

NAIT NUGGET

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Photo by Christian Henriquez

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NEWS & FEATURES

Everything – but happiness



SHAWNA BANNERMAN
Assistant Editor

Six months ago, I experienced an existential crisis. I had spent the past year working a meaningless and mundane job. I'd attempted to find reason through actions that fostered instant, though temporary, gratification. Achieving little success, I felt the need to change my surroundings in the hopes that it would satisfy my craving for purpose. I packed up my life and moved across the country.

Past generations relied heavily on religious faith to provide some kind of meaning in their lives. I am not, nor have I ever been, religious. With little desire to worship an omniscient being, I sought purpose and meaning through a drastic life choice.

This trend among millennials is prevalent in modern society. The overwhelm of technology, opportunity and debt has created a generation of young adults who seek reason for their existence and purpose in their lives through drastic and often impulsive life decisions.

This exercise of free will is a form of existentialism. A philosophy of thought founded in the 20th Century, existentialism is the belief that humans are born a tabula rasa – a blank slate. We spend our existence determining the meaning of life through our own free will. Instead of placing reason and responsibility on a spiritual being, the individual is encouraged to pursue their own goals and aspirations, thus determining their purpose.

Religion has been used for centuries to explain and attribute all of life's misfortunes and successes. A connection to the spiritual world is a comfort for those seeking meaning in their lives. Existentialism suggests that instead of finding meaning through faith in a superior being, individuals should seek purpose in their lives through their own beliefs and actions.

Religion was heavily prevalent in

prewar generations. Food was not readily available and resources were not easily accessible. Sustaining a livelihood was hard work. Communities were connected through religious gatherings at church and individuals derived purpose from their hard lives.

Post war generations' lives were made easier through an amended economy, improved opportunities, industrialization and urbanization. This generation was one of the first to seek meaning on a monumental scale: the hippie movement. Rebellious young adults sought experience and reason through drugs, expressive clothing, revolutionary music and extravagant social gatherings.

Currently, most millennials have what can be called an easy life. Opportunities are afforded at every turn and yet, restlessness and discontent are more prevalent than ever. In an attempt to cure this unhappiness, young adults make drastic and often life changing decisions. Impulsive marriages, impromptu pregnancies, large unnecessary purchases, extended travel and repetitive promiscuity are some of the most common attempts I've witnessed among my peers at

curing dissatisfaction.

One solution posed to the existential crisis of the millennial generation is the self-help genre. There has been an increase in unconventional titles like *The Life-Changing Magic of Tidying Up*, *Unplug: A Simple Guide to Meditation for Busy Skeptics* and *Modern Soul Seekers* and *The Subtle Art of Not Giving A F*ck: A Counterintuitive Approach to Living a Good Life*. These self-help genres recognize young adults' motivation to exercise their free will and they are aimed to aid young adults in taking responsibility for their existence. Through understanding of personal values and the skills to make positive life choices based on long term aspirations, these publications aim to improve young adults' decision making skills, with the goal of achieving a purposeful life.

Through exercising their free will, millennials achieve a sense of meaning in their lives. Unfortunately, the newfound purpose developed through marrying, travelling to new a country or a sudden career change soon fades and the unwarranted desire for change surfaces again.

Finding their way at NAIT

By **KENNEDY SCHMIDT**

Danielle is a first-semester DMIT (Digital Media and IT) student at NAIT. She left her home in India two months ago to attend school here.

"I did some post-secondary education in India before I came here two months ago. The schooling is not cheap here, but I just want to have a practical experience. In India, we basically just have theoretical knowledge. We mostly focus on paper-based study but here we have hands-on experience, so that's why I came to this country," Dan-

ielle said.

Transitioning from one country and one culture to another hasn't been easy but Danielle is slowly adjusting. "At first I was not comfortable when I moved here, but now I have made friends and it's going well. I'm living with my cousin in an apartment right now but most of my family is in India. Homesickness is a very difficult part of living here," Danielle explains.

Danielle wants to become a software engineer but in order to do that she needs to complete a fair amount of schooling here in Edmonton before she can return to India. The DMIT program is two years and then she will go on to complete a four-year degree.

As much as Danielle is grateful for her opportunity to learn here in Canada, she is looking forward to the day when she can go back to her country. Even though the future seems uncertain, Danielle knows one thing for sure, "I want to live with my family."

Maria earned a marketing degree at MacEwan University before coming to NAIT. "My parents wanted me to pursue business. I picked marketing because it was the most creative aspect of business. It wasn't accounting or finances ..." Maria says.

After completing her degree, Maria went on the job-hunt. She found that most of the marketing jobs in Edmonton had to do with sales. "I'm not a sales person, I'm more of a "behind-the-scenes" person when it comes to marketing – I want to do branding," she explains.

Maria discovered that she loved creating ads and



Photo by Kennedy Schmidt

Danielle

decided that she would pursue that by coming to NAIT.

"I would really like to work for a fashion company just because I prefer that kind of creative style. I like things that are more aesthetically pleasing ... I really wouldn't want to advertise for a tire company."

When it comes to the future, Maria's not too sure where she'll be. She was born in the Philippines and has spent most of her life growing up in Edmonton. Although she calls Edmonton home, she dreams about moving to a space that would align with her creative spirit.

"I think I'd like to eventually move to Vancouver, mostly because it's warmer and also because it has more of a creative scene," she said. "Edmonton really lacks that but at the same time, maybe that means there's opportunity here for that to change."



Photo by Kennedy Schmidt

Maria



Supplied photo

A new program, for foundation drill rig operators, will begin in January. Helping to kick off the new instructional addition to NAIT are, left to right, Brian Pardell, AVP ConEd and Workforce Development; Malcolm Haines, dean of Skilled Trades; Kevin Sharp, general manager Northstar Sharp's and Rick Marshall, director of safety ADSC-IAFD (International Association of Foundation Drilling).

New drill program

By SETH HENNIG

NAIT is welcoming a new drill rig operator program in January. The foundation drill rig operator's course is the first of its kind in North America and is comprised of nine online courses taken over a two-year period. Similar to the skilled trades program, students will complete training in both theory and in industry.

The idea to bring the training to NAIT didn't come from within. Kevin Sharp approached NAIT with the idea in 2014. At the time, Sharp was the vice-president of the Western Canadian Chapter of the Association of Drilled Shaft Contractors (ADSC).

Since then, NAIT teachers have teamed up with industry professionals to create the curriculum for the program. Until now, there hasn't been any formal training or certification required for operators in Western Canada. The ADSC has contributed about \$480,000 in funding for the program.

"My uncle was seriously hurt in a drill rig accident," said Sharp.

"I want to make sure I leave this industry better than I found it and proper training is a big part of that. This program will increase safety and understanding among drill rig operators."

Those unfamiliar with the construction industry may assume this program is oil-rig related but that is not the case. The drill rig program at NAIT will centre training on foundation drill rigs and not different applications such as oil or well drilling. This type of drill rig is used in commercial and industrial construction to anchor foundations to the earth.

"Foundational Drill Rig Operator" is not a skilled trade but it might be soon. The program at NAIT is the first step to making it a fully recognized trade. The program was created to keep that in mind.

"When the time is right and the government is prepared to accredit this as a skilled trade, they won't have to go back to the drawing board and rebuild it," says Brian Pardell, NAIT's associate vice-president of Continuing Education and Workforce Development.

Training will range from operations and mechanics to safety and blueprint reading. Students will also be mentored by an experienced operator in the field while completing the program.

That said, taking the program online has its advantages. Students are able to work in industry while they are receiving training and it extends NAIT's reach into the industry. The program could be managed through NAIT to serve all of North America or even other parts of the world.

"As long as you have employers in any region of the world that are prepared to back their employees to take that training and act as a mentor for them, there's no need to have it delivered in multiple locations," says Pardell.

The program will begin on Jan. 22. Thirty students will be accepted on first intake. However, that number may change in the future depending on growing demand from the industry. Registration opens at the end of October and program details are available on NAIT's website.

Flu shots to be available

It's that dreaded time of year again: flu season.

The influenza vaccine is the best way to prevent the illness and is recommended each year for everyone over the age of six months. Last year, more than 1.1 million doses of the flu vaccine were administered across Alberta. However, that only represents about 28 per cent of the population.

NAIT Health Services, in partnership with Shoppers Drug Mart Kingsway, is pleased to offer free flu clinics again this year to staff, students and the public at all

three campuses.

There is no pre-registration required. Bring your Alberta Health Care Card, wear short sleeves and drop in to the following clinics:

Tuesday Oct. 24; 9 a.m.- 4 p.m. – Centre of Applied Technology (CAT) Room 202
Monday Oct. 30; 9 a.m.- 4 p.m. – Main Campus, North Lobby
Tuesday Oct. 31; 9 a.m.- 4 p.m. – Main Campus, North Lobby
Wednesday Nov. 15; 10 a.m.-12:30 p.m. – Patricia Campus Room P-129
Thursday Nov. 16; 10 a.m.-12:30 p.m.

– South Campus Room Z-100

Students from out-of-province will be given directions to an Alberta Health Services Clinic. Must provide their current NAIT student identification and their provincial health care card.

Please note that children under the age of nine must be immunized at an Alberta Health Services clinic.

<http://www.albertahealthservices.ca/influ/>

For any further questions, please visit the Health Service Clinic (Room O-119) in the South Lobby.



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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.

A question of support

By **SHAWNA BANNERMAN**
Assistant Editor

On Oct. 3, NAIT hosted the activation event for the 2017 #IBelieveYou Campaign. The campaign was created by the Alberta Association of Sexual Assault Services (AASAS) in 2015 as a means to encourage victims of sexual assault to come forward. Through positive support and community engagement, the campaign aims to eliminate the fear and guilt that victims of abuse may possess. The campaign has implemented post-secondary visits, seminars and displays, as well as expanded its online presence to encourage the community to open up about sexual assault.

NAIT has hosted the #IBelieveYou campaign for the past three years in an effort to establish a positive culture in which students can feel safe seeking support as well as to educate students about the resources available. Tim Ira, the student programs co-ordinator for the Department of Student Well-Being and Community at NAIT says the campaign has already shown a positive impact on individual student behaviour at NAIT.

“Being a survivor complicates how you interact with the world ... ‘I believe you’ are three simple words that equip students with

the tools to support other students,” said Ira. He explains the primary aim for the campaign’s visit to NAIT is to “facilitate the education related to sexual assault.”

Annette Cleveguard has been employed with the Sexual Assault Centre of Edmonton for three years. She works specifically with the community engagement department, facilitating public education by providing workshops and professional development sessions for those interested in learning more about sexual violence. She is also an integral part of the #IBelieveYou campaign, travelling to post-secondaries across Edmonton to promote its message.

“For many reasons, people don’t feel like they can come forward or talk about it or reach out for support and one of the biggest reasons is because people are fearful that they won’t be believed,” said Cleveguard.

“The #IBelieveYou campaign is just getting the message out there about how everybody can do a really simple thing to support somebody who discloses abuse to them and that’s, of course, saying ... I believe you, it’s not your fault,” continued Cleveguard.

The campaign has utilized social media to “create a conversation online,” said Ira. In an effort to further intensify their online pres-



ence, the 2017 campaign is creating a living mosaic out of all social media posts shared with the hashtag #IBelieveYou. Messages, photos and videos will be compiled throughout the event to create a digital collage of inspiring and encouraging messages.

NAIT is among many post secondary institutions across Alberta who’ve received a visit from the #IBelieveYou campaign. They are spreading the message across the province, with trips to many post secondary institutions, including Concordia University, MacEwan University, Burman University and Grande Prairie Regional College. The City of Calgary is also doing its part, with the Calgary Communities Against Sexual Abuse organization leading similar #IBelieveYou events and seminars.

Each year, the #IBelieveYou campaign has encouraged social media activity in order to increase the campaign’s reach. The posi-

tive effects are evident. In Alberta, the percentage of people who would respond positively should a survivor confide in them, has increased by 45 per cent from the pre-campaign to 2016. Additionally, the number of new counselling clients utilizing AASAS’s resources has increased by 53 per cent. The #IBelieveYou message has reached over seven million through social media and the organization hopes to continue this trend.

“It’s been remarkably impactful. The numbers of people in phone surveys who’ve indicated that they would say ‘I believe you’ has increased many many folds versus when they [AASAS] asked prior to the campaign,” continued Cleveguard.

Ira asserts that the #IBelieveYou campaign is “a campaign for everyone” and urges students to educate themselves about the resources that are available on campus should they be needed. Student Counselling Services, NAIT peace officers, the Student Resolution Office and Health Services are excellent resources for anyone who has been a victim of sexual assault. nait.ca/ask4consent is another platform where students can learn how to get support, give support, learn more about consent and about NAIT’s policies.

New student senators chosen

Media and Design



Amber Bernard



Isabelle Lumsden

By **MICHAEL MENZIES**
Senior Editor

After a nearly week long campaign, the 2017-18 NAITSA Senators are confirmed but with spots still available. The results were announced Oct. 11, and now 14 of the 18 candidates representing the program groups at NAIT are locked into place.

Overall, Leanne Mills, NAITSA administration director, was very pleased with the voter turnout which exceeded 20 per cent

response on three of the program groups. But with four vacancies from the Skill Trades & Apprenticeships, Culinary & Hospitality, and Engineering Technologies, Academic Upgrading program groups, the full Senate isn’t set.

“Our bylaws allow for our president at NAITSA to call for a special meeting to appoint senators to the vacant seats,” said Mills. She said that any students in the program groups that have a vacant seat are wel-

come to attend that special appointment meeting. They should also bring others from their program to vote for them as a candidate.

“Those vacant seats will be filled at that meeting that night. So that when we go into meeting No. 2, that Wednesday after, hopefully all the seats in Senate will be full,” said Mills.

That special appointment meeting has been called for Monday, Oct. 30 at 4:30 p.m. in Room X-107.

Building Const. and Design



Nikita Nugent



Randy Seccafien

Business and Administration



Syed Ahmed



Willow Shelley

Culinary and Hospitality



Harleen Kaur

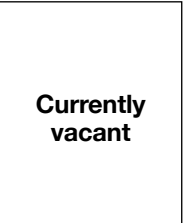


Currently vacant

Engineering Technologies, Academic Upgrading and Open Studies



Muhammad Fayyaz



Currently vacant

Environmental and Natural Resources Management



Chris Crevier



Claire Seo

Health Sciences



Terra Hovde



Anna Singkhone Haggerty

Information Technology and Electronics



Francesca Macasinag

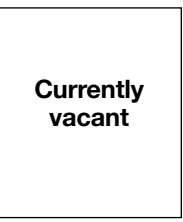


Nikki McKenna

Skilled Trades and Apprenticeships



Currently vacant



Currently vacant



Photo by Bryn Lipinski

Well-fed diners relax after their Thanksgiving dinner for international students, held on Oct. 6 at Bytes Cafe on campus.

Warm welcome, hot dinner

By **BRYN LIPINSKI**

Thanksgiving dinner is the time of year families gather for a meal and all the joys that come with it. Now imagine you only met your family a month ago, and it consisted of 180 people from different countries, whom you'd never met. Would you feel a little disconnected? That was the case for NAIT's International students on Friday Oct. 6, who got together – permanent residence students, newcomers and international students alike – to celebrate Thanksgiving.

The supervisor at the International Centre, Sultan AlMajil, gives his take on why this holiday is so important for the International students to celebrate.

"Thanksgiving is well-renowned in North America, some countries in the Caribbean," he said. "Great Britain has Thanksgiving but not all countries do; some countries have Thanksgiving at a

different time. They might call it different things," said AlMajil.

"Culturally, however, there is always an opportunity for family to get together, and appreciate and give thanks for what they have. So Thanksgiving is an opportunity for us to bring all these different cultures together, give international students, newcomers, a taste and flavour of Canadian culture."

Freya Fu, the international engagement co-ordinator at NAIT International, the organizer of the dinner this year at the Bytes Cafe in NAIT's HP Building, explains the history of the dinner.

"At the International Centre, we do an annual celebration for Thanksgiving and this is the fourth one," said Fu.

"In the past, it's been a city-wide initiative, so the city organized a Thanksgiving event to welcome new international students and then NAIT decided to run our

own."

Fu continues by revealing the International Centre's motivation for creating their own event.

"I think the reason that we do the dinner has always been the same, which is so that we can provide a true Canadian experience for students who may not have celebrated Thanksgiving before. This may be the first time some of them are having a turkey dinner. It's an incredible intercultural experience where the international students can learn about the Canadian holiday."

These students are going through a lot – having left their countries, their lives, their families and their friends to study abroad – but because NAIT's International Centre is well-staffed, it helps lessen this feeling.

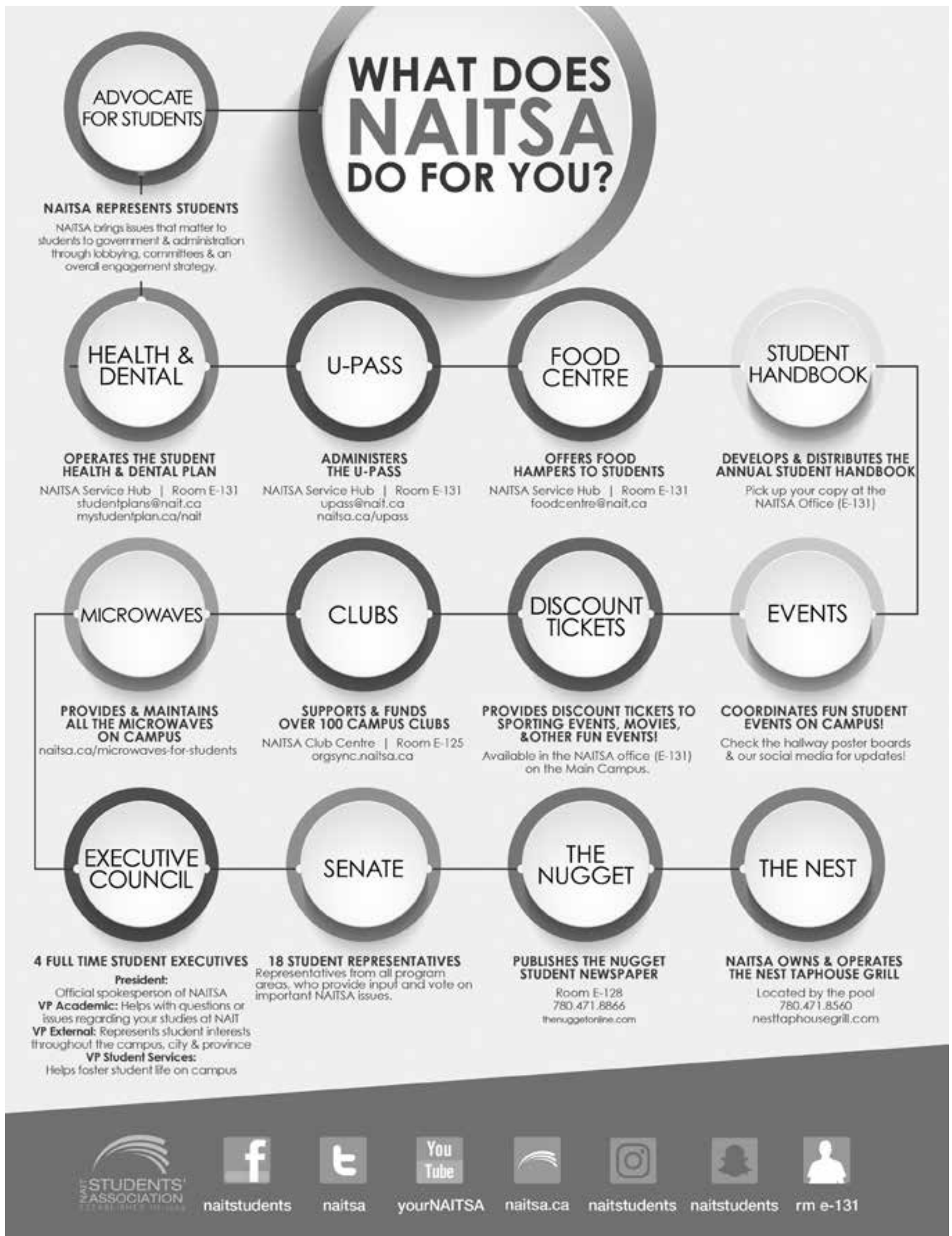
Along with plenty of supervisors and staff, and international student peer mentors – full-time students at NAIT, also manage to work part time at the International

Centre. These student leaders help international students adapt to life at NAIT and lead activities for international students on and off campus. During the Thanksgiving dinner these mentors hosted, helped plan and facilitated the evening.

Along with over 140 attendees, a pair of hosts, numerous faculty, executive and staff guest speakers, this year's dinner also included two special guests.

"We've invited two NAIT international student alumni, who have graduated and gotten a job. They will be speaking at the dinner and sharing their transition stories and how they overcame all the challenges they faced," said Fu.

This Thanksgiving dinner is a big step towards helping Edmonton feel like home to international students. Despite being away from their real homes, NAIT's International Student centre makes an effort to get as close as they can.



OPINION

— Editorial —

Social media matters



By **MICHAEL MENZIES**
Senior Editor

As a Radio and Television student intending on entering the business, it's preached that we students should be absorbing as much media as possible to understand the environment we're walking into. This seems like the intelligent thing to do. Considering how rapidly developments are occurring in both radio and television, knowing the temperature of your market is invaluable. But it isn't obvious whether that's a good idea when it comes to social media.

Social media, at its best, is a tool that allows you to "stay connected." At its worst and most common form, it's the white noise in which our online personas dance.

How to consume it?

Online media classes are becoming industry standards in this sector and NAIT is no exception. They essentially act as a basic social media primer to teach you how to use the different platforms correctly. This is great information for many students entering the industry. But what's missing is training in how to properly consume social media. How do you translate looking at social media for hours every day to becoming an effective communicator on social media? Are you consuming the right social media?

During last year's Canadian University Press annual conference (NASH 79), an idea surfaced that, as student journalists, the best way to fight the dreaded echo chamber is to follow 1,000 different reporters, news organizations, politicians, celebrities, people of influence, etc. Then, with all that conflicting information, your feed becomes the most bipartisan and diverse it can. You can absorb as many different voices as possible.

Noise is noise

I can't imagine what that feed looks like.

Why do you need so much additional noise, when you already get similar doses everywhere else you go online and in real life? You need to "stay connected," at least that's what people warn. But becoming a better social media user isn't with more alleged connectivity, it's with purposeful connectivity.

Many of the prominent people in today's society, even media members, didn't grow up with Facebook, Twitter and Instagram. They had years of life experience and education under their belt. More importantly, they had events and struggles they'd already worked through – they are more comfortable in who they are.

Over social media they appear genuine.

Brendan Schneider, director of advancement at Sewickley Academy, has blogged about how students can use social media effectively. No. 1 on his list is to be genuine. No. 2, get connected.

The best "you" you can be on social media is a genuine one; someone who writes the way they speak and have it come across in their voice and tone. That's a magic trick that doesn't resonate with many. People put their foot in their mouth online every day but being genuine will allow you to have success.

Gillian Perkins, author of *Sorted: Freedom Through Structure*, says on her YouTube channel that the biggest myth about social media marketing is that's how most successful businesses grow a following. That isn't true. While some businesses can and do grow on social media, it isn't how they come to be successful in the first place. They have a product people want and, in addition,

many also pay for additional advertising on social media streams.

Polishing a turd or, in a business's case, polishing an average product, isn't going to grow like a business that has a valuable product. Now, take that knowledge and apply it to your own streams and profiles. There has to be something there for a follower. Give value for someone to come back to.

If you're going to be a more influential member of Twitter for example, people will choose you because they think there's underlying value in your statements. More than that, they follow you because that value will translate into future posts, which means there's a constant callback.

Getting popular through social media is a bet on yourself. If you think growing a social media following is important, working on yourself and using social media for your own sake is the way to do it. Find the areas you think you can exploit and you'll have the edge.



Guideposts

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SPORTS

LaVar is having a ball



CONNER TOFFAN
Sports Co-Editor

From dominating headlines for the better part of the last year, to releasing many pairs of massively overpriced shoes, shirts, hats and more, LaVar Ball has taken over basketball.

He is the father of basketball players Lonzo Ball of the Los Angeles Lakers, UCLA freshman LiAngelo Ball and high school basketball player LaMelo Ball.

A former basketball and football player, LaVar is the founder and CEO of the sports apparel company Big Baller Brand.

He is a boisterous man who has used his loud, outspoken ways to help propel Big Baller Brand, as well as his three kids, to a higher status. Claiming that he could beat Michael Jordan with one hand tied behind his back and that Lonzo is the best five-on-five player in the world,

among other unhinged statements, hasn't done LaVar, or his kids, for that matter, any favours when it comes to staying out of the public eye. Sorry boys, you are now expected to be nothing short of becoming NBA legends. If you fail to accomplish this, you may be remembered as nothing more than an overhyped bust.

What's the first thing you have to do to get out of a hole? Stop digging. Unfortunately, LaVar has only upgraded from a shovel to an excavator. He went as far as telling the female co-host of *The Herd with Colin Cowherd*, Kristine Leahy, to "stay in yo lane." Kristine was only doing her job, interrogating him about excluding females in the brands market because the product is for "big ballers" in one of the most uncomfortable sports interviews in recent memory.

What is overlooked by the masses, is how well LaVar has actually done. He uses all the PR nightmares that are thrown at him, as well as the ones he makes for himself, to boost hype for his kids and sales for his brand. LaVar has always come out on top. He has raised the most polarizing NBA draft prospect of all time. He has made his family more money than most of us can ever dream of. He has helped his wife Tina immensely as she recovers from a life-threatening stroke.

Whether you chalk it up to propaganda or not, whenever you see a Ball kid, they always seem happy. Isn't that what we want for all kids?

LaMelo has a swagger to him, he walks around like he owns the place. As the youngest kid in the family, he has taken on a loud but fun personality. LaMelo Ball will also go down in the record books as the first ever high school player to have his own signature shoe.

LiAngelo is the middle child. He's pretty quiet and he's also the big man out of the three boys. Although his two brothers are the flashy point guard, LiAngelo seems to be growing into more of a "glue guy," the player that won't look the flashiest or be the best, but the player that every championship-calibre team needs. Every now and then, he likes to flex on his social medias. Months ago, he posted short clips showing off his tremendous physique. LiAngelo Ball is as confident as they come.

Lonzo Ball is probably the most talented, as he was drafted second overall by the Los Angeles Lakers in the 2017 NBA draft. Lonzo is also fairly quiet, until he gets in the studio. One of Lonzo's favour-



LaVar Ball

VICE Sports

ite hobbies is rapping. His confidence and swagger is oozing on tracks such as Melo Ball 1, Zo2 and his Free Smoke remix. He is already one of the most exciting, marketable players in the NBA and he hasn't even played a regular-season game.

Whether you like his methods or not, LaVar has done a great job of setting his loved ones up for success. Remember that hole I said LaVar was digging? Let's hope he puts his excavator to good use, because he's close to hitting gold.

FIGHT CORNER

Active wrestling scene here

BY PETER GO

When we think of professional wrestling, we think of the WWE. When people think about professional wrestling in Canada, they usually think of the Montreal screw job or Calgary and Stampede Wrestling. But if we were to look in our own backyard, we would realize there is a flourishing local wrestling scene.

Promotions such as Prairie Wrestling Alliance (PWA) have deep rosters filled with local talent capable of putting on compelling, exciting and entertaining events. However, looking into the number of people who go to shows in Edmonton and Calgary, Edmonton would look like Wrestlemania and Calgary would be like an "In Your House."

The local wrestling scene in Edmonton is actually flourishing compared to Calgary. Many people automatically associate Calgary and professional wrestling because of the names that have

come out of the legendary Hart Dungeon but most don't realize that all the people to come out of the Hart Dungeon have also had to earn their dues while wrestling in Edmonton. As young talent needed a place to hone their craft, Edmonton quickly became the place to do it. Brett Hart's niece Natalya Neidhart and Tiger Singh (Jinder Mahal) have wrestled and worked on their skills in Edmonton. Even bigger names like Booker T, Mick Foley, Samoa Joe and AJ Styles have entered the ring under an Edmonton promotion in years past.

One of the first wrestling promotions to hold events in Edmonton was Prairie Wrestling Alliance. PWA was started in Edmonton in 2001 so local wrestlers would have a platform to showcase their talents. Founded by Kurt Sorochoan, Tex

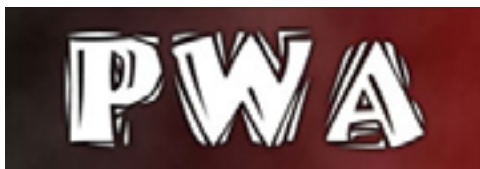
Gains and Puerto Rican superstar Hercules Ayala, PWA quickly became a promotion on the rise. Throughout the years, PWA has been able to produce high quality events, the first at Shaw Conference Centre. Then it ran events at the NAIT gymnasium, Century Casino and at the Northgate Lions Rec Centre, where it currently resides. Throughout the years, PWA has been able to remain consistent and professional when putting on monthly events. They have also been able to bring in a stellar cast of international talent to work with local wrestlers.

There are a handful of wrestlers in the WWE right now who started in Edmonton with the PWA. When I interviewed co-owner Kurt Sorochoan about PWA, he said he "can't speak enough about the fans, we have our own culture." He also said that

PWA is "family friendly and isn't targeted to a certain age demographic." In other words, it's entertainment for the whole family.

NAIT actually has a strong connection with PWA. Sorochoan, who has been with the promotion since its inauguration, is a NAIT graduate. Former student and NR92 radio show host Mike McGuire used to be PWA's ring announcer. Current student Mike Norris, used to be a manager, ring announcer and now currently works backstage with the promotion, playing the entrance music, running the website and social media, producing and voicing over to add commentary. There have also been former wrestlers that have come from NAIT, which hosted PWA events from 2003 to 2008.

So now when you think of Edmonton, don't just think of it as the home of the Oil Kings, Eskimos and Oilers. Realize that it also houses a booming wrestling scene, highlighted by the PWA.



Women want their due



TRE LOPUSHINSKY
Sports Co-Editor

Kneeling players have been the main topic in the NFL over the past couple of months, until recently when sexism came into the fold with recent comments by Carolina Panthers quarterback Cam Newton.

A couple of weeks ago he made a comment to a reporter that I am sure was meant in jest.

"It's funny to hear a female talk about routes. It's funny," said Newton. Instead, it shook up the NFL a bit. The Williams sisters dominate tennis, Ronda Rousey was one of the best fighters in the world. Women are sensitive to comments about their place in the world of sports. Yet, we still have people with that "olden days" type of thinking. Newton's comments towards Jourdan Rodrigue made

me wonder why these are still issues we face, especially in sports?

In early 2017, NFL vice-president of marketing Johanna Faries, stated that women currently make up 45 per cent of the league's fan base. A few years ago, the league's staff was completely male dominated. Now the league has two female coaches, two female officials, three owners and a female chief of security officer.

We're seeing growth in the numbers of women put in the power positions. We're seeing the numbers of women watching sports grow. What about the women who want to play sports? The popularity of women's sports fails in comparison to their male counterparts. The WNBA average salary is \$72,000, including bonuses according to CNN. The NBA average salary is \$5 million.

Look at the coverage of female sports. In 2015 the Princeton Tigers female basketball team went 30-0 in the regular season, something the men's team couldn't. Yet, the Final Four men's team got front page on the *New York Times*. The women's team got a photo-less story buried in the sports section.

I am an avid pro-wrestling fan. Within the last couple years, the women's division is having what the WWE calls the "Women's



Charlotte Observer

Cam Newton

Revolution."

The WWE used to have women as arm candy or had them compete in bra and panties matches. Now, some women are known more for their abilities than their bodies. This more or less has to do with the time we live in, but that's it. We live in a time where some women want to be known for their abilities. Some want to be known for their Instagram followers, but that's their prerogative. I see as many dudes with their man buns and abs on Instagram

as I do women pointing their asses out. That doesn't mean they deserve to be treated any less well.

It seems most people were more surprised that Newton said those comments out loud. I mean that's not something you say out loud. That's something you say with your "boys" or in your own house, right? That type of thinking is what causes these events. Yet, powerful women keep sticking it to the ignorant people who make these remarks.

Athletes of the week

October 9-15

Hannah Gorgichuk
Women's Volleyball



The NAIT Ooks women's volleyball team opened their season perfectly with a two-game sweep of the Concordia Thunder this past weekend, winning 3-0 on Friday and 3-1 on Saturday. Hannah Gorgichuk registered 18 kills and 21 points over the two matches. "Hannah was really steady on the weekend. It wasn't just that she led us in kills, it's that she only made one error while doing it. She was also solid in the back-court and on serve receive, and her consistency was a big factor allowing us to earn two wins," said coach Benj Heinrichs. Hannah is second-year Landscape Architectural Technology student from St. Albert.

Jordan Teliske
Men's Volleyball



The NAIT Ooks men's volleyball team opened their season with a six-set sweep of the Concordia Thunder this past weekend. Jordan Teliske recorded 29 kills in six sets, which led the ACAC in kills per set and has him tied for the league lead. Teliske also added four service aces. "It a very impressive performance by fifth-year outside hitter and team captain, Jordan Teliske," said coach Doug Anton. "He dominated play offensively this weekend, collecting 29 kills and four service aces in our two matches versus Concordia University." Jordan is a fifth-year apprentice student from Fort Saskatchewan.

Athletes of the week

October 2-8

Sydney Hurlburt
Women's Basketball



The NAIT Ooks women's basketball team competed in the Harvest Classic this weekend in Lethbridge. Sydney Hurlburt had an impressive weekend leading the Ooks to a 2-1 record. Sydney posted 19, 18 and 12 points in the three preseason games. "Sydney has taken on the role as our floor leader early on this season," said coach Todd Warnick. "Her defence, offensive energy and personal poise helped to lead us to a 2-1 record versus very skilled and talented South Division teams." Sydney is a third-year Open Studies student from St. Albert.

Jarid Hauptman
Men's Hockey



The NAIT Ooks men's hockey team opened their season perfectly with two wins over the Augustana Vikings this past weekend. Jarid Hauptman led the charge with a four-point weekend. He scored the overtime winner in Friday's 3-2 win and added a goal and two assists in Saturday's 5-1 victory. "Jarid played this weekend at a high pace and displayed his high skill level in helping the team win both games this weekend," said head coach Tim Fragle. Jarid is a third-year Millwork and Carpentry student from Morinville.

BASKETBALL

Former star ponders return

By JORY PROFT

Many may know the Bahamas for their warm weather and picturesque beaches, but for NAIT's former basketball

star Jackson Jacob, the Bahamas represents much more than that. It's the place that sparked his love for basketball at the age of 11. Jacob dreamed of playing basketball either in college or professionally. This dream turned into a reality, as he made his way to NAIT for two seasons gaining many accolades. Now, many ask why Jacob is not on the roster this season after success at NAIT.

In Jacob's rookie year, he was an integral part of the 2015-2016 CCAA national championship win for the Oaks men's basketball team. His performance gained him an MVP award for the tournament. Jacob also captured the scoring title for the ACAC and CCAA in the 2016-17 season.

Head coach Mike Connolly had this to say about Jackson after a "Player of the week" honour in February 2017: "He [Jacob] has been our most consistent player all year and is going into the ACAC championship tournament playing very well."

Due to the demand of the meat industry in Canada, Jacob decided to enrol in the professional meat-cutting program at NAIT. He was in his second year in the program before leaving.

After his success at NAIT, it was a surprise that he did not return, instead choosing to return home to the Bahamas. After an overseas phone call to Jacob, it was clear that a series of factors lead to this decision he made.

One of the major influences in Jacob's decision to remain in his native

country was the "cultural change."

"It was a big, total flip from being in the Bahamas to being in Canada," Jacob stated. "The regular stress (of being in Canada) combined with stress from back home ... it really put a lot on my plate."

Another reason for his absence was the disappointing playoff run that the Oaks had last season.

"The first-round loss we had ... that really triggered everything. I am still not even over it. I am still having nightmares from it."

Jacob was also without his visa and driver's licence, so he had to return home. All his paperwork had to be completed before he could re-enter Canada. In the midst of going back home to complete the paperwork, Jacobs had a invitation to fulfill his dreams, which put his NAIT career on hold.

"I have been invited to the Bahamas national tryout. We will be playing in Canada, in Halifax ... so I am still in the process of really trying out. I have a high percentage of making the team."

Jacob has applied for the Automotive Program at NAIT. If the Bahamas National team doesn't pan out, he hopes to come back to NAIT and return to the place where he made an impact.

"Hopefully I will be able to come back and be able to play on the team because I miss the guys," he said. "I miss the team, I miss the environment, I miss everyone."

For now, Jacob is focusing on his national tryout, and his invitation to the upcoming National Basketball League pre-draft combine on Oct. 20-22 in Windsor, Ont.



Jackson Jacob



Jackson Jacob takes a shot during a game last year.

NAIT Photo

BASEBALL

New baseball program in city

By CONNER TOFFAN
Sports Co-Editor

Baseball in Edmonton has had a long, storied past. Many major league legends have stopped to play in the city of champions. The Edmonton Trappers were a AAA farm league team as recently as 2004. Playing games at the newly named RE/MAX stadium, housing many greats including illustrious New Westminster, B.C. first baseman Justin Morneau. Morneau is an all-star who has played in the majors for 13 years for the Pittsburgh Pirates, the Minnesota Twins and the Colorado Rockies and was named the American League MVP in 2006.

As early as 2016, our best Midget team, the SEEBA Cardinals, were being sent to Canadian nationals after besting other Albertan teams en route to a provincial championship. During the 2017 season, SEEBA lost players to college and to the newly made SJP Blue Jays, causing the Cardinals, still Edmonton's top Midget AAA team, to fall to sixth out of 14 teams in the regular-season standings.

New programs are consistently being introduced as the baseball people around

the city work tirelessly to establish new and effective ways to improve the state of baseball in Edmonton.

One recent program that has the potential to kick-start a revival for the sport in the city. The North East Zone high performance program, a combination of the finest coaches and players from Northeast Edmonton, is looking to take baseball Alberta by storm. Starting back in late August, a new team of players, many that had never met prior to the season, took the field to begin what they hope will be the start of a new era for Edmonton baseball.

The high performance program offers midget players aged 16-18 a cost-effective opportunity for long-term development, including learning technical skills, strength and conditioning and life skills with some of the facilities and coaches in Edmonton.

Midget head coach John Sutherland, also a development officer at NAIT, believes that "more and more programs are

offering that competitive level" and that "the more opportunities the athletes have, the better the overall talent level will be."

The program's team, the Padres, represents the organization throughout the fall until mother nature forces them inside, where the players will do strengthening,

conditioning and learn life skills at NAIT while practising their skills at Commonwealth. This goes all the way into spring, when tryouts will be held to help realize the potential of

another elite AAA baseball team in Edmonton. With the bulk of the coaches and directors being volunteers, the program is "for us and by us," putting a large responsibility on the athletes.

Looking to the future, the Padres are also starting a team at the Pee wee level for players aged 12 and 13. This program starts developing great players at a young age, building a strong foundation for North East Zone's various teams while setting them up down the road.

Pee wee head coach Chris Davie

described the program as being about more than just baseball, as a main goal is to establish an "all encompassing program" that focuses on all areas of life in order to "turn young men into effective adults."

Davie, doing double time by also working as an Oilers trainer, brings many benefits to the table for NEZ. He preaches patience. "Nobody really cares if you're good at 12, as long as you continue to grow."

Overall, the Padres look to take advantage of a rebounding baseball environment in Edmonton, while building a strong ongoing program that includes players of all ages. Using their newly found emotional, mental and physical skills, look out for the Padres, who have the foundation to be a game changer for baseball in Edmonton.

After all, "... 98 per cent of people quit, so if you persist you only have to compete with two per cent of the people in the world at anything you want to do," says Davie, who believes that hard work and focus can make this program a remarkable one for now and the future.



Keeping the Oilers healthy



Chris Davie

Photo by Raeleigh Anderson

By JAKE WOODS

For those of you who have never heard the name Chris Davie before, he is the assistant athletic therapist (AAT) for the Edmonton Oilers and has been working professionally as a sports therapist for over 18 years.

The University of Alberta grad is the man tasked with keeping Edmonton Oilers superstars Connor McDavid, Leon Draisaitl and Cam Talbot along with the rest of the roster healthy and performing at their highest possible level.

"I work with the whole team," Davie said. "When they need something, we get them back as quickly as possible and make sure they're safe and performing at their best," he said.

"Once you've had a previous injury, that is the highest marker for having another injury. Once you've had one we have a maintenance program that you do and I would help oversee that ... sometimes when they're post-surgery, there is a tightness that lingers for one to two years, so then that would be my responsibility to help with that."

Davie described the best part of his job as getting to meet and become friends with a few legendary players and getting to go to the rink every day.

The road to the NHL was far from easy for the Oilers AAT who started out in the minors. "I had a back-to-back from Cincinnati to Quebec," he said, remembering those days.

"It's an 18-hour bus ride, so we played the game, drove until we couldn't drive anymore, slept for four hours, then drove to the game, but that's the minors. It's a real, real grind."

Being a pro isn't easy, there is an immense sacrifice needed to stay at the top of your game. On Oct. 10, coming off a disappointing loss in Vancouver, the Oilers had no time to recover before they flew home to have a short sleep and practice right after. Even Davie was coming off only about three hours of sleep before he had to go to work the next day. Being a pro takes extra effort and colossal sacrifice. Imagine working so often that you barely see your own family. This is the life a pro has to live.

Coming out of the U of A Athletic Therapy program, Davies was hired by the Edmonton Eskimos and from there used the connections he made with the football club to work his way to the Edmonton Oilers and has had a career nearly two decades long. When asked how he thought the Oilers would fare in the 2017-2018 season, Davies declined to answer with a prediction regarding standings or points.

"That has nothing to do with me (laughs). There's lots of things that can happen, that's why it's so special. You can plan all you want ... bounces go another way, it's just hard. It's not as easy as people think, just to do your best every single day. That's why only the top one per cent of people in the world get to do this."

HOCKEY

New faces, new season

By CLAIRE STANHOPE

Roster changes are a part of hockey (and sports in general) but this year the new faces outnumber the old on NAIT's hockey teams. By now, it's likely the newbies have been filled in on what happened last year, so let's start on the same page.

The men's team topped the regular season last year with a 22-6-2 record and a bye in the quarter finals. The semifinals had NAIT facing the fourth-seed Augustana Vikings. NAIT won the series and moved on to the final round against Grant MacEwan Griffins. With both teams calling Edmonton home, the crowds were split nearly every game, with shouts on both sides at every turn. MacEwan took the first game 3-2 in overtime, NAIT crushed the second 4-1 but MacEwan triumphed and won the final game 4-3 in overtime.

The team had a brand new coach and

17 new players out of a team of 25. An almost brand new team was created and almost won gold in the same season.

"I think we exceeded everyone expectations" head coach Tim Fragle told the Oaks Association.



Tyler Robertson

"We expect with our returning core of players and our new-recruits that we will push to be at the top of the ACAC and challenge for the ACAC title."

One new addition is Tyler Robertson, a Sherwood Park native, who joins NAIT after playing almost four full seasons with the Edmonton Oil Kings.

"Tyler has been a welcomed addition to the men's hockey program," Fragle told the *Nugget*. "He has shown early that he has a professional approach to how he conducts himself both on and off the ice and he has shown his versatility in our lineup."

On the women's side, less than half of

the women's team consists of fresh new faces.

Your Oaks ended the season at the top of the standings, just squeaking past MacEwan and Red Deer in the final regular-season weekend. NAIT was set to play SAIT in the semifinals and ended up being eliminated by the fourth seed in an upset. The games were close: a 4-3 OT loss, a 6-4 win, and a devastating 5-4 loss in double overtime. The women's team ended the year with fire in their eyes. Being so close to the prize must have set their standards high for this season.

Carlin Boey is NAIT's team captain once again as they begin the season. Boey, an offensive defenceman, found herself at the top of the league last year with 15 goals and third overall with 19 points. She has a habit of pushing her team over rough patches and pulling them out of slumps. She never seems to give in and

never backs down. Her presence on the ice is always noticed.

Also returning is Brittney Savard, the ACAC women's hockey rookie of the year for the 2016-17 season. Savard is someone to look out for as this new season begins. She posted 13 goals last year, second in the league behind Boey and flies around her opponents to sail one home. Savard is a force to be reckoned with.

Natsumi Kurokawa joins the team this year all the way from Tokyo, Japan. She played for the Banff Hockey Academy in 2015-16. Natsumi will be making up one of NAIT's defensive pairings.

"The team loves her," said head coach Deanna Martin. "She's so kind and friendly [and] her English improves almost daily."

Though it's been tough adjusting to the different style of hockey Canada presents her, Martin is confident she will adapt.



Carlin Boey

Eskimos work for the community

By SHEENA DUKEWICH

Sept. 30 will go down as a low point in Edmonton history. Thirty thousand fans cheered on the Edmonton Eskimos at Commonwealth Stadium as they faced the Winnipeg Blue Bombers on the annual Canadian Forces Appreciation Night. As the Eskimos fought on the gridiron, one police officer fought for his life.

Const. Mike Chernyk was struck by a vehicle while setting up a roadblock on Stadium Road near 92 Street during the game. After being struck, Chernyk was then attacked with a knife by the driver in what

is being labelled a terrorist attack. Four pedestrians were then struck as the assailant then hopped into a U-Haul.

Const. Chernyk was released from hospital after treatment for lacerations to the face and hands.

“We know that Canada’s strength comes from our diversity, and we will not be cowed by those who seek to divide us or promote fear,” said Prime Minister Justin Trudeau of the attack.

The Eskimos refuse to let this negative act stop them. They plan on having an appreciation night for the Edmonton Police

Service in a future game. The team commits to over 850 appearances each year and announced a halftime show at the next game to support cancer awareness. The Eskimos are looking forward to hosting the 2018 Grey Cup, when they can show the strength and unity of Edmonton as a city.

Dianne Greenough, the Eskimos cheer team head coach, has been with the team for over 20 years. She continues to take pride in being part of the community. Everything that happens in this city is about helping and bringing people together.

Greenough strives to continue bringing

the Edmonton pride to the community.

“Let’s enjoy the present and celebrate what we have in this beautiful city and all that it has to offer and make sure as individuals and as a cheer team and as an Eskimos organization we continue to be positive celebrating all the great things that are happening and not look into things that we have no control over,” Greenough said.

Through tragedy, the Eskimos have continued to spread positivity through the city. Even through a tough time it makes it easier to be a proud Edmontonian.

ACAC Standings

MEN'S HOCKEY												
Team	GP	W	L	OTL	T	Pts	GF	GA	RW	L10	STK	
NAIT	4	4	0	0	0	8	23	4	3	4-0	W 4	
SAIT	4	4	0	0	0	8	17	9	4	4-0	W 4	
Augustana	4	2	2	1	0	5	9	12	2	2-2	W 2	
MacEwan	4	2	2	0	0	4	13	11	2	2-2	W 2	
Red Deer	4	2	2	0	0	4	12	10	1	2-2	L 2	
Briercrest	4	1	2	0	1	3	7	18	1	1-2-1	L 2	
Concordia	4	0	4	1	0	1	10	17	0	0-4	L 4	
Portage	4	0	3	0	1	1	6	16	0	0-3-1	L 2	

Note: MacEwan forfeits game vs. SAIT (Oct. 7), thereby losing in regulation rather than OT; losing OTL point.

WOMEN'S HOCKEY												
Team	GP	W	L	OTL	T	Pts	GF	GA	RW	L10	STK	
MacEwan	4	3	1	1	0	7	10	7	2	3-1	W 1	
Olds	4	2	2	0	0	4	8	8	2	2-2	L 2	
Red Deer	4	2	2	1	0	5	10	9	2	2-2	W 2	
NAIT	2	1	1	0	0	2	3	4	0	1-1	L 1	
SAIT	2	0	2	0	0	0	2	5	0	0-2	L 2	

October 5
MacEwan 4 Red Deer 3; Olds 2, SAIT 1

October 6
MacEwan 2, Red Deer 1

October 7
Olds 3, SAIT 1

October 12
Red Deer 2, Olds 1

October 13
Red Deer 4, Olds 2; NAIT 3, MacEwan 2

October 14
MacEwan 2, NAIT 0

WOMEN'S HOCKEY												
Team	GP	W	L	OTL	T	Pts	GF	GA	RW	L10	STK	
MacEwan	4	3	1	1	0	7	10	7	2	3-1	W 1	
Olds	4	2	2	0	0	4	8	8	2	2-2	L 2	
Red Deer	4	2	2	1	0	5	10	9	2	2-2	W 2	
NAIT	2	1	1	0	0	2	3	4	0	1-1	L 1	
SAIT	2	0	2	0	0	0	2	5	0	0-2	L 2	

WOMEN'S HOCKEY												
Team	GP	W	L	OTL	T	Pts	GF	GA	RW	L10	STK	
MacEwan	4	3	1	1	0	7	10	7	2	3-1	W 1	
Olds	4	2	2	0	0	4	8	8	2	2-2	L 2	
Red Deer	4	2	2	1	0	5	10	9	2	2-2	W 2	
NAIT	2	1	1	0	0	2	3	4	0	1-1	L 1	
SAIT	2	0	2	0	0	0	2	5	0	0-2	L 2	

October 5
MacEwan 4 Red Deer 3; Olds 2, SAIT 1

October 6
MacEwan 2, Red Deer 1

October 7
Olds 3, SAIT 1

October 12
Red Deer 2, Olds 1

October 13
Red Deer 4, Olds 2; NAIT 3, MacEwan 2

October 14
MacEwan 2, NAIT 0

MEN'S BASKETBALL												
North Division												
Team	GP	W	L	Pts	PF	PA	L10	STRK				
Lakeland	2	2	0	4	176	110	2-0	Won 2				
Keyano	2	1	1	2	151	135	1-1	Won 1				
NAIT	2	1	1	2	150	149	1-1	Won 1				
Concordia	2	1	1	2	149	150	1-1	Lost 1				
Grande Prairie	2	1	1	2	135	151	1-1	Lost 1				
Augustana	0	0	0	0	0	0	0-0	-				
King's	2	0	2	0	110	176	0-2	Lost 2				

South Division												
Team	GP	W	L	Pts	PF	PA	L10	STRK				
Ambrose	0	0	0	0	0	0	0-0	-				
Briercrest	0	0	0	0	0	0	0-0	-				

Lethbridge	0	0	0	0	0	0	0-0	-
Medicine Hat	0	0	0	0	0	0	0-0	-
Olds	0	0	0	0	0	0	0-0	-
Red Deer	0	0	0	0	0	0	0-0	-
SAIT	0	0	0	0	0	0	0-0	-
St. Mary's	0	0	0	0	0	0	0-0	-

NOTE: Top four teams in each division make playoffs

October 13
Keyano 74, Grande Prairie 76; Lakeland 87, King's 63

October 14
NAIT 76, Concordia 71; Keyano 77, Grande Prairie 59
St. Mary's 87, Augustana 70; King's 47, Lakeland 89

WOMEN'S BASKETBALL												
North Division												
Team	GP	W	L	Pts	PF	PA	L10	STRK				
Lakeland	2	2	0	4	140	99	2-0	Won 2				
Keyano	2	2	0	4	156	120	2-0	Won 2				
NAIT	2	1	1	2	146	141	1-1	Lost 1				
Concordia	2	1	1	2	141	146	1-1	Won 1				
Augustana	0	0	0	0	0	0	0-0	-				
Grande Prairie	2	0	2	0	120	156	0-2	Lost 2				
King's	2	0	2	0	99	140	0-2	Lost 2				

South Division												
Team	GP	W	L	Pts	PF	PA	L10	STRK				
Ambrose	0	0	0	0	0	0	0-0	-				
Briercrest	0	0	0	0	0	0	0-0	-				
Lethbridge	0	0	0	0	0	0	0-0	-				
Medicine Hat	0	0	0	0	0	0	0-0	-				
Olds	0	0	0	0	0	0	0-0	-				
Red Deer	0	0	0	0	0	0	0-0	-				
SAIT	0	0	0	0	0	0	0-0	-				
St. Mary's	0	0	0	0	0	0	0-0	-				

NOTE: Top four teams in each division make playoffs

October 13
NAIT 76, Concordia 65; Keyano 80, Grande Prairie 58
Lakeland 61, King's 54

October 14
Concordia 76, NAIT 70; Keyano 76, Grande Prairie 62
St. Mary's 101, Augustana 46; Lakeland 79, King's 45

WOMEN'S BASKETBALL												
South Division												
Team	GP	W	L	Pts	PF	PA	L10	STRK				
Ambrose	0	0	0	0	0	0	0-0	-				
Briercrest	0	0	0	0	0	0	0-0	-				
Lethbridge	0	0	0	0	0	0	0-0	-				
Medicine Hat	0	0	0	0	0	0	0-0	-				
Olds	0	0	0	0	0	0	0-0	-				
Red Deer	0	0	0	0	0	0	0-0	-				
SAIT	0	0	0	0	0	0	0-0	-				
St. Mary's	0	0	0	0	0	0	0-0	-				

NOTE: Top four teams in each division make playoffs

WOMEN'S BASKETBALL												
North Division												
Team	GP	W	L	Pts	PF	PA	L10	STRK				
Keyano	2	2	0	6	0	4	2-0	W 2				
NAIT	2	2	0	6	0	4	2-0	W 2				
King's	2	1	1	4	3	2	1-1	W 1				
Lakeland	2	1	1	3	4	2	1-1	L 1				
Augustana	0	0	0	0	0	0	0-0	-				
Concordia	2	0	2	0	6	0	0-2	L 2				
Grande Prairie	2	0	2	0	6	0	0-2	L 2				

South Division												
Team	GP	W	L	Pts	PF	PA	L10	STRK				
Red Deer	2	2	0	6	0	4	2-0	W 2				
SAIT	2	2	0	6	0	4	2-0	W 2				
Medicine Hat	2	2	0	6	3	4	2-0	W 2				
Ambrose	0	0	0	0	0	0	0-0	-				
Lethbridge	2	0	2	3	6	0	0-2	L 2				
Briercrest	2	0	2	0	6	0	0-2	L 2				
Olds	2	0	2	0	6	0	0-2	L 2				

NOTE: Top four teams in each division make playoffs

MEN'S VOLLEYBALL												
North Division												
Team	MP	MW	ML	SW	SL	PTS	L10	STK				
Keyano	2	2	0	6	0	4	2-0	W 2				
NAIT	2	2	0	6	0	4	2-0	W 2				
King's	2	1	1	4	3	2	1-1	W 1				
Lakeland	2	1	1	3	4	2	1-1	L 1				
Augustana	0	0	0	0	0	0	0-0	-				
Concordia	2	0	2	0	6	0	0-2	L 2				
Grande Prairie	2	0	2	0	6	0	0-2	L 2				

South Division												
Team	MP	MW	ML	SW	SL	PTS	L10	STK				
Red Deer	2	2	0	6	0	4	2-0	W 2				
SAIT	2	2	0	6	0	4	2-0	W 2				
Medicine Hat	2	2	0	6	3	4	2-0	W 2				
Ambrose	0	0	0	0	0	0	0-0	-				
Lethbridge	2	0	2	3	6	0	0-2	L 2				
Briercrest	2	0	2	0	6	0	0-2	L 2				
Olds	2	0	2	0	6	0	0-2	L 2				

NOTE: Top four teams in each division make playoffs

WOMEN'S VOLLEYBALL		
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UPCOMING CAMPUS CLUB EVENTS OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	3	4 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	5 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	6 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	7
8	9 WEEKLY JUGGLING JAM 5:00pm-8:00pm, Shaw Theatre Lobby  HAPPY THANKSGIVING	10	11 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112 CLUBS SOCIAL #1 4:00pm-6:00pm, Location TBD	12 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	13 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	14
15	16 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	17	18 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112 CLUBS SHOWCASE 11:00am-1:00pm, CAT Mainstreet	19 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	20 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	21
22	23 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	24	25 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	26 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT 102 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	27 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	28 MOVIE NIGHT 6:00pm, Shaw Theatre X-123 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C
29 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	30 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	31 HAPPY HALLOWEEN! HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C 	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 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	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 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	11 Remembrance Day 

NAITSA CAMPUS CLUBS
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FOR MORE DETAILS ON
THESE EVENTS, CHECK OUT
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ENTERTAINMENT

The It that's always there



By **ALAN HOLMES**
Entertainment Co-Editor

Growing up can be terrifying. As you grow, the world grows with you. Things constantly change; nothing stays the same. However, our childhood fears grow with us, sometimes taking on hideous new forms and finding deceiving new ways to scare us but they're always there. Such is the thematic subject matter of Stephen King's *It*.

Originally, he wrote the mammoth novel as a response to his reputation as the "master of horror," a label that he found confusing. King has said that he never considered himself a horror author, simply a writer and storyteller. With *It*, he wanted to embrace the darkness by creating an accumulation of the most iconic horror villains from his childhood – Dracula, the Mummy, the Wolf-man, Frankenstein and so on. Rather than feature them as a mob of individual creatures, he decided to wrap them together as a single shape-shifting entity, in the creepily colourful package of (what he deemed) to be something every child is afraid of, a clown. Thus, Pennywise the Dancing Clown was born.

Remade as a feature film

First made into a televised miniseries in 1990, it (pun not intended) has recently been remade into a feature film, as well as becoming this year's surprise blockbuster. In its first two weeks in theatres, *It* broke records, becoming the highest grossing September release ever, as well as becoming the new breadwinner for the horror genre, beating out the previous champion of over 40 years, *The Exorcist*.

I have to agree with the largely positive response the film has received. I'm a fan of King's twisted works and the latest adaptation for the big screen was cleverly handled, breathing fresh life into nightmares. Several of my peers were also excited about the film, though their reactions caught me off guard. I myself have always been creeped out by clowns. An aforementioned friend of mine (Amber), wasn't affected by Pennywise so much as a woman who comes out of a painting in the film, who's appearance is distorted, to say



screengeek

the least. The woman creeped Amber out so much because it reminded her of a cartoon that scared her when she was young, featuring a similarly contorted character. Both the novel and the film explore exactly that; even though you grow old, your fears grow with you. They never really grow away.

As far back as I can remember, I have been very aware of death. I don't remember ever having an epiphany about it, I simply knew that what goes up must come down; if we live, then we must also die. I braced myself for that inevitability. Even though it was still difficult, I knew our dog would die long before us. I knew my grandparents were old and it was only a matter of time before I couldn't ever visit them again. But other deaths always seemed to be in the back of my head. I would be sitting in math class, having difficulty paying attention, and my mind would wander; I couldn't help but look at the door at the front of the class and wonder if someone would come through and tell me that someone I loved was gone. I almost started to expect it. I don't know why. I knew it wasn't rational. But that fear remained. My brother got his licence and I waited to be told he'd been in an accident. My dad went away on a trip and I'd wait to hear he'd had a heart attack. Obviously that's not a healthy way to live, but it's something I lived with nonetheless. Yet I got good at distracting myself, pushing the fear aside, ignoring the drooling clown with its teeth bared wide. I knew it wasn't real. That is, until last year.

It was near the end of October, just a few days before Halloween. I'd recently moved back home and gone out the night before for a friend's birthday. When I got home, everything seemed normal. It was

late, my dad was out of town on a business trip, my mom was already in bed but had left the light on for me. The next morning, I woke up to my dogs' barking. That's not unusual, so I tried to ignore it and shut my eyes for a bit. Finally, it occurred to me that something was wrong. No one was letting the dogs outside or, at the very least, telling them to be quiet. I also couldn't hear anyone else in the house. I got up, opened the door to my parent's room to let one of my dogs out, only to find my mom lying on the floor. I knew it was too late but I tried calling out to her anyways. I called 911. I tried to resuscitate her. But she was already gone.

The horror remains

Oct. 26 will be the first anniversary of her death. The closer that day comes, the more I can't help but think about it. It had happened. Those fears of finding someone I love dead had come to fruition. It's next to impossible to put into words what that was like. Suffice it to say, it's the most horrifying thing I've ever experienced. It was months before I got the images out of my head. Yet the horror of that day hasn't gone away. That horror's changed, yet it remains. I'm sad; for myself but also for my mom herself, for my dad, for all of our family. My parents will never get to retire with each other or go on one more trip. She'll never see my career progress or see me get married or be a grandma to my children (and she would've been an amazing grandma). She'll never get to walk on the beach again, looking for glass floats or treasures that sometimes wash up on shore.

The dumbest thing about it all, is how the little things can stand out. Last October, I remember helping her run errands. While

getting groceries, we stopped at a couple of different stores to try and find the original *It* miniseries on DVD. She remembered enjoying it and wanted to watch it with me for Halloween. For whatever reason, watching horror movies is something we had in common and something my dad and my brother couldn't stand. In its own weird way, it was something we bonded over.

We never did get to watch the stupid movie. We'll never watch the new version together, either. This Halloween will come and go. There'll be an empty chair at Christmas. Life will keep growing. That's what it boils down to. Scarier than anything else, that absence will always be there. From now on, every time that irrational fear rears its head, I'll tell myself it's not real. Then I'll remember what happened to my mom. I'll be reminded that it is real. Death can unexpectedly raise its head at any time, for no rhyme or reason.

In spite of everything, I can't let that fear control me, neither can you. The fear may always be there but you have to embrace it. When you turn around and face it, you can embrace the fear as a friend. No one's afraid of the dark; they're afraid of what they can't see. Love isn't painful; heartache is. My fear isn't my enemy; my reality is. I can't change what happened. But I can move forward, living a life that my mom no longer can. At the end of the day, I, you – all of us – can't let the flesh eating clown win. You have to punch the fucker in the face and pin him to the floor. I don't have time to stare at doors, waiting for *It* to walk through. I have to get up, open the door and walk through to what's next.

You never know what might be waiting on the other side.

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By ISAAC DYMOCK

Imagine it.

It starts for some at the base of the spine, for others at the back of their necks. Often a full body shiver and goosebumps follow; anticipation, excitement, and apprehension all evoke this response in one way or another. Whether it is from watching your favourite team succeed, finally beating a boss in a video game you've worked hard on, reaching or working towards a mutual goal and achieving something great. Everyone in some capacity or another knows it, this feeling. Now imagine that you get this feeling from simply hearing the first few chords of a song. That is one part of what a new genre, simply

called "epic music," seeks to evoke on a regular basis.

The genre of epic music is a hybrid of modern but classical-like, that came together from many different genres, but mainly from trailer music. In the mid 2000s, companies like Immediate Music and Two Steps From Hell – who had been churning out musical samples to be used in everything from commercials to big budget movie trailers – found a new popularity in the music they were creating, by the public. Their music had been featured in global events such as the Olympics and major movie features to the point where the general public, not movie studios or companies, were demanding full albums of their works.

Immediate Music was the first company to capitalize on the sudden popularity by creating a subsidiary called Globus Music Inc. to record and perform an album of amalgamations of their sample tracks, called *Epicon*, in 2008. Two Steps From Hell followed up in 2010 with their first public album, *Invincible*, after receiving many requests from fans and seeing



YouTube

the success of Immediate Music's releases.

These two companies spearheaded the rise of epic music as a genre. Their influence caused other companies to rise up and produce their own albums, as well as the creation of "showcase" channels on YouTube, for the promotion of more independent artists, as well as the already prolific industry greats. Companies and artists like Audiomachine, E.S. Posthumus, Position Music, C21FX and Adrian von Ziegler quickly gained popularity in this new genre.

This playlist will hopefully give you insight into this new genre,

as well as highlight the change that has come to it from the very beginning, and that continues on even now. May your emotions be peeked, your spine tingle, and your goosebumps spread as you enjoy the music.

- *Glory Seeker*, Immediate Music
- *Preliator*, Globus
- *Heart of Courage*, Two Steps From Hell
- *Unstoppable*, E. S. Posthumus
- *Age of Dragons*, Audiomachine
- *Catapult*, Position Music
- *Blood Red Roses*, C21FX
- *Prophecy*, Adrian von Ziegler
- *Destiny*, Generdyn ft Krigare
- *Pilgrimage*, Uyanga Bold

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Don't jump to conclusions



By **STEVEN SMITH**

'Terror' and 'terrorism' have been the words around Edmonton for some time lately. This is because just after midnight on Sunday Oct. 1, Const. Mike Chernyk was struck and stabbed outside a football game. The driver, Abdulahi Hasan Sharif then fled the scene. His vehicle was searched and an ISIL flag was found in the passenger seat. The police set up checkpoints and, when inspecting a U-Haul, they found out the name on the

licence was the same as the Chevrolet Malibu that struck Const. Chernyk; a chase ensued and the U-Haul ended up hitting four pedestrians before flipping over.

Almost immediately it was called a "terror attack," which in journalism is extremely bad form as not all the details had yet been revealed. Between tweets online and some news websites, it culminated with the prime minister announcing that "The Government of Canada and Canadians stand with the people of Edmonton after the terrorist attack."

From there, the story in the news went one of two ways, depending on your news source:

1) This is a terror attack and if it has not been called one yet, it will be as the flag is proof.

2) This was an attack that might have ties back to a terrorist group but until there are formal charges it cannot say for certain.

After an investigation, Sharif was not charged with terrorism but with multiple counts including attempted murder.

The thing is, with the Islamic State of Iraq and the Levant, better known as ISIL (or the Islamic State of Iraq and Syria, ISIS), is that they have gotten really good at finding people upset with the Western world – with its capitalism, democracy and its way of the individual. Those who commit these attacks are not always religious fanatics as we tend to see them. They are unlike members of other terrorist groups, like FARC (Revolutionary Armed Forces of Colombia), our own former FLQ or the well known Taliban, which insist on an initiation, and trust and belief in their cause. ISIS actively encourages Lone Wolves with literature. They are the anarchists of terror, they follow little in the way of rules but will encourage any and all destruction.

In the world of terrorism, the word of

voice, of fear, is the best catalyst and we fell right into their trap. By accrediting ISIL and calling it a terrorist attack before we actually knew for sure, ISIL has the power to strike fear into us, to be a shadow in the dark that we can never see. But if we stop, think and process evidence, we can show a group of unorganized assholes that they do not deserve our time. Abdulahi Hasan Sharif will face every charge set before him. This I do not disagree with but immediately calling him a terrorist before the conclusion of a formal investigation adds oil to the fire.

I am upset that the media posted absolutes. I am upset the prime minister stated an absolute. I am upset I still hear people calling this a terror attack. When we call this a terror attack, we prove to ISIL that we jump to conclusions with little to no evidence, which gives them even more ammunition for their literature that continues this cycle.

THROWBACK THURSDAY

Tom Petty and fake news

By **SARAH FOX**

The news of Tom Petty's death first surfaced around 11:30 a.m. on Monday, Oct. 3. It was said that the singer-songwriter had experienced a heart attack and was found on the floor of his Malibu home in cardiac arrest on Sunday night. He was rushed to hospital, where he was put on life support. What happened next is where things started to fall apart. Petty was taken off life support and – to the world – that meant he was dead.

Many very reputable news sources, like Global and CTV, all reported the singer was dead. The music world was devastated. People took to social media with their condolences, and his music was played on nearly every radio station. Once we heard the news, my co-host and I decided that we would also

do a tribute to the music legend on our local campus radio; our NR92 radio show, *Classic Rock @ 4 'o'Clock*. Half an hour before our show started, we doubled checked our facts on the previously mentioned sources and a few others to be safe. We visited Twitter, Facebook and websites, all of which confirmed what I said earlier; Tom Petty had passed after being taken off life support. Trusting we had all the information, we went on air at 4 p.m. and shared the story with our listeners. About half an hour after our show had ended, we were shocked to hear that the story was wrong. Yes, Petty was pulled off life support but the singer was not dead, he was brain dead. I felt horrible. Though I know NR92 isn't a major news source, it is still a news source and I had just used it to spread fake news. I couldn't believe that something like this had happened. I had

always blindly believed these news sources, because they had never given me any reason not to. As a student who is not only relying on the media but going to be a part of the media, the fact that you can't always trust sources – even reliable ones – was shocking to me.

I decided to dig a little deeper by talking to an expert. Lamya Asiff is an instructor in NAIT's Radio and Television program. Before coming to NAIT, Lamya worked in many positions in the radio and television industry, making her the perfect person to provide some background information.

From her I learned that these situations are actually very difficult. Not only do they come from trusted sources, they are also credible. The news stations have no reason not to believe them. What's even harder about these situations is that they are American. When things happen in America, the information we as Canadians get is second hand. Canadians don't have the same access to the stories as the American sources, so we really need them for all of our information. That makes fact checking much harder for us, because all of our information is just hand-me-downs from American sources. When it comes to how long stations actually spend time fact checking, it turns out they spend very little time because they want to be the first place to release the news. According to Asiff, "The people care very little if the station is first, they just care if the information is correct."

When they don't take their time fact checking, mistakes are made, and when mistakes are made, they need to be corrected and someone needs to take the blame. Several people take responsibility for the mistake; for example, the assignment editor, the news director and the reporter. The newsroom is a team. It's never just one person calling the shots or checking information. Correcting the mistake is very easy to do. The station must admit that their mistake. They must release a statement saying that they were incorrect and apologize.

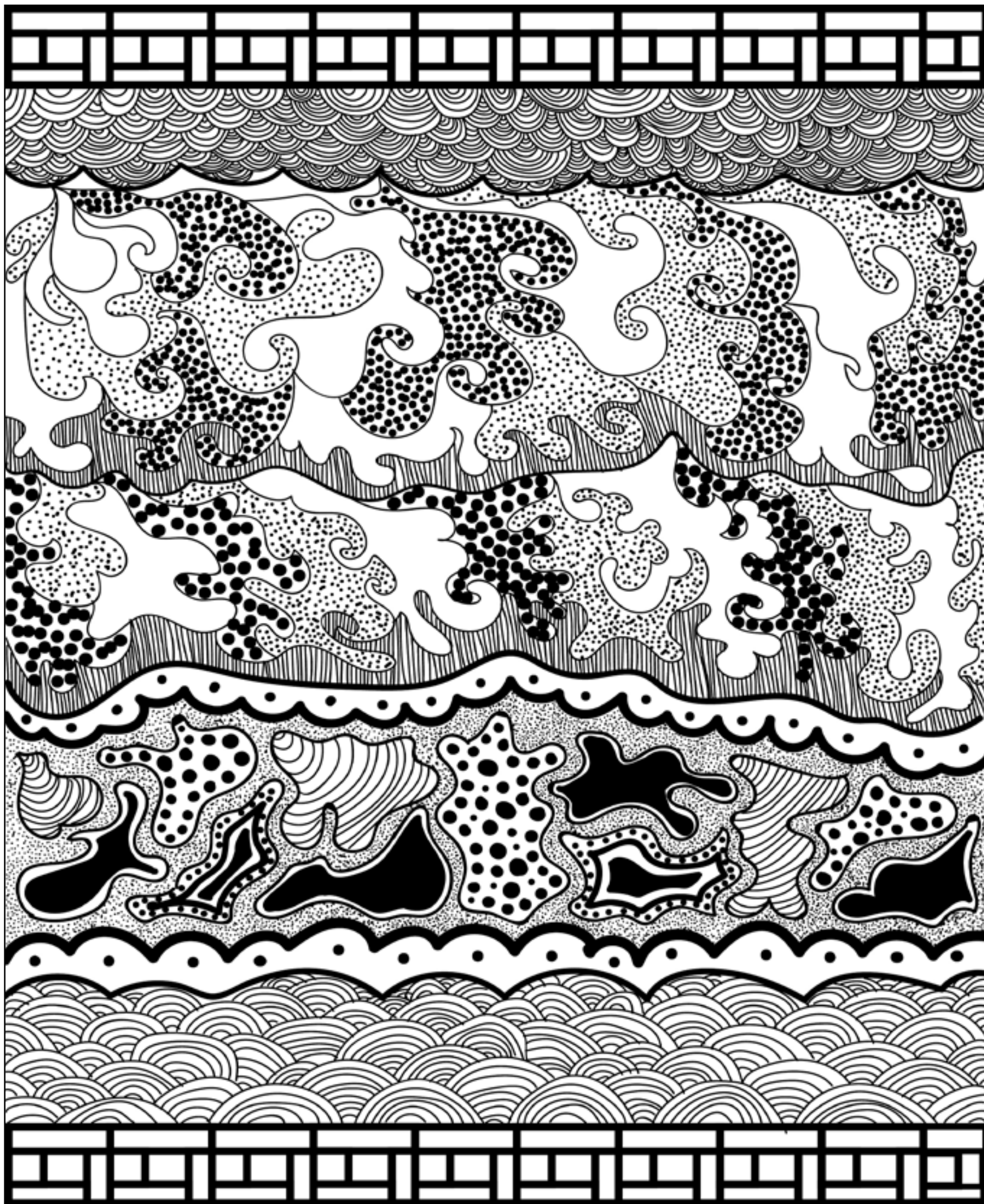
This isn't the first time a situation like this has happened, and I doubt it will be the last. There are always going to be issues in the media, no matter how much you fact check. Sometimes, we need to trust that the source in front of us has some truth in it.



Tom Petty

The Kansas City Star

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!



CLUBS

Seeking a higher purpose

By RANDY SECCAFIEN

Now that this semester's intake of students has settled in, many are looking for ways to be more involved in the community here at NAIT. Joining a club or student group is a great way to meet new people or to learn about a new topic.

Whether you're a Muslim yourself, or

are simply curious and have questions, the Muslim Students Association welcomes you. Led by a diverse group of Muslim students, with support from the Masjid al-quba mosque and similar MSAs the world over, the MSA here at NAIT organizes events for students to attend; everything from the United Islamic Awareness Week

to Jumu'ah Prayers.

"The team work is immense; people take time out of their own schedules to help [each other]" says Mahmood Bachh, VP Marketing. Established in 2015, the club's productive team has been successful in creating a unified and vibrant Muslim community in and around the school. This team is currently composed of one president, five vice presidents and 10 or so more casual contributing members from a wide range of disciplines including business and engineering. They are constantly expanding to better represent the truly diverse group of Muslim students at NAIT.

"Every event that we do helps me grow a little more ... you keep doing new things ... and actually implementing them," Bachh said.

One of the most involved and largest events was the Islamic week of awareness when the club flew in scholars from places including the U.K., Egypt, Fort McMurray and British Columbia to give presentations.

Last year they organized an event called "Talk to a Muslim" to provide a forum by which people could talk and share their stories about their experiences with Islam in their lives. Currently they run Jumu'ah Prayer on Friday in CAT Room 406 from 1 to 2 p.m., and Muslim Voice, an open discussion event, on Thursdays.

To be so successful at setting up a club and engaging students to be spending time working toward a common goal is difficult.

"If your club members feel that their voices are being heard, you wouldn't need to convince them to join the club, they will be evangelists," Bachh recommends.

The MSA executives meet weekly in a study room in the CAT Building at times (currently Tuesdays) that are most convenient to all members of the club. The meetings usually run from 2-4 p.m. Outside of meetings, a time commitment of around one hour is committed to activities directly related to the club. To get involved you can contact info@naitmsa.com.



Photo by David Bernstein

Muslim Students Association members Fatima Hamwi, left, Nabila Assaf, Mahmood Bachh and Murtaza Dossajee have a chat.

CLUBS

Gamers of D&D , indeed

By ISAAC DYMOCK

Have you ever wanted to slay dragons, delve into endless dungeons, close rifts to hell that were opened in a treehouse and explore unknown worlds? Gamers of Dungeons and Dragons offers all that and more to both new and old gamers.

Gamers of Dungeons and Dragons is a club that gets together two days a week to explore the many worlds of Dungeons and Dragons, Shadowrun, Dark Heresy and other pen and paper tabletop role playing games. They have an assortment of people willing to run games and teach people how to play, or challenge experienced play-

ers. With several Dungeon Masters in the group, there is plenty of variety to be had. The group is very welcoming to anyone who wants to possibly join or just watch to get a feel for the systems used.

They have a large selection of the books and dice required to play some of the aforementioned games on hand, as well as a concession to purchase drinks and snacks, making the only things that a prospective player needs to bring are a pencil and eraser. Most important, don't forget your imagination and sense of adventure or wanderlust.

Kas Malinowski, vice-president of

Gamers of Dungeons and Dragons, has been a member for three years and has some fond memories of games she has played in. She says two of her favourite moments were when she managed to "convince an angry gnome that a chair was looking at him funny and starting a bar fight that way," and "grappling a colossal crystal dragon with 17 wyverns, a celestial octopus and a mind flayer."

Gamers of Dungeons and Dragons is open to both students at NAIT and members of the public. Meetings are held in J Wing, rooms J-010 and J-012, on Wed-



Photo by Matthew Wendt

nesday at 3:15 p.m. They also meet at the same time on Fridays in the H Wing, rooms H-005 and H-007. Also check out [orgsync: https://orgsync.com/93245/chapter](https://orgsync.com/93245/chapter).

FOOD

Two easy freezer meals

By SARAH FOX

The one thing that every NAIT student is lacking is time and that can be a big issue when it comes to cooking. No one has time to cook with their busy schedules, so this week, I found two freezer meals that are quick, easy and really delicious!

Hawaiian-Style Chicken

Ingredients

- 1 large chicken breast
- ½ cup of pineapple
- 1 tbsp of soy sauce
- 1 tsp of honey
- Salt and pepper.

Method

Put your chicken breast into a plastic Ziploc bag and add the soy sauce, honey

and salt and pepper. If you don't have honey, sugar or coconut sugar will work. Next, take your pineapple and pour it in the bag with everything else. I found it easier to use unsweetened canned pineapple. It saves a little prep work and tastes just as good! Mix the ingredients by shaking the bag or massaging the chicken with your hands. Once you've done that, pop it in the freezer and you have your first meal ready to go! To cook from frozen, put it in the oven at 350 for around 40-50 minutes depending on how thick your chicken breast is. If thawed, cook it for around 30 minutes.

Coconut Curry Chicken

Ingredients

- 1 chicken breast

- ¼ cup coconut milk
- ½ a tsp of curry powder
- ¼ tsp of cinnamon
- ¼ tsp of cumin
- 1 tbsp of tomato paste
- Salt and pepper

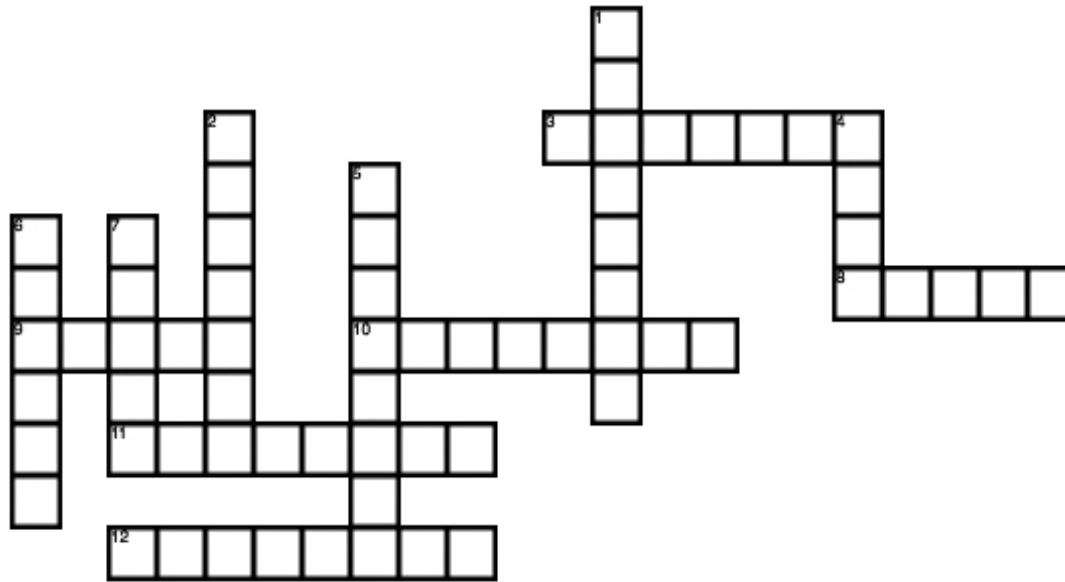
Method

This one isn't really for everyone (if you aren't a fan of Indian flavoured foods, it may not be for you). But if you are willing to try something new, it's a great meal. The process for making this one is very similar to the last one. Put your chicken breast in a Ziploc bag and add the spices. Carefully pour the coconut milk into the bag. There is no overly good way to do this part. If you can get someone to hold the bag while

you pour, that would help but if you can't, just pour slowly and carefully. Add your tomato paste after that, and you are ready to go! With this one, you don't have to rub the sauce in because there is a little more liquid in it. Cooking instructions are exactly the same as the last meal. Bake at 350 degrees for 40-50 minutes if frozen and 30 if not.

These meals are quick, easy and a little different from meals I typically have. Others who have tried these freezer meals have loved them. Comments range from saying the meals are 'perfect for someone living a busy life', to being 'flavourful and different'. Sure, you have to plan a little bit in advance before you make the meals but it is totally worth it in the long run!

CROSSWORD PUZZLE



ACROSS

- 3 Gourd used for carving
- 8 Trick or _____
- 9 Costume commonly created by a sheet
- 10 Changes shape with the moon
- 11 Exams that occur halfway through the course
- 12 Dangerous power tool in horror films

DOWN

- 1 Big iron pot
- 2 Why are some houses scary?
- 4 NAIT's campus bar
- 5 School of witchcraft and wizardry
- 6 Where does the puck drop in Edmonton
- 7 Witchy mode of transport

Results on page 25

OCTOBER EVENT LIST

- 2 | FREE FOOD: EVENING STUDENTS
- 5 | LUAU GAME NIGHT @ NEST
- 5-6 | GARAGE SALE
- 10 | TREE PLANTING
- 5-11 | SENATE ELECTION VOTING (ONLINE)
- 12 | DIRTY BINGO @ NEST
- 13-14 | NAIT OPEN HOUSE
- 16 | HOW TO: SELF DEFENSE
- 17 | FREE FOOD: CRANE & HOIST CAMPUS
- 18 | WELLNESS WEDNESDAY
- 19 | JACKBOX GAMES PARTY @ NEST
- 24 | HOW TO: COOK INDIAN FOOD

- 24 | FREE FOOD: SOUCH CAMPUS
- 26 | SCARYOKE @ NEST
- 28 | KIDS PARTY
- 31 | HALLOWEEN TRICK-OR-EAT
- 31 | FREE FOOD: PATRICIA CAMPUS

NAITSA & NEST CLOSURES
9 | THANKSGIVING

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



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EDMONTON FILM FESTIVAL

A passion to produce ...

By JEFFREY TRAINOR

The Edmonton International Film Festival (EIFF) Society annually celebrates cinema over the course of 10 days by showing internationally produced independent films, with the intention to transform the way audiences see the world.

The EIFF Society is a year-round, charitable, non-profit, cultural organization that has been hosting veteran and emerging filmmaking talents for over 30 years. Landmark Cinemas (on the third floor of Edmonton's City Centre shopping mall, above Hudson's Bay) hosted the festival and red-carpet runway.

This year's celebration was held from Sept. 28 to Oct. 7 with a considerable amount of time provided to meet and speak with the people involved in making the films, including established post-screening question and answer periods. Actors, writers, producers and audiences gathered to see more than 150 films from over 50 countries, with categories ranging from drama, documentary, comedy and independent films plus shorts to full features. Whether you're just an occasional movie watcher or an avid Netflix subscriber, these films are well worth the money as established in *MovieMaker Magazine's* "50 Festivals Worth the Entry Fee."

Cory Sevier is a Canadian actor and now rising amateur producer. His newest film, *Haley*, sees Sevier acting, producing and directing. The independent film is meant to be a 21-minute teaser for a series or possibly feature film, to be made as a future production and pre-

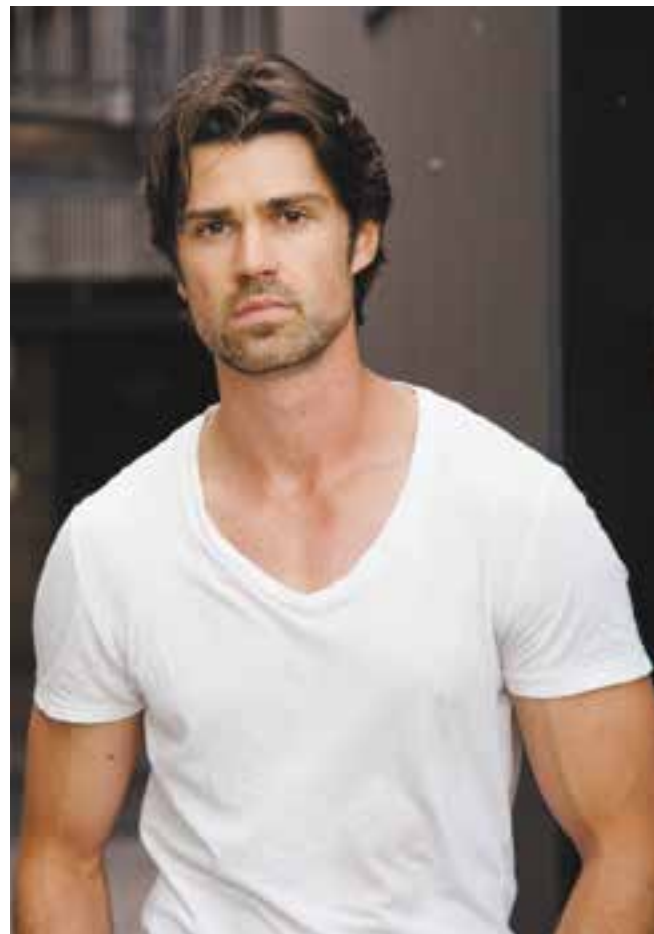
miered here in Edmonton. After watching the film, it is evident that it intentionally touches on multiple issues and characters for the option of a follow-up production.

Sevier, born in Ontario, was a child star, first winning a baby beauty pageant at six months old. He competed in modelling contests throughout the years and landed several main roles in productions like YTV's *Goosebumps* and Disney's *Summer of the Monkeys*. As a teenager through to adulthood, he has landed major role after major role, and has now turned his eye to production. *The Nugget* asked Sevier what brings his film to the Edmonton International Film Festival this year.

"As a filmmaker, you're looking for festivals that have good reviews and you have heard good things about and good word of mouth and Edmonton had that," he said. Sevier reflected on his time spent in Edmonton during the making of some of his movies, like *Decoys 2*, where he got to experience our famous winters. After a few moments of speaking with Sevier it was evident he was rich with life experience and wanting to continue his journey in filmmaking.

"I've been acting for over 20 years and I've always wanted to make films. You usually have to start small and now we've gone to over 10 festivals over the world."

Before the young producer left, I asked him what he thought of EIFF's venue of choice: "As a first-time filmmaker, it's a like a dream to see your film on the big screen ... and you see all the little gems."



Corey Sevier

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LOCAL SOUNDWAVE

Pilots take flight

By NIKITA ELENIAC

Edmonton's music scene is growing, and with it more and more local bands are finding their way into the spotlight.

One of those emerging bands is Desperado Pilots. Initially comprised of decade-old friends lead singer Philip Beaton and drummer Nick Bailie, the band has since expanded to include bassist Brady Angus and guitar player Nelson Lemay.

When asked to describe their sound, Beaton noted that it is "always kind of a hard question" to answer, but they most closely align with the stylings commonly associated with alternative-rock.

They had been "compared to Cage the Elephant [and] The Arctic Monkeys," said Beaton but that their style "covers so many sounds."

The band credits Muse as their reason for starting out, and while their sound has diverged from their initial path, they still accredit

Muse as their inspiration. One of the highlights of their musical careers so far has been some of the great musicians they've met. Beaton mentioned that their favourite gig was the night Folk Fest was shut down due to the poor weather conditions. They were playing a show at the Needle Vinyl Tavern, a show which ended up also including Shakey Graves who came to play a set

when the Folk Fest was evacuated. Desperado Pilots met Graves before their set and played right before him.

But with success also comes challenges. Beaton disclosed that their biggest challenge as a band was "finding out what [they] were, and where [they] fit" within Edmonton's music scene. He said their "biggest hurdle was breaking into [the scene]."

But now that they have, drummer Bailie says that those who come out to their shows "won't have a choice but to have a good time" and that they have a "unique dynamic." They have an explosive stage presence and try to cultivate a positive

atmosphere.

They believe that you can "see on stage that they are all so close" and that every show is always a bit different due to their personal colours coming out in their performances.

Their debut EP, *EL[EP]hant*, is available now on major streaming

sites, as well as Youtube, Bandcamp, and on their website – desperadopilots.com – which also contains facts about the band, as well as photos and videos to explore. They also can be found on Facebook and Instagram, for updates on their upcoming shows.

So support local, and check out this amazing Edmonton band!



Bandsintown

Desperado Pilots

Poetry Corner

Shaman's Prayer

O, Grandmother Desert, may your winds sooth the ash of your skin.

O, Great Grandmother Desert, may your ash give our ships lift,
May your winds push us safely to our destinations.

O, Grandmother Desert, may you keep Grandfather Storm silent and peaceful,
So our boats and villages may yet see another dawn.

O, Grandmother Desert, may your harvest be bountiful along the Rim,
May we take only what is needed for ourselves.

O, Grandmother Desert, safeguard our explorers.

Give them passage through your skirts of dune and sand to the great forests beyond.

O, Grandmother desert, take our tribute

within the folds of your ash skin,
May you rest well during the dawn, and sleep peacefully during the dusk.
Keep us, O Grandmother Grey,
Grandmother Ash,
Grandmother of dust and sand,
Grandmother of life and Bastion.

Grandfather Storm,
Great Thunderer,
Fire in the Ash,
May your sleep be restful and silent.
May your rage taper and your temper dim.
Grant us passage to the Rim.
Grandfather Storm, mighty in anger, take these offerings and sleep.

Grandfather Storm, with all respect we leave these offering, take them and be satiated.

By Isaac Dymock

The Style Files



Photo by Kara Crest

Cody Kells Radio

A Canadian through and through, ready for cold weather is what I saw. No, not all bundled up, but classy; with leather boots, blue jeans and a plaid jacket. Simple, yet put together.

Tell us about your outfit today: "I chose blue jeans over a red plaid pull-over shirt, over a lit white and green shirt. I almost didn't just because of the clothing colours but when I zip up the red plaid, it hides the green and it looks good with the jeans. I went with the brown boots because they match the few dirt marks on the jeans and it has a nice Canadian flow."

Tell us about your style: "I kind of go back and forth with Canadian staple. I wear blue jeans with other blue stuff or sometimes I will pair my darker, more neutral colours to make it classy."

Where can other students find outfits like yours? "People can find 60 per cent of what I wear from Jack Jones in West Edmonton Mall. I get everything from there but mostly denim. I even get my shoes from there, but accessories come from Guess, sometime Swatch. My belt is from Aldo, socks and what-not at Express and low-key making a switch to Sac's right now, though I don't know how important that is. The comfort level is definitely a part of fashion."

What does your style mean to you? "It means I like to look nice, I dress to impress. I would like everyone to look at me and be able to say ... yes, that guy has a sense of fashion."

SHORT STORIES

A pause in the ploughing

By ISAAC DYMOCK

It is a silent and hot spring afternoon in the wheat and barley fields that surround the walls of Uruk, a great city on the banks of the Euphrates river. Many commoners, farmers and slaves plough the fields that have dried out since the winter season. In particular, a father and his son have been working and ploughing the earth since the sun rose above the Uruk ziggurat. For a moment they are resting and sharing a stale piece of bread, with the son asking his father about different aspects of the world around them.

The boy has always been a curious sort, and would always ask things of his mother or father. Happy that he is eager to learn, they would always answer in kind with stories of the gods and their endeavours or of men and their legacies. The mother would always tell of the nature around them, of the mighty lions that roamed the floodplains and their attachment to the goddess Ishtar, the bulls which stand regally over herds of cattle, or dangerous creatures of the desert beyond the rivers such as snakes and scorpions. Of weather and those which guide it, of the gods who humans placate with worship and sacrifices for good harvests and safety from illness. The father would always tell stories of men, history of kings and the works of their hands and sweat. Today the conversation falls on one such topic.

"Father, who built the walls of Uruk?"

"The Old King Gilgamesh, who sought to protect us from others."

"Was Gilgamesh not a good king? The stories of the elders always say the old king was wicked. Why would he protect us?"

"My boy, you have much to learn of the hearts of man and how they can change when tragedy strikes us, it seems that the Elders have forgotten as well. Would you like to hear what the Old King was really like?"

"Did you know him, Father?"

"By Anu, no. But I have stories

passed on to me by my father's father and his father before him who lived under the reign of Gilgamesh. Sit a while, boy, and listen. I will tell you of the Old King Gilgamesh, and his life while King of Uruk.

"Long ago, Gilgamesh lived in our city as king, though he was ruler he was not a kind one. The Old King coveted all things treasured by those around him; this may be the part that you have heard from the Elders, my boy. Gilgamesh would go out into the inner city of Uruk and bed virgin betrothed to other men simply to claim their treasured moment as his. He would travel away from the city for months at a time searching for wonders which he could take by force and claim as his own. He'd start needless wars with neighbouring city states in the process. It became so dire that after one particularly dreadful raid, in which half the men of the raiding party lost their lives for nothing more trivial than a foreign statue, that the people of Uruk began flocking in droves to Ishtar's temple and praying for something to halt Gilgamesh's tirade of avarice.

"Only a few months after were the prayers finally answered, but not by a man being flung from the heavens to personally reign in Gilgamesh by Ishtar. They were answered with blood and fire from an attack which destroyed almost half of the outer city and burned most of the lush fields by the river. A tribe of savages had come down from the mountains a great distance away in search of a small statue taken from them by the Old King's last raid. The war party was led by a particularly fierce warrior who called himself Enkidu and demanded the head of the warrior who stole his tribe's totem spirit.

"Gilgamesh accepted the savage's challenge or what could only be seen as a death threat by sane men. The story passed down to me, by my father's father's father says that the two warriors fought each other for three days and nights before finally collapsing from exhaustion and ending the fight in a standstill. In those last hours of the con-

flict Gilgamesh was the first to stand, and he aided the savage Enkidu as a sign of respect. Our Old King even returned the statue which he had stolen from their tribe, one can only speculate that he desired this warrior's strength over anything else now.

"Their friendship saw Uruk restored and a victor in many battles with neighbouring cities in the years to come. The two never seemed to fight so fiercely with each other again, they even went out on a raid together to claim a Cedar from the Burning Forest of Humbaba. It seemed though, that their friendship was doomed after a second raid of equal danger when Enkidu had an idea to slay a great bull that terrorized the neighbouring countryside. In this battle Enkidu found himself gored by the bull, and stricken soon after by sickness from the wound. He would die within the inner city of Uruk with Gilgamesh at his bedside

"It is then that our Old King was subject to think of his own mortality, rather than just to covet the desires of an empty heart. With the death of his close friend upon his mind, Gilgamesh began to

study the tablets of ancient scribes and old kings, searching for a way to survive past his own inevitable death. For five springs he studied, forgetting the world around him and letting Uruk waste away in neglect. On the sixth spring he came forth out of his palace with resolve in his eyes. None could interpret the Old King's intentions, but they saw one thing clearer than the Euphrates on a calm day. Though only 30 springs old, the Old King looked 60 springs aged with lines of worry claiming what was once a fair and handsome face.

"Gilgamesh left his studies behind to tend to his duties as King, rather than his desires as a human. He orchestrated the building of Uruk's walls and the canals which now feed these fields that we sow with seed each year.

"That my son is, though short, the story of who built Uruk's walls and why. Now we must get back to work, else the seeds will be pecked away by birds and thrown away by wind. Come now, work needs to be done before dusk, then perhaps I shall tell you more of Gilgamesh and Enkidu."

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Scared yet?

By **BRYN LIPINSKI**

Are you a horror actor? Horror filmmaker? Horror enthusiast? Either way, Edmonton has a place for you this Halloween season.

Our city is known as the festival capital, and that's not just culture, music and film festivals, but fear festivals as well. Deadmonton is one of the biggest, most in-depth, detailed, – and, let's not forget, scary – haunted houses around, with some of the best actors and characters in Edmonton.

This marks Deadmonton's fourth year in operation, and although it's a popular and well-known event now, it started out small.

"The best thing to do is to start off small and every year you grow from there; we've returned a lot of the money to invest back into the show," says Ryan Kozar, Deadmonton's founder.

The first year Deadmonton was held, it was held at a 6,000-square-foot house across from MacEwan University: "It started off slow, maybe busier than you'd think though. We just put it out there, word of mouth, and there were some nights where we had as little as eight actors in the show; it was a short walk through, not even 10 minutes."

After the horror house's spike in popularity called for a larger venue, Deadmonton moved to the old Paramount Theatre on Jasper avenue and 103 street: "People enjoyed the show so much that it just kind of took off. People just wanted to be a part of it and we went from there. The first one, the whole thing was on, I think about 6,000 square feet. [The Paramount Theatre, our current venue] is about 15,000 square feet."

Although Deadmonton is known as a horror house, it has grown into more than that one dimension. Beside the theatre is a Halloween store that Kozar incorporated into the event: "Each year we've added a little bit here and there, and boom; there you go. Now we've got lots of costumes, masks, make-up and everything."

As for the future of Deadmonton, Kozar has his eye on the sky: "Each year we're going to increase the walk time, train actors even more, get better with costuming and make-up; I think we'll branch off into a few new, different things eventually, but I'm not sure what yet. We will gradually make Deadmonton into more of an entertainment centre."

Kozar is a veritable pioneer of this type of horror house in Edmonton. "We thought, you know, there was nothing here [in Edmonton]



Photo by Bryn Lipinski

Ryan Kozar of Deadmonton

for adults when it comes to haunted houses or Halloween, so I thought I'd give it a shot," Kozar believed in Deadmonton so much that he organized and paid for it all, from rent and finding costumes, to paying the actors and altogether running the event "I went out and got the idea, and this is where I am today."

If you're still looking for a Halloween costume, look no further than Deadmonton. If you've yet to go this year, it's a great place to try-out during the Halloween season. The bloody and scary scene will continue through Halloween, until Nov. 5.

Haunted history on Whyte

By **NIKITA ELENIAK**

With Halloween just around the corner, it's only fitting to explore our own city's haunted history. The most common Edmonton ghost stories come from the heart of Old Strathcona. Tour guide Nadine Bailey has been running the Edmonton Ghost Tours for over 10 years now – taking paranormal enthusiasts around some of Whyte Avenue's most famous haunts. Here are some of the spookiest stories of Old Strathcona paranormal activities.

First off, there is the well-known haunted Strathcona Hotel. In the 1980s, the hotel was the scene of a grisly murder of a woman. All of her body was recovered, except for her head. Rumour has it her spirit wanders the halls of the hotel. Staff claim to have seen an apparition of a woman with long black hair standing at the end of a hallway, dripping in blood.

Next is the tale of the Walterdale Theatre. In the 1900s, a volunteer named Walter passed away in the theatre. Legend says that the spirit of Walter resides in the theatre and enjoys watching the performances. Some people also believe that the theatre was built on top of an old jail where many died. Nowadays, actors' costumes and props disappear, things move without logical reason and some claim to have heard a mysterious bell ringing.

Another haunted building on Whyte Avenue is the Princess Theatre. Built in

1913, the cinema is one of the better-known landmarks of the area. In the 1920s, a jilted bride hung herself in her wedding dress in the rooming house above the theatre and to this day people have shared their stories of sightings of her ghost. Her body has claimed to have been seen in the projection room and walking up and down the grand staircase.

There's also the speculation of haunting at the Old Strathcona Academic High School. During its construction in 1905, a man was found lying face-down on the cement one morning. The supervisor was worried he would be blamed for the mysterious death, so he covered it up by having the man entombed in the school's foundations. This legend was confirmed in the 1980s, when maintenance on the school revealed a skeleton. Students still share their accounts of strange happenings today, from lights mysteriously turning on and off, to doors opening and closing without explanation, to empty desks moving. Some teachers even claimed to have had to move a typewriter to the basement, due to it typing up random letters and numbers all on its own.

But the physical building isn't the only haunted part of the property. There is also a legend that claims that there are animals buried all across the school's field. The animals were supposedly part of a science experiment of a man attempting to prove to the University of Alberta that he was a



Photo by Kathleen Freeman

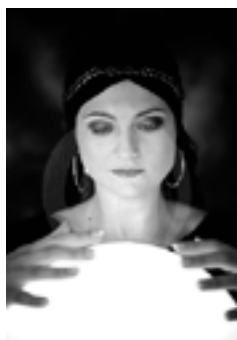
good enough surgeon to be accepted into their program. He was eventually found out when a neighbour caught onto his experiments and alerted the police.

There are many other haunted places in Edmonton (specifically within the

Strathcona neighbourhood), including The Arts Barns and Wee Book Inn. With so many more ghost stories associated with this area, you may just have to give the Edmonton Ghost Tour a try this Halloween season.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Oct. 19-Nov. 1

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

Aquarius (Jan. 20-Feb. 18)

Consider your future for a moment, and start saving up money for it. Whether it be healthcare, future education, or retirement, it is best to start saving now so that you have money later. This will ensure financial security for a later date. Make sure to budget your current expenses as well as your future ones to make sure that you have enough for all the things you need.

Pisces (Feb. 19-March 20)

Perhaps you are a bit disorganized this week, or are using your leadership skills for the wrong thing. You may want to reassess your priorities and ensure that you are think-

ing logically. Consider what you want to do better both this week and next week, and make sure that you are properly prepared for the things you have to do next.

Aries (March 21-April 19)

You are making many choices, but are you staying true to your principals? Your beliefs may be incorrect or your priorities may be in the wrong order. The current situation may not turn out in your favour, so now will be a good time to reconsider your goals and make sure that you are really on the right track.

Taurus (April 20-May 20)

Your wishes will come true this week. You should celebrate by spending time with your family and friends. You won't have to worry about your problems as much anymore as things will seem to sort themselves out on their own. Make sure that you don't overlook the little blessings that are coming your way.

Gemini (May 22-June 21)

You might be focusing too much on your career, job, or school this week in a way that is unhealthy. Perhaps you are trying to do too many homework assignments at once with few breaks, or you're burning yourself out. Make sure to take a break from work every once in awhile, and spend time in a way that relaxes you and makes you happy.

Cancer (June 22-July 22)

You may have been avoiding making an important decision, or perhaps you are procrastinating a bit too much. This choice of yours is a difficult one to make, but the longer you wait, the worse it will get. Keep your mind focused on what you need to do to succeed, and make a choice based on what you really want for your future.

Leo (July 23-Aug. 22)

Now is the time to take action, Leo. Trust yourself and make sure you do what you know is right. Standing idle on the issue that is pestering your sense of right and wrong will not serve you or others well. It might be a bit of a battle to convince others of your position on the issue, but take the chance and it will all work out in the end.

Virgo (Aug. 23-Sept. 22)

Now is a good time for self-reflection, Virgo. Things have been hard lately, and you need to forgive yourself for not being able to do everything. Also, your fears have been bothering you lately, and you need to address them one by one. You must find the root of your internal struggle and pull it out.

Libra (Sept. 23-Oct. 22)

Make sure you celebrate this week Libra. May good things have been happening to you lately, so make sure you spend some time with your friends and family to show

them your gratitude. You may also be experiencing a period of good health, and if you are sick, you can expect to get better soon.

Scorpio (Oct. 23-Nov. 21)

You are very capable of multitasking, Scorpio, but make sure that you aren't overworking yourself. You might be exhausted because of all the things that have been happening lately, but make sure to see the joy in your work. Even the most grueling of tasks can be made fun by imagining that it's a game, or considering what drew you to the current place you are in this moment.

Sagittarius (Nov. 22-Dec. 21)

You have the best problem this week – too many good things are happening at once. You don't want to let go of any of the good things that are happening, and you're managing to handle multitasking very well. Keep your stride because more good things are on the way. If things have been quiet lately, expect a sudden yet positive change.

Capricorn (Dec. 22-Jan. 19)

Now is the time to make sure that your actions aren't getting ahead of you. Don't let others take control, Capricorn, be headstrong and fight for justice. You may experience sudden change and you need to make sure that you are making logical considerations for the problems you are trying to solve.

JUST THE TIP

Brave new world of tech sex

By SETH HENNIG

From robot sex workers to virtual reality, the future of sex is looking very technical. There are no shortages of articles online detailing the potential future of sex, but here is what we know for sure. Artificial sex workers are a thing.

"LumiDolls" is the world's first sex-doll brothel. For right around \$125/hour American you can enjoy the company of one in four silicon sex dolls. The company opened its doors earlier this year in Barcelona, only to be temporarily shut down by prostitutes in the area. The ladies of the night complained that the business was taking clients away from them and were able to generate enough heat to force the business into relocating to a "secret" location available to paying customers only. The business is back up and running and even looking to expand into other markets such

as Britain and the USA.

What about the people who enjoy the sex industry but don't feel like travelling to a secret brothel to have *Westworld* style sex with a doll? Well virtual reality is the next step. Experts estimate about 30 per cent of the Internet is pornography. Like it or not, that is the world we live in. Virtual reality pornography is an obvious venture,



so obvious in fact that it is also already a thing.

A company called Hologram is the first to develop a virtual reality headset that is solely for the purpose of watching porn in virtual reality. It's called the VRotica. Other tech giants like Google and HTC have so far tolerated adult content on their equipment, but have never encouraged it. For about \$220 American, you can purchase this headset online. At least you could, if they shipped to Canada, which they don't. Early reviews and specs from the headset point to the fact that it is a lower quality product compared to other VR headsets on the market.

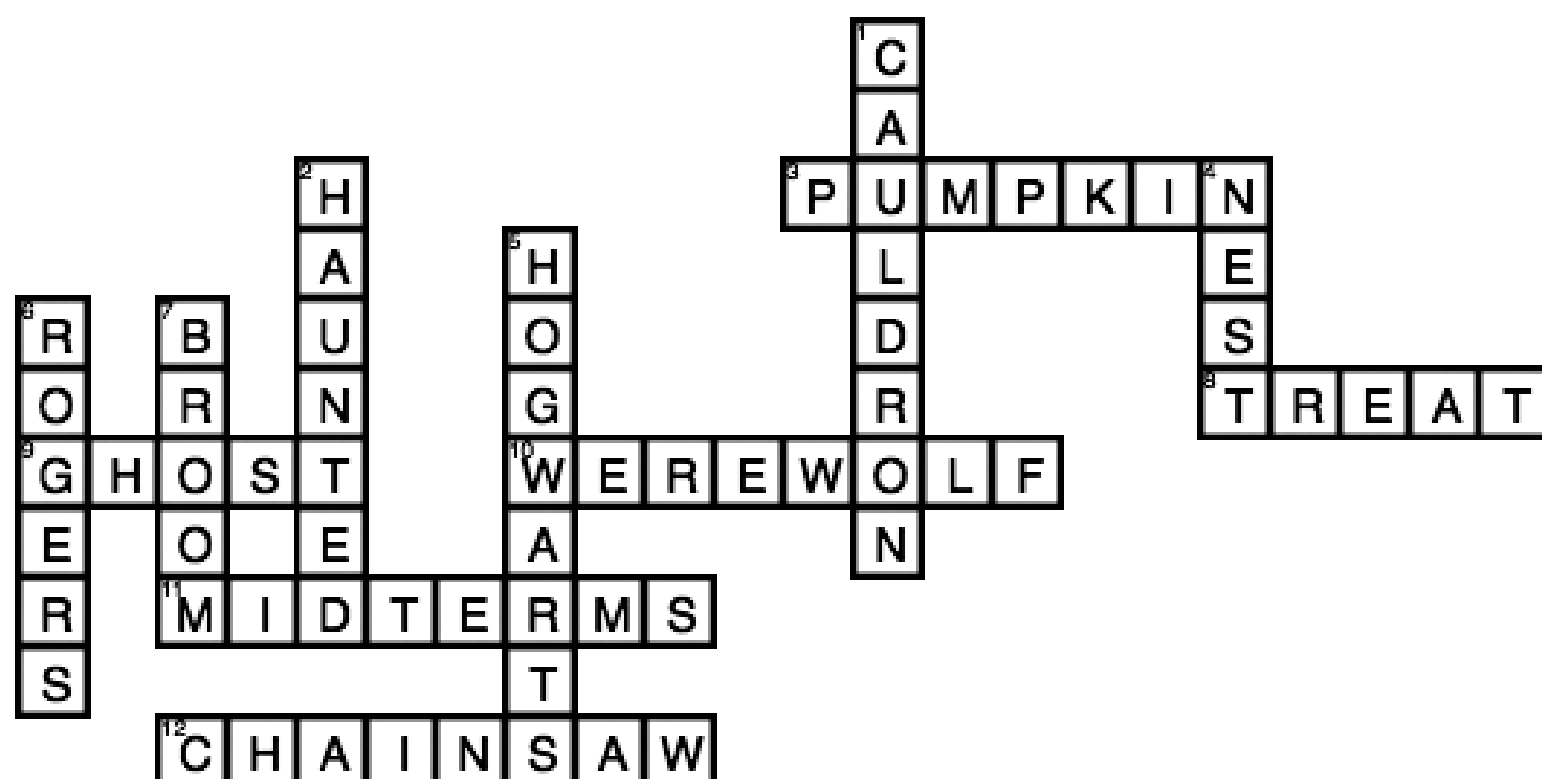
Understandably, technological advances in

the sex industry have some people angry and worried. If you have seen *Westworld* you will know what I'm talking about. If you haven't, I won't spoil it. Let's just say things can go wrong with fully robotic prostitutes. Plenty of women's rights groups have spoken out against virtual porn and realistic sex dolls. They argue that immersing yourself into that world will only make it easier for men to see women as objects instead of human beings.

Whether you agree with what is happening to the sex industry or not, it is happening. The porn and sex trade seem to be more adaptable and open to the changing tech-heavy world we live in than most other industries. I don't know if we are going to ever replace sex workers with robots for sure, but I do know that the advancements won't be stopping anytime soon.

Daily Express

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VIDEO GAME REVIEW

Challenging, in a good way

By TRUMANN TU

Persona 5 is an urban fantasy RPG (or role-playing game) developed by ATLUS and was released this year to critical acclaim. Many are saying it is one of the greatest games of the genre. I have to agree, not only as a fan of the series, but as a lover of the RPG genre.

First and foremost, the game has an incredibly fluid battle system. It's simple to understand, but brutally difficult to master. In-game enemies have just as much control as the player, and any strategies that the player can come up with, the game can throw back at them. For some, it is a steep difficulty curve. For others, they relish in the challenge the game has to offer. Not only in combat, but in negotiations as well, as the game allows you to recruit the enemies to your cause. Simply put, it is tricky, but immensely satisfying.

The overarching narrative is fascinating, to say the least. The adults in the story constantly abuse their power, and it shows the effects on the ones they claim to be behind. Since the characters in the game are in high school, they are dismissed by these older characters as too young to understand the adult world. These adults are written as clearly evil, where their actions benefit them, with an extreme cost towards the teens. Everyone in the narrative can see it, but are too afraid to defy them. That is, until the protagonists take the bull by the horns and defy their corrupt superiors by themselves in the name of justice.

The presentation however is simply sublime. The protagonist lives as any other high schooler would: by working part-time, studying, or hanging out with their friends. But that's only when things aren't supernatural. When they do encounter the supernatural, things become more stylish.



The game takes inspiration from picaresque-storytelling, so the heroes dress in a fashion similar to the trope of phantom thieves. But it doesn't stop there either; the art in various areas is downright gorgeous, everything being so vivid and fluid.

The highlight that trumps all of that, is the soundtrack. The songs "Last Surprise," "Blooming Villain" and "Life Will Change" being big contenders for the best ones, as they fit their tone and mood within the game. I would say that this is the composer, Shoji Meguro's, best work.

However, there's only one problem that I have with the game – time management is absolutely critical if the player wants to make the most of it. There's an incredible amount of content but the player has such limited time to do it all. If anything, most players who aren't entirely knowledgeable of the game's time mechanics will find themselves struggling.

That being said however, my final rating for this game is a solid 9/10. It might be a bit difficult to get used to but there's a lot to have fun with in *Persona 5*.



WEEKLY SPECIALS

<h3 style="text-align: center; margin: 0;">FOOD SPECIALS</h3> <p>MONDAY \$7.00 I Wish it Were Fry-Day Bowls (Mexi, Veggie Supreme or Chicken Bacon Ranch Fries*)</p> <p>TUESDAY \$1.00 off 8" Signature Pizza</p> <p>WEDNESDAY* \$7.00 Nest of Wings (Add Ranch \$1.00)</p> <p>THURSDAY* \$7.00 Pepperoni Pizza Bites</p> <p>FRIDAY \$7.00 Daily Soup & 1/2 Wrap</p> <p>*WED/THUR HAPPY HOUR SPECIAL 5-7PM \$5.00 "Fusion" Perogies*</p>	<h3 style="text-align: center; margin: 0;">DRINK SPECIALS</h3> <p style="text-align: center;">DAILY \$4.50 BRO-tini</p> <p>MONDAY \$5.00 Off Bottle Wine</p> <p>TUESDAY \$5.00 1oz Crushed Ice Cocktails</p> <p>WEDNESDAY \$4.50 1oz Lamb's Rum Highballs</p> <p>THURSDAY \$5.00 Flavoured 1oz Absolut Vodka Highballs or Cocktails</p> <p>FRIDAY \$4.50 Domestic Bottles</p>
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REVIEW US ON:



zomato



How to manage stress



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Stress is a good thing – it motivates us to achieve goals and makes you more alert. While a certain amount is normal and necessary, too much stress can be counterproductive. Feeling overly stressed is the #1 concern identified by NAIT students. Here are some tips for managing your stress level.

- **Be aware of your internal dialogue.** The fastest way to increase stress is to tell your self negative message such as “I’m such an idiot” or “Everyone else is smarter than I am”. Often the way we think about a situation increases our stress levels out of proportion to the actual event. Thinking patterns such as “People will think less of me if they

know I am not perfect” or “I made a mistake so people will think I’m a total failure” are sure-fire ways to decrease confidence and increase stress. Replace self-defeating, critical thoughts with realistic positive messages such as “I will do my best”, “I know my material” or “People will like me for who I am”.

- **Develop a plan.** Schedule some time to prioritize tasks and activities, make a schedule, and set boundaries. Having a plan helps you to feel in control of your life, especially during stressful periods such as exam time.

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

- **Work on one thing at a time.** Multitasking increases stress. Turning your phone and other distractors off while studying can make that time much more effective.

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

comparing yourself with others?

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

- **Take care of yourself!**

- Most people need between seven to nine hours of sleep per night. Fatigue reduces your ability to cope with stress.

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

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

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

- Avoid procrastination. Putting off unpleasant tasks only increases stress.

- Develop some quick stress-reduction strategies. Deep breathing, progres-

sive muscle relaxation and humour are quick ways to become calmer. Incorporating yoga, meditation and/or walking can be very beneficial.

- **Talk.** Being connected to other people and sharing ups and downs helps you recognize that others are going through similar emotions. Sometimes talking with someone objective can help you work through a situation. See a counsellor if you have concerns that are increasing your stress or if you need to work on some stress reduction techniques.

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

Main Campus, Room W111-PB in the HP Centre: Counsellors are available from 8-4:30 Monday, Wednesday and Friday, 8-5:15 on Tuesdays and 7-4:30 on Thursdays. Book in person or by phoning 780-378-6133.

Souch 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.

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/naif/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.

WHERE ARE THE STUDENT MICROWAVES ON CAMPUS?



BUILDING	ROOM	QUANTITY
CAT - Near the Vending Machines	CAT 130	4
CAT - In the Square	CAT 172	2
CAT - NAITSA Student Lounge	CAT 200	6
CAT - Near the Vending Machines	CAT 266	4
CAT - Near the Vending Machines	CAT 320	4
CAT - Near the Vending Machines	CAT 415	4
F-Wing - 2nd Floor Student Lounge	FOX 1	1
G-Wing - 2nd Floor Student Lounge	G 204	2
H-Wing - 2nd Floor Student Lounge	H 204	2
Heavy Equipment Technology Building	HET 115	5
J-Wing - 2nd Floor Student Lounge	J 204	2
Common Market - Seating Area	O 126	4
North Lobby	O 1X3	6
NAITrium Student Lounge	H 104/J 104	14
Learning Resources Centre/Fresh Express	U 116	4
Industrial tech Building	V 121	1
HP Centre/Bytes	W 103	4
South Learning Centre	X 224	2
Spartan Centre - Embers	Y 1X5	7
Crane & Hoist Campus	CH 103	2
Souch Campus	Z 155	6
Patricia Campus	P 126	5
Insulator Campus	RH 107	1
Parkwest Building 1	RP 1119	6

NAIT Main Campus Map

