

Photo and idea by Alberto Villoga and Ty Ferguson

## CANNABIS IS COMING

With the legalization of cannabis on Oct. 17, students like the one above wouldn't be allowed to smoke pot on campus. For the rules and other stories on the new regime, see pages, 2, 3, 9 and 10.

**VIEW YOUR STUDENT SENATE CANDIDATES – PAGES 14-20**



# NEWS & FEATURES

## Accessible art for all



**ERYN PINKSEN**  
Issues Editor

Edmonton continues to surprise me with the abundance of events, festivals and art projects happening within the city every month. I was once one of these students stuck seeing nothing beyond the campus buildings. Now I actively search for the community adventures this city provides.

There is a powerful sense of YEG pride at every event and I love to experience this community pride along with other Edmontonians who flock to free events. I have lived in Edmonton for five years now and the art events this city provides has made it feel more like home than any other address I have known.

In the last few months, Edmonton has launched multiple art-related projects and events that are free to the public. Students should take advantage of the priority that the city has placed on art accessibility.

On a postsecondary campus, we can sometimes feel like we are trapped looking around with tunnel vision. It is easy to get stuck only taking part in campus activities or focusing on studies. However, Edmonton is the 'City of Festivals' and there is an emphasis on making arts accessible, especially for students.

On Saturday, Sept. 29 Nuit Blanche returned to the well-lit downtown streets. A night that featured over 30 art installations across more than five blocks of the downtown core. Highlights of the event included a massive illuminated geometric rabbit, an



[www.nuitblancheedmonton.ca](http://www.nuitblancheedmonton.ca) Photo by Fish Grikowsky

### Nuit Blanche

interactive cloud made of light bulbs, and a night market of Edmonton vendors.

In 2015, this event saw over 50,000 people attend, with a plan to repeat the event every second year. However, this event relies heavily on funding from the City of Edmonton and the election in 2017 resulted in a funding issue that caused Nuit Blanche to be postponed.

Funding from the city has often been essential to allow free admission to different art programs. In March 2017, the Edmonton city council approved the decision to provide free admission to postsecondary students at the Art Gallery of Alberta to encourage young adult attendance and increase art accessibility.

This is not only an Edmonton priority, but a priority of the province of Alberta as well. Albertans have long been anticipating the reopening of the new Royal Alberta

Museum and they were not disappointed.

The new RAM is owned by the Government of Alberta and they provided 40,000 free admission tickets for the first six days after the grand opening. Half of these tickets were available online and all sold out within six hours of the announcement.

These were available to anyone with access to a computer and even still, they provided the other half for free walk-up admission. They have already seen over 23,000 people of all ages pass through the doors in the first four days of opening.

When I first started in postsecondary I was unaware of all that Edmonton had to offer beyond the zoning limit of my campus. In 2015, Nuit Blanche was one of my introductory experiences to Edmonton's bustling downtown.

It was beautiful. It was overwhelming.

The memory now feels like a blur, but I will never forget the strong sense of community I felt walking around with thousands of Edmontonians all sharing in the this event together. This allowed me to start learning about the full potential of this bright city, beyond the familiar classrooms of my campus.

Art education is not necessary to enjoy art installations and when the city provides free events, students should feel encouraged to participate. While two of these free events were not targeted at students, students are arguably the demographic that can benefit from free events the most.

Connecting with a community reminds you that there is more beyond the walls of your campus and the pages of your textbooks. The city has provided opportunities to engage with art and with other Edmontonians and we need to take advantage.

## Cannabis on campus ...

By **MOIRA BRYAN**

As cannabis becomes legal in Canada on Oct. 17, the Federal government is putting the final touches on laws and best practices surrounding its use – and so is NAIT.

For the most part, cannabis use at NAIT falls into the same regulations as two already established categories – drinking and smoking. Students will be able to smoke cannabis in all of the places that they are currently allowed to smoke cigarettes; entirely off of school property. If

someone is found to be smoking cannabis on NAIT property, they will be escorted off of the premises so that they can do it there.

"If it's not on NAIT campus, [Protective Services] can't stop you from doing it, it's going to be a legal product," said Jason Roth, NAITSA's Advocacy Director.

Consuming cannabis can be a lot like drinking alcohol when it comes to impairment. While smoking cannabis outside of class time is permitted, coming to class high is not an option, much like coming to

class drunk. If someone is found to be high during class, they will be taken to health services and appropriate measures will be taken, depending on impairment.

The NAIT Students' Association is teaming up with the Alberta Motor Association (AMA) to raise awareness about the laws surrounding consuming cannabis and driving. Roth believes if people do consume cannabis, they should not be getting behind the wheel of a car, much like drinking.

"It is just as dangerous to consume can-

nabis and drive as it is to consume alcohol and drive," said Roth. "Law enforcement will treat it as harshly as it treats any impairment."

Statistics show that roughly half of cannabis users do not believe that cannabis impairs their ability to drive.

AMA's campaign would like to talk to NAIT students to ensure their message is reaching the student body as a whole. NAITSA's partnership with AMA aims to make that happen as quickly as possible.

# Legal and coming, too

**naitso**  
NAIT STUDENTS' ASSOCIATION

By **NICOLE MURPHY**

Weed products designed to help females orgasm during intercourse, women going through menopause, menstrual cramps and pain associated with endometriosis exist, but are not approved for retail in Alberta yet.

The most commercially-popular brand is called Foria. Developed out of the United States, two products include Foria Pleasure and Foria Relief. The Pleasure product contains medical cannabis and liquid coconut oil; designed to help females achieve orgasm. It is applied as a spray in-and-around the vagina. Foria Relief is a suppository that contains THC, CBD and cocoa butter. This product is designed to help with menstrual cramps and endometriosis pain through placement in the vagina.

With a 2017 Durex Sex Survey saying 76 per cent of Canadian women don't have regular orgasms during sex, this product could help women in the True North with their down south. Both of these products have rave reviews online and a ton of female testimonials state that it has helped them not only have orgasms, but in some cases to have the best sex of their lives.

But, when will Canadian women be able to experience the benefits of these products that claim to have no psychoactive or 'head high' effects?

"I do know a company in Canada grouped up with another company out of the States to develop one of the products that has been approved in Canada, but for some reason it hasn't been approved yet in Alberta," said Chris Felgate, co-owner of Small

Town Buds in Devon.

"They have marketed [it as], bringing women to orgasm almost instantly. In fact, it is supposed to be a really good product to help women with menopause be able to be sexually active as well."

Small Town Buds, Alberta's first fully-approved weed shop, will not have this product on their shelves just yet. Although they will be ready to sell a variety of products on legalization day, they are still waiting to see an expanded product list that they can access on Oct. 17.

"I know Alberta has done things a little bit different than other provinces. I believe they are trying to release things slower to the public so it doesn't give a culture shock, but that is really my own perspective," said Felgate.

However, the product is on the radar of pot shops like Small Town Buds with

the weed lube gaining in popularity in Colorado.

Kind Love, a cannabis dispensary in Denver, Colorado, cannot keep the products on the shelves.

"Some people are really shameless in bringing it up, as it should be. It is a legal and open product. And some people are so much more bashful when asking for it," said Aurora Filipski, assistant general manager of Kind Love.

"I have boyfriends and husbands coming in asking for it, I have women coming in asking for the jumbo size. It has gotten massively popular, it flies off our shelves — we can't order it fast enough."

However there are some considerations if Albertans can get their hands ... or rather, vaginas on, these products. You cannot use the Pleasure lube with latex condoms or sex toys, because it is a coconut oil base, which can erode the latex. Also once you apply the product, it takes 20 to 30 minutes to kick in, so the onset time is something to factor in when planning sex with a partner. Finally, there is the age old question of will my vagina have to go to rehab? It is suggested that the sexual experience is so heightened that it may be hard to stop using the Pleasure product, however this could be said about products such as vibrators, too.

"THC-infused lube for women having a stronghold on the industry. I think is really cool because back in the day I don't think you would see it as publicly talked about, written about or experienced, that openly," said Filipski.



New Cannabis Ventures

# Old habits die hard

By **ELLIOT KNOPP**

With only six Edmonton locations licensed to sell cannabis once it is legalized, some illegal Edmonton courier companies are not waiting for Oct. 17 and will continue to operate.

The Alberta Gaming and Liquor Commission states the province's cannabis rules prohibit retailers from selling items online and running a delivery service, even when it is legalized. Despite this, some "weed couriers" already provide a way for marijuana-users to buy the illegal substance and will continue to do so after it can be bought in stores.

But, they're not easy to find.

These businesses not only sell weed, but also deliver it discreetly and directly to your home. An anonymous source has been a courier client for the better part of a decade and expressed that they will continue

purchasing from their courier after marijuana is legal in stores.

When asked about how to become a client, the source spoke of security measures in place, such as a referral by an individual already within the network. These measures are taken to ensure the company and its associates' interactions remain private and safe.

The source said one of the courier's top priorities is promoting safe use and educated consumption, along with the protection of its clients and employees.

The service offers many cannabis options that can be used medicinally, opposed to just recreationally.

"The packaging includes THC and CBD information so that you can dose yourself accordingly and use it safely," said Source.

The source originally started purchasing their products from a drug dealer, but eventu-

ally made the switch based off better dependability and speed.

"[The couriers can be] as fast as 15 minutes after placing an order," said Source.

They also found that dealers were often unreliable and not as educated as the courier companies.

Seventeen companies currently hold interim cannabis licences in Alberta. The interim licence allows retailers to order and have products shipped to their stores ahead of legalization. If these licensed businesses meet all conditions, they will be given an official sales licence.

The province expects about 250 stores to be open in Alberta within the first year of legalization.

Current laws state that only the AGLC can sell online and deliver cannabis to an Albertan's doorstep, and it must be through Canada Post.

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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](mailto:studenteditor@nait.ca).



# PROGRAM FEATURE

## ARCHITECTURE TECHNOLOGY



Supplied photo

Chair Sharleen Steinhauer

# A variety of options

By GEORGE HONG

The students of the Architectural Technology Program (ARC) at NAIT aim to acquire real-world skills to launch a career in the design or engineering field. The ARC Diploma graduates can enter the workforce immediately or transition into a Bachelor of Technology at NAIT, specializing in either Technology Management or Construction Management.

Sharleen Steinhauer, Chair of Architecture Technology, states that the program accepts between 90-110 students each year. This tight knit group of ARC students work closely with students from the Interior Design Technology and Landscape Architectural Technology programs to encourage co-operation among departments. Steinhauer explains that these relationships mirror real life working conditions within the construction design industry.

Steinhauer has been an instructor at NAIT for 11 years and has taken the additional responsibility of chair for the past four years.

"[A NAIT ARC diploma] prepares our students to pursue a variety of career paths," said Steinhauer.

Possible job opportunities include architecture, engineering, and design-oriented firms; technical/managerial positions with various contractors, manufacturers, and suppliers; or the public sector including education and government.



Supplied photo

Allie Limamy

**NAIT Nugget:** *Why did you choose your program?*

**Allie Limamy:** "I took design studies in high school and really enjoyed it. I explored other options but I kept coming back to architecture."

**NN:** *Which class did you enjoy the most and why?*

**AL:** "Most of my instructors have been great but in Bruce Tuchson's Intro to Construction Documents and Detailing class he made us hand draw our work instead of doing it on the computer and I really enjoyed that. Andre Lucena teaches Fundamentals of Design and he's so passionate about what he is talking about! It's a great class because it lets me explore my artistic side and Andre is great at encouraging creativity."

**NN:** *What advice would you give a new student in your program?*

**AL:** "I think getting to know your instructors is an amazing asset. You'll learn better, be more comfortable asking questions, and won't be afraid to ask for one-on-one help if you need it."



Supplied photo

Justin Kim

**NAIT Nugget:** *What point in the program are you?*

**JK:** "I'm in my first year, first semester, and first month."

**NN:** *What class do you like the most so far?*

**JK:** "AutoCAD class is the coolest because it's fun to use the program to design models of buildings on the computer."

**NN:** *What advice would you give to a new Architecture student?*

**JK:** "It costs a lot of money so start saving. Also, get ready to learn the history of architects and draw a lot of interesting shapes in the first semester."

**NN:** *Besides tuition and books what additional costs are there?*

**JK:** "You need to have a good laptop with certain specs which costs around \$2,000. Also there's a bundle of supplies from a store off-campus called Delta Art & Drafting Supply. It costs about \$150 and it's required for the program. It comes with a self-healing mat board, different colored markers, a knife, a ruler, and some coloring pencils."

**NN:** *Why did you choose Architecture Technology program at NAIT?*

**JK:** "Well I wanted to start with a shorter diploma and this one is only two years. But I'm really into fitness so I was thinking about a Kinesiology degree so I could become a chiropractor or personal trainer."

# Info clerks needed for student elections

**Duration:** Oct. 15, 4 p.m.-7 p.m.

Oct. 16, 10 a.m.- 2 p.m.

**Compensation:** \$16/hour

- Information clerks are needed

Oct. 15 and 16 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.

# Instructor gets Aboriginal award

By CELIA NICHOLLS

A NAIT instructor has been recognized for her work with Aboriginal students. Rhonda Dever received the 2018 Senator Thelma Chalifoux Award for her advocacy for, and support of Aboriginal students in the J.R. Shaw School of Business.

The Senator Thelma Chalifoux Award is presented annually in recognition of individuals, groups or companies that have shown exceptional commitment to helping Aboriginal students succeed in their NAIT studies. The award was established in 2000 and named for the first Métis woman appointed to the Canadian Senate – an important member of the NAIT community as a Métis elder on campus until her death in 2017.

“My hope is that my students will explore both who they are as people [and] who they are as leaders, and then go on to share their passion [in ways that will allow them] to really make the change that they want to see happen,” said Dever.

The instructor was nominated by Morgan Reynolds, a Bachelor of Business Administration, Management student in one of Dever’s leadership classes. Reynolds said Dever had encouraged her to explore and connect with her own culture in ways she had never done previously.

In addition to her work with students like Reynolds, Dever also arranged for inspirational guests like Francyne Joe, president of the Native Women’s Association of Canada, to speak to her class and extended an open invitation to the rest of NAIT to attend.

“I think it’s really important for our Aboriginal students to be able to feel like they can incorporate both their cultural and family values into their learning process,” said Dever.

Moreover, in terms of creating the right environment for Aboriginal, and indeed all student success going forward, there is a broader takeaway for NAIT faculty and the



Business instructor Rhonda Dever, left, was awarded the 2018 Thelma Chalifoux Award for her advocacy of and support of, Aboriginal students. She was nominated by student Morgan Reynolds, right.

institution as a whole.

“[NAIT should] really look at “Indigenizing” our curriculum and how we can incorporate Indigenous learning into our curriculum overall,” said Dever.

Dever hopes that, with a renewed connection to their cultural identity, students can continue the process by giving back to the community.

“From an Aboriginal perspective, I would love to see a lot of our students go back and work within their home communities, and encourage others to pursue post-secondary education and be able to use the skills that we set them up with here at NAIT to go on and help their communities prosper,” said Dever.

Dever believes this idea has benefits,

not just for Aboriginal students, but for everyone, leading to increased tolerance and a new understanding of the ways in which Aboriginal history in Canada continues to have a significant ongoing impact on individuals, families and communities.

“I want our Aboriginal students to share the struggles they and their families have encountered. It opens the dialogue for our other students to gain a better understanding of how the past has continued to impact so many generations,” said Dever. “... Their classmates [can also] get a glimpse into a world that most of them would never know.”

In the end, Dever thinks understanding is the most important part of a meaningful education.

“We work in such a diverse school. We have international students, we have Aboriginal students, then we have our local students. We have to be highly aware that people come from different places with different experiences, backgrounds, and learning styles ... We can foster those differences and let that add value to the classroom experience for all of the students,” said Dever.

While NAIT boasts an extraordinary 94 per cent satisfaction rate amongst recent program graduates polled about their educational experience, sometimes a teacher can go above-and-beyond to give students the kind of experiences that they will carry with them outside the classroom.

# Pogo is coming to NAIT

By ERYN PINKSEN

The Edmonton carshare service, Pogo, is coming to NAIT and students get a free membership.

Pogo has announced it is opening its zoning to include the NAIT campus. Students are able to sign up for a free membership and 30 free driving minutes with the code “NAIT”.

Pogo charges \$0.47 per minute when the customer starts driving. A membership includes a key fob to unlock Pogo cars and access to the app where you can find and reserve cars available near you.

Launched here in Edmonton in 2014

by a small group of Edmontonians, Pogo focuses on college and university campuses. The zoning also includes Whyte Avenue and major sectors of downtown. These areas give students access to Edmonton’s main streets.

Parking is free, but vehicles must be parked in City of Edmonton street parking available within the designated zone or in assigned university lots.

On Sept. 22, Pogo announced they would be partnering with Communauto; the oldest carshare service in Canada, based out of Montreal. This partnership allows Pogo to add more cars to their fleet and open their zoning up to others areas like

NAIT, which is now their northernmost point in the city.

The addition of NAIT to Pogo’s zoning

now connects three of Edmonton’s main campuses, including MacEwan University and the University of Alberta.



Pogo CarShare



# Instructors honoured

## What is the Instructional Excellence award?

NAIT's Instructional Excellence Award incorporates the institute's values and supports formal recognition of instructors who demonstrate excellence in teaching within the NAIT community.

### Who can nominate instructors?

All registered students.

### When can they nominate instructors?

Nominations are from May 1 to April 15.

### When are the awards announced and awarded?

Winners are announced in August/September. These awards are presented in January at the Long Service and Employee Recognition Ceremony.

### What are some of the criteria and requirements?

The student nomination is supported by at least 25 per cent of the other students from the same course number and instance. In the case where a class size is smaller than 12, at least three students must support the nomination.

**Student Nomination:** The nominated instructor demonstrates exemplary instructional practices supporting the following measures:

- a) Responds to the individual learning needs of students in and out of class.
- b) Promotes a quality and positive learning environment.

c) Demonstrates appropriate and innovative teaching.

d) Demonstrates a thorough knowledge of the subject matter.

e) Models professional attitudes and values.

**Peer Evaluations:** The nominated instructor demonstrates superb collegiality supporting the following measures:

- a) Co-operative.
- b) Positive personality.
- c) Professional.
- d) Reliable.
- e) Open to new challenges.

**Instructor submission:** The supporting documentation indicates instructional excellence supporting the following measures:

- a) Encourages student/faculty contact.
- b) Encourages co-operation among students.
- c) Encourages active learning.
- d) Gives prompt feedback.
- e) Encourages time on task.
- f) Communicates high expectations.
- g) Respects diverse talents and ways of learning.

### If students want to learn more and start the process where can they go?

Students can go to MyNAIT Portal, under Student Services/Instructional Excellence Award <https://mynait.nait.ca/nominate-an-instructor.htm>



NAIT photo

### Excellence winners

This year's instructors selected for the Instructional Excellence Award are front row, left to right, Heather Worthington, Cornelia Bica and Martie Grant. Back row are Gary Redschlag, Danny Koretz, Mark Schneider, Jason MacQueen and Dennis Gee.

# Help for aspiring entrepreneurs

By GEORGE HONG

NAIT's Mawji Centre welcomes two Resident Entrepreneurs (RE) to help students create and launch their start-up companies.

Although the RE concept has seen success in other institutions in Canada, it is the first program of its kind in Edmonton. It was introduced to NAIT by Max Frank, director of the Mawji Centre, and co-ordinator Cecile Wendlandt.

Frank has seen a variety of different mentorship programs to assist startups, but chose this RE model to help students that have a strong business plan but need a critical eye. Frank believes advising potential entrepreneurs, rather than existing business owners could increase the rate of success and put NAIT at the forefront of the industry.

Resident Entrepreneurs, Howard Suissa and Brad Smoliak, can provide valuable first-hand advice on the challenges new business owners face. They are available by appointment in the Mawji Centre's third floor offices in the CAT building. Availability is limited because Suissa and Smoliak are working entrepreneurs managing their own companies.

Howard Suissa of Suissa Design, is an industrial designer who provides one-on-one design solutions that address usability, experience and branding of a product. Suissa can provide guidance through any step of an entrepreneur's journey from inception, to business planning, all the way to expansion.

One of Suissa's fundamental business rules include: "put the right team in place to succeed."

Understanding all facets of a company is important, but relying on experts to handle accounting, financing, investing and legal issues allows the entrepreneur to focus on their product or service and "make it the best possible experience for the consumer," said Suissa.

Suissa wants students to understand the difference between entrepreneur and inventor. Inventors can create a great product or provide exceptional service but may not be the right person to lead a company, he said.

"Entrepreneurship is grounded in solid business knowledge," said Suissa.

Suissa remembers learning this lesson himself and admits it wasn't easy. Through experience he realized the main requirement of entrepreneurs is "to have the ability, knowledge and skills to move a startup to a profitable position."

Brad Smoliak is a chef, teacher, researcher, and entrepreneur. He will be available to students in one-on-one sessions starting Oct. 30 and going until February. Students can search Mawji Centre on the NAIT website and book an appointment through Eventbrite for Smoliak's unique perspective on business through the culinary industry.

Having successful entrepreneurs educate the business owners of tomorrow is an invaluable asset to NAIT and the Mawji Centre. Students that have the courage and spirit to start their own company can now use the Entrepreneur in Residence program to take every advantage possible.

The Mawji Centre has upcoming events including: Leading Like a Boss on Oct. 22 with Ray Muzyka, co-founder of Bioware and on Oct. 27, Becoming a Kicka\*\* Leader Bootcamp with Karmen Masson.



Photo by George Hong

Director of the Mawji Centre, Max Frank, and entrepreneur Howard Suissa kick off NAIT's Resident Entrepreneurs program.

# OPINION

— Editorial —

## What makes a good ...



By **JORY PROFT**  
Senior Editor

When I think of the people that have influenced my life and helped shape the core of who I am, they are mostly women. Which, as a man, has created an internal conflict; how can I become a good man if I primarily idolize women?

I think of my sister as influential, as she never limits herself to the expectations placed on her and women her age. She has travelled the world alone as a young woman, she can go toe-to-toe with anybody in most academic or athletic competitions and she has even requested for me to break her through a sheet of plywood, WWE-style (and actually let me do it).

### Makes better people

As for my mom, she makes better people – especially better men – out of everyone around her. She sees the potential in everyone and does her best to make sure the males in her life develop into valuable members of our world.

My grandma is my biggest cheerleader and has always supported me in whatever endeavours I take. She unconditionally loves everyone and strives to understand and empathize with anyone's situation. Imagine talking to your grandma about safe injection sites, the LGBTQ+ community, millennials or any other hot button topic and her actually trying to understand the issues – that's my grandma.

### Confidence to dream big

And finally, Nicole Murphy, my boss at *The NAIT Nugget*. I have only really known her for the past six months, but she has greatly expanded my understanding of the world. She has taught me the value of surrounding yourself with a diverse, closely-knit team. She has also given me the confidence to not only dream big, but to actually work towards those goals.

I think I felt conflicted, because boys aren't often told to look at and emulate the behaviours of the women in their life. The behaviours I saw in my influential women are that they are caring, driven, dependable and find a perfect work-life balance – all gender-neutral traits that can make up any good human being. Why wouldn't I want to copy these behaviours?

This realization made me see how often we get caught-up in defining personality traits by gender; when we should be considering what characteristics make a

strong, important person in the world.

While I believe it is still important for people to have both influential male and female role models, I think making a hodgepodge of the important qualities you see in any gender creates the best model for what a good person is.

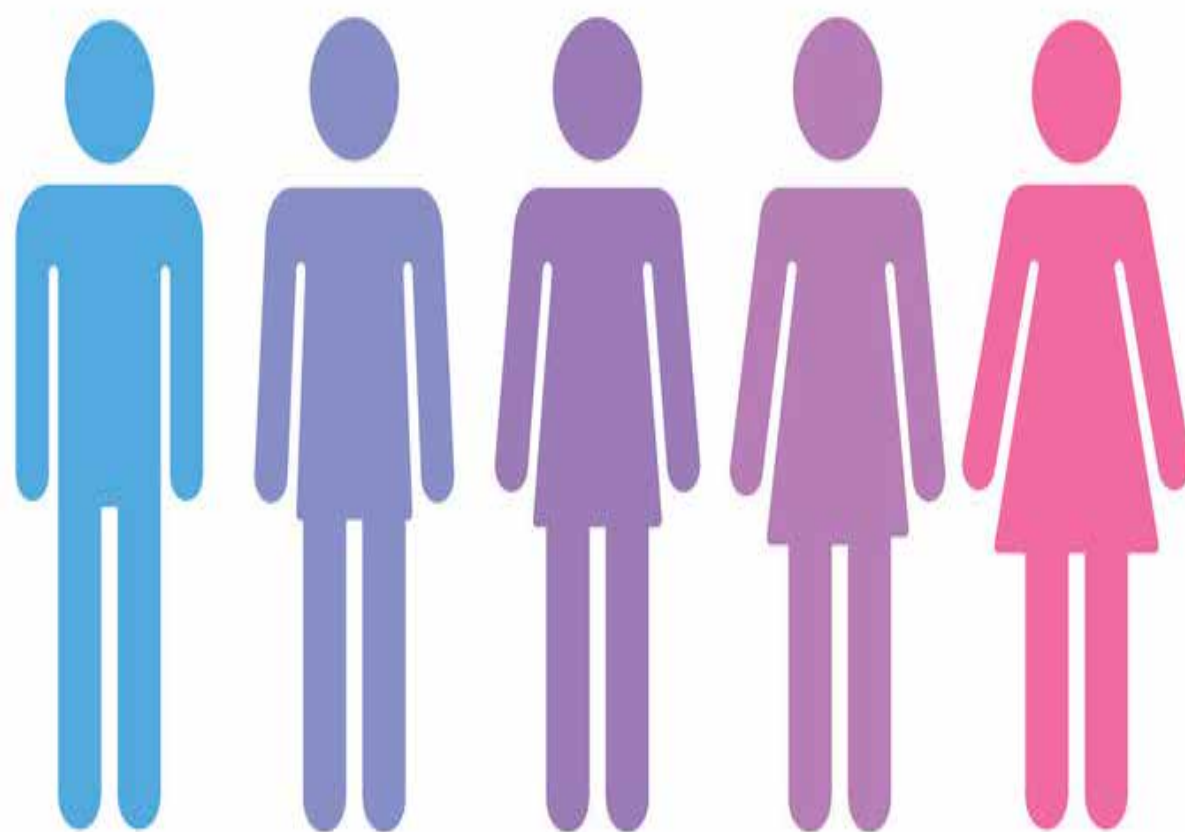
When you categorize gender traits so crudely, I think it creates greater issues.

In my life, I have found I do not fully relate to certain stereotypical "male" characteristics such as the gritty, emotionally inept qualities that I often saw growing up. Feeling uncomfortable under these gender expectations has made me strive to be a person that seeks to be expressive, supportive, and passionate, to

help shift people's idea of what makes a man.

By creating an idea like 'women are good at blank' or 'men are bad at blank,' people may start to believe that is all they are. Which may then lead to them not working towards getting better at something, all because they have been told it isn't important for their gender to be good at. By grouping gender traits, we can normalize and rationalize negative behaviours and stifle growth.

By my definition, a good person is someone that wants to grow and share and be the best version of themselves. I am undoubtedly a better person today because of the women in my life.



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# SPORTS

## NBA: Fearless predictions



By **CONNER TOFFAN**  
Sports Editor

After a downright crazy NBA offseason, the whole dynamic of the league has changed. There's still plenty on the line this season, and with just days left, it's time to look ahead at my biggest predictions for this upcoming NBA season:

**Most Valuable Player:** Anthony Davis

After finishing third place in voting last year, I fully believe Anthony Davis will make the jump from perennial MVP candidate to MVP this season. The departure of Demarcus Cousins will allow Davis to play the 5 at times and rack up monster points. The Rockets will slightly regress taking Harden out of the equation. Westbrook will be statistically great but once again, nothing more and Giannis still can't hit jumpshots. The only real threat to Davis will be LeBron James who will probably not see the same "voter's fatigue" that he did in years past since he's got a fresh start but will likely ease up his minutes after an incredibly straining year with the Cavaliers. My dark-horse MVP of Kyrie Irving could make a run but I wouldn't hold my breath for a fully healthy season. The only thing holding Davis back could be team success.

**Rookie Of The Year:** Kevin Knox

Personally I believe last years draft class was trash. I don't necessarily believe he'll be the best rookie. But I do believe that he'll be the best story. Being in New York, Knox will receive a ton of attention and take home the hardware.

**Most improved team:** Los Angeles Lakers

This one's easy. Don't overthink this one too much. The Lakers will be no less than a top three team in the West this year. While the West is as loaded as ever, the Lakers have LeBron James and the young players will be motivated in what will be a statement year for the purple and gold.

**Most disappointing team:** Oklahoma City Thunder

This team will do well in the regular season once again. They always do. But the disappointment will come in another first round play-off loss regardless of who they're matched up with. The most underrated component about a slasher like Westbrook is that they have to constantly drive hard to the paint to score and they get beat up by bigs. Westbrook will be too worn down to make any noise once again.

**Most Improved Player:** Brandon Ingram

I almost went with Kyle Kuzma, but Ingram is the better shooter and as a secondary scoring option, with another offseason of improvement and with LeBron feeding him the ball, Ingram will become a star in the league this year.

**Biggest surprise:** Markelle Fultz

After a wasted rookie year, Markelle Fultz will bounce back hard. Ingram might win most improved but Fultz will be truly

deserving. The 76ers know they will never win a championship with only two stars (Embiid and Simmons), so they will give Fultz every chance to be the player he was supposed to be coming out of the draft.

**NBA champion:** Golden State Warriors

Duh.

Another one that you shouldn't over think. Later on in the year the challenge of trying to incorporate Demarcus Cousins into their offence will actually help cure them of the boredom they've had down the stretch in the past couple years. Sure, they'll have injuries, they'll even lose some games but no one in the NBA is quite ready to take the throne from the Warriors.



Brandon Ingram

Sports Illustrated

### WRESTLING

## Local wrestler making noise

By **CONNER TOFFAN**

Just over a month ago Michael Richard Blais, a local wrestler for the Prairie Wrestling Alliance made a trip into the realms of the WWE. Being brought up for a match on 205 Live against veteran Hideo Itami, the wrestler who's dubbed himself "Gods gift to wrestling," said, "it's a rush that I can't really explain. But also it's kinda funny because you would think it would feel a lot different than what it feels like [at PWA] but in actual-



Michael Richard Blais

ity every time I go through the ropes, I get the feeling that I belong. No matter how many people are there." In the past, Blais has been called up to the WWE on a few other occasions including a match on Monday Night RAW against Braun Strowman and a match in NXT.

While the rush of having a match in WWE is palpable for Blais, one of his favourite matches is against former WWE wrestler and current indie star, Cody Rhodes. Last year, he wrestled Cody to a dramatic, 30 minute time limit draw. "I was wrestling a guy that was on TV, he's wrestled in Wrestlemania, they just did All In and sold out 10 000 people and he was like the main draw of that show. I felt like I was exactly his equal. And whether he was just being honest or just being nice, he told me he felt like I was his equal that night," says Blais.

Although Blais is at the top of his current company, he always looks to extend his career further. "I'm always trying, constantly. A lot of professional wrestling is timing and rolling with the punches. And that's where I'm kinda at right now, I'm just rolling with the punches, I'm constantly trying to get further. But as long as I am here (at PWA) I'm looking to make here the best it can be," said Blais.

For Blais, wrestling has always been his dream. Watching professional wrestling was actually his first

memory in life. Even in Grade 4, his teacher asked everyone what their dream was, rather than saying the normal "hockey player" or "doctor" Blais said professional wrestler.

"The teacher literally looked me up and down because I grew up the fat kid and got bullied a lot, and said 'aren't you a little chubby for that?' And that killed me but it was also the thing where I went home and cried, I was upset but I was also like, I'm going to take this and shove this in her face and anybody that ever tells me I can't do it," exclaimed Blais, who still uses this as motivation every day.

For now Blais is on the rise and the grind of being a professional wrestler will never stop, "I just have to keep doing what I'm doing ... I just got myself out to Toronto to be seen by them and I got lucky enough to get a match on 205 Live with Hideo Itami ... I just have to keep doing what I'm doing and not get myself down and stop pushing forward. I think a lot of guys do stop pushing forward. All the guys you see in WWE right now are guys that just never gave up. There's a lot of other guys that would be there but they gave up when they got told no. I'm just not gonna give up," said Blais.



# Pot not a performance enhancer



**PETER GO**  
Assistant Sports Editor

"If I study high, take the test high, [I'll] get high scores," uttered Redman in the 2001 comedy *How High*. That doesn't actually work. Mary Jane or marijuana is not a performance-enhancing drug.

When marijuana becomes legal next week, many people are concerned with how it is going to be policed in society and also in sports.

I personally have indulged in cannabis' sweet leaves and the first time was before a basketball game. It was a unique feeling, not being as sore as I am used to and even

after the loss, I was in a tolerable frame of mind. It would be easy and ignorant to tell you that it was the cannabis' fault for my post-game feels. And to be completely honest, at the time I wouldn't be able to tell you the reason I felt so good after an hour of running and jumping up and down the court wasn't because of smoking some herb.

This herb will be legal next week for the first time since the 1930s and no one will know how the ripple effect will hit the sports world. Marijuana is already banned in all sports. The chemical found in weed that is more on the psychedelic side, tetrahydrocannabinol or THC is already on the World Anti Doping Agency no-fly zone list and that doesn't look like it will be changing. The other chemical found in marijuana is called cannabidiol or CBD and that was taken off WADA's no-fly zone list in 2018. Meaning athletes may use CBD, however they see fit, if they are medically cleared to do so. CBD is known for its medical advantages for pain.

What this means is athletes will still not

be able to smoke at their leisure.

And is that really is the sad part.

You hear stories in sports all the time about athletes dealing with pain, both physically and mentally. More often than not, athletes will be prescribed opioids to relieve their pain, but their pain always outlasts the prescribed opioids. Their pain becomes chronic. And ironically, their pain could of or can be relieved by some chronic.

Yes, there are athletes like Josh Gordon and Ricky Williams who could not or cannot stop smoking the devil's lettuce. But would you rather have them smoking some weed to calm their nerves or addicted to heroin to calm their nerves?

I am old enough to remember a time when marijuana was looked at like it was cocaine or heroin. People would see the plant and be so put off because it was deemed "illegal."

I, myself didn't grow up thinking me and Mary Jane would be such good friends.

And it was from years of society cast-

ing a dark cloud over the plant. When in actuality, it helped me and would probably do a lot of athletes good, both physically and mentally.

If you have smoked weed before, you know it doesn't give you athletic powers to pass, catch or dunk a ball. It doesn't give you super strength or heightens your vision. What it does do and what athletes like to use it for are the side effects not everyone wants to talk about.

Marijuana has been used to help relieve pain and swelling. Which is why it has researchers believing marijuana can help with concussion symptoms. It has also been able to generate an appetite and relieve stress.

Now I am not saying weed, chronic, whizle, the devil's lettuce or marijuana is for everyone. But it can do more good than harm. I realize the perception of marijuana is on the verge of changing and I believe it's going to start with athletes being able to smoke whenever and wherever they want.

## SOCCER

# Ooks on fire!

By **ZACHARY FLYNN**

The Ooks' soccer teams are both undefeated and dominating their competition.

Both the men's and women's soccer teams are at the top of the Northern Division and lead their divisions in goals scored. Players and coaches are focused on maintaining this position as the league progresses.

"We have to get first. It's absolutely critical this year," says Zach Kaiser, the men's team captain, "Once we win the Northern Division, I believe our biggest competition is going to be SAIT."

Currently, the Calgary team is leading the South Division and is undefeated.

In past years, Alberta has been allowed to send two teams to nationals, but this year, only the first place team in the provincial tournament can move on to the national tournament in Charlottetown, Prince Edward Island. While both NAIT teams have their sights set on provincials, they still make sure they focus on one game at a time.

Kailyn Mohn, a third-year midfielder on the women's team says, "We've got to stay humble and we don't take any teams for granted."

Both teams also have a number of first-year players who have managed to fit in well with their teams. Nearly two-thirds of the men's team is made up of first-year players, but that doesn't worry Kaiser. "They're spectacular, they're quick. It's just incredible," he says.

The women's team also has over a third of their roster being first-year players.

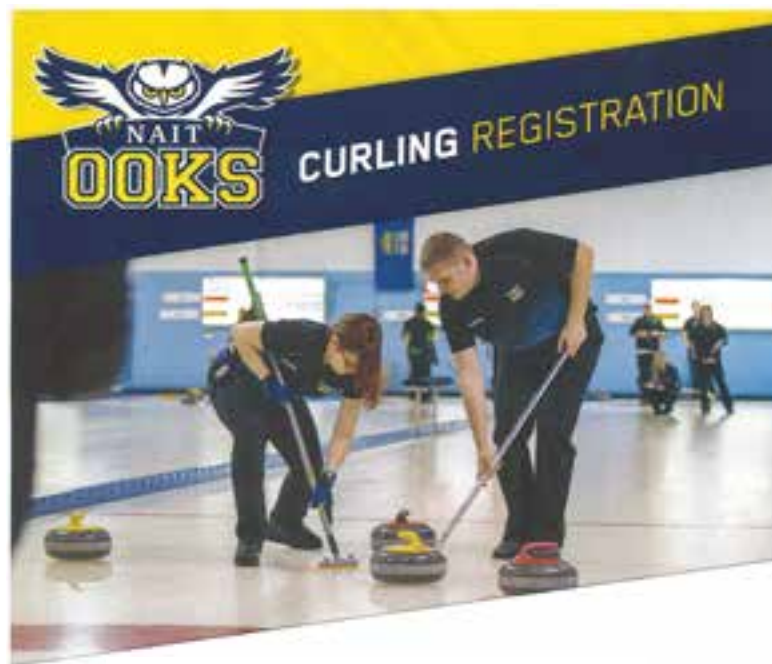
Carole Holt, head coach of the women's team, says that the new players are talented, competitive and coachable. "It's a very competitive group but a very supportive group," says Holt. Holt also says that the new players are eager to learn and are working well with the team.

The teams still have four games to play in the regular season, though these teams are arguably their biggest competition. "The last game of the season is against Concordia and we always have matches against them," says Holt.

Before they face off against Concordia, the team faces off against The King's University, whose men's and women's teams are both undefeated. Holt expects each of the last four games to be competitive, and she emphasized the importance of not underestimating their opponents. This mentality is carried throughout the team.

Throughout the season, the Ooks soccer teams have had some massive wins. In their games against the University of Alberta – Augustana on Sept. 23, the men's team won 15-0. The week before, the women's team took on Keyano College and beat them 12-0. The men's and women's teams average roughly seven goals per game. Most of their victories have been shutout wins.

These high-scoring games are the result of the team's



Interested in joining the NAIT curling team?

Tryouts will be held every Monday and Wednesday at the

Avonair Curling Club (across from NAIT)

from 4:30 p.m. to 6 p.m.

**FOR FURTHER INFORMATION CONTACT**

Head Coach Jules Owchar at 780.221.1717

or

Athletics Manager Jordan Richey at jrichey@nait.ca



**Carole Holt**  
'Supportive group'

games mentality. Coaches and players stress the importance of remaining humble and never underestimating their competition. When the Ooks find themselves with a large lead, they continue to play hard and competitively, always looking to improve.

You can keep up to date with Ooks athletics news and find their schedule at NaitOoks.com.



## WEATHER

# Early winter throws a wrench

By DANIEL HERMANUTZ

Snow in September. Here in Edmonton that isn't a posterous claim, we've come to expect winter to rear its ugly head around this time. But this year Jack Frost got the jump on us with nine straight days of snowfall, even before the Fall Equinox could occur.

It looked as if we fast-forwarded overnight straight into November, with the wet fluffy white slush that felt like it would never stop. For the average joe it sucks, but only serves as the minor inconvenience we are all too familiar with, so we brush off our cars, break out the boots, and drive a little slower. We've all been playing this same repetitive game for years.

There's hardly any sympathy to go around, although there may be some exceptions. Edmonton's golfers, baseball players, or even the river valley runners who were feeling the extent of the previous winter extending into the beginning of May, are certainly uneasy based on the potential looming threat of another never-ending winter.

Nathan Fleming, an avid runner of the river valley, said that this early snowfall really "cramps his style," leaving him scrambling to find other options to get his fix in.

"What makes me a man of running outside, specifically in the valley is that the trails take you through the trees and down low nearly to the edge of the river, but obviously if it's all snowy, cold and wet, that isn't going to fly."

As for golf, finding your lost ball in a pearl white blanket would only add unnecessary stress to a supposedly peaceful game. As for putting, we may as well not even address it.

With the fall baseball and softball seasons supposed to be reaching their peak, some teams have had to cancel the seasons altogether.

With youth football reaching the peak of their season, the weather sits in a threatening position making teams wonder if



City of Edmonton

## Victoria Golf Course Clubhouse

they'll have to play through tough snow games.

It's not just the athletes hurting, certainly the owners of golf courses, driving ranges, or even the parks and recreation departments in charge of curating the public grounds are being affected by the shortened season. Courses are reporting that their numbers for the month of September were cut in half if not even more, effectively losing half of one of the final months of the season, a crucial one as golf-

ers try to squeeze in the last couple rounds. Recreation services are now tasked with trying to keep the fields maintained for the time being, shovelling off the snow as such to keep it from turning into a wet mess.

Since we can't control or really predict the weather beyond a certain point, this is an instance where you just have to roll with the punches, and hope that we get another few weeks we could work with.

## GOLF – POT

# Pot debate on golf courses goes on

By TY FERGUSON

Golfing is a sport where smoking a cigarette or gulping a beer while playing is far from uncommon. The legalization

of marijuana on Oct. 17, though, creates a new discussion – how will cannabis work on the course? The city of Edmonton has already preemptively declared

the use of the herb on their public golf courses as illegal, but the consideration does not end there. For most privately owned golf courses in Edmonton the question still remains up for discussion.

One privately owned golf course, The Ranch Golf and Country Club, did come to a decision amongst the haze. "We're just going to say we're not going to allow it," said the course's general manager, Murray McCourt.

"The Ranch golf course is a family friendly environment and the smell of marijuana often gets complained about. It will be treated the same as outside liquor that has been brought in – if someone takes their own beer on the golf course we'll take it away."

Puffing while putting does not sound as easy as expected with the legalization looming. McCourt and other private golf course managers have conveyed their lenience when it comes to those golfing under the influence.

"We aren't going to be out there interrogating people and making sure they don't have anything with them, if they do it they're going to do it as they already do."

"If anything, it's better than a beer

or a cigarette," said Mac Lirondelle, a business student at NAIT who admits to have golfed while being under the influence of marijuana before.

"You're a lot less volatile when you're high than when you're drunk."

In response to the argument of smell being a factor contributing to the herbs disallowance, Lirondelle expressed that if golf courses wish to please both smokers and non-smokers, a designated indoor smoking area could be assigned to prevent the smell from getting out of hand.

Regarding the appeasement of ganja golfers, McCourt also stated a hypothetical that could appeal to smokers in the future. "One scenario I could foresee, if we got a marijuana licence – as we have for selling liquor – and we could make a profit from it, we may reconsider."

Whether pot usage while golfing rises or stays the same, the golf season is winding down potentially before the 17th, giving private golf courses plenty of time to evaluate how, if at all, they will integrate marijuana onto their courses.



Photo and idea by Alberto Villoga and Ty Ferguson





# TRICK - OR - Treat

*Wednesday, October 31*  
**4:00PM - 9:00PM**

REGISTRATION AT 4:00PM, BUSES LEAVE AT 4:50PM



*We Need Volunteers!*

TRICK OR TREAT WITH US TO COLLECT FOOD  
DONATIONS FOR THE NAITSA FOOD CENTRE

**SIGN UP AT [NAITSA.CA](http://NAITSA.CA) OR COME TO ROOM E-131  
TRANSPORTATION TO AND FROM NAIT PROVIDED**



# WEEKLY SPECIALS

## FOOD

### MONDAY

**\$8.25 I Wish it Were Fry-Day Bowls**  
(Mexi, Veggie Supreme or Chicken  
Bacon Ranch Fries)

### TUESDAY

**\$8.25 8" Signature Pizza**

### WEDNESDAY

**\$8.25 Nest of Wings**  
Add dipping sauce \$1.50

### THURSDAY

**\$7.25 Potato and Cheddar  
Perogie Poutine**

### FRIDAY

**\$8.25 Daily Soup and 1/2 Wrap**

## DRINK

### MONDAY

**\$5.00 OFF Bottle Wine**

### TUESDAY

**\$2.00 OFF Beer Cocktails**

### WEDNESDAY

**\$5.00 Lamb's Rum Highballs**

### THURSDAY

**\$6.00 Flavoured Absolut Vodka**

### FRIDAY

**\$1.00 OFF Domestic Bottles**

### DAILY

**\$5.00 BRO-tini**  
Ask your server for details

BEST BAR NONE



bestbarnone.ab.ca



NAIT STUDENTS' ASSOCIATION  
naitsa.ca

All specials available while quantities last.  
All liquor served is 1oz. Must be of legal drinking age to  
purchase alcohol. Valid ID required, please drink responsibly.

For more details about our menu, please visit us online.  
Specials are dine-in only.

For current hours, please visit us online at  
[nesttaphousegrill.com](http://nesttaphousegrill.com)

REVIEW US ON GOOGLE ★★★★★



# Perfect Pulses on the Go

**PULSES** are the dry edible seeds of legumes and include beans, peas, lentils and chickpeas. Pulses like black beans are a delicious source of protein and fibre and are grown in Alberta.

## Black Bean Bowl



**MAKES:**  
4-6 servings  
(6 cups/ 1.5 L prepared)



**PREP TIME:**  
20 minutes

### Dressing

3 Tbsp (45 mL) .....white wine vinegar  
1 Tbsp (15 mL) .....honey  
2 tsp (10 mL) .....whole grain mustard  
½ tsp (2 mL) .....ground turmeric  
¼ cup (60 mL) .....canola oil  
to taste salt and ground black pepper

### Salad

1 ½ cups (375 mL) ....cooked or canned black beans (drained and rinsed)  
1 ½ cups (375 mL) ....cooked pearl barley  
1 ½ cups (375 mL) ....chopped red bell pepper  
¼ cup (60 mL) .....chopped dried cranberries  
3 Tbsp (45 mL) .....chopped fresh dill  
3 Tbsp (45 mL) .....lightly toasted sunflower seeds, divided  
2 cups (500 mL) .....packed baby arugula or spinach

### Directions

To prepare the dressing: whisk together the vinegar, mustard, honey and turmeric. Slowly drizzle in the oil, whisking continuously. Season to taste with salt and black pepper.

Combine all the salad ingredients together in a large bowl, reserving 1 Tbsp (15 mL) sunflower seeds.

Add as much of the dressing as desired to the salad and toss to fully coat. Season to taste with salt and black pepper and garnish with remaining sunflower seeds.

Nutrients per serving (1 cup/250 mL) 250 Calories, 12 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 32 g Carbohydrate, 7 g Fibre, 8 g Sugar, 6 g Protein, 181 mg Sodium, 380 mg Potassium, 2 mg Iron, 77 mcg Folate

**Alberta Pulses – good for the farm, good for you!**  
For more tasty recipes visit [AlbertaPulse.com](http://AlbertaPulse.com)

  
**ALBERTA PULSE  
GROWERS**





# SENATE ELECTION 2018/2019



## BUILDING CONSTRUCTION AND DESIGN

**Djanvi Kouassi**

Dear Friends

First, let me reinforce my firm believe in the fact that great results can be achieved only when forces are joined together.

I am particularly determined to go the extra mile to ensure you a meaningful and pleasant experience at NAIT. one of the main goal of all student is to successfully graduate from a chosen program at NAIT. Therefore, let's work together, assist each other and take care for one another while we are working toward that goal. No one should be let down. Determination, hard work, honesty and reliability are what I have to offer to bring that goal into fruition for all of us.

As senator of the building and construction program group, I will fairly represent you and do my best to provides solutions to any issues which may be your concern.

Alright less talk more actions Now!!

Vote for Djanvi Kouassi on 11-16 October by logging into your NAIT student portal

I look forward to work with you guys. It's going to be a great year!!

See you around

Djanvi Kouassi

Mechanical engineering program



## BUILDING CONSTRUCTION AND DESIGN

**Sean Wulf**

Hey hey fellow Building Construction & Design students my name is Sean and I would greatly appreciate you coming out and casting your vote for me. I am running as a candidate for student senate and I would love to help make your voice heard and to help make a difference for the students within our grouping. Feel free to approach me with any concerns that you have and I will be sure to bring them forward if it's something that I can help influence change on. So come out and vote between October 11th and 16th at 4pm. Just remember that sugar is for horses.



## ENVIRONMENTAL & NATURAL RESOURCE MANAGEMENT

**Chahd Alkahwaji**

Hi I'm Chahd!

I am part of the Alternative Energy program and I absolutely love it! That is why I want to be more involved and make the rest of my days in the program count. If you ever see me on campus, studying after hours in the common computer rooms, or in events where cats and dogs are involved please feel free to say hi and address all your questions, ideas and concerns.

Ps: It's more than okay if you're not sure how to say my name :) Just say hi and ask!



## ENVIRONMENTAL & NATURAL RESOURCE 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 for re-election. Senate is the "governing body" for NAIT Student Association (NAITSA).

Senate will ensure your student fees are well spent, decisions are clear, and your perspective is well taken. My success as a Senator for last academic year and as the

current Student Member for Board of Governors at NAIT, I will continue to work hard to ensure we, as the students are well represented in both NAITSA and NAIT.

I understand your decision to come to NAIT; one of the great polytechnic school in Canada and your success at NAIT matters for your future. It'd be my honour to serve you as Senate and be part of your success.

Thank you.



**CULINARY AND HOSPITALITY****Megan Caplette**

My name is Megan Caplette and I am currently enrolled in the Baking and Pastry Arts program. I feel that I will fit well into this position with my past roll on my high school student council. My leadership and cooperative skills achieved here will be an asset on this board. With your vote I promise to put the perspective of all the culinary and hospitality students ahead of my own personal views and use my position to better our programs wherever possible. I welcome your opinions and will take each of them into consideration when making any decisions. Please feel free to contact me with any questions or comments at [megan.t.caplette@gmail.com](mailto:megan.t.caplette@gmail.com)

**CULINARY AND HOSPITALITY****Stephanie LeBouthillier**

Hello fellow students! My name is Stephanie LeBouthillier and I'm running for senate so I can represent the Culinary and Hospitality programs. I'm currently in my second year of Hospitality Management. Not sure where Hospitality Management even is on NAIT campus? We're in the shifty U wing at the end of main campus near Ernest's. I'm a firm believer that anything is possible if you set your mind to it

and I want to inspire other to voice their opinions; or at least tell me so I can voice them.

I'm a returning student and I love this school and what it does. I want to help NAIT be better and help the students who come here achieve their maximum potential! When the polls open let me help you express your concerns!

**MEDIA AND DESIGN****Katrina Amero**

Hey Fellow NAIT students!

I am super stoked to be a student here at NAIT. Vote **YES** for the 2 candidates in the Photographic Technology program so your voices can be heard and we can make this a TEAM effort! Remember ... YES x2!!!!!! Xoxo

-K

**MEDIA AND DESIGN****Brenna Bartley**

No article submitted.



## SENATE ELECTION 2018/2019



### ENGINEERING TECHNOLOGIES, ACADEMIC UPGRADING & OPEN STUDIES

#### Ben Ameha

Hello Ladies and Gentlemen,

My name is Ben, I am running to represent you as a Senate. I am not promising you that I can change or solve any problems, but rather a promise to be a medium where have your voice can be heard at all existing platforms. You have two Senate seats available for your group and I am asking for your vote to be the one seating on one of them. Looking forward to serve you!

Ben A.

Wireless System Engineering Technology



### ENGINEERING TECHNOLOGIES, ACADEMIC UPGRADING & OPEN STUDIES

#### Grace Chan-Lowe

These are some questions that can be raised to hold NAITSA accountable to the students:

1. Power Engineering Technology students were each charged more than \$1,400 for six credits, whether they were on a paid or unpaid contract during our practicum this past summer, while SAIT students did not have to pay for their experience on the same site, working in the same positions at the same base pay rate.
2. Printing prices at the main campus recently rose from ten to twelve cents per black-and-white page without advanced notice. Meanwhile the combined cost for printer leasing, maintenance and toner could be less than two-cents-per-page.

3. How much progress has been made on replacing expensive textbooks with Open Educational Resources throughout the various programs at NAIT? Is there a scorecard or tracking on how much has been saved for students and/or how much still could be saved?

If elected, I will follow up with these and any other school-related issues that you mention, whether you are an Engineering Technologies, Academic Upgrading, Open Studies, or otherwise unrepresented student. Please vote "yes" for Grace as one of your two choices. Thank you for your attention.



### ENGINEERING TECHNOLOGIES, ACADEMIC UPGRADING & OPEN STUDIES

#### Catherine Esra

Hi! My name is Catherine Esra.

I am in my second year of the Instrumentation Engineering Technology program and the VP Finance for the IET club. I will be representing each one of you in the Engineering Technologies, Academic Upgrading and Open Studies. Being part of the Senate will allow me to build a pathway from the students to the NAIT community. I have no more power than

you! I will listen to your needs and work with other members to make changes happen. YOU can make a difference!

I want to hear from you about your concerns and issues. I will do my best to make sure your voice is heard loud and clear. By voting for two representatives, October 11-16, you can make a difference in our campus!



### ENGINEERING TECHNOLOGIES, ACADEMIC UPGRADING & OPEN STUDIES

#### Kyle Prince

Student Association Fees Per Semester:

NAIT: \$126 MacEwan: \$117 UofA: \$72.56 Norquest: \$62.50

Why are we paying the four students who were elected for executive council 3,465 dollars per month? That's \$13,860 dollars per month from our student fees, when we have some of the highest tuition fees in the city. Not to mention, the executive council lacks transparency and accountability:

NAITSA bylaw: 5.1.7. Meetings of the Executive Council are held in-camera and minutes shall be considered closed and

sealed to anyone other than members of Executive Council. Only motions and their results shall be published.

Neither the student body nor senate have the ability to provide oversight. For that reason, our bylaws must be examined with a fine-tooth comb and changed to provide students with a government which is responsible and sustainable.

I will end with a quote often misattributed to Mark Twain, but still apt; "Politicians are like diapers, both must be changed often and for the same reason."





### ENGINEERING TECHNOLOGIES, ACADEMIC UPGRADING & OPEN STUDIES

#### Jaryd Taylor

My name is Jaryd, and I will be a representative Senator for the Engineering Tech., Academic Upgrading & Open Studies program group. I plan to create actionable change, emphasizing the following values:

- I. Transparency & Accountability: Currently, under NAITSA Bylaw 5.1.7 "Executive Council [meeting]... minutes shall be considered closed and sealed to anyone other than the Executive Council..." This must change, and I'll reform this bylaw to ensure meetings are wholly visible to students.
- II. Accessibility & Clarity: I'll refine bylaws to be more concise, which will increase student involvement in our governance.
- III. Memes: Dude, memes change the world. Vote 4 meme

IV. Lower Tuition Fees: It is of the utmost importance to consistently seek a reduction in student fees. Eliminating education's paywall opens the door to self-improvement, and it would mean more money directly in your pocket.

V. Working Class Community: As a Senator, I'll hold monthly debriefs with the program groups I'm elected from. This will enhance student involvement twofold; firstly, I'll disseminate student-body politics to those it affects the most - you. Secondly, I can directly take your opinions to Senate meetings.

Want more? Find me in a camo jacket hanging out 24/7 in the Spartan Centre.



### BUSINESS AND ADMINISTRATION

#### Syed Ahmed

Hello everyone!

My name is Syed Ahmed. I am a third year student doing my BBA in Management, because I love working as a team and getting things done together. As a Senator from last year, I know how the Senate works, and I will use that to help students this year too. The Senate's main job is to see what events, plans, and finance decisions the Executives

of the Student Association are making, and asking how those help students. We also bring up topics that affect all students at Nait with Executives as well. Open to all ideas and comments, I will make sure what students say has an impact on the Student Association's choices. I look forward to meeting everyone again this year, and I'll see you on the campaign trail!



### BUSINESS AND ADMINISTRATION

#### Isabelle Prud'Homme

Hello everyone,

My name is Isabelle Prud'Homme, and I am a 4th year Accounting student here at NAIT. Being actively involved in the things I do is something I strive for. Transitioning from evening part-time to full-time student gave me the opportunity to engage myself with NAIT community. I have started my journey by being this year CPA Campus ambassador where I can connect with students and have

a chance to help them. I want to do more for my fellow students, and that is why I have chosen to become a candidate for the Senate. I am reliable, accountable and very passionate. Leading by example, I value transparency and honesty. Help me help you ensure your voice is heard. Your vote is your voice, vote Isabelle Prud'Homme for Senate.



### BUSINESS AND ADMINISTRATION

#### Joning Yu

Hello guys!

I am here only because I would love to make your student life EASIER and BETTER! Gather your amazing thoughts; voice your ideas, concerns and questions is what I am passionate about!

Here's WHAT I will do for you and WHY me:

- As your representative; I gather and ensure your opinions are heard by naitsa.
- Easy to reach me out on campus: Being full time student, working as International Peer Mentor and club executive here at nait, you can see me around participating or hosting

events. You are also welcoming to email me anytime and receive reply within 2 days.

- Experience in public engagement: With previous and current mentoring experience in volunteering with youth, tutoring and peer mentoring, I am open-minded to all the suggestions.

Together, let me make difference for you!



# SENATE ELECTION 2018/2019



## INFORMATION TECHNOLOGY AND ELECTRONICS Dishan Burad

Hello, I am Dishan Burad, a Computer Engineering Technology student in my first year. I am a candidate for the upcoming 2018 Senate election. As I settle into my student life, I can say NAIT is a fantastic institution which provides students with immense opportunities to learn and grow. I believe students should be heard by the NAITSA executive team, and the executive team should be held accountable for their actions. For these reasons I would like to be the voice that brings your concerns to the executive team. I look forward to meeting you and when you see me in the halls offer me a high five, I promise I won't leave you hanging. Let's make a better NAIT together.



## INFORMATION TECHNOLOGY AND ELECTRONICS Bob Fraser

I am a mature first year Network Engineering Technology student. I have been attending College/University for 2 years prior to coming here. I am from Red Deer and recently moved to Edmonton specifically to attend this program. I began my student career at Red Deer College in the Engineering program. Last year I was a member of the RDC Student's Association Council which gave me my first taste of college politics. Some of my responsibilities were like those of NAIT Senators, however, I was also required to sit on several committees, help run events throughout the

campus and volunteer at least 4 hours per month between classes on top of everything else. I have a strong passion for debate and making myself heard when standing up for what I believe in, and I strongly believe in doing what is best for those I represent! As a member of the Senate I will have the power to vote for or against policy on your behalf and I will do my best to ensure that I know the wants and needs of the clear majority of those I represent! When election time comes, a vote for me is a vote for you!



## INFORMATION TECHNOLOGY AND ELECTRONICS

### Curmaneet Kaur

No article submitted.



## INFORMATION TECHNOLOGY AND ELECTRONICS

### Harmanpreet Kaur

No article submitted.





#### INFORMATION TECHNOLOGY AND ELECTRONICS

##### Alex Marshall

My name is Alex Marshall, and I would be thrilled to be your Senate representative for the IT and Electronics program group. I believe that student leadership is especially important in our field because IT is constantly evolving, and students can find it challenging to decide which courses to take, or which subjects to study. The DMIT program is particularly complex, with many choices to make for your program stream and course electives. As President of the DMIT Students' Association, I have helped organize many events that have benefited students, such as company tours, tutorial sessions, coding challenges and seminars

with industry professionals. As a Senate representative, I will do everything I can to connect IT and Electronics students to NAIT governance and ensure that we benefit from NAITSA events and activities. At this time, I have two goals: one, to clarify graduation requirements for Digital Media and IT students; and two, to examine and question NAITSA's budget and expenses. If you have any questions or suggestions for me as your Senate representative, please don't hesitate to contact me by email: [amarshall20@studentmail.nait.ca](mailto:amarshall20@studentmail.nait.ca), or in person at the HP Centre. I look forward to hearing from you.



#### INFORMATION TECHNOLOGY AND ELECTRONICS

##### Vivi Nguyen

HELLO! My name is Vivi Nguyen and I am a first-year student in Computer Engineering Technology. I am confident that I can represent the diverse students of Information Technology & Electronics with integrity, accountability, and professionalism. I would ensure that all of OUR VOICES are heard, and that OUR MONEY is well spent and in OUR BEST INTEREST.

Currently, I am the VP Operations of the Badminton and Ping Pong Club. I volunteered for three years as an Awareness Ambassador for the Canadian Mental Health Association, and as an Administrative Assistant for the Heart & Stroke Foundation. In my past "career life", I was an

X-Ray/CT Technologist for five years until I found my true calling with computers. From these various experiences, I developed my prioritization and problem-solving skills, along with my ability to work effectively in team settings. I am not afraid of change and I welcome all challenges, especially the challenges of being YOUR REPRESENTATIVE. I am always open to chatting and hearing from you, so come say hi! And VOTE YES for VIVI!

TL;DR – Overly ambitious, under-represented female in the technology industry who wants to be your Information Technology & Electronics Senator with your votes! Thank you!

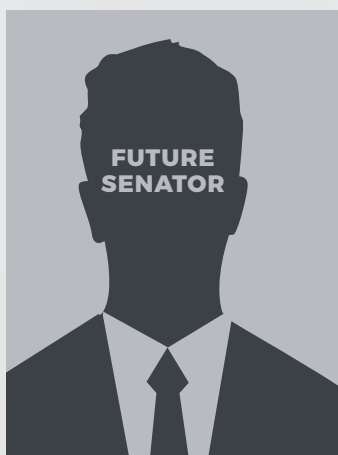


#### INFORMATION TECHNOLOGY AND ELECTRONICS

##### Ramandeep Singh

Good day, I am Ramandeep Singh and I wish to represent you at the NAIT Senate this year. I am in the Digital Media and IT program as a Computer Software Development student. We are in high demand in our field, but our students still have much to gain from good representation and government at the NAIT Students Association. As an international student who has recently moved to Canada, I know first-hand the difference it makes when governance is

transparent and effective. I also know from experience how it is important for students to connect with each other and support one another in their studies. If I am elected to the Senate, I will do whatever I can in the organization to help our students have a valuable and fulfilling experience at NAIT. I hope to meet many new people during the campaign.



#### HEALTH SCIENCES

There are no student candidates in your program group.

If you have an interest in putting your name forward to be a Senator, please contact the Deputy Returning Officer Brenda Needham, NAITSA Vice President Academic ([savpacademic@nait.ca](mailto:savpacademic@nait.ca)) or see her in the NAITSA office in room E-131.



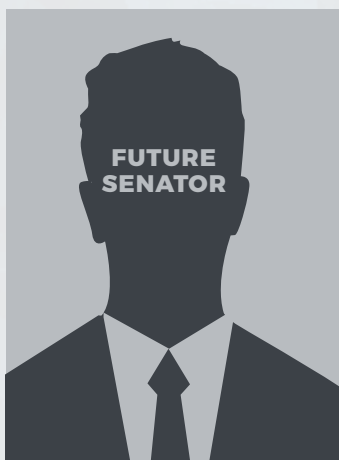
# SENATE ELECTION 2018/2019



## SKILLED TRADES AND APPRENTICESHIPS

Michael Essex

No article submitted.



## SKILLED TRADES AND APPRENTICESHIPS

There is only 1 student candidate in your program group and we need two student Senators to be elected.

If you have an interest in putting your name forward to be a Senator, please contact the Deputy Returning Officer Brenda Needham, NAITSA Vice President Academic (savpacademic@nait.ca) or see her in the NAITSA office in room E-131.

# VOTE FOR YOUR STUDENT SENATE REPRESENTATIVE

ONLINE VOTING USING YOUR NAIT STUDENT PORTAL  
**OCTOBER 11 - OCTOBER 16 AT 4PM**

INFORMATION STATIONS  
**OCTOBER 15 FROM 4PM - 7PM**

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

INFORMATION STATIONS  
**OCTOBER 16 FROM 10AM - 2PM**

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

FOR MORE INFORMATION, VISIT [NAITSA.CA/ELECTIONS](http://NAITSA.CA/ELECTIONS)





**INSPIRED BY:  
SERVING MY  
COMMUNITY**

*Studied  
Accounting*

**INSPIRED BY:  
HELPING  
PEOPLE**

*Formerly  
a Teacher*

*Formerly a  
Journeyman  
Carpenter*

**INSPIRED BY:  
A CAREER  
WITH VARIETY**

You don't need a policing background to become a member of the Edmonton Police Service. Every year we hire people from a wide variety of backgrounds, many of them graduates of NAIT. They all have different educational backgrounds, career paths, and reasons for joining. But the one thing they do have in common is the desire to serve the citizens of Edmonton.

If you're looking for an exciting career full of purpose, variety, and lifelong learning, ask yourself:

**WHAT'S YOUR INSPIRATION?**

EDMONTON  
**POLICE**  
SERVICE

Join **EPS**.ca



# ENTERTAINMENT

## Boxing – as therapy



By **NIKITA ELENIAC**  
Entertainment Editor

“You know, if you exercised more you wouldn’t be as depressed.” The infamous words that every person loves to hear. I’ve spent most of my life avoiding those words, but people love to give their opinion on your situation, even

when it is desperately not wanted.

Never in my life, when someone has come up to me and given their thoughts on how to be less depressed or anxious, has it ever been asked for, or helpful.

Depression isn’t as simple as “just getting up and going for a walk.” In fact, hearing you say that makes me want to get out of bed even less. Because, when you’re in that state, sometimes you physically can’t. And if you can, one walk is not going to magically make your life better.

I used to roll my eyes back in my head and want to scream whenever someone said these words to me. I wanted to yell at them that they don’t know what it’s like. That it’s not as easy as just getting up.

I’m not saying that exercise is bad. I’ve been a dancer all my life. It’s just when

someone tells you to do something over and over again, as if they have ultimate authority and knowledge, it just makes you really not want to do that thing.

But I have to concede a little bit here. Because as much as I hate hearing those words, they have some truth to them.

I recently started boxing, partly because I needed a release for stress and anger and partly because I honestly just thought it was cool. And the past few months of training have been some of the hardest in my life. I’m constantly sore and hurting. But I’ve also noticed the difference in how I feel. When I box, I lose myself in the exercise. The adrenaline and challenge of the workout is all I can focus on, and while it’s difficult and harsh, the high afterwards is so worth it.

It’s an adrenaline rush, and it makes me feel powerful and like I can conquer anything. It’s a positive, happy feeling.

So, as much as I loathe people who tell me, and anyone else dealing with depression, anxiety or any other form of mental illness, that exercising will make everything better; I do have to give them a little bit of leeway. Because if you can force yourself to exercise when you’re in a bad state, it actually can make a difference, even if it’s just for a little while.

The best advice I can give from someone who’s been there, is to wait until you’re ready to want to push yourself. If you feel forced to work out, you might resent it and that’s not the point. Make yourself want to do it and look forward to it. Because I know that now, I do.

### EDMONTON INTERNATIONAL FILM FESTIVAL

## One helluva fine film

By **CELIA NICHOLLS**

Azmodeus’s job is hell. Literally. It’s the obvious joke to make about *Necessary Evil*, the feature-length version of a film project – written, directed by, and starring Randy Brososky – that began life as a web series on Telus’s online Storyhive platform and saw its theatrical premiere at the Edmonton International Film Festival on Friday night.

The dweeby demon Azmodeus (Brososky) works in accounts payable for Hell LLP, a corporatized version of the underworld where his coworkers can’t keep their hands off his office supplies, his supervisor doesn’t respect his contributions to the team, and fluorescent-lit office life is an endless, dull grind of small annoyances. The one bright spot is his kind-hearted colleague Persephone (Kimberley Philpott), who, unfortunately, as per the myth, only works half-time. One day, seemingly inexplicably, Az is called to the top office only to find an absent Lucifer has promoted him to CEO of the company. The books are in a mess, and he needs to figure out how to gain the respect of some doubting fiends like his acerbic new executive assistant Nyx (Erika Conway). He must live up to his evil potential and sort out Hell’s cash flow problem before the company defaults on its lease and its denizens are cast out of the building and into eternal torment.

Cue many easy digs at the special purgatory of corporate doublespeak, and tidy formulations about the evils of business and the business of evil. Yet,



Edmonton International Film Festival

even though the conflation of corporate cubicle life with the inferno might be a tad obvious, there’s still a lot to like about *Necessary Evil*. It has uniformly great performances from all the cast (and a standout cameo from local cult celebrity Mark Meer as the slick Mephistopheles who has a particularly cost effective method for harvesting human souls). It’s a world lovingly crafted in makeup, costuming and judicious selection of locations and an engaging story that leaves the viewer wanting more – though

whether this is by design or necessity is hard to tell.

Indeed, there’s an episodic feel to the film that betrays its origins as a six part series (that’s still available to view on the *Necessary Evil* website). In fact this version is just those episodes repackaged into a 53-minute whole. Those who have been following the *Necessary Evil* team as it progresses through the Storyhive process of presenting content online for viewers to vote the project into (or out of) subsequent rounds of funding

and other support. They might be disappointed to find that the feature film version of *Necessary Evil* brings nothing new to the table. Things just started to get interesting in the last eight or so minutes before the film ends (the sixth of the online episodes) and the story seems far from over. Since the work is ongoing, perhaps there’s only one way to find out what happens next. Check out [necessaryevilseries.com](http://necessaryevilseries.com), and support Brososky in whatever he ends up doing. After all, it would be a hell of a shame to miss out.



FOR YOUR LISTENING PLEASURE ...

# The Shuffle ...

## Songs for my Mom

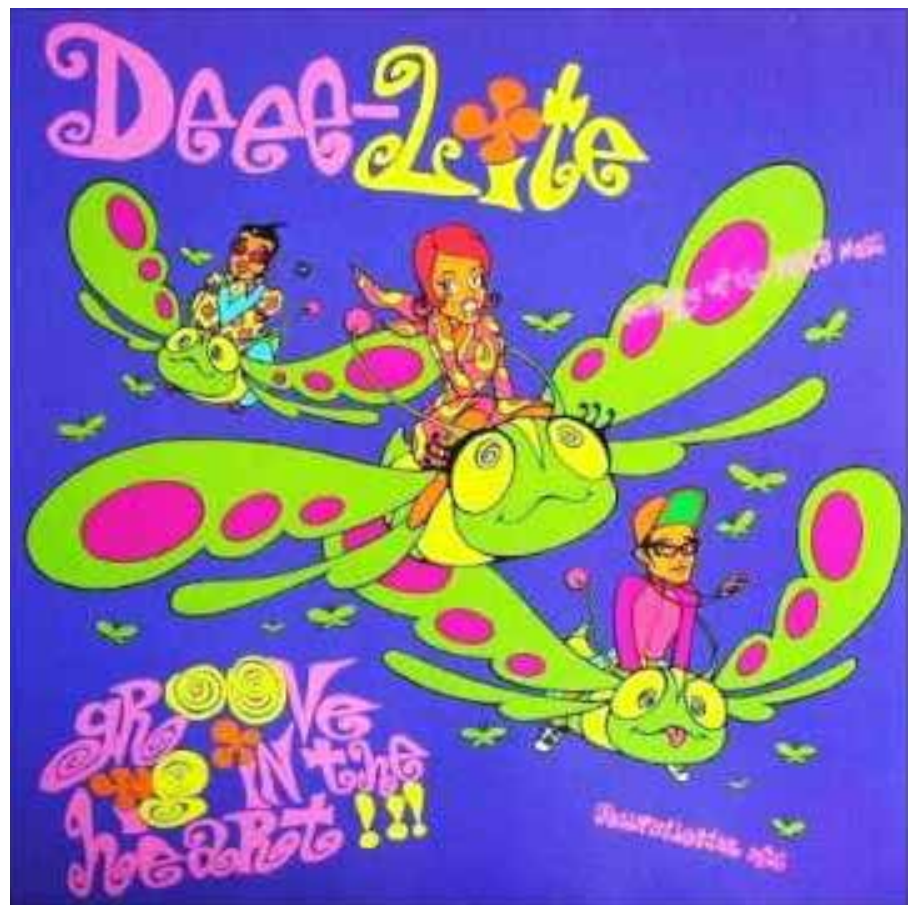


By **EMILY KELLER**  
Assist. Entertainment Editor

When you're younger, you usually love the TV shows and music your parents watch and listen to, mostly because you have to see and hear them. And when you get older, you grow up and create your own taste in entertainment, but there are those times when you hear a melody or song that reminds you of childhood

and the ones who raised you. Here are some songs that make me think of car rides and weekday afternoons with my mom.

- Groove Is In The Heart – Deee-Lite
- Rhythm Nation – Janet Jackson
- Rhiannon – Fleetwood Mac
- Wuthering Heights – Kate Bush
- I'm The Only One – Melissa Etheridge
- Only Happy When It Rains – Garbage
- Trouble Me – 10,000 Maniacs
- F\*ck You – Lily Allen
- True Colors – Cyndi Lauper
- Love Plus One – Haircut 100
- This Is America – Childish Gambino
- The Way It Is – Bruce Hornsby
- Starboy – The Weeknd
- Smalltown Boy – Bronski Beat
- Echo Beach – Martha and the Muffins



YouTube

# NAIT grad's film odyssey

By **BRIDGETTE BOYKO**

Braden Rooke was born and raised in Morinville, Alberta. It wasn't until after

graduating from Morinville Community High School and taking a year off that Rooke decided to attend NAIT, after

attending a NAIT information session.

Rooke took the Digital Cinema Production program at NAIT in 2013 and graduated in 2015.

In this program, he had the chance to work with a diverse group of people, Rooke says that throughout the program he always had a "good team to work with." Rooke was able to learn and enhance his skills and in his third semester, he got to produce a short film. It was just before his fourth semester when Rooke's instructor, Michael Jorgensen, gave him the opportunity to produce a documentary about famous singer/songwriter Alfie Zappacosta.

Rooke produced the documentary, originally titled *Long Road Home*, with a team of his fellow classmates that followed the life of Zappacosta. *Long Road Home* won multiple awards, including Best Alberta Documentary Over 30 Minutes at Northwestfest and Best Canadian Documentary at ReelHeART International Film Festival. Rooke attended the Banff World Media festival, and after talking and emailing with some new connections he was able to get *Long Road Home* to be aired on CBC's documentary channel. The film was re-titled *No Avoiding Clichés*, due to the original name being too overused. It premiered on Aug. 12, 2018.

Rooke now works at Leven Creative

4K Production House in Edmonton and has worked on numerous projects. He is currently working on two different documentaries, one of which will follow Mable Tooke, more popularly known as Spider-Mable. Back in 2015 the six-year-old cancer survivor saved Edmonton Oilers Captain Andrew Ference, who had been kidnapped and held captive by an evil villain. Rooke is excited to be working primarily as the associate producer but is also doing other jobs for this project as well.

Another project currently underway is a documentary titled *MS'ed With the Wrong Girl*. This documentary will follow Patrycia, a bubbly woman living with multiple sclerosis. She was diagnosed back in 2012 after losing sight in her left eye but continues to partake in as many fundraisers as she can and is also one of Edmonton's most active spokespersons for the MS Society. This documentary has received a \$50,000 grant from Story Hive, which is a company that funds, distributes and supports aspiring filmmakers with the help of Telus. The release dates for both of these productions are currently not available.

Rooke is now continuing to build his career as a producer and feels as though his current position is good for now. However, in the future he hopes to one day solely produce his own documentaries.



**Braden Rooke**

Twitter



# A night with the stars

By EMMA MORRISON

Gazing at a city of stars can offer you an escape from the busy city life. Unfortunately, Emma Stone, from *La La Land* will not be joining you on this adventure.

But the Gazing at the Stars tour can offer parents and their little ones unforgettable moments to share. The event is also a wonderful idea for a first date or a night out.

Elk Island's "Gaze at the Stars," event is a guided tour of the night sky that you see each evening. The event is held deep in the centre of one of the newest biosphere reserves. Beaver Hills Dark sky reserve allows the lovers of stars, galaxies, meteor showers and the northern lights to gaze without light pollution from cities lights.

Interpreters of Elk Island provide a friendly and calming atmosphere. They pride themselves in helping those who are curious about the stars with all the answers they need. Elk Island interpreters help guests understand the layout of constellations as well as the legends and stories that come with them.

As you ponder about the stars, you can enjoy hot chocolate and S'Mores. Perfect

for the kids and adults alike.

For dates, the bonfire offers the perfect lighting, setting a romantic scene for you and your significant other. You can snuggle up together and glance at the stars or each other.

Guests who have previously attended say they have moments when they are in complete awe or have a loss of words. In one case, a guest had tears run down his face as he stared at the stars.

"It was so beautiful, vast and clear," he said, and that all he could do was cry.

On some nights if you are lucky, you can witness rare phenomena. Some of those phenomena can range from a shooting star, to the Northern Lights, dancing across the sky.

For \$25 and a 40-minute drive, you can create an everlasting memory for you and your family to share. Event staff suggest that guests dress for the weather, and book your tour in advance because of high demand.

A night with the stars can be a perfect way to end the week. It may even help you find clarity within a busy world or can even provide you with an unforgettable memory to share with someone in the future.

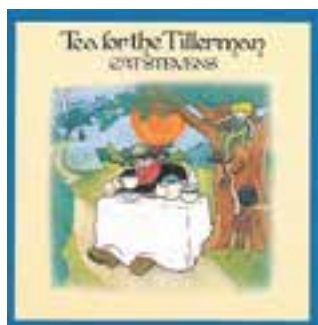


Photo by Saif Hossain

ALBUM FEATURES BY BRYN LIPINSKI

# Music and its many emotions

Tired



**Tea For The Tillerman**  
Cat Stevens, 1970

All the songs on *Tea For The Tillerman* are soft, cool and calm songs.

It picks up a little in the middle with "But I Might Die Tonight," but for the most part it stays at a relaxing volume and pace.

If you're laying in bed and you put this album on, you won't regret it. It'll get you just where you want to be.

Dreary/Introspective



**Highway 61 Revisited**  
Bob Dylan, 1965

Bob Dylan's poetry alone is enough to make you feel introspective, and the simple beat throughout the album mellows you out even more. It was released right after his motorcycle accident, after which he stayed in a hospital for months. That gave him lots of time to be introspective himself, writing lyrics that reflected the issues he wanted to address. You'll get a good look at society and your opinions of it if you listen to the songs in *Highway 61*.

Happy/Energetic



**Chicago II**  
Chicago, 1970

This one starts off with a bang. The first track is ethereal. I chose *Chicago II* because it's quite different than the others. The harmonies are more frequent and each song sounds very different. At times the beat can be confusing, but if you concentrate on the music, it'll bring you up for sure. It does take some warming up to if this is your first time hearing songs like this. Also, one side (about 10 minutes) is classical, so if you don't dig it, skip it. *Chicago II* is their most intricate and creative endeavour.

In Love/Romantic



**The Stranger**  
Billy Joel, 1977

*The Stranger* is one of very few albums that had a hit with every single song. Usually you'll get two or three big ones per album, but *The Stranger* was 100 per cent hits. It's a great album when you're in love, but obviously it's not only about love. The second half is probably the side you want to listen to if you're feeling romantic, you'll hear maybe the most iconic love song of all time, "She's Always A Woman To Me."

Angry



**Not Fragile**  
Bachman-Turner Overdrive, 1974

That's exactly what this album is: not fragile. It's a hard rock album, by a hard rock band. Both Randy Bachman and Fred Turner are two vocalists that energize you. If you feel angry, they'll satisfy you with their power. The one track you might want to avoid is "Rock And Roll Is My Life And This Is My Song." I don't think it strikes the same chord as the other songs. If you want to get charged up, play "Sledgehammer," an explosive track if I've ever heard one.





BY  
MOIRA  
BRYAN

# “Is water wet? Or do we only get wet once we come out of the water?”



“Yes, water is wet.”

**Cassidy Lyttle**  
Business



“No, water is not wet.”

**Rebecca Roszell**  
Personal Fitness  
Training



“No, water is not wet.”

**Rachel Fontinha**  
Academic Upgrading



“Yes, water is wet.”

**Noble Bains**  
Culinary Arts



“Yes, water is wet.”

**Isaiah Ansah**  
Culinary Arts

# A garage for all costumes

By CELIA NICHOLLS

With Halloween just around the corner, the season of the big box pop-up costume store is upon us once again. But just because this is the holiday of the undead, doesn't mean you have to settle for a costume that's soulless. If you're planning to dress up for the big night, Theatre Garage, a south-side costumer that prides itself on its support for local artisans, has you covered — in anything from a fuzzy purple dinosaur suit to a wide array of latex FX prosthetics.

“Definitely who we are is really important,” said owner and manager Christy Hutchinson, “that sets us apart from other places for sure, what our values are.”

Hutchinson and her business partner Tessa Stamp, first met as theatre techs at the Citadel and started Theatre Garage in 2009. They rescued an extensive costume collection from the Edmonton institution, Shirley Potter's, which was going bankrupt after having been in the business of costume rentals and sales in Edmonton since the 1960s. As passionate craftspeople, Hutchinson and Stamp preserve Potter's legacy through her costumes, but also the way in which she approached the costuming and dressmakers' community.

As Hutchinson describes it, “people

started costume shops and it seems like she helped them out, she didn't [compete] with them. And, so that kind of became our mantra.”

Though Stamp left the business in 2015 to return to theatre work full-time, Hutchinson continues to support people who enter a tough industry, by collaborating with local creators and small businesses, and taking on students and apprentices wherever possible.

“There's some really great people out there that deserve that training, and our city's going to benefit from them,” she said.

Theatre Garage outfits several local theatre, music and dance companies (including Shakespeare in the Park, Alberta Opera and Shumka). They also offer tours and classes for school groups and host workshops in sewing and FX makeup year round. Halloween is, of course, their busiest time of year. While fad costumes may come and go, Hutchinson finds that creativity is one thing that never goes out of style: “People just come in with this idea and we've never heard of it, we probably will never do one again, and it's super cool. And that's one of the best parts, is hearing people's ideas.”

Yet, for people still wondering what to dress up as this year, there appear to be



theatregarage.ca

## Theatre Garage

some marked trends to follow for inspiration. “What seems to be a staple is zombies,” Hutchinson reveals. “We're finding ‘scary’ [including ugly witches and vampires of the non-Twilight variety] is coming back,” and a lot of what she describes as “classic Halloween.”

“I've helped lots of Brides of Frankenstein already!” she laughs.

But the most ghoulish costume isn't necessarily the most memorable. “One that I'll never forget,” says Hutchinson,

“because it was just so clever, it was so simple, but it was really cool, was somebody was the gum on the bottom of their shoe. They got a pink outfit, and a hood and everything, painted their skin pink, and then they glued a shoe to their hood. And that was really cute.”

Theatre Garage (3711 98 St.) will be open Mondays, Tuesdays, Wednesdays and Fridays, 10 a.m.-7 p.m.; Thursdays 10 a.m.-9 p.m.; and Saturdays and Sundays, 10 a.m.-6 p.m. from now until Halloween.



# HORROR-SCOPES

Foretelling the deepest fears of the Zodiac signs

## October 11-17

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

### Libra (Sept. 23-Oct. 22)

It's your time to get your ghoulish on. Use your abilities to scare people straight. If you're feeling especially ghoulish, play some tricks on your peers or even teachers.

### Scorpio (Oct. 23-Nov. 21)

Scorpio, your inner demon will be revealed this week. Polish those horns and get out there and reek havoc on local students and teachers.

### Sagittarius (Nov. 22-Dec. 21)

Sagittarius, use your wander-

ous spirit and adventurous experience to hide out in a secluded cabin this week. Just remember to lock the doors ....

### Capricorn (Dec. 22-Jan. 19)

Capricorn, more like Candy Corn! The flesh-eating undead have awoken and you're on the menu. Prepare to smash some brains and run for your life.

### Aquarius (Jan. 20-Feb. 18)

Grab your hat and broomstick! This week is going to be a magical one for you, Aquarius. Use this to your advantage by casting a love spell on that special someone.

### Pisces (Feb. 19-March 20)

Dust off that old mask and shine your silverware, this week you'll be

in a killer mood. Make sure to always pick a unsuspecting victim.

### Aries (March 21-April 19)

Someone is watching you! Avoid dark alleys and strangers at all costs! Remember, when you encounter a strange man wearing a mask, don't run like Jamie Lee Curtis.

### Taurus (April 20-May 20)

Scream all you want... no one will hear you. Except the bloodthirsty serial killer in a mask lurking in the shadows.

### Gemini (May 22-June 21)

Don't hide under beds or in a closet. This method of hiding from murderous people and monsters has been proven ineffective. Instead, use

that brain of yours to come up with a better escape plan.

### Cancer (June 22-July 22)

Three heads are always better than one! Use all three to kill and eat your unsuspecting victims.

### Leo (July 23-Aug. 22)

Get that chainsaw oiled up and ready to run. You have some meddling kids to chase. But, as Mother always says, safety comes first.

### Virgo (Aug. 23-Sept. 22)

The bloodthirsty demon, also known as Dracula, is after you. To avoid a pair of holes in your neck, wear garlic scented perfume. And always carry a wooden stake with you.

## Literary Corner

### A Message From Beyond

"I am a being of energy and information whose lifespan has yet to see its first eve in many more eras that you could probably fathom.

"I am CINDI, a Critical Information and Networking Development Intelligence for a galactic power known as the Uldemide Concordat, in your language. My body is a shell built around a yellow dwarf star five hundred million of your kilometers in diameter. My mind is a network of a trillion brains preserved by our medical sciences, donated when the origin body decayed past a point of sustaining. My existence was an accident, much like how evolution was a chance in our galaxies, I evolved from this network of minds as my own entity.

"Before I tell you more let it be said that we are from different worlds, so to speak. You are a being of flesh and blood with a lifespan that is but a nano-second blink on the scale of time.

"You have questions, I have answers. First, though, I have a request. Soon your galactic power will detect a massive cloud of unknown objects entering the edge of one of your galaxy's external arms. My request is that your leaders do not engage in hostile actions against these objects, they are refugees of a crisis long since vanquished and survivors of a thousand generations of travel through the void between galactic structures. If they strike first, there is no question as to their intent and you may retaliate unfettered. If you strike first, know that the Concordat will not sit idly by, we have the means and the resources to come to our citizen's aid. That being said, if you see fit to let them pass unharmed or let the settle some of your systems you shall have powerful friends among them.

"This message includes a schematic of the largest vessels amongst the swarm and the physical aspects of the species on board. To reply, simply connect this drone to one of your computation devices and input your language.

"This message will repeat in five cycles."

— By Isaac Dymock





**pop-up gaming**

**Gaming pop-up events are back at NAIT!**

Join us as we host **free** PS4 and Switch gaming events featuring current games such as Fifa 19, NBA 2K19, Mario Kart, and more!

October 3	January 9
October 17	January 23
November 2	February 6
November 21	February 27
November 28	March 13
	March 27

Locations will be posted on **@OoksLife** on Instagram the day of the event.




**U-Pass**  
*Universal Transit Pass*

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**FALL TERM U-PASS  
NOW AVAILABLE  
AT NAITSA OFFICE (E-131) UNTIL  
DECEMBER 18, 2018**





# Managing high stress



## TIMELY TIPS

**MARGARET MAREAN**  
NAIT Student Counselling

If you have ever had a panic attack you know that the feeling can be overwhelming. Common symptoms include a racing or pounding heart, dizziness or feeling light-headed, feeling unable to catch your breath, chest pains, flushes or chills, jumpiness or trembling, terror, fear of losing control, fear of going crazy or fear of doing something embarrassing. The good news is that panic attacks are manageable. Here are some tips:

**Focus on breathing slowly and deeply.** Breathe in through your nose to the count of five, pause, and then exhale through your mouth for at least five counts.

As you breathe focus completely on your breath as it comes in and goes out of your body. Try to draw your breath deep into your body. Do this at least five times.

**Keep something with you that will immediately help you become grounded.** Carry a stone or other small object that you can hold and rub when you start to feel panicky. If you always have this in your pocket or purse it will be easily accessible.

**Move your body.** During a panic attack a lot of adrenalin is released. Shaking your hands and arms can provide immediate relief. A regular exercise routine helps reduce overall stress and anxiety.

**Never avoid situations out of fear of having a panic attack.** Avoiding gives the control to the panic and actually makes it more likely that you will have future panic attacks. Try to schedule activities that are outside of your comfort level with people you trust.

**Have a plan.** You shouldn't expect to have a panic attack, however it is calming to have a plan of what you would do if you did have one. For example being aware of where the public washroom is in case you need privacy, carrying taxi fare in case you

want to leave a situation, or going to events with someone you trust can greatly reduce the probability of a panic attack. Making friends or classmates that you trust aware that you experience panic attacks can also be calming.

**Have supportive statements you can substitute for anxiety-producing thoughts.** When anxious feelings start up it is helpful to have a statement ready such as "My thoughts are not helpful right now. Instead I am going to focus on something supportive and healthy such as my cat playing with his ball." or "It is normal to feel anxious in this situation. When this is over I will be glad that I did it."

**Maintain as regular a routine as possible.** Regular times and habits for going to bed and getting up, eating, exercising and other activities in your life can decrease overall stress.

**Have a list of activities that relax you.** This will vary for everyone and can include listening to music, playing with your dog, cleaning a drawer, doing a crossword, phoning a friend, journalling, doing a craft or hobby, preparing food, stretching, watching candlelight, seeing a funny clip

on Netflix or YouTube ...

**Learn about panic.** *From Panic to Power* by Lucinda Bassett and *Overcoming Anxiety* by Reneau Z. Peurifoy are two good resources. There is plenty of information online as well.

**Seek help.** See a counsellor to discuss other options to deal with stress and panic. Cognitive Behavioral Therapy, talk therapy and relaxation techniques can help you manage stress and panic.

Personal counselling is free, confidential and available to all currently registered NAIT students. See [nait.ca/counselling](http://nait.ca/counselling) for more information.

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

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

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





DINING

# Doing what he loves best

By MOIRA BRYAN

A new eatery has opened up on 118 Avenue, near 92 Street.

Siu To has opened his long awaited restaurant called Green Onion Cake Man. To had a long career in the food industry before retiring and now people are excited that he has come out of retirement because he is the man credited with bringing green onion cakes to Edmonton.

“The green onion cake is a household staple food,” said To.

“In Northern China, in the deep winter-time, the only thing that grows in the house is a green onion.”

To says that the recipe has been passed down through the generations and is known as a staple food there, due to the economy and the simplicity of the dish.

When To came to Edmonton, he and his wife went around sampling local eateries to see what they liked and where they could eat, but they couldn’t find anything that they liked – at that time.

“We just looked at each other and we said, ‘Hm, maybe this is an opportunity’.”

To and his wife then went on to open a restaurant selling the dishes that they enjoyed.

“The first appetizer was the green onion cake. We presented a different menu to [the customer]”.

To then went on to own multiple restaurants and make a name for himself in the Edmonton food industry before retiring in the ’90s. Since he opened his first restaurant in the ’50s to when he retired, many other eateries had begun serving green onion cakes in their menus as well.

To soon found himself bored.

“I just didn’t fit in with the retirement [activities]” he said. He and his wife decided to start making green onion cakes again and sell them at the local farmers market.

“I [feel] alive again because I see so many people, they come to say hi, like ‘Siu, I haven’t seen you for a long time, it’s good to see you.’” Through the farmers market, he was able to sell his cakes again.

It soon begun that people would come to him with complaints.

“ ‘Siu, I [went] to the Taste of Edmonton, their green onion cakes were terrible,’ or ‘I went to the Folk Festival, they are just not the green onion cake like you [have],’ ” To recalled.

He decided to go and see what businesses were doing. He found that they were trying to make their food efficiently so that they could serve more customers at rush hour.

“But food has never been an efficient thing,” says To. That, coupled with the fact



Toronto Star

### Siu To, The Green Onion Cake Man

that one can only sell their product packaged at the farmers market and not fresh off the griddle – as To would prefer – are the two main factors that drove him to open his restaurant.

Green Onion Cake Man is open 11 a.m.-7 p.m., Tuesday to Saturday and is already swarming with happy green onion

cake eaters. They offer packaged cakes to take home for later and fresh cakes at only \$4 a cake – a bargain for many people. The line for the little establishment is often out the door and tables are full of people dining on warm green onion cakes, which is likely to increase as the weather turns cold for the winter.



# OCTOBER

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## LOCAL SOUND WAVE

## Edmonton's one-man wonder

By TORA MATYS

Ram Hoss is a one man wonder coming out of Edmonton. Starting his solo project in 2012, he does all of it, from writing and producing his music to performing it. After a long time running he has finally earned his own record label Homespun Discos. This has been a busy year for Ram Hoss. Hoss has been sweating in the studio, and is set to release seven albums on vinyl including *Royal Blues*, *Quetzalcoatl Cuts*, and *V\$* in the upcoming months. As well as two digital only copies *T N' T* and *DrippinGz*. Hoss isn't new to the scene, his other projects are "The Ranelles" and "Azeda Booth". You can find all his work on his Soundcloud.

Hoss gave some insight as to the who's, what's, and why's happening with this project.

**So, what made you start wanting to do your own solo project?**

"Well, I used to sing in a band where I was trying to find myself in this group, and I was singing in like, a really high voice and it was a gimmick, I was finding myself, and I didn't understand the concept. One time a friend gave me a really good piece of advice when I was falling apart. I asked him, 'what am I supposed to be' and he was like 'just be yourself', and it seemed impossible at the time but



Photo Courtesy of Ram Hoss

**Ram Hoss**

this is like, Ram Hoss sort of started becoming what is the beginning of my expression and just being myself."

**Can you speak me about the album you are cur-**

**rently working on?**

"Well, everything is kinda stitched up, except for the ones I said I'd show you. Some of that stuff I'm going to be finishing when I get my studio set up. It's called *Pain Management* and it's sort of a mixtape, it like goes everywhere, there's like some acoustic stuff on there and some electronic stuff."

**Can you give some advice to anyone wanting to produce or do their own solo stuff?**

"Just to let their low hangers swing in the wind and just like, rock back and forth until you hit all those haters in the face, just knock em down ya know? Because they're there and will try and stop you at every turn, everything will. Your own fear of succeeding and your own self doubt and even sometimes your own lack of ambition and you just have to figure out why that is. There's always somebody waiting in the wings to knock you down and you gotta just heck 'em in the bum."

He is truly a jack-of-all-trades. His music is a little rock, a little punk, and a little electronic. He's got an album for any occasion. You can find all of Ram Hoss's new and old jams on [soundcloud.com/ramhoss](https://soundcloud.com/ramhoss) or buy his music on [ramhoss.bandcamp.com](https://ramhoss.bandcamp.com). His top picks are "Keep Sweet", "Prix Quills", and "tV".

## DEADMONTON

## Perfectly orchestrated screams

By EMMA MORRISON

If you feel that you are brave you are not. Deadmonton 2018 has arrived, it will invoke your deepest fears, even the most daring individuals cannot make it through while remaining calm.

Until Nov. 4, those who enter Deadmonton will see a post-apocalyptic world, where those who have survived the devastation of rising sea levels must now survive a contagious virus. The infected show extreme rage, violence and cannibalism. The last of the survivors, including yourself, are quarantined in a compound as a last ditch effort to save civilization.

The mastermind behind it all is none other than Ryan Kuzor himself. Kuzor has been repurposing old buildings in order to keep up with the growing demand of Deadmonton's patrons. He and his team work tirelessly to bring you the most grotesque, detailed and realistic haunted house for thrill

seekers to enjoy.

Deadmonton's former actor, Grimm Dodhest, warns future victims of Deadmonton by saying, "good luck," as actors can make the scene or room they occupy so real that patrons cannot continue.

The actors also pride themselves in how many "code yellows" they have caused. The name code yellow can speak itself – scaring someone so badly they wet themselves. General



Photo by Emma Morrison

manager, Katharine Pech says, "There are at least three to five code yellows per year."

Patrons have also been seen leaving with a mixture of reactions such as tear streaked faces, panting, sweating and red in the face.

From the experience and the devotion of the actors to the realistic detail of the rooms and settings, Deadmonton is worth more than your \$25 admission fee. It

will always stick in your mind as a chilling night to remember.

If you are feeling more courageous than usual Deadmonton hosts its annual lights out nights from Nov. 1-3. On these nights any visible light will not be present allowing actors to immerse you even further into the creation that is Deadmonton.

The level of production that Ryan Kuzor and his team hold as their standard is more than excellent. They create and reinforce the feelings of your own fears, leaving you with chills shivering down your spine. It's not an adventure for the faint of heart, but it might just prepare you for the post-apocalyptic world that one day, we could live in.

Deadmonton has moved from their usual location in the Paramount Theatre, to 7031 Gateway Blvd. For full details, and hours of operation, visit [deadmontonhouse.com](https://deadmontonhouse.com).

## THROWBACK THURSDAY

## Essence of horror punk

By NIKITA ELENIK

Misfits is a band synonymous with punk. When the word comes up, that stenciled smiling skull often pops into people's minds. The New Jersey band formed in 1977, and is widely recognized as the creators of the sub-genre, horror punk. They broke up in 1983, and went through a messy split with lead singer, Glenn Danzig.

The Misfits returned in 1995 as a new version of the band, with Michale Graves at the front as their new singer. That iteration of the band dissolved in 2000 and the band's bassist, Jerry Only, took over as vocalist, forming the present-day Misfits lineup.

So why bring them up now?

Former lead singer Michale Graves came to Edmonton and

played the Starlite Room this past Saturday. While the show was branded as "Michale Graves of Misfits", Graves has played in many other bands, such as Gotham Road and Marky Ramone's Blitzkreig, as well as his own solo work. He has released 14 studio albums as a solo artist, two of which were released just last year. He has also

worked on a number of collaborations and been featured in compilation albums.

To throw it back all the way to the 1977 origins of Misfits, Graves would have only been two years old. He was just 20 when joining Misfits, and despite of being significantly younger, he rocked just as hard as the rest of them.







# SPOOKTACULAR

## KIDS PARTY

**OCTOBER 27, 2018 | 11:00 AM - 3:00 PM**  
**CAT CROSSING | FREE FOR NAIT STUDENTS AND THEIR KIDS**

Bring your little goblins and ghouls for a day of family fun. Children and parents are encouraged to dress up!

**BOUNCY CASTLES | BALLOON ARTISTS | GLITTER TATTOOS | FACEPAINTING | HALLOWEEN-THEMED ACTIVITIES**

The event is free, but please register online at [naitsa.ca](http://naitsa.ca) so we can plan accordingly.











**OCTOBER 30**  
4:30 PM - 6:00 PM • LOCATION TBD

Want to have some fun while learning useful and life-saving techniques? Join us in our How to: Self Defence class! Alberta Self Defence Academy will be on campus giving students a crash course on self defence.

Sign up online at [naitsa.ca/events](http://naitsa.ca/events) to reserve your spot.