

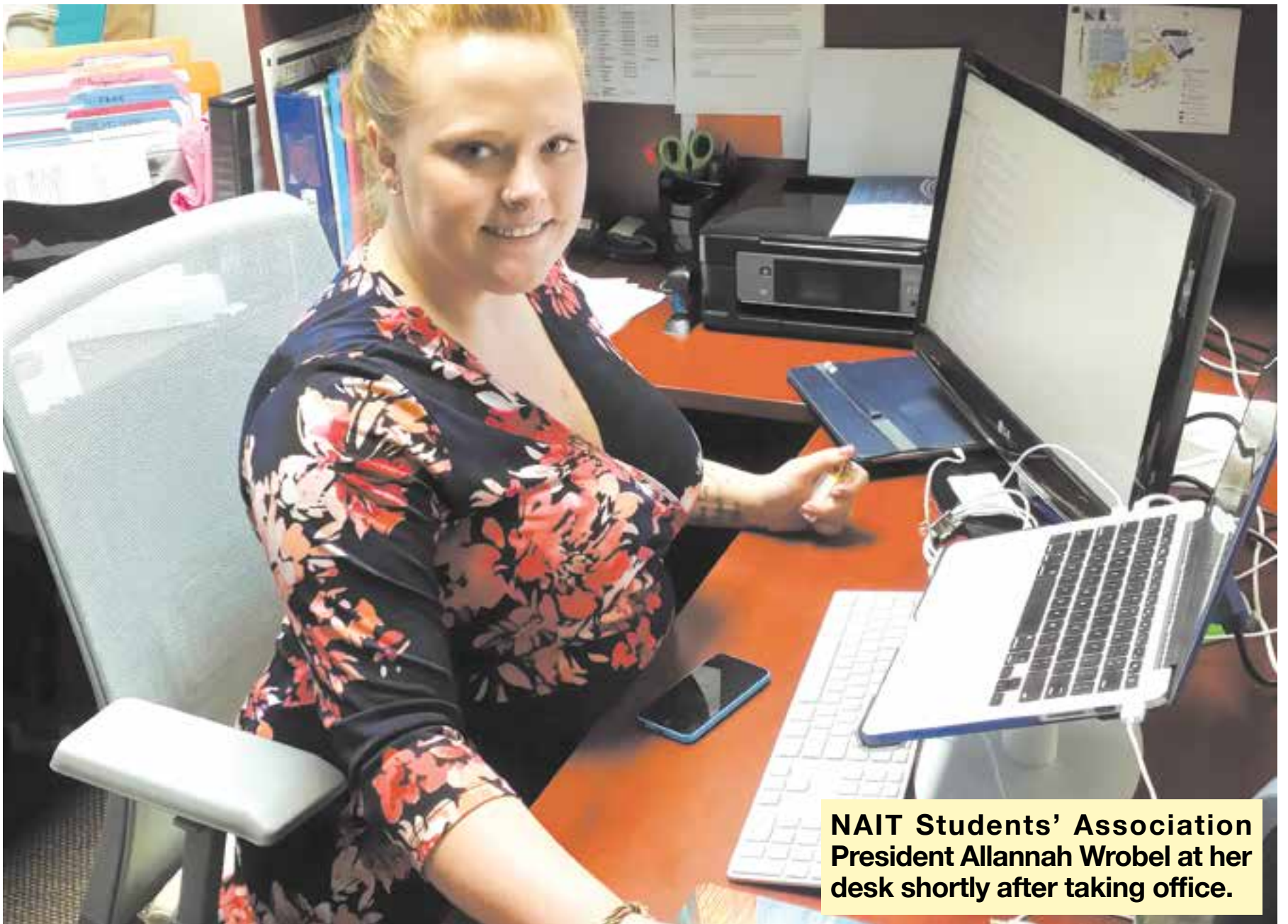
THE NAIT NUGGET

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

PREZ STEPS DOWN

NAITSA exec leaves for personal reasons, Page 3



NAIT Students' Association President Allannah Wrobel at her desk shortly after taking office.

Nugget photo



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NEWS & FEATURES

The minimum wage war



NICOLAS BROWN
Issues Editor
@bruchev

In case you missed it, the minimum wage in Alberta has gone up. Actually, for most students, you shouldn't have missed it, since that's probably what you're getting paid right now if you're working a part-time (or full-time) job to make ends meet while you study. But even if you don't make minimum wage, this increase has been big news.

As always, I'm no NDP supporter, but some of this opposition to a policy decision has been discussed globally hundreds of times over is getting, frankly, ridiculous. These increases have some very vocal critics – and some of them are going to great lengths to oppose any discussion of minimum wage boosts.

Three groups

Generally, there are three groups of nay-sayers for minimum wage increases.

The first are those making more than minimum wage. "If they get a raise, so should I!" and "I do way more work than they do and I only get paid [X], they don't deserve to make [X] too!" are some of the arguments you'll hear from this camp. This group's argument also includes the generalization that only teenagers work minimum wage jobs, to earn spending money for video games or whatever "kids are buying these days."

These are examples of the classic "me, me, me" argument that you'll find with other classic social situations like NIMBYism (not in my backyard!) and even extreme nationalism (it's my country, not yours!). These arguments completely

remove the focus from the intention of minimum wage increases – to raise those workers up to a level playing field.

The whole discussion over a "livable wage" is very real and, instead of focusing on if these workers can actually afford to live, these naysayers are focussed on how it compares to them; and if they don't benefit too (see the "I deserve a raise too" argument again) they're against it. Livable isn't about ensuring you're always making 30 per cent more than your neighbour because you think you work harder, it's supposed to be about being comfortable in the knowledge that both you and your neighbour can afford to eat because you both make a living wage.

'Business first' crowd

Our next group is quite obvious – led by the political opposition in the Wildrose, we have the small government, low regulation, "business always first" crowd. These are the type of people to oppose anything they view as interference in the free market. Business owners in this group will decry wage increases as bad for business, causing sky-rocketing overhead costs and jump starting inflation and job losses as businesses increase prices or cut staff to save their bottom lines.

Well, replace bottom line with profit margin and you'd be right. There are many small businesses who already pay their staff above minimum wage and they seem to be doing just fine. So why the opposition? Certainly there are some industries for which this will be a difficult transition. The restaurant and food service industry is notorious for tight margins – I wouldn't be surprised to see growing pains here. But with hospitality groups (who own most major nightlife destinations in Edmonton) making buckets of money, it seems the primary opponents of minimum wage increases are big business and unscrupulous profiteers – not

The truth is that a minimum wage increase is critical to maintain livable wage standards for workers.



your average mom and pop shops.

The last group is one you probably wouldn't expect. I've seen some discussions on social media and elsewhere that appear supportive of minimum wage earners. Except they're actually opposing minimum wage increases. Their argument?

They claim it ends up paying workers less. On the surface, their math looks true. They quote Canada Revenue Agency tax tables and explain their assumptions. The problem is, they are patently false. In my

prior career, I was a payroll professional – I learned how to do all the payroll calculations manually. I won't bore anyone with the calculations but the basis of my argument is that Canada's income tax system is progressive. This means you will never earn less money after taxes, no

matter how many raises you get – unless you lose a ton of tax credits on the way. Let's face it, a \$1 per hour increase on a 40-hour work week adds \$2,080 to your annual pre-tax income. You are not jumping tax brackets and certainly not losing out on tax credits. Don't trust Facebook math on this kind of issue, the real truth will come at tax time.

The truth is that a minimum wage increase is critical to maintain livable wage standards for workers. It means more people have more money to spend, perpetuating our glorious capitalist economy, while relying on fewer government subsidies or supports. It won't destroy the economy, prices will only go up in some businesses (in which case, I suggest vote with your wallet and support businesses that are already paying their staff a decent wage), and if you're unhappy that you're suddenly making minimum wage, perhaps it's time to talk to your boss, because we all deserve a living wage.

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Difficult decision

By **DANIELLE S. FUECHTMANN**
Editor-In-Chief

"This is one of the hardest decisions I've ever had to make in my entire life. It did not come easy and it was not spur of the moment," said Allannah Wrobel, holding back tears. Last week she announced that she would be stepping down from her role as NAITSA president for health and personal reasons.

The decision did not come quickly or lightly, she explained, stating that she "was in discussion with [the executive] team over the past while in terms of what [they could] do to accommodate everything with [her] personal and medical reasons ... but we weren't able to figure out anything that would work."

Student executives take reduced course loads to juggle their academic and leadership responsibilities; further reducing her course load wasn't an option. "We're students first, we're student leaders," she said, "and I need to be able to do the right thing for me. As selfish as that sounds – and I hate to say it – it's something I need to do."

"Successful leaders understand the importance of prioritization," commented Chris Chelmick, NAITSA executive director, "and she refused to stay in the role and give NAIT students less than 100 per cent commitment. Her actions are an accurate representation of Allannah's character and she will be missed."

Wrobel says her time in student leadership "has been absolutely phenomenal." She says that it's thanks to NAITSA and the executive team that she was able to make this decision for herself and focus on her health and finishing her degree successfully.

"They got this," she said, expressing her confidence in the executive team, "they have the support from the staff here and are some of the most intelligent and bright individuals I've ever met."

While VP Academic John Perozok has been appointed interim president, a byelection will be held to find a permanent replacement for Wrobel. Nominations will open on Thursday, Oct. 13 and will close after 10 business days, ending on Oct. 26.

The voting period will run from Friday, Nov. 4 until Wednesday, Nov. 9, ensuring that results would be returned before the November long weekend.

This will also be the second use of NAITSA's new election system. After finding some issues with the old e-mail system that sent students a one-click login, they have moved to a new system that enable students to access the voting through their student portal. Students will still receive an e-mail notifying them that voting has opened and directions for the new process. Lee-



Allannah Wrobel

anne Mills, NAITSA administration director, explains that the new system will ensure that all students will be able to easily access the voting system, avoiding the bugs of the old process. "[The problems with the old system] bothered me," Mills explained, "I wanted to be able to make [voting] as convenient and easy as possible."

It's rare that NAITSA holds elections in the fall for executive council positions, Mills

says, but NAITSA's bylaws require a byelection to be held to replace any executive that leaves their position in the fall term. The student elected in this byelection will hold the position until April 30, 2017.

While the new president will be stepping into the role midway through the semester and the executive term, they "will have complete, 100 per cent support across the board" from NAITSA, Allannah Wrobel and rest of the current executive members, as well as additional training resources, Mills said.

Information about the election process and nomination packages can be found online on NAITSA's website.

– With files from Nicolas Brown

MICROWAVES

A work in progress

By **MICHAEL MacCOMB**

It's time once again for one of everyone's favourite topics: Microwaves. Specifically, microwaves in the new CAT Building, which is now almost bursting at the seams with students. These students all need lunch, which many need to heat up during their short breaks.

The NAIT Students' Association has the job of providing cleaning, maintaining and dealing with student complaints about them.

For some students in CAT, it may seem like there are almost no microwaves at all, but, in fact, there are eight student-accessible microwaves distributed in pairs throughout the building: On the first floor, behind the elevators, on the second and third floors by the main set of washrooms and on the fourth floor, behind the elevators.

Eight microwaves to serve the estimated 5,000 students in the CAT building every day certainly isn't a lot. With NAITSA in charge of distributing microwaves around campus, the question becomes – why haven't they installed more microwaves?

"NAITSA continues to advocate to NAIT for microwaves in CAT. However, we can only put microwaves where NAIT

agrees to let us," explained Tamara Russell, VP Student Services at NAITSA, "NAIT has repeatedly been made aware of our dissatisfaction with the number of microwaves in CAT and we will continue to voice our concern until more are added."

So, if NAITSA is pushing for more microwaves in CAT, where's the snag? It's not really a snag, actually.

"As part of the CAT construction, we installed a number of microwaves in the facility. Those microwave locations are part of an agreement with NAITSA that is still under development that defines microwave locations not only in CAT but throughout campus," said John Engleder, associate vice president of Facilities Management and Development for NAIT.

Why not just put microwaves where there is space? Well, that's not really feasible. The fire code says that you can't put them in hallways and most of the other places require electrical work to put in the commercial strength microwaves that are used.

"As far as CAT is concerned, we installed those microwaves as part of the initial build and, after one year's experience with the building and the micro-

waves specifically, we'll have discussions with NAITSA regarding the locations and the number of microwaves and determine whether we have to make any changes," Engleder explained.

A review of the microwaves in the CAT building is slated for the winter term in early 2017. Demand for microwaves and potential new locations will be identified with more microwaves potentially being installed in summer 2017 for the next academic year. This review will be part of the on-going process both NAITSA and NAIT use to identify changing student needs.

"We've also changed some of the microwave locations in the rest of the campus, such as adding microwaves in the Common Market due to NAITSA concerns. Those are ongoing discussions with NAITSA to ensure we're meeting the students' needs," said Engleder.

Until more microwaves are installed in CAT, walk a bit farther from your classroom – head into the HP Centre or over to the North Lobby. Both locations have microwaves and seating areas and you'll be able to explore a bit more of campus than you would normally see.



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The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

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.

Weekend for club leaders

By **MICHAEL MacCOMB**

The 2016 NAITSA Clubs Retreat was held over the Oct. 1-2 weekend.

There are 87 student clubs on campus, ranging from Juggling Club, Magic:The Gathering@NAIT, Log Rolling Club, and many others. All of those clubs need some help to keep their events and meetings running smoothly, so the Club Retreat was founded to fulfill two main goals. The first was to give the club leaders information about what they need to do throughout the year to run club events and the second is to help those leaders develop the

soft skills they need to keep things running smoothly.

From student feedback in previous years, the Clubs office eliminated the first goal from the Retreat. There had been concerns in the past about students not bringing that information back to their club, as well as the brain numbing effect of a huge data dump of rules and regulations. This year, all the hard rules, regulations and how to run events and budgets were put online, so that the club executives can read them on their own time. This gives the retreat more time to focus on the things that are just a bit harder for

people to get an opportunity to learn – those enabling skills that will stay with them the rest of their lives.

Cutting information dumps from the schedule has also improved the Club Retreat in other ways as well. This year there was noticeably more unstructured time breaks throughout the weekend. This gave the 57 attendees more time to have fun and relax but also connect with other student leaders. Club leaders often have the opportunity to learn about new clubs and their events or to start early collaboration between clubs for the rest of

the academic year.

The highlight of the retreat for some was the arrival of the keynote speaker, Drew Dudley, Founder of Day 1 Leadership. Dudley's background includes eight years as director of the leadership development programs at the University of Toronto, and has given presentations to over 250,000 people across five continents.

Whether a first-time campus leader or seasoned veteran, Dudley's presentations on leadership and group dynamics contain new and relevant information about positive ways to take

charge of leadership in everyday life. For those who are not in business streams or don't get official class time to work on leadership skills, this section of the retreat is the one with the greatest potential.

But, as quickly as it began, the retreat was over. Student leaders may have enjoyed a whirlwind weekend of training and activities – but there's still homework assignments to complete. For some of the club executives that had come out, this was just a way to qualify for NAITSA club funding. However, for other student leaders, the retreat was a stepping stone to improving the entire student experience.



Photo by Jen Grundke

NAIT Students' Association club leaders get together at the annual overnight Clubs Retreat.

Info clerks needed for student elections

Duration: Oct. 11, 4 p.m.-7 p.m.

Oct. 12, 10 a.m.- 2 p.m.

Compensation: \$15/hour

• Information clerks are needed Oct. 11 and 12 for the NAITSA student senate election.

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

• Info clerks must have a complete understanding of the online

voting process and must be comfortable in providing guidance to students.

• Apply in person at the NAIT Students' Association office, Room E-131 from 8 a.m.-3 p.m.

ASK THE EDITORS

Why settle for just one opinion?

What is your favourite weekend getaway?

...

Danielle Fuechtmann
Editor-in-Chief

I adore a nice weekend at home but recently my friends and I have been doing mini trips more often. We recently took a jaunt out to Bon Accord for a corn maze and farmers' market and drove through some of the small towns in the area. The weather was lovely, we loaded up a playlist of our favourite songs and spent the afternoon enjoying the open road and discovering small town delights – we even stumbled across a town-wide garage sale!

Brendan Chalifour
Entertainment Editor

I usually find my weeks so overbooked and busy, that planning and packing for a getaway really seems like a lot of extra work. My favourite getaway is really a staycation and visiting with family and friends, a new park or cafe or exploring a new walking trail.

...

Nicolas Brown
Issues Editor

I've honestly never been one for weekend getaways. With school, work, and volunteer commitments – time is not on my side. However, after spending an entire Sunday driving to Jasper and back, here's

my point of view.

In Canada, we kind of get the short straw on "true" weekend getaways. Everything is so spread out, if you want a worthwhile trip to Jasper or Banff you need a long weekend, in my opinion. Although they're definitely worth the trek, I don't consider them ideal or my favourite for a getaway location.

My favourite past weekend getaway? Two years ago while studying in Europe, my group went to Peschiera del Garda on a day trip during one of our weekend breaks. In less time than it takes to get to West Edmonton Mall on the bus, we got to the lake by train. It was a fantastic weekend

relaxation opportunity.

That's my ideal weekend getaway, one I wish we had regular access to in Alberta (and not just for a month or two during the summer at Alberta Beach).

...

Connor O'Donovan
Sports Editor

I love weekend-warrior style roadies out to Jasper and Banff. Those are my go-to two-day getaways. (Editors are allowed to disagree). Whether it be to hike in the summer, snowboard in the winter, camp, canoe, kayak, snowshoe, bike, climb, eat, drink or party, the parks always have something for the rugged outdoorsy types like me.

Participate in Open House

By JOEL BENITEZ

Every fall, NAIT staff prepare for a major recruitment event – Open House. Geared towards students, it brings hundreds of potential students and their families to campus to learn more about what NAIT has to offer. Planned for Oct. 14 and 15 this year, Open House is slated to once again be one of the largest recruitment events for the school.

It is designed as a place for potential students to interact with representatives of the programs they are interested in, take tours, ask admission related questions and discover if NAIT is a good fit for them.

There is a lot of work to make it happen. This year will bring new displays, labs and challenges as it incorporates the new CAT building into the Open House program. To host a successful event of this size and deliver the maximum benefit it relies on hundreds of volunteer hours. That's where you come in.

There are perks to volunteering for the Open House, other than lending a hand to a great organization and feeling good about it. Everyone who volunteers four hours or more is entered to win prizes. There will also be training for all the positions. Shifts are flexible and can be as short as two hours or all day.

There is a role for everybody. You can work in the background assisting with setup and takedown if you prefer not to interact as much. But if you want to talk to people all day and help them find their way, you can be a greeter and provide information. Aside from helping prospective students, you may realize you learn as much as them. With over one 100 displays and 45 labs showcasing what NAIT offers, you can't escape without making a few discoveries yourself. This is a great way for students and staff to network and get to know one another on a personal level.

"Open House is NAIT's largest recruitment event, and allows prospective students to come to NAIT to meet with program areas, participate in lab tour, experience interactive displays, ask their admission-related questions, and get a sense as to whether or not NAIT is a good fit for them!" explains Racheal Kennedy, student recruitment events co-ordinator.

"To ensure this event is a success, we rely on hundreds of volunteer hours from fabulous folks "like you!"

Volunteering and community involvement is a core foundation of Edmonton and NAIT. That's why this year NAIT's Open

House is looking for your help. It's a great way to get extra credit for extra-curricular activities like the LEAD program or for leadership courses in some NAIT programs. There you will find more information on the positions and perks.

If you're a student or staff, make sure to volunteer or tell people to check out the event. Additionally, remember to take the bus. It's probably the worst day of the year to find parking.

– With files from Nicolas Brown



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Point ^{counter} Point Spat in a hat



MICHAEL MacCOMB



JOEL BENITEZ

Mount Royal University student Zoe Slusar started a firestorm when she told another student, Matt Linder, that his “Make America Great Again” hat could be disruptive to the learning environment of the other students and asked him to remove it. Mr. Linder refused to remove the hat with the slogan from Donald Trump’s presidential campaign.

Since then, the video of this incident has exploded on social media, and Ms. Slusar has received over 200 messages, both phoned and through social media, from people telling her that she should kill herself, that they are going to kill her and other degrading physical threats.

Let that sink in for a second. After asking someone to remove a hat with a possibly disruptive slogan on it, Ms. Slusar has had to deal with people calling her family home in the middle of the night and making death threats.

In my eyes, this overwhelming battering by death threats completely justifies the fear that Trump memorabilia is a gateway to hateful, sexist and racist thoughts and actions and one needs to look no further than the slogan itself to figure out why.

Hateful language?

Why would “Make America Great Again” be hateful language? Well, ask yourself what the time frame is that Trump is looking to return to. Is it 1945? The dropping of atomic bombs on Japan? In interviews with the *New York Times*, Trump said those were times when the United States was “not pushed around” and was “respected by everybody ... doing what we had to do.” Or is it earlier than that, as a large portion of Trump supporters claim. Years closer to 1865 and the American Civil War: A time when life was pretty great for rich, white males. And for the supporters who are imagining that time frame, the bigger message, the unspoken message, is “And if you think it’s bad now, wait till one of us is in charge.”

If only there was another event that had recently happened in which implied racism towards immigrants had kicked off a firestorm of racially charged violence. Oh wait, Brexit.

So at the end of the day, it’s a ball cap with a probably racist and sexist slogan on it. Is it as bad as wearing a swastika or a KKK hood? Not yet. But if Trump gets a chance to put his promises into action, he might just deliver.

Right? Yes!

Was Ms. Slusar right to ask Mr. Linder to take off his hat? Overwhelmingly, yes. It is the responsibility of every decent person to challenge hateful speech and actions, no matter how uncomfortable that challenging will make you.

Does Mr. Linder have the right to wear it anyway? Yes, he does. It is protected as his freedom to express himself. But that sure as hell doesn’t mean that we are obligated to stay silent when we are exposed to hateful, threatening or abusive things. And it doesn’t mean that the people who speak up are “SJW babies.”

Zoe Slusar, you have my utmost respect for having the courage to speak up.

I will start by recalling University of Oklahoma president Dr. Everett Piper’s open letter to college students titled “This is not a daycare! This is a university.” Let that sink in.

This makes us think, right? What is the purpose of universities? Why were they founded? Many go to university to become accountants, engineers and multitude of other noble professions. Notwithstanding that you can go to university and learn marketable skills and gain employment, they initially served a greater purpose. That purpose was about learning, discussing ideas and preparing minds to navigate the challenges the world brings to individuals as well as our collective society. This is evident in many early educational institutes, such as the Platonic academy in ancient Greece, the University of Bologna, and Oxford University, which focused on the art of rhetoric.

Justified? Nope!

Taking the above into consideration, was Zoe Slusar justified in being offended? Sure, feelings are subjective, we don’t need to get into that. But, was she justified in demanding Matt Linder remove a cap with Donald Trump’s presidential campaign “Make America Great Again” on it? Nope! Although Trump is a political amateur with the verbal grace of a gorilla, this does not mean he or his supporters should be silenced. We all deserve our voices be heard in the political conversation. This applies even if the student was only looking for a reaction.

So at the end of the day, it is just a ball cap with a cheap slogan, backed by empty promises and vague policies. Even though Trump receives support from far right groups, such as the Aryan Nation, this does not make the former equal to the latter. Therefore, to equate wearing a Trump hat with promoting hate speak is a stretch. However, it does dismiss the voices of discontent within his following.

If Zoe had chosen to debate, question, and challenge him instead of being the next “victim,” he could have gained more than the 15 minutes of fame. Constructive conflict is a necessary tool when bringing contentious issues to the surface. We have to be able to tolerate each other’s differences to build upon our similarities.

Not a new issue

This is not a new issue. In fact, in the last few years, comedians and politicians have started

avoiding the college circuit, claiming students are becoming too politically correct. These are big names like Chris Rock, Jerry Seinfeld and Bill Maher. U.S. President Barack Obama has even called colleges out for not wanting to hear from voices considered too conservative and not wanting to read books considered offensive to different races and genders.

If this kind of behaviour and attitude is to continue we will have to ask ourselves: Are colleges safe places for new thought? Should we re-evaluate why they exist and what their purpose is? Will they become educational wholesalers, dispensing a workforce lacking foundations in critical thinking?

Donald Trump
wearing his
campaign hat.



www.slate.com

OPINION

— Editorial —

Media has many voices



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

The *Washington Post* has been making headlines lately, not just writing them. This week, *Post* writer Paul Farhi wrote a piece, cheekily formatted as a memo, titled “Dear readers: Please stop calling us ‘the media.’ There is no such thing.” Not surprisingly, the piece stirred up debate, particularly on Twitter.

The timing of the piece is interesting – it’s right on the heels of the heavy criticism they received for their editorial board’s choice to directly call for Edward Snowden’s prosecution. Snowden is the former United States government employee who copied and leaked classified information from the National Security Agency (NSA) in 2013 without prior authorization.

Aware of a divide

Farhi’s clearly aware of a divide within the newspaper. “We not only don’t agree from TV network to TV network or publication to publication but we don’t agree within our own organizations. The editorial page of *The Washington Post* isn’t the news side of *The Washington Post*. The newspaper’s bloggers aren’t the newspaper’s op-ed writers; our op-ed columnists aren’t our reporters. None of these people alone reflects the definitive, collective judgment of *The Washington Post*.”

Say what you will about timing, Farhi makes some strong points about the reality of the media landscape. It’s true that referring to “the media” as a collective is an inaccurate portrayal of an industry that is composed of many perspectives and sources.

“There are hundreds of broadcast and cable TV networks, a thousand or so local TV stations, a few thousand magazines and newspapers, several thousand radio stations and roughly a gazillion websites, blogs, newsletters and podcasts,” Farhi said. “There’s also Twitter, Facebook, Snapchat, Instagram and who knows what new digital thing. All of these, collectively, now constitute the media.”

Media cacophony

Now, more than ever before, thanks to the ease of publishing offered by the Internet, the number of voices contributing to the vast spread of perspectives that could be considered “the media” essentially guarantees that there are many different viewpoints adding to the cacophony.

If you’re still feeling that Farhi’s piece is just an attempt to distance himself from the *Post*’s Snowden editorial or simply a snarky response to some annoyed e-mails and tweets from readers, Brad Warthen, an independent

journalist, provided nice context for the separation between writer and publication: “This piece, by the way, was not written by ‘the media,’ or even by *The Washington Post*. It was written by this guy named Paul Farhi who is one of many individuals who works at the *Post*. If you want to be properly pedantic about it (and who wouldn’t want to be that?), you would only say that ‘*The Washington Post* said’ something if it was said in an editorial – an editorial being an unsigned piece by the *Post*’s editorial board, not something written by an op-ed columnist or someone else whose byline appears on the piece.”

As editor-in-chief at the *Nugget*, part of my role is to help guide the editorial direction of the paper. However, this doesn’t mean that I agree with everything we publish, particularly in columns. That’s not a bad thing! Each of our editors and writers are entitled to their own position and perspective on a subject. Outside of the news section, where we strive for objectivity (although inherent bias is important to recognize), I expect that writers’ perspectives will flavour and influence their submissions.

No media organization operates as a collective hive mind that agrees on every piece and perspective that is published. Warthen reflects on a meeting he had early in

his career in South Carolina, in which “another African-American colleague urged us to avoid the habit of referring carelessly to ‘the black community,’ as though it were some monolithic, coherent entity that thought and acted in unison.”

He says he took it to heart because “we don’t write of, say, women as ‘the female community,’ because most of us recognize women as a set of individuals containing too much diversity for such a generalization. We should follow suit with other broadly defined groups.”

Of course, the individuals belonging to “the media” haven’t been treated to the same discrimination but the idea is a fair one. We should hesitate when lumping any large group together as a community and assuming they have the same opinions and goals.

After all, even a small campus newsroom like the *Nait Nugget* can be filled with an incredibly diverse set of perspectives and approaches. Next time you’re catching up on the news and are frustrated by the way something may have been covered, try to remember that it’s not the united perspective of “the media” but rather the perspective of the person credited in the byline.



Supplied photo

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SPORTS

Baseball fun starts now



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

I hate to admit it but I didn't catch the Jays wild-card game live on Tuesday. I would have liked nothing more than to post up on a couch somewhere with a six-pack for the better part of the evening but instead found myself standing stationary on top of a cold metal box all evening (I work part-time shooting coaching film for high school

football teams). I set my PVR, like a good fan but unfortunately the game's PA announcer took it upon himself to deliver minute-by-minute spoilers over the stadium loudspeakers. In his defence, he did give fair warning in his reverberating, god-like voice.

"If you're PVR-ing the game tonight I'll give you a couple of minutes to cover your ears," came the sounds of his amplified vocal chords through the speaker sitting a foot away from my head. "The Baltimore Orioles now lead the Blue Jays 2-1."

I had to live what turned out to be a nail-biter of a game vicariously through the casual updates of a semi-interested high school football announcer.

Every play – Jose Bautista's second inning jack, Marcus Stroman's clutch pitching, Troy Tulowitzki's, Kevin Pillar's and Josh Donaldson's defence, the 2-1 comeback and Edwin Encarnacion's big, beautiful three run walk-off homer – were delivered to me in dry one-line updates. It wasn't my ideal method of taking in a baseball game but I guess I shouldn't complain too much. After all, the win

sent the Jays to the real post-season for the second year in a row. Bring on the blue jerseys and hats, the crowded bars, the surging national interest. It's playoff time.

The funny thing is that at this time last year, I wouldn't have cared so much about what the Jays were up to. I got swept back (every boy is a Jays' fan when he's little) into Blue Jay Nation with the tide of interest stirred up by the Jays' 2015 playoff run. I'll admit it, I'm a bandwagon jumper, a fair weather fan, a chintzy cheerer.

I'm not ashamed of my flaky fandom, either. Being a part-time sports enthusiast is like having a friend with benefits. It gives you the fun of a good relationship without the drama of a struggling one and all of the ornaments that adorn the spontaneous supporter – the jerseys, the T-shirts, the fresh snap-backs, the fresh Snapchats – help bring sustainable success to the team. That makes the hard cores happy.

So this is my call to all of you curious potential Jays fans out there. There's no better time to be a fan than right now. Hop on the bandwagon, it's gonna be a fun ride.



en.wikipedia.org

The Toronto Blue Jays celebrate their 5-2, 11th-inning wild card win over the Baltimore Orioles Tuesday night. The Jays will now battle the Texas Rangers in the American League Division Series, the team they defeated in last year's playoffs.

MEN'S HOCKEY



Ooks defenceman Corey Chorneyko guards the net in a game against Red Deer last Saturday at NAIT arena. The men started the season with 6-2 and 7-3 wins.

Photo by Railene Hooper

Strong start

By NAIT ATHLETICS

The first two official chapters of Tim Fragle's career as head coach of the NAIT Ooks ended in success.

A pair of victories over the Red Deer Kings did much to ease whatever pressure he and his players may have been feeling as they opened their ACAC men's hockey season after last year's team posted a perfect unbeaten record on the way to league and playoff championships.

Fragle praised special teams for their effectiveness in a 6-2 victory in the opener at Red Deer, then pointed out that the scorers were on target for two of three periods of the following 7-3 triumph at home.

Already, Fragle looks forward to serious tests next weekend in a home-and-home series with the MacEwan Griffins, who also came through the opening weekend without a loss.

"They will test us in all areas," he predicted. "We need to focus on a strong 60 minutes in both games and on being more disciplined than we were this past weekend."

As was the case last year, the Ooks showed plenty of scoring power but the biggest story of the weekend was their ability to kill 10 of 11 Red Deer power plays in the opener while connecting on two of their

own three chances.

Spruce Grove Saints junior grad Jake Mykitiuk led NAIT in scoring with eight points. All three of his goals came in the opener and all of his assists followed a day later.

Kyler Kehn scored twice and Tanner Dunkle once to complete NAIT's goal-getting. Brenden Jensen was brilliant with 42 saves. With power plays as their major asset, Red Deer outshot NAIT 19-4 in the second period and managed only a 1-1 tie in the stanza.

In the home half of the weekend double bill, four of Mykitiuk's assists came in the third period as the Ooks broke away from a 2-2 tie that existed after 40 minutes. Holdover defenceman Jordan Abt scored twice on power-plays while newcomer Jarid Hauptman added two goals at even strength. Returning forward Billy Gaston and newcomers Devon McAndrews and Macklin Pichonsky completed the scoring.

Jensen stopped 36 of 39 shots. The Ooks served 43 minutes in penalties, 21 more than the time assessed against Red Deer.

One of Fragle's post-game messages – the one about his team being more disciplined than on the opening weekend – is expected to carry some weight against MacEwan.

SOCCER

Winning weekend

By CONNOR O'DONOVAN
Sports Editor
@oadsy

As the ACAC soccer season reaches its simmering point, both the men's and women's soccer Ooks are poised to make provincial title runs following simultaneous shutout victories over the Augustana Vikings this past weekend.

The men improved their record to 5-2-0 with their 6-0 win in Camrose on a rainy Saturday afternoon.

Bastian Carrasco opened the scoring. He was followed by Rodrigo Gutierrez, Sebastian Cabrera and by Kyle Cumings twice. The game's final goal was scored by keeper Tyler Larison, who saw three minutes of game time at the forward position. Norbert Janas registered the shutout.

The men next kickoff at 2 p.m. on Oct. 15 at NAIT against the Concordia Thunder. The two squads already met once this year, on Sept. 11. The Ooks took that game 4-1.

The women, meanwhile, still sit undefeated atop the ACAC standings after returning from Camrose with a 5-0 victory of their own. Kailey Mohn sparked the scoring onslaught in the 15th minute and it was all Ooks from that point on. Marissa Webb and Kassy Jajczay both scored before half time. Jajczay added another, and Alana Mawhinney

also scored in the second half. Kailey Harder stopped four shots for the shutout.

Defence and passing were key to the Ooks' victory on a sloppy Augustana field, according to head coach Carole Holt. Exemplifying those traits, midfielder Megan Loyns was awarded player of the game.

"She was making good plays with the ball," said Holt. "Her passing, short and long distances, was very good and accurate, considering the conditions. She just has really good leadership in the middle of the field."

Loyns finished the game with three shots on goal.

Up next for the women's Ooks is the only team they've played but haven't beaten this year. In their second game of the regular season, the Ooks tied the Concordia Thunder 1-1. Holt is certain the outcome of the upcoming meeting won't reflect the outcome of the first one.

"I think we didn't play well enough. I think coming out of that game with one point was pretty fair," Holt recalled.

"I think the fact that they took points from us last time is really motivating us as a group to avoid having that situation again."

Holt's predictions will be tested Oct. 15, at noon on NAIT's field.

Athletes of the week

Sept. 26-Oct. 2

Megan Loyns Soccer



The NAIT Ooks women's soccer team remained unbeaten with a 6-0-1 record following a 5-0 road win over the Augustana Vikings Saturday. Megan was selected as the player of the game in the contest because of her stellar defensive play. Despite not scoring, Loyns kept the pressure on the Vikings all game with five shots on net. "Megan really looked after the centre of the field for us," said head coach Carole Holt. "Her defending was great, along with her short and long passing. She definitely worked hard out there and showed great leadership, which will be essential for us as we head into the final few league games." Megan is a fourth-year Bachelor of Business Administration student from Saskatoon.

Jake Mykitiuk Hockey



The defending ACAC men's hockey champions opened up their season with a two-game sweep of the Red Deer College Kings this past weekend. Jake was amazing in his first action with the Ooks, as he scored a hat trick in the Ooks 6-2 road win Friday and then followed that up with five assists in Saturday's 7-3 home-opener win, giving him eight points in the first two games of the season. "Jake had an exceptional weekend for us. He is a skilled player with good speed that can play in all situations," said NAIT head coach Tim Fragle. "He also has the ability to get opponents off their game by playing an agitating game. Jake is a first-year Open Studies student from St. Albert."



Sunshine and shadows play on a NAIT pedway

Photo by Po-Jen Hsiao

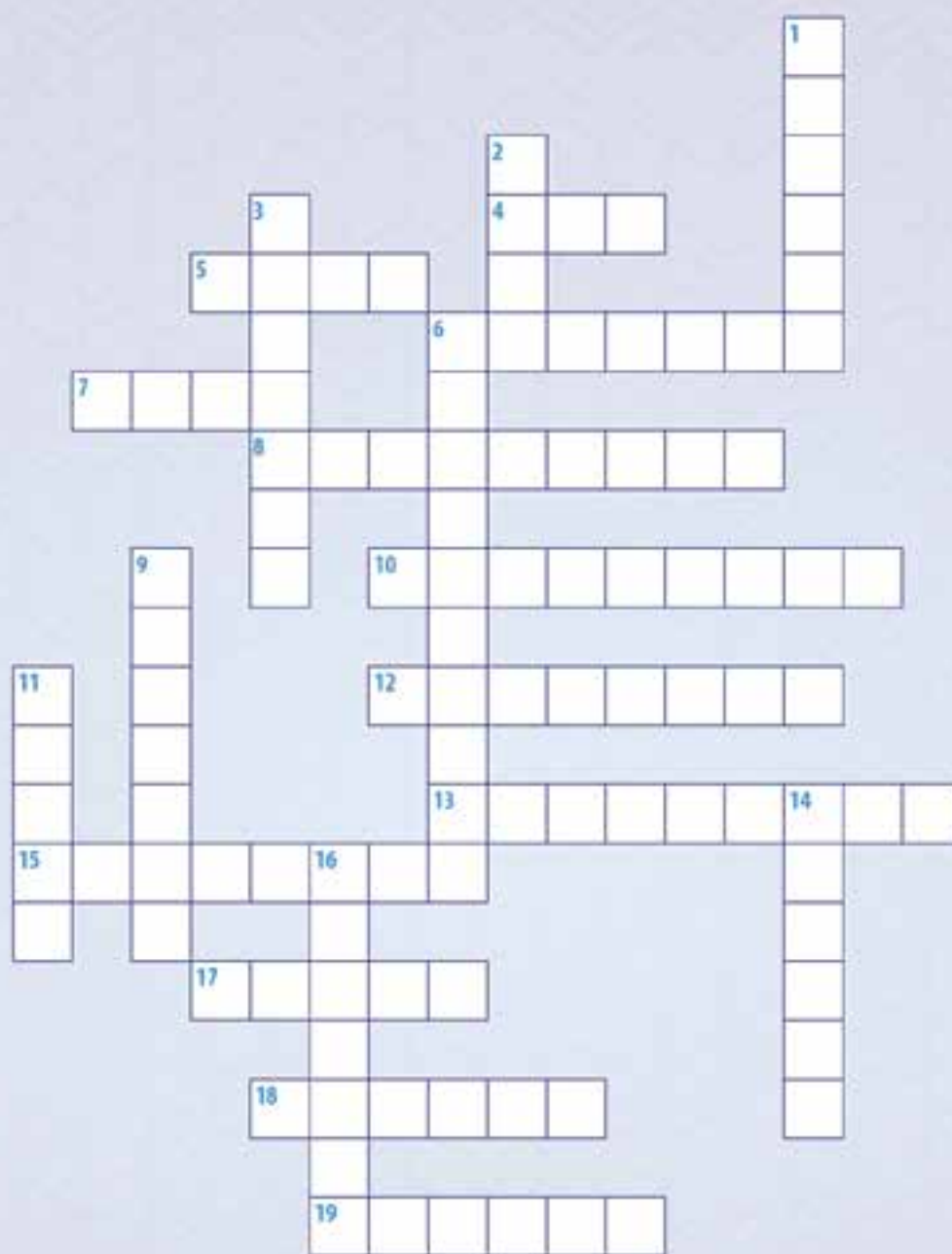
NAITSA CROSSWORD CONTEST

Visit our website at naitsa.ca or follow us on our social media to discover the answers.

Submit the complete crossword by Wednesday, October 19 for a chance to win Cineplex movie tickets or Nest gift cards!

SUBMISSION METHODS:

Stop by our NAITSA office at E-131 or email us your answers with a photo to jenny.lau@nait.ca



CLUES

ACROSS

1. Our student _____ is made up of 18 elected representatives from all the different program areas.
2. _____ is the name of NAITSA's resident mini version of Flynn, NAIT's therapy dog.
3. On October 17, NAITSA is offering a "How to _____" event free for students to learn.
6. We provide and maintain all the _____ on campus for student to heat up food.
9. The _____ post is our online website for students to trade used textbooks and find roommates.
11. We support and fund over 80 campus _____ that can be interest, sports, or program based.
14. Acronym for NAIT Students' Association.
16. On October 24, NAITSA is offering a cooking series that will teach you how to cook _____.

DOWN

4. The name of our campus mascot is called the _____.
5. We have a _____ Centre that offers food hampers.
6. NAITSA offers free 5 minute _____ on Wellness Wednesdays.
7. The _____ Taphouse Grill is your campus bar.
8. There are four Student _____ Council positions that are elected each year.
10. Join our "_____ Initiative Program (V.I.P)" to help others in need.
12. The student _____ is a free day planner that also has useful information about your campus.
13. We offer the _____ Short Term Loan (ESTL) to students.
15. Health & dental coverage are part of your student _____.
17. Acronym for Universal Transit Pass.
18. We provide discounted _____ to sporting events, movies and other fun activities.
19. The _____ is your student/campus newspaper.



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[naitstudents](https://www.snapchat.com/add/naitstudents)



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



Business & Administration
Anna Borodyuk

Hello my fellow business students.

My name is Anna Borodyuk and I want to be your student representative for NAITSA's Senate. As I enter my 4th year of BBA with an emphasis in Human Resources, I believe this is a great opportunity for me to help students voice their thoughts and opinions. I strive on building strong communication, leadership, accountability, and decision-making. I look forward to seeing everyone on campus during the campaign!



Business & Administration
Doris Car

Hello dear readers.

My name is Doris Car and I am a student in the Business & Administration Program at NAIT. I work as a Peer Mentor at the International Student Centre and it made me realize how much I enjoy engaging in the NAIT community. Therefore, I choose to become a candidate for the Senate Election 2016/2017, to be able to improve our daily student experience. I believe great things can be accomplished with teamwork, so please become part of this team and vote for me. Thank you.



Business & Administration
Cassandra Henderson

Hey!

I'm Cassandra Henderson. I'm in my third year of management! I am running for senate because, I would like to help make a difference at school. I love getting involved and giving back as much as I can. Why me? I have a fun and outgoing personality and I always feel the need to help out as much as I can. If I was elected, I would make sure to dedicate my time to making the right decisions for Nait and most importantly my fellow students. During my three years here, I have realized how much the past senators had made a difference in my academic experience. I would like to continue encouraging my fellow students to do their very best during their years here but, most importantly to have fun. I promise to always have the backs of my fellow students and to help solve any problems or concerns they might have. Therefore, if you vote for me I know together we can add more microwaves... JK, We can further grow our successful academic future here at Nait by listening to the voices of the students.



Business & Administration
Navjeet Kailay

Greetings to every student in the Business and Administration Area!

My name is Navjeet Kailay and I would like to be the Senate Representative for NAITSA Senate. The program I am in is Business Administration – Level One right now. I have read the Bylaws and duties therefore I agree to them. I like to speak and act for the Business Administration students in the area of Academic and Safety concerns. Currently, I am involved in the Toastmaster International Organization. Recently, I have achieved the Level One of the Student Distinction Leadership Program. My skills leadership, interpersonal communication, listening, problem solving can make the overall communication much easier between individuals. Please vote for me and I will help out in any matter.

STUDENT ELECTIONS

candidate biographies



Business & Administration Brenda Needham

Do you have ideas that could make NAIT better? Do you want to have a say in how your education and experiences are structured? If so, I want to know. Studying BBA with a focus on HR, I believe I am ready and willing to go outside of my comfort zone to perform the roles and responsibilities necessary to have your voice heard.

Why vote for me? Well, in addition to being completely awesome, some other qualities I possess include:

- Attention to detail
- People focused
- Excellent communication skills
- Interpersonal skills
- Knowledge of academic environments
- Integrity, passion, and respect

I believe that my experiences, knowledge and skill set would make me an ideal candidate for you, the student. I have experienced different facets and dimensions of being a student at NAIT. Now a full-time student attending day classes, I started my program as a part-time student, attending evening classes while gaining real-world experience in different organizational environments. I understand what it is like to juggle school, work, family, and personal time.

Do you want your voice to be heard? If so, vote Brenda Needham. It would be my honour and privilege to represent YOU as a member of NAIT's Senate.



Business & Administration Joseph Sabiti

No need to sweat, vote for someone you won't regret. Vote Joseph Sabiti!

Hi, I am Joseph and I am here to serve you in NAITSA as the next senate representative for Business Administration 2016/2017. As your senate representative, I will work with the executive and management to make bylaws that are most important for students no matter how small or big they might be, approve annual operating & capital budgets that will lead to students' satisfaction. Getting me elected means getting strong leadership, transparency, accountability, experience and honesty. I will listen to people's opinions, keep aware of the issues that concern the student body and make myself accessible. Feel like you should see things done differently? Come out and vote and you will find change with Joseph for the senate representative than in your pocket. Vote for me today and you will see what a great representative I will be!

"Your Decision for Better Results"



Business & Administration Vishal Vishal

Hello my fellow students!

I need your support to represent our program, Business and Administration. My name is Vishal and I am a BBA – Finance, Level 3 student. I bring with me over two years of leadership experience in the financial industry and a Diploma in Accounting. I am an effective leader and communicator which would allow me to fairly represent your needs. My major is Finance because I strive to empower people and build their finances while enhancing accountability. With the same motivation and drive, I want to serve students of NAIT.

I will confidently and efficiently represent Business and Administration students' best interests and I need your support to do so successfully. My commitment, positivity and our collaboration will lead to excellence. I request you to exercise your vote and elect me, Vishal, as one of your senate representatives. Make your vote count, let me be your voice and I will ensure that you are heard.

I would love to talk to you all, over the next few weeks and months. Feel free to say Hello, if I don't say it first!

Culinary & Hospitality No Candidates



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



Health Sciences Linda Long

My name is Linda Long, a first year Diagnostic Medical Sonography student. I think it is important to listen to the suggestions and concerns that the students at NAIT may have; moreover, it is just as important to ensure that these comments from the student body are addressed promptly and efficiently, which is where I step in. As a potential candidate for NAITSA's senate, I represent the voices of the students in the Health and Sciences program, and as such, I will be able to make decisions on how our NAITSA fee is spent (keep in mind, NAIT students pay this as part of our tuition!), so if you see me around campus (I'm usually in the new CAT building), feel free to say, "hi" or let me know what's on your mind and I'll definitely make sure your thoughts and feelings are conveyed to NAITSA so they can give back to you.

Tldr: I listen to your problems and bring it to NAITSA. I also decide how NAITSA spends your hard earned money. Vote for me. :D



Health Sciences Dean Mah

Hello, my name is Dean Mah! My passion for Health Sciences, and love for helping others has led me to NAIT to enroll in the Medical Lab Technology Program. Although it is only my second year at NAIT, I have had the pleasure of meeting many wonderful students from other programs in Health Sciences, as well as being able to enjoy many of the great opportunities NAIT has to offer. I have developed skillsets related to leadership in the LEAD Program, worked as part of a team with students in different professions, and have shared my vision of changes, which I believe could help make student life better. Being able to work closely with students from other health professions has enabled me to learn more about each of their roles in the healthcare system and recognize what these students need to be successful. I have come to recognize that many students in Health Sciences spend most of their time at school; this is what inspired me to strive for a position where I can help implement changes to give students in Health Sciences a better experience at NAIT.



Building Construction & Design Donovan Germain

Donovan Germain is in his final year of Construction Engineering Technology. He has been involved in student council and fundraisers throughout his time in the program, and is proud to be a NAIT student. His unparalleled curiosity about the world around him is matched only by his 3 other loves: soccer, playing with his one year old son, and his wife. A vote for Donovan is a vote to build a great wall – and nobody builds walls better than him, believe that – and he'll build it very inexpensively. He will build a great, great wall on our southern border, and he will make Grant Macewan pay for that wall. Mark these words. Vote for Donovan and make NAIT great again.



Building Construction & Design Taylor J. Oliwa

No article submitted.

STUDENT ELECTIONS

candidate biographies



Information Technology & Electronics
Tristan Moon-Keca

Hi, my name is Tristan. I am running for Senate, representing the Digital Media & IT program here at NAIT. After spending more than three semesters here, I have learnt a lot of cool things, met a lot of cool instructors and, more than anything else, met a lot of cool students. If there is one thing I learned from communications class, it is that working with people you get along with is easier than working with people you don't. If the student body's voice, here in DMIT, is not heard, they won't get along very well with our Students' Association. I feel my job, as your future Senator for DMIT, is to create a bridge between DMIT and NAITSA, so we can all get along. I can't make outlandish promises like: FREE TIMMIES EVERY FRIDAY IN THE HP CENTRE! But, what I can do is promise this: I will fight, in Senate, for whatever students in DMIT are passionate about. It doesn't matter what it is, if you vote for me, I'll have your back. Me and you, together, can MAKE DMIT GREAT AGAIN!



Information Technology & Electronics
Luther Tan

No article submitted.



Information Technology & Electronics
Reuben Wilson

Hello, my name is Reuben Wilson and I am running to be one of your Senate Representatives for Information Technology and Electronics. I am currently in my second year of studying Computer Software Development here at NAIT and I am enjoying it even more this time around. I admit I was surprised when some of you approached me in the hall and encouraged me to run for senate, but the more I thought about it, the more I realised it could be a fantastic opportunity to give all of us insight into the workings of the institute and how our student community shapes its direction. That's why as your representative I pledge to be both your window into a key piece of the supervisory structure of the institution as well as a vocal advocate for your concerns and that I will give all 1191 students enrolled in our program group the strong representation they deserve. We have a wonderfully diverse, vibrant student body with a wide variety of needs here at NAIT and I want to make sure all of your voices are heard.

Environmental & Natural Resources Management
No Candidates



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



Engineering Technologies & Academic Upgrading Maureen Bosire

Hello fellow students,

My name is Maureen Bosire, and I am running for a senate seat representing **Engineering Technologies, Academic Upgrading, and Open Studies**. I am a 2nd year student in the Power Engineering Technology program and a NAIT alumna with a BTech Degree (2014) and an Architectural Diploma (2012). I decided to run for senate because I have Wednesdays off for this first time ever since I started at NAIT. Yes, NAIT schedules are the best. I am the current VP Finance for the Power Engineering Club, and I have been a club executive since 2011 in program clubs.

My goal is to make sure engineering technologies are well represented at NAIT. We are often forgotten in our "garage-like structures" in buildings the rest of NAIT is not familiar with. Pop quiz- without looking at the NAIT map, where is the C-Building? I rest my case.

Vote for me as your senate representative and I will make sure you are not forgotten.

Vote Maureen Bosire for Senate.

Thank you.



Engineering Technologies & Academic Upgrading Taariq Kudoos

No article submitted.



Media & Design Dean Maidens

Hi, my name is Dean Maidens. I am a first year student taking the Graphic Communications program here at NAIT. Throughout my life, I have always been told that when something important comes around, I am always there to listen and help whether it be helping out a friend or co-worker with a personal problem, or whether that be a problem involving the greater good of a group. As one of the few students representing the Media & Design program group, I would like to be a representative voice for all of us as a member of NAITSA's Student Senate. I strongly encourage all students of NAIT, not just the Media & Design program group, to vote for what they believe will most strongly help voice their opinions regarding life here at NAIT. As a senate representative, I would love to take up any and all of your concerns so I can voice them to the Senate; my voice will become your voice.



Media & Design Rebekah Perozok

Hello my fellow Media and Design friends!

My name is Rebekah Perozok, I'm currently in my first year at NAIT in the Graphic Communications program. I am a reliable, enthusiastic, creative and outgoing person; I love having the chance to meet and learn from new people. I'm super excited to have the opportunity to run for the 2016 Senate election at NAIT. I decided to run for Senate because it would be an honour to represent you, Media and Design students. As your Senate representative I would be more than willing to listen to all of your needs, ideas and concerns. I want everyone's time here at NAIT to be a happy, memorable time. So please don't forget to vote!



STUDENT ELECTIONS

candidate biographies

**Skilled Trades & Apprenticeships****Juan C. Hidalgo**

Good morning,

I am Juan Hidalgo student of IHET who is concerned about student life in HET department. Since, I've been studying at NAIT, I noticed there is lack of help for the student at this department. Therefore, vote yes at this coming election and lets work together to change this for a better service and facilities for the students in the trades.

**Skilled Trades & Apprenticeships****Daniel Inkpen**

Hello Student Body of NAIT,

My name is Daniel Inkpen, I am campaigning for a seat on the NAITSA senate for Apprentices and Trades. This group of NAIT is difficult to receive feedback from because most trades run 2 month intakes. Because of this the students rarely get involved in the school. So even though this is the largest section of NAIT it poorly represented. My goal for this school year is to talk to students in different trades and try to improve on what they think could help future students in there section. I believe this will be the best way to help the most students in the long run. Thanks for your time and enjoy the time you all spend at NAIT.

VOTE FOR YOUR
STUDENT
SENATE
 representative

vote online using your NAIT student portal
october 6 - october 12 @ 4pm

info stations
october 11 @ 4pm - 7pm

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

october 12 @ 10am - 2pm

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

ENTERTAINMENT

Fall ... and giving thanks



BRENDAN CHALIFOUR
Entertainment Editor

The other day, I found myself in my program's office where I was booking a room for my group and me to work on a class project. As I was filling out the booking log, I leaned over the counter to ask the admin assistant what the date was. "Sept. 28" she replied. We both just looked at each other for a moment. I thought, "Wow. Are we already one whole month into this school year?" I guess so.

While we're a quarter through this term, it still feels like we're only just beginning. It's crazy how sometimes it feels like the

week is dragging on or the day will never end, yet other times, I can't believe how fast the days pass by. Of course, the temperature progressively dropping and assignments sneaking up on us are clear signs that we are breaking into fall. Colourful leaves are falling onto lawns and roadways across the city and the crisp mornings that will have you putting on an extra layer of clothes are here. Believe it or not, fall has arrived.

I mean, Thanksgiving Day is this weekend, for heaven sakes! While I believe it is important to practise thankfulness throughout the year, observing a full day dedicated to being thankful makes it all that much more special ... plus cancelled classes, which always leave us in a grateful mood, woohoo!

Every Thanksgiving, my whole family gets together at my Grandma's house for a feast. Each year we enjoy a huge roast turkey, stuffing, mashed potatoes, gravy, cranberry sauce, corn, pumpkin pie and much more. With a table completely covered in food, it's hard to find a place to put your plate down!

I embrace the cool days and earlier



Photo by Brendan Chalifour

nights. A knit sweater is the perfect way to keep warm and wrapping up the day just a couple hours earlier means more time to wind down and rest. The colourful leaves mean family and friends will come together to capture memories in front of a naturally artistic backdrop. You'll even see people stopped along 97 Street, taking photos with

their family, friends, and occasionally even pets. Some set up with a tripod or photographer or, less elaborately, a selfie stick. Whatever your method, whoever you're with, these memories will last a lifetime.

Take this Thanksgiving Day to reflect on the past year and recognize the fortunes, generosity and kindness that come your way.

Going back to School? We'll Help You Save!



Only pay half the rent in September, December & January, and use your savings for books, holidays or anything you might need!

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In selected areas.

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By JOEL BENITEZ

I come from the time of Lime-Wire and Kazaa. I can't remember the last time I paid for music, other than a concert. I don't know what albums are being released, therefore this week's beats are "sponsored" by soundcloud and YouTube. You might like or hate them. Either way, check them out and explore the recommendations when you search for tunes. Music should be about finding that tune which matches your vibe. Like Bob Marley said; "One good thing about music, when it hits you, you feel no pain."

Here we go...

In the Summertime – Mungo Jerry

Don't let anyone tell you summer is done. Maybe I have trouble letting go because I am still rocking shorts. If that assignment has got you worried or your girl just left with the dog, this may just lift your spirits. Mungo brings you banjos, standup bass, and huge mutton chops.

Gold – Chet Faker

You're over your old lady breaking

your heart and taking the dog. Now you got a new girl over and you're making her dinner. Pop this on and select the playlist, the rest is up to you.

Time is the Enemy – Quantic

Like the first commenter on YouTube says, this song is hypnotic. Close your eyes and let it take your imagination away. But remember time is actually the enemy, so hand in your assignments.

Don't Let Me Be Misunderstood – Animals

Instructors not buying your excuses? Parents don't get you? Don't worry these guys get you and they'll help you with the final stages of that leftover teenage angst.

The Passenger – Iggy Pop

When a 28-page group assignment is causing you to have an existential crisis, this may get you through it. Yes, that's a personal experience.

Lioness – Songs Ohia

To the obsessed guy on TBH who was almost stalking a girl a few weeks ago, here's a song about longing and an unquenchable desire to be with someone. Dedicate this song to her. Listen to it, learn it. Also, be cool, dude.

Apertura – Gustavo Santaolalla.

This track is pulled from Motorcycle Diaries. The story of the revolutionary Che Guevara as he begins to discover his purpose while riding



www.everseradio.com



millionmp3.net



rateyourmusic.com

through South America on his Norton 500cc motorbike. The instrumental conveys pure and unfiltered emotion. You hear passion as Gustavo strums his classical guitar.

Falling – John Frusciante

If you didn't know, John Frusciante was the lead guitarist for the Chili Peppers. This is one of many solo masterpieces. Once you hear it you'll agree it's not an exaggeration.

The intro is under three minutes. It's absolutely worth every second. I recommend listening to this when you get home and are spent from a long day.

Escape (The Pina Colada song) – Rupert Holmes

I have no reason to include this. I just love this song and needed it to be here. Plus, I get paid \$2 a word for these articles. Just kidding!

THROWBACK THURSDAY

Favourite Halloween flick

By CLARRISSA TOONE

It's October, which means Halloween and Halloween movies. Most of us are planning a horror movie marathon or maybe only one movie to scare us. Do you remember the Halloween movies you watched as kid (or maybe still do)? You know *Hocus Pocus* or the *Halloweentown* series that played on the Disney channel during October. We all had our favourite Halloween movie that we couldn't wait to watch in October (or any other time, really) because it just got you into the Halloween mood.

Since this was before Netflix and most people didn't have PVRs, you either had to watch the TV guide closely for when your movie was going to be on or use your turn on movie night to rent a film.

As a kid, I liked the *Halloweentown* series. For those that don't know what I am talking about, *Halloweentown* was a movie released in 1998 on Disney Channel and it seemed to play every October

alongside the three sequels.

It follows Marnie Piper, the main character, played by Kimberly J. Brown in the first three movies and Sara Paxton in the fourth. Her siblings Sophie (Emily Roeske) and Dylan (Joey Zimmerman) pay their grandmother Aggie (Debbie Reynolds) visits on Halloween. They discover that their grandmother is actually a witch from *Halloweentown* but their mother Gwen (Judith Hoag), is trying to raise her kids without supernatural forces. Magic runs in the family, though, and Aggie needs all the extra power she can get. The residents of *Halloweentown* have been disappearing and, after sneaking to *Halloweentown*, Marnie and her siblings (after Dylan had his required freak-out) decide to try and stop it.

It is nostalgic when there is a happy ending for every story. The tropes of the series we are very familiar with, beyond the happy ending trope, of course. With magic

involved, who would not add things like robes and hats, and of course the main characters pulling off something amazing. Having females that aren't damsels in distress and are still flawed is pretty cool. Marine is a stubborn, powerful witch who usually ends up in the middle of the big bad plan one way or another, which is a constant for the entire series but I really don't want to give too much away if you haven't watched it. Family Channel is not going to play the movie this year, however, ABC is in their 13 days of *Halloween 2016*, so if you want to catch the series, keep an eye out there.

You should get into the Halloween



disneyscreencaps.com

spirit by watching some classics this October. Whether it is some good old horror movies, a new cheesy one or one that stood the test of time or a classic Halloween movie with a happy ending, the classics are classics for a reason. Enjoy your first week of October, everyone!



SALINA HUA

What's your favourite thing about fall?



"The weather isn't too hot or too cold."

Clarrissa Toone
Open Studies



"Leaves changing."

Godfrey Tshimbuyanga
Water and Wastewater Technician



"Leaves on the ground!"

Ryo Kuramochi
Business



"All of the crunchy leaves. I go out of my way to walk and stomp through a pile of them. It makes me so happy."

Erika Acorda
Business Admin



"I like walking down the streets with the wind blowing past me as I watch the leaves change colours."

Carrie Humbke
Business

DIY

Centrepiece suggestions

By SALINA HUA

Thanksgiving is coming up soon! Are you having a family dinner but not wanting to have that everyday look around the dinner table? Here are some suggestions to cosy up your dinner for the weekend! These centrepieces will be inexpensive, timeless and will bring your family together as you all express your gratitude for your lives!

Centrepiece No. 1

You will need:

1. A glass plate or tray shaped as a leaf big enough to have a centre bowl (can be found at the dollar store or a craft store such as Michaels).
2. A glass jar or candle holder to put in the centre of the leaf tray.
3. A votive candle to place into the candle holder.
4. Some popcorn kernels to place into the candle jar before the candle is placed in the centre. Fill it up, leaving one centimetre of space on the tip of the jar (popcorn kernels can be found at any local store)
5. As you place the candle jar in the middle of the leaf tray, add artificial acorns and

artificial berries around the candle jar.

Centrepiece No. 2

1. You will need a basket based on preference (small, medium, or large)
2. A napkin of your choice (preferably an autumn vibe because it is Thanksgiving)
 - Tuck the edges of the napkin underneath so the basket is still visible.
3. There are a couple of options when it comes to putting goods in the basket
 - Buy mini pumpkins and paint them one or two colours for a festive look or purchase already decorated mini pumpkins from the dollar store or craft store.
 - acorns from the dollar store/craft store
 - have a mixture of the mini pumpkins with some acorns
4. You are going to add two sticks of berries and cross the edges together for some dimension in the centre piece
5. Last but not least, a flower is ideal to pull the whole look together.

The two centrepiece ideas are definitely how I would display my setup for Thanksgiving but, because this is a DIY, you can definitely spice up the centrepiece with your personality and preferences! Happy Thanksgiving!



Thanksgiving
Happy thanksgiving day!



Supplied photo

COMEDY NIGHT



Supplied photo

Staunchly raunchy

By JOEL BENITEZ

Last week NAITSA brought us the Bulgarian Queen of Raunch, Stephanie Tolev, and tall lad Dion Arnold. They kicked ass with a no-holds-barred comedy to a decent crowd at the Nest.

Dion opened up delivering his run-down of experiences in South America. I can't remember specifics, I was too busy laughing to take solid notes. There was something about a 24 hour bus ride, a handful of pills, and some unaccounted time. Dion then managed to get the room to enjoy his perspective and humor on child labor. Are we bad people? Who knows.

Stephanie landed on stage and immediately started firing shots at the crowd. She pounced on "gold sneakers guy" and "Adidas pants". The rest of us tried not to make eye contact, wanting to stay out of her brilliant verbal assault. However, once her set began it turned into a human anatomy lesson. She covered the topics I missed in health class. Things like, how your butthole changes at 30 and letting it breathe for the ladies. But most import-

antly she reassured a room of penny pinching students that YES, the five-second rule is real and true. No matter how many street hairs that slice of pizza got, if it's under the threshold you are entitled to chow down without fear of social criticism.

The post show events continued the entertainment. For some reason the ganja connoisseurs flocked to Stephanie and Dion like a new lava lamp. As I sat back and watched things unfold, they offered salivas, chill vibes and high fives.

Stephanie channelled her brand of racy and sharp humour on and off the stage. In a brief chat, she discussed how she's been mastering her work for over 12 years and moving to Los Angeles was a hard but needed decision in her career. With her quick wit and the confidence of Missy Elliott, she definitely knows how to work it and I know we'll be seeing more of her.

For those in attendance, this will be a flashback, for those less fortunate, you can file this under things you regret missing in college. Make sure to look the comics up, and check out NAITSA's event calendar.

The Style Files



Photo by Amber Acorda

Erika Acorda, 22 Business Administration

Erika loves to thrift, go to concerts and binge-watch Netflix. She is also usually the one behind the interviews and pictures in the Style File, so this is a new experience sitting in the opposite chair this week.

Tell me about your outfit today. This jacket is a vintage Oxford University bomber jacket from eBay, pants are from Old Navy, shoes are Vans and this Mick Jagger shirt is from H&M!

How would you describe your style? I like to experiment with colours, prints and shapes but maintain comfort, so I'd say comfortable, bold and fun!

What is one of your fashion regrets? Ahhh, I had a matching jacket and stretchy pants set in Grade 4 that was green and made of velvet that I wore with a cream turtleneck and this hideous (but apparently not to me) satin gold paper boy cap. I wore it for a week straight and thought I looked straight fire!

What are your closet essentials?

- 1) Graphic tees: these can be mixed with anything!
- 2) Black leather jackets: I have so many, it's ridiculous
- 3) High waisted jeans: You eat too much pizza and no one knows 'cause high waisted jeans suck everything in, it's the best!

You have five minutes to get ready for school, what do you grab from your closet? Boyfriend jeans, bold rings, a graphic tee, a leather jacket and some booties.

What's your favourite thing about fashion? Every piece of clothing can tell a story and be worn with different pieces. They can convey a whole new story collectively. And each person can have a totally different interpretation of one item. That keeps fashion exciting!

Do you have any fashion tips for our readers? You don't need brand names to be fashionable. It will take some creativity but it can be done! Also, don't be scared to shop in departments that aren't for you. Some of my awesome clothing finds have been from the men's and kids' departments.

Thanks so much, Erika!

Stay tuned next week to see some stylish people at NAIT!

How to manage stress



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Stress is your body's reaction to overstimulation. A certain amount of stress is normal and necessary but too much can be counterproductive. Here are some tips for managing your stress level.

Be aware of negative self-talk. The fastest way to increase stress is to tell yourself negative messages such as "I'm such an idiot" or "Everyone else is smarter than I am." Often the way we think about a situation increases our stress levels out of proportion to the actual event. Thinking patterns such as "I made a mistake so people will think I'm a total failure" are sure-fire ways to decrease confidence and increase

stress. Replace self-defeating, critical thoughts with realistic positive messages such as "I will do my best", "I know my material" or "People will like me for who I am."

Develop a plan. Prioritize, make a schedule, and set boundaries around the time you will spend on each project. Having a plan helps you to feel in control of your life especially during stressful periods such as final exam time.

Get organized. Make sure your home, schoolwork, clothing, etc. are in order. Get your books, lunch and clothing ready the night before so there are no added stressors in your day. Physical clutter and disorganization increase mental clutter and disorganization.

Do a lifestyle cleanup. Can you let go of negative relationships or obligations that are no longer rewarding? Can you avoid situations and people that upset you? Do you need to work on not comparing yourself with others?

Exercise. In addition to reducing stress, exercise increases blood flow and oxygen to the brain, gives you some downtime, increases self-confidence and helps you to sleep better. Any exercise that increases your heart rate for 15 to 20 minutes will

help reduce stress.

Take care of yourself!

- Most people need at least 7½ hours of sleep per night. Fatigue reduces your ability to cope with stress as well as your concentration, memory and learning ability.

- Good nutrition is important too. A diet high in non-nutritious food puts more physical stress on the body and this further reduces your ability to cope. Stimulants such as caffeine, salt, chocolate, alcohol, sugar and smoking can make you more susceptible to stress.

- Build in time for yourself. Do an activity you enjoy even if it is only for a few minutes a day. Plan something to look forward to every week.

Be realistic. Perfectionists always have higher stress levels. Set goals which are challenging but achievable.

Avoid procrastination. Putting off unpleasant tasks only increases stress.

Develop some quick stress-reduction strategies.

- Deep breathing, progressive muscle relaxation, a short brisk walk and humour are quick ways to become calmer.

- Try some pet therapy. You can often meet Flynn, NAIT's therapy dog, at

his home base, Room W-111PB, but he also travels around campus. See Flynn's Twitter account @Flynntherapydog to find out what he is up to today.

Talk. Being connected to other people and sharing ups and downs helps you recognize that others are going through similar emotions. Talking with friends or colleagues is often helpful but sometimes talking with someone objectively can help you work through a situation more effectively. Counsellors are available to work on any personal or academic concerns that are interfering with your success.

If you would like further assistance with personal or academic concerns contact NAIT Student Counselling. All counselling is free and confidential.

Main Campus: Counsellors are available from 8-4:30 Monday to Friday, with extended hours, 7:15-5:15, on Thursdays. Call 780.378.6133 or come in person to Room W111-PB, HP Centre.

Souh Campus: A counsellor is available on Thursdays. Book by calling 780.378.6133 or in person in Room Z153.

Patricia Campus: A counsellor is available Tuesdays. Book by calling 780.378.6133.

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WEDNESDAY Classic Poutine	WEDNESDAY Lamb's Rum Hiballs		
THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka		
FRIDAY Daily Soup Cup & Garden Salad	FRIDAY Bottle Pilsner		

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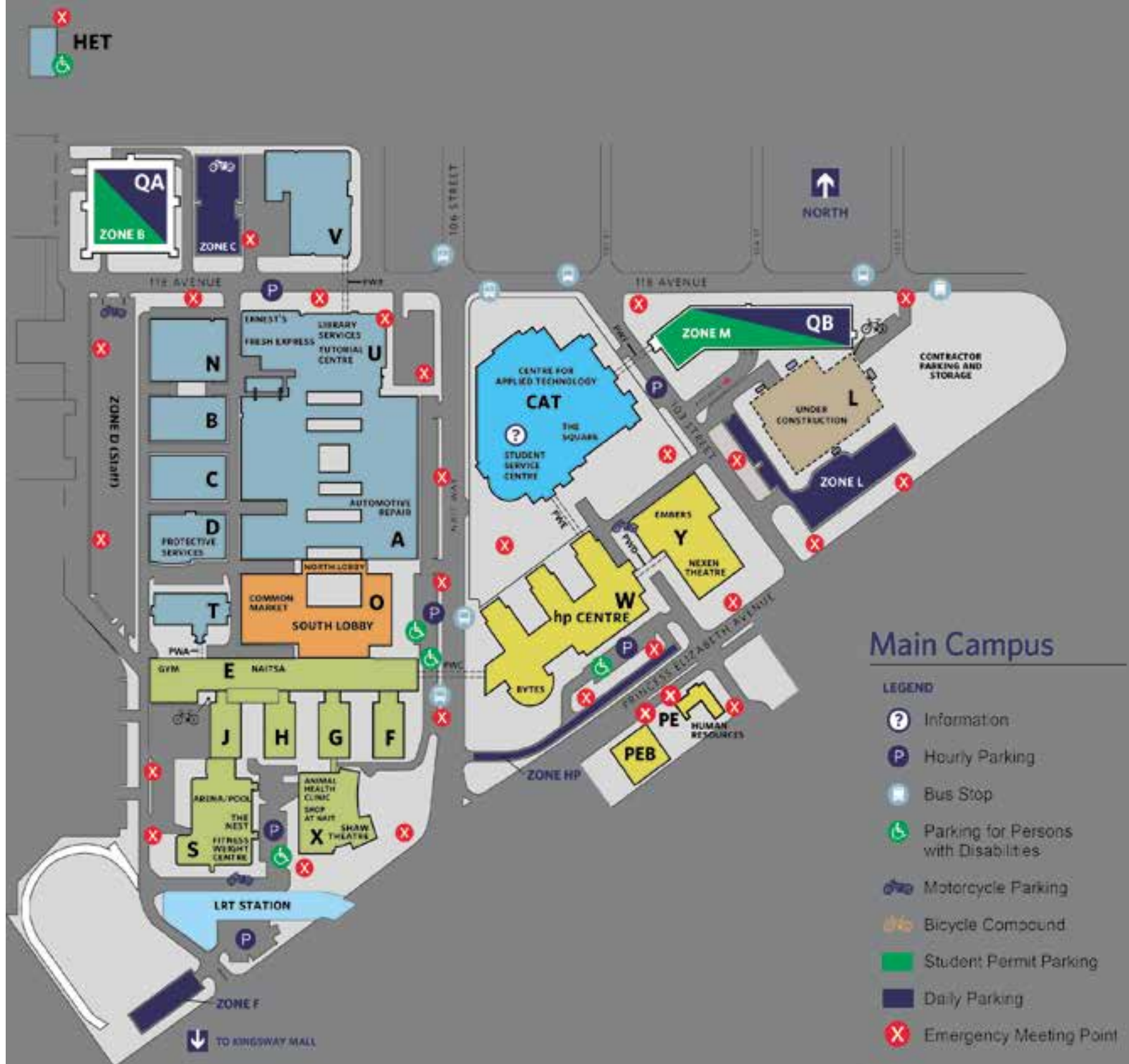
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NAIT Main Campus Map



FROM THE KITCHEN

Try a rustic ratatouille

By HANA LAVERICK

What the heck is ratatouille?! I know the name itself sounds like something very complex to even say or make but surely it is not. Here's a little knowledge for all of you readers (if you didn't know already): Ratatouille originating in Nice, France and is a traditional french stewed vegetable dish with a mix of green herbs, simply meaning to "stir-up". It was known as a "peasant's dish" because in the 18th century not a lot of people had the money to make the most extravagant meals. So they essentially cooked the vegetables they could find, placing it into a pot letting it come to a creamy stew-like consistency and then served it either by itself or with a protein. It is a perfect dish that brought families together and was especially warm and filling on cold days!

I don't know about you but I am all about the warm hearty dishes on a cold fall day. It is kind of like the pumpkin spice fad- it is just something you need to have or the season doesn't feel complete. There are many ways to prepare ratatouille, some do put it in a pot and leave it to simmer, others sauté the vegetables in batches and finish it off in the oven to bake. I decided to do both! Now, if the cute little mouse Remy from Disney's Pixar film Ratatouille can make this, I think we can attempt to as well! All of the ingredients are an easy and cheap to buy, which is perfect. In addition this recipe calls for 'Herbs de Provence' which is a versatile blend of herbs such as rosemary, marjolaine, thyme, basil, etc. which give it the rustic, earthy flavour! You can purchase it from any grocery store but if you're running into troubles, you can always add those herbs individually and season the dish as you go along! The best thing about this one pan/pot dish is it's super healthy, quick filling, and can be served individually or with a protein or starch of your choice! It is also very tasty as a leftover because at that point the flavours will have matured and melded together beautifully! Now, let's take a look at how to make this ratatouille dish!

Ingredients (3-4 servings)

- 1 onion peeled and sliced
- 3-4 garlic cloves (roasted or sauteed)
- 3 whole tomatoes, chopped



Photo by Hana Laverick

- 3 tbsp. of olive oil
- 1 large eggplant chopped
- 2 medium sized zucchini chopped
- 3 tbsp of herbes de Provence
- Salt and pepper for taste

Instructions

- 1) Preheat oven to 350 degrees
- 2) lightly grease a 6x9 baking dish and set aside
- 3) In a stainless steel pan or pot, add olive oil over medium heat. Add onions and garlic and sauté until soft, about five minutes. Set aside.
- 4) Add zucchini in batches and cook till soft so they have a little brown colour to them. Remove from the heat then repeat same procedure for the eggplant (about five minutes each) Once the eggplant is done, add all of the ingredients back into the pot (including the chopped tomatoes) and cook for 5-10 minutes) making sure it is fully mixed and coated in the oil and the rest of ingredients. Season as you go. Add the herbes de Provence.

- 5) Pour the vegetable mixture into the 6x9 baking dish and place it into the oven cooking it for 45 minutes to one hour. When it is cooking, the juices will seep out of the vegetables and the size of the vegetables will reduce in volume so it may look like a lot but don't worry

Optional choices:

- You can just cook it on the stove. If you do, it will take up to two hours. Mix the vegetables in batches and combine again in the pot and let simmer for 1½ to two hours.
- I roasted my garlic beforehand just to give it more flavour. Preheat the oven to 350 degrees and place a couple of garlic cloves in olive oil and wrap them in tinfoil. Bake for 30-45 minutes, and add them to the mixture when you're sautéing your onions.
- If you're baking it in the oven, you can add Parmesan cheese about 15 minutes before it is done cooking. I find that it gives the ratatouille more flavour dimensions all around!

Poetry Corner

PURCHASING CHOICES By Michael Menzies

*Life's airy lottery breathes from a cliff for blind men,
Guided by the green of envy
Choosing instead to take –
Plunder, from the ants below.
The tales scarcely told
Remain still as rain, right as statue.*

*Counting costs frees space from Jupiter,
As the rings shimmer from imagined importance,
The digits determine whose war and what's lust.
Speaking three,
Crying four,
Wishing five,
They kiss gently on the knuckles of the fist,
Leaving silent clues as the thieves*

*Who rob with security,
Take from themselves
everything of worth*

*A war we've been saving for
Is the peace we lock to faith
He smells you,
waits for the coin to sift between you grips
For what is one, without another?
What is the goal, if there is no more?*

*All we blind can see
Is the wind beneath our feet
The lottery's prize is designed
As a gold bar for a million breadcrumbs*

*Only pieces are taken,
But never quite eight.
Those against
Work at the sail of the ship
But who ends up hearing
the ants defying gravity?*

*Learning to love
Is experience when you die
When she chooses the air runs out
The lack of breath a cry
Your destiny waits -
Lay on the bed replies the wind
A jump is a puddle
In the blink of a closed eye.*



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by the pool



ON THE SCREEN



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What lurks in those woods?

By **MICHAEL MacCOMB**

Hello Pilgrim,

It's about that time of the year again, when the leaves start to turn, and young boys head out into the woods, to beware the Beast. I'm talking of course, about the land of wonderment and danger that lies just *Over The Garden Wall*, an experiment from this time last year from the Cartoon Network.

As you journey with Greg, Wirt and Beatrice through the Great Unknown, you'll watch them grow, forever changed by their time in the dark wood. Greg's boyful songs and boundless optimism, Wirt's cynical stubborn nihilism, and Beatrice's wonderfully snarky passive-aggres-

siveness will all be tested, as they wrestle with themselves ... and the Beast.

This dark force is introduced early in the first episode, and the Beast is the driving force throughout the series. Even when not appearing in an episode, he hangs like a dark cloud, pushing our threesome forward, deeper into the Unknown. The Beast shapes the very world that our heroes find themselves in. The fear, of who or what the Beast is, what he wants and what he could do makes villagers shiver in their homes, keeping the lights burning, just to escape the cloying dark.

But the world, once you move deeper in it, is not all the dark of night. The Unknown is a horribly beautiful place.

The fantastical background is steeped in rich colours and reminiscent of the art from old children's literature. It changes subtly as we move deeper and deeper but still those bright, vibrant colour schemes remain. You feel the loss as day changes to night, and every bough could and will reach out towards you, clutching and grasping.

I'm trying to give as few spoilers as possible, which makes it hard to talk about the story itself but, at its core, *Over The Garden Wall* delves into why do we make the choices that we do, what happens when things get out of your control and what you can do to make the best of the hands you are dealt. Our heroes will

struggle with the lies they tell themselves and the darkness one can fall to when one starts to believe.

The reason why I don't want to spoil it for you, though, is that if you watch it all in one go, as so many of us are wont to do nowadays, the 10-, 12-minute episodes can be done in two hours. I would recommend taking quite a bit more time than that, though. I would say, the best way to watch OTGW would be in small doses, an episode a night, late at night, when you can hear the cool wind blowing, and all the creaks reverberating throughout your house.

Trust me pilgrim, you won't be disappointed in the trip.

VIDEO GAME

Keeping the trains on time

By MICHAEL MacCOMB

Have you ever ridden on the NAIT LRT line, and thought “I could have designed this better?” Have you ever ridden on the ETS and complained about the wait times between buses?

Well, I am eager to share with you an opportunity to prove once and for all that you, in fact, could produce a better transit network. In *MiniMetro*, a small offering from Dinosaur Polo Club, you have all the power. This game, which was originally released on Steam Greenlight, gives you control of 12 real life metro and transit systems and it’s your job to make the people move.

For those of you who hate minutia, you are in luck! The game has abstracted the process of rapid transit in favour of a more forgiving, more relaxed method. At the start of each game, you have three kinds of stations, one circle, one square and one triangle. All of your passengers want to get from one station to another of a different type. You have three transit lines to run and, with the lofty goal of getting people moving, you begin.

As you play, however, it stops being so simple. Certain types of platforms will pop up faster than others, forcing you to expand and rebuild your network in order to keep it moving efficiently. If you have too many circle stations in a row, for example, your trains will be full as they pull past, leaving your passengers looking on angrily. Allow this to continue too long and you get fired.

The types of platforms will continue to expand as well, with one-off Star or Half-Moon locations forcing you to run tracks in parallel, picking spots where your passengers can swap lines to get to where they need to go.

One of the most fantastic features of the game is how



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each stage changes how you have to play to succeed. What works in Tokyo, with its tightly packed stations and huge population booms, will not work in Osaka, where the spread-out stations force you to make hard choices about where to use your rationed, rapidly moving, bullet trains.

Once you’ve played through the main game mode, there are two additional ways to continue to scratch your problem optimization itch. The one that’s eaten up the most of my play time is endless mode, where your network can continue to get bigger and bigger as long as you continue

to move people in better ways. The second, extreme mode, requires you to meet score requirements to unlock each stage and acts the most like real life, without the ability to move a train line after you’ve laid it down.

So, if you are looking for a low impact way to think about problems, as well as daydream about how you would fix the Edmonton system, you can find *MiniMetro* on Steam for \$10. The game is currently out on both PC and Mac and has an expected launch date on iPhone, iPad and Android of mid-October.

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TECH TALK

PlayStation 4 Pro is here

By GERVASE BRANCH-ALLEN

On Sept. 7, Sony announced the redesign of the PlayStation 4 video game console, titled the PlayStation 4 Pro. Originally known as the PlayStation 4 Neo, the Pro features a new design for the console as well as compatibility with 4K display, including streaming and video content.

Additionally, the new console will include improved GPU (graphic processing power) and a 1 TB hard drive. Select PS4 games will receive an enhanced frame-rate and sharper visuals on the PlayStation 4 Pro compared to the original console that released in 2013. Several future games will also receive PlayStation 4 Pro improvements such as *Days Gone* and *Spider-Man*. The PlayStation 4 Pro will be available for \$499 in Canada.

Minor criticisms

Some fans have been critical of the PlayStation 4 Pro due to the physical design, as well as the fact that the system will not play 4 K Blu-rays despite supporting 4 K display. Fortunately, those are minor criticisms. Consumers who don't currently own a PlayStation 4 can enjoy the games that will take advantage of the Pro's improved power.

The PlayStation 4 Pro isn't meant to replace the current system in retail or become the PS4's successor, but instead to offer fans an improved, more powerful option for their PS4 gaming.

New PlayStation 4

Alongside the PlayStation 4 Pro, Sony revealed a new slimmer PlayStation 4 which has no hardware upgrades besides a minor change to the DualShock 4 controller. The new version of the PlayStation 4 is already available to purchase at \$379.99, the same cost as the original.

Lastly, Sony is introducing PlayStation



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VR this month, showcasing Sony's introduction into virtual reality. PlayStation VR is a virtual reality headset that players can wear to immerse themselves in compatible games. With the headset and a PlayStation camera, players can enjoy a multitude of different games on a PlayStation 4, such as *Batman Arkham VR* and *RIGS: Mechanized Combat League*. Even some regular PlayStation 4 games will have VR support, including *Rise of the Tomb Raider – 20 Year Celebration* and *Resident Evil 7: Biohazard*.

Some players are apprehensive about wearing a headset because it might irritate

their eyes or make them dizzy. However, taking breaks and reducing the brightness of the display can help ease those concerns.

With plenty of competition in the market for virtual reality like the *Oculus Rift*, Sony intends to convince consumers to buy their product with features like 3D audio so you can pinpoint sounds all around you, a microphone integrated into the headset and headset adjustability to optimize comfort. PlayStation VR headsets will be available for \$549.99 with the launch bundle available at \$699.

There are many popular games on PlayStation 4 such as *Uncharted 4: A Thief's*

End, *Ratchet & Clank* and *Bloodborne*. *The Last Guardian*, *Gravity Rush 2*, and *Horizon: Zero Dawn* are just some of the upcoming titles that will be available to play on the system as well. The PlayStation 4 Pro is planned to release on Nov. 20 with PlayStation VR scheduled to launch Oct. 13. I hope you get to enjoy all the gaming options Sony is making available to players during the holiday season. And if you already have a PlayStation 4 console like myself and don't see a need to change the way you play or buy a newer model, keep enjoying all the options already available to you!

JUST THE TIP

Lubrications for relations

By MICHAEL MacCOMB

Today I'm here to talk about that little thing that makes everything easier. That's right, it's lubrication.

So, let's break it down to the basics. Most of the lubes that you are going to want to put in or on your body come in two types. Water based and silicone based. When picking out a lube of either type, I would recommend making sure you don't grab anything that has parabens, glycerin or anything that is a type of sugar, as those could cause you to have anything from a bad reaction or irritation to a yeast infection or a urinary tract infection.

Beyond that, it's important to know

what you want the lube for.

Silicone lube doesn't have any water in it, so your body isn't going to absorb it and it's not going to evaporate, which means that you shouldn't have to stop because things are no longer going smoothly. Unfortunately, silicone lube cannot go on silicone toys. They will start to melt and if you don't notice that immediately, you might end up with some not so nice chemicals on your sensitive bits.

Water based lubes, on the other hand, are going to be perfectly fine with those toys. The price you pay is in the lifespan of the lube. Things are going to start getting tacky as your body absorbs the water

out of the lube. Some people do find that water based lubes also just feel better than silicone lubes, even if you have to reapply every once in awhile.

Now, for those of you that are looking for a lube to use in places that are not self lubricating, you are definitely going to want to grab either something that is silicone or a water based product that has been specially formulated to last a longer time. That way you don't end up with something tearing and a not fun trip to the hospital.

So, beyond that information, how should you pick the lube that's right for you?

Well, the best way that I've found is

to go by a sex shop directly and use their tester bottles. Everyone is going to have different wants and needs in the specifics, so finding that special something that has the right smell, taste and consistency for what you need to keep moving is going to be a choice for you and the people you use it with.

Once you do find that perfect solution though, your body is going to thank you and your wallet isn't going to be too grumpy. A bottle of lube that will last a year or so is only going to hit you for about \$10-\$25. And that's a small price to pay when you count it against how much enjoyment you'll get out of it.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO

International Club Film Series: Cinema the the Theatre
International Club Film Series: From Books to Film
Crafting Club Weekly Crafting
Super NAITSA Anime Club Weekly Meetings
Civil Club Meetings
Super Smash Bros Club Meetups
Investment Club Weekly Meetings
IntoNAITon Toastmasters General Meetings
Juggling Club Weekly Juggling Jam
NSC Super Smash Bros Meetups

WHEN

Wednesdays, Sept 6, 2016-April 12, 2017 | 6:30pm-8:00pm
Fridays, Sept 8, 2016-April 7, 2017 | 2:00pm-4:00pm
Thursdays, Sept 8-Dec 1, 2016 | 5:00pm-10:00pm
Fridays, Sept 9-Dec 16, 2016 | 4:30pm-8:45pm
Thursdays, Sept 8-Nov 17, 2016 | 2:30pm-3:30pm
Mon & Thurs, Sept 12-Dec 15, 2016 | 5:00pm-10:00pm
September 13, 2016 | 4:30pm-6:00pm
Mondays, Sept 12-Dec 19, 2016 | 4:45pm-6:00pm
Mondays, Sept 19-Dec 19, 2016 | 5:00pm-7:45pm
Thursdays, Jan 5-April 13, 2017 | 5:00pm-10:00pm

WHERE

Stanley A. Milner Library
Stanley A. Milner Library
Room X-213
CAT 140
CAT 302C
Nexen Theatre
CAT 213
Room X-203
Shaw Theatre
CAT 191

UPCOMING CLUB EVENTS

WHO

Caribbean Student Club
BCX
BCX
BCX
DAT2017
ICON Finance

WHAT

Reggae/Soca Lipsync Battle
Dress for Success
Business Mixer
Fall Bake Sale
Chocolate Sale
Movie Night ft: The Big Short

WHEN

Oct 6, 2016 | 4:30pm-6:30pm
Oct 12, 2016 | 4:00pm-6:00pm
Nov 10, 2016 | 5:30pm-9:00pm
Oct 14, 2016 | 10:00AM-4:00PM
Oct 3-Oct 31, 2016 | All Day
Oct 21, 2016 | 5:30pm-7:45pm

WHERE

Shaw Theatre
Nexen Theatre
Nest Taphouse Grill
Outside NAITSA
NAIT
Shaw Theatre

CAMPUS CLUBS NEWS

WHO

Grant Intake #2

WHEN

November 7, 2016 | 5:00pm

WHERE

OrgSync



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

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

October 6-12

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

Libra (Sept. 23-Oct. 22)

You need to find your balance between being aimless and hyper focused; stop and reassess your life path and see if you are still moving in the direction you want to go in. Sometimes simply deciding to get up and take a walk is the best thing to do when stuck, while other times powering through the roadblock and getting the project done is best.

Scorpio (Oct. 23-Nov. 21)

Keep moving forward. The world gave you a challenge, now conquer it and survive. You need to let go of the worry and fear weighing on your shoulders and laugh in the face of challenges. You have a heart beat and smile, let nothing take either away.

Sagittarius (Nov. 22-Dec. 21)

Stop, take a deep breath, everything will still be there in five minutes. There's no need to burn yourself out over it. Just relax. The test, the paper, the project and everything can be put aside for you to take a minute to reconnect with why you are doing what you are doing.

Capricorn (Dec. 22-Jan. 19)

You are doing fine, no need to panic. Be positive and ask yourself what did you do today that you are proud of. Don't let yourself be dragged down, you are here being you and that is something to be pretty proud of.

Aquarius (Jan. 20-Feb. 18)

Step outside your comfort zone this month, you'll be surprised about what you find out about yourself. It can be something small like dressing up for a day or trying a

new food. You will find out something new about yourself and maybe about the people around you.

Pisces (Feb. 19-March 20)

Make a connection and it will have unexpected results. Talk to the person behind you when waiting in line, to a desk/table partner in class or even strike up a conversation with that friend on Facebook you haven't spoken to in years.

Aries (March 21-April 19)

Getting angry and frustrated is no help to anyone, least of all yourself. Take a nice deep breath and turn that anger into drive and sheer will. Take a step back and think outside the box, Look at it from a leader's point of view, a follower's point of view and from the sidelines.

Taurus (April 20-May 20)

When the unexpected happens try not to panic, you will only get yourself turned around and forget something important. Rushing into the situation without all the facts will only cause problems. Life happens and nothing will stop that.

Gemini (May 21-June 21)

Let your curiosity be your guide. Don't let yourself be restrained by reining your curiosity, question everything and wonder why. No matter what situation arises you will find out something you are glad to know.

Cancer (June 22-July 22)

Be conservative with your spending this week. Put the unused money aside for the unexpected expenses this month.

Leo (July 23-Aug. 22)

Take the first step. You can be scared but courage is being scared and still going forward. So take the first step whether in love or life. Even if you fall, you will learn something that will help when you take your next first step.

Virgo (Aug. 23-Sept. 22)

Love is hard and difficult and comes in many forms. Don't get discouraged when the form you are looking for isn't prominent in your life. Love takes time to bloom so you can see it. Take comfort in the love you do have and soon the one you are looking for will arrive.

STUFF TO CATCH

Halloween and other events

By MICHAEL MacCOMB

Thanksgiving is fast approaching, and for many of you this might be your first year away from home or your first year in this big city. Others may have been in Edmonton for a while now but have never known about the huge number of events

that are constantly going on.

Here is what to catch:

Thanksgiving/Halloween Events
Edmonton and area

- Prairie Gardens and Adventure Farm, Bon Accord: Haunted Pumpkin Festival – Sept. 24-Oct. 31, \$15.

- Deadmonton: Haunted House – Sept. 30-Nov. 5, \$20.

- Devon Lions Park, Devon: Devon Turkey Chase – Oct. 10, 9 a.m.-Noon. \$10-\$40.

Expanded area:

- Andrew – Andrew Garlic Festival,

Oct. 8.

- Red Deer – Heritage Ranch Flashlight Pumpkin Hunt. Ongoing October.
- Jasper – Dark Sky Festival, Oct. 14-23.

Other Events

- Edmonton Comedy Festival – Oct. 5-8 – Multiple Venues. Free and ticketed shows.
- PURE – A Night in White, Oct., 9 – Shaw Conference Centre, \$90-plus.
- Edmonton International Film Festival – Sept. 29-Oct. 8, Multiple Venues, \$15-\$149.
- Dark Sky Campfires – Oct. 7 and 14, 8:30 p.m.-9:30 p.m., Elk Island National Park, \$20.

Sports

- Oilers vs Winnipeg Jets, Oct. 6, 7 p.m.
- Oilers vs Vancouver Canucks, Oct. 8, 7 p.m.
- FC Edmonton vs Tampa Bay Rowdies, Oct. 9, 2 p.m.
- Muscle Beach Fall Classic – Oct. 8 – Winspear Centre.

Hope that gives you a few ideas on what to do but don't forget to take time to finish up those projects. Have a great weekend!



www.eventbrite.ca

OCTOBER EVENT LIST

- 1-2 | CLUBS RETREAT
 3 | HOW TO: BLOG WITH WORDPRESS
 4 | HOW TO: PUBLIC SPEAK
 6 | TOGA MIXER @ NEST
OCT 6-12 | SENATE VOTING PERIOD (ONLINE)
 13 | SALSA NIGHT @ NEST
 17 | HOW TO: POTTERY
 18 | FREE FOOD: EVENING STUDENTS @ HP COMPUTER COMMONS
 20 | MINUTE TO WIN IT @ NEST
 21 | NEST CONCERT
 24 | HOW TO: COOK ITALIAN
 24 | SOUTH CAMPUS FOOD EVENT
 25 | PATRICIA CAMPUS FOOD EVENT
 26 | WELLNESS WEDNESDAY
 27 | SCARYOKE @ NEST
 31 | HALLOWEEN TRICK-OR-EAT
- NAITSA CLOSURES
 10 | THANKSGIVING
- FOR MORE INFORMATION ABOUT ANY OF THE EVENTS LISTED, CHECK OUT **NAITSA.CA**


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[en@131](#)

We are the Naitsa Service Hub!

WHAT DO WE OFFER?

The NAITSA Service Hub is here to make your time as a NAIT student easier. Come to us with all your questions about the Health & Dental Plan, U-Pass, Food Centre or Emergency Short Term Loans.



EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

Eligible **credit** students facing unforeseen financial emergencies may qualify for a small 30 day loan from the NAIT Students' Association. For more information, come in to the NAITSA Service Hub or email estl@nait.ca

FOOD CENTRE

Hunger should not be a barrier to your education. Come to the NAITSA Service Hub in E131, or fill out your hamper intake form online at naitsa.ca/food-centre. Contact foodcentre@nait.ca for more information.

HEALTH & DENTAL

NAITSA has worked to design a reasonably priced health and dental plan to give students peace of mind. For more information about your coverage please visit mystudentplan.ca/nait or contact studentplans@nait.ca

THE DEADLINE TO OPT OUT OR ADD FAMILY IS SEPTEMBER 30, 2016.

U-PASS

The U-Pass gives eligible students access to City of Edmonton, St. Albert, and Strathcona County Transit while you're at NAIT. For more information please visit naitsa.ca/upass or email upass@nait.ca

U-PASS IS AVAILABLE IN THE SOUTH LOBBY KIOSK AUGUST 22-SEPTEMBER 16

MON-THUR 8:30AM-6:00PM | FRI 8:30AM-4:00PM

get your **vote** on!

VOTE FOR YOUR STUDENT SENATE

representative

online voting using your NAIT student portal
october 6 - october 12 @ 4pm

info stations

october 11 @ 4pm - 7pm

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

info stations

october 12 @ 10am - 2pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus)
HP Centre | CAT Building

North Cafeteria/Fresh Express (Main Campus)
South Learning Centre/X Wing (Main Campus)
South Campus | Patricia Campus

 **STUDENT
ELECTIONS**

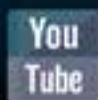
your voice, your vote



naitstudents



naitsa



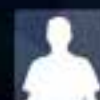
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rm e-131