Park.

Luis de la Torre-Navarro
Soccer



Luis was instrumental in leading his NAIT Ooks men's soccer team to a 5-0 win over the Augustana Vikings in both teams' opening game. Luis had three goals in the Ooks victory and was selected as the player of the game. His strong play continued the next day despite the Ooks 2-0 defeat by the Keyano Huskies that evened their record to 1-1. "Luis has played at a high level in Mexico, which is beginning to show with his recent three-goal performance against Augustana," said head coach Charles O'Toole. "He is helping to replace the reliable Monty Haines in our goal scoring area." Luis is a 1st year ESL student from Guadaluajara, Mexico.

Athletes of the week

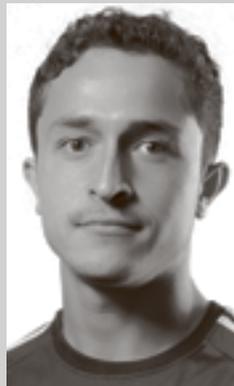
September 14-20

Kassy Jajczay
Soccer



Kassy paced her NAIT Ooks team to two dominant wins over the King's Eagles this past weekend. In Friday's 5-1 win at King's Field, Kassy tallied three goals and was selected as the player of the game. She followed that up by adding two more goals Saturday in the Ooks 11-1 home win. "Kassy played in several different positions and was extremely effective in all of them," said head coach Carole Holt. "We expect a lot from Kassy - she is an experienced player and we know what she is capable of doing. She really put her stamp on both games." Kassy is a third-year Emergency Management student from Edmonton.

Julian Gonzalez
Soccer



Julian was instrumental in leading his NAIT Ooks men's soccer team to a 3-0 road win over the King's Eagles Friday and a 5-0 home win Saturday. Julian scored a beautiful goal Friday before adding three more Saturday and was selected as the player of the game. The Ooks' two victories vaulted the team back into the CCAA National rankings where they are currently ranked No. 14. "Julian brings tenacity and competitiveness to our team," said head coach Charles O'Toole. "He is one of our most versatile players and his veteran leadership allows us to use him in every situation." Julian is a third-year apprentice student from Grande Prairie.

Athlete Profile



Player: Trevor Zemplak
Sport: Volleyball
Program: Construction Engineering Technology

By **ELYSSA TESLYK**

- 1. What got you to start playing volleyball?** Watching my sister play. She's three years older than me, so I started watching her games and got involved that way.
- 2. What is something people don't know about you?** I'm afraid of heights.
- 3. What three things can you not live without?** Beer, X-Box and family.
- 4. What is your favourite movie?** The Lord of the Rings trilogy.
- 5. What type(s) of music do you enjoy?** Lots of country and rap, like Mac Miller, Wiz Khalifa.
- 6. What are your hobbies during your spare time?** I like wakeboarding and hunting. You don't really get to do that in Edmonton, so it's tough. I do like to golf though! I'm a big golfer.
- 7. What is your dream oasis?** A quiet cabin on the lake.

8. Who was your childhood hero?

Legolas could be considered my childhood hero.

9. Do you have a pregame meal?

Foot-long ham-and-cheese from Subway, with a water and sun chips.

10. Who inspires you the most?

My dad. I learned a lot from him by how he manages work and his personal life. That relates to how I approach school, volleyball and time management.

11. What is the best advice you've been given so far?

Play every game like it's your last, because before you know it, it'll be over.

— Jordan Taylor, NAIT men's volleyball assistant coach

12. What do you want to say to your team? Hard work and perseverance pay off, looking forward to the year!



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

MEN'S HOCKEY

New coach, new optimism

By ZANE TOMICH

Colder weather is slithering back into Northern Alberta. With cold weather comes an exciting realization. Hockey season is about to commence. The NAIT Oaks men's ice hockey team is gearing up for the 2015-16 campaign. After a memorable season last year that saw the team capture the prestigious ACAC championship, they will be looking to repeat history and build on that success this year.

The Oaks men's hockey program endured a significant change this off-season. Head coach Serge Lajoie accepted the vacant head coaching position at the University of Alberta. During Lajoie's successful five-year tenure, the team won two gold and two silver medals, including the ACAC championship last season. The Oaks did not have to search too far for Lajoie's replacement, however, as they promoted associate coach Mike Gabinet. Mike brings a wealth of experience (having played hockey at the



Mike Gabinet
Head coach

college and pro levels) and has become well integrated into the NAIT hockey program, having coached with the Oaks for the past three seasons. He is the perfect man for the job and eager to begin the season with his team.

"Our hockey staff is excited about working with a fine group of student athletes this season," said Gabinet.

NAIT will have a good group of veterans returning this season. They will make up the important core pieces and will play a key role in the team's leadership and performance this year.

One veteran entering his fourth year is Scott Fellnermayr. He played in all 32 games last season and scored 41 points and will be heavily relied upon to once again be a major offensive

contributor.

"We are returning a great core of veteran players who bring a terrific attitude and hard work," said Gabinet.

The recruiting class for the Oaks is strong yet again. This list includes Klarc

Wilson, Corey Chorneyko, Trace Elson, Brenden Jensen, Riley Sheen, Brayden Wood, Billy Gaston and Ross Martin. They add a positive look to the future and will greatly contribute to the team's overall success this year. Coach Gabinet is pleased with their effort and hard work so far.

"The veteran group is joined by first-year players who have already shown a good work ethic and are working hard at developing habits that will enable us to compete."

Former Edmonton Oil King and first year Oaks forward Klarc Wilson comes to NAIT after spending last season in the pros. Known for his toughness and willingness to drop the gloves, Klarc will be relied upon not only for his aggressive style of play but scoring ability as well.

"Obviously, there's not as much (if any) fighting in this league, I know that's kinda what I'm known for," said Wilson. "I am just looking to be a power forward that can do a little bit of everything, throw my body around and go hard on the fore-check."

Gabinet has been making sure all of his players are putting in the time and effort every time they practise. For the most part, the Oaks have been working on basic systems. Being able to perfectly execute any play during a game is what will make a team effective, as it takes time and hard work to prepare for the

long grind of a hockey season.

"Practices have been pretty tough, our coach (Gabinet) always emphasizes the way we practise is how we will play in games," said Wilson. "He has even said to us that your toughest challenge at most times will be here in practice."

Expectations will be high, as they should be for the defending champs. Last season they led the ACAC with 26 wins and only five losses in regulation, the Oaks' third straight season atop league standings. Building a powerhouse team does not happen overnight and maintaining a winning tradition is hard to keep going if you do not put in the time. Fortunately, Gabinet notices his players are working very hard to prepare for the upcoming season.

"They are constantly seeking to push their comfort zones so we can achieve our potential as a team," the coach said.

There is definitely a sense of optimism that the Oaks can make a serious run to defend their title as league champions. With a new set of recruits, an astute coaching staff and a strong core, NAIT certainly has the makings and capabilities of achieving the highest success once again as evidenced by their competitive games against CIS squads Mount Royal and Alberta.

NAIT students and fans can catch the Oaks' home opener Oct. 2 at the NAIT Arena against the Keyano Huskies at 7 p.m.

WOMEN'S HOCKEY

Same goal – to be the best

By MAREK TKACH

This year the NAIT Oaks women's hockey team attempts a "four-peat," which would make them the first ACAC women's hockey to do so and the first ACAC women's program to accomplish the feat since Lethbridge's women's basketball run from 1988-1991.

The women open up the 2015 season Oct. 9 down the QE2 in Calgary, then are back home for a clash against the same SAIT team the following day at the NAIT arena. I sat down with head coach Deanna Iwanicka for a little pre-season Q & A, just prior to the Blue and Gold Tournament that ran Sept. 18-20:

Q: With ACAC championships in the past three years, what needs to happen this year for you guys to keep on the right track and get a fourth?

A: *Be in the moment, not use the past as an outlet or worry about the future. We need to focus on the now. Continuing to improve is imperative and we cannot stay where we are. Everyone is getting*

better and we have to as well. We'll be the target once again.

Q: Which player(s) are you most excited to see have a big year this season, in both a statistical and leadership role, separately?

A: *Bre Frasca, the returning team captain in her fifth year of eligibility. She is expected to be a key player both on and off the ice. Kaitlyn Whaley, third year defenceman with the Oaks. She appears ready to start the season and has always had a determined mind set. Lastly, Montana Kitt, second-year forward, had a slightly reduced on-ice role last season as she joined the team late. She is coming in ready to prove herself both on and off the ice.*

Q: How, in your eyes, has the team been performing throughout practices and the preseason over the last few weeks?

A: *We've only had the one game, versus the University of Alberta Pandas. My assessment of that was we were shell shocked or deer in the headlights. It was*

a great assessment tool for us and we will see where we are in January when we play them. Practice has been a development process. Everything is new to many of these players. We are working together to figure out who we are.

Q: Through coaching and developing the female hockey players in the Oaks women's hockey program, what have you learned here at NAIT?

A: *So much. It's very difficult to answer this question as it's been a professional learning experience as well as a personal one. I am still learning every day. I've learned a lot about managing people, which is different than managing your own life, sched-*

ule, administrative work. I've learned about who I want to be and the model I want to provide to young people. I've learned about managing relationships and developing them.

Q: Who is going to be the toughest of your competition in the ACAC this season and why?

A: *Everyone. I don't like to make assessments too early. I do expect Olds to come in and be competitive. They've got great leadership with former U of A Panda Sarah Hilworth there.*

Q: Based on the talent on the roster this year, give us an idea of what the goal is for you guys this season?

A: *The goal for us never changes. Be the best – be better every single time.*



Deanna Iwanicka
'Be in the moment'

WOMEN'S BASKETBALL

High hopes for recruits

By YUSUF ABDI AHMED

The NAIT women's basketball team is gearing up for the 2015-16 season and they are confident they can give any one of their opponents a run for their money, says coach Todd Warnick.

Warnick is an Alberta product with over 10 years of head coaching experience at the CCAA level, including several successful campaigns at the helm of the Oaks. Joining him are assistant coaches Dean McCurdy and Lauren Green as well as Kirsten Molesky, CCAA female apprentice coach.

The NAIT women's basketball program is welcoming four talented local basketball athletes to their roster for the 2015-16 season. The Oaks will add Sydney Hurlburt, Maggie Russell, Rachel Macintyre and Mariah Mazer for the 2015-16 season. These athletes will help round out the roster and provide excellent support to a large cast of veterans, including all-stars Shea-Lynn Noyes and Torey Hill.

Coach Warnick is very thrilled with the additions. "Each of these young women brings a tremendous combination of skill and character that exemplify our program and I am very excited to work with each of them in the coming season."

Sydney Hurlburt, a St. Albert product, was a feature player for the Paul Kane Blues this past season.

"Sydney is a fantastic prospect for our team. Her ability to shoot the ball from very long range as well as her extremely high basketball IQ will contribute to our program right away. I am confident of that," said coach Warnick of the five-foot-10 guard.

Joining her Paul Kane teammate is the feisty Rachel Macintyre. The five-foot-seven guard is described by Warnick as "a fierce defender and relentless competitor who will make our program better by adding depth and skill in the back court."

Maggie Russell, a five-foot-nine perimeter player from Jasper Place High School will also bolster the Oaks long-range shooting as a skilled and athletic three-point shooter.

"Maggie brings the ability to stretch the defence and a level of physical play and toughness that will be very valuable moving ahead in the future," Warnick said.

Russell is very familiar with the Oaks program having been coached by current Oaks assistant coach Lauren Green at Jasper Place High School where she has also been a two-sport athlete in basketball and rugby. Maggie has also watched the Oaks play on many instances over the past two years with her older sister Harley Russell as part of the team.

Rounding out the Oaks recruits is Harry Ainlay product Mariah Mazer. The five-foot-eight guard is described by Warnick as "a very hardworking and passionate athlete who is always striving to improve her game. Mariah is a solid defender and has the athletic quickness and length to grow into a positive producer at our level," Warnick said.

In addition to their various development paths, all four athletes have participated in the Oaks Basketball Skills Academy, a development program started three years ago that emphasizes high performance skill development. It runs in the spring on Sunday afternoons.



File photo

NAIT Ook forward Railene Hooper passes the ball against the Augustana Vikings in NAIT gym during a game last season.

You can look forward to a fierce and motivated women's basketball team with size, speed, veteran savvy and excellent

shooting range this season. They kick off league play at home on Oct. 30 against the Grande Prairie Wolves.

MEN'S BASKETBALL

Shooting, defence touted

By YUSUF ABDI AHMED

"Expect to see strong defence and excellent outside shooting from the men's basketball squad this year," head Coach Mike Connolly said during preparations for the start of the ACAC pre-season.

Connolly is a resilient leader with 13 years of experience head coaching at the post-secondary level; six years in the ACAC (two years at Medicine Hat College; four years at Keyano College) and seven years CIS at the University of Lethbridge.

"NAIT is a very exciting institution to be at these days and I look forward to working with all the student athletes and staff to develop our basketball program and help them to reach their goals both on and off the court," said Connolly.

Coach Connolly also brings with him

assistants Chris Delano and Tyler Orcutt as well as team trainer Andrew Beecroft.

The men's team has announced that Blain Labranche will be joining the Oaks staff. Blain brings a great deal of playing experience to the program, including a successful CIS career playing for the UBC Thunderbirds and continued with an extensive pro career playing in Mexico and China. As an Edmonton product, Blain also played for the Edmonton Energy and has a lot to offer towards the development of each student athlete. Blain is the founder of Enhance Basketball Academy; helping basketball players in the Greater Edmonton area reach their potential.

"We are thrilled to add a coach with so much playing experience. Blain will add to the dynamics of our coaching staff

joining Chris Delano on the bench for the 2015-16 season," Connolly said. "We are also happy to be partnering with Enhance Basketball Academy."

In addition to seasoned senior players, the Oaks have recruited Mon Lueeth, a six-foot-one point guard from the Edmonton City Champion Ross Sheppard Thunderbirds and Piom Piom, a six-foot-four wing who previously played at Arch Bishop O'Leary.

Six-foot-five forward Yasser Abdullahi has also joined fellow Sheppard Thunderbird Mon Lueeth. Yasser is an athletic forward who was wooed by several CIS schools but has chosen NAIT to start his basketball and academic career. Yasser averaged 14 points per game, eight rebounds per game with two blocks and two steals respectively per game for the

Edmonton City champion Thunderbirds.

"Yasser is an athletic, skilled forward who is very versatile," said Connolly. "He has a ton of potential and will definitely play at the next level soon. We look forward to adding another Ross Sheppard Thunderbird to our roster. Yasser has a bright future and will help support the high standard of success expected from the NAIT Oaks men's basketball program."

Connolly and his well-balanced team get a bit of a break because league play doesn't begin for another month. This means more time for practice, more time for exhibition play and, of course, a chance to evaluate the opposition. The first taste of action in the NAIT gymnasium is the home opener on Oct. 30, when the Oaks take on the Grande Prairie Wolves.

ENTERTAINMENT

Perils of communication



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

In case you missed the links flowing down your news feed last week, you should know that Facebook CEO Mark Zuckerberg has announced that his company is working on implementing a “dislike” button.

“Today is a special day,” a grinning Zuckerberg proclaimed during a Q&A at Facebook headquarters’ Town Hall, “because today is the day where

I actually get to say that we’re working on it and are very close to shipping a test of it.”

Zuck said that Facebook doesn’t want to create a system of “downvoting,” akin to features on other social networks such as Reddit and YouTube but instead allow users a chance to quickly “express empathy” in situations where a “like” might be inappropriate. The answer was in response to a question regarding the asker’s “need” for a way to more accurately articulate his reaction to a post.

For him, the like button just isn’t cutting it.

Am I the only one who thinks that upgrading the Internet’s ability to judge

the content of someone’s expressions might be a bad thing? I am from the first generation to experience youth permeated by social media and I find myself checking Facebook,

Instagram and Snapchat far more than I would like to – oftentimes for nothing more than the ego boost that comes from wit-

nessing the change in popularity of something I’ve posted. Imagine that this behaviour exists in even more extreme manifestations in those younger than me who never knew a world without likes, retweets and favourites.

I’m willing to bet that there is some kind of correlation between the self-esteem of certain young individuals and their experiences on social networks. A few Google searches found a variety of studies and

research on the subject. One study conducted in the UK had more than half of its respondents say that social media usage negatively affects their behaviour. Researchers from the University of Michigan found that “Facebook use predicts declines in subjective well-being in young adults.” Part of this decline stems from users comparing their own social media interactions to others’ – especially significant in a world where Instagram has become the new bill-

board for supermodels.

A dislike button, one could surmise, might end up adding fuel to this fire. Imagine someone posts a picture of them rocking a brand new haircut. Not only would they have to deal with the stresses of not receiving enough positive support but they would face unambiguously negative responses, too.

Zuckerberg did mention that creating a dislike button is proving “very complicated for something that seems so simple.”

Hopefully, that is because they are taking these potentials into consideration.

I’m not writing one of those articles enticing you to relinquish your devices and take an indefinite social media sabbatical – like it or not, our social networks are ubiquitous and here to stay (I almost got through this column without a pun). What I am saying, to Zuck and all of the other decision makers, is that with great power comes great responsibility. Shaping the future of communication should be no easy job.



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WEDNESDAY Classic Poutine	WEDNESDAY Sambuca/Tequila Shot
THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

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CANADIAN

FOR YOUR LISTENING PLEASURE ...

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By DANIELLE S. FUECHTMANN

Sweet autumn mornings: Autumn is starting to roll into Edmonton; the leaves are slowly changing and the morning air is crisp and dewy. I'm switching my peppy summer jams for songs that perfectly complement quiet morning walks to catch the bus before class. Grab a jacket, a hot drink, your books and enjoy the crunch of golden leaves under your feet. Say hello to fall.

- Black Water – Timber Timbre
- Wires – Basia Bulat
- Don't Let It Get You Down – Johnnyswim
- Jerome – Lykke Li
- Goat – French For Rabbits
- Skinny Love – Bon Iver
- Almost Lover – A Fine Frenzy
- Emmylou – First Aid Kit

- Drive Darling (Acoustic Version) – BOY
- Changing Colours – Great Lake Swimmers
- Soldier of Love – Pearl Jam



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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 or visit Matthew in the NAITSA Service Centre, Rm E-131.

STUDENT ASSOCIATION

Facebook: naitstudents, Twitter: naitce, YouTube: youNAITSA, Website: nait.ca, Instagram: naitstudents, LinkedIn: naitce

CONCERT REVIEW

Oh, what a (rainy) night!

By MAREK TKACH

Six years and 20 days.

That's how long it took AC/DC to return to rock the confines of the home of the Edmonton Eskimos, Commonwealth stadium. The Australian rock group is currently on the North American leg of their "Rock or Bust tour." This was the 39th stop on the on the 49-show world tour. Edmonton has been a stop on almost every single tour the band has embarked on since Brian Johnson took over on the mic for the late Bon Scott in 1980. AC/DC was very generous to their Canadian faithful this time around making eight stops in the Great White North, compared to a dismal six stops in the United States.

Sunday's show was jam packed at Commonwealth and lines for public transportation were definitely an issue for concert goers who had to experience long park 'n' ride lines and more extreme LRT wait times coming to and from the concert. The forecast never looked too great in the days leading up to the big show and it stayed its course throughout Sunday evening. As some who attended the last concert the Aussie rockers put on in Edmonton, including me, recall, it was pouring rain for the majority of that show as well, which took place in August 2009.

Once fans were finally able to get through the tremendously long merchandise and concession lines and get to their seats, Vintage Trouble took the stage. The American bluesy-rock band got the job done as lead singer Ty Taylor's energetic style came through to fans. At one point

near the end of the show, he got on the floor and pinballed around the fans for a short period of time before getting back up on stage and finishing off strong with "Run Like The River" and "Shine Your Light." Then, it was time for the most anxious part of the evening, and as everyone eagerly waited for the rock legends to finally hit the stage, numerous "Angus" chants broke out spontaneously around the 60,000-seat stadium while the instruments were getting tuned up.

Eight o'clock finally hit and, following a short cameo of a comet flying towards the earth on the screen behind the stage, it hit Commonwealth Stadium in the form of Brian Johnson, Angus Young, Cliff Williams, Stevie Young and Chris Slade. Thousands of fans took to their feet as the band's title track off their new album *Rock Or Bust* blared through the numerous speakers. The rockers then followed up with "Hell Ain't A Bad Place To Be" and "Shoot To Thrill." The lights went dark, matching the sky and, in the pouring rain, the crowd let out one of their loudest roars of the evening as they performed one of their top tracks, "Back In Black."

The set list was spot on, featuring all of the band's rock classics. It revived two classics that haven't been played



Global TV

Brian Johnson and Angus Young rock out at Commonwealth.

on tours in many years, "Have A Drink On Me" and "Sin City," during which fans enjoyed Angus Young using his tie to play his guitar. Angus stuck to his old time antics by rolling and flailing around on the floor during the playing of "Let There Be Rock."

After an epic night of rock 'n' roll, the crowd got to roar one last time as the boys took the stage with their two-song encore, "Highway to Hell" and "For Those About To Rock."

All in all, what a night to be a concert goer! The band takes the stage next in Vancouver, followed by stops in California and then closes the world tour in their native land, Australia.

The Nugget: Then and Now

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

"We need a name for our newspaper, leave your suggestion at Room E-139."

This is the sentence, scrawled across one whole page in large, loopy cursive, adorning the last page of the first NAIT newspaper. It was released on Jan. 1, 1964 and is available to read online at www.thenuggetonline.com

More a newsletter

A lot has changed since that 51-year-old issue, which was more of a newsletter than a newspaper was published. For starters, we have a name now. The front page of that issue displayed a simply written "Jan. 64" at its top and the remainder was taken up by a full page hand drawing of Mary holding an infant Jesus, flanked by two candles. The symbolic display of the ubiquity of Christianity at the time contrasts sharply with today's secular media but a proper name would soon be found. The following issue, published two weeks later, brought the public cry for a name to the paper's front page. That issue was titled the "What's Its Name?" and offered a hefty \$5 prize, which amounts to almost \$40 today, to the student with the best label. By April, NAIT's newspaper had once and forever been crowned *The Nugget* and people have been raising their eyebrows at the decision ever since!

The paper's nameless debut is just one of many features changed since the infant *Nugget* took its first steps.

The aforementioned handcrafted illustrations dotted the *Nugget's* pages early on in its life. A balding man, hovering over a manuscript with his ink quill in hand, designated the *Nugget's* editorial section. An image of a man ringing a bell and

clothed in colonial garb was stamped before the *Nugget's* News Section and many more random illustrations appeared throughout its pages.

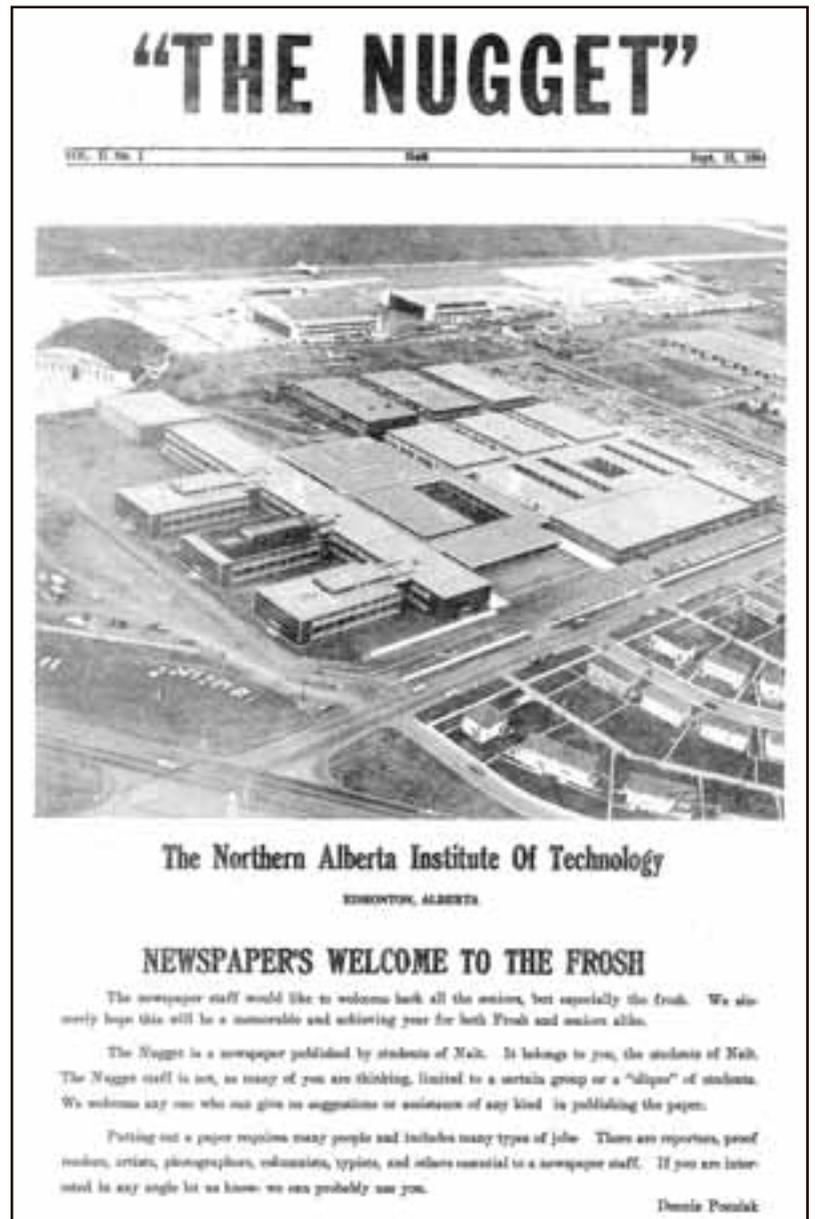
By the September 1964 issue, photographs replaced the drawings. That semester's first issue featured what must have been one of the first aerial shots of the NAIT campus. The photograph shows a much smaller NAIT bordered by 106 Street, 118 Avenue, Princess Elizabeth Avenue and the Blatchford Airport. Some of the hangars can also be seen.

Most of the content of the early issues consisted of news from the school's various clubs and programs. There's an ad from the Gas and Materials Technology program for a dance at which the "NAIT Queen" was to be determined. "NAIT Radio" is seen advertising a sort of early form of Sonic's Modern Rock Door, in which they encouraged students to listen and try to guess the name of a song. One dollar and 45 cents was added to the jackpot every day the song went unnamed. There were also messages from NAIT's Gun Club, among others.

Dear Dazey

Student interactivity with the paper was prominent at its inception. A column titled "Dear Dazey" had students writing in with their lovelorn questions regarding romance, including one from a girl complaining about her boyfriend's insistence on growing a beard. A similarly structured column had students writing in seeking automotive advice. A letter to the editor in the second issue tells the story of a student complaining about being locked out of a student council budget meeting.

Reading through these issues really gives you a feel for student life on campus and abroad during NAIT's early years. The 1964 issues and the majority of the publications since then are available on our website, www.thenuggetonline.com



Master of horror honoured

By **MICHAEL VECCHIO**

To call someone a master can often be an exaggeration but in the case of Wes Craven, the man behind some of cinema's most iconic horror franchises, using the word master is not only appropriate but essential. Wes Craven didn't simply direct a few scary movies; he created, produced and brought to life characters and stories of great complexity, the likes of which had never been seen on our screens. From *A Nightmare on Elm Street* to *Scream*, Craven's films didn't just scare us, they inspired us. Now in the wake of his death the world of cinema mourns and remembers the man who showed us that horror films could indeed be works of art.

In the last 35 years, the slasher film has become an undeniable fixture of the Western film market and if you ask a person to identify a horror film, their response will most likely be a slasher. Horror films began to increasingly shift to the menacing killer who stalked and viciously murdered and by the

early 1970s a young English college professor named Wes Craven began his foray into the movie world unaware of the transformative effect he would have on it. Craven's role in the history of the new wave of horror films cannot be overstated; his work revealed a keen desire to rewrite perceptions audiences had of horror stories and he did so by melding not only terrifying personifications and events but by adding the element of fantasy and comedy to his films.

It began modestly in 1972 with *The Last House on the Left*. Craven's directorial debut did not receive much fanfare and while it was criticized for its graphic violence and censored in some markets, many critics lauded the young filmmaker's potential in a market where the films had become stale.

Throughout the remainder of the '70s he produced a number of new works, most notable amongst them 1977's *The Hills Have Eyes* that followed a vacationing family hunted by a group of nomadic mutants in the Nevada desert.

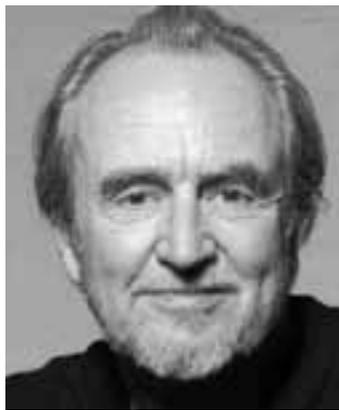
With a string of films, the name Wes Craven was becoming an increasingly sought after product, but it wasn't until 1984 that he became a certified horror master.

With the release of *A Nightmare on Elm Street*, audiences encountered a slasher film unlike anything they had ever seen. Not simply directing but also writing the screenplay, Craven introduced the world to perhaps one

of the most famous and celebrated movie killers of all time: Freddy Krueger. The undead and horribly burned serial killer who murdered his victims in their dreams,

Freddy Krueger was an ingenious combination of pure horror, fantasy, psychology and, at times, even comedy. With his trademark razor glove, striped sweater and brown fedora he would become an icon of the horror franchise, catapulting Craven and actor Robert Englund to stardom. There could no longer be any doubt of Craven's capabilities and he continued to explore the themes of the dream world, humour and above all horror in all his future work, including the *Scream* series in which, once again, he contributed to another icon of American cinema: *Ghostface*.

The work of Craven reveals the mind of a true artist. Not content in simply producing the generic scary movie, Craven's films employed many different traits from pure imagination to satire that resulted in movies that didn't just scare us, they made us think. While he has left us, the films he leaves behind will continue to inspire audiences and future filmmakers alike. If ever there was one to be called master, then Wes Craven is most deserving of that title.



Wes Craven



BRYAN LENTZ

If you led a fantasy political party, what would its title and platform be?



"Party Name: Kool Katz
Party Platform: Supporting animal rights."

Carissa
DMIT



"Party Name: Soccer Party
Platform: Teaching people it's actually called football and crimes would receive yellow or red cards, not fines."

Liam
Engineering Design
and Drafting



"Party Name: Penguin Party
Platform: Make everyone dress like a penguin."

Gabriella
Academic Upgrading



"Party Name: Plaid Party.
Platform: Raising awareness of this fashion trend because plaid is awesome and rural."

Tye
Business Administration



"Party Name: Anarchists with Jobs.
Platform: The legalization of all drugs and creating the Institution of Common Sense."

Steve
Radio and Television

MOVIE REVIEW – SNOWPIERCER

Edge of your seat action

By TOM ARMSTRONG

If you are on Netflix for a gander might I suggest peering into the world of *Snowpiercer* – a fast paced international film that got brushed over by the public eye because it went straight to DVD. Fear not, for this skillfully crafted cinematic is loaded with guns-a-blazing, axe chopping, kung-fu gripping madness that will have you on the edge of your seat, start to finish.

Joon-Ho Bong directs his vision of a post-apocalyptic world where the earth is frozen over by an ice storm so cold that it renders earth inhabitable by humans, everywhere except on a train carrying a variety of survivors. The train is called the Snowpiercer and its captain is a man by the name of Wilford. Wilford is the creator of the train and all its designs as well as its model class system that keeps all passengers in their supposedly rightful places in the individual cars – starting with upper class passengers at the front, working class in the mid-section and the homeless and bottom feeders of society in the caboose.

After many countless attempts to make it to the front, one man named Curtis leads those in the back of the train in a snow-

balling charge in an attempt to make a classless system where everyone can live as equals. However, the front two sections disagree and revolt in a car by car battle to see the train destroyed in bloody turmoil.

Chris Evans stars as Curtis, a strong willed protagonist and battle ready leader. His role was under the radar in this epic due to his heavy involvement with the Avenger movies and Captain America sequels. None the less, Evans goes pedal to the metal while heading an all star cast.

Kang-ho Song, a Korean actor, plays the part of a mad scientist and drug addict named Namgoong Minsoo. Nam leads Curtis on his journey to the front of the train. Along the way, he discovers multiple ways of escaping from the train, one of them being on the tips of his fingers the entire ride. The reason this movie is so unique is Kang-ho is not a professional actor. After high school he joined a film troupe in southern Korea. Improvisation is where he really learned his acting skills. Song gained much notoriety in *The Host*, another thriller directed by Snowpiercer's Joon-ho Bong.

Guest star appearances are made by Tilda Swinton as the governor. Swinton

is known for her role as the ice queen in the *Lion the Witch and the Wardrobe*, *The Chronicles of Narnia*. Her role is equally, if not more evil than the ice queen, making her actions in *Snowpiercer* even more freezing than the ice is cold. The overall theme of the movie deals with social classes and whether or not they should intermingle. The governor explains it best in my favourite quote of the movie: "We must each of us occupy our preordained particular position. Would you wear a shoe

on your head? Of course you wouldn't wear a shoe on your head. A shoe doesn't belong on your head. A shoe belongs on your foot. A hat belongs on your head. I am a hat. You are a shoe. I belong on the head. You belong on the foot. Yes?"

Ed Harris and John Hurt have guest appearances in this action thriller but describing these two would give the entire plot line away. It's up to you to make the call, is *Snowpiercer* the best cult film that explores the class system? You be the judge.



www.nytimes.com

Chris Evans in a scene from *Snowpiercer*.

ALBUM REVIEW

Variations on a unique style

By CARTER RAIMONDI

After over four years since the band's first UK chart topping album *Welcome Reality* was released, and over a year since the trio gave us the first single from their album, NERO has finally dropped the highly anticipated *Between II Worlds*. Fans of NERO welcome the album with open arms and in return a familiar yet pleasing entry has been given to them.

If there was a band that had to write the soundtrack to a dystopian future, NERO would be the ones to do that. A one-of-a-kind, grungy "retro-future" EDM style has been established by the band and *Between II Worlds* starts off with a bang on the track "Circles." Daniel Stephens and Joe Rae do an excellent job establishing the tune

of the album with an upbeat and futuristic opener. The band manages to keep the dystopian sounds that fans love so much with tracks like "Satisfy," "Dark Skies" and the self-titled "Between II Worlds."

"Dark Skies" is definitely the most intense track on the album, but compared to their previous album it would not

have been in the top three heavy hitting tracks. While not a particularly fantastic track, it will definitely be an ear pleaser to those that like NERO for their more intense songs. On the other end of the spectrum, songs like "What Does Love Mean," "Into The Past" and "Wasted" feature low BPMs

and very wispy, soft vocals from lead singer Alana Watson and play right into the soundtrack and finish the album out with beats that have the listener feeling like they are floating weightless in space. "It Comes And It Goes" gives a throwback feel from the track "Scorpions" on *Welcome Reality*, both songs that you will find yourself getting lost in.

A re-work of the song they produced for the movie *The Great Gatsby*, "Into The Night," which features Daniel Stephens singing the bridge, is a well done re-work that adds a tasteful EDM spin on the originally tame track. Previously released singles "Satisfy" and "Two Minds" are among

early fan favourite tracks. However, both are more mild EDM tracks and were met with a slight bit of criticism. Nonetheless, both tracks are immense in their own right and are the songs you would want to show to someone who has never listened to the trio before.

NERO took quite a risk with their new album and may have disappointed fans who were looking for more powerful and "out of left field" NERO. However, even though they have toned down the heavy dubstep drops and bass, the band still hits a home run with the album, showing the variety and diversity of their already unique style. *Between II Worlds* is absolutely worth a listen for any EDM fans looking for a different approach to the genre.



Montana's adds sizzle to steak

By JOEL LECKIE

It seems like the natural Albertan thing to do: head out for a good, wholesome meal of steak and ribs. My fiancé and I recently visited the Montana's in Sherwood Park. Being on a Thursday, it was fairly quiet despite arriving at peak dinner time. It made for some decently rapid service.

Montana's keeps to the western décor, from the log cabin dividers between the wooden booths to the animal heads mounted on the walls, right down to the canning jars for glasses.

We started out with a smoked pork poutine, one of the specialty appetizers. It was super good, probably the best part of the meal. The pulled pork tasted like it had been bathed in BBQ sauce. While the smoke was noticeable in the pork, it still allowed the fries, topped

with good chunks of cheese curds and a nice, thick, full-bodied gravy to remain present. With a sprinkle of green onion and a zesty chipotle sauce to add some zing to the top, the spice level wasn't overwhelming but it certainly let you know it was there. We probably could have made a meal out of the poutine alone, it was so good. It didn't seem too filling either, which was nice.

In another mark of truly Canadian cuisine, we also ordered a specialty drink: the smoky Caesar. It was much like a regular Caesar but with a piece of smoked bacon in it. It tasted really good, with just the right amount of tang and an added amount of savory flavour which really rounded it out and made it worth the splurge. The bacon

itself, which was covered in spices and draped as a garnish, was a bit floppy and wet though, so I may suggest eating it when you first get it before it soaks for too long.

It wasn't long before our main course arrived. There was hardly even time to practise our drawings on the brown paper tablecloth with the provided crayons they had at every table. I went with the portabella mushroom fire-grilled top sirloin. Having ordered it to be cooked medium rare, I was a bit saddened when the first bite revealed fairly darkened meat. But as I got closer to the centre, it got thicker and juicier. The mushrooms and onions on top complement the steak, blending in with both colour and taste.



My fiancée ordered the smokehouse pork back ribs with mashed potatoes. The gravy was awesomely thick again and the whipped potatoes were good and creamy with bits of potato skin included to add contrast and texture. The ribs themselves were moist and savory. They were fall-off-the-bone tender. It was a bit lacking in sauce but the meat was delicious.

There was a nicely consistent theme to the restaurant. It truly felt like Canadian cuisine, if anything could. But the price can get up there pretty easily. A full meal with drink will easily net into the \$30s, so the expectations were equally high. If I could give two ratings, I would say 5 for 5 for the starters and 4 for 5 for the meal.



LOCAL BAND

Now, for something different

By RANDI ADAMS

Dolly Rotten was born in 2011 when Kurt West and Lacy Machell decided it was time to bring something different to the Edmonton music scene. Their infusion of rock, punk, country and double barrel rock and roll has changed in a dramatic fashion, and has brought music lovers together from all different backgrounds. Lacy's voice is so unique and rustic, it will give you goosebumps. The collaborations of voices and music will be sure to keep your toes tapping and your soul wanting more.

They started out in a dingy garage in the middle of nowhere, sipping on Jack and chasing their dreams with Lucky Lager. They took a good hard look at themselves and decided they were going to buckle down and do it right. Since their epiphany they have rocked stages from the Pawn Shop to Boonstock, have won several battle of the bands contests and

are bringing their sexy strings to life all over Edmonton. Dolly Rotten has just released a new single called "Coming For You," which features the band as well as a large number of Dolly fans. Dolly Rotten really loves and cherishes their fans and want them to be a part of this ride as well. For the first time, Dolly Rotten has a music video attached to the single and to their surprise it was a solid hit. "Coming For you" has been played on The Bear and has over 6,000 views on YouTube. The band released a brand new album last April and it has been a hit in the Edmonton music community. When I spoke with Lacy, the lead singer, she expressed such gratitude to everyone that has been

involved with this project, from the band members who have come and gone, to the amazing fans. Lacy stated that if it weren't for the fans of Dolly Rotten they would not exist and they would not have been able to share their love of music with others. The band is so extremely grateful.

Dolly Rotten took the summer off, as band members had other projects they needed to attend to. Lacy and Dolly Rotten got together for just one show this summer. They played a little gig called "SpanZen" which is an annual barn burner located just outside the city near Sherwood Park. SpanZen features five local bands and Dolly Rotten was fortunate enough to headline.



Dolly Rotten does not know what their next adventure will be or where this glorious rock and roll road will take them. This Cloud 9 experience is more than they could have asked for. They hope to continue producing and recording this winter. Dolly would like to dust off their boots and play a lot more shows this winter but, with the closing of the Pawn Shop, which was their hugest supporter, Dolly doesn't know what will happen. Stay tuned and if you are interested in hearing some of their music, check them out on YouTube, their Facebook page Dolly Rotten or at dollyrotten.com

Singer/Songwriter – Lacy Machell, aka Goosewild
Drums – Quinton Micheal (Q-Mike)
Guitar – Kurt West
Pedal Steel – Smokey Fennel
Bass Guitar – Greg Stefishen.

Apple Updates announced

By KYLE MATZ

Apple held a special event to announce updates to Apple Watch, iPad, iPhone and Apple TV. Although the updates to Apple Watch were less than spectacular (new finishes, watch bands and they mentioned the upgraded OS coming soon) the updates for the other products are far more interesting.

iPad

The iPad was the tablet that introduced the masses to the tablet computer, and Apple has introduced a new product to the iPad lineup. This new 12.9-inch iPad Pro boasts a screen resolution of 2732 by 2048 pixels at 264 pixels per inch, maintaining the company's standard for "retina" screens. The screen also has a variable refresh rate, meaning that if the content on the screen isn't changing, then the iPad will reduce the refresh rate to conserve battery. This new iPad will also be the new beast for gaming. It has a new 64-bit processor that has over two times the performance of the iPad Air 2. Although the target market for this device isn't quite defined, the Apple loyalist with cash to burn will probably buy it.

iPhone

This update to the iPhone wasn't a cosmetic one. Apple has maintained the cycle going of taking one year to focus on

updating the exterior and then another year to focus on updating the internals. This was the year for the internals. The new iPhone 6s and 6s Plus have been updated with a new screen that supports something that Apple calls 3D Touch. Similar to Force Touch on the Apple Watch, 3D Touch offers contextual menus when you press harder on a button versus just tapping it. For example, you can 3D Touch on an app icon and get a quick menu for launching certain aspects of the app. The built in camera app has contextual menus for taking a selfie, recording slow-mo video and taking a photo. This is a very interesting update, but it'll be a while before everyone is using this, especially considering it will only be on the new iPhone to begin with. The new iPhone also has an upgraded camera (from 8 MP to 12 MP), 4K video recording at 30 frames-per-second and the new Taptic engine from the Apple Watch to provide smoother vibrations for notifications and system interactions.

Apple TV

The Apple TV is Apple's device for the living room. You can stream content from any other Apple device to it and it also has a bunch of built-in apps. With this update, they've added the option for third-party developers to build custom apps for



www.wired.co.uk

Apple CEO Tim Cook announces the most recent product updates earlier this month.

the Apple TV. This is a great thing because now we can get console level gaming to our televisions thanks to this new device. Siri is also supported on this device and she can search across the apps that are installed, though it still isn't clear whether third-party developers will be able to tap into Siri's functionality. With the updated Apple TV, they also had to update the remote. This

new remote has a microphone for controlling Siri, accelerometer and gyroscope for gaming, buttons for controlling your TV or receiver, and communicates with the Apple TV via Bluetooth 4.0, so you no longer need to point the controller directly at the device. You could even be in the bathroom and ask Siri to show you movies that you might enjoy.

Dream come true at Ed-Ex

By GERVAISE BRANCH-ALLEN

This weekend, at the Edmonton Expo, I have a chance to meet actor/voice actor Will Friedle. For some people, this name won't mean anything. For others, it's a nostalgic blast from the past.

For the unfamiliar, Will Friedle played Eric Matthews on the TV sitcom *Boy Meets World*. From 1993 to 2000, viewers enjoyed Cory Matthews' journey through life, alongside his family and friends. Eric Matthews was Cory's older brother and helped him through life. While Eric was popular and cool at school, Cory was struggling to figure out his social life at school outside of his best friend Shawn.

The show journeyed through junior high, high school and college, tackling different subject matter like dating, drinking, abandonment, estrangement and finding your place in the world. This show was pretty memorable for me as I watched different characters grow up in front of me, even though I was pretty young myself. Eric was easily my favourite character, because he was the cool older brother I wished I had. Later in the series, Eric became the comedic relief and this was fun to watch as well, even if he had quite a few goofy moments. ("Feeny!")

At the same time, executive producer Bruce Timm was working on the next *Batman* animated series, following the critical success of *Batman: The Animated Series*. While trying to find the voice for the lead character, Timm's wife was watching *Boy Meets World* and recommended Will Friedle as the voice of Terry McGinnis, the new Batman.



After some calls were made, Friedle started his voice acting career on the lauded *Batman Beyond* animated series.

Following *Batman Beyond*, Will started working on numerous animated series, eventually sticking to animation rather than live-action work. Some of his other popular roles include Ron Stoppable from *Kim Possible*, Blue Beetle from *Batman: The Brave and the Bold*, Lion-O in 2011's *Thundercats*, and Deadpool in *Ultimate Spider-Man*. He even reprised his role as Terry McGinnis in *Static Shock*, *the Zeta Project*, and *Justice League Unlimited*.



www.justjaredjr.com

Will Friedle

Many of the characters Friedle voices are also quite quotable. "Booyah" "Ultimate Deadpool! Ha-cha ...," and "Aquaman? Get out! What are you doing here?" are just a few examples.

Recently, Friedle was invited to appear in *Girl Meets World*, the 2014 successor series to *Boy Meets World*, which features Cory (Ben Savage) as a grown man with his daughter Riley as the protagonist. Though reluctant at first, Will eventually accepted the offer to reprise his role as Eric, to fan delight.

Fans can hear Friedle voice Bumblebee in the latest *Transformers* animated series *Transformers: Robots in Disguise*. In this series, Bumblebee is the leader instead of Optimus Prime following an epic battle in the previous series *Transformers Prime* (any more details would be spoilers). As part of a running gag, Bumblebee struggles to come up with a battle cry over the tried and true "Autobots, transform and roll out!" I'm hoping the show includes an episode where Bumblebee can't speak again, similar to his portrayal in *Transformers Prime* or old friends and foes like Arcee, Starscream, Raf and Shockwave.

In addition to *Transformers*, you can also catch Friedle in the brand-new *Guardians of the Galaxy* animated series as the "Hooked on a Feeling" hero Star-Lord. The series premieres this Saturday at 10:30 p.m. on Disney Channel Canada. I can't wait for this series, and meeting Friedle on the day of the premiere is just icing on the cake. I hope you can make it to the Edmonton Expo and meet your hero too!



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Rollin' on the river

By DANIELLE S. FUECHTMANN

Is there any better way to celebrate the start of a new year at NAIT than with rum, dancing and adventures on a river? NAITSA's annual Pirate Party took over the Edmonton Queen Riverboat on Sept. 18 for an arrrsome evening of costumes and fun.

Students and guests met at the Nest for some pre-party fun, enjoying the hospitality of NAIT's on-campus tavern and signing some important documents before being officially invited to join the crew (safety first!). The energy was high as students gathered with their friends and new shipmates before boarding buses to make the trip down to the riverboat.

The pirates boarded the ship wearing their best for the evening. The rowdy crew ranged from jolly captains and pirate wenches to unfortunate deck hands and a few who appeared to be suffering from a nasty curse or two. Almost all of the atten-

dees were in full costume, it was great to see so many different interpretations of pirate garb on one ship. NAITSA VP Student Services Michael MacComb was spotted in a black captain's jacket. When questioned about his costume, he confessed that his outfit was from Spirit in Kingsway and Value Village, which is as close to the high seas as you're likely to find in Edmonton. MacComb commented that he was "very pleased by the turnout, [students] are looking great in their costumes and it's [been] a fantastic time all-around!"

The deck of the ship turned into an energetic dance floor almost immediately at the beginning of the night; with great music, lights and an occasional mist from the fog machine. It was impossible not to join in and do your best jig! The pounding energy of the crowd could be heard through the floor from the lower level of the boat, enticing attendees back upstairs.

Matthew Pecore, a NAIT student and

NAITSA staff member, was attending for the second year in a row and called it an amazing annual event, saying "it's cool to see this many people are actually involved in the campus". It was a diverse crowd with a great energy, people were thrilled to be there meeting new people. High fives and cheers of "ARRRR!" were heard throughout the evening.

If you had managed to escape the dan-

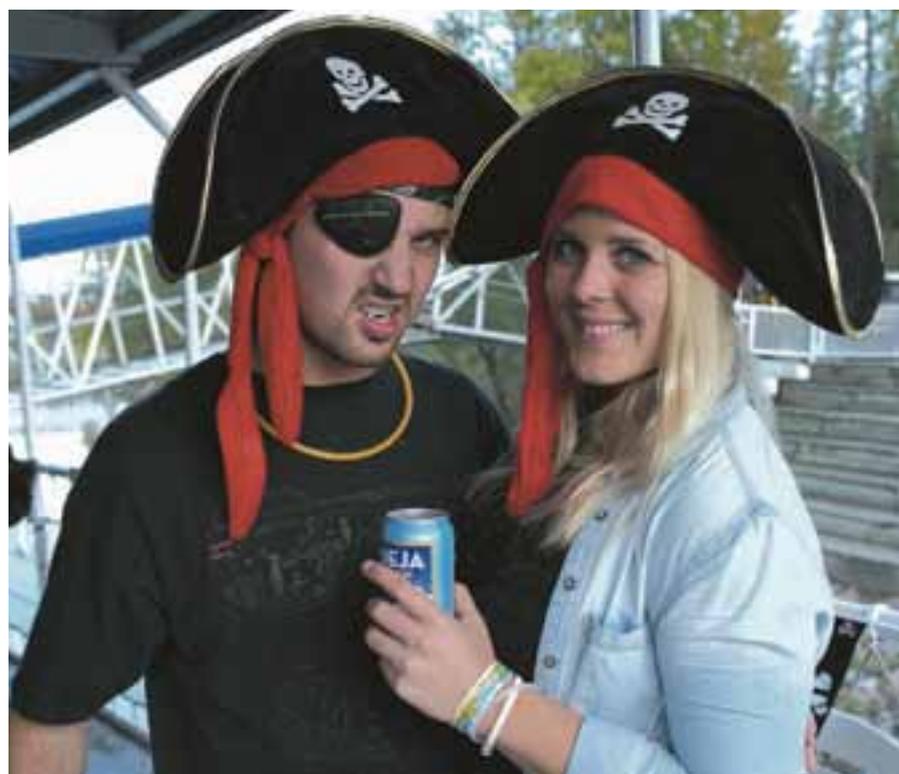
cing throng upstairs and slipped down the stairs to the lower level, you could grab a seat and have a quick bite to eat, such as an excellent plate of nachos from the galley. Whether they were swapping harrowing tales of nights nearly drowning in a sea of assignments or giving a toast to their crew's successful first class presentation, it was clear that NAIT's pirates were excited to be back on board for another year in class.



Costumes and capers



Photos by SL Studios



RECIPE

Cupcake heaven

By ANGIE MELLEN

With the start of fall and Starbucks' release of the pumpkin spice latte, lineups at every coffee shop are out the door. However, if you like cupcakes and you like pumpkin spice lattes, here is the solution: combine the two and do it yourself!

Ingredients:

- 2 2/3 cups of flour
- 3 Tbsp of espresso powder
- 2 tsp baking soda
- 2 tsp of baking powder
- 1 tsp of ground cinnamon
- 1/8 tsp ground nutmeg
- 1/8 tsp ground cloves
- 1 tsp salt
- 1 (15 oz.) can of pumpkin puree
- 1 cup white sugar
- 1 cup brown sugar
- 1 cup canola oil
- 4 large eggs
- 1/2 cup coffee (to brush on top)

Ingredients for frosting:

- 2 1/4 cup heavy cream, chilled
- 1/4 cup confectioners sugar

To finish the cupcakes:

- Ground cinnamon
- Caramel sauce

Directions:

1. Preheat the oven to 350 F.
2. Line the cupcake pans with liners.
3. In a medium size bowl, mix the flour, espresso powder, baking soda, baking powder, ground cinnamon, ground nutmeg, ground cloves and salt.
4. In another bowl, mix the pumpkin puree, white sugar, brown sugar and oil.
5. Add the eggs one at a time into the pumpkin mixture.
6. Once combined, add the flour mixture slowly and mix on a low speed. Mix until it is just incorporated.
7. Fill the cupcake liners 3/4 full and bake for 18-20 minutes. Before removing from oven, use a toothpick and insert it into the middle of the cupcake. If it comes out clean, remove the cupcakes.
8. Let the cupcakes cool in the pan for 10 minutes before transferring them to a wire cooling rack.
9. While the cupcakes are still warm, brush them with coffee. The more you brush them the stronger the coffee taste.
10. For the frosting, place the heavy cream in a bowl and mix with an electric mixer on a medium-low speed gradually increasing to a high speed.
11. Slowly add the confectioners sugar, and whip until stiff peaks form. Do not over beat.
12. Using a pastry bag with a decorative tip, pipe the frosting onto the cupcakes.
13. Sprinkle with ground cinnamon and drizzle with caramel sauce.

If you're not going to serve the cupcakes right away, make sure they are stored in an airtight container in a refrigerator. Otherwise, the frosting will go bad. These really don't take long to make. Some Radio and Television students gave them a taste on Friday and the overall review: amazing. Have fun, and enjoy the cupcakes and try not to burn your house down.



FASHIONISTA OF THE WEEKSTA



Photo by Lauren Hucal

Carter Booth DMIT, Visual Communications

What do you think about when you get dressed in the morning? What's clean and what looks good with other things; whatever I'm feeling that day.

How would you describe your sense of style? It's a mix from thrift stores and nicer stores, but not as much from the nicer stores.

What does your personal style express about you? I pick what looks good, what visually looks appealing to myself at least.

What are your favourite places to shop in Edmonton? Foosh, Value Village, online a lot – eBay's really good!

Tips for mature students



TIMELY TIPS
MARGARET MAREAN
NAIT Student Counselling

Adult students who have been out of school or a few years usually do very well when returning to school, however you do have a different set of challenges to face. Here are some pointers.

1. Pace yourself

- Dedicate regular blocks of time throughout the week to studying. Mark these times on a calendar and stick to them. If you have family or significant others try to involve them in the scheduling process. Designate regular blocks of time with family too.

- Discuss the changes that could occur as a result of you going to school. Help your children understand what you are doing, why you are doing it and how long the changes will last.

- Prepare family members well in advance when you have exams or major projects.

- Let significant others in your life know that you appreciate their support.

- Attend Student Success seminars for tips on how to make your studying more effective and efficient. Try out techniques in the Techniques for Maximizing Learning

Potential: Strategies for Success manual available under online resources at www.nait.ca/counselling.

2. Create a study area

- Ideally you should have a separate space which is dedicated only to studying. Psychologically, this space will signal you to study whenever you are there. Practically, you can have everything you need set up and ready.

- Evaluate your study area to see what you can do to improve it. Does it have space to spread things out? Is it free of distractions? Is the lighting and air quality good?

- Evaluate whether studying at home is reasonable. For some there may be too many distractions.

3. Maintain balance and harmony

- When you get too busy you may neglect the most important person in your life - you!! Be sure to schedule at least one or two times per week to do something that refreshes or renews you (exercising, meditating, walking, journaling, getting together with friends, watching a movie, etc.).

- On a daily basis, become aware of low energy/ low morale times and evaluate what you need to change. Do you need to eat more often, eat more healthily, take a break, talk to a friend, laugh, lighten your course load ... ?

- Set limits. Learn to say "No." Delegate responsibilities.

- Stay positive. While you may feel you learn more slowly and have to work harder than younger students, you also have many skills the younger student lacks such as direction, organizational skills, a broader per-

spective, self-knowledge, maturity and less time spent partying!

4. Celebrate your successes

- Set small goals and reward yourself when you reach them.

5. Establish support systems

- You may be the only mature adult student in your class and you may feel like you just don't connect with the 18-year-old lifestyle. Identify at least one person outside the school environment who can be your cheering squad.

- Try to connect with other adult students who can share your stresses and your successes.

- Get to know and enjoy the younger students.

6. Anticipate crises and prepare in advance

- Write down potential crises, especially if you are a parent, and develop a plan for each. What will you do if you're child is sick and can't go to daycare/school? What if you get sick? Discuss options with your spouse, relatives, neighbors and friends. Have emergency contact numbers prepared.

- Get the name and phone number of at

least one classmate in each class to contact if you have to unavoidably miss a class, or if you get stuck on an assignment.

7. Be here now

- If you are at school focus on understanding the lecture material; if you are spending time with your children focus on them. Work on keeping thoughts off of what else you "should" be doing.

8. Maintain a positive attitude

- A positive attitude helps with memory, learning and concentration. If you are feeling overwhelmed and doubting your abilities, ask yourself what needs to change.

9. Be realistic

- Make sure you are setting challenging but reasonable standards and not striving for perfection.

10. Don't wait to get help

- If you are struggling academically seek out instructors, classmates or a hired tutor. Ask family and friends for help when you need it and don't refuse help when they offer. See a counsellor at Student Counselling, Room W-111PB in the HP Centre if you need support or if you just need to talk. Book in person or by calling 780-378-6133.

NAIT Student Counselling
Room W-111PB, HP Centre, Main Campus
Telephone: 780-378-6133
Website: www.nait.ca/counselling

Got a group? Want a group?

By DANIELLE S. FUECHTMANN

If you want to get involved with some of Edmonton's community groups and meetups, this app is really helpful! Meetup is available for iOS and Android. You can also access it from your favourite web browser.

The first time I used Meetup was to register for a group I was already familiar with. They were using it as a convenient way to manage their RSVPs and attendance numbers. What's cool about Meetup is that it offers a lot of value even if you're not registering for an event with a group you're already engaged with. When you register, you can select some of your interests and MeetUp will present a calendar of recommended groups and events that you can attend. Interested in joining Edmonton Python User Group at Startup Edmonton? No problem. Looking for a Toastmasters group to improve your public speaking?

There's a bunch of them. Searching for a book club that meets for brunch? They're on there too! Meetup offers an easy way to find groups and events that match your interests, no matter how specific they are.

Meetup also makes it easy to start your own group and plan events straight from your phone but it does appear to require a paid subscription. While the fees aren't very high (approximately \$3/month), unless you're running a large group that justifies using an app to manage event information and attendance, Meetup is more useful for an individual

looking for groups or events to join.

I really enjoy using the app to find events that I'm interested in attending, especially when I sort through upcoming events based on the groups I've joined. I can easily view what's coming up, information about the event, and can even see who else is attending. RSVPing to



an event automatically adds it to the calendar that I've connected to my account. The Activity page allows me to quickly check my upcoming events and scroll through notifications from my groups. I can view all of the upcoming events for my groups

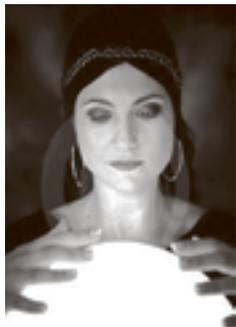
listed in chronological order on Calendar and Groups shows me the groups I'm a part of and recommendations based on my interests. The last two tabs, Messages and Profile, allow me to manage my interests and activity. All of the tabs are clearly organized and user-friendly; it's intuitive to use for the first time. The developers were clearly conscious that not everyone will be a heavy user.

I originally wished the app offered a free option for planning events but I think requiring a subscription to host events helps keep the app focused. I expect that opening it up would swamp the app with small personal events. Overall, I think it's a great app if you are looking for an easy way to learn more about some of the local groups in the city and meet new people who have similar interests.



THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

September 24-30

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

Libra (Sept. 23-Oct. 22)

Your Disney movie is *Mulan*. We all make mistakes and no one is perfect but it is about what comes after these mistakes that shows who we really are and can be. Is something bothering you? Well then, make it right. Fight the good fight and you will not only grow as a person but you will fix the bad tensions in your life and others involved.

Scorpio (Oct. 23-Nov. 21)

Your Disney movie is *Beauty and the Beast*. You have an eye for true

beauty and you know that everything has a deeper and more beautiful meaning than what is displayed on the surface. This quality is absolutely invaluable and it must be shared with as many people as possible.

Sagittarius (Nov. 22-Dec. 21)

Your Disney movie is *Chicken Little*. You may be the underdog but doesn't that give you so many more reasons to succeed? Your triumph will be astonishing to all and just because something is difficult to do, does not mean it shouldn't be done.

Capricorn (Dec. 22-Jan. 19)

Your Disney movie is *Pocahontas*. Nothing good ever came from backing down and not standing up for what you believe in so don't start now. Stand your ground, and the ones who are worth it will stand beside you. The others have no importance.

Aquarius (Jan. 20-Feb. 18)

Your Disney movie is *Finding Nemo*. In perseverance, champions are born. Keep going and never give up what it is you are looking for. The journey may be long but you must never lose hope.

Pisces (Feb. 19-March 20)

Your Disney movie is *A Bug's Life*. Going with the crowd may be easy but it's not always the right thing to do. The popular vote is not necessarily the right one and you must follow in your own footsteps to become victorious and righteous.

Aries (March 21-April 19)

Your Disney movie is *Cinderella*. Even if you feel like you are the only one who cleans the house, just know that a clean house creates a clean mind. Your Prince Charming always notices how organized the shoe rack is, don't worry.

Taurus (April 20-May 20)

Your Disney movie is *Pinocchio*. Have you been telling a few more white lies than usual lately? Remember, if you cannot hold plans, don't make them in the first place. By lying, you become the flaky friend who no one will want to make plans with in the future.

Gemini (May 21-June 21)

Your Disney movie is *Dumbo*. Just because you have something about you that not many people have, doesn't mean you are inferior. It is what makes you special and it must be embraced.

The uniqueness in everyone is what makes them stand out from the crowd, so flaunt what you got.

Cancer (June 22-July 22)

Your Disney movie is *Peter Pan*. You are a young spirit, having fun in any situation you are in. Sometimes though, you have to take things more seriously. Being light-hearted can be the answer to a simpler life but you have to face the hard situations head on, and grow from them.

Leo (July 23-Aug. 22)

Your Disney movie is *Alice in Wonderland*. Sometimes you can get caught up in your own world. Hours spent in one's mind will severely disconnect one from reality and you need to try and find a balance between your own thoughts and fantasies and the happenings of the world and people around you.

Virgo (Aug. 23-Sept. 22)

Your Disney movie is *Frozen*. Sometimes it's easier to shut yourself away from the world to seek protection from the harsh climates of human behaviour, but there is no reward without risk. If you never open yourself up to anyone, you will miss so much that human relationships have to offer.

MOVIE REVIEW

Very scary

By RANDI ADAMS

This hair-raising movie is the sequel to *Sinister*, starring Ethan Hawk.

Sinister 2 takes place three years after the original. Courtney Collins (Shannyn Sossamon), a mother of two nine-year-old twin boys (Robert Daniel Sloan and Dartanian Sloan) finds herself hiding from her estranged abusive ex-husband on a farm in the middle of nowhere.

Collins fails to inform her sons of the farm's eerie and horrific past. In this electrifying thriller you'll once again meet Deputy So&So (James Ransone) who has retired since we last saw him in *Sinister*. The ex-deputy now travels around chasing down the evil that he once faced not so long ago. We meet "Bughuul" (Nicolas King) again – the evil spirit that brain washes innocent but troubled children to murder their entire families in the most gruesome fashion.

If you are a horror movie fan, this should be on your bucket list. I have been

sorely disappointed lately in regards to the so-called horror movies that have come out. They have lacked storyline and the electricity you feel from a good scare. *Sinister 2* has given the horror movie world a nice jolt. I actually jumped in my seat more than a few times in several scenes. The *Sinister* series will apparently be the next cult movie series like *Saw* but with less gore and more psychological horror.

Catch *Sinister 2* at any local Cineplex Odeon and be sure not to hold your popcorn too tight as it may go flying into the next row. I also recommend signing up for the Scene card, which is free; you'll score discounted goodies plus earn Scene points to get free movies. You can really rack up points by swiping your Scene card at partnered businesses. You'll earn rewards and free movies much faster.



GAME REVIEW

Old school, modernized

By JOEL SEMCHUK

Secret areas, customizable characters, armour and weapons with different properties, long maps, buying and selling. *Fallout 4*? Nope: *Magic Rampage*, a phone app from Asantee Games.

After being disappointed with the endless stream of repetitive *Warcraft* ripoffs, interchangeable shooters, identical escape puzzles and boring driving games available for phones, it was nice to come across something offering such a wide range of customizable play. Being able to change my player's look and outfit was a nice touch.

Gameplay is simple enough – you're jumping around dungeons with the occasional zombie you throw a weapon at. Since different weapons work differently in different situations and throws can be timed with jumps, it's fun while being only slightly challenging. The puzzles are simple enough to make me feel like I'm thinking, when in actuality I'm just hurling swords and axes at zombies and pushing vases off platforms. There are fire jets to dodge (unless you have the fire armour) and you can even knock certain enemy weapons out of the air if you have the correct weapon of your own.

After a few hours of *Magic Rampage*,

I find myself drawn to it in a nostalgic sense – the jumping and throwing with a left/right action and a pop-up items menu combines some of the best features of the old-school Nintendo and arcade games' simplicity with modern-day colour, effects and sound. It's enough to bring me back to my non-HD times, and those of you unfortunate enough to not have been alive when Nintendos were around can appreciate how much fun jumping and axe-throwing (only!) can be. There's even a cheesy, simple, old-school storyline. Finally, you can only get hurt three times before *Magic Rampage* makes you use your own treasure to play again; that's not quite like a quarter in a slot, but ...

The two drawbacks are that I have to finish a level before it saves, but they're short enough that if I'm good I can do one level per LRT ride. Also, if you don't want to use up your treasure to continue, you have to play the level over again.

These things are so minor that they couldn't even begin to hurt the enjoyment of this game.

Between levels you get to buy lots of cool stuff, stuff that could make the next level an entirely different experience: master keys for chests, for example or clothes that improve your jump so that you can find "unreachable" hidden areas, better weapons and armour. Whenever a level starts I'm

looking forward to what I'm going to encounter. Being a phone app, you can buy more gold, with real money, of course.

As I discover more games with this range of play and old-school feel, I think my Playstation is going to be ignored. And by the way, a PS4 and *Fallout* will be bought with my first paycheck when I graduate. I suppose then I'll have to take a week off.



www.youtube.com

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NAITSA TRADING POST

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(AT TRADINGPOST.NAITSA.CA)

WHAT ARE YOU
LOOKING FOR?

BOOKS?

ROOMMATES?

POST A BOOK

NEED A ROOMMATE

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FEMALE TATTOO ARTIST OF THE WEEK

Anastasia a ground breaker

*Artist of the week: Anastasia**Tattoo Style: Diverse**Tattooing since: August 1998***By RANDI ADAMS**

Anastasia has always had a love for art, as most tattoo artists do. She would draw on absolutely anything, from walls to napkins at restaurants. Anastasia always thought tattoos were intriguing. Her uncle was the first person she knew who had tattoos, and it left her mesmerized. She knew then that tattooing was in her future. Anastasia applied for her first apprenticeship when she was in Grade 10 but was quickly turned away and told to come back when she was finished high school. When she finally finished school, she went back to that same shop in August 1998 and asked again. They gladly accepted her and from there her journey started.

Being a female in the industry at that time was extremely difficult. It was the '90s, it was a male dominated world and tattoos weren't really as acceptable then. In 1998 there were a total of four, that's right, four, female tattoo artists in the city.

Anastasia had a very short lived apprenticeship and soon realized after almost being fired that she really needed to work on her skills. So, she asked for

help and redefined her love for tattooing. That was 10 years ago. Anastasia is constantly developing her skills and will never lose her thirst for knowledge when dealing with art and tattooing. There are around 168 tattoo shops in the city and you always have to have a fresh approach in this industry.

"Work hard on your art and always strive to bring something new to the table," she says.

In 2001 Anastasia and her partner opened Eye of the Lotus, which is located at 10653-116 St. and has been a huge success in the city of Edmonton. Since opening, Anastasia decided to sell her part of the shop and focus more on her art, her clients and her love of tattooing. Since coming into the scene she has won several prestigious awards like the Large Black/Grey award in 2007 and the cover up award in 2008, just to name a few.

Anastasia is attending the Calgary tattoo convention, which will be held from Oct. 16 to 18 and she will also be making an appearance at the Edmonton convention this coming spring.

**Anastasia works on a customer.**

Photo by Randi Adams

Anastasia's advice to any new and upcoming tattoo artist: "Learn to take criticism well, it's a harsh world, and you have to have thick skin."

Anastasia is a brilliant artist and her

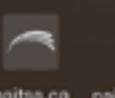
love and passion show in her work. If you are interested in viewing her portfolio or to book a consultation head to www.eyeofthelotus.com or head to Anastasia Instagram page @anastasia_powell.

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

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



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rm e-131

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO	WHEN	WHERE
BCX General Meetings	Wednesdays, Sept 9-Dec 15 4:30pm – 8:00pm	Room T-607
IntoNAITion General Meetings	Mondays, Sept 14-Dec 7 4:45pm – 6:00pm	Room X-111
LOL Weekly LAN Party	Wednesdays, Sept 16-Dec 16 4:30pm – 7:30pm	Room X-215

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
BCX	Beach Beer Gardens	Oct 2 3:00pm – 9:00pm	Annex Dock

CAMPUS CLUBS NEWS

WHO	WHEN	WHERE
Club Retreat	October 3 & 4 All Day	TBA

GET CONNECTED GET INVOLVED ON CAMPUS!

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

CHECK OUT ORGSYNC THROUGH
[ORGSYNC.NAITSA.CA](http://orgsync.naitsa.ca) OR THROUGH
YOUR NAIT PORTAL!

AMAZING CLUBS

HOW TO START A CLUB

YOU NEED 3 PEOPLE TO START A CLUB
1. President 2. Vice President 3. Treasurer

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

STEP 1 | SIGN IN ON ORGSYNC

1. Go to orgsync.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.









NAITSA CAMPUS CLUBS CENTRE

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other upcoming Important Clubs Dates

get your **vote** on!

VOTE FOR YOUR STUDENT SENATE representative

online voting

october 8 - october 14 @ 4pm

info stations

october 13 @ 4pm - 7pm

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

info stations

october 14 @ 10am - 2pm

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

for more information visit
naitsa.ca/elections



your voice, your vote



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