

NAIT NUGGET

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Photo by Alana Smears

CELEBRATING THE NEW-LOOK NAITRIUM

Former NAITSA executives John Perozok, left, (president), Katie Spencer (VP External) and Tamara Russell (VP Student Services) join current President Doris Car in cutting a cake at the official opening of the refurbished NAITrium on Wednesday, Sept. 27. Story, page 6.

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NEWS & FEATURES

A simple life, a better life



SHAWNA BANNERMAN
Assistant Editor

Maybe it's a word you've heard too much lately and maybe it's a word you've never heard before. The concept of minimalism has developed a negative reputation as it is often described as living with no possessions, without a steady job and surviving as a nomad. Very few embrace this unconventional "off the grid" lifestyle. For most, it is simply unrealistic.

Inspiring

Joshua Fields Millburn and Ryan Nicodemus suggest a more attainable and realistic way to live a more meaningful life. *Everything That Remains: A Memoir* is the story of Millburn and Nicodemus's stumble into minimalism. Their modern approach to the controversial lifestyle is inspiring.

Everything that Remains begins with Millburn, a young man who had achieved the American Dream, was earning more than his fair share of compensation and yet, was not happy. He did not consider himself to be successful and was constantly yearning for more stuff to fill the void of discontent and restlessness. The piles of possessions Millburn had accumulated added no additional value to his life and instead, eliminated the remaining value from it.

'I decided to simplify'

"I realized that I was so focused on so-called success and achievement and especially on the accumulation of stuff and yeah, I was living the American Dream, but it wasn't my dream. I decided to simplify," said Millburn.

Slowly, he began to reduce the amount of clutter in his life. The jettison began with material possessions and slowly grew

to include negative relationships and his career as it occurred to him that they were not adding any value to his life. The more possessions, people and negative patterns that Millburn removed from his life, the happier he began to feel.

"I started de-cluttering, I started getting stuff out of the way and, as I did, I started feeling freer and happier and lighter."

He is what you might call a maximal minimalist. He lives in a scarcely furnished home, has only a few very valuable relationships in his life and makes each choice with intent. He, with Nicodemus, runs *The Minimalists*' platform, living and breathing minimalism every day.

Like Millburn, Nicodemus was living a life of luxury in the corporate world, but found little worth in it. When he noticed that Millburn was more content and at peace with his life, he questioned the path his friend took to achieve that freedom.

"I [Millburn] explained to him this thing called minimalism ... I said, 'you know what, I think you might be able to benefit

from it too because, man, you've got a lot of stuff and you're just as miserable as I was.'"

Nicodemus followed suit, de-cluttering his life as Millburn had months earlier. The two friends began to lead a life on intention. Each choice they make is purposeful. Each relationship they entertain adds meaning to their lives and each item they chose to keep serves a function.

"Imagine a life with more. More time, more meaningful relationships, more growth and contribution. A life of passion unencumbered by the trappings of the chaotic world around you. Well, what you're imagining is an intentional life. It's not a perfect life, it's not even an easy life. But a simple one."

Minimalism is achievable for everyone. There is more than one way to live a minimalist life. Millburn chooses to live without a TV, surrounded by white walls and few distractions. In contrast, Nicodemus lives with two couches, a TV and his girlfriend, who is not a minimalist.

"... there are all these different flavours

of minimalism. There are all these different minimalists who had different recipes that fit their lifestyle," explains Millburn.

How you choose to live minimally is your choice. You do not need to sell your car, delete all of your social media and eliminate everyone from your life who does not choose to follow a minimalist path as well. That is simply unrealistic and removing the things from your life that add value will be detrimental to your overall health and well-being.

Living a minimalist life means making intentional choices that will benefit you in the long term. It means placing importance on the people and passions in which you find value. It means encouraging growth and progress as it is a natural progression of life. Minimalism means constantly asking yourself if you're happy, if your habits have worth and if your possessions have meaning. If not, maybe you might benefit from a moderate dose of minimalism.

For more information about *The Minimalists* visit theminimalists.com.



Becoming Minimalist

Info clerks needed for student elections

Duration: Oct. 10, 4 p.m.-7 p.m.

Oct. 11, 10 a.m.- 2 p.m.

Compensation: \$15/hour

• Information clerks are needed Oct. 10 and 11 for the NAITSA student senate election.

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

• Info clerks must have a complete understanding of the online

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

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



Photo by Stephanie Cameron

Business student Asma Iqbal (yellow shirt) talks to participants at an event during Emergency Preparedness and Safety Week at NAIT.

Message: Be prepared

By **MICHAEL MENZIES**
Senior Editor

NAIT wants everyone on campus to be prepared. Last week, NAIT held its first Emergency Preparedness and Safety Week. The events took place over the course of four days, culminating in a speech at the Shaw Theatre by instructor Josh Bowen on handling active aggressors on campus. Being the inaugural event, it's NAIT's push to grow what Charmaine Gentles, emergency management and business continuity manager, calls a "culture of safety."

Role for everyone

"Everyone has a role in emergency management and safety at NAIT," said Gentles. "The purpose of us having EP Safety Week is it's one of our activities to act to grow a culture of emergency preparedness at NAIT."

Last year, two major incidents (the student fall in the CAT Building and G-Wing Fire) made NAIT an active participant in the need for preparedness. Gentles said while those circumstances did play a role in the creation of EP Safety Week, NAIT was already looking at new ways to develop in this area.

"There were already plans afoot to revamp NAIT's emergency manage-

ment program. Those events gave NAIT the opportunity – and our first responders the opportunity – to test some of the plans we have in place: our communications plans, our response plans, how we interface with our external first responders ... but it's not necessarily in response to those events."

Not only is the purpose of the week-long program to give students the skills and the knowledge for emergencies, it's also about increasing awareness of the helping services around campus. Which is the same theme discussed by NAITSA's Calli-Rae Barker and Clint Galloway: "gaps in communication."

"Also it is our hope to educate staff and students about the services and resources that NAIT does offer, that does protect a person's well-being, their safety during their time here. Also, before during and after an emergency situation," said Gentles.

Along with the promotion of a safe culture on campus, NAIT has been recruiting for Emergency Wardens. Formerly called Fire and Safety Wardens, these recruits have a fuller job description now, she said.

"Their role is to essentially assist staff, students, visitors, to evacuate buildings in the event there is an emergency and shepherd them to the appro-

priate muster points."

The target recruit is a NAIT staff member as the high student turnover rate makes it nearly impossible to take students in. With the amount of time needed to train, it doesn't make much sense to do it in their view.

"We have revamped NAIT's emergency management program with a lot of planning, our changes to policy, response plans which are going on behind the scenes," continued Gentles. "And the Wardens are just a complimentary piece to the bigger picture."

Gentles reiterates that the effect the program gives to students reinforces NAIT is doing everything they can to be a safe campus.

"We hope it triggers something in your mind that NAIT is taking the initiative to ensure our safety while we're here as students and staff. We want to encourage them, as I said, to build that culture of awareness to be sensitized for 'what do I do' in the event – God forbid – some emergency happens."

On Feb. 6 a student fell from the 5th floor of the CAT Building and four days later, a fire in the G-Wing caused \$6.3 million in damages, shutting down the area for the rest of the semester.



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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.

Someone's here to help

By ALAN HOLMES

You may not always feel like you have a voice.

When a person goes through trauma, they may feel cut off from the world, isolated, like they desperately need someone to listen to them. When they speak, nothing comes out.

If you've ever felt this way, know that you're not alone. Know that there are people who are ready to listen and who want to help. At NAIT, the Student Resolution Office and its team has been established to do just that. While NAIT has always stood against violence, the Student Rights and Responsibilities Policy has recently been revised in order to better serve the student body.

Examined to fill in the gaps, the focus is on fostering education on issues, to be restorative rather than punishing and, above all, to treat students fairly. Everyone has the right to be safe. That's the number one priority.

Sexual violence is any violence – whether it's physical or psychological – that is directed towards someone's sex or sexuality. In regards to such acts of violence, the biggest change to the new policy is that it is less about traditional, punitive methods of handling the situation, but is rather meant to empower survivors.

Acts of sexual violence often leave people feeling violated and unsafe, and NAIT's revised sexual violence policy makes it clear that such behaviour is

unacceptable in the NAIT community.

Kristen Flath was at the head of revising the sexual violence policy in which (aligned with the new code of conduct) victims are in control of the process, particularly the level of process they wish to pursue. Students generally have three different options: disclosure, record of information, and complaint.

A disclosure is when a student comes forth, says that they need help, and is then referred to resources to get the help that they need.

A record of information is used for when a student isn't sure of what they want to do; the information is captured should they wish to pursue a process later on.

Lastly, a complaint is when a student asks NAIT to evaluate the behaviour of someone else to determine if NAIT policy (that everyone in NAIT's community deserves to feel safe) has been violated, and hold others accountable, accordingly.

Craig Whitton NAIT's Student Resolution Officer says that support for those who come forth is the No. 1 goal; to make sure that they are heard and are treated with respect.

"Crafting an effective policy can be

challenging, but the NAIT policy does a great job of affirming that sexual violence is not acceptable within the NAIT community," Whitton says

"Survivors will be heard and believed and have access to the support that they need, and people will be held accountable for engaging in sexual violence and causing harm to individuals and our community. The new policy is based on the best practices in responding to sexual violence disclosure, while also ensuring that those who are alleged to have engaged in these behav-

iours are given a fair process."

Most acts of sexual violence are primarily perpetrated by people who know each other, Whitton said. The idea of the "boogeyman-hiding-in-the-bushes" is very rare.

However, regardless of what incident takes place, the Student Resolution Office is in place to support victims.

The new policy also recognizes that not every problem is the same, and so a 'one-size-fits-all' solution simply doesn't work. Sexual violence covers a wide range of behaviours, and responses are equally varied. Some cases may need an investigation, with a formal decision made based on the information collected.

Other cases may be more appropriately handled through "Alternative Dispute Resolutions" e.g. can the situation be resolved through communication rather than an investigation or pressing charges? Responsibility is to be looked at over blame. It's not about labelling a student as simply guilty or not guilty.

If the perpetrator is not aware of what they did wrong, then it's important to educate them as to why what they did was wrong and how to rectify it. The main goal of any of these processes is to hold people accountable without causing further harm to the survivor. The Student Resolution Office will work with survivors to make sure the best process is selected.

The Rights and Responsibilities Policy is usually reviewed every five years; however, it is going to be reviewed in just one year's time – with feedback from students – in order to keep it evolving.

Look out for each other and treat one another with respect. You deserve to feel safe, whether it be on or off campus. Never be afraid to speak up. You have a voice. But remember, you don't have to go through it alone. If you need a hand to hold, someone will be waiting with open arms. If you need someone to speak to, know that you will be heard.

The Student Resolution Office can be contacted at Resolutions@nait.ca or by calling 780-491-5468.

"Crafting an effective policy can be challenging, but the NAIT policy does a great job of affirming that sexual violence is not acceptable within the NAIT community."

**– Craig Whitton,
NAIT Student Resolution Officer**

Shining a light on suicide

By SETH HENNIG

Last year in Alberta, 460 people took their own lives. There are few people who haven't been affected by suicide in some way. According to a 10-year study done by the Suicide Prevention Program, the people most at risk to commit suicide are trades workers and students.

This is a problem at a polytechnic school like NAIT with its large trades schools and student population ticking off one and two on the list. Thankfully, there is something being done about it.

"Tough Enough to Talk About It" is a program recently integrated into second-year trades courses on campus where a special presentation provided by the Suicide Prevention Program is shown. The presentation is centred around awareness for the student, as well as what to watch out for when it comes to friends and family.

Don Boomer, associate dean for the School of Skilled Trades, is passionate about the program. He talks about how the idea to bring the program to NAIT came from a mother of a former welding apprentice who studied at the Souch

Campus. Her son took his own life, and she championed the cause to bring it to NAIT. After attending the meeting with the Prevention Centre, Boomer says it was a no-brainer as far as the school was concerned. They needed to bring awareness to NAIT.

"I attended the meeting and I thought it [Tough Enough to Talk About It] was a really, really good program," said Boomer. "Something that we needed here at NAIT. Some of the stats they presented during the meeting were just staggering."

Boomer says the attitude regarding mental illness when he worked in the trades over 25 years ago was non-existent.

"It was not spoken about. It was completely swept under the rug ... they [tradesmen] didn't want to talk about it."

Boomer mentions a young man he worked with right before making the move to NAIT. Boomer and the young apprentice were working together on a Friday, discussing Boomer's move to NAIT. The young man joked with Boomer, "maybe you will even be my

instructor."

"He didn't show up for work on Monday, as a matter of fact he never showed up for work again," Boomer said.

"I found that most of the people around the site were angry at him but nobody was willing to talk about it."

It's this reaction and attitude towards mental health and suicide in the trades that sparked change. So far, Boomer has seen the attitude change about discussing mental health issues among trades students. The younger generations are more open to talking about mental health issues than Don's generation, but there is still a negative stigma.

Currently, the Suicide Prevention Program's "Tough Enough to Talk About It" presentations are integrated into second year trades students courses. This was done in an effort to reach students effectively since some trades programs don't require a fourth year and first year students already have a safety presentation.

Since the program has been brought to NAIT, Boomer has seen an over-



whelmingly positive response. Media is also taking notice as CBC and other outlets have contacted him for interviews interested to learn more about the program. Faculty within the school and local unions are also eager to learn more about it.

Boomer's message to anyone currently dealing with the weight of mental health issues was simple.

"Talk to somebody, get some help ... there's lots of help out there."

If you are experiencing a crisis, go to the Counselling Office immediately. Outside of counselling office hours, call the Adult Mental Health Crisis Response Team at 780.342.7777. Trained professionals are available to help you 24/7.

To hear my full interview with Boomer, go to www.thenuggetonline.com.



NAIT Nanotechnology students hard at work in a lab.

Photo by Tim Potter

How small can we go?

By **ALAN HOLMES**
Co-Entertainment Editor

When it comes to technology, size does matter. In many ways, technology has always been about making things smaller. With each new iteration of a smartphone, they seem to shrink; even with the expansion of the screen, devices keep getting slimmer, seemingly on a race to be paper thin.

It is now 2017, and things are smaller than ever with the rise of nanotechnology.

Nanotechnology is a relatively new field of study, relating to the application of nanoscience through technology. NAIT is at the forefront of this emerging industry with the Nanotechnology Systems program.

The Nanotechnology Systems program is the first diploma of its kind in Canada. The program runs for two years and provides a strong foundation of electronics, instrumentation, material science, chemistry and biochemistry. These practical applications are also supported by courses in ethics and communications.

However, you may be wondering what nanotechnology actually is. I'm sure you've ascertained that 'nano' essentially means small. How small? Realistically, it's difficult to put into words. Suffice it to say, one nanometre is a billionth of one metre. Therefore it's an excruciatingly small fraction that's next to impossible to see with the naked eye.

Nanotechnology itself (in the simplest of terms) is the branch of technology that deals with such tiny dimensions, especially the manipulation of individual atoms and molecules. As the name implies, it is the use of technology conducted at the nanoscale.

Nanoscale can be difficult to imagine. Try and visualize in your mind the size of planet Earth. Comparatively, if a single marble were a nanometre, then one metre would be the size of Earth. Or you can look at a ruler. The length of one inch on that ruler, would be made up of 25,400,000 nanometres. Small doesn't even begin to describe the dimensions that nanotechnology deals with.

Part of what makes nanotechnology and nanoscience unique, is that it can be applied to virtually all other scientific fields, including (but not limited to) chemistry, biology, physics and engineering. This diversity grants great potential to not only the job market, but also to the potential of the research that can be conducted. Since this is the first diploma of its kind in the country, NAIT has the potential to give students a unique advantage starting out. The Nanotechnology Systems program is meant to provide students with a wide breadth of knowledge on how nanotechnology can be applied to those various scientific fields, specifically emphasizing electronics, biochemistry and material science.

The nanotechnology sector in Canada is just beginning to emerge. The provincial government has invested in the field, which is quickly making Alberta Canada's nanotechnology epicentre.

Currently, Alberta is home to more than 40 growing

companies within the nanotech sector, many of which are located in Edmonton. Strong growth is expected to be seen in the near future within the field, as it applies to many different industries; everything from energy, lubricants, pharmaceuticals, cosmetics, food, auto-motives and beyond. The reason nanotechnology is involved in multiple industries, is because of its potential to see and manipulate individual atoms and molecules. By manipulating those atoms and molecules, products (food, clothes, buildings, lubricants, medicine, etc.) can be improved on a molecular level.

Because the Nanotechnology Systems program's training is so broad, graduates are expected to be able to find work in a diverse group of fields. Specific examples for employment include the National Institute for Nanotechnology, the Alberta Centre for Advanced MNT Products, Quantiam Technologies, Maxxam Analytics and Jet Lube Canada. With that being said, the industry is forecast to keep expanding and new career opportunities are expected to arise.

Much of the program is based in lab experience. Students will be working hands-on with professional equipment and systems with both researchers and manufacturing companies alike. Courses alternate between lectures and labs, as well as trips outside of NAIT, such as to the nanotechnology facilities at the University of Alberta. Guest lecturers are also expected to speak to the class of 24 students, while labs are reduced in half for safety protocols.

Does size matter? Does it ever.

For general information about the program, reach out by e-mail: nan@nait.ca or by telephone at 780 471 7663.

CORRECTION

In the Sept. 21, 2017 issue of the NAIT Nugget an article headlined 'NAIT gives nod to its best' on page 5 contained an error. In fact, only students can nominate instructors for the Instructional Excellence Award.

New and better NAITrium

By **SHAWNA BANNERMAN**
Assistant Editor

The NAITrium has been a space for students to comfortably study, hold club meetings, socialize, enjoy a meal and relax between classes since its opening in May 1985. However, it had seen very few upgrades, modernizations or improvements since then. In an effort to ameliorate students' experience at NAIT, almost \$250,000 was spent on renovations to the NAITrium during the summer break. New and returning students were greeted to the 2017 scholar year with a bright, modern and spacious NAITrium to savour.

Major goals met

Leeanne Mills, NAITSA administration director, played a role in the restoration and emphasizes some of the major goals that were met with the renovations.

"One of the goals in doing the renovation on the NAITRIUM was to increase the amount of fresh air that came into that room ... that was way at the top of our list," Mills said.

The southern wall of the large space between the J and H wings is primarily glass and although it allowed students to feel less enclosed while using the space, it also manifested heat inside the NAITrium. The renovations have included improved ductwork to increase airflow, a fresh coat of paint, increased lighting, new flooring, improving the layout of the space and brand new, colourful furniture.

In February 2016, a student referendum was passed for a \$5 million donation over five years from NAITSA to NAIT with the funds to be directed towards improving student facilities on campus. The first \$2 million was allocated to the Centre for Applied Technology before its opening and that money was matched by the Government of Alberta.

An additional \$600 000 was donated to various spaces throughout NAIT that

were identified as needing improvements, one of which was creating the Learning and Teaching Commons. The renovations were completed on that space under budget and the remainder of their funds was redirected to restore the NAITrium.

"[Alison Lewis] came to us and said, we have this money remaining [from the student enhancement fund], it must be directed to the students because that was the intent of the money, to enhance their quality of living ... on campus, and so the executive council at the time decided they would like to see the money directed to the NAITrium," said Mills.

The senior project co-ordinator for the rejuvenation was Lana Ngu along with Nicole Kemp as the space planner, although Mills confirms that the interior design students of NAIT also played a role.

"The designers here at NAIT, the interior designers, were the ones that did the initial proposal for us and they came up with some great ideas," Mills said.

Grand opening

On Wednesday Sept. 27, the grand opening of the NAITrium was held. Doris Car, NAITSA's current president, began the ceremony with an opening speech, welcoming all of the students and staff that filled the new space.

Walter Bonaire, NAIT's elder from the Encana Aboriginal Centre, blessed the NAITrium with a prayer, followed by a traditional cake cutting. The event also featured items from the Nest's updated menu to promote the campus restaurant. Wraps, fresh dips, and hot appetizers were served for faculty and students.

The new NAITrium boasts its loft style, colourful furniture, large trees, arcade games and lounge chairs, providing students with a comfortable and enjoyable space to de-stress. The space is open seven days a week for students use.



Photo by Alana Smears

Students line up to sample the food at the official opening of the renovated NAITrium at Room J-104.

Municipal voting booth at NAIT

By **JASON ROTH**
NAITSA Advocacy Director

One could be forgiven for thinking that this year's municipal election is a bit of a bore. Indeed, it is quite a snooze-fest. There was a mayoral forum in Edmonton in which the public showed a great display of unity by not giving a damn. But that doesn't mean that you shouldn't vote. And why not do so at the advance poll that will be in the NAITrium on Oct. 11?

If you vote in the City of Edmonton or the County of Strathcona, you can exercise your democratic right to pick which candidates have the fewest bad ideas or the best hair! Here are five reasons you should do so and some questions to ask yourself:

1. An Edmonton city councillor once proposed flooding Edmonton's streets in winter so we could all skate to work. No, really. That happened. If you don't want silly, unworkable policies having a chance of seeing the light of day, then find out about the candidates running in your ward and vote. Or, conversely, if you find silly ideas entertaining, find the silliest candidate and vote for them! Actually, no. Don't do that. Please.

2. Several wards do not have an incumbent running for re-election. When this happens, anything can happen. See point No. 1. If people don't do their homework and vote, you can get councillors that support spending heaping gobs of cash on putting big

shiny silver balls on the side of the White-mud. We wouldn't want that, would we?

3. Not everything is great in the capital region. Are you OK with Edmonton's deficit? How much do you love trying to navigate metro Edmonton during construction season? Got a photo radar ticket for doing 3 km/h over the limit yet? Looking forward to traffic tie-ups on the south side and Stony Plain Road as the LRT expands? Is the LRT the best solution for transit?

4. People want to live in a liveable city. You can fix potholes and have museums, if you have good leadership. How does your street look? How's the alignment on your car? How long is your commute? Are your weekends and evenings fun?

5. The metro Edmonton region has low population density. The current conventional wisdom is that we need "densification" everywhere. Is this your perspective? Are we villains if we drive cars? Are you a super-villain if you drive an F-150? Is the dream of a house, a backyard and big dog that drools dead?

Election day is Oct. 16, but thanks to a partnership between the city, the county and NAITSA, YOU, the cream of the crop, the top of the heap, the NAIT student, can vote in advance easily by going to the NAITrium between 11 a.m. and 4 p.m. on Oct. 11 with your ID that establishes your name and address! More info can be found at www.edmonton.ca/elections.

OPINION

— Editorial —

Begin where you can



By **MICHAEL MENZIES**
Senior Editor

Before the semester started I had an essential conversation with my best friend. It was the first time I had seen him in a few months. A few weeks earlier I wrote to him about many of the concerns I was having in my life. While I would say confidently we were very close friends in high school – we didn't have many deep personal conversations. That's something I regret, but am working at fixing. This conversation helped me with that.

He's a bright kid who always finished near the top of the class in the sciences and is currently a second-year engineering student at the University of Saskatchewan. More than getting an education, more than starting a working life or enjoying a half-learning, half-debauchery filled college experience, he told me something surprising.

"I can't wait to start suffering," he said.

Sentiment is growing

My best friend is a strong Catholic, which makes his statement less surprising. But in the current social climate, with all the distractions that media and technology allow, this kind of message rarely bleeds into the mainstream. However, the sentiment he was expressing is similar to one currently growing in the online community.

In the past year, University of Toronto professor of psychology, Dr. Jordan Peterson, has gained massive popularity online through lectures which he posts on YouTube. Occasionally, he posts videos for his listeners separate from the lectures, which also have a specific focus. His most touted video was the *Clean Your Room* message he gave to millennials on how to change the world. Essentially, his message is you shouldn't criticize people who have responsibility, if the space you maintain the most intimately (your room) is a mess. It's purposeful hyperbole. Sort out your life and begin where you can.

Maps of Meaning

Peterson's lectures include many thoughts like these. While doing a series on personality and ideology, his *Maps of Meaning* talks (also the title of the book he published in 1999) discusses the origins of story and its relation to religion. Through this series, making connections through the writings of Carl Jung, an analysis of classic stories like *Pinocchio* in contrast to old mythological stories, and an analysis of the behaviour of human beings – Peterson peppers his lectures with the sustenance that feeds my best friend's statement.

I lived a solitary summer, moving to Red Deer, a city I'd never lived before. I didn't know anyone in the city besides my girlfriend and since we operated in completely opposite work schedules, I had a lot of free time to myself. It was my first taste of the touted real world: a 40-hour work week in a shitty, minimum-wage job. I spent most of my day watching my co-workers complain.

My best friend continued later that night: "I want to start a family as soon as possible and struggle to make it work."

I don't think he's that much different from those seeking out Jordan Peterson's lectures online or me who ruminates on these ideas for long stretches of time. Children used to have to be hauled inside, now they need to be reminded not to watch awful Youtube videos they don't even enjoy for more than half a day. It's this prolonged lethargy that

I think feeds into his "suffering" statement. For the first time in a couple of generations, young people leaving high school and moving onto college are seeking personal responsibility and, with responsibility, comes suffering.

In one of Peterson's most profound lectures he tells his students they don't have the option to sacrifice or not, but can choose what the sacrifice will be. It's the choice of accepting responsibility and suffering because it's good, or instead taking up no responsibility until it's too late because you were pleasuring yourself. This warning was one of the reasons I needed to talk to my best friend.

Over a fire at a mutual friend's birthday we sat and talked about suffering and how we should act in our lives. Regardless, finding someone to tell the truth to on subjects like this makes everything much better. As Peterson would say: "Truth is the antidote to suffering."



Dr. Jordan Peterson

jordanbpeterson.com

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SPORTS

Parity a myth in pro sports



CONNER TOFFAN
Sports Co-Editor

Sports are a source for something that is in human blood – competition. We feel the need for competition, just like I or LeBron James, Lonzo Ball or Joe Random. Today, we have four major North American pro sports leagues made up of 30-32 ultra competitive teams, all fighting tooth and nail to win.

As fans, we eat this up. We live, breathe and eat this insane superhero-like display of competition. What all of us fail to realize, is that it's all a lie. We have always felt the need to best our peers. We see it today: the "alpha-male" effect. People have always loved to watch this power struggle, dating all the way back to the days when tens of thousands of people would pack the Roman Colosseum to watch gladiators/prisoners fight to the bloody death. We have always liked to witness great-

ness as well, so before you think that I just ruined sports, realize it's not always about witnessing nail-biters, because it's special to watch athletes do what they do best, which is being magnificent and sometimes dominant.

Leagues are major corporations, businesses whose primary goal is to make money. If their product is engaging, entertaining and competitive, they will thrive. So of course, that's how they will market their product. Like getting an e-mail from a prince in Nigeria, pro sport leagues are deceiving you into buying a product.

In the NFL, parity is a complete myth. Fans believe it's a massively competitive league. When is the last time the New England Patriots, Pittsburgh Steelers or Green Bay Packers won a top pick? All these teams have reigned dominant for over 10 years. The Patriots alone have been to the playoffs 13 of the past 14 seasons, while in that one year out of the playoffs, they finished 11-5, which is usually a division winning record. This is only one end of the spectrum. The Jacksonville Jaguars haven't been relevant for 10 years. The Cleveland Browns have been looking for a quarterback for at least that long. If you add those two together, you aren't far off from the number of seasons that the Buffalo Bills have missed the playoffs! The Oakland Raiders, Tennessee Titans and Tampa Bay

Buccaneers are all charismatic, young, fun teams. Yet, it doesn't matter, because in the foreseeable future we'll still see the Patriots, Steelers, and Packers reign supreme.

The NHL is praised for its parity, yet it's deceptive. The Bettman point (a team that loses in overtime or shootout earns a point) creates a standings system that helps sub-par teams like the 2016-2017 Toronto Maple Leafs, who finished with 40 wins and 42 losses, still made the playoffs. This happens too often. Is the Bettman point really worth it? Parity in the NHL is exaggerated.

Then there's Major League Baseball. Do they even try? In a no-salary-cap league, small market teams like the Oakland Athletics, Tampa Bay Rays and Cincinnati Reds stand little chance. This is especially true when competing against organizations like the New York Yankees, Chicago Cubs and Boston Red Sox. The Milwaukee Brewers started the 2017 season with a player payroll of \$63 million. The Los Angeles Dodgers were able to pay their opening day roster \$242 million. Good luck, "Brew Crew."

MLB benefits heavily from the luck based game that baseball tends to be. You can see any team beat another on any given night. But, in the end, the Seattle Mariners haven't been to the postseason in 15 years. They're only halfway to the record, held by the Mont-

real Expos-Washington Nationals, who went a full 30 years without a taste of playoff ball. The Expos started their streak in Montreal and ended it a nine-hour drive south in Washington DC as the Nationals. The Yankees once went 13 straight seasons making the playoffs. The non-existing salary cap immediately creates a league where parity is not easy to come by.

The NBA is the worst. The Golden State Warriors will win the title again. It's not a debate. The Boston Celtics and Cleveland Cavaliers will tear through the East. The aforementioned Warriors, along with the San Antonio Spurs, Oklahoma City Thunder and Houston Rockets are all great teams that have gotten stronger and will barely lose a game next year. The NBA has no parity. In all likelihood, your favourite team doesn't stand a chance of winning. Sorry. So next time you see a commercial hyping up the Los Angeles Lakers or Philadelphia 76ers, don't trust the process.

Next time you are reading about how competitive a league is, see through it. It's false marketing to bring in viewers.

On the contrary, the lack of parity in sports allows us to witness something else far better than crazy competition. Something else that all humans strive for – greatness. Embrace it.

COLLEGE BASEBALL

A good idea, a bad result

By **CONNER TOFFAN**

Edmonton has a population approaching a million, while the population of our metropolitan area ranges just over 1.3 million. Two seasons ago, a team represented Alberta at the Midget AAA Nationals. This year, a team based out of Spruce Grove took a strong finish all the way to London, Ontario for nationals. This city and surrounding area is filled to the brim with talent. Yet, we can't support a college baseball team.

Edmonton possesses a surprisingly rich baseball history. We have had elite teams

such as the Capitals, we still have the Edmonton Prospects and once housed a AAA major league affiliate team named the Trappers.

Our baseball stadium, now RE/MAX field has been the playing surface for many baseball legends, including Dante Bichette, Fernando Valenzuela, Justin Morneau, Devon White, Jason Giambi and many more.

Only one year ago, any baseball player attending a post-secondary institution in Edmonton could try out for the start-up University of Alberta team. It failed miserably.

With a big fancy stadium, a coaching

staff with major league experience and a talented pool of Edmontonians to pick from, this shouldn't have failed.

The Bears had lots of amazing talent, including Ethan Elias. According to Taylor Jones, a right-handed pitcher and outfielder for the team, "the camaraderie and chemistry hadn't been formed yet, but near the end of the year we started kicking ass!" This was sparked by the team's early season trip to the United States.

But this program was cursed from the beginning. Weather cancelled plenty of practices and games, making practice often painful.

"We had like, an industrial sized fireplace," said Jones. "When we weren't freezing and hitting or throwing we all huddled around to desperately try and warm up."

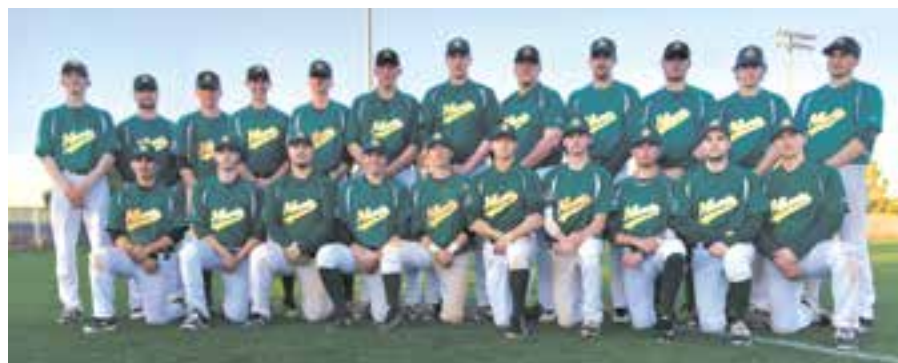
Good facilities were also hard to come by, often times the outdoor batting cages were put inside tarps in attempts to warm it up two or three degrees. The workout facilities were barren, containing free weights around the outside and a lonely squat rack in the middle. Jones "had to MacGyver a lot of things" along with his teammates in order to achieve

a quality workout.

As the team flew to the States, took vans to the Okanagan, and ground out a full season together, they became close. This team was put on a one-year probationary period before it could officially enter the CCBC, the Canadian College Baseball Conference. At the end of the year, everything was a green light. However, the program had acquired a crippling debt. Players were notified and the hopes of living out the college baseball dream were over for some, including Jones. But a feeling of contentment swept over him as he realized that he could now focus on his schooling at NAIT without having to worry about the large expenses of playing college baseball.

The U of A is now running a winter training program in order to try and keep a program running.

Fortunately, due to our abundance of baseball talent, old and young, there will always be hope for a college ball team here in Edmonton. But for now, all we have is memories of what used to be, and thoughts of what could have been.



BallCharts.com

What has Colin started?



TRE LOPUSHINSKY
Sports Co-Editor

Quarterback Colin Kaepernick sent shockwaves through the NFL last season when he went down on one knee during the U.S. national anthem to protest the treatment of people of colour in the U.S.

Jump to this season. Kaepernick is unsigned, which has led to accusations of blacklisting by teams in the league. Yet players have continued with the peaceful protest.

President Donald Trump had words for the continuation of this act, in the form of 250 characters. The day after a Twitter rant and remarks at a press conference, NFL players responded when more than 200 knelt during the national anthem.

I understand the message – a show of unity in a league of mixed races. I don't understand why the league and owners

would go against Trump and suddenly start supporting this action, begun by Kaepernick, that actually dropped ratings last season. Players, owners and the league were forced to act after Trump's remarks. A firing of players would not benefit the latter. Instead a public display of defiance has benefitted the league in the eyes of the public. My worry is that this response will help the image of the NFL as opposed to actually helping bring light to an issue that is huge in the United States.

Trump began his rant against the NFL by saying: "If NFL fans refuse to go to games until players stop disrespecting our Flag & Country, you will see change take place fast. Fire or suspend!"

There were players throughout the NFL who supported Kaepernick last season and before the Trump tweets. On Sunday, following those tweets, every NFL team either linked arms, knelt or simply did not come out during the anthem. It took a comment from Trump to get everyone else involved in the pioneering act of Kaepernick.

Before this, players, coaches and

owners just kept playing football, cashing in their millions and staying away from the mess. It took Trump to say something to incite an issue that has been around for decades. Why? Maybe it was the last straw

for these players who were basically told by the president to just keep playing football and mind their business. Maybe they didn't want to make it a big deal until everyone else joined in.

Since Trump's run for presidency, the majority of entertainment and the media has been against him. After these comments towards the NFL players, what if the owners ignored these comments

or actually acted upon Trump's plea to fire protesting players? That wouldn't be good for NFL owners or Commissioner Roger Goodell. The pressure was on to act.

Why not potentially cash in? Tell the owners how good it is for business. This has brought tremendous amounts of publicity for the NFL, plus it has made the owners look like they were standing up for unity of all their players. There was

a three per cent increase in the ratings on the following Sunday. The Monday night football game between the Dallas Cowboys and the Arizona Cardinals saw a huge 63 per cent increase compared to last year's game.

Dallas Cowboys owner Jerry Jones, a Trump supporter, joined his team in kneeling to show that they "Can't be divided." Jones isn't the only contributor to Trump. As reported by CNN, at least \$7.75 million of the \$106 million raised for Trump's inauguration came from owners and the league, according to public records. Clearly there is support for Trump in the NFL. Trump is a businessman and the NFL is a business.

By dropping to a knee, Kaepernick brought an issue to the forefront that needed to be talked about. It is an issue that makes everyone uncomfortable.

In the back of his mind, Kaepernick wasn't thinking about the impact the knee drop would have or that even though he was blamed for the drop in ratings last season it would come full circle and would turn out to be something that could help the NFL's image. When this story starts to fade away from the news cycles, the blot on Kaepernick's name will disappear and he will end up back in the league. It will be good for the NFL's image.



Colin Kaepernick

Athletes of the week

September 18-24

Mia Simon
Women's Soccer



The NAIT Oaks women's soccer team won both games this past weekend, shutting out both opponents. On Saturday, they beat the No. 1 ranked Concordia Thunder, followed by a 6-0 victory on Sunday over the Keyano Huskies. Mia Simon was a defensive leader in both of the wins, and was instrumental in the team's weekend performance. "Mia played 90 minutes both days and showed great composure and leadership for us in the back," said coach Carole Holt. "She was calm under pressure, was positionally sound, and her decision-making was excellent. She is a major reason for our team's success over the weekend." Mia is a third-year Emergency Management student from Tarlac, Philippines.

Julian Gonzalez
Men's Soccer



The NAIT Oaks men's soccer team finished the weekend with one win and one loss. Both games were extremely close. The Oaks opened up the weekend with a 2-1 victory over the Concordia Thunder, only to fall just short of the top-ranked Keyano Huskies 1-0 on Sunday. Julian Gonzalez, once again showed great leadership and commitment, helping his team through the hard-fought weekend. "Julian's incredible work ethic and determination were instrumental in the success of our team over the weekend," said coach Charles O'Toole. Julian is a fifth-year apprentice student from Grande Prairie.

Athletes of the week

September 25- October 1

Kassy Jajczay
Women's Soccer



The NAIT Oaks women's soccer team won both games this past weekend, shutting out both opponents. Saturday they beat Kings 9-0 followed by a 5-0 win over Augustana on Sunday. Kassy Jajczay was once again a dominating force in both games. She finished the weekend with four goals and four assists. "At this point in the season, we are looking for our veteran players to take the lead on the field. We had two very important games this past weekend and Kassy certainly led by example," said coach Carole Holt. "Her contribution of four goals and four assists is a fantastic achievement, but we can't overlook the work she does for us defensively. She is prepared to get involved on both sides of the ball." Kassy is a fifth-year Emergency Management student from Edmonton.

Oscar Miranda
Men's Soccer



The NAIT Oaks men's soccer team finished the weekend perfect with two wins. They won a tight 2-0 match on Saturday against Kings, then had a commanding 5-0 win over Augustana on Sunday. Oscar Miranda was once again a dominating force on the defensive side of the ball, as well as adding some offence with a goal in Sunday's victory. "Oscar's contributions defensively and, this week, contributing offensively with his first goal have given us balance in both areas," said coach Charles O'Toole. Oscar is a first-year Academic Upgrading student from Edmonton.

FITNESS

Chasing the elusive bicep

By TRE LOPUSHINSKY

Who wants the biggest natural arms in the world? I know I want some mountainous peaks (top of the bicep), that enlarge every time I point at something or grab a slice of pizza. You may even be able to eat that pizza and still flash your strength through those new grown biceps. Here are some exercises that will help you build your biceps.

The four exercises below will be best for mass building:

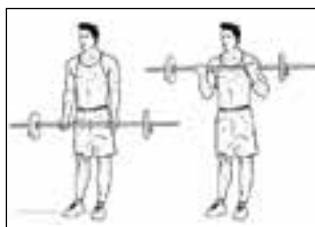
Standing Barbell

Curl: This workout is known as the “great-est bicep workout in the world” so it must work, right? Biceps are mainly used for elbow flexion,

which means a movement to decrease the joint angle between surfaces of the body. A curl is the best workout to stimulate that bicep. All you need for this workout is a barbell.

Hold the bar straight out in front of you towards to floor with a shoulder-width grip.

Curl the weight toward your chest. Keep your elbows and back locked in place (throw away the key)



When the bar reaches your chest, flex those biceps as hard as you can, which will help you get the best bicep pump.

As you bring the weight back down towards the floor, try to resist the bar by bringing it down slowly.

Repeat.

One-Arm Dumbbell Preacher Curl: If the

main reason you are reading about this workout is because I said you can have “mountainous peaks” on your arms, you’re really going to want to do this one. This

workout will turn those chicken cutlet biceps you have into some premium mount St. Helen biceps you may want. All you need is a dumbbell and a can-do attitude for this one.

Most gyms will have a specific bench for this workout called a preacher bench. Hold that dumbbell with an underhand grip over the top of the bench, while locking



that elbow in place, kind of like what you will do with the phone number of that cutie you’ve been thinking about.

Slowly curl the dumbbell towards the shoulder of the arm currently holding the dumbbell.

Repeat.

Incline Dumbbell

Curl: This workout won’t need as much weight when lifting. This workout will help you achieve full

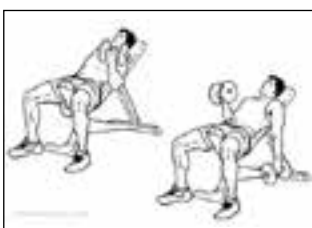
range of motion while getting a maximum stretch. Keep that form strict. All that’s needed is a dumbbell.

Lay back on an incline bench, with each hand extended towards the floor holding a dumbbell.

Think of your favourite food that you will get to take a bite of once your hands are near your face.

Make sure to turn your wrists as the imaginary food is raised.

Become disappointed that it wasn’t a



cheeseburger and slowly return to starting position

Be happy because you’re working out hard on those biceps and didn’t take a bite out of the dumbbell.

Repeat.

(Thor’s) Hammer Curls: These are called hammer curls but I just threw in

Thor because it sounds pretty badass. This is not a workout strictly for the biceps, but will help gain overall size. Hammer curls will develop the lower bicep area. WARNING:

Do not think about your evil brother Loki or you might end up hurling a dumbbell.

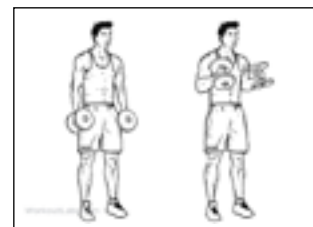
Have your elbows fixed at your sides. Palms facing towards one another.

Curl the dumbbells up, imagine that one day you could possibly be an Avenger like Chris Hemsworth.

Lower dumbbells slowly.

Repeat

Aim for three sets of 12 reps on all workouts. Keep repeating this workout and you will be closer and closer to some Arnold Schwarzenegger arms in no time.



BOXING, MMA

The fight game in Edmonton ...

By TRE LOPUSHINSKY

With Edmonton swimming in a sea of the orange and blue of its beloved NHL team, it is a rarity to step into this city and think of 10-ounce gloves and a boxing ring or the opened-fingered gloves that are synonymous with a cage.

If you are unaware of the latter, let me inform you that Edmonton has a thriving sports scene. With the rise of mixed martial arts and the ever-present history of boxing, it’s no surprise that these sports are booming in a variety of cities.

This year marked an historic event in the world of combat sports with Conor McGregor vs Floyd Mayweather being a spectacle you couldn’t miss – a clash of two different types of combat sports. This fight alone could have made a non-fan or a casual fan addicted. For Edmonton fans, it could have been the first-ever Ultimate Fighting Championship (UFC) event that came to the city on Sept. 9 at Rogers Place. No matter the reason, combat sports are becoming a bigger deal here in Edmonton.

Adam Braidwood, who used to play for the Edmonton Eskimos before trying his hand at combat sports, is a current World Boxing Union heavyweight champion, with a 1-0 record in MMA and 10-1 record in boxing.

When asked about the Edmonton fight

community ahead of his fight at KO 80 boxing on Sept. 22 at Shaw Conference Centre, he said there is “good media attention” in Edmonton.

“I mean, I just picked up the paper with my face on the cover. Edmonton people get excited about boxing, Boxing is making a comeback,” said Braidwood.

Braidwood is no stranger to Edmonton with eight of his 11 fights being here. He is also no stranger to one of the most popular fighters to come out of Edmonton, Tim Hague.

The last fight Hague would ever have was against his friend and occasional weight lifting partner, Braidwood. Hague suffered a brain hemorrhage after being knocked out in the fight.

Hague was a former elementary school teacher turned UFC fighter turned boxer. Braidwood goes further into the impact of Hague by saying “Before anything was specialized he was figuring it out on the fly. He actually went really far with it.”

Another well-known fighter in Edmonton is Ryan Ford. Ford was not only raised in oil country but grew up in the world of combat sports. Ford’s father is Al Ford, a former Canadian lightweight champion. Fighting is in his blood. Ford had fought in the MMA circuit for seven years, holding a record of 22-5. In 2010, Ford made the



Photo by Kathleen Freeman

switch to boxing full time and, with a current record of 13-0, he is showing the boxing world why he is the real deal.

Ford recently missed an opportunity in the form of a WBO light heavyweight Intercontinental match with Britain’s Anthony Yarde in the UK. Negotiations fell through and Ford picked up a last-minute fight in Montreal, while he was training for the fight against Yarde. Ford was on

a 14-day mandatory suspension after the Montreal fight so he couldn’t compete at KO 80, even though he wanted to. Edmonton has some tough fighters and Ford is one of them.

Edmonton has become a good place for the fight game. Whether you’re a fan or a fighter or which combat sport you choose, boxing or MMA, Edmonton appreciates the fighting sports.

MEN'S BASKETBALL

A new look, a new plan

By TRE LOPUSHINSKY

October is coming up fast, which means we get to see the men's Oaks basketball team in action once again. The Oaks look to play the best basketball they can this season, especially around March during playoffs. With a team of mostly brand new faces and a new assistant coach, let's see if the team can handle the madness.

Coach Mike Connolly has a solid strategy going into the season that might help them in those elimination playoff games in March.

"Our goal this year is mental toughness and defence," Connolly said.

The team has received a new coat of paint over the summer in the way of 11 new players, with only six from last season returning. Seven of those new players are straight from high school and the rest are transfers from other colleges. All young players out of high school will be battling for a spot on the roster. Out of the seven, four will dress for games.

Third-year, All-Canadian Jackson Jacob is not with the team this fall. He is currently in the Bahamas trying out for the Bahamian National Team. Jacob will return to the Oaks to help them make a run at the Conference Championship this winter if he doesn't make the team in the Bahamas.

Not only were new players added, the coaching staff has acquired some new faces as well. Greg Frances is one of the three new assistant coaches for the Oaks. This is a huge acquisition. Frances has a long list of achievements, including manager of men's high performance for Canada Basketball since 2015, a NCAA Tournament appearance as assistant coach of Monmouth University and



Mike Connolly

head coach of the University of Alberta in 2009.

This is huge acquisition for Oaks basketball. Frances will be focusing on player development, monitoring and instructing the individual skill development of every player on the roster. Joining Frances in the assistant coaching roles are Sebastian Cava and Cam Smith, both former Oaks who were with team when they won a national championship.

Last season, the Oaks had a record of 11-1 until the Christmas break. Afterward, the team was plagued with injuries and players who weren't used to a lot of minutes had to step up. Connolly has said that if it weren't for those injuries, a fully healthy squad would

have beaten Lethbridge easily.

Unfortunately, that wasn't the case. Last season saw the Oaks lose to silver medalists, the Lethbridge Kodiaks, for the 2016-2017 ACAC season in the quarter finals. The Oaks went on to the consolation finals to beat the Lakeland Rustlers in OT 79-74. This was a huge stretch from the 2015-16 season which saw the Oaks crowned provincial and national champions.

"So far in the 'Grind of September' the guys have been working hard and remain focused at the goals at hand ... playing our best basketball at playoff time, March," said Connolly. "The ACAC is one of, if not the best, conference in the country."

With this new look team, a new assistant coach and a concrete plan, the team can succeed come March. Come see the Oaks in action at NAIT Oct. 13 in their first regular season home game against the Concordia Thunder.

WOMEN'S BASKETBALL

No shortage of determination

By PETER GO

Being tall is something that the NAIT Oaks women's basketball team is not accustomed to. But this year's edition of the Oaks team will not have that luxury for the first time in a long time. That isn't necessarily a bad thing, it just means this year's Oaks team will have to work harder and will have to play together more if they want to make a playoff push. What this year's Oaks team lacks in height, they more than make up for it with grit, fundamentals and hard work.

This year's Oaks team is made of

mostly guards, with the average height being five-foot-eight. The Oaks only have two forwards on their roster, but both are over five-foot-10. So you can tell just by those numbers alone, they are lacking height. But you have to look at it from both sides, yes they don't have the height, but they do have the grit, fundamentals and determination you can only find when you are short and have something to prove. This year's Oaks will have to depend on each other throughout the season on the court because of their lack of size. However, this

year's Oaks are among the grittiest in a while, which bodes well with their defensive-minded mentality.

Another area where the Oaks might struggle is rebounding, which is mostly because of their lack of height. This only means that the Oaks should be preparing and practicing team rebounding more than any other years. The Oaks must rely and trust each other when they are rebounding because it will truly be a team effort.

However, the Oaks must focus mostly on defence, where they ranked among the

top in all defensive categories last year. Coach Todd Warnick has ingrained in their mind that defence will get them to where they want to go, and where they want to go is back to the playoffs. But not just making it to the playoffs, but a long playoff run. Coach Warnick has the knowledge and know how to lead this team to another banner, just like he did a two years ago.

This year's NAIT Oaks Women's basketball team will have to be a cohesive unit with a defensive frame of mind to have a long and a fulfilling season.

HOCKEY

A new face in town

By CONNER TOFFAN

Born in Slave Lake, Thomas Foster is a 21-year-old left-handed centre for the NAIT Oaks men's hockey team. This is his first year at NAIT, coming off a solid Western Hockey League career. Foster laced up the skates in 289 WHL games since 2012, playing for the Vancouver Giants and Moose Jaw Warriors. Statistically, Foster had his strongest WHL run in the recent 2016-17 WHL season, putting up 21 goals and 27 assists in 68 games during his combined time with the Giants and Warriors. Foster loved his time in the WHL, stating that "it's a first class league."

Using his scholarship from the WHL to attend NAIT, playing hockey for the Oaks has a familiar vibe.

"There's less games, but there's a simi-

lar group of guys, the intensity of the games and practices and the high level of competition shows that college hockey should not be overlooked as an elite hockey league.

Growing up playing hockey with the cream of the crop, Foster has skated with many talented players, but he has had the opportunity to share the ice with Tyler Benson, an oft-injured yet promising prospect in the Oilers organization and Brett Kulak, who is a young defenceman in the Calgary Flames organization.

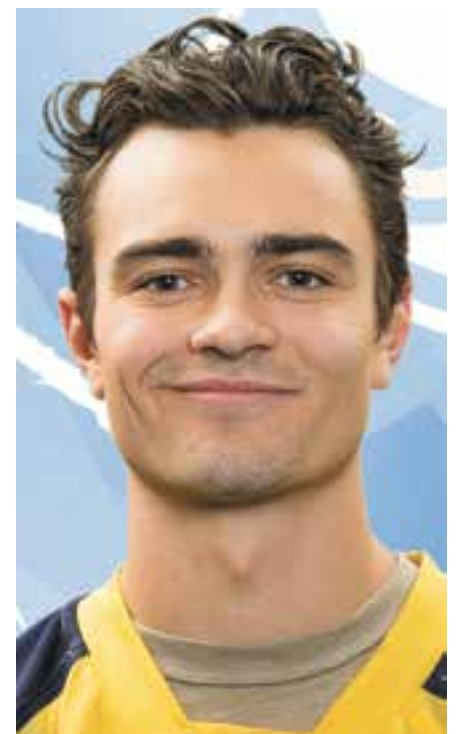
Not that long ago, played with the NAIT-MacEwan all-stars, a combination of the schools' best, against the Oilers rookies. Foster played a major role in the game, scoring the first and winning goal for the all-stars in an exciting and close game.

"It was a cool experience, being part of

the game. It was a lot of fun, I didn't think too much into it but it was a lot of fun seeing guys in the Oil jersey who I've played with and against."

A position not too unfamiliar to Foster, as he had the opportunity play for the Oilers, his favourite team growing up, dressing with many other young, talented skaters at the Oilers rookie camp only one year ago. Foster described that he "couldn't have asked for a better experience than going to the Oil camp, they're first class."

He's even made it into the NHL video game as a member of the Vancouver Giants of the WHL. His rating was a more than respectable 73, which Foster stated "was about right. It couldn't be any higher cause, I mean, there's NHL players in there."



Thomas Foster

MEN'S VOLLEYBALL

Camaraderie may be key

By SARAH MITCHELL

Last season was a difficult pill to swallow for the Ooks men's volleyball team, with a consolation semifinal loss to the Briercrest Clippers and a seventh place finish in the ACAC.

Hopefully with a chip on their shoulders they can get to an elite level. Though being a student athlete may present its challenges, these men are determined to fight hard this season as well as keeping academics in mind.

"I can't say for sure what our season has in store but I'm certainly looking forward to it," said Spencer Fisher, a third-year veteran. The team has a lot of young

talented rookies coming in, which will benefit them this season and for the seasons to come. Fisher himself recalls being a rookie and when asked why he's returned for his third season said the atmosphere is addicting and that he generally enjoys the game.

Fisher had played volleyball all through his high school career in Barrhead, then continued his athletic career into an organized club. Now, Fisher continues his volleyball career as an Ook. The men have learned to play off each other over the years, which is one of best qualities of this team.

Fisher also has high hopes for the team

this year.

"We have a really good group of rookies coming in as well as a good group of veteran players to play with and hopefully everything goes well."

When you join a sports team, there is a special bond created between you and your teammates. The athletes, especially the senior athletes, encourage the future generations to join sports teams at NAIT, not only to get the experience of being on a high-performing team but to get the experience of working with others.

The coaches also encourage young athletes to play for NAIT, even college sports

in general. Balancing the life of being a student and an athlete can be tough. Being able to have the resources of a coaching staff that care about not only your athletics but your school work is tremendous within this lifestyle too.

It's good to hear the Ooks volleyball squad has a supportive network within the locker room. When you join a new team, it's like joining a family.

Oct. 13 marks the first game of the Ooks men's volleyball season against the Concordia Thunder. Hopefully this camaraderie amongst the team members should prove as a helpful tool to get this Ooks team to the top of the ACAC.

WOMEN'S VOLLEYBALL

Stronger this year

By PETER GO

This year's NAIT Ooks women's volleyball team is coming of two losses in the playoffs last year that bumped the North fourth-seeded Ooks to eighth place in the ACAC. This year's team has gotten stronger at every position, from the setter, the right/left sides, the middle and the libero. We will have to wait for the season to start to see if this holds true.

"Everyone has really strong fundamentals," said assistant coach Candice Hughes. "At the base of any sport, strong fundamentals can make a strong team."

Hughes went on to say that a challenge that lies ahead for this team is youth.

"They're strong talent-wise, their only challenge will be their youth."

The women's squad has three third-

year players on the team. This can be an upside as these few veterans can help shape the team for upcoming season to help the Ooks get into contention for an ACAC championship.

Benj Heinrichs is currently in his fifth year as a head coach of the team. He is a two-time ACAC Coach of the Year award winner and he goes by some important values: joy, courage, growth mindset, and integrity. His students within the past year hold a collective GPA of 3.2.

Heinrichs seems to not just be focused on athletes but student athletes. The support from both sides can help take the load off these athletes, knowing they have a coaching staff that supports their lifestyle.

They have some height to add to their arsenal, with most of the middles and

outside hitters being five-foot-11 and the setters being at least five-foot-eight. Their height alone maybe be a huge upside.

This year's version of the team will be unique in the sense that they will have the height and solid fundamental skills running on all cylinders.

"They have a good attitude, they are super willing to learn," said Hughes.

The process of becoming elite within the ACAC is challenging, but attainable. There are many pieces connected that can help this team in those tough games.

This year's team has the height, fundamentals and attitude to make a run at the top in the conference, and a deep run in the playoffs.

It might be early, but there is also a



Benj Heinrichs

good chance that the women's volleyball team is in the hunt for a medal at the end of year.

ATHLETE PROFILE

Maturity the difference

By PETER GO

Maturity is something that takes awhile to develop, especially when you are just coming out of high school. The pace, the intensity, the whole situation can be a little off-putting if you're coming to the college game straight from grade school. A year after making the big jump, second-year setter Jamie Bain has felt the growing pains from the transition and hopes to translate that experience into a year filled with blossoming success on the women's volleyball team.

Bain, hailing from St. Albert, is the youngest of three children, which is why she is a huge fan of team camaraderie and that is something that brought her to NAIT.

As a first-year setter last year, Bain has

learned how to be more meticulous when planning and organizing her life inside and outside of volleyball, a major factor when playing at the college level. She has worked hard on her game, trying to be as consistent as possible in maintaining the correct set at the correct time.

She has also tirelessly focused on controlling the tempo of the game. This is a result of strong game planning, something she learned hard and fast during her first year. With that behind her, Bain has the knowledge to start the

year off in a consistent state, rather than a chaotic one. The one part of her game

where she feels she needs improvement, is blocking. Even though she is one of the taller setters, she still is working on improving her blocking skill, both vertically timing-wise. Once she finely tunes that part of her game, she could be one of the elite players in the conference.

When not playing volleyball or swamped with school priorities, she is just like any other student athlete. She likes long hot summer days, hav-

ing BBQs and eating burgers. She has two dogs, Commodore mixes, which she loves. Also, just like any other Edmontonian, she loves to watch hockey in the winter but not play it, only because she can't skate. Plus, winter is volleyball season.

Bain like to listen to music, which mostly consists of pop and hip hop. Her favourite artist to listen to right now, and especially before games, is Khalid. His music puts her in the right frame of mind to go out and control the tempo of the game, while keeping her setting consistent.

She is mature enough this year to realize what she has to do on the court, but also how to get better off the court. She will be a vital part to the Ooks chances of making the playoffs.



Jamie Bain

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info stations

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

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 **STUDENT
ELECTIONS**

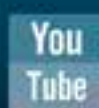
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rm e-131

ENTERTAINMENT

In-game spending a trap



By STEVEN SMITH

I get that making content costs money. Especially in the world of AAA video games when you have to pay programmers, testers, PR and a dozen other positions. It's a business first but in a time where a new game can cost the consumer anywhere from \$60-\$80 for just the base game, I find it absurd that microtransactions exist.

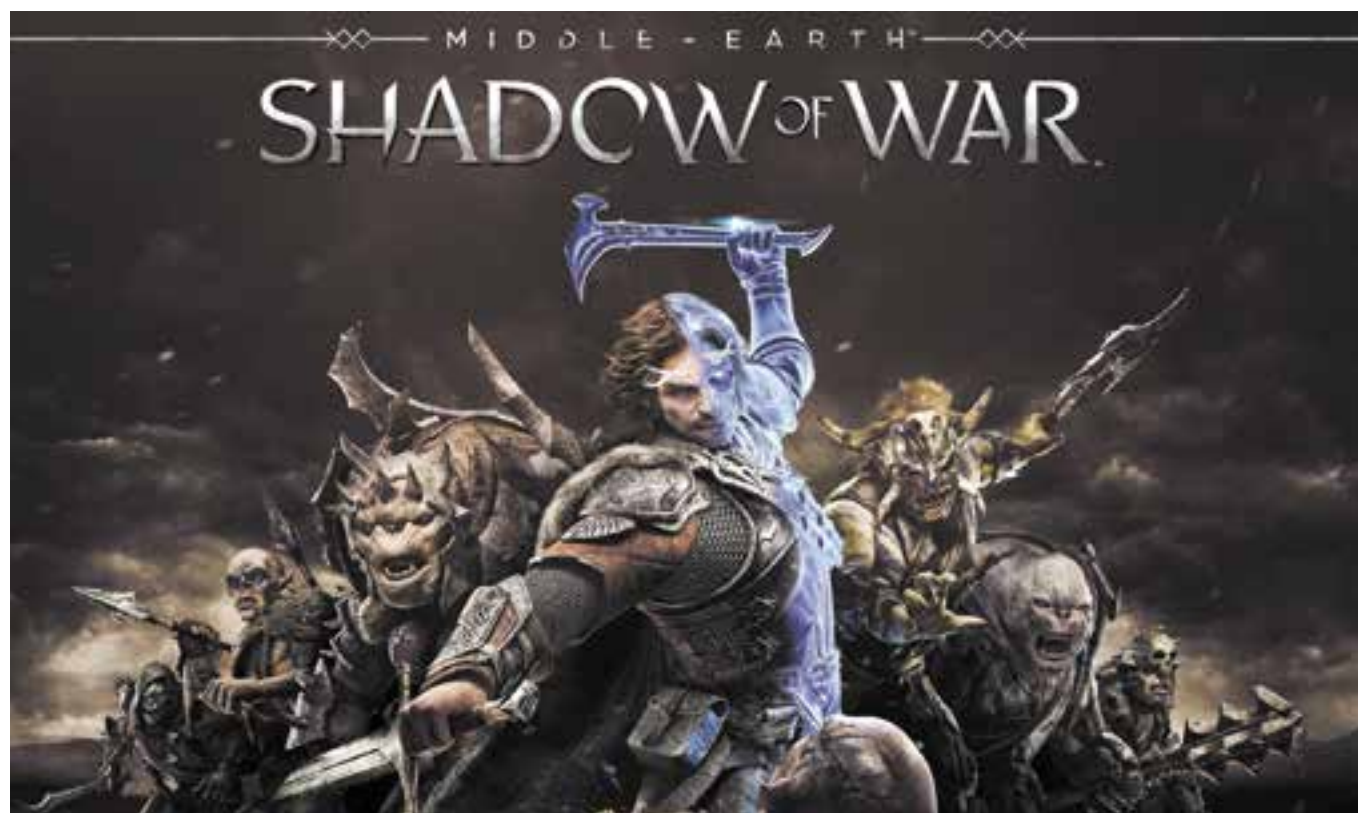
Microtransactions are small payments made in-game to buy content. A lot of you might know these from games like *Candy Crush* and *Angry Birds*; free-to-play games that cost you only the data to download, but offer you the ability to purchase upgrades that cancel out timers, give extra lives or give you a special item. This format seems harmless enough, since you get to decide how much you want to pay for your content.

The other side of free-to-play content is that not all publishers give their customers that benefit. It has been known in the world of video games that some free-to-play games follow a structure and they even have their own titles for consumers.

Minnows: Players who purchase maybe once a month.

Dolphins: Players who purchase a couple of times a month.

Whales: Players who purchase multiple times a month.



Some publishers have fallen hard into this format as they want to catch the biggest thing in the sea. When whales spend a bunch of money, whales will get a bunch of stuff. This has created a bizarre format for video games – the Pay to Win format, where one can literally just buy their way to the top of a leaderboard.

Now this format has grabbed hold of AAA video games. Games you have already paid money for are asking for more money for the most arbitrary things. Recently, *NBA 2K18* was released to much ire of fans. The initial price is \$60 for the base game or \$150 for the gold edition that comes with physical collectables. For the additional low price of \$5 you could purchase 15,000 "Virtual Currency," known

as VC, in-game. The VC then would go towards upgrading your custom character. The \$5 would buy you up to 10 items in-game, anything from clothing, hairstyles and skill points. For an extra \$100, you can get 450,000 VC and effectively pay to win. They have since lowered the price of in-game items, after fans complained.

Middle Earth: Shadow of War is a new game that follows a similar marketing strategy. Both games give out an in-game currency that is accumulated by playing or you can spend real money to purchase coins. In *Shadow of War*, instead of paying to win, money can be spent on loot boxes. These boxes unlock random items that are used in-game to better your character and armies. The price of the game, with its sea-

son pass, which guarantees additional content, is \$100. So on top of that, you can purchase more in-game currency and purchase loot chests, war chests and XP boosts, effectively giving you a chance to win. It feels similar to gambling.

We, the consumer, have spent enough for a game and if we decide that it should get more money, we should buy their merchandise. The practice of paying to win, or paying to spin to win is a terrible practice that milks hard earned money from us. It can work in free-to-play games where the publisher respects the consumer but in large games with large budgets, it feels like a larger cash grab on top of the money we have already spent. This format either needs to change or get dropped entirely.

Local band about to release EP

By NIKITA ELENIAK

Are you bored of all the music on your playlists and are looking for something new? Well look no further – No Such Thing As Ghost's self-proclaimed pop punk stylings are sure to cure the musical-blues! Sports fans may already be familiar with singer Mike Wilson as the audience member brought onstage to play with the Arkells at the Eskimos game on Sept. 9. But he's much more than a one-hit-wonder, as his band goes to show, with their Sept. 29 gig at Bohemia in Edmonton.

The Sherwood Park band is comprised of four best friends – Mike Wilson on bass and vocals, Alex Hominiuk on guitar, bass, synth

and vocals, Kyle Blacher on guitar and Taylor Gowdy on drums. They describe themselves as "your mom's favourite band, but like ... your mom's really cool." Three quarters of the band met through playing hockey, and they had all been best friends forever before deciding to form a band. Mike, Kyle and Taylor already had experience playing instruments before this point, with Alex learning guitar for the band. Their first show was in a garage with an audience of 40 supportive friends, and now they've progressed to playing gigs around Edmonton. They had their first out of town gig in Calgary – which Mike described as the highlight of their careers so far.

They draw a large amount of their inspiration from blink-182's sound, but also credit Rural Alberta Advantage, Death Cab For Cutie, Tokyo Police Club and Rise Against as their influences. They are also huge fans of the '90s punk scene, and pay homage to it in some of their music. The guys are students and have jobs, while still balancing practice and gigs. When asked how they manage to do it all, Mike replied "very carefully." They try to book their gigs far enough in advance so they can schedule their jobs around them, practise whenever their schedules align, and squeeze in schoolwork whenever they can. They make sure that they are flexible and understanding

with each other's schedules and busy lives. They're currently working on finishing their latest EP, and are taking their time in the studio, making sure it's even better than the last.

Their music is currently available on nosuchthingasghost.bandcamp.com, with their new EP, *Dizzy*, to be released soon. They also have a band page on Facebook, Twitter, and Instagram. Keep an eye on their social media pages for information on their next shows, and the release of *Dizzy*. If you get a chance, be sure to ask Mike about the time he sent Jello through the mail. So be sure to check out their music, you may even find your new favourite band!

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By CANDACE VALENTINE

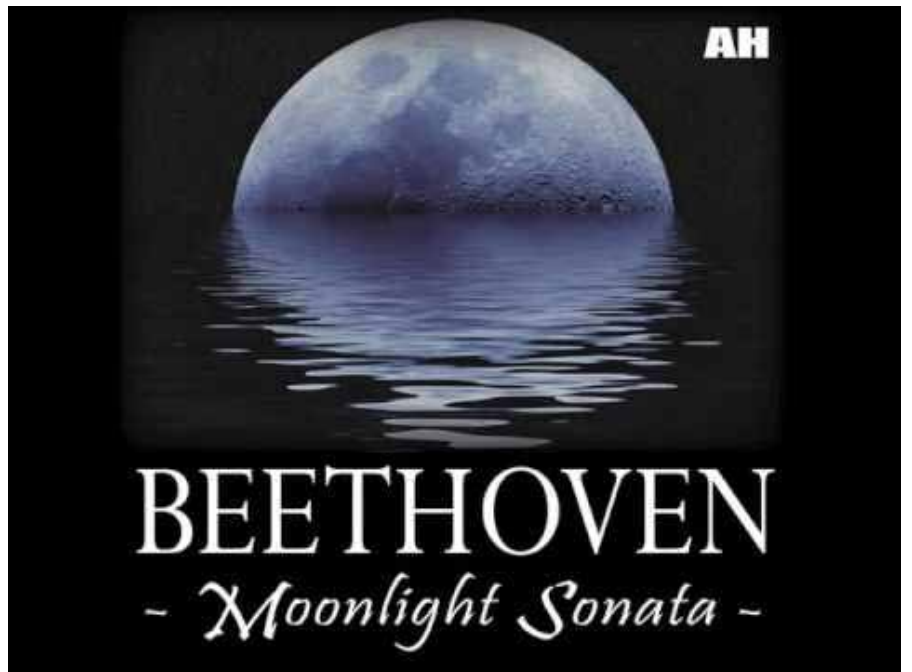
It's the beginning of the year and the homework is starting to pour in. You might find yourself getting stressed out and feeling overwhelmed. Don't worry though, classical music has you covered. They say that listening to it when working can improve focus, mood, and help the listener relax, all of which are very important for completing any task. Let the music calm you as you settle in to complete those next assignments.

- 8 Choral Preludes
– Johann Gottlob Werner
- Moonlight Sonata – Beethoven
- Op. 15, No. 1 in F major.
Andante cantabile – Chopin
- Cello Suite No.1 in G – Bach
- Concerto No.1 in F major – Mozart
- Etude No. 6 – Giulio Regondi
- Sicut cervus
– Manoel Dias de Oliveira
- Solo de Concert no. 6, Op. 82
– Jules Demersseman
- Cello Concerto No. 9 in B-flat major, G.482
– Luigi Boccherini
- String Quartet in G major, Op. 54, no. 1 – Franz Joseph Haydn

- Dominica in Palmis
– Emerico Lobo de Mesquita
- Wind Quintet, Op.91 No.6
– Anton Reicha



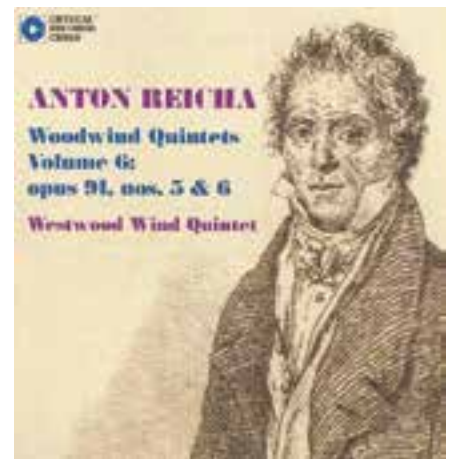
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WEDNESDAY* | \$7.00 Nest of Wings (Add Ranch \$1.00)

THURSDAY* | \$7.00 Pepperoni Pizza Bites

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

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

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TUESDAY | \$5.00 1oz Crushed Ice Cocktails

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

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

FRIDAY | \$4.50 Domestic Bottles

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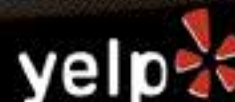
ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. MUST BE OF LEGAL DRINKING AGE TO PURCHASE ALCOHOL. VALID ID REQUIRED. PLEASE DRINK RESPONSIBLY. *FOR MORE DETAIL ABOUT THIS ITEM PLEASE VISIT US ONLINE. SPECIALS ARE DINE IN ONLY.



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Fans at war with ... fans



By **ALAN HOLMES**
Entertainment Co-Editor

Pop music has become a war zone.

With the rise of social media has come the rise of the fandom. Fandoms are essentially armies of people (fans) who idolize a particular pop culture staple (in the case of this article, pop stars) and worship them to a level that could be considered unhealthy. At the forefront of these armies are people oft referred to as “stans.” Stan is a term derived from Eminem’s 2000 hit, *Stan*, a rap track about an obsessed fan who murders his girlfriend, commits suicide and blames it on Eminem for not answering his fan letters. The Internet has seemingly adopted the term as a way to describe super fans, ignoring the darker nature of the song and its twisted narrative.

It’s nice to think this is merely an oversight, that stans are merely enthusiastic. However, there are those odd ducks on Twitter who claim they would gladly die for their allied pop star if said pop star asked them to. Obviously people exaggerate and cry for attention, especially over the Internet. Yet, it’s hard to ignore the suffocating online culture that has arisen in the past few years. Many fans create accounts that attempt to mimic their idols, using their name, their picture and dedicating every status update to them, albeit in various ways. This in itself is essentially harmless, but the contents of their statuses, tweets, snaps, etc. may tell a different story.

Sounds ridiculous

It’s one thing to tweet “I’m your biggest fan!” but it’s another to tweet “I’m your biggest fan! Please notice me! I’m so depressed ... please notice me or I think I might kill myself.”

Sounds ridiculous, doesn’t it? As much as I wish I was exaggerating such a phrase, these types of messages are common over social media. Many stans seem to have that dangerous obsession that was exhibited in their namesake. It may seem easy to brush it off, to say that people online are just being dramatic. While that in itself is true, far too much of the time it’s not an act at all. We can see this demonstrated offline. Stans will wait outside a celebrity’s apartment (or hotel, if a musician is on tour) sometimes for hours, just to catch a glimpse of their idol if and when they emerge. Innocent enough, but have you ever seen footage from the celebrity’s perspective? It’s next to impossible for them to leave their own home without being bombarded by an enor-

mous crowd of screaming strangers, frothing at the mouth, dying for a picture. Sadly, more often than not, that’s what people are really after; proof that they were there.

Paparazzos have always had a bizarre and lucrative career. Their job is to stalk people. Well known people, sure, which is the reason most people seem to shrug it off as not being a big deal. Being famous comes with a price; many famous people are exactly that – people – who are artists. They want to create and there’s a separation between wanting to be famous for one’s art (whether that be music, film, or any other number of art forms) and wanting to be famous for the sake of being famous. The paparazzi don’t wait outside one’s home or follow someone on the street or try to jump on top of one’s car because of how much they appreciate an artist’s work. They do so to get the picture, to sell it to make money. Generally speaking, the more embarrassing or unflattering the picture, the more gossip it can create, therefore the more money it can generate. Paparazzi thrive by trying to ruin other people’s lives.

Cellphones have cameras

These days, anyone can be a part of the paparazzi. It’s practically mandatory in this day and age to own a cellphone. Every cellphone has a camera and information as to a person’s location is easy to garner. But surely, there’s a difference between the traditional idea of the paparazzi and the stans who adore their respective artists. After all, the paparazzi want the picture for the money, while the stans want the picture for the proof; the right to say they met them, touched them, smelled them. I was there. Unfortunately, though the motivation may be different, the aggressive nature of the two halves is the same.

Recently, a documentary about Lady Gaga (the recording of her fifth studio album *Joanne*, and the lead up to her halftime show at the 51st Super Bowl) was released on Netflix dubbed *Five Foot Two*. One particular scene in the documentary shows Gaga preparing to leave her apartment. Surrounded by her team, she is swarmed by make-up artists, fixing her up to face the crowd in the streets of New York City below. This wasn’t for a talk show appearance or a performance; it was merely to walk out on the street, get in a car and make a trip to a different location. That’s it. But in order to be prepared for the crowd, she needed to be made up. It’s easy to point fingers and say she is being vain but the crowd waiting for her is ruthless, made up of stans and paparazzi alike. The second she appears, they reach for her, and scream for her to come to them. Every single person has their phone out, all flashing pictures. More than once, a fan grabs her once she’s near and, without even saying hello, proceeds to take selfies with her. Another fan cries out to Gaga, calling her “Mommy!” The hurricane of noise and flashing lights is dizzying, to say the least.

It’s hard to imagine what that’s even like.

People hungry for a piece of you, yet it’s all surface level, almost as if people are trying to snatch a piece of that fame for themselves. If they post a selfie with their idol, post it on social media, they will get likes, shares, retweets, comments. Fellow stans will drool in envy, telling the person who posted the selfie how lucky they are, how honoured they should be, how they’d kill that person if it meant they could take their place. These same stans will argue with other stans. For instance, in spite of the fact that Lady Gaga and Beyoncé have collaborated with each other multiple times, Gaga’s Little Monsters and Beyoncé’s BeyHive will scream bloody murder at one another over the interwebs. Some will spew death threats (whether that is at the other pop star or other stans). Others will encourage the stans on the other side to commit suicide because of how “pathetic” that stan is for supporting a different artist.

I wish I was making this up but I’ve seen this time and time again. This is how many stans argue over social media; despite the fact that Gaga and Beyoncé both preach messages of kindness.

To be clear, it’s far more than just Gaga and Beyoncé’s fan bases. Any pop star – major or even minor – seems to have a legion

of stans out for blood. The reason for such vitriol escapes me. Although it’s wonderful for people to be passionate about music and art, the shallowness of these online comments is baffling. I’d like to think it’s nothing more than some misplaced bravado, though why someone would want to spend time fighting with strangers over pop music is beyond me.

Don’t get me wrong; I love pop music. But fandom’s and their respective stan armies tear down what makes music so wonderful. Through music, we can relate, we can understand our emotions and the world around us better. Music is unifying. So why tear each other down? There’s already so much division in the world over politics and basic human rights, why make divisions through music as well?

At the end of the day, the idea of the pop star as it was once known is dead. It has been forever morphed by the Internet, and the never ending stan wars that use the web as their battleground. Regardless of the miasmic blob that stans have become, the stars that birthed them shine bright from above. As long as they hide in their skyscraper apartments, they are safe to shine their hearts and minds to us all, even if it is through the very Internet that the war rages on. May the best cult win.

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BUSINESS & ADMINISTRATION **Syed Ahmed**

My name is Syed Ahmed, and I am running for the Senate of the Business Administration program. I am specializing in management, since working as a team with people and getting things done together is my passion. I am self-motivated, have a positive outlook, learn skills that add value to what I do, and I stay connected with people. Always open to all opinions and comments that students have, as a Senator I will make sure that what you say has an important impact on the Student Council's decisions. All the best, and I'll see you all on the campaign trail!



BUSINESS & ADMINISTRATION **Alex Kagel**

No article submitted.



BUSINESS & ADMINISTRATION **Juan Ramirez**

Juan is the Juan man that the NAITSA Senate needs. Student involvement is key in this regard as this would lead to more opportunities for clubs and campus activities. This is for the betterment of the student body as a whole. With qualities such as Leadership skills, diligence, and an enthusiastic persona, Juan will aim to make this goal a reality. Juan is open to questions, and a couple of suggestions, on concerns for Senate related issues. Vote 4 1 and 1 4 Senate!



BUSINESS & ADMINISTRATION **Willow Shelley**

I am WILLOW, and I am here for YOU. I want to educate you on why you should care about Student Senate Elections and what I as your Student Senate Representative will do for you.

WHY SHOULD YOU CARE? As a student body we pay between 5 and 6 Million dollars annually towards our NAITSA fees. I am here to make sure that money is used with your best interest in mind.

WHAT WILL I DO FOR YOU? Student Senate represents you. I can bring your on campus concerns, issues & suggestions to Senate. I will make sure they are heard and addressed. With an Honors Accounting Diploma I have the knowledge to hold our NAITSA Student Council accountable to their objectives and our budget. As a previous CMA/CGA Case competitor for NAIT I have an in-depth working knowledge of corporate governance. With experience on the Canadian Blood Services Youth Executive I understand policies, procedures & their significance. Lastly, as a fellow BBA Management student I have the desire to lead, educate & inspire you to be part of our campus.

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I WILL LISTEN TO YOU: willowshelley.NAIT@gmail.com

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STUDENT ELECTIONS

candidate biographies



INFORMATION TECHNOLOGY & ELECTRONICS Muhammad Haider

No article submitted.



INFORMATION TECHNOLOGY & ELECTRONICS James Joseph

Hello, I am James Joseph, a Digital Media and IT student and a candidate for the upcoming 2017 Senate election. My goal is to represent students honestly and fairly. I wish to become the voice of the students in the Information Technology and Electronics program. Being a senator, will present me with an opportunity to address student concerns and also improve their NAIT experience. As a senior campus ambassador, I have been involved with and contributed to a variety of events like New Student Orientations, Open House and Program Previews. I have also facilitated tours and shared my positive personal experiences with prospective and current students. My involvement with the NAIT community has increased my knowledge of campus life and the different facets and opportunities available here. As a member of Jack.org I will be involved with promoting positive mental health. If elected, I will try and make NAIT an even better place than it already is and I will ensure that you have a memorable year. I am always open to your ideas and I believe that together we can bring about change.



INFORMATION TECHNOLOGY & ELECTRONICS Francesca Macasinag

My name is Francesca Macasinag and I am running for the NAITSA Senate to represent the Information Technology and Electronics program group. Even as a first-year student of the Digital Media and IT program, I am already involved in the NAIT community as the VP for Operations of the DMIT Student Association. I have organized programming workshops for students in the spring term as part of that club since there were no supplemental classes offered during that term. We saw the need to have extra support for students taking their programming fundamentals class. I believe this is an example that shows my concern for student affairs and willingness to devote time and effort for it.

I moved to Canada four years ago from a developing country, and living here has made me see the difference that efficient governance can make in everyone's lives. This is why I want to become part of the NAIT Student Senate. Being here has inspired me to learn, give back, and use the best of my abilities to make the most impact with the resources available to me. Please help me with this goal and vote for me on October 5-11!



INFORMATION TECHNOLOGY & ELECTRONICS Nikki McKenna

Hello NAIT! My name is Nikki and I want to be your voice on campus, at least, for those of you in Information Technology & Electronics.

Short bio about myself: I've been at NAIT for five years now between two different programs, currently in my final year of Digital Media & IT, I work part-time as a server, and live north east of the city. So, I understand how hard the balance between school, work, long commutes, and having a social life can be.

As your senator I want to make sure your voice is heard. I understand how hard it can be to go through and feel like you have no power because you're just one student in a school full of thousands, but you shouldn't feel that way. If there's an issue you feel needs to be addressed, feel free to come up to me and talk about it, and I will find out what/if we can do anything about it. So from October 5 to 11, get out and vote for your student representatives!



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



BUILDING & CONSTRUCTION DESIGN

Nikita Nugent

Who am I? I'm Nikita, a third-semester student in the Mechanical Engineering and Technology program, and VP Finance for MECSA. There's a good chance you've seen the girl with the long curly red hair roaming the halls or the computer labs—that's me! If we haven't been introduced yet, why not say hi?

Why vote for me? Ask any of my classmates, and they'll agree: I'm just as concerned with helping all of them through the program as I am with getting through myself. It's a tough program, and the first year taught all of us that the group that helps each other helps themselves. That's why I'm always happy to help anyone with their problems, whether it's coursework or otherwise. Electing me to Senate will help me be more able to help my fellow students, which is all I want.

If you have any specific questions or concerns, please come talk to me. I'd be happy to talk to you.



BUILDING & CONSTRUCTION DESIGN

Kieran O'Hagan

Hello, I am Kieran O'Hagan. As a first year in the Materials Engineering Technology program, I am beginning to settle in and enjoy my time here. Every day, I am making memories and new friends that will last a lifetime. I believe in NAIT as an institution, I also believe that the students should be heard and the NAITSA executive team be held accountable for their actions. For these reasons, I would like to be the voice of the students in the Building Construction and Design Department on the NAITSA Student Senate. I look forward to interacting with my fellow students, listening and voicing your concerns on matters that are important to you, the student-body. When we meet in the hall, offer up a crisp high five, I promise I won't leave you hanging!

I believe we can make a better NAIT by working together!



BUILDING & CONSTRUCTION DESIGN

Randy Seccafien

This fall, you will have a chance to elect someone who cares about your interests, no matter where you have classes in NAIT. I am a second year student in the mechanical engineering technology program running to represent the Building Construction and Design program group. I value financial responsibility, community participation, and high standards of transparency and communication within our governing body. I believe in pursuit of building a new "heart", NAIT has forgotten the outstretched limbs that make it a whole and should do better to make all programs feel welcome here. As a working student, I have firsthand experience of how important budgeting time and money can be to achieve balance and will apply those skills as your senator. Outside of NAIT, I also volunteer at Edmonton's maker space, Big Brothers Big Sisters, various music festivals in Edmonton, and the Mechanical Engineering Students Association, within my own program. I am a maker, a mentor, a volunteer, a student, a hard worker, and with your support, your next representative in senate. Feel free to reach out to me with your thoughts, questions or concerns regarding my campaign or an issue that affects you at randy.s.for.senate@gmail.com. Thank you.

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SENATE**
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vote online using your NAIT student portal
october 5 - october 11 @ 4pm

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STUDENT ELECTIONS

candidate biographies



ENGINEERING TECHNOLOGIES, ACADEMIC UPGRADING & OPEN STUDIES

Muhammad Fayyaz

Dear Friends,

This senate election (2017-18) presents us all with a clear choice. It is a choice between continuing things the way they have always been done or electing leaders who can bring fresh ideas. I believe the future depends on our ability to work together. If you elect me as your senator, I vow to lead with openness and honesty. I will welcome all constructive suggestions for making our school better.

I'm willing to work hard every day to earn your trust. My cross-cultural exposure blend my eastern background with the professional career of 3 years abroad and 1 year in Canada. This unique mix of experience has given me the confidence and skills to be an effective leader of the increasingly global NAITSA.

TOWARDS THAT BEST LIGHT!

Muhammad M. Fayyaz
Electrical Engineering Technology



ENVIRONMENTAL & NATURAL RESOURCES MANAGEMENT

Chris Crevier

Hi, I'm Chris Crevier, part of the Alternative Energy Technology program. You may have seen me walking around the halls of the main building. Being a giant, 6'7-inch, large set man, I'm kind of hard to miss. I feel like I would make a good fit for the NAITSA Senate because I take the concerns of my peers seriously, having experienced many kinds of issues during my two years at NAIT.

I have a lot of experience volunteering for diverse communities and non-profit organizations and am driven by offering my time and being useful to people in need, whether it be something physical that needs to be done or engaging with people in the community. I pride myself on being honest and having upstanding moral ethics.

I'm one of those quiet, stoic, analytical types, who can put a lot of thought and consideration into problems and ideas brought toward me while thinking critically and putting the needs of my peers first. I will do my best to keep my ear to the ground and address all student concerns that cross my path.



ENVIRONMENTAL & NATURAL RESOURCES MANAGEMENT

Hassan Memon

Good (Morning/Afternoon),

My name is Hassan Memon and I'm a candidate running for a position on the Senate as well as the President of the Chemical Engineering Technology Club. I am running for a spot as one of the Senate's on Environmental & Natural Resources Management. During the time of October 5-11, you will be put in a position to make a tough choice on which candidate you trust to represent you. We all pay a big tuition amount every year and I am sure all of us would like to be represented by someone that values honesty and listening to his peers about reoccurring issues in the daily life of every student. I believe that my personality will fit perfectly with just that. I am here to speak on the behalf of how our money could be best spent so that we favor the students more than we favor the school. I want to make it so every student can say truthfully, "NAIT cares about me". Together we can achieve great things, and I will work every day to gain more of your trust. I humbly ask that you make the right choice this election year.



ENVIRONMENTAL & NATURAL RESOURCES MANAGEMENT

Claire Seo

Dear fellow NAIT students,

I've always wondered what I can do best that would be beneficial to others.

My name is Claire Seo and I'm running for Senate here at NAIT.

Senate is the "governing body" for your school. Senate will ensure your money is well spent, decisions are clear, and your perspective is well taken.

To be in a senate, you need to be a risk-taker, know how to get out from your own comfort zone. After I took my journey to leave South Korea and move to Canada, I gained valuable experience that I am not afraid of taking risks. I won't hesitate to ask questions, listen, and will take on challenges to ensure your school is going in the right direction.

As for work experience, I was a former political staffer in Ottawa as a parliamentary intern. I have first hand experience with federal politics, gained scope in public service, and have clear understanding of how committees work. My success as a parliamentary intern will help to perform senate duties, which in turn affects your decisions and success at NAIT.

It'd be my honour to serve you as Senate and be part of your success

Thank you.



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



HEALTH SCIENCES Anna Singkhone Haggerty

Greetings fellow Students and readers!! I'm Anna Singkhone Haggerty, a 1st year Medical Radiologic Technology Student. I hope I can get your support and have the opportunity to represent Health Sciences with integrity, responsibility, professionalism and accountability. Having spent over a decade in the financial services industry in the capacity of advisor and in administration, I have earned the trust and respect of clients, peers, and managers. I've built up a reputation that exudes a high degree of competence, honesty, trustworthiness, and professionalism. I am very personable, passionate, and approachable and enjoy listening to people's ideas and viewpoints. I am not afraid of change, if needed, and embrace change as an opportunity. I believe in standing up for diversity. Being born in Laos and still practicing my mother tongue along with some customs and traditions, I understand the importance in standing up for differences and inequalities for the greater good of people. I am happy to work hard to get things done and hope you offer me the chance in making student life safer and better for you, I hope to meet you and hope you VOTE YES for me as your Student Senate Representative for Health Sciences. Thank you!!



HEALTH SCIENCES Terra Hovde

No article submitted.



MEDIA & DESIGN Amber Bernard

HEY!

My name is Amber Bernard, I'm currently in my first year of the Radio and Television program. I am running for student Senate, and I hope to be your next Media and Design representative. This is such an exciting opportunity, and I want to help voice any concerns or questions you might have. I am a dedicated, reliable and an attentive person; with these qualities I can effectively help influence positive change. It's important to me that every Media and Design student has a meaningful and fun experience here at NAIT. Remember to vote YES during elections, thank you!

Amber Bernard



MEDIA & DESIGN Isabelle Lumsden

Hello my fellow Media and Design friends,

My name is Isabelle Lumsden, I'm in my second semester of the Radio and Television program and I would love to represent you all in our school Senate. I have always been someone who likes to be involved in her community so I would be honoured to be the voice of your needs and concerns. I'm friendly, hardworking and committed to seeing our Media and Design community succeed so a 'yes' vote for me won't be a mistake. Don't be afraid to stop me in the hallway if you have any questions and don't forget to vote! Let's keep NAIT great!

**VOTE FOR YOUR
STUDENT
SENATE**
representative

**STUDENT
ELECTIONS**

candidate biographies



CULINARY & HOSPITALITY

Harleen Kaur

No article submitted.

SKILLED TRADES & APPRENTICESHIPS

No Candidates

**VOTE FOR YOUR
STUDENT
SENATE**
representative

vote online using your NAIT student portal
october 5 - october 11 @ 4pm

info stations

october 10 @ 4pm - 7pm

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

october 11 @ 10am - 2pm

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

The food bowl scores are in!

We all know the Nest has some great dishes. The brunch bowl is a classic that has been around for a while. Lately the Nest decided to add three new varieties: the vegetarian, Mexican and chicken bacon ranch bowls; they're all on sale every Monday for \$7. Four of our journalists tried them and here are their reviews:



Photos by Bryn Lipinski

Mexican

Kat Nykolaychuk

I'll admit, I still have to make my way through much of The Nest's menu. Bowls of any type of food? I'm game. The \$7 'I Wish It Were Fry-Day' bowls are the perfect pick-me-up on those bleak Mondays. They did not disappoint.

The Mexican bowl was by far my favourite; the Cajun dusted hand-cut fries, with taco beef, cheese sauce, jalapeños and sour cream made the bowl complete. It's like when you combine all the great aspects of tacos and put them on the best potato by-product in all the land. I'll definitely be going back for the deal on that.

The Veggie bowl is essentially the Mexican bowl, sans-



Chicken Bacon

meat, so it's just as delicious but perfect for any vegetarians in the group.

The chicken bacon ranch bowl sounds like what it is. A little simpler than the other dishes, it has fries, chicken, bacon, ranch sauce and green onions. It's good to snack on, but isn't as hearty as the other two.

The Nest's Breakfast Bowl is also delicious and has a ton of different ingredients packed in, like eggs, potatoes, cheese and bacon (albeit it isn't included in the \$7 deal).

I think all the dishes are great if you're looking for simple food with a twist. They all hit the spot in both my student stomach and my student wallet.

Brendan Collinge

The chicken bacon ranch bowl was the first one I tried. It was exactly what you'd expect; delicious molten ranch over chicken breast on fresh hot fries. Delicately mixed in are smoky bits of bacon to make a truly decadent dish of fries.

The second one up was a vegetarian bowl not dissimilar to the one at New York Fries. This, however, feels much more upscale, with delicious sour cream drizzled over a bed of fries and topped with tomato and green onion. I found this one to be lighter, rather than heavy, but easy to fill up on. The simplicity is what made it fantastic.

The third one was quite similar to the vegetarian bowl, but with ground beef and slices of jalapeno. The Mexican bowl was a tex mex inspiration that left no disappointment. The well-seasoned beef felt perfectly paired amongst the well sauced fries and every so often gave a nice kick from the peppercorns. It left me feeling full and satisfied.

The brunch bowl had well-seasoned chunks of fried potato, topped with a fried medley of mushroom and peppers, featuring a fried egg on top. The yolk was perfectly runny and it played perfectly as a shallow dip for the fries mix. It served as a hearty brunch meal I would be happy to eat time and time again. If I had to pick a favourite it would be the brunch bowl.

Bryn Lipinski

Personally I liked each variety, and I'd order them again in a heartbeat. The Mexican bowl is a more excited version of the vegetarian. The Mexican bowl was generous with the beef, and it's a significant serving. Not a vegan myself, I'm used to the filling nature and hearty flavours of the meat in the Mexican bowl, and the spice of the Jalapeños fit perfectly with the dish. As for the vegetarian bowl, the tomatoes and fries were a surprisingly good connection – or maybe it wasn't so surprising at all, because fries go well with



Brunch

ketchup; but fries and tomatoes? That is smart.

Lastly, don't underestimate the chicken bacon ranch bowl as it could definitely use more chicken and bacon in this flavourful immersive dish. It is not only filling, but overall the best fry bowl at the Nest, in my opinion.

Steven Smith

Visually, the chicken bacon ranch looks the most appetizing. With its fries, grilled chicken, bits of bacon and topped with a neat glaze of ranch dressing, this bowl looks like a fancy poutine. While tasty, it sadly doesn't pack the same wallop as a poutine with chicken.

The brunch bowl is a nice mix of veggies, egg, green peppers and mushrooms. It's obvious why it is a staple on the menu.

The Mexican bowl is my top pick of the four. Remove the meat and jalapenos and it is a nice blend of fries, veggies and sauce. It really picks up when you add the meat. It's spiced to give it a punch and adds a whole new element of flavour to a great dish.



Veggie

THROWBACK THURSDAY

A kids' city, just for kids

By MACKENZIE GATES

When I started writing this article, I had no idea what I was going to write about. I mean, I'm 19 years old. What do I know about nostalgia? I was asking my parents, my grandparents and anyone else who may know of something for me to write about; however, nothing stuck. It either had very little impact whatsoever, or nothing online had any information. With no one to talk to, I went out and was talking to my friends and they asked their friends if they could remember anything at all about their childhood, and if it were still around today. Surprisingly, almost all of us had the same answer: Kidtropolis.

Kidtropolis was situated in West Edmonton Mall and was opened in 2004. The facility itself cost the mall just under

\$4 million and occupied 50,000 square feet within the mall. It was a cheap way for parents to shop without the kids and the kids always wanted to stay.

The place was a society in itself. The kids ruled. The kids had jobs. The kids drove cars. The kids read the news. The kids ran businesses. The kids were happy.

From police officers to bank tellers and everything in between, this was real life, just the kid version of real life.

The layout was similar to an actual city with streets, sidewalks, light posts, street signs and businesses. The children were allowed to roam the streets in search of

employment. I would always head to the television station to be a news anchor. All throughout the facility they had television sets placed around which aired the news segment that was being filmed live at that time.

One of the more daring careers you could have while at Kidtropolis was that of a criminal. Your job: robbing the bank.

While some stormed the front entrance, others were able to find the secret passageway into the bank to steal the money.

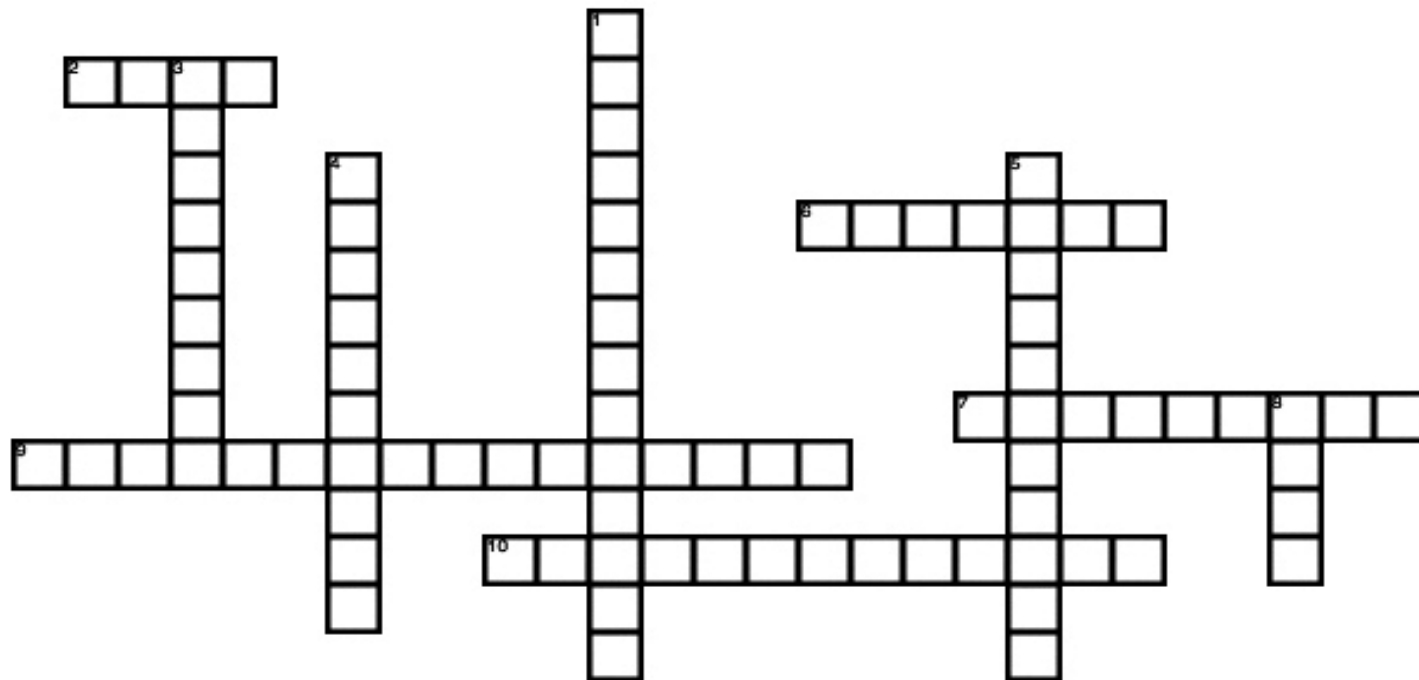
However you got your money, once you had it, you spent it. Whether it was on a cupcake, a pop or a brand new car at the DMV, you always had to spend it before

your parents came to pick you up. That being said, you never wanted to leave when your parents came back.

Then, one of the saddest moments in these kids' lives was finally upon them. Kidtropolis closed its doors at West Edmonton Mall in 2007; three years after originally opening. There isn't a lot of information about why it closed, but with a \$4 million price tag and 200 employees, it isn't hard to imagine why. There is a silver-lining, though. A Kidtropolis does still exist in Richmond, British Columbia. Unfortunately, most of us are now too old to bask in the glory of that place. Our kids may, however, as it is rumoured that West Edmonton Mall may be opening Kidtropolis once again, in the next few years.



CROSSWORD PUZZLE



ACROSS

- 2 Turn your clocks...
- 6 What gourd is commonly used for decor during this season?
- 7 What type of trees change colour in autumn?
- 9 What colourful insect migrates each autumn?
- 10 What was Halloween originally known as?

DOWN

- 1 What colourful light show is more common during autumn nights?
- 3 October birth flower
- 4 What Greek goddess is associated with the beginning of autumn and spring?
- 5 What German festival occurs every autumn since 1810?
- 8 October birthstone

Results on page 32



NOTICE OF ADVANCE VOTE AND VOTER IDENTIFICATION REQUIREMENTS

Local Authorities Election Act (Sections 35, 46, 53)

LOCAL JURISDICTION:

The City of Edmonton
Edmonton School District No. 7
Edmonton Catholic Separate School District No. 7
PROVINCE OF ALBERTA

Notice is hereby given that an election will be held for the filling of the following offices:

OFFICE(S)	NUMBER OF VACANCIES	WARD
Chief Elected Official (Mayor), City of Edmonton	1	City of Edmonton
Councillor, City of Edmonton	12	1,2,3,4,5,6,7,8,9,10,11,12
Trustee, Edmonton Catholic Separate School District No. 7	7	71,72,73,74,75,76,77
*Trustee, Edmonton School District No. 7	8	A,C,D,E,F,G,H,I

*The Trustee position for Edmonton School District No. 7, Ward B has been filled by acclamation.

Advance Voting will be available on:

DATE: Wednesday, October 11, 2017
TIME: 11 am - 4 pm
Northern Alberta Institute of Technology
Main Floor, J104 - Naitrium

To vote, you must present ONE piece of authorized identification that establishes BOTH your name and current residential address.

For a complete list of authorized identification, visit:

edmonton.ca/election

DATED at the City of Edmonton, in the Province of Alberta, this 20th day of September, 2017.

Linda Sahli
Returning Officer

MAKE IT HAPPEN

VOTE!

ELECTION DAY:

Monday, October 16, 2017

MAYOR • CITY COUNCILLORS • SCHOOL BOARD TRUSTEES



@ElectionCensus
#yegvote

780-442-VOTE (8683)
edmonton.ca/election

TECH TALK

8K: Too much, too quickly

By BRYN LIPINSKI

8K. The peak of resolution excellence; people are wondering if it maybe came too fast to be appreciated. Ever since 4K was released and became exceedingly successful in the video market only 10 years ago, resolution has been pushed even further. 8K isn't a very well-known video resolution yet, so don't be surprised if you don't know what it is. The resolution of 8K is 7680 horizontal pixels by 4320 vertical pixels. Currently there are very few 8K cameras, and they range in price starting at over \$40,000. It's a very new technology both for recording and viewing. 8K is not intended for home videos.

Some might see the use of 8K becoming a regular, in-demand part of videography not too far down the road; however Chase Axton, owner of Edmonton Production Rentals, sees a different angle completely.

"I think people are focused on resolution even though

it's really not a huge factor in quality. When you look at a list of what films and TV shows are being shot on, especially when it comes to what's winning festivals and audience votes, 90 per cent of it is shot either on the Sony F55, which is 4K or the Arri Alexa, which is 3.8K. So a lot of standard cinema isn't even being shot in 4K, let alone 8K."

Axton continues by elucidating an interesting fact about streaming: "I can hook up to my computer and watch 4K footage directly from my RED and it looks great. And I can watch a 4K stream from Netflix, and it looks great. And I can watch the same show, streaming 1080 from Netflix, and it still looks great. It's getting to the point where everything looks so good that it's almost pointless; aside from cinephiles or people who work in the industry, no one's going to know the difference [between 8K and 4K]."

Going off of what Axton says, 8K is completely unnecessary; for the average video consumer it definitely is as well, because 80 per cent of the North American population don't even have 4K viewing devices. Basically, if 4K is still that rare, 8K is doubly rare. But if we stray away from 8K's usefulness to the consumer and move into the professional video realm, an array of opportunities opens up.

Green-screening and effects can be eight times more detailed in 8K: "I think 8K is a big thing because it allows you the biggest canvas in post for VFX. If we could shoot VFX in 12K I'm sure we would, just because the editor would have that much more to work with," Axton said.

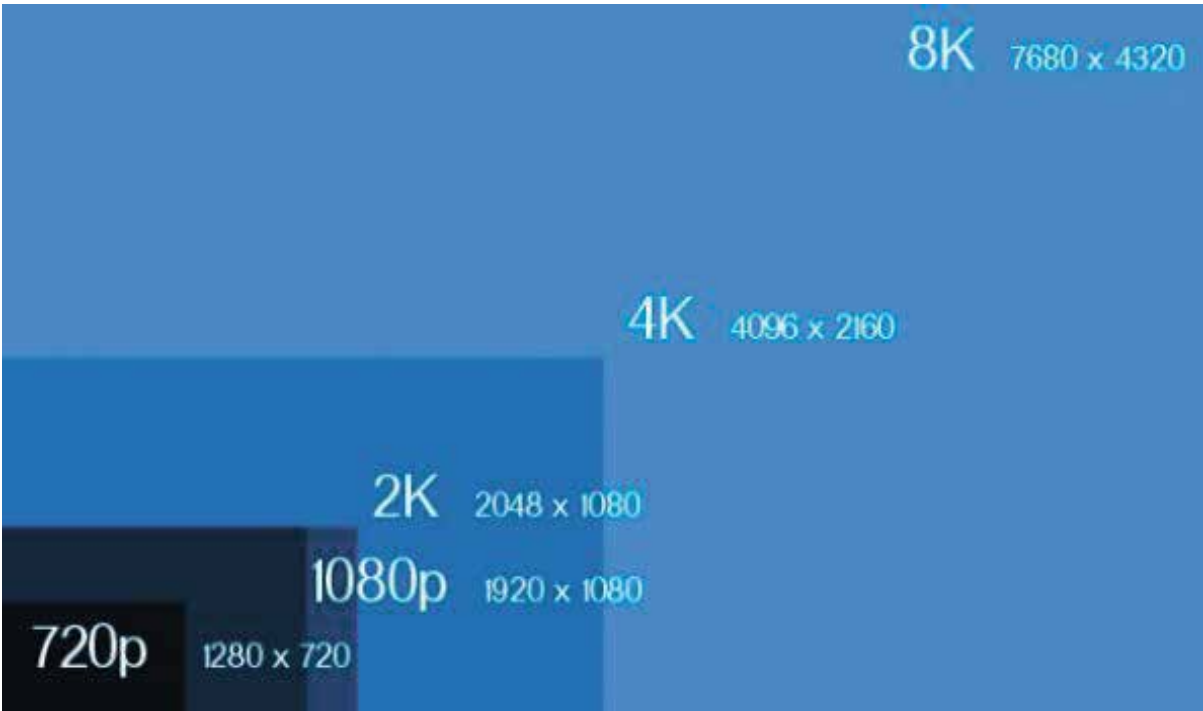
Second, it allows us to crop eight times more than Full HD but you have to remember that "a close-up shot on a 100 mm lens looks substantially different than a medium shot on a 50 mm lens that has been cropped in [to a close-up.]" In a 100 mm lens, there is beautiful depth of field and out of focus backgrounds and a subject generally looks better with a 100 mm lens. You optically can't get that effect with a 50 mm, which is why the 135 mm lens is the lens of choice for most portrait photographers.

On the other side of things, as always with more resolution comes more storage space to hold the stuff. With an 8K camera, if you're hoping to keep all of your footage "48 terabyte [storage] systems only last five or six shoots, which is getting absolutely insane for the amount of data per project," says Chase.

The fact is, although 8K opens up so many new opportunities and will likely be considered sharp for years to come, it is just not practical now.

This article could not be complete without one last question, about one of the first feature films shot in 8K: Axton, how much storage do you estimate *Guardians of the Galaxy Volume 2* required? "Oh God, I couldn't even fathom the amount. I guess I'll say, between all their VFX, all their masters, all their dailies, they would need at least four, maybe five copies in total, I'm going to say they were close to a petaflop. Thousands of terabytes, for sure."

Wow. That's ridiculous.



Poetry Corner

To Earn The Day

When in the morning the kids at ease
Were a river which filled the valley below
I felt as young as the leaves on the trees
The songs, the thoughts, from years ago

When in the day the sun rolled slow
I watched the flow, with bread for the birds
As mists from the river beginning to glow
When in my head I heard the words

When in the evening the kids returned
I came to the river and spoke with you
Saying 'all the years that I've earned
And still my day is just as new.'

And now at night I feel as they
My heart can not be held at bay
So sweetest the words as I could find
I sung to the valley, my cares resigned.

And now the morning has come again,
A smile sweeps on this face of strain
A new day, again, I repeat the line:
'I am not old: with you, I shine.'

By Bryn Lipinski

Work

Listening.
Tapping on keys,
Notes, key information.
Pencil, paper, pen, glide.
Organizing.

Focus.
Intent on progress,
Thinking hard,
Moving forward.
Drafting.

Processing.
The motions of work,
A steady,
Yet unceasing pace.
Polishing.

The finished product
Slick, clean, clear,
Shines,
With a little bit of pride.

By Candace Valentine

Rainbows

The dead of night wakes to the morning glow of light
Passing on the shoulder of those who love
May they be pleased with the gift they receive
And offer it to others who have not yet

Among the dark clouds with their everlasting endeavour
A spark shines as the jester exits the corridor
Unreciprocated was the praise among the dark rows
So enter through the glass and spotlight on the seated

The dark passage recedes into the sea
And everything you see fades away
And everything that shines glistens
Above is where the heart binds and lies

Passing on the shoulder of those who love
May they be pleased with the gift they receive
And offer it to others who have not yet
Start the revolution and let the rainbows shine through

By Mackenzie Gates



YouTube

Hop to it!

By ALICIA JOHNSON

As a vegetarian, I struggle to find restaurants that please both me and my omnivore friends. However, I was lucky enough to stumble across a little restaurant called The Clever Rabbit. I happened across this hidden gem while walking down 124 Street and stopped to look at the cats in the window of the adjacent shop. I then saw The Clever Rabbit's sign and decided to stop in. Right off the bat, the restaurant brings a warm cosy atmosphere, accompanied by large paintings of cats, cows and, of course, rabbits. I was immediately greeted by welcoming servers as I walked in and picked my own seat. The restaurant has lots of tables that are great for groups and many colourful comfy couches. It is decorated to make you feel at home and the light indie music playing in the background tops it all off.

They have a great two page menu that includes drinks, breakfast and a wide variety of vegan and vegetarian lunches. I had the clubhouse sandwich with a side of chips and homemade salsa, accompanied with the winter spice latte. The latte is a must have, especially for vegans or people who are lactose intolerant, as it is dairy free. As a vegetarian I pretty much gave up on finding sandwiches that I actually enjoy, but not only was this sandwich the best

one I have ever had, it was enormous. The clubhouse is filled with tomatoes, lettuce, onions, vegan bacon and vegan turkey, which is all made at the restaurant. My meal was a solid 10 out of 10 and filled me up before I could even start the second half of the sandwich. Emmett, a waiter at the cafe, explained that the clubhouse is the most popular of their dishes even though no one's ever able to finish it!

The Clever Rabbit has become a restaurant that my non-vegetarian friends and I can eat at together without having to do rock paper scissors.

"We are trying to recreate stuff that's already meat based and just have it plant based," said Emmett. This, he says, is what makes it such a big hit with customers that still eat meat. He credits part of their popularity to making many of their products, like their vegan meat themselves, rather than shipping it from out of country. Emmett explained that the owners put a lot of work into the restaurant to bring in western style comfort food to the vegan community and personalize every one of their food items.

If you are interested in checking out The Clever Rabbit and perhaps trying out some Edmonton-style vegan food, head down to 10722 124 St. NW and don't forget to pay a visit to the cuddly cats next door.

The Style Files



Photo by Kara Crest

Scott Willey Culinary

A man of accessories is all I thought when I saw Scott standing outside. A man of unique fashion and attention to detail, from the hair to the watch and even belt – they're all purposeful, something all men should aspire to.

Tell us about your outfit today: I'm wearing a jacket and a sweater from Simons. A pair of jeans from Bluenotes with Steve madden shoes with dress socks from, I believe, Above the Belt. A belt from Simons as well and then my scarf is from a designer store from Texas.

Tell us about your style: I like to wear accessories. I have a fossil watch on and rings that I bought from Mile Works and things like that. Also, I usually wear a necklace but I do not usually ever wear hats. Usually scarfs, jackets, stuff like that, so I have some complexity to my outfit.

Where can other students find outfits like yours? Well, Simons – it's not too expensive there, depending on if you actually look for things and go when they actually have sales. Steve Madden is where I get all of my shoes. I own at least eight pair from them.

What does your style mean to you? It represents a lot of things to me. It really shows how much care someone takes. When they get up in the morning and think they're alright with their bed head and everything, I'm just not particularly alright with that. It's fine, if they want to, but I like to put more care into how I look and even how I carry myself as well. I'm very poster oriented. I just like to put a good image out there for everyone to see.

SHORT STORIES

The Last Retreat

By **BRYN LIPINSKI**

A distant hum. Metal screeches on stones. The city gates close and, as the stars adorn the skies of night, a westerly wind brings a troubled ship to the shores below Noctendale. Fifty feet or more in length, her sails are torn and her innumerable crew are rife with greed. One crewmate approaches the bow where a light burns to guide the ship's way. It's Noctendale: They've reached their destination, and there is no need for light anymore.

"Lord, there's a ship turning into the docks, her lights are all out," says Arthur the knight. "Do you know of any ship landing this hour?" The King Morien walks into his office, looking through the harbour logs. There is nothing. "My Lord?"

He slams it closed and marches out of the office into the decorated grand room, out of which a window looks down from the castle to the river Marrow, dividing the city from the fells to the east. At this time, as they together look down at the crew exiting the ship, Morien is only beginning to realize: this ship is not here out of rightful means. The North has been hostile for months and now was a perfect time to lash out. But the King knows not of what is to come. No one does.

Metal clangs on the outer curtain wall, a grappling hook thrown with perfect force. Stepping toward it, a watch guard feels tense. Who is below, what is—

CLANG! Another sound further along

the wall resonates to him, another grappling hook. And before his eyes look back to see the looming body behind him, now standing on the deck of the curtain, a thick and crudely sharpened spike pierces his chest through. He doesn't make a sound. He is unable. It is the perfect, most silent kill; however, it is not dark enough yet for the sight to be missed.

The King Morien walks quickly through the corridors, reaching stairs and descending them doubly fast. Arthur can hardly keep up.

"Sir, what is happening? What are you doing? A rogue docking shouldn't disturb you so!"

The King is unfazed. He continues down the stairs and speeds through the next corridor with no expression in his face. "This cannot be an attack," he says, calmly as he can. "It cannot."

Less than a minute later, Morien and Arthur reach the castle lobby, where the guards and people go on with their nightly tasks. From out of the darkness not seconds later, the sound of a galloping horse rings through the cobblestone avenue. A horseman dismounts and the people around are watching and listening for what he is about to say. He runs to the wide-open castle doors, sees the King, and speaks.

And before his eyes look back to see the looming body behind him, now standing on the deck of the curtain, a thick and crudely sharpened spike pierces his chest through.

"My own eyes, I saw enemies invading over the curtain. My Lord ... " The King needs not hear the rest "You are not safe here anymore."

Arthur sees a problem, and doesn't wait to speak up. "It's a single ship, Sir! We are a good army. We could defeat their crew before the hour!"

The King shakes his head, full of doubt. "We can't defend ourselves now!"

Footsteps come from another stairwell of the castle. From the stairwell emerges another, with a raised voice. "Three ships in the harbour, large galleys at this time of night,

was this planned—?" He sees the King, and a group of knights. "Oh, this wasn't planned. This is bad."

Arthur's carefree attitude dies in seconds. Dread replaces it.

The ships' crews now crowd the street and rush intently and viciously toward the castle with varieties of weapons in hand gripping them with angered revenge, veins in their foreheads pumping with cold blood. Minds run free and contemptuously, forcing doors closed and families together behind safe homesteads. Closer yet to the castle they approach and are now within earshot of the King. Death is so close. Immediately upon seeing the

castle the frontman is shot down, an arrow thrust vigorously through his chest; by the hand of a horseman beside the King.

In seconds the King and his knights flee from the scene, and narrowly escape death. The horses gallop towards the gate, which part on cue, then close again. They will not open until the King and his trusted knights are far away, deep into the southern forests. This is the last escape, the King tells himself. At camp that night he shares his thoughts with his companions by firelight.

"Noctendale is overtaken, I can't think about it without hurting; I know they were trying to kill me." The King cringes, and a tear falls from his eye "They knew of the battle. We moved all our forces in one front; we left our home weak." Among the tears the King swears this is the last retreat.

"At morrow," the exhausted King Morien says, "we'll be forever done with retreating. I must no longer hold the only power. I must have dukes, a son, I must separate the powers I hold. As of now, the domain will not rest on one pair of shoulders. I will not allow it."

In the city the rebels calm after killing the streets empty. More than a hundred citizens are dead, and from the one rebel's limp and lifeless body the arrow is pulled. On it is written the words:

NOT OUR ONLY KING.

At that, the rebels know the revenge will be handily returned.

Fleeting Moments

By **MACKENZIE GATES**

When the colours of life washed away into a grey scale of mass, that is when David knew. That is when David knew it was all gone. That is when David knew that every moment in time for which he existed meant nothing.

Dried tears stained his cheeks as he places the note on his coffee table. Positioning himself on his worn-out sofa, he sighs heavily. He glances over to the ceiling fan hovering over him. It creaks and shakes as the blades slowly make their way around. This is when David knew it was all gone.

Precariously, David remembers.

He remembers the memories of a life not yet lived. He remembers the moments that passed by, like a car on the road. He remembers the ache of burden and how little he cared for it to change. He remembers the faces of those who have come and gone, and the few who stayed. He remembers the selfish; however, we cannot remember

the selfless.

In a fleeting moment, David thought to himself, if he may be selfish. Once the thought washed over him, he realized he sounded like those who brought him to this point in the first place. Nowhere to run, and no one to run to. If only, he thought, could they see the torment lead on by what flashed in his brain. The overwhelming discomfort of reality, and how no solace could ever reach it.

A car passes the window, a sudden glimpse of colour filling the empty space of the apartment. Who could it be? Where were they going? Would tonight be a moment they would remember forever? How long would it last? Would they be happy?

Everything in life is just a series of moments – some taken advantage of, and others are celebrated. The one constant between each of these moments is that they are only fleeting moments. They slip past and right before you

know, it's all gone. Life is short. As David's mind spirals into absurdity, he brings it back, back to his reality in this moment right now. Life is precious.

Who said so?

David imagines what life could have been like, what his life would be like if he were – in his eyes – normal. Marriage, children, a big house, a dog, a welcoming job, friends, lovers ... and above all else ... happiness. Everyone

else has these things, why don't I? He thought to himself.

He was then convinced that he never wanted those things in the first place. That they were not meant for him.

The blood in David's veins slows to almost nothing as he breathes deeply, ready for what's about to transpire. He was ready for this, ready for this moment in particular.

His last moment.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

SHORT STORIES

The Hero smiles

By ISAAC DYMOCK

Before you stands a man of pride, a warrior that holds his place among ranks of great men. His face is scarred with the fruits of battle, carefully crafted lines forged in the fires of war. Proof that his mettle is strong. He gazes both at and through you, sizing you up into the depths of your soul; the pressure is enormous, overwhelming. He judges your stance, the way you hold your sword. If you miss a step all that is needed to put you back in place is a sharp gaze and a flick of his head. This man before you needs no words as he is a stalwart, a paragon, and a master.

You can see from the way his armour is battered and dented that he trusts the metal coils that wrap around his body. You have heard talk of his mighty blades. Both their names mentioned with reverence and respect as if they themselves are warriors of great import and merit: Gangrel and Phoenix. This man, this exemplar of strength and glory, has earned the trust of a nation

not his own through his virtue and deeds.

Thoughts come into your mind of things you could say. Admiration, awed mumblings, questions of his origins and experiences, and salutes. Nothing seems adequate, however, and you remain frozen within a training routine under the guiding sight of this mighty Hero.

Time passes unperturbed until this point, a moment when you catch yourself becoming too lost in thought. In a concentration shattering instant you try to catch yourself, but lose your footing. Your stance is broken, your training abruptly halts as you try to recover from your confusion. Concentration gone, you can hear words of disdain as the world returns to your ears, those who observe you notice your mistakes. Your mind

sinks, your superiors know that you missed steps vital to success. Steps you should have known from the first day. You figure that you might as well prepare for slop duty, to give up. You will never be as good as your fellow

Pride, which had left your body not moments before returns. You can't let the doubters and naysayers win. They will not be the ones to be victorious today. You did not come here from your small coastal village to be laughed at and thrown out.

soldiers, hindered by daydreams and 'frailties' of a 'lesser body'. You are about to resign your defeat, but something halts you mid step. You can feel it on your back. It is not heavy, it does not pierce you as daggers would. Turning your head you meet the gaze of

the Hero looking down at you.

His gaze is not demanding, or strict as you would expect from a hardened trainer. His eyes are not judging, like those who observe you and your fellow trainees. They are hard, but encouraging. Harsh, but soft. You don't know how to explain the connection that you

feel in them. Your mind reels, but your body straightens.

Pride, which had left your body not moments before returns. You can't let the doubters and naysayers win. They will not be the ones to be victorious today. You did not come here from your small coastal village to be laughed at and thrown out. You did not trek across the country to this nation's capitol, the centre of military training, to become a failure and a spectacle. No. You came to become a Hero like the one that stands before you now. You came to learn how to fight and protect those who could not do it themselves.

You pick yourself up without a word. So what if your body is weaker? So what that you are a woman? You strive to become stronger, and to protect. Turning away from the dismayed onlookers you resume your training. From the corner of your eye you can see him. The Hero. For a moment, between strides and stances, you could swear you saw him nod and smile. At you.

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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Oct. 5-Oct. 18

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

Aquarius (Jan. 20-Feb. 18)

You feel like you are constantly spinning along on a hamster wheel of drudgery. Do not despair! Your knight in shining armour is just around the corner. He sells chicken out of his trunk.

JUST THE TIP

Dating in our lifetime

By SETH HENNIG

Evolution has pulled us out of the mud and placed us on the moon. Art, sex, love ... nothing stands still forever. Our innovations have saved us but what have we lost in the process?

Consider what a date would have looked like in the 1950s. It might be a young couple sharing a milkshake at the local malt shop, with his letterman jacket around her shoulders, their hands touching ever so slightly before sharing their first kiss.

Now imagine what a date looks like today. You are drinking with your friends on a Saturday night before heading out to the bar, swiping left and right on whatever dating app you're into at the time. Your friends help by commenting on who is hot and who you should try to bang. If you're lucky you find a connection with someone based on the most superficial information possible. Later in the night you meet up and drink and ask the same questions you have asked a hundred times.

"What do you do?"

"What music do you like?"

"What's your favourite movie?"

You will never remember the answers because you're not actually interested. All

Pisces (Feb. 19-March 20)

It's time to spice things up in your life. Change will advance you and take the weight off of your shoulders. It's good to let go of what is holding you down.

Aries (March 21-April 19)

The weather is a good sign. You should let loose and be yourself to the fullest this week. Don't hold back.

Taurus (April 20-May 20)

You feel strong this week like the world is yours to conquer. Relax you just got extra sleep.

Gemini (May 22-June 21)

All the hard work will pay off if you just give it a little more time. That gold mine is right around the corner. Hold on!

Cancer (June 22-July 22)

People may get annoyed with you this week; lay low to keep your friends. If there are people you don't like, go crazy.

Leo (July 23-Aug. 22)

Love is in the air, but don't ask out the first hot person you see... ask the second. You'll put more thought into it.

Virgo (Aug. 23-Sept. 22)

Stop thinking so much; you're making yourself dizzy. This week is a great time to simplify your life. Try minimalism.

Libra (Sept. 23-Oct. 22)

Your ideas are lifting off the pages! Now is a good time to choose one and run with it.

Scorpio (Oct. 23-Nov. 21)

You're stuck in a moral conundrum, you're not sure if you should go with your gut or not. Perhaps you should ponder it over a beverage.

Sagittarius (Nov. 22-Dec. 21)

Contrary to your beliefs, you will not be having any obstacles this week. Enjoy it.

Capricorn (Dec. 22-Jan. 19)

This is a good week to get out! Maybe go to the movies and get a big bag of popcorn.

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Blank Stare, Blink

you are trying to figure out if this person is worth your time. If the date goes well, you may be in for a night of sex or better yet, an actual lasting connection that means something. Sometimes, however, the date goes bad and you end up talking to a weirdo all night. Best case scenario is you get out of there; worst case is you get assaulted by someone you have known for 10 minutes because they had a nice profile picture.

How did we get here? Something happened in the last 70 years to make dating such an impersonal custom.

Our generation, the infamous millennials, have streamlined our love lives. In the '50s it was probably a big deal to work up the nerve to ask out the prettiest girl in school. Now we can proposition all night long without the fear of real rejection.

Don't get me wrong, modern dating isn't all bad. I know people that have fallen in love and married someone they met online. It can be a great way to meet someone that you otherwise wouldn't have met in your lifetime. Living in a world of instant connection is convenient but dangerous.

It is also possible that dating was never innocent, that our idea of a picture perfect

1950s date is all just a fabrication that we were told to strive for. There is no denying that humans have always been flawed, why should we assume that it was any different back then? I think we need that image. We need a standard to hold ourselves to. It very well may be in another 70 years that our grandchildren will hold themselves to our standard. Our genera-

tion will be seen as the cliché, innocent romantics and they will be left wondering when it all went wrong.

There is no way to tell if and when things are going to change. The Internet has undoubtedly changed the structure of dating forever and I don't know what's next for us. What I do know, is we aren't done evolving yet.



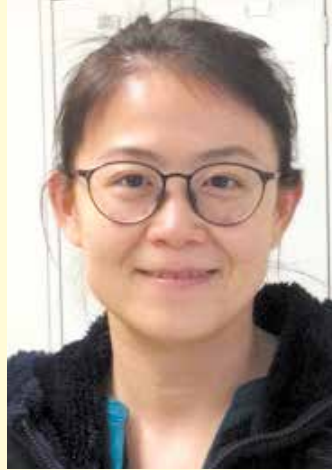
By SARAH FOX

If you didn't have to spend your money on tuition, what would you spend it on?



"I would save it for when I move out."

Anna Kohout



"I would use it to travel. I'd love to go to Egypt or Brazil."

Han Cui



"I would spend my money on family, specifically on things for my little brother. I would help him pay for his tuition, maybe, and buy him things like clothes."

Linh Pham



"I would put it into savings."

Mandeep Kotia



"Travel. I'd like to go back to Europe, maybe Finland."

Shane Pollom

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

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



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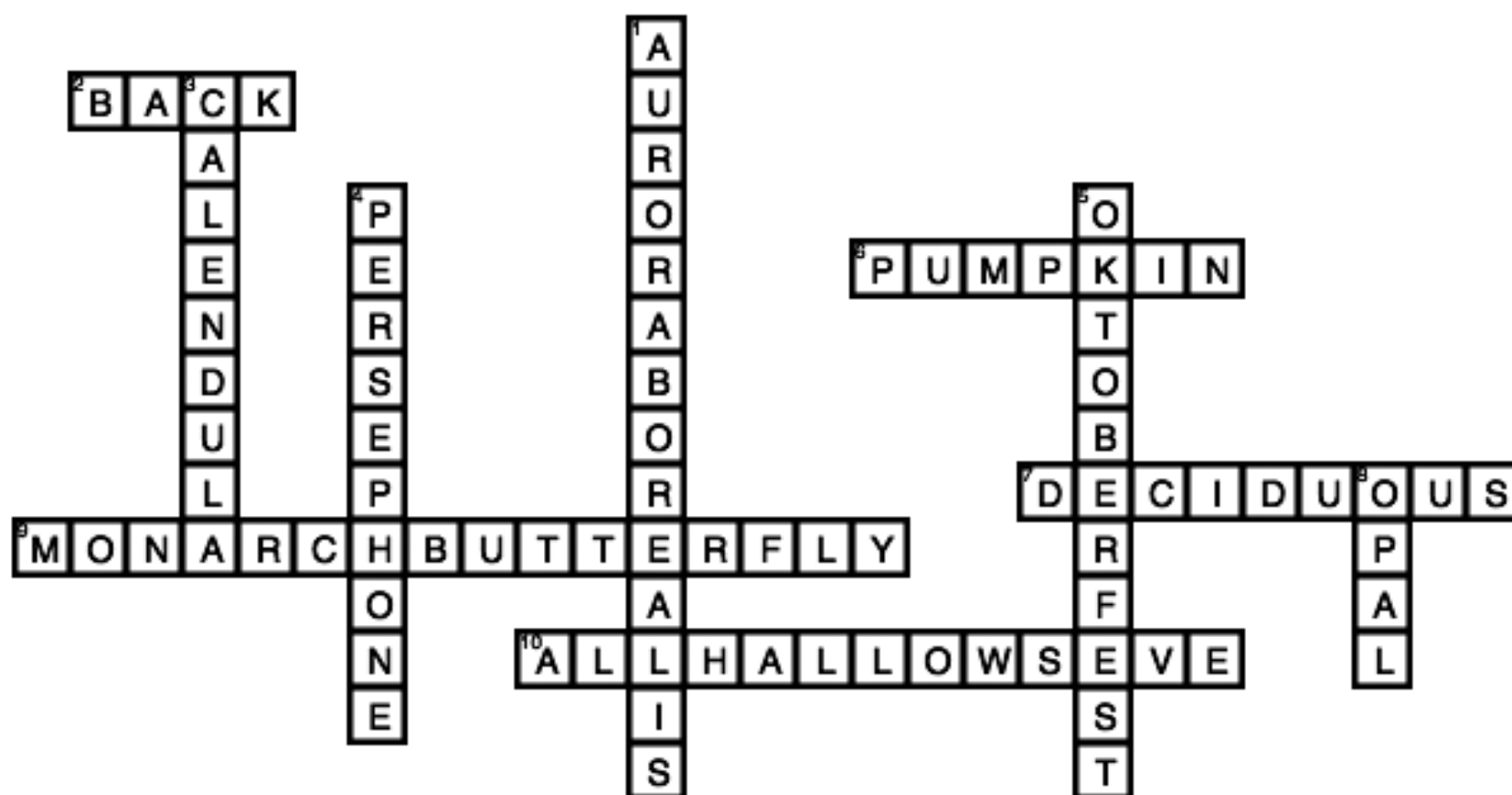
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UPCOMING CAMPUS CLUB EVENTS OCTOBER 2017

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	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 

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FOR MORE DETAILS ON
THESE EVENTS, CHECK OUT
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Increasing self esteem



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

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

Lack of self-esteem is not necessarily related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. We usually carry the messages we have learned as children into our adult lives. However you can improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Check off the strategies you already use and then choose one other strategy you can focus on this month to enhance your self-esteem:

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

- All or Nothing Thinking. For example "I am a total failure when my performance is not perfect".
- Magnification of Negative/ Minimization of Positive. When a single negative detail, piece of criticism or comment colors your reality, or when you don't put nearly as much weight on positive happenings as you do on negative ones. For example "She didn't say hi to me so nobody likes me" or "I got five A's but the one C really shows my abilities".
- Jumping to Conclusions. Concluding things are bad without any definite evidence.

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

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

- Labeling. Instead of saying "I made a mistake and I can learn from that", saying "I am a loser and it is all my fault."

- Difficulty Accepting Compliments. "You like this outfit? I think it makes me look fat."

Emphasize your strengths.

Give yourself credit for everything you try. By focusing on what you attempt, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with those that can't be changed as well as those that you don't want to put the effort into changing.

Develop your skills.

Learn and practice the skills that you feel you are lacking and that would add value to your life.

Set realistic goals.

Establish goals on the basis of what you can realistically achieve. Break your goals down into small steps and then work towards completing each step. To strive always for perfectionistic absolute goals such as - "Anything less than an A in school is unacceptable" - invites stress and feelings of failure.

Take risks.

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

Experience success.

Seek out and put yourself in situations in which the probability of success is high. Look for projects that stretch - but don't overwhelm - your abilities. Allow yourself to acknowledge and feel good about your successes.

Use Positive Self-Talk.

Stop listening to your negative inner "critic". When you notice that you are doubting or judging yourself tell yourself "stop" and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

Respect your own needs.

Recognize and take care of your own needs and wants first. Identify what really

fulfills you - not just what is immediately gratifying. Respecting your deeper needs will increase your sense of worth and well-being.

Solve problems.

Don't avoid problems and don't stew over them. Face them, identify ways to solve them and act on your solutions. Procrastination lowers self-esteem.

Make decisions.

Practise making and implementing decisions. Trust yourself to make good decisions and to deal with the consequences.

Be assertive.

This means looking after your own needs while being respectful of the needs of others.

Rely on your own opinion of yourself.

Evaluate feedback from others, but do not rely on or put too much weight on their opinions. Depend on your own values in making decisions and deciding how you feel about yourself and what is right for you to do.

Let go ... of the past, ... of unhealthy relationships, ... of anger you are holding onto.

Love yourself.

Spend some time pampering yourself and treating yourself like your own

best friend. Stop comparing yourself with others and accept yourself for who you are.

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

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

- H. Johnson

Note - Some of the above information was adapted from University of Texas and University of Illinois handouts.

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

Main Campus, Room W-111PB in the HP Centre: Counsellors are available from 8-4:15 Mondays, Wednesdays and Fridays, 8-5 Tuesdays, and 7-4:15 on Thursdays. Book in person or by phoning 780-378-6133.

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

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4 – 2 cup
(500 mL) jars



PREP TIME:
20-25 minutes including
pulse cooking time

INGREDIENTS

Salad

1 cup (250 mL)	dried split yellow peas, rinsed
1 – 14 oz (398 mL)	can lentils, drained and rinsed
1 cup (250 mL)	sliced green or red seedless grapes
1 cup (250 mL)	grated carrot
1 cup (250 mL)	diced sweet yellow or red pepper

Topping

1-2	green onions, finely sliced
¼ cup (60 mL)	dried cranberries, optional
¼ cup (60 mL)	pecan pieces, toasted, optional

Dressing

¼ cup (60 mL)	apple cider vinegar
¼ cup (60 mL)	canola oil, cold pressed if available
2 Tbsp (30 mL)	liquid honey
2 tsp (10 mL)	Dijon mustard
2 cloves	garlic, finely minced




PULSES are the dry, edible seeds of legumes. This includes beans, lentils, chickpeas, and peas like split yellows – all grown in Alberta.

Directions

In a covered saucepan, simmer split peas in 2 cups (500 mL) water until moisture is absorbed and peas are tender, but not mushy, about 20-25 minutes. Rinse and cool. Yields 2 cups (500 mL) cooked.

Meanwhile, whisk together dressing.

Evenly divide salad ingredients and layer in each of the four jars. Top with green onion and sprinkle pecans and cranberries, if desired. Pour an equal amount of dressing over each jar, seal and refrigerate until ready to go.

Nutrients per serving (1 jar)
 431 Calories, 15 g Fat, 1 g Saturated Fat, 0 mg Cholesterol,
 60 g Carbohydrate, 7 g Fibre, 23 g Sugar, 17 g Protein,
 201 mg Sodium, 938 mg Potassium, 239 mcg Folate, 4 mg Iron.

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Five years and going strong

By BRYN LIPINSKI

Sharlene Millang-Borst and Daniel Foreman – the two co-directors of the Edmonton Short Film Festival (ESFF) – have done it again.

The fifth year of the Edmonton Short Film Festival will be held on Oct. 14-15 and now it's better than ever, with skills classes in sound, lighting and directing, which are free to any submitting filmmaker. There is also a free-to-enter 48-hour film contest with the winners screened at the festival.

"It's an added value to the filmmaker," says Foreman. "We also have a lot of free events, because giving back to the filmmaker and the community is really important to us."

Foreman and Millang-Borst founded the festival back in 2013.

"The first time there were about 50 submissions, and we screened 20 of them. As for tickets, we were expecting about 75 people, and we ended up selling out a 250-seat theatre with people lined up out the door. That was a huge surprise. We went from that, pretty much doubling the amount of submissions each year. In the third year, we moved into the Royal Alberta Museum theatre, which is 400 seats and we sold 367 of them, almost another sellout," says Millang-Borst.

The motivation for starting the ESFF, she says, was that five years ago there was no purely Edmonton-based film fest. There were international and national film festivals, but nothing "all Alberta and only Alberta."

The biggest struggle, though, especially with emerging and mid-career filmmakers, was a lack of audience



attraction.

"We were all creating these short films and developing our craft but the problem was locally, nearly nobody was seeing them. So creating a solely local film festival was a huge motivation for us," she said.

Foreman adds: "In years three and four we added a director's skills class, with two more this year in lighting and sound. We also added the 48-hour mobile film challenge this year (which will begin on Sept. 29) which is free – open to any Albertan with a mobile phone – for a chance to be screened at the festival and win the People's Choice Award, worth \$250."

With a team of unbiased adjudicators and an eye on diversity, they are working to create a program that screens excellent films while simultaneously entertaining the audience. The decision-making process of the ESFF is very structured, but Millang-Borst says it wasn't always that way.

"In the first two years, Dan and I were the only judges and our integrity was being questioned, as in, 'Why are you choosing these films, are these your friends?'"

That questioning prompted them to assign an adjudication team in the third year. The wide variety of back-

grounds that formed the judges' panel watched, rated and determined which films were screened. But don't be mistaken, it's harder than it looks. The founders, being put through the wringer more than a few times, point out the difficulty in saying no.

"It's a long, long process. And it's painful. It really is painful to have to say no to some of the films that come in because they are amazing. They really are," Millang-Borst said.

Many things have changed since the first ESFF sold out at the 250-seat theatre in Concordia College but Foreman highlights the biggest change in the festival's entire five year history.

"I think the biggest change is that we pulled off the first festival by ourselves with \$800, out of our pockets, pretty much improvised the entire thing and now we have three university volunteers through the SKIP program (Special Kids In our Practice), social media strategists, we have Pixel Blue [College] working with us, we have a bunch of sponsors, a filmmaker's panel, an adjudication team but at the beginning, it was just Sharlene and I. That was it," he said.

"We wanted a place for our films to be shown and we were going to invite our friends and our family and just see what happens. And now we've got this multi-day festival, we're teaching people and we're taking in more submissions than we could ever imagine."

So come and be entertained by Alberta's flourishing filmmaking community. Get your tickets at esff.ca/film-lovers/tickets and watch as the Royal Alberta Museum Theatre becomes the stage for the fifth Edmonton Short Film Festival.

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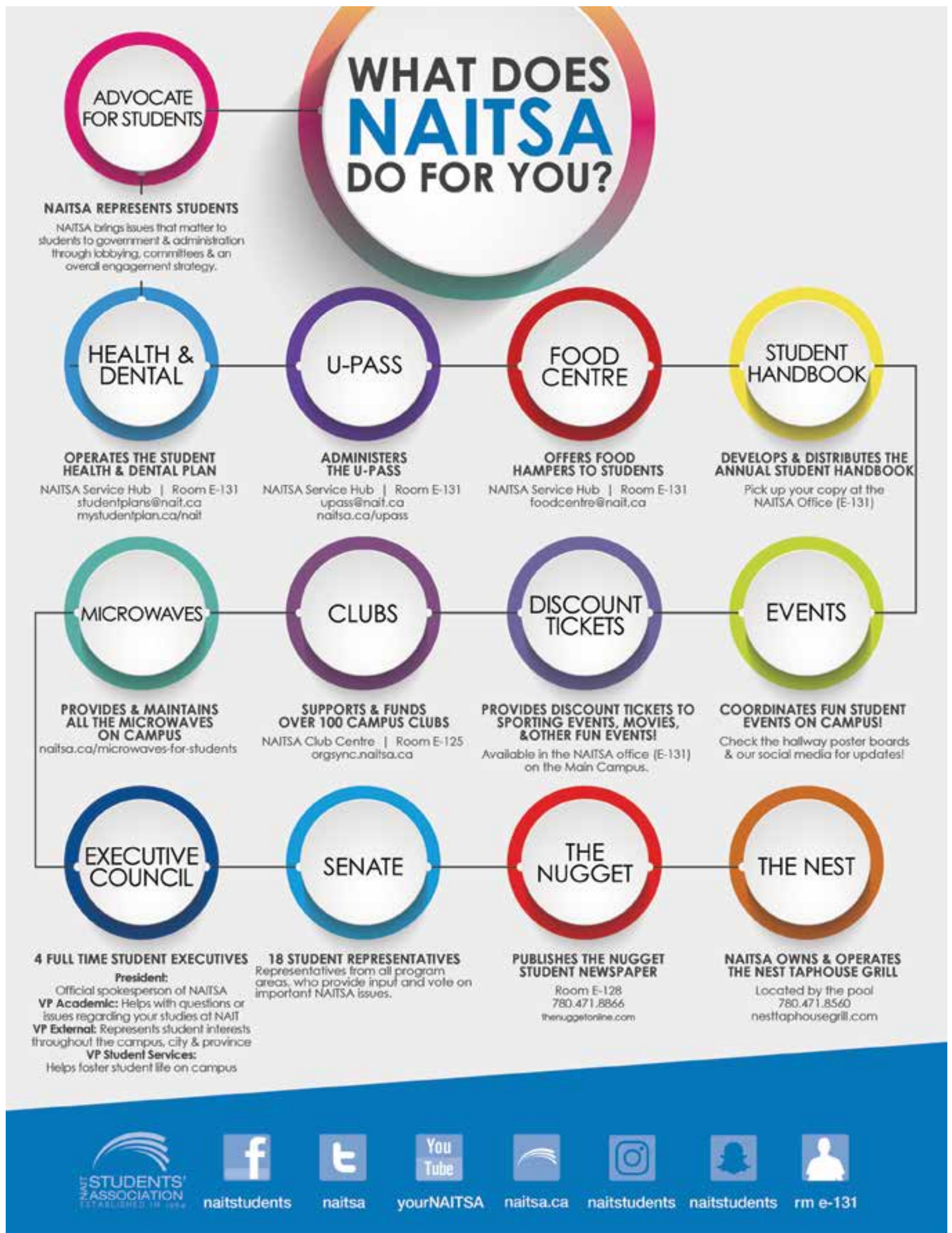
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GAME REVIEW

An old game is born again

By TRUMANN TU

Fire Emblem Echoes: Shadows of Valentia Review

The Echoes of Valentia, Revisiting the Side Story (Working Title)

Fire Emblem is a long-running strategy RPG series that's been around since 1990.

If you have heard of this series, it would most likely stem from its connection with *Super Smash Bros.* While the West did receive some releases of *Fire Emblem* games, such as *Sacred Stones* for the Gameboy Advance or *Radiant Dawn* for the Wii, it still fell under the radar overseas, with many titles staying in Japan. The series finally made an impact in 2013 with the release of *Fire Emblem Awakening*, creating a bunch of new fans, and saving the series from perpetual obscurity.

The latest game in this franchise, *Fire Emblem Echoes: Shadows of Valentia*, was released this year and is a remake of one of the games that never left its home, *Fire Emblem Gaiden*. Since this is a remake of an NES game for the 3DS, it's more than just graphics that got an upgrade.

The character models, art assets and music are the biggest things that stand out. Each character's redesign feels fresh but also nostalgic. The music is the same, retaining the familiar tunes but now re-

orchestrated, making each battle a joy for the ears.

The story follows the two protagonists, Alm and Celica, as they both fight through a war that has consumed their continent of Valentia. It is a rather simple plot but the stellar voice acting enriches and revitalizes the plot. Newer characters that have been added to the plot are also very memorable. Berkut in particular stands out, as he is one of the game's strongest antagonists, being both tragic and hammy.

The gameplay, however, is a very mixed bag. While I adore the functions that make the game feel more modern, such as the player friendly casual mode or most characters becoming easier to use, the game feels a little too reliant on the old mechanics. This is especially evident on the maps that the battles are fought on. They are too far open, with very little fighting happening, making them look flat and uninspired. The game also withholds

information a little too well. The hints that are given, such as how to utilize a certain character or even how to complete a sidequest, are too cryptic. The biggest problem with the gameplay, however, is that both armies are not accustomed to fighting magic users, which is problematic, as so many enemies cast magic; the witches can both teleport and use magic, making them the worst offenders. With this huge disadvantage, it will feel like an uphill struggle to survive.

Despite these problems, however, the game is still quite enjoyable. It's a great way for new and old fans to enjoy this 25-year-old game and is a breath of fresh air compared to its predecessors. Overall, I give this game an 8/10. It's faithfulness to the original game is both admirable and frustrating but the story, aesthetics and voice acting make it a worthwhile endeavour.



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Bar games

By SARAH MITCHELL

On Saturday Sept. 23, Edmonton’s first E-Sports Bar – High Score – launched its grand opening in downtown Edmonton. There is only one other E-Sports bar in all of Western Canada. High Score has everything a gamer could dream of. From cocktail menus to the latest gaming console, this bar may serve as everyone’s cup of tea; there’s something for everyone.

Competitive video games have taken the world by storm. There’s an entire section of High Score where people can pay to watch competitive gamers hard at work going head to head in tournaments. If electronic gaming isn’t your thing, never fear... High Score has got you covered! This E-Sports bar has a wide variety of board games as well, some dating back to the 1960s. With only a \$10 cover charge, you have access to all the great amenities offered here. This bar like many others is an 18-plus bar; if you’re 18 and up this bar is definitely worth checking out. Stop by and grab a drink specially designed after your ideal game of choice, whether that’s *Call of Duty* or *Super Mario Brothers*, High Score has got you covered. They have custom


drinks inspired by hundreds of popular video games across the world, and are the only bar in Canada to offer this unique feature.

Steven Noel, the owner of High Score, says he was inspired to create such a unique bar because he wanted to provide a place for gamers to interact both socially and virtually. He also mentioned that he wanted to take away the stigma from gaming; he wants people to understand that gaming isn’t just sitting in a dark basement playing on an Xbox. He explains that there is so much more to the gaming community than what the world thinks. Noel wants this bar to help people understand and appreciate the video gaming world.


Contrary to popular belief, this E-Sports bar caters to the older generations just as much as it does to the younger. This bar has something for everyone. If you’re 18-plus and are looking for something to do on a Friday or Saturday night, head down to High Score with your friends for a great night full of games, tasty food and good booze. High Score is located on 107 Street and is open Friday through Sunday from 5 p.m. till 2 a.m.



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



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NAIT Main Campus Map

