

NAIT NUGGET

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Editorial - 5

Sports - 6

Entertainment - 12

Scream photos - 14, 15

LEST WE FORGET

Nugget editors write about sacrifice, war and peace in this issue, including Assistant Editor Shawna Bannerman, whose mother Christine, right, served for 26 years before coming to work at NAIT. Her story, page 2.



Photo by Tim Potter

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NEWS & FEATURES

The Forces were with us



SHAWNA BANNERMAN
Assistant Editor

When I was young, army green was my favourite colour. It was common and comforting; it meant home. It was also the reason my life was never static or predictable.

I've grown up amidst the reliability of fluid change. I've had the unique opportunity to pan for gold in Alaska, rise among the red cliffs of Peggy's Cove, doze to the intimidating sound of the Tofino waves, walk the length of the Canadian Shield and journey across Canada three times. All of these experiences I owe to my mother and her career.

My mother, Christine Bannerman, served as a nurse in the military for 26 years. During that time, she was posted across Canada five times, deployed internationally twice, taught at cadet camps throughout Canada, attended numerous courses and training seminars worldwide and, in 1997, she received her Flight Nurse Wings. After graduating with a Baccalaureate in nursing, she was promoted to Senior Nursing Officer and participated in over 50 international Aeromedical Evacuations, bringing ill and wounded soldiers home from around the world. At the time of her retirement in 2015, she'd been promoted to Major, achieved her Occupational Health

Certificate and was a respected instructor of Aeromedical Evacuations.

When I was young, none of my mother's accomplishments meant anything to me. To me, they meant she would miss my birthday, be working on Christmas and wouldn't be home to spend the summer break with us. I couldn't fathom the idea that there could be anything more important than me. Now, almost the same age as my mother when she joined the military in 1989, I understand.

"I think there's a bigger picture. Yeah, I was missing birthdays and holidays and anniversaries but the bigger picture was serving my country. I knew those details. I knew when I signed the dotted line that was the expectation," my mother said.

My mom also grew up in a military household. Her father served in the Forces for 27 years and, like myself, she grew to be a young woman surrounded by the comfort of green uniforms. She was also accustomed to moving boxes, unfamiliar postal codes and the uneasy art of making new friends. Saying goodbye was – and still is – not an ending but the beginning of something exciting.

"I grew up that way. It was normal. I don't know if that's a good thing but it was normal," she said.

In our household, Remembrance Day was not a choice. It was the day that proved to me that my mother's career was serving something bigger than myself. It meant trusting in the missed birthdays, accepting the months my mother spent away from

my brothers and me, appreciating the week-night dinners of Campbell's soup and grilled cheese sandwiches my dad cooked for us. Each holiday spent apart was forgiven on this day, because the importance of it was right in front of my eyes; it was tangible.

"Remembrance Day for me was always an opportunity to remember and to honour the people that gave their lives in all the previous wars ... I don't think about myself being military," my mother said.

"I think about the parents and families of our young soldiers who gave their lives fighting for the lifestyle we have here in Canada and our soldiers who are injured physically and mentally."

Though the importance of Nov. 11 remains prevalent, Remembrance Day is a different experience for my mother since her retirement from the Forces.

"It's different to go to Remembrance Day now. You're not part of a big group, you're an individual," she said.

Two years ago my mother retired from the military and moved across Canada to

assume the position of Supervisor of Health Services at NAIT.

"I didn't think that I could serve my country as well as I used to," my mother said, with a sigh. "[I thought I could] maybe take my skill set and use it somewhere else, so I chose to work at NAIT. I'm using my knowledge and skills ... what I've learned as a leader, as a manager in the military and brought it to NAIT."

Removing herself from the community of the Armed Forces was life changing.

"I find it's been harder these last couple years to establish those friends and connections," she said.

"Because you always connect through people that knew people that knew people [in the military]. Here, it's very different," my mom said.

Despite the adaptation, NAIT has been an excellent community to make the transition. "There's always presentations and awards and celebrations and to me that's really unique and ... kind of fun!"

I will attend the Remembrance Day ceremony in Edmonton with my family this year; it will be the first year in my life that I attend the ceremony beside my mother, dressed in civilian clothing. Nostalgia will throw a shiver down my spine upon the sight of the green suits that enveloped me as I grew up. Goosebumps will line my arms, just as the uniformed mothers and fathers will march in line. My lip will quiver when hands of all colours remove their berets for the national anthem and I will be expecting the lump in my throat as I sing the lyric "Our home and native land," because this is it – home.



Christine Bannerman

NAIT students show in WorldSkills

By **SETH HENNIG**

Three of NAIT's own have returned from representing Canada in the 2017 WorldSkills competition in Abu Dhabi with modest results. Canada sent 31 competitors who participated in over 25 different skilled trades and service industry tasks in Asia from Oct. 15-18, placing 27th in medal points overall with one bronze medal.

WorldSkills is a network for promoting and encouraging youth to pursue and excel in a skill of their choice. Through skill competitions and effective education, WorldSkills aims to demonstrate to young adults the importance of service oriented careers for a community.

WorldSkills represents over 45 skills with participants from 75 countries in order to prepare today's youth for the careers that will shape the future.

The WorldSkills competition is held every two years and Ryley LaFrance, Aaron Taves, and Ryan Matsuba – competing in Industrial Control, Auto Service and Refrigeration and

Air Conditioning – represented NAIT at this year's competition. The event was hosted at the Abu Dhabi National Exhibition Center, with over 100,000 visitors, making it the largest event in the 67-year history of WorldSkills.

Amongst the hardware, Canada took home 13 Medallions of Excellence, which are awarded to competitors with a high point score, who weren't able to place.

Ryley LaFrance has held the title of provincial gold medallist in Alberta for two consecutive years and competed for Canada in the Industrial Control contest.

"I know for a fact it will forever be a highlight of my life and was an experience that will influence my career for the better," said LaFrance.

"I am so proud to have been able to represent Canada in the

largest competition of skilled trades in the world. It truly was a humbling experience."

Ryan Matsuba from Spruce Grove was awarded a Medallion of Excellence in the Refrigeration and Air Conditioning skill while Aaron Taves from Camrose took home a Medallion of Excellence for his work in the Automobile Technology skill.

Canada's bronze was won by Avery Bird and Theodor Willert in the Mechatronics skill. The team is from Toronto and Etobicoke, Ontario respectively.

China won first place in medal points with 15 gold, seven silver and eight bronze and were followed by Korea in second place and Switzerland in third.

The next WorldSkills competition in 2019 will be held in Kazan, Russia.



Skills Competences Canada
Ryley LaFrance



Photo by Dominic Manea

Diners help themselves to some tasty leftovers prepared by students in support of Leftovers YEG.

Leftovers – yummy!

By **RANDY SECCAFIEN**

On Friday Oct. 20, Ernest's played host to a feast of unique proportions.

The "Leftovers for Dinner" event, spearheaded by Global Shapers Edmonton in partnership with Ernest's, was a fund-raising and awareness dinner for the charity Leftovers YEG.

The evening's setup included an Iron Chef style competition, where students competed using kitchen leftovers to make 220 delicious hors d'oeuvres for guests which were judged by both diners and professionals on presentation, taste, temperature, skill and creativity.

The event raised awareness and approximately \$7,500 for the charity's mission, which is to take excess food from vendors at the end of the day and transport it via volunteer drivers to partnered service agencies across Edmonton.

The money raised will go directly towards the purchase of coolers, food scales, equipment, and gas cards to cover the costs of moving the food.

Student groups prepared a variety of food left over from first year cooking classes, including pot roast, corned beef, boiled potatoes, parsnips, carrots, brussels sprouts and turnips.

The winning team, as judged by Edmonton food bloggers Linda Hoang and

Phil Wilson, plus local chefs Shane Chartrand and Mark Bellows, made dishes that included potato croquettes with a herbed cream cheese on top, roast beef with parsnip puree and pickled brussels sprouts, and a fresh pasta with a tomato and corned beef sauce.

The people's choice, as judged by nearly 200 diners at the event, was a team that made dishes such as a corned beef pâté on pumpnickel bread, brussels sprouts topped with both a fennel and butternut squash puree wrapped in leek and beef crostini with red wine braise sauce with parsnip.

In the culinary arts, a leftover is what Ernest's Executive Chef Michael Hassall, calls "extra servings of prepared foods that were never used; we're not scraping plates."

Hassall explains that restaurants know what events create the most leftovers. "Banquets and buffets, I think that's where ... this idea benefits the most ... You know you have a hundred people coming, they barely touch the chicken – what do you do with all that leftover chicken? Especially, if you don't have another event till next week."

Global Shapers Edmonton, the co-ordinator of the event, is a volunteer organization that plans and

launches new initiatives and charities in Edmonton. The group is composed of 25 volunteers aged 20-30. Each year they take on one project to shape society and the community around them. At the end of the year the new projects are handed off to a group of long-term volunteers. This year's project was Leftovers YEG, next year there will be a series of events aimed at combatting urban isolation.

Jyoti Lamba, VP Operations for the Edmonton Hub of Global Shapers said this issue is more common than you might think.

"Roughly eight per cent of Canadian households are ... food insecure...they don't know exactly where their next meal may be coming from."

To combat this, Leftovers YEG receives food leftovers on a weekly basis from Blush Lane, Cobb's Bread, The Dogwood Cafe and Good Earth and distributes them to places in need such as the Hope Mission, the Bissell Centre, the Multicultural Health Brokers Co-op and the Youth Emergency Shelter. Hassall said it's a perfect marriage between restaurants and charity.

"Now you no longer throw them out ... you box them up and someone comes to pick them up."



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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.

Time to grow your mo'

By **SHAWNA BANNERMAN**

NAIT has a full month of Movember activities planned to raise awareness and funds for three important men's health issues: testicular cancer, prostate cancer, plus mental health and suicide prevention.

There will be four weeks of Movember events, with each week focusing on a specific realm of men's health. Kick off week began on Oct. 30 and 31 at Fresh Express and the CAT Building respectively, where "swag bags" were distributed to promote the events. Week 2 is dedicated to spreading awareness about testicular cancer, led by Health Services in the South Lobby. Week 3 will be integrated alongside National Addictions Week and will be piloted by the Department of Student Well-Being and Community. The fourth week of November will be in collaboration with Health Service's regular blood drive to promote awareness about prostate cancer and the final week of Movember entitled "Sho Yo Mo" is dedicated to revealing the best 'staches of the month.

Tanya Spencer, clinical psychologist and lead of Student Counselling and Chaplaincy at NAIT explains that while Movember has come to NAIT in the past, this year the campaign has been upgraded to include more departments, more events for students and a dedication to spreading the awareness.

"The Movember initiatives map nicely onto NAIT as

an organization, partly because in previous years it's been staff who've spearheaded the initiative, so it's a cause that's near and dear to their hearts," said Spencer.

In 2008, men's mental health and suicide prevention was integrated into the Movember Foundation with the aim of reducing the stigma surrounding suicide in men. With over 12,000 apprentices at NAIT, Spencer emphasizes the importance and prevalence of spreading awareness about men's mental health on campus.

"NAIT's campus is overwhelmingly male in terms of student body as well as staff, we're fairly unique in that regard. And with regard to the trades ... the rate [of suicide] compared to the general population is about four times what it would be in the general population," Spencer said. "Men and women attempt [suicide] at about the same rate but men tend to die by suicide more often because they tend to choose more lethal means."

The Movember Foundation was started in Australia in 2003 by two men, Travis Garone and Luke Slattery, who decided to bring the moustache back into fashion trends while simultaneously supporting prostate cancer research.

In their first year of Movember, Garone and Slattery convinced 30 of their friends to participate. While they didn't raise any money, the campaign gained momentum and, by 2004, the Movember Foundation had raised \$50,468.

The foundation continued to grow and by 2007 it had spread to six additional countries, including Canada.

To date, the foundation has raised \$759 million from over 20 countries worldwide and more than five million "Mo Bros" and "Mo Sistas." The foundation has

also expanded to address two additional prevalent men's health concerns: testicular cancer and mental health and suicide prevention. In Canada, the money raised is donated to fund various organizations and projects committed to researching and reducing the risk of all three health problems.

In addition to growing a moustache, there are many ways to get involved in the Movember Foundation. Donate, become a "Mo Bro" or a "Mo Sista," hold an event or check out one of the many events at NAIT throughout the month of November.

For more information about the foundation and campus events, visit www.movember.com.



Photo by David Bernstein

NAIT Students' Association President Doris Car, left, answers a question at the Oct. 30 meeting of the student Senate. With her are Brenda Needham, NAITSA VP Academic; Naomi Pela, VP External and Calli-Rae Barker, VP Student Services, far right.

Two new student senators, two more needed

By **STEVEN SMITH**

The NAIT Students' Association Senate still has two vacant seats. On Monday Oct. 30, a special appointment meeting was held and two of the four open positions were filled. Scott Bowen was appointed to represent Skilled Trades and Apprenticeships and the last position available for Engineering Technologies, Academic Upgrading and Open Studies was acquired by Bernard Omojola. Two days later, on Nov. 1, the two new mem-

bers joined the rest of the NAITSA Senate.

The NAITSA Senate held its first official meeting on Oct. 18. In addition to formalities, senators addressed the election results and were sworn in. They then decided who should sit on financial and governance committees.

In question period Senator Willow Shelley enquired about a potential reading week for the fall semester. NAITSA VP Academic Brenda Needham stated that

there are numerous issues to be considered before a fall break is instituted. One is how NAIT would make up the lost class hours. This might mean fall classes starting in August or having classes continue closer to Christmas. She promised a follow-up as soon as she gathers more information.

Senator Syed Ahmed asked about peer support groups. Calli-Rae Barker, NAITSA VP Student Services, said one of her goals this year is to have/increase peer coun-

selling for students. She said she is currently looking at how other post-secondary schools run their peer groups.

The next Senate meeting is on Nov. 15. If you are a student from Culinary and Hospitality or Skilled Trades and Apprenticeships and have an interest in one of the vacant seats, stop by or call NAITSA at (780) 471-8855. It's an opportunity to ensure that the voices of your fellow students are heard.

OPINION

— Editorial —

The torch still burns



By **MICHAEL MENZIES**
Senior Editor

Remembrance Day provokes similar reactions from many different people. While not everyone has a great-grandfather who fought in Vimy Ridge or grandmother who worked tirelessly to support the war effort, the underlying sentiment of serving a purpose above yourself resonates every Nov. 11. In its most mortal terms, Remembrance Day creates a window where we can look at the ideas our society values, and are worth valuing.

Profoundly beautiful

There are few poems that strike a chord more than *In Flanders Fields*, a standard of Remembrance Day commemorations. The famous poem written by Lt.-Col. John McCrae during the second battle of Ypres, Belgium in 1915, is profoundly beautiful in its concision. First published in the popular British magazine *Punch* over 100 years ago, the legend goes that McCrae wasn't satisfied with the poem and threw it away shortly after writing it. If it weren't for fellow soldiers who retrieved it afterwards, the poem would have been lost.

In 97 words, John McCrae went from military surgeon to perhaps the most famous poet in Canadian history. Not to mention knowing the origin of McCrae's inspiration, which was presiding over his friend Lieut. Alexis Helmer's funeral. These details make it especially harrowing. His short, 15-line breath above all else summarizes the complexities of war, service, and more important, why sacrifice is crucial, even to us today.

'Innate drive'

One hundred years later, the message that lives past John McCrae and those lives lost is a piece of art.

As psychologist Carl Jung said about these creative motivations: "Art is a kind of innate drive that seizes a human being and makes him its instrument."

The artist then becomes in Jung's own terms, "one who allows art to realize its purposes through him." For a moment, McCrae became the instrument through which our most valiant and brave could speak frankly to us.

*Take up our quarrel with the foe.
To you, from failing hands we throw
The torch; be yours to hold it high
If ye break faith with us who die,
We shall not sleep, though poppies grow
In Flanders fields.*

Not only does *In Flanders Fields* encapsulate the First World War scene, it also gives the reader a task – a call to action. Now, the call to action could mean various things depending on the individual. But at the heart of the matter, each person knows what torch they could be holding high, and what foe they need to quarrel with. While the words may not seem real on the page, spoken aloud on Nov. 11, the vital sense of urgency lingers.

McCrae juxtaposes two choices that lay in front of the reader. Action or passivity. While poppies still grow, what are you going to do with all the opportunity you have? It could so easily slip the values of our democracy, are we willing to stand up if they get lost?

Sure, there have been frivolous wars fought in the past and needless lives lost. But if messages are preserved this long and spoken to us annually on a day specifically

carved out to remember the millions of meaningful lives sacrificed to uphold those values, there is no choice but to listen.

Hence the purpose of Remembrance Day. Growing up it didn't impact me as much and besides our school celebration service I didn't go to any formal Remembrance Day event. It's only over time these things sink in.

Regardless of what you do Nov. 11, reflect on the poem and think about your life. Remembering what it means to live under these conditions keeps us level-headed and humble, especially in this time of social unrest and identity.

John McCrae died of pneumonia before the First World War ended and didn't come to see the tradition his work has inspired.

In Flanders Fields matters. If you don't remember, they don't rest.



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SPORTS

Keep war out of sports



CONNER TOFFAN
Sports Co-Editor

Escapism – The tendency to seek distraction and relief from unpleasant realities, especially by seeking entertainment or engaging in fantasy.

As a college student trying to hold down two jobs, while dealing with the immense workload I receive from class and trying to recover from a torn labrum while playing at an elite level of baseball, I need to escape. The realities of our lives are not always something we need, or want, to face constantly. The reason sports are so great is it gives us a means to escape from our sometimes harsh lives so we can be joyful, taking in the greatness of live sports. Even old reruns of classic games that we've seen 10 times already can help us go into a fantasy

world, feeling an unmatched and undefeated happiness. Sports have helped me get through injury, breakup and even death.

When I'm trying to escape from my harsh reality, the very last thing I want to think of is the treacherous, deadly wars happening around me today.

Sports is not war. War is not entertainment. War is not fun. War does not belong in sports.

Why then, is the military so incredibly celebrated in the world of sports today? So often we see teams with camouflage uniforms and other pro-military imagery draped all around the facility, playing surface, players and even the referees. Why are we constantly reminded of the terrors of war in the middle of something that's supposed to be so positive? Is it the appeal of the alleged soldier-like mentalities that the athletes use? It can't be. The worst an athlete has to realistically worry about while playing is failure. Striking out, throwing an interception or letting in a goal doesn't come close to the fear of death. Imagine being half a world away and not knowing when, or if, you'll see your loved ones again.

Every year, the NFL gives out an award to soldiers who have a strong connection to

service and sports. The Pat Tillman Award is an honourable award but it forces multiple horrid consequences. The last winner of the Pat Tillman award was U.S. Air Force Master Sgt. Israel Del Toro. Del Toro was injured in Afghanistan in 2005 when he rolled over a bomb in his military vehicle. He lost most of his fingers, was burned over the majority of his body and was in a coma for three months. When he came out of the coma, he was told he'd likely never walk or breathe on his own again. We can't take away from the sacrifice Del Toro made for his country. On the other hand, why would I want to hear about these horrors when all I'm trying to do is watch the ESPY's? Of course they only advertise how Del Toro used sports to recover. We aren't shown the PTSD, the horror and the endless pain he has and is likely still facing.

There is more to this blind marketing. The majority of the "military appreciation nights" and pro-military ads you may have seen on television are complete facades. Once again the NFL is at the forefront of sports in North America and they are a model example of cheap, manufactured patriotism. Rather than organic patriotism, the military has spent millions for the NFL

to hold military flyovers, flag unfurlings, emotional colour guard ceremonies, enlistment campaigns and even national anthem performances, the source of oh-so much controversy today. So not only is the dreadfulness of war presented to us by these sports leagues, but they're getting paid millions for it by the military.

Children watch these programs. We can't raise a generation of conflict-hungry, warmongers. The senseless marketing done in sports puts us in danger of this.

The sacrifice given by the men and women in the military is incomprehensible to me. I freeze at the thought of making the sacrifice myself. Thank you to everyone who keeps me safe, while putting your own life on the line, I can never repay you.

Please, though, let's not glorify this. Stop pushing war as a positive event into our faces for the sake of hopefully recruiting a few more soldiers. All we want to do is escape. This is not what we have sacrificed so much for. I am begging, please do not blindly fall for the senseless military marketing used by our favourite leagues. They are often getting paid for it. This isn't what sports are about. War does not belong in sports.

FIGHT CORNER

Wrestling warriors at peace

By JORY PROFT

In the back of a mechanic's shop in the Millwoods sits a 20 by 20, blood-stained wrestling ring. Blood that was spilled for the entertainment of the fans. Independent wrestlers' lives and their dedication to their craft are often more interesting than the drama that takes place on TV. There is no high budget in indie wrestling. There is a ring, a ref and people throwing their bodies around for the love of pro wrestling. Not in packed stadiums but in community halls of 50 people. Indie promotions have young talent who want to be in the WWE, older veterans and dudes who want to say they wrestle. Monster Pro Wrestling owner Sean Dunster and veteran Philip Lafon have seen it all in their tenure as pro-wrestlers.

"You could actually make a living. I never had a job for 30 years. That's all I did was professional wrestling. Now it's more of a hobby," stated Lafon when asked how the scene used to be.

"Even within the WWE, the popularity has decreased from its heyday."

Lafon recalls the fanfare surrounding wrestling during his time in the then WWF. "When I [would] see a crowd of 25,000 people

... nothing in the world could bother me. It was just the best high of them all," he said.

"If there's anything I miss in the business [it's that] you can't get that adrenaline ... when you have thousands of people cheering you on, it's very hard to replace."

Wrestling has evolved a lot since Dunster and Lafon's glory days. "Wrestling was another style of rock star living," said Lafon. A major issue within the industry in those days was alcohol and drug abuse, notably, painkillers.

"In the '80s and early '90s, if you did pass a drug test, you would probably get fired. The doctors would prescribe painkillers like they were vitamins. And now they have cleaned up. Thank God," continued Lafon.

Dunster, who wrestled as Massive Damage, also commented on this issue: "The business in those days killed all of my friends. So for me to sober up and make it and to see the WWE come up with a wellness policy. That's huge for wrestling."

Young deaths within the business were mostly caused by substance abuse. Both Dunster and Lafon detailed various stories of men within their industry dying young.

Lafon had his own battle as well.

"Even though I made millions of dollars, I finished broke with an addiction... Emotionally, physically, spiritually – I was broken. It took me about 10 years to get back to normal," said Lafon.

Through the trials and tribulations that come with the pro-wrestling lifestyle, Dunster and Lafon were able to continue to work and be successful in and outside of the business. When asked if he had any regrets, Lafon remarked, "I am so grateful for the opportunity. Even if I finished with an addiction and flat broke like 90 per cent of us do, I came out alive."

Lafon has now been sober for nine and a half years and has his diploma in life skills coaching as well as in social work. Dunster had his demons as well. He is in charge of Edmonton's Monster Pro Wrestling training and management.

Both men want to share their experiences to help the next crop of wrestlers. The outside perspective of pro wrestling is that it is fake but the experiences and trauma that the fighters undergo is very real.



Pro Wrestling Wiki - Fandom

Philip Lafon in his wrestling days

Our heroes – twice over



TRE LOPUSHINSKY
Sports Co-Editor

It's that time of year when we wear poppies over our hearts to honour the men and women who have fought for our freedom.

Every year around Remembrance Day, I can't believe people put their lives on hold for their country. We wouldn't be able to sit down on our couch and watch the Golden State Warriors take on the Cleveland Cavaliers for the next couple of NBA Finals (it's happening), if people didn't risk their lives. It's difficult to imagine an athlete willing to drop a career to head overseas. In the Second World War, it was a different story; there were men who sacrificed their own athletic careers and lives so that the United States and Canada could enjoy the finer things in life.

The First World War coincided with the creation of the National Hockey League. During this time, many professional hockey players were involved with the war effort. Sadly, two of the game's earliest stars were killed in battle. Frank McGee, who once scored a record 14 goals in a 1905 Stanley Cup game and an inaugural inductee of the Hockey Hall of Fame (HHOF), was killed in the Battle of the Somme in 1916. Scotty Davidson, one of the game's top wingers, was killed in France at the age of 23. He was inducted into the hall of fame in 1950. In 1919, the Memorial Cup was dedicated to those who had lost their lives in the First World War and is currently given to the champions of the Canadian Hockey League.

Among these men, The "Kraut Line" of the Boston Bruins (Woody Dumart, Milt Schmidt, and Bobby Bauer) enlisted in the Canadian army in 1942. These boyhood friends from Kitchener, Ontario decided 75 years ago that they needed to do more than dominate the ice for the Bruins. Before enlisting in the army, they helped bring home the Stanley Cup for the Bruins in 1939 and 1941 plus they finished in the top three

in NHL scoring in 1939-40 (first teammates to do so), Schmidt with 52 points along with Bauer and Dumart tied at 43 each. They were reunited with the Bruins in 1946.

The NFL had teams either fold or merge during the Second World War due to the number of players who served.

A total of 600 NFLers served in the Second World War. Nineteen sadly lost their lives in action. In the Vietnam War, Roger Staubach served before playing in the NFL while one active NFLer, Buffalo offensive guard Bob Kalsu, died in battle in 1970.

The Western Interprovincial Football Union and the Interprovincial Rugby Football Union (precursors to the Canadian Football League) did not play from 1942-44. This allowed the military and university teams to compete for the Grey Cup. The Winnipeg RCAF (Royal Canadian Air Force) Bombers reached the Grey Cup game but lost in 1942 and 1943.

In the 1941 season in Major League Baseball, Red Sox left fielder Ted Williams hit for .400 and the Yankees centre fielder Joe DiMaggio had a 56-game hitting streak. After the season ended, both fought in the Second World War.

Baseball continued to be played during the war even though more than 500 players enlisted. Yankees Hall of Fame catcher, Yogi Berra, didn't play in 1944 or 1945 due to his time in the Navy. After his return he compiled a 19-year career, including 18 all-star game selections and 13 World Series championships.

As I mentioned before, it is rare for professional athletes to join the armed forces in modern times. There are two recent instances. Arizona Cardinals safety Pat Tillman turned down a \$3.6-million NFL contract to enlist in the U.S. Army. He fought in Afghanistan but was tragically killed by friendly fire in 2004. In the NHL, Philadelphia Flyers prospect Ben Stafford enlisted in the U.S. Marines shortly after winning an AHL Calder Cup in 2005, and was deployed to Iraq. He survived his tour of duty but ended up retiring from pro hockey.

These are only some of the athletes that have served. We often describe our struggles as a "battle" or a "hardship," some of our "battles" pale in comparison to those of our brothers and sisters who fought in real wars. For that, I thank you.

Athletes of the week

October 23-29

Megan Loyns
Women's Soccer



The NAIT Oaks women's soccer team won silver at the ACAC Soccer Championships Oct. 20-22. Megan Loyns, who was voted ACAC Player of the Year, was also named tournament MVP, thanks to her stellar play throughout the tournament. "Megan was outstanding this past weekend for us. She made so many big plays offensively and defensively and it is hard to put into words what she means to this team," said coach Carole Holt. "We are looking forward to watching her play at nationals next week." Megan is a fourth year Bachelor of Business Administration student from Saskatoon.

Ali Musse
Men's Soccer



The NAIT Oaks men's soccer team won silver at the ACAC Soccer Championships Oct. 20-22. Ali Musse scored three goals in two games before missing the gold medal game due to injury. Musse was named to the tournament all-star team as well. "Ali is consistently providing our team with offence and scoring timely goals," says head coach Charles O'Toole. Ali is a first-year Open Studies student from Edmonton.

Athletes of the week

October 16-22

Alica Mihalikova
Women's Hockey



The NAIT Oaks women's hockey team swept the Olds Broncos Oct. 13 and 14 by scores of 1-0 and 3-0. Alica Mihalikova scored the game winner in Game 1 and added an assist in Game 2. "Alica has been working hard to improve her game in practices. She is presently playing some of her best hockey this season which has impacted our team performance immensely," said coach Deanna Martin. Alica is a second-year Business Administration student from Topolčany Nitriansky, Slovakia.

Nathan Park
Men's Hockey



The NAIT Oaks men's hockey team swept the weekend series on Oct. 13 and 14 against the defending champion MacEwan Griffins 3-0 and 5-2. Nathan Park was a huge part of the sweep, recording a shutout and making 72 saves on 74 shots against their 109 Street rivals. "Nathan played exceptionally well this weekend as he made timely saves in both games that helped lead us to two wins this weekend," says head coach Tim Fragle. Nathan is a Chemical Engineering Technology Student from Edmonton.

BASKETBALL

Men add able assistant

By PETER GO

Greg Francis, a former professional basketball player and coach has been brought in as an assistant by longtime friend and Oaks head coach Mike Connolly with the goal of getting the Oaks back to championship status. His experience on both ends of the court will be an asset to the Oaks, especially when it comes to developing the guards and forwards individually. Francis is also currently the manager of Men's High Performance at Canada Basketball, where he specializes in individual coaching. He sees the strong work ethic the Oaks have, which is one of the reasons he believes this team can make it back to Nationals.

Francis is from Toronto and started playing basketball at a young age. Whether it was junior high, high school or provincial teams, Francis shone as a scorer. Francis first met Connolly while playing provincials in 1990-91. Francis' ability to score was one of the big reasons why he was able to attend Fairfield University in Fairfield, Connecticut and lead them to a

Metro Atlantic Athletic Conference championship, while also being named MAAC MVP in 1994. Francis played professionally overseas from 1997-2000, where he was an all-star. He was also able to play alongside Steve Nash on Canada's National team that went to the Olympics in 2000.

During his time with Canada Basketball, Francis was able to gain valuable knowledge from head coach Jay Triano.

Francis said 'he definitely fell from his coaching tree,' as he was also able to be an assistant coach to Triano for Canada Basketball's senior team in the following years. Francis also credits



Greg Francis

acclaimed Canadian basketball coaches, Ken Shields, Ken Olynyk and Mike Connolly for developing his game and coaching philosophy to the high-level it is at now.

His first time as an assistant coach was at Monmouth University in 2001. There he helped guide Monmouth to the NCAA tournament where they played Duke in the first round, who ultimately became the National Champions. "It shows you what's possible" said Francis, after seeing Duke play live, as an opposing coach. The game against Duke showed him that you don't need the best talent, as long as you're the hardest worker, you can

work your way to the pinnacle.

With his extensive playing career and immense coaching experience, Francis has seen what it takes to be a champion. He knows it is possible to be very successful if the team has a strong work ethic, which he sees in the Oaks. Especially in fourth year players guard Wyatt Beaver, and forward Samson Cleare. Francis knows it will take a full all-hands-on-deck team effort to bring the Oaks back to Nationals. However, Francis said "he doesn't see any other team with better forwards at the ACAC level." He sees the build of the Oaks game as being more old school, more of an inside game. Francis hopes his individual coaching will also help bring the perimeter game, especially with their guards to the levels of their interior game.

Greg Francis was brought to the Oaks by Connolly, a friend he has known for over 20 years, to help bring the Oaks back to the Nationals and to help bring home more championships for the men's basketball team.

Training – for the future

By BRYN LIPINSKI

In Edmonton we have some amazing athletes. Andrew Ference, Alphonso Davies and Mark Messier, to name only a few.

All of our home-town athletes, however, needed training and lots of practice to reach their current levels of skill. That's what schools like St. Francis Xavier are there for. In this Edmonton Catholic school, the five sports academies – golf, hockey, baseball, soccer and lacrosse – focus student athletes and prepare them for the future of their sport.

The five academies are some of the oldest and, more important, some of the best in Edmonton. Jeremy Posteraro, the sports director at SFX, explains why: "The golf academy excels firstly because we have two great pros to instruct – one from Blackhawk and one from the Petroleum Club; secondly because we get to go to those premier facilities.

"There are no other golf academies in Edmonton that are going to courses like Blackhawk and Petroleum Club. Our soccer academy was the first academy of its kind; there is a Europe trip that they do annually to go and train with some of the clubs in Italy and England and get that International training towards their program.

"Our hockey academy was, I think, the first academy ever made in Edmonton, so it's the oldest academy locally and then our lacrosse academy is again, I think, the first of its kind as well to be built [in the city]."

Along with teaching the rules, nuances and tips for the different sports and giv-

ing student athletes a perfect opportunity to train, SFX is also a huge benefit to young athletes because it prepares them for life outside their sport by teaching them "teamwork, hard work, commitment and time management skills; the list goes on and on in regards to the value sports academies and high school athletics have for the students, going forward into their lives after they play high school sports," says Posteraro.

Brett Holden, a current student at NAIT who graduated from the baseball academy at SFX, said sports were not the only priorities of the students.

"With SFX, we had to keep getting the grades. If our grades weren't up we weren't going to be playing," Holden said.

SFX's sports academies have pro coaches from not only Edmonton and Canada but around the world.

During his time at SFX, Holden was trained by one such coach.

"With baseball, the reason why it stuck around for so long – and it's still going – is because we had the top coaches from around the world. One of our coaches, Carlos, was from the Dominican, and he was a great hitting coach. With those kinds of coaches, came good draft results," he said.

In the sports academies and throughout the school, even with non-sports students – it was a bunch of close friends, Holden said.

"I know it sounds weird that we would be close to non-academy students, because of like, 'oh, you're not in an academy, you're weird,' kind of thing but it was not

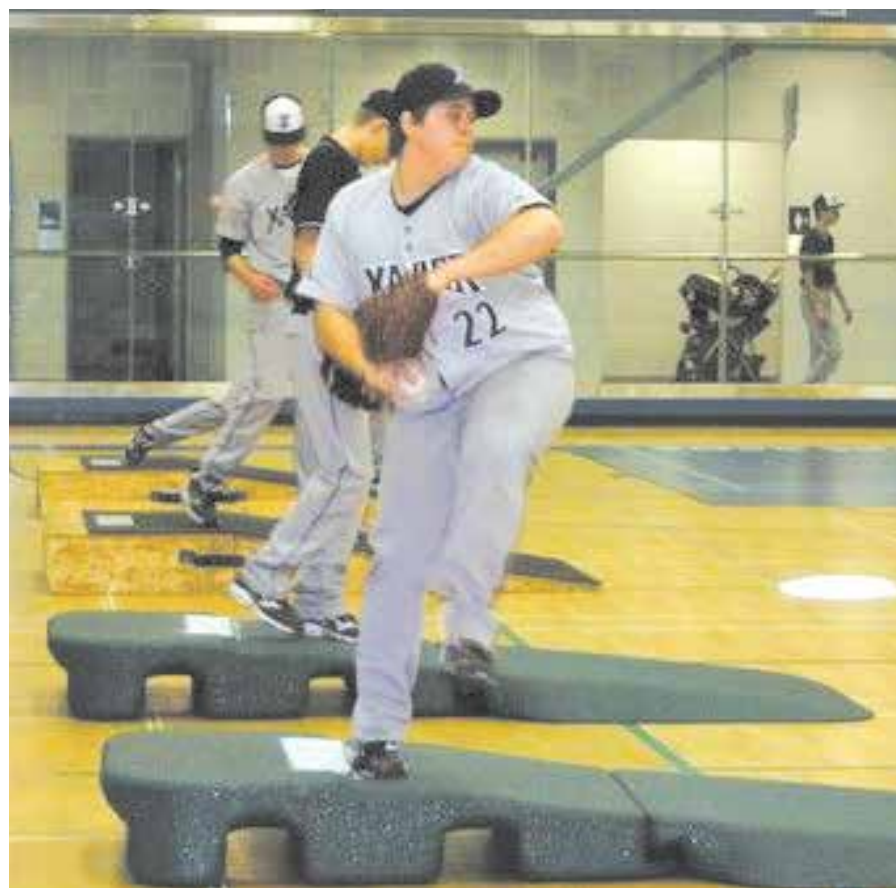
like that at all. For my graduating class we were all a tight-knit group."

"Vimy Ridge Academy's [baseball academy] came just this year, I believe ... So it's kind of grown and I think SFX is one of the biggest reasons why."

To get a visualization of the success of

student athletes from Saint Francis Xavier, Posteraro said "there's a list of over 200 sports academy students who earned full scholarships."

Brett Holden is one of them. Think about that: 200 students, in 12 years. Those are some good numbers.



Edmonton Examiner

An St. Francis Xavier high school pitcher shows his stuff.

ACAC SOCCER PLAYOFFS

Silver for men, women

By MATT WOZNIAK

The NAIT men's soccer team won silver at the 2017 ACAC Soccer Championship, which NAIT hosted in Sherwood Park from Oct. 28-30.

NAIT started off the tournament well, with a quarter-finals 3-2 win over Medicine Hat. Ali Musse started the match off strong for the NAIT Oaks by netting two early goals. Medicine Hat later tied the game 2-2. The Oaks, however, prevailed with an 80th-minute goal from Armando Garcia. The win sent them to the semifinals against the SAIT Trojans.

Back and forth

That match started as a back and forth game. It took some time for NAIT to start clicking as the SAIT Trojans tried to keep possession. Musse managed to break the deadlock in the 37th minute after a good counter attack. He scored a well finished shot under the keeper, making it 1-0.

Around the 45th minute, keeper Justin Marler made a key save for NAIT to preserve the lead. Then, going into the second half, the Oaks applied more pressure on the Trojans. It ended up being a very defensive match, with Armando Garcia scoring the game winner in added time to make it 2-0. Props go to Marler and the defence core for a solid clean sheet.

With the win, the Oaks progressed to the final to face the No. 1 Keyano Huskies in a match they lost 1-0. The Huskies scored an early goal in the sixth minute, which stood up for the rest of the match.

Musse was not dressed for the final as he picked up an injury in the previous game. With him out of the lineup, NAIT lacked offence without their star striker. Now the Oaks, who qualified for the nationals with their second place finish, hope they can return to good form and deliver a win there.

Other matches

Aside from the Oaks, some other top matches were played. Concordia upset the Lethbridge Thunder in penalties in a dramatic game that finished 4-3 with Jake Gallagher winning it for the Thunder. The next day, Concordia lost 4-0 to Keyano. After that dominant win, Keyano progressed to the finals. Keyano had a strong tournament due to a very structured defence and fluid system. This resulted in their gold medal win over the Oaks.

The NAIT women's team also competed in their ACAC soccer championship in Olds on the weekend. Kassy Jajczay scored the lone goal in the semifinals for a 1-0 win, which sent the Oaks to the final against Grande

NAIT midfielder and ACAC Rookie of the Year Oscar Miranda, right, converges on a Keyano player during the ACAC final on Oct. 29 in Sherwood Park. The Huskies downed the Oaks 1-0 to win gold. Both teams qualified for the nationals.



Photo by Railene Hooper

Prairie. In the end NAIT lost that match due to penalties.

Kaily Mohn was the goal scorer for the Oaks.

Both the women's and men's head coaches (Carole Holt and Charles O'Toole) won ACAC 2017-18 coach of the year awards in the North Division. The men's team came into the provincials tied with Keyano for first in the North with a 9-1 record. They also finished first in the ACAC in shots (181) and had the fewest shots allowed. The women also had a 9-1 sea-

son to tie with the GRPC Wolves for first in the North Division.

Oaks midfielder Megan Loyns won ACAC Player of the Year and tournament MVP, while Oscar Miranda Ruiz won the men's ACAC Rookie of the Year.

Both the GRPC Wolves and the NAIT Oaks will travel to Halifax for the CCAA National Women's Soccer Championship on Nov. 6. The men's team will be headed to Nanaimo, B.C. on Nov. 7 for Nationals.

Face-Off for charity

By TRE LOPUSHINSKY

A rivalry continues after 27 years as the NAIT Oaks take on the U of A Golden Bears at Northlands Coliseum. This will be a charity exhibition match by the name of Face-Off 2017, which will be on Dec. 9 at 7 p.m.

This meeting will be the Oaks and Bears eighth ever Face-Off game and the first since 1991. Out of seven games, six were at Northlands Coliseum and one at the Northlands Agricor.

All previous charity games benefitted the Ronald McDonald House of Edmonton. This December will be the first Face-Off to support

the Stollery Children's Hospital Foundation.

The Golden Bears have won five of the seven previous meetings.

"I remember how well-attended they were – the fans, the energy. I remember scoring a goal in the first game I played in," said current Golden Bears head coach Serge Lajoie, who played in three Face Off Games (1989-91).

"We are extremely excited to be a part of the Face-Off series once again as this event has a strong history between the two schools. This event doesn't happen without the joint partnership with the University of Alberta Golden Bears and the NAIT Oaks men's hockey pro-

gram," says Oaks head coach Tim Fragle, who has represented NAIT five times against the Golden Bears in his career (twice as a player, three times a coach).

"We got a lot of players who started in post-secondary and sent them on to U of A," said former NAIT coach Perry Pearn. "Syd Cranston would be the biggest name from the standpoint. He was a leading scorer at U of A after being a leading scorer at NAIT. He's one of the guys who played on both sides of that rivalry in the Face Off Games."

Fragle thinks his team will go in as the underdog. Seeing as both teams will be mid-

NAIT-U of A hockey game revived

way through their season, it could go either way.

"We play in a college league. They play in the U Sports league. I think there are some differences there," Fragle said.

But Lajoie isn't so sure.

"If they were in our league, they'd be a very good team," he said.

Twenty per cent of the ticket revenue will be donated to the Stollery. Tickets for Face-Off 2017 are on sale now through Ticketmaster. Single seats will be available for \$10 plus fees, while an ATB Team Ticket will be available for groups at \$7.50 plus fees per ticket.

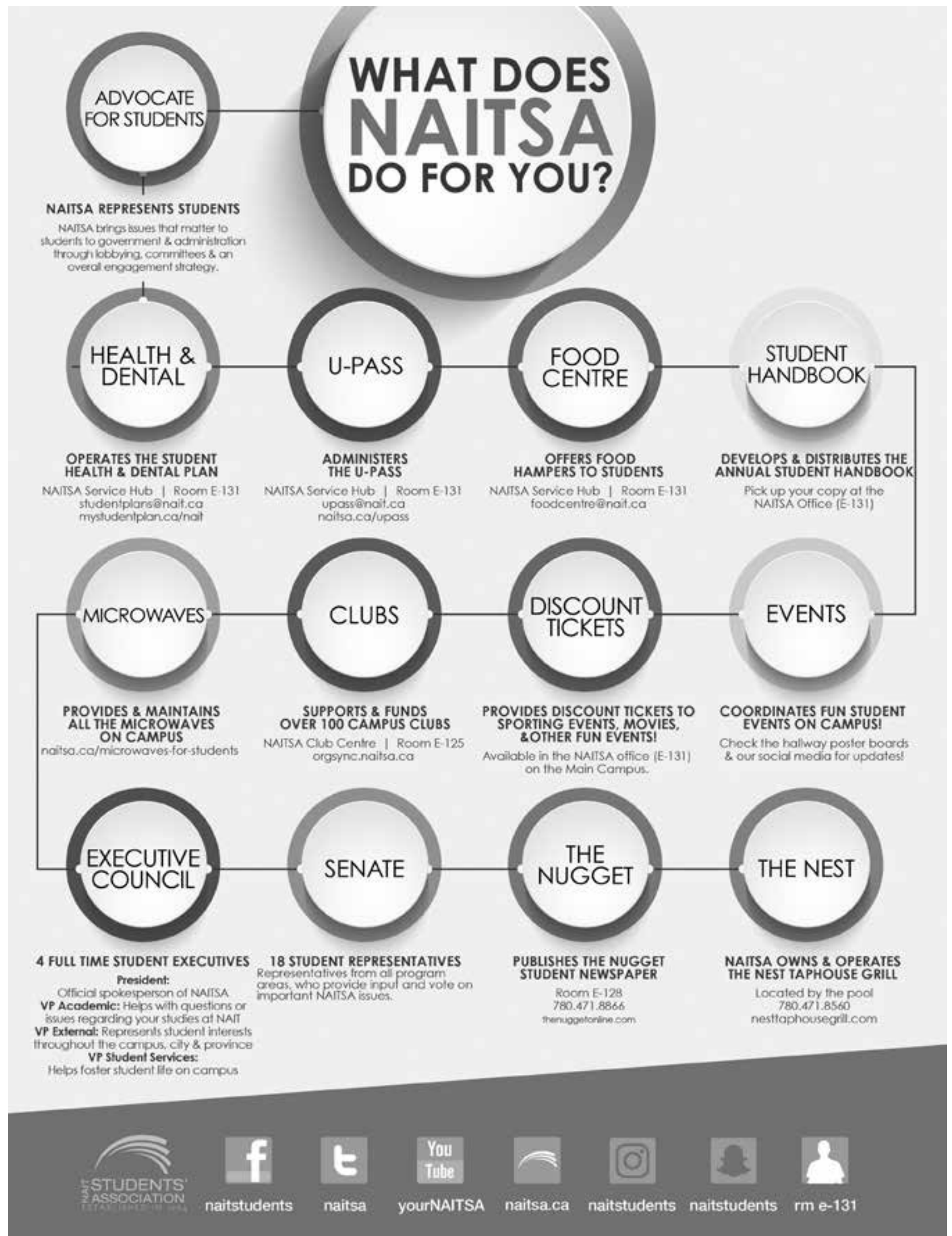
UPCOMING CAMPUS CLUB EVENTS NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	2 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	3 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	4
5	6 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	7	8 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	9 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	10 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre REGGAE/SOCA FITNESS DANCE CLASS 11:00am-1:00pm, NAAT Gym (E-140) FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	11 <i>Remembrance Day</i>
12	13 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	14 INTERNATIONAL WEEK 11:00am-4:00pm, CAT Main St	15 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112 INTERNATIONAL WEEK 11:00am-4:00pm, CAT Main St	16 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre INTERNATIONAL WEEK 11:00am-4:00pm, CAT Main St	17 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 INTERNATIONAL WEEK 11:00am-4:00pm, CAT Main St	18
19	20 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	21	22 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	23 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT 102 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	24 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	25
26	27 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	28	29 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	30 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	1 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	2
3	4 WEEKLY JUGGLING JAM 5:00pm-8:00pm, Shaw Theatre Lobby	5	6 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	7 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	8 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	9

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ENTERTAINMENT

Animals can serve, too



By **STEVEN SMITH**
Entertainment Co-Editor

Every Remembrance Day we commend our soldiers and veterans for their efforts in the field. It is well deserved, but there is a lot of behind the scenes logistics that keep a military running. Feeding and keeping the troops stocked is a massive process. Morale can be even harder to keep up, which is why militaries around the world have mascots, some have even been affectionately given titles and ranks.

A lot of mascots were in the thick of battle mainly before and during the Second World War. To the higher-ups, a mascot

helped morale and gave the troops an animal with traits that, as a unit, they could aspire to. Horses are popular as they are hearty, hard working and the core of cavalry. Goats, rams and dogs are also chosen as mascots as they are resilient and loyal.

Dogs are the staple military animal. We tend to think of them as hunters and trackers. Some parts of the military explicitly use dogs and become a team unit. During D-Day, a number of dogs were parachuted over Europe to help with the allied invasion. Dogs even served as helpers, ambulance dogs seeking out the wounded. More recently, dogs are being used for therapy. Flynn, the therapy dog at NAIT, is a perfect example of this, as he helps students during stressful times. Other dogs have proven to be quite useful to handle post traumatic stress disorder (PTSD).

Cats have always stayed near humans, and cats on ships have been a staple since the dawn of sailing. With the leftovers of human waste and food, rats would thrive on ships and in trenches. Given the title of Ship's Cat, felines were brought on board

to deal with rodents. When the Second World War started, every ship had a radio for faster communication, and from there the cats became celebrities. Each ship had their own feline, which would offer a sense of home and security. Unsinkable Sam was a ship's cat who survived three sinkings from both sides of the war, before he was eventually retired and sent to a sailors' home.

Sometimes a soldier just bought an animal because it was fun and cheap and that animal became part of the corps. In Canada, Winnie is the most famous bear mascot. Purchased by the Canadian Army Corps and named after Winnipeg, he quickly became their mascot and eventually the inspiration for the lovable Winnie-the-Pooh. Wojtek is a less famous, yet fantastic example. In the Second World War, a Syrian Brown Bear was purchased by the Polish Army. Aptly named Wojtek or "joyful warrior" he achieved the rank of private during the Italian campaign. He smoked, drank and helped

move munitions and it was reported that in the battle of Monte Cassino he never dropped a crate.

While animals do not go to war as often, they have evolved much like the military. Trained dogs work with soldiers, stray cats still protect food from rodents and we recognize that bringing a bear into a war zone is a bit daft. But there is something undeniably amazing about the history of animals in the military. Mascots and military animals used to go out to the front lines with the troops and offer camaraderie, companionship, a sense of home and security. The animals provided grand and impressive stories that soldiers could tell to each other.

Today soldiers still pick up stray animals and there is no end of pictures online of troops giving a little kitten milk or playing with a dog. In the thick of battle, in times of conflict and in places where there seems to be no end in sight, one little animal can raise hopes and put a smile on faces.

NOVEMBER EVENT LIST

AUGUST 21 - SEPTEMBER 15 | U-PASS PICKUP

AUGUST 31 - SEPTEMBER 1 | NAIT ORIENTATION

5 | FREE FOOD: SOUCH CAMPUS

6 | PANCAKE SUNDAE BAR

7 | PANCAKE SUNDAE BAR

7 | NEST NIGHT: WE'VE GOT GAME

8 | AMAZING RACE

11 | FREE FOOD: EVENING STUDENTS

12 | FREE FOOD: PATRICIA CAMPUS

14 | NEST NIGHT: TRIVIA

15 | NEST FEST FEATURING TIM HICKS

19 | FREE FOOD: INSULATOR CAMPUS

20 | WELLNESS WEDNESDAY

20 | BLOOD DONOR CLINIC

21 | NEST NIGHT: CARDS AGAINST HUMANITY

23 | SHINERAMA

25 | ART AFTER DARK

26 | HOWTO: CANOE

28 | NEST NIGHT: MUSIC BINGO

SEPTEMBER 30 - OCTOBER 1 | CLUB RETREAT

25 | SENATE NOMINATIONS CLOSE

25 | SENATE CANDIDATE MANDATORY MEETING

29 | HEALTH & DENTAL OPT OUT/IN DEADLINE

29 | U-PASS EXEMPTION DEADLINE

NOVEMBER HOLIDAYS

11 | REMEMBRANCE DAY

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



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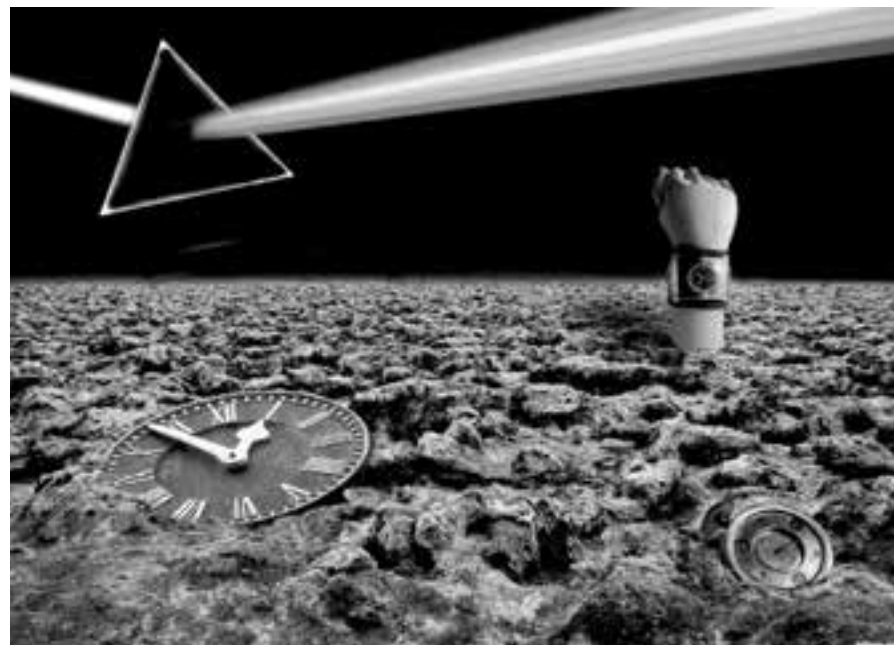
Politics, money, wasted time, corruption, war and devastation. All these things and more have been written about by the genius that is Roger Waters. From his early works in the '60s with the progressive rock band Pink Floyd, to his new solo album released in June, Waters isn't going anywhere, anytime soon.

With the release of his new album, Waters began his worldwide Us + Them tour in support of the album towards the end of last year. Last week, the tour brought him to Edmonton for two nights; in honour of his stay, I have compiled a list of some of his best work written for Pink Floyd and a few from his solo career.

In Floydian and Waters fashion,

I have created a playlist which tells a story. Throughout his career, Waters albums were written to tell a story or a concept. *The Wall* was about the mental decline of a rocker, whereas *Animals* was about a tyrannical government and its' eventual downfall.

My playlist tells the story of a man who suddenly realizes that he has wasted his time on earth and that no one cares about him. In an attempt to live for something, he joins the military to only find death and destruction. First, with his fellow soldiers, as their hopes and dreams are destroyed in the blink-of-an-eye. Then, with the innocent civilians that are bombed for simply being in the wrong place at the wrong time. The scenery he was accustomed to has been altered and he feels nothing but sympathy for the civilians and the refugees attempting to leave their war-torn country. It shatters his heart that some of them will not be able to leave. He blames the government and the country he serves for creating an us-and-them situation, when that's clearly not the case. He attempts to help those who are affected by his country's destruction, yet can't. He's unable to help, as



he's a part of the problem. His mental capacity is stretched to its' max, as he finally comes to terms with his life and the truth.

- Time – Pink Floyd (Dark Side of the Moon)
- Nobody Home – Pink Floyd (The Wall)
- The Gunner's Dream – Pink Floyd (The Final Cut)
- Late Home Tonight Pt. 1 – Roger Waters (Amused to Death)
- The Last Refugee – Roger Waters (Is This the Life We Really Want?)
- Us and Them – Pink Floyd (Dark Side of the Moon)

- Not Now John – Pink Floyd (The Final Cut)
- 4:58 AM (Dunroamin, Duncarin, Dunlavin) – Roger Waters (The Pros and Cons of Hitch Hiking)
- Pigs (Three Different Ones) – Pink Floyd (Animals)
- The Most Beautiful Girl – Roger Waters (Is This the Life We Really Want?)
- The Final Cut – Pink Floyd (The Final Cut)
- Brain Damage – Pink Floyd (Dark Side of the Moon)
- Eclipse – Pink Floyd (Dark Side of the Moon)

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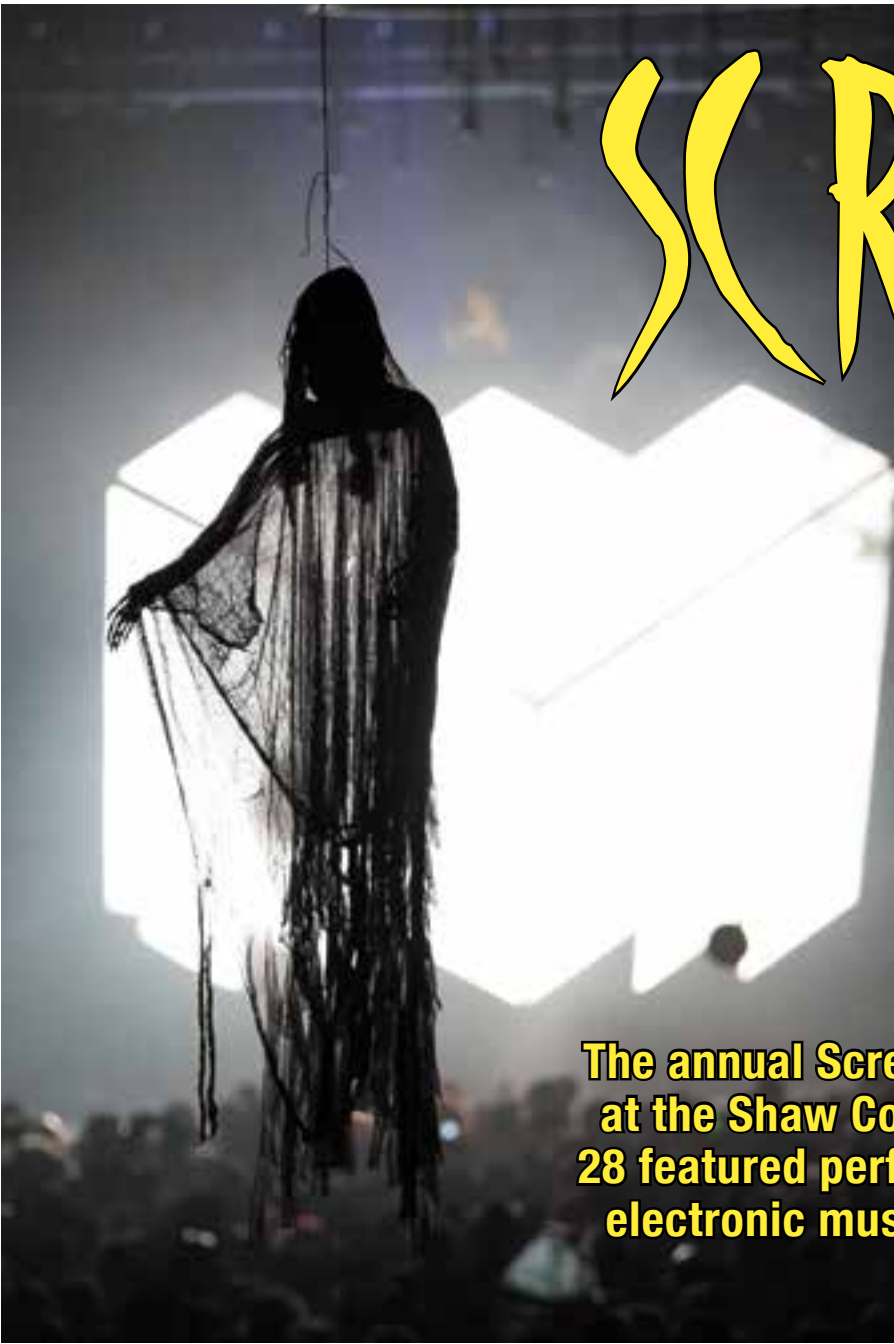
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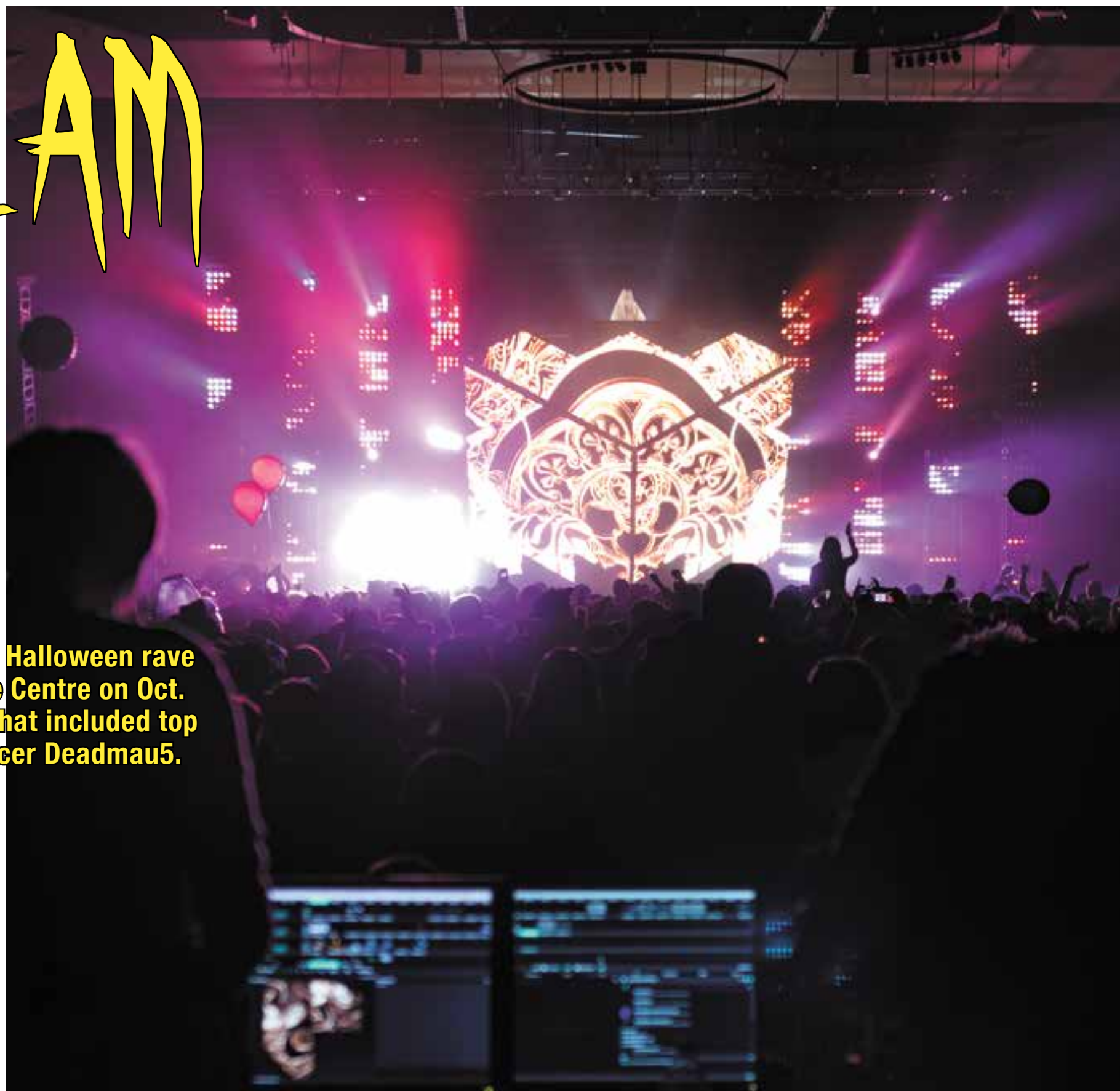
The annual Scream F...
at the Shaw Confer...
28 featured performe...
electronic music pr...

Photos by Tim Potter



TEAM

EDM Halloween rave
ence Centre on Oct.
ers that included top
roducer Deadmau5.



Photos by Tim Potter



Stand up against hate



By **ALAN HOLMES**
Entertainment Co-Editor

Nazis.

What. The actual. Hell. Is going on?

Insanity is often referred to as doing the same thing over and over again and expecting different results. To that end, has the world gone insane? With Remembrance Day right around the corner, it's hard not to notice how bizarre current events have become. Politics aside, there seems to be a resurgence of extremist ideals. Not to say extremism ever goes away but what's currently going on in the United States (not to mention our own backyards) is painfully hypocritical.

The Second World War (in its simplest form) became a faceoff between the Axis Powers (Nazi Germany, Italy and Japan) and the Allies (including Britain, France, Australia, Canada, New Zealand, India, the Soviet Union, China and the U.S.). The Nazis fought for world domination. They proved to be highly prejudiced, slaughtering literally millions of people based on

superficial reasons, such as differences in race, religion and sexuality. On April 30, 1945, Adolf Hitler committed suicide by gunshot, leaving the Nazis leaderless and effectively ending the war.

"Never again." A phrase often said to honour and remember those who died. By and large, Remembrance Day is all about that honour but also (as the title implies) about remembering not only what happened but how it happened, therefore not allowing us to forget, so that we can keep "never again" more than just an empty sentiment.

Yet, Nazis are evidently returning. Sure, there have always been a few stragglers; the "neo-Nazis" who have their heads shoved so far up their asses to somehow think they're superior to other people. But while that ideology has lived on in such asshats – for the most part – Nazis have been wiped out, as a social/political construct, at the very least.

Enter Charlottesville, Virginia. By this point you'd have to be living under a rock to not know what happened. The unfathomable thing is that people were actually marching in the streets waving Nazi flags, as an apparent way to honour the United States of America. Keep in mind, the U.S. fought as part of the Allies in the Second World War, aka, the side against Hitler/the Nazis. I don't mean the whole "social justice warrior" angry, Internet-culture-lashing-out-at-people crap. This isn't people being called Nazis. This isn't even people

being called racist. This is people proudly standing up, marching with Nazi flags, making the 'Heil Hitler' salute, denouncing anyone who isn't white and straight and claiming they're making "America great again!"

Again, what the hell? I mean, yes, America has issues with racism and prejudice. Unfortunately, that exists everywhere to some extent, even here in Canada. But the hypocrisy of saying that America needs to be more like Nazi Germany to be great again is insane, moronic, hypocritical horse shit. It doesn't make any sense. Regardless of America's history, its ideals have always been the exact opposite of what the Nazis fought for. America has never been Nazi Germany, not even at its worst.

Now again, like I said, the "other side" of the argument isn't necessarily innocent either. There's a lot of jumping to conclusions and accusations that make the problem worse. Society seems to be wrapped in a cynical miasma of fear and loathing. There are a lot of closed ears going on. Rather than listening to one another, people seem to find cutting each other's tongues out to be more productive. In spite of that, I also can't blame a lot of people for feeling that way.

Take the self-proclaimed Nazis of Charlottesville. One of these men drove a vehicle into a crowd of protestors; a woman he ran over died. In any other circumstance this would have been labelled terrorism. In fact, vehicles being driven into crowds

of people have occurred multiple times in the past year. Here in Edmonton, near the beginning of this month, a man did, in fact, drive people over in a U-Haul truck downtown. Now, in this case, thankfully, no one died. Yet as soon as it occurred, cries of terrorism were all over the Internet and the local news. Now, I'm not necessarily arguing that's wrong. Considering what happened, I get it, it's valid to think that's what it was. But when essentially the same thing happened in Charlottesville, it blew my mind the amount of people and news outlets who were reluctant to call it the same.

The chants of that Nazi crowd gleefully called for the murder of other people. I can't reprint some of what they said here. It was caught on tape – the words, the violence and the Nazi flags. It happened. It's not fake news. For all the distress over people "disrespecting" the American flag in peaceful protest, there seemed to be a comparatively quiet outrage towards a flag that stands against everything the supposed land of the free is supposed to possess.

Continue to call people "snowflakes" all you like. People are not standing for this shit anymore. It's scary to see where this may go. Things are more tense than they have been in a long time. But any snowflakes there were have melted. It's all fire now. Whether or not "never again" will be upheld remains to be seen. Regardless, we're in an inferno. Only time will tell if it dies in a whimper or roars into something more.

EDMONTON SHORT FILM FESTIVAL

ESFF has only just begun

By **BRYN LIPINSKI**

The Edmonton Short Film Festival (ESFF) has had a successful fifth year. With two days of screenings, a full-festival



Photo by Bryn Lipinski

Daniel Foreman

appearance by Hollywood actor Josh Emerson, three courses in lighting, sound and directing actors and a free 48-hour mobile film challenge, the ESFF was packed with value for the filmmaker. That, however – according to the two founders, Daniel Foreman and Sharlene Millang-Borst – is just the beginning.

"We're thinking of bringing in a screenwriting contest where short screenwriters can compete to win the reward of getting their film made by a team of seasoned professionals," said Foreman.

"We're also looking at possibly screening for another night," Millang-Borst continued.

With all these ideas, it would seem the only way for this festival to go is up, and the numbers only support that. This year's festival sold even more tickets than last year, with 370 at the gala, nearly another full house. The festival also received 150 short film submissions from all over Alberta.

The festival's second day of screenings was for family and student projects: "We

were thrilled at how many students submitted this year," said Millang-Borst.

"We screened a lot of student films from NAIT, Red Deer College and the Victoria School of the Arts, and it was a lot of fun. Many of the student filmmakers attended the festival too," said Foreman.

"Right at the moment, we have so much content that students submitted to us—and really good content—that we need to figure out how to [modify our] program for next year."

Although the ESFF was mostly a success, the future location for the festival is still a little cloudy, since it was held at the soon-to-be closed Royal Alberta Museum this year.

"It was bittersweet being at the museum, because in the backs of our minds there was always that thought of, 'This is our last time here.' We've been there long enough that everything flowed well. We had more volunteers this year than ever before, so we're super happy about the volunteers we have, they just make everything run so smooth," said Millang-Borst.

The big challenge now is where to go

next year. On the list of possible venues for next year's Edmonton Short Film Festival is the John L. Haar Theatre, the Garneau Theatre and our very own NAIT Shaw Theatre.

"We really believe in positivity and moving on, and we're looking at what's next," Foreman said "We're looking at where we are going from here and where we can help take the the Alberta film industry, because that's our mandate: to help elevate and promote the Alberta Film Community; that's where we are right now."

Its readiness for growth and solely Alberta-based submissions are what make the ESFF unique. Instead of falling back to the same limits, they are constantly adapting to their growing viewership; instead of keeping the same festival durations, they are changing with the increase in film submissions, which is something very few film festivals—regardless of their scope or popularity—actually do. Foreman explains, "[Expansion] is probably our biggest plan for next year; and we're going to do it."

BANFF MOUNTAIN FILM AND BOOK FESTIVAL

Nine days of film and fun

By NIKITA ELENIAK

The Banff Mountain Film and Book Festival, showcasing books and films from across the globe, began its 42nd year on Oct. 28.

The festival gives its patrons the opportunity to watch original films they may never otherwise see. Held in the Banff Centre for Arts and Creativity, the screenings range from mountain sports, like skiing and snowboarding, to mountain climbing and hiking, to all around outdoor exploration. Approximately 25 films are shown each year and are chosen from hundreds of applicants. It presents a general theme of the mountain lifestyle but also favours high-adrenaline films, like base-jumping or kayaking across entire oceans. Once the festival wraps up, the best films are sent on a world tour, visiting hundreds of cities and 20 countries. The film selections will be announced in November and will then begin their world tour.

The films vary from less than 10 minutes to upwards of an hour and, with tickets starting at \$15 for a minimum of two films, the festival's accessible to all.

At 5:30 p.m., as the second screening of the day let out, local band The Ramblin' Hey Ho Ha's played an outdoor show, just past the doors. A crowd gathered to watch as singer-songwriter Gary Gonis led his band through a series of classics, ranging from Tom

Petty to John Denver.

Over the nine-day festival, there are also free events offered, such as mountain top yoga, meditation practice and talks with various explorers and photographers.

The weekend's most highly anticipated films include *DugOut* and *Mountain* – recommendations coming directly from festival programming director Joanna Croston.

DugOut follows two British explorers on their journey through the Ecuadorian Amazon as they spend time with an indigenous group. They are taught how to make a dugout canoe and take it down the Amazon river in this comedic take on Amazon life. *Mountain* is by filmmaker Jennifer Peedom and composer and Banff Centre resident Richard Tognetti. It depicts the power that the mountains have on us and their beauty and is narrated by actor Willem Dafoe.

There was also trade show set up in the lobby, for those interested in checking out outdoor and climbing gear.

The selected highlights will also be visiting



Photo by Nikita Eleniak

The Ramblin' Hey Ho Ha's play a show outside the theatre at the festival.

Edmonton on their tour; on Jan. 11-17. The Banff Mountain Film and Book Festival will return for its 43rd year on the last weekend of October next year.

THROWBACK THURSDAY

The Nugget – 34 years ago

By NIKITA ELENIAK

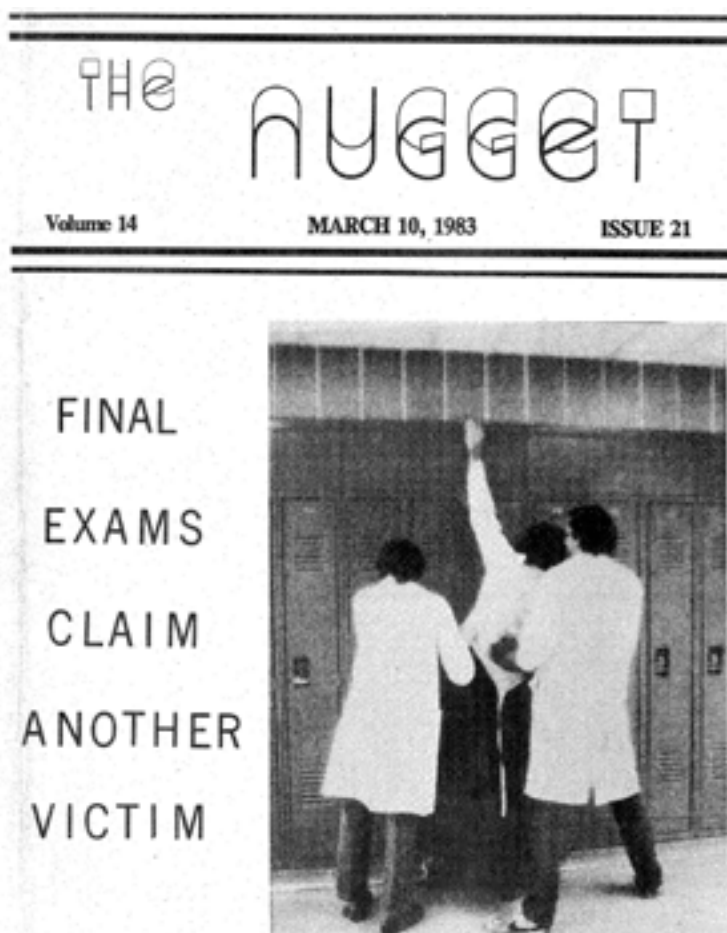
March 1983 was a time of belted dresses, leg warmers, neon and tweed. The Police released "Every Breath You Take" and Michael Jackson released "Billy Jean"

and "Beat It". Black Sabbath, David Bowie, Duran Duran, Phil Collins and Elton John reigned supreme. The year also marked the grand opening of a new downtown record shop, The Marquee and, with vinyl all the rage, former NAIT student and Nugget writer Greg Scherf weighed in with his take.

In his article, headlined "A New Record Store With A Difference," he explained that the store was different than others of the time, focusing on more genres than just rock and new wave. The article gives information important to the students of NAIT, such as store hours and direct bus routes from NAIT to The Marquee. This article is a blast from the past of not only NAIT and *Nugget* history, but also in the music store industry. While The Marquee is unfortunately no longer around, Edmonton has since come to be home to many other record shops, like Blackbyrd Myoozik. Located on Whyte Avenue, Blackbyrd was founded in 1993 by Arthur Fahard and Mark Davis and is a short LRT ride away for NAIT students. If you're a fan of live music, they even sometimes have bands playing live. Even though it was 34 years ago, this 1983 piece shows that record stores are still a relevant part of our community.

It also goes to show just how far the *NAIT Nugget* has come – we print

in colour now – even if final exams still plague our students each semester!



A New Record Store With A Difference

by Greg Scherf

On the northwest corner of 101 Street and 107 Avenue, a new type of record store has opened. It's called the Marquee Records and Tapes.

This particular store is not built primarily around rock or new wave. The Marquee carries a terrific selection of jazz, blues, rockabilly, reggae, funk, soul, country, folk, bluegrass, country swing, nostalgia, classical, comedy, soundtracks, easy listening, vocalist, instructional, children's albums,...

The classical record and tape selection includes symphony, concerto, opera and operetta, choral, oratorio, renaissance, baroque, early and modern compositions.

Overall, the Marquee carries the most comprehensive selection of records and tapes in Edmonton.

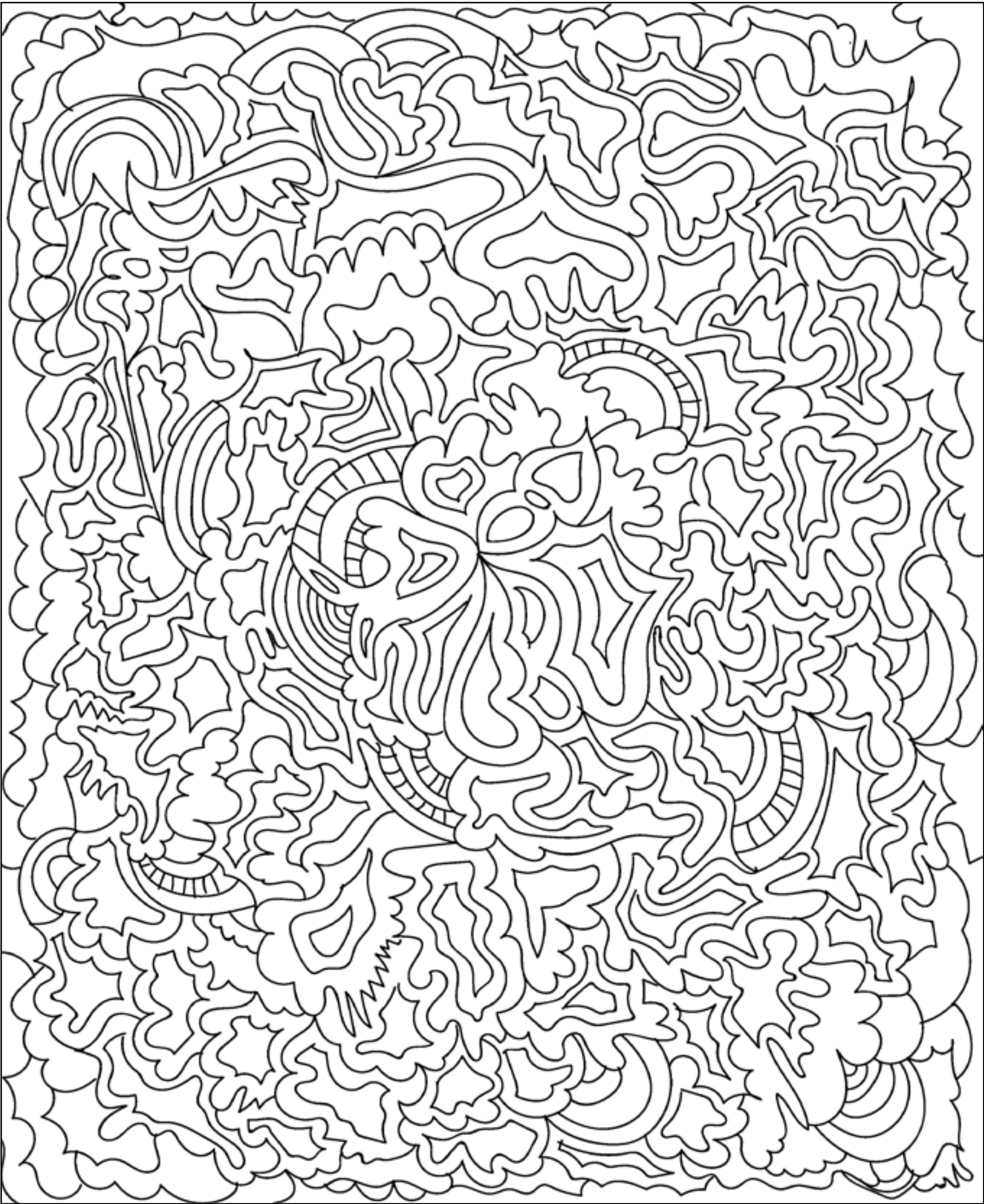
Also, the Marquee carries a terrific selection of deletes and foreign albums which cannot often be found in Canada. Box sets are available as well, and not strictly classical box sets either. There are box sets of

AC-DC, Pink Floyd, The Who, The Beatles, to name a few. If the record you are looking for is out of stock, the staff can usually make a special order for you. For those who live out of town, a mail order service is available.

The staff at The Marquee include Allan Luyckfassel and Florence Roberts, both were formerly with student's Union Records. Allan is the purchasing co-ordinator and has years of experience in the record industry. Manager Florence, who was manager of Student's Union Records for the past six years, has assembled a knowledgeable staff who won't be stumped by an unusual request.

The Marquee is open from 9:30 a.m. to 9:30 p.m., Monday to Friday, 9:30 a.m. to 6 p.m. on Saturday, and 12 noon to 6 p.m. on Sunday. Free parking is available at both Brick parking lots. For those who take the bus, The Marquee is a quick bus ride from NAIT on either the 41, 42, or 9 bus routes.

Colouring is the newest trend that has some major positive impacts. It has been found to reduce stress and anxiety, it rests the fear centre of the mind, and teaches us how to focus in this sometimes over stimulating world!
Colour this picture, take a picture, share it with us online and be entered for a prize!



GAMING

Gamers play for sick kids

By ISAAC DYMOCK

Extra Life is a fundraising event that aims to unite gamers across the world with the cause of raising funds for children's hospitals during a 24-hour long gaming session. With a humble beginning of only a few thousand participants, the event raised around \$300,000 for a Texas Children's Hospital. Extra Life has grown to encompass 50,000 participants each year and raises over \$30 million for hospitals of the Children's Miracle Network.

The charity event got its start in 2008 in honour of Victoria Enmon, a victim of lymphoblastic leukemia, with the help of an online gaming community called Sarcastic Gamer. The Sarcastic Gamer community had been airing a once a year radio show to raise money for hospitals and one of

the community's members, Jeromy "Doc" Adams, spearheaded Extra Life as a way to both pay tribute to Enmon and help prevent more children's lives being lost to cancer.

Though the charity event started in the mainland U.S., it has grown to include both Canada and Puerto Rico. With the nearly global reach of participants, all money raised is donated locally to member hospitals of the Children's Miracle Network.

NAIT student Connor England is planning to take part in the 24-hour event with a team of friends and family.

"This is my second year with the charity," says England, "My first year was with the official Reddit Team, which ran globally with a few thousand members." Connor has organized a team of five, including himself. Pierce England, Liam



England, Mackenzie Crockett and Leon Hetzel will join him.

England can be found at <https://www.twitch.tv/fenish> on Nov. 4 to Nov. 5 streaming for 24 hours, raising funds for the Stollery Children's Hospital during Extra Life.

If anyone is interested in joining Extra Life, simply go to their website: <https://www.extra-life.org>, sign up and choose a local hospital. Join a team, clan, or do it solo and join the fundraising drive to help sick children across the world.

Literary Corner

Lamentations of an Immortal

The smog and the smoke, it all irritates me. It's like something is pushing in on my mind, it's like everything is trying to suffocate me in this terrible night-

The Last of Us

I was born into a life not lived
I was born into a world unloved
I was born into a home not built
I was born into a country not unified
I was born into a war not yet over

I'm on the side of the lost souls
I'm on the side of those who died
I'm on the side of the ones far away
But those far away are not on my side
But instead on the side of my murderer

The Dead Sea is filled with that stench
That stench I am all too familiar with
That stench that stains the roads I walk
That stench that fills our very core
But is so easily spilled by our friends

Friends are wanted, loved and cherished
Friends are invited, cared for and listened to
Friends are warm, full, happy and carefree
Friends sacrifice, help, fight and abide
I want to be your friend, now it's your turn

High in the Sky is miles too high
But stretch out across the land
Let not another friend fly too close
And summon your charity
Forever grateful in our hearts

I may not be the last one
But we'll be pretty damn close

— By Mackenzie Gates

mare of a life. This nightmare, yes, that's the right word. This nightmare of life, living, sleeping, dreaming, walking, riding, talking. Living. The nightmare, a bad dream even though it seems to go all right around me, in me there is no rest, there is no reprieve from this world of hollowness,

Harbour

Your voice and smile
Are fading away.

It's been a month since you set sail.
Alone I wait.
Will you actually come back?

I used to be confident in you.
Used to.

I wonder if you were really honest,
When you said that you missed me.

Thinking about it,
It's almost been two months since I saw you last.

I'm too scared to say that I miss you,
That I'm hurting,
That I'm alone.

I'm scared that you don't care.
So I don't bother to ask.

I'd rather live in a delusion.
That you really are trying your best
To see me again.

I daydream
About anyone but you.

of anger, and of sorrow.

I have seen it all, lived it all, and yet... I have not. The smog of this modern Earth is tight around me, restricting me. It shows me no mercy; it shows no restraint as it coats my lungs and grips my throat. It squeezes, it grabs, and it tears my soul from

I play games
That I know you don't play.

I listen to music
To block out the noise in my head but,

The distractions always end.
And I'm back at the harbour.

I'm looking into the deep, dark water.
The distorted ripples of the past, present and possible future
Overlap.
The discordant images are
A reflection of my troubled heart.

This isn't the first time
I've been left behind at the harbour.
The last person who left me here
Never came back.

I told you that,
And yet,
Your ship is still gone.
And so is the one
We always went on together.

Can you blame me for being afraid?

— By Candace Valentine

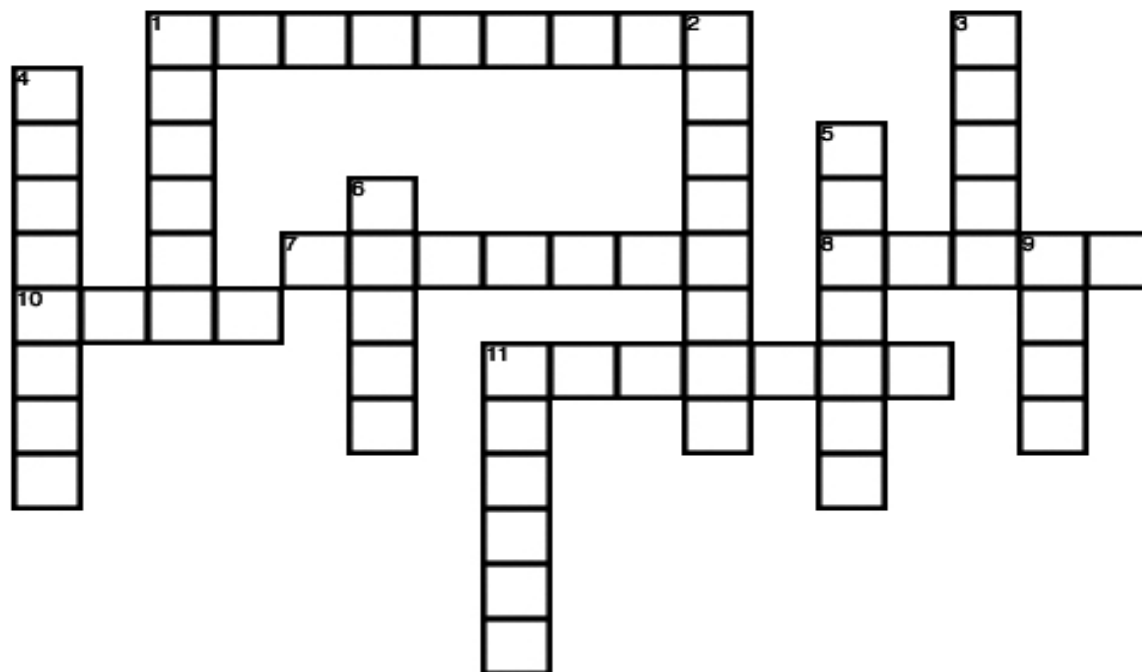
my body as I walk the street. It tears my heart from my chest as I sleep. It kills me every day I breathe. And yet... I live on. I ramble on in this world, I walk the walks of life. Talk and speak in the language of the living. And yet... I feel trapped by hands of invisible force.

My body is held back, I cannot move forwards to my end. I am cursed, hexed, jinxed, what have you. I am trapped. I am trapped by the grip of invisible mortality, or the thought that mortality is just out of my reach. Just out of range of my desperate grasp, of my short reach in life. Yes. That is it. I am immortal to the point of being cursed by it. And yet... it is always and yet.

And yet... I am here, I live, I cry and I hate. I love life and yet... I hate it. I have friends, foes and family. Pets, acquaintances, and pals. My buddy's think I am normal, my enemies know I am not. But they do not try to kill me, for it is impossible. Instead they do worse, they let me live. They torture me with the thought that I will exist still, they hurt me with my own existence. I guess... being immortal does not mean one is invincible, I guess it only means one is protected from dying.

I have survived broken bones, sprained joints, bruised skin, and broken hearts. And yet I live on. And yet... those too small words always linger with me, in me, and throughout me. And yet... I guess this curse will never cease until I find the cause, the answer, the source, or the caster. Perhaps it is I, perhaps it is another. No matter, I always have my damnable 'And yet...'.
— By Isaac Dymock

CROSSWORD PUZZLE



ACROSS

- 1 Small dog
- 7 Bundle of flowers
- 8 Convenient bread-based breakfast
- 10 One type of beverage available at the Nest
- 11 Peculiar type of spectacles

DOWN

- 1 You might be drinking more of this during midterms
- 2 Opposite of subtraction
- 3 Popular circular food
- 4 You might need it for class
- 5 You probably binged Stranger Things on this site
- 6 Something you might do on a weekend

Results on page 25

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CLUBS

NAIT grad and Meow Mania

By TRUMANN TU

For 55 years, the Edmonton Cat Fancier's Club has been promoting the health and well-being of cats in Edmonton. Nicole Hemmingway is a NAIT alumnus of the Health Animal Technology program and is president of this club. She heard of the club through NAIT but was still a relatively fresh member before being elected as president. Not only is she president of the club, but also president of her own company, known as Nila Enterprises Pet Care Services.

As an animal health technologist, she covers a wide variety of veterinary skills and jobs, described as a difficult jack-of-all-trades job. This covers a variety of tasks, from taking X-rays of animals, to restraining them, to informing the public about what is exactly wrong with their pets.

Hemmingway's first contact with Animal Health Technologies, or AHT, was during her life on the farm, raising several different animals, from horses to cats to dogs. Her curiosity piqued, with her father's encouragement she came to NAIT. After graduating from the program, she detailed some of the challenges that were faced after

the fact.

"The [job has] long hours, a lot of times, it's 12 to 16 hours a day ... it is a very high challenge job that you do get career fatigue in," she said.

"You're constantly being asked by the public to be compassionate and caring and sometimes that goes off the rails and you have to go from one appointment to the next ... a tech's work is very, very difficult, in the fact that you can't always turn yourself on and off."

While working with animals is difficult, she finds that it's the owners that are some of the most troublesome to work with.

"It's difficult to have some owners understand what needs to be done in order to ensure the health of their animal," says Hemmingway.

She had some final advice on the career in the field of AHT, recommending that students who are already in the field, or are looking into it, to volunteer their time with places in order to gain that real world experience.

"It's good to volunteer in a situation where there is rescue, great to get into a vet clinic, if that's where you're headed ... there are a lot of avenues for veterin-



Photo by Vincent Lau

Nicole Hemmingway

ary medicine. You can go into research, you can go into meat inspecting, it's not just limited to working in clinics."

Before we parted ways, we talked a little about Meow Mania, which is essentially a substitute for cat shows.

This event is an attempt to make it more open and involving with the public, such as open judging. She hopes that in the future,

proper videos could be made in order to inform the public about the proper procedures and rules of cat shows, since there is very little content about the complex nature of cat shows to begin with.

For those who wish to attend Meow Mania, it happens this weekend, Nov. 5, at the Edmonton Italian Culture Centre, from 12 p.m. to 6 p.m.

FOOD

Barb & Ernie's breakfast delight

By SARAH FOX

My favourite thing in the world is Sunday morning breakfast with my family. Whether we are cooking or going out to get something, it's great to sit and catch up with everyone over a meal. This week, we decided to head out for breakfast and we found a restaurant called Barb and Ernie's Old Country Inn.

Upon arriving at the restaurant, I saw inside it actually looked like an old cottage. It was very charming. The line to get in was out the door and, according to some frequent goers, that's normal for weekends. But don't let the lines scare you. They really hustle to get you in, so you don't end up waiting long.

Once seated, they waste no time in getting beverages out to you. When I looked at the menu, I realized that it was a family-owned restaurant. Ernie had purchased the restaurant in 1975, much to Barb's dismay. At that time, it was actually a pool hall but a year later they decided to turn it into a dining hall. After two more years, the original renovations were finished and the restaurant was up and running. Even after many years of hardships, renovating and growth in the family, they're still around and strong as ever. The rest of their story can be found either online or on the front of their menu.

Deciding what to eat was a struggle,

due to all the options they have. My table ended up ordering a little bit of everything so we could try it all. When the food came out, we realized our eyes might have been bigger than our stomachs. They gave us so much food that it was heaping over the side of the plates. The waffles, crepes, eggs, omelets, potato pancakes and hash browns were to die for. They were all so full of flavour, it was hard to stop eating even when you were full!

The highlight of the feast had to be the pancakes. They were massive, bigger than the menu and twice as thick. We couldn't even finish a quarter of the pancakes because they were so big. It was so good though. Fluffy, sweet and just delicious. The food earned a 10 out of 10 in my eyes.

The one thing I didn't love about Barb and Ernie's was how long it took to get the food out. After ordering, it took close to an hour before we got our food. This could be because of how many people were actually there, or maybe they just put a lot of love into the food. But during that time, the servers never allowed a coffee to empty and they were pleasant.

My overall experience was awesome. We had delicious food, good company, friendly staff and you get it all for a really good price. Others at the restaurant also had positive experiences. They all seemed to embrace the cute cottage feel with a friendly, family atmosphere and their delicious food. That's all you need to have a good time.

If you're interested in heading to Barb and Ernie's they are located 9906 72 Ave. NW. Their hours are 7 a.m. to 2 p.m. Tuesday to Thursday, 7 a.m. to 7 p.m. Fridays and Saturdays and 8 a.m. to 3 p.m. on Sundays. I would highly recommend heading down to check them out next time you're heading out for breakfast!



Photo by Sarah Fox



Photo by Bryn Lipinski

The cast of *Les Feluettes* takes a bow after their performance On Oct. 21 at the Jubilee Auditorium.

This opera blooms in city

By BRYN LIPINSKI

Usually, when you go to see an opera, the original composer has been dead for 100 years or more. For this opera, however, the composer wasn't just alive, he was in the house on opening night.

From Oct. 21-27, *Les Feluettes* – or *Lilies* – played at the Jubilee Auditorium to a packed house and overall positive reviews. The opening night in Edmonton marked its Alberta premiere. Kevin March, the composer, watched it in person on Tuesday the 24th when the standing ovation for his opera rang through the Jubilee.

The story of *Les Feluettes* is easily understood as multidimensional and captivating. When compared to other operas, its plot is rather complicated. A bishop named Bilodeau travels to a prison to hear the confession of his old friend Simon Doucet, who has been a prisoner there for 40 years. Upon the bishop's arrival, the inmates and Simon force him to watch their depiction – in staged form – of the events that told of how the bishop was the reason Simon was imprisoned.

From there it is revealed – during the play within the play – that the bishop and Simon used to be good friends. However, Simon fell in love with another man named Vallier, which got Bishop Bilodeau fed up with jealousy because he was secretly in love with Simon. The love triangle continues and results in the incident which leads to Simon's incarceration.

If you can't stand the suspense and don't know where to see the opera, you can always watch the non-operatic movie, which also received much positive critical acclaim when it was released in 1996, most notably receiving a Genie award for best picture. The Genie awards are now known as the Canadian Screen Awards.

Why did Kevin March decide to start writing the opera adaptation of the film?

"The inspiration for my opera version was the movie," he said. "That's how I first was introduced to the story; when I saw the movie I didn't even know that it was a play and I didn't know that it was in French. So my first contact with the story was the film release. ... It was quite

remarkable," said March.

For nine years, he worked on the opera between other projects and during studies for his doctorate.

"And then it was in 2011 that Michel Marc got an interview with Michel Beaulac, [the artistic director and administrator for Opéra de Montréal] and found that Beaulac wanted to commission an opera based on *Les Feluettes*.

"So we did some test scenes and then in 2012 we signed the contract to commission and develop the opera. From that point on, the opera was no longer on the back burner, it was on the front burner," said March.

The world premiere was held in Montréal four years later.

Tim Yakimec, the Edmonton Opera Association's general director, explained why and how the local group prepared and performed the opera.

"There was something pure about this one, because it's not all spectacle. It's all on the act and the singers; there are some good actors and singers in this production and the approach is very theatrical. There's not much spectacle but when it happens it takes your breath away," Yakimec says.

The Edmonton Opera has been around for over 50 years – since 1963 and are celebrating their 54th season – and yet they very rarely have the opportunity to show an opera which is altogether relevant, Canadian and current.

Les Feluettes – or *Lilies*, if you prefer – is all those things. Yakimec explains the story of how *Les Feluettes* made it to the Edmonton stage for its Alberta premiere. Every year, Canadian opera companies have a convention to "deal with issues that

are essential to each other. Last year, it was in Montréal."

Right around the same time, "Opera de Montréal, together with Civic Opera Victoria had commissioned the opera *Lilies*, based on the Canadian play *Les Feluettes*, which I think is about 30 years old already, by Michel Marc Bouchard."

As luck would have it, the opera was performed in Montréal at the very convention that Yakimec attended. "I saw it, and thought, 'oh my gosh!' this is so current, because of the topical issue and the brilliance in the way it was staged and conceived I thought it was really special.

"A lot of new operas are very atonal or dissonant and people have a hard time working out why the music is the way it is, so it takes a bit more work on the audience's side before they understand it.

"With this one however, you can sit down and enjoy; it's approachable and that's part of the reason why I thought we needed to bring it here, because it's new, it's fresh, it's topical and people will have no trouble just going into the story and letting it connect with them," says Yakimec.

"In Edmonton, we don't have that much opportunity to put on new works and I knew this one was worth going after."

Here's one last word from the composer, March: "If I had one wish for people who were coming to the opera, I think that's what it would be: Regardless of the reasons they have for coming, they would all be able to walk away saying they've really had an amazing night at the opera with an amazing love story and fantastic music."

NAIT Student Counselling

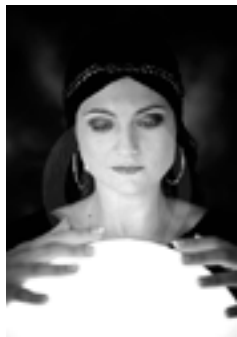
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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

November 2-15

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

Aquarius (Jan. 20-Feb. 18)

Revel in your independence, but avoid having difficulties compromising with friends. Go out and spend some time for yourself this week so you can return with a new ability to work with others.

Pisces (Feb. 19-March 20)

Your compassion and warm-heartedness make you a great friend, and in high demand. However, choose your friends wisely, as Pisces tend to be over trusting. Be careful who you trust this week – you may have shared your secrets with the wrong person.

Aries (March 21-April 19)

Your determination will pay off this week as you catch up on all assignments. However, make sure not to lose your patience with classmates as tensions build!

Taurus (April 20-May 20)

As a Taurus, you're a naturally reliable people. Because of this, you will become the go-to person in your friend group for any problems they may have. However, be careful not to push any new friends you may make away with your possessive spirit this week.

Gemini (May 22-June 21)

One of your most lovable traits

is your adaptability. You have no problem changing plans to better fit others, but be careful not to get a bad reputation due to your inconsistency. Make sure to keep plans this week and not cancel on your friends.

Cancer (June 22-July 22)

This week, your loyalty will truly shine. Your devotion to your friends will overshadow your insecurities, and you will create a solid circle of friends based on loyalty and trust.

Leo (July 23-Aug. 22)

Your passion will truly shine this week, but your inflexibility will cause tensions in friendships. Be careful not to let your passion for your hobbies overshadow your friends this week.

Virgo (Aug. 23-Sept. 22)

Your hardworking spirit makes you dedicated, and successful in school. However, this week that hardworking vigour will lead to an all-work-and-no-play scenario. Make sure to take breaks for fun and friends.

Libra (Sept. 23-Oct. 22)

Your cooperation is one of your best traits, but make sure not to go too far out of your way to avoid confrontation this week, as it will lead to a bigger fight in the end.

Scorpio (Oct. 23-Nov. 21)

Scorpio's passionate nature will lead to strong relationships, but make sure to not let jealousy overcome your strengths this week. Give your partner some space if you feel too clingy.

Sagittarius (Nov. 22-Dec. 21)

Your generous nature is one of your best qualities, but make sure not to promise more than you deliver. An overzealous promise this week may land you in some hot water.

Capricorn (Dec. 22-Jan. 19)

While Capricorn's may have a reputation as know-it-alls, this week your organization and managerial skills will truly shine. Let yourself show off!

NEST TAPHOUSE GRILL WEEKLY SPECIALS

FOOD SPECIALS

MONDAY | \$7.00 I Wish it Were Fry-Day Bowls
(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries*)

TUESDAY | \$1.00 off 8" Signature Pizza

WEDNESDAY* | \$7.00 Nest of Wings (Add Ranch \$1.00)

THURSDAY* | \$7.00 Pepperoni Pizza Bites

FRIDAY | \$7.00 Daily Soup & 1/2 Wrap

***WED/THUR HAPPY HOUR SPECIAL 5-7PM**
\$5.00 "Fusion" Perogies*

DRINK SPECIALS

DAILY \$4.50 BRO-tini

MONDAY | \$5.00 Off Bottle Wine

TUESDAY | \$5.00 1oz Crushed Ice Cocktails

WEDNESDAY | \$4.50 1oz Lamb's Rum Highballs

THURSDAY | \$5.00 Flavoured 1oz Absolut Vodka
Highballs or Cocktails

FRIDAY | \$4.50 Domestic Bottles

FOR CURRENT HOURS PLEASE VISIT US ONLINE AT NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. MUST BE OF LEGAL DRINKING AGE TO PURCHASE ALCOHOL. VALID ID REQUIRED. PLEASE DRINK RESPONSIBLY. *FOR MORE DETAIL ABOUT THIS ITEM PLEASE VISIT US ONLINE. SPECIALS ARE DINE IN ONLY.

BEST BAR NONE



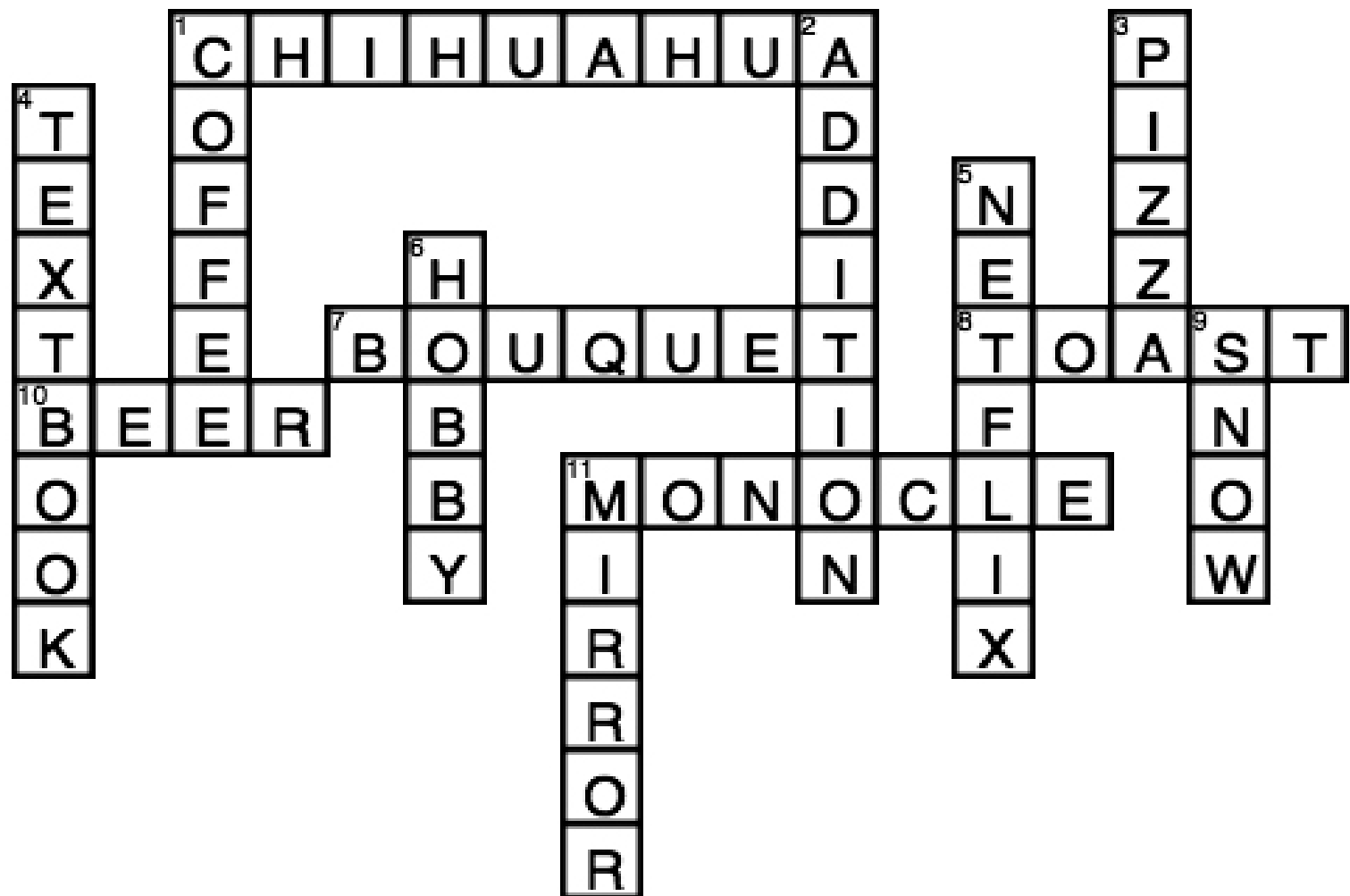
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Managing procrastination



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Most people struggle with procrastination to some degree. It is one of the biggest factors in determining how we do at school as well as in careers and other parts of our lives. Procrastination can also be detrimental to good mental health. The good news is that procrastination is a habit and, like any habit, it can be changed. However, to change you will need to be diligent in taking action and doing the tasks that need to be done when you had planned to do them.

Here are some tips to deal with procrastination:

- Never label yourself as a procrastinator. Giving yourself the procrastinator label just reinforces procrastination.

Substitute a message like “I get things done efficiently” or “I always stay on top of things.”

- Get into a routine of studying and doing homework at the same time each day.
- Make a daily to-do list and prioritize the items on the list.
- Always work on your most important tasks first.
- Define clear goals. Make sure your expectations are reasonable.
- If you are feeling overwhelmed, break tasks down into small chunks and work on one chunk at a time.
- If you feel really unmotivated, use the five-minute method. Commit to doing something on the project or studying for five minutes; when the five minutes are up, decide if you are going to continue for another five minutes. (You almost always will because the hard part is getting started!)
- Recognize how you procrastinate (watching TV, talking, phone calls) and use these activities as rewards. Set a study goal and don't let yourself do other activities until you have completed that goal.
- Be aware of making excuses. Challenge faulty reasoning every time and get right back on task.

- Do not reward yourself for procrastinating. Every time you do another activity such as watching television, visiting with friends or washing your car instead of working on your goal, you are rewarding yourself for procrastinating.

- Get enough rest. Fatigue is one of the biggest contributors to procrastination.

- Recognize self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety.

- Take action now! Never put off important tasks until tomorrow, even if it means just doing a small portion of the task.

- See a counsellor. If you need help

with this or any other personal or academic concern book an appointment.

Personal counselling is free, confidential and available to all currently registered NAIT students.

Main Campus: Room W-111PB in the HP Centre. Counsellors are available from 8-4:30 with extended hours for apprentices. Book in person or by phoning 780-378-6133.

Southern Campus: Counsellor available Thursdays from 10-4. Book by calling 780-378-6133 or in person in Room Z-153.

Patricia Campus: Counsellor available Tuesdays from 10-4. Book by calling 780-378-6133.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

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Who to call?

Counselling Services – Personal concerns, crisis counselling, chaplaincy, 780-378-6133; Main Campus, Room W-111PB, Souch Campus Z-153.

Financial Concerns, Emergency Loans, Academic and Career Planning – Student Service Centre, CAT Building

Food Bank – NAITSA has a new food bank service available. Students can contact NAITSA directly at 780-471-8855 or go to Room E-131 for more information. Food Bank boxes are also located at both Patricia and Souch campuses.

Health Insurance – Student Health and Dental Plan, 780-471-7730; Room E-125.

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

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

Job Related Resources and Workshops – refer to BGS Enterprises Inc., 780-425-6655

Learning Services – Assistance with academic barriers, 780-378-6133, Metro Campus: Room W-111PB, HP Centre, Souch campus: Z-153 Souch, Patricia Campus, P-127M (access through front office).

NAIT Security – 780-471-7477

Ombudsperson – Conflict resolution, concerns about unfair treatment, 780-491-1305, Room O-117

Program Concerns – Program Chair or Program Adviser

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

My Wellness – Mental wellness resource provided for students by NAITSA. Can be accessed at <https://mystudentplan.ca/nait/en/mywellness>

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

Tutoring

Main Campus, Room U-210A, Monday-Thursday: 8:30 a.m.-1 p.m. and 2-5 p.m. Friday, by appointment only. Book in Room U-210A or W-111PB or call 780-378-6135.

Souch Campus, Room Z-118 Monday-Thursday: 8 a.m.-1:15 p.m. and 2-4:30 p.m. Friday by appointment only. Book in Room Z-118 or Z-153 or call 780-378-1049.

Patricia Campus, Room P-165 Monday-Thursday: 8 a.m.-9 a.m., 10 a.m.-1 p.m. and 2:15-4:30 p.m. Friday by appointment only. Book in P-165 or call 780-378-1055.

Violent or potentially violent behaviour or extreme medical emergency – Security, 780-471-7477, 911 or the Police Complaint Line, 780-423-4567, if appropriate.

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NAIT Main Campus Map

