

# NAIT NUGGET

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Photo by Panharith In

## AS THE SUN GOES DOWN

A tipi that was erected on campus on Thursday, Sept. 20 as part of NAIT's annual Aboriginal Culture Day is outlined against the sunset.

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### FEATURE EVENTS

- Oct 03 The Art of "Ge-Shi-Do"
- Oct 09 Chef Brad Smoliak's Entrepreneurial Journey
- Oct 10 Franchising with Jay Downton from Oodle Noodle
- Oct 22 Ray Muzyka, Co-Founder Bioware, on Leading like a Boss

# NEWS & FEATURES



Photos by Hunter Murray

## High-tech helping hand

By HUNTER MURRAY

After losing his hand in a workplace accident, a NAIT instructor has become the first person in Alberta to get a bionic hand replacement completely paid for by the Workers Compensation Board.

Brett Fleming, an Electrical instructor at NAIT was working for a power company in 2000 when an electrical accident took his hand.

"I was tied up on a transformer and then was knocked unconscious, when I woke I had to decline down and go to the hospital," said Fleming. "I was in the hospital for 30 days."

Fleming said he had about 40 doctors appointments in the first month alone, only

missing two.

It took about six months for the swelling to go down, so he was not able to get a prosthetic arm right away.

Fleming was originally fitted with a power cable arm, which he was not satisfied with. He wore it for a couple of years before eventually stopping to use it due to it being uncomfortable and difficult to operate.

He went to the Butterdome's Rick Hanson Centre for a rehabilitation program in an attempt to regain his strength with the help of a personal trainer.

But, after years of rehabilitation, Brett decided it was time to get a bionic prosthetic hand. After talking to many people,

he found his way to Synergy Prosthetics in February 2017. With the fabrication of the build, the tech and the five-year extended-warranty, the cost of his new hand was just over \$82,500 US; which WCB paid in full.

The hand is custom-fit to Fleming's arm, sort of like a suction cup. He wears a strong rubber-type glove over it that matches his skin tone. It can be worn comfortably for about 14-16 hours a day, and he takes it off to charge it at night.

The bionic hand works by using the muscles in his arm. When he bends his wrist up, the top muscle in his arm fires downwards, which opens the prosthetic hand. When he bends his wrist down, the hand closes.

The hand is also programmed with an iPad app. Fleming can program 36 different hand positions (18 at a time). The hand connects to the iPad via Bluetooth. The app features a graph of different poses the hand can perform, one example being a "thumbs-up." Once pressed, the hand will move with a metallic whirl noise to the thumbs-up pose automatically. There is also a training mode with games to play like a balancing game to practise using certain parts of the hand.

With all the tasks Brett Fleming's new \$82,000 hand allows him to do, his bionic hand's ability to give the middle finger is what gives his students the greatest laugh.





A tipi is erected on Thursday, Sept. 20, as part of the annual Aboriginal Culture Day at NAIT.

Photo by Saif Hossain

# Aboriginal celebrations

By JORY PROFT

NAIT celebrated Aboriginal Culture Day and a name change to its Aboriginal Centre with a day of traditional events and ceremonies.

Previously named the Encana Aboriginal Centre, the Nisôhkamâtotân Centre displayed the community spirit that their new name represents as they aimed to present “little snippets” of their culture to all of NAIT.

Since its creation in 2004, the centre has taken a collaborative, team-orientated approach, which led them to choosing Nisôhkamâtotân for their new name; a Cree word meaning ‘let’s help each other’.

The new name represents the history of reconciliation in Canada and the centre hopes to help connect both Aboriginal and mainstream Canadians, inspiring community.

Outside of the name change, Derek Thunder, manager of Aboriginal Servi-

ces at the centre, believes the event was a great way to represent Aboriginal culture at NAIT.

“A lot of people had the opportunity to see who Aboriginal people are and what we do in regards to expressing our culture within mainstream Canada,” said Thunder.

Aboriginal Culture Day featured a Tipi Raising, Men’s Pipe Ceremony, Women’s Circle and Smudging Ceremony, a Blanket Exercise and also included a stew and bannock lunch.

These events were chosen carefully to best represent what the centre thought NAIT should see from Aboriginal culture and to utilize the existing knowledge and skills that are present within NAIT’s Aboriginal population.

“This is what we wanted to teach about our culture ... we have people on campus who are able to do these things [present the traditional customs],” said Thunder. All of the presentations and teachings were done

by NAIT staff and students.

When it began in 2009, the celebration was originally held for a week but the inspiration and purpose of the ceremonies have remained the same even though only one day is dedicated to the event.

“I think it’s important that people learn about other cultures, especially the Aboriginal culture because of misconceptions ... most people go to our Round Dances and Powwows [but] there’s a lot more than that ... a lot of what we do is about celebrations, feasts, getting together and about community,” said Thunder. “To be able to showcase that to the entire NAIT community is an opportunity for us to say who we are.”

The staff at the centre were pleased with Aboriginal Culture Day’s results and said it went exactly to plan.

The new “Nisôhkamâtotân Centre” signage can be seen at the E-121 office, where stew and bannock are served for free, once a month.

**nait**sa  
NAIT STUDENTS’ ASSOCIATION

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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 – J.R. SHAW SCHOOL OF BUSINESS



Dean Dennis Sheppard



Sydney Vanstone



Daniel van Veelen

# Taking care of ...

By **GEORGE HONG**

The JR Shaw School of Business currently has 4,900 students registered and is expected to increase to 6,200 students throughout this school year. To accommodate this student body, NAIT offers classes during the day, in the evenings and remotely online. Students entering the program all take the same 10 courses over the first two semesters, which will help them decide on their specialization, from among Accounting, Entrepreneurship and Innovation, Finance, Human Resources Management, Management and Marketing.

The School of Business welcomed Dean Dennis Sheppard on Sept. 4 of this year. Dean Sheppard is honoured to lead the School of Business and acknowledges that “NAIT has a phenomenal reputation in the post secondary system as a result of its responsiveness to industry with relevant, hands on training and education.”

Sheppard brings 25 years of postsecondary education experience with him and he believes that “NAIT has a great reputation not only in the system but within our industry and community.”

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

**Sydney Vanstone:** “I’m in the fourth and final year of Bachelors of Business Administration with a Human Resources specialization and I graduate in December!”

**NN:** What is the class you enjoyed the most and why?

**SV:** “I enjoyed Negotiation and Conflict Resolution the most. That class was more about personal development than just a lecture. We practiced real world scenarios, which improved the overall learning experience.”

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

**SV:** “Joining clubs is a great way to have an outlet while in school. I love the variety of clubs available at NAIT, but if you don’t find one for you, just start a new club! You can apply your newly acquired skills and knowledge which is beneficial if you don’t have industry experience.”

**NN:** Why did you choose NAIT’s business program over other options available in Edmonton?

**SV:** “I chose NAIT for three main reasons. For starters, they have manageable class sizes where I don’t feel like just a number. Secondly, I appreciate the direct connection to industry decision-makers and providing a network after graduation. Finally, I realized that NAIT has relevant courses that prepare me for the actual job, which sets me up for immediate success which I couldn’t say about the other schools.”

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

**Daniel van Veelen:** “I’m currently in the first semester of my fourth year. I chose Marketing due to its interaction with humanity. Marketing requires a level of efficiency in a highly-subjective area while consistently using facts, data, and statistics.”

**NN:** What is the class you enjoyed the most and why?

**DV:** “I enjoyed Market Research because I learned how to properly conduct business research using a part of my brain that was previously unexplored. I also liked Promotional Campaign Planning because the instructor put me in scenarios I’ve never experienced. The material, in conjunction with the team environment in my class, pushed us to a place of intense tension which yielded amazing and rewarding results.”

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

**DV:** “Try stuff. Simple as that. Getting involved helps you find friends, meet industry people and learn about yourself. Possibly the most important part is building your network. Take risks, be positive and take advantage of the one-on-one experience with your instructors.”

**NN:** Why did you choose NAIT’s business program over other options available in Edmonton?

**DV:** “I’ll be honest, tuition prices played a big part in my decision. Also, I’m a practical person who wanted something that directly trained me to jump into my field and NAIT met all my educational needs!”

## 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.

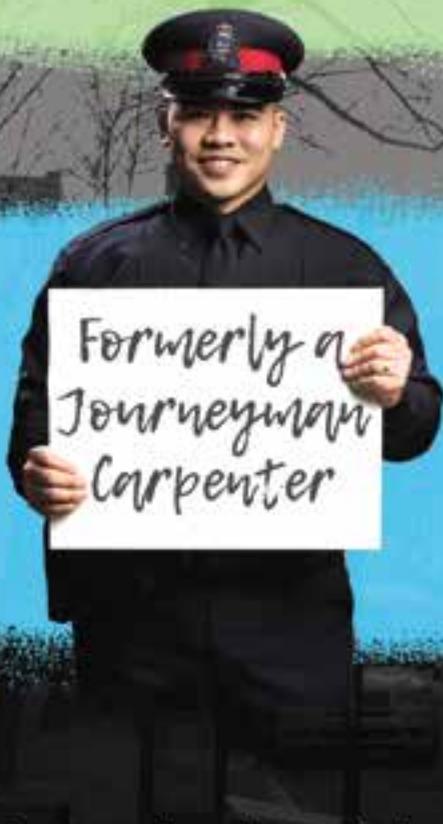
• Apply in person at the NAIT Students’ Association office, Room E-131 from 8 a.m.-3 p.m.



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# What is it to be a man?

By **JORY PROFT**  
Senior Editor

A NAIT pilot project is creating a conversation on what it means to be a man.

The Men At NAIT (M.A.N.) program is launching to educate men at NAIT on sexual violence and masculinity.

“It’s my job to ensure [NAIT] students know what sexual violence and consent are [and] how to stop it [sexual violence],” said Tim Ira, student programs coordinator. “Working with men on concepts of masculinity and violence, even getting them talking about their feelings, can be a positive first step in building a culture of consent.”

Ira believes the eight-week program is particularly important at NAIT due to its predominantly male population.

“NAIT’s student population is 68 per cent male; it’s a very masculine campus. Depending on which building you study in, you may go all day without seeing a woman,” said Ira. “Masculine culture is here and there can be a tendency for it to lean into the toxic masculine realm; I just want to be proactive about it.”

Toxic masculinity is defined as “a practice that legitimizes men’s dominant position in society and justifies the subordination of women, and other marginalized ways of being a man.”

M.A.N. is expected to begin in early-October and end in late-November, with the sessions being made up exclusively by NAIT staff, with the intent of using these men to facilitate the winter student sessions.

The curriculum and eight-week struc-



ture was modelled after similar programs that Ira saw success in. NAIT consulted programs from Northwestern University, Kansas University, and the Calgary Communities Against Sexual Abuse to craft a course. Ira cites the biggest difference between M.A.N. and similar programs is the lesser focus on the social justice aspects that other curriculums that are tied with sexual assault centres or American institutions place more emphasis on. Social justice is defined as “justice in terms of the distribution of wealth, opportunities, and privileges within a society”.

M.A.N. will feature weekly discussions on gender, healthy relationships, LGBTQ+ issues, sexuality and many other topics related to masculinity within society.

Although much of the program will focus on men’s interactions with women, Ira also found it important to address issues within inter-male relationships.

“I don’t think we as men are often used to talking about our feelings and how important they are in how we interact with others,” said Ira.

“Sometimes, as men, fitting in is really important and having those tough con-

versations with a guy who you want to be friends with, a guy you genuinely love can be really hard. [This program shows] how we can do that.”

NAIT is holding a wider sexual violence campaign in November through the White Ribbon cause that focuses on ending violence against women. Ira hopes to “double-up” recruiting for the January sessions with that campaign.

Male students looking to join M.A.N. will be able to partake in the discussions in January after it goes through its staff-only trial run.

## Strong emphasis on soft skills

By **ZACHARY FLYNN**

A survey was conducted by NAITSA in March of 2018 in which they asked NAIT students to rate their confidence in various soft skills like: teamwork, problem solving, adaptability, communication and leadership.

### What are soft skills?

Soft skills are often attributed to an individual’s personality.

Skills like the ability to show up on time, work ethic, communication, problem-solving, and teamwork are common examples of required soft skills.

Results from the NAITSA survey showed that NAIT students expressed great levels of confidence in their skills. Ninety percent of students stated confidence in their flexibility/adaptability skills. Ninety-two percent of the same students also expressed confidence in their problem-solving skills.

### Which soft skills are employers looking for?

When asking industry professionals, the answers to which soft skills they are looking for varied greatly depending on the industry.

In the sales industry, employers are looking

for workers with good communication and the ability to speak to customers in a friendly and engaging way.

“Because we are a service industry, it’s important for the people that we hire to be able to interact with other people, to be friendly, to smile, to maintain eye contact,” said Krysta Dupuis, general manager at River City Hyundai.

She said that the service industry can be a high-stress environment, especially in the transition between seasons.

“[Employees] have to be able to manage multiple people and look after multiple their needs at the same time, while [also] maintaining other people’s stress levels, too.” Dupuis continues.

The dealership also hires mechanics for their shop and Dupuis believes soft skills are equally important

in this field.

“They need to be efficient at getting the work done in a timely manner,” said Dupuis.

Jozef Urban is a Director of Project Management at ATB Financial.

“When we look at soft skills, the most important thing is teamwork,” said Urban.

He also emphasized the importance of communication and problem-solving skills and focusing on listening, rather than speaking.

“Sometimes a person just has to stop and listen,” said Urban.

“In my opinion, when a person stops talking and really listens, they are present and it can give them a deeper understanding of the problem or situation.”

Urban also believes that one of the keys to success is adaptability and the ability to be a lifelong learner.

“I think some people think that education stops with high school, college, university or however far they go,” he said.

“The pace of the workplace is really moving along quick, and if a person can’t pivot or be agile, they’re going to be left behind.”



# OPINION

— Editorial —

## In response to The Fugget



By **JORY PROFT**  
Senior Editor

In 2018, it feels like we are living in a world divided over so many issues. One of them being what can and can't be joked about and another being what is "right" and "wrong." This is why we wrote *The Fugget*. With people so polarized on what's going on in society, we thought satire would do these issues more justice than "straight" news coverage of issues ranging from censorship, to race and gender relations, to society's power balance.

Fortunately, the history of satire has shown that this form of comedy thrives best in these unstable conditions. From Nixon's presidency fuelling *National Lampoon's* writing, to post-9/11 America giving *The Colbert Report* endless material, to nearly every satire and comedy outlet getting ideas spoon-fed to them through the actions of President Donald Trump. Satire works best and is at its highest importance when the world appears to be more of a sitcom than it does real life.

### Solutions wanted

Satire not only flourishes in these times because of how easy the jokes can be to write, but also because people are looking for an explanation to this madness; people want a solution to these issues.

"Comfort the afflicted and afflict the comfortable," said Finley Peter Dunne.

Dunne's quote is vital to satire as it shows its importance in educating and empowering "the people" to make change and start conversations on issues within a society. The quote also states the golden rule of satire – always punch up. Punching up means to make fun of things people can choose, not things they were born into or have (examples include: race, disability, sexual orientation and disease). This term also means to target people in power or those making decisions on behalf of others.

### Gift of satire

We're extremely lucky to live in a country where questioning and lampooning the actions of our superiors is a protected right. Throughout history and even today, much of the world would not even consider commenting on taboo subjects such as inequality, religion or the actions of their leaders. Citizens of countries like North Korea, Turkmenistan and Russia don't have the right to satirize nearly anything. But that's the beauty of satire. In a free nation, the average person can poke fun at issues within their world with nearly infinite possibilities.

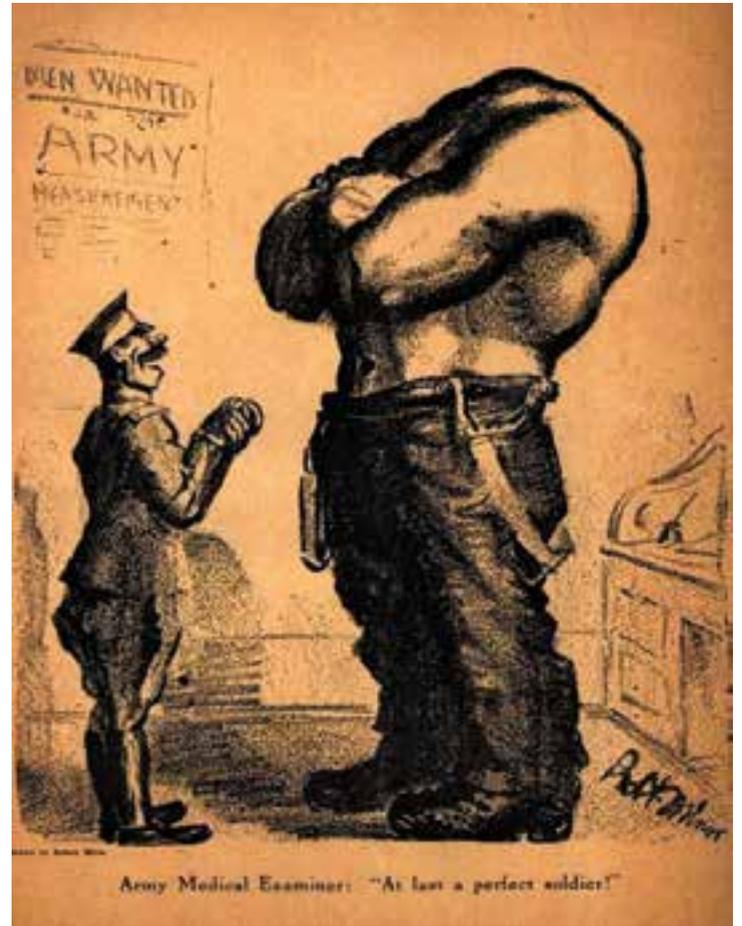
Satire is not new and has been an important part of for-

warding discussion on political and social issues since before Christ. Aristophanes, considered the "King of Comedy" is often regarded as one of the first satirists. The writer believed gods, politicians and even ordinary people could be made fun of – a controversial viewpoint in ancient Athens. His work can still be seen as it established a trend in modern Greek theatre where writers use updated versions of his plays to break taboos. Aristophanes' writing has also given insight into the life and politics of ancient Athens.

While Aristophanes' work may be a product of its time, most satire is. And like his writing, satire can be as valuable as a newspaper or a work of art in giving us a look into what was going on in a society. Satire can cover the political and social climate and is a valuable piece of history. By looking at the writing and seeing what came after, you can often see a change of conversation that the piece sparked.

When looking at the history of France's satire newspaper, *Charlie Hebdo*, one can see a direct cause-and-effect of their work. Most famously known for the 2015 shooting that killed 12 and injured 11 of their staff, historians will be able to look at this attack and see the state of France at the time.

The attack was carried out in response to the paper's cover depicting The Prophet Muhammad – an extreme taboo in some interpretations of Islam. The outlet had



pushed the limits of this topic three times before the shooting; inciting responses ranging from attempted lawsuits, to fire bombings on their office, to riot police having to guard the paper's offices.

France also has strict "Separation of the Church and the State" laws which allow freedom of speech for and against all religions, until it falls under hate crime territory. *Charlie Hebdo* states that these works are not an attack on Islam and that France fought throughout its history to have the freedom to question local powers like the Catholic Church. "We have to carry on until Islam has been rendered as banal as Catholicism," said Stéphane Charbonnier, Editor-in-Chief of *Hebdo*.

After the attack, the following issue of the paper ran 7.95 million copies in six languages, compared to its typical print run of 60,000 in only French. Whether you agree or disagree with what the *Charlie Hebdo* printed, it demonstrates the undeniable effect satire can have on a society. It sparks conversation years later in a college newspaper a world away.

Satire doesn't always have to be funny. It just needs to ridicule and hold people accountable, while aiming to inspire change and improvement. Satire isn't just about making jokes out of nowhere, it's about educating people and creating conversations that the news cannot. These aren't just jokes for the sake of jokes – satire can't mock what doesn't exist.



# SPORTS

## eSports are not sports



By **CONNER TOFFAN**  
Sports Editor

Last week, Twitch streamer Ninja became the first ever gamer to grace the cover of ESPN magazine. Shortly after, the sports and gaming communities went into somewhat of a frenzy, as fans were split on whether eSports should even be considered a sport at all. While I sense that gaming will inevitably become a part of the sports universe soon, it shouldn't.

Gaming should not be considered a sport. A *Fortnite* player named Ninja who shoots people in a virtual world should not be considered an athlete.

An athlete is defined as a person who is proficient in sports and other forms of physical exercise. The key word is physical exercise. When I sit down to play a game of NBA 2K19 I am doing the exact opposite. The last time I was an athlete was when I delivered one last pitch to move onto the AAA provincial championship baseball game just over a year ago. While I can replay this scenario in the simulated worlds of my PS4, it wouldn't make me an athlete.

This isn't a knock on eSports at all. I strongly believe that competitive gaming will be a strong industry far beyond our lifetimes. It should just be its own entity, it doesn't need to be a sport.

Not all vibrations make music. Not all activities make sports.



Tech in Asia

Professional gamers train incredibly hard to be able to achieve peak-performance levels during competitions. This is an argument I've heard before in favour of games becoming sports, and the gamer becoming an athlete. But if the "training" is what makes someone an athlete, then shouldn't the person "training" to be the next receptionist at any office be considered one too? While gamers might try and improve their reaction times to be able to respond quicker to situations in-game, the receptionist might try pick up that phone as fast as they can. Yet I can't see a front-office person for the Los Angeles Lakers ever being under the same athlete's payroll as LeBron James.

The rigour of being a real athlete can be from long,

physical days spent honing and teaching your mind and body skills to be able to perform at a physical peak during competition, often injuring yourself in the process. The rigour of being a gamer will more often come from a bad diet, bad posture, and staring at a screen for too long.

As a sports broadcaster I realize that at some point, I'll probably have to swallow my pride and report on, or even work in the rapidly growing gaming industry. Hell, I'm already putting this article in the sports section. So while I may be fighting a losing battle, just remember that thumb twiddling on a controller and going on a kill streak in *Call of Duty* does not make you an athlete.

### WOMEN'S HOCKEY

## New coach takes the reins

By **MOIRA BRYAN**

The Ooks female hockey team is in a transitioning season with nearly half the roster and the entire coaching staff being new. Former head coach, Deanna Iwanicka, is out and new head coach, Stef Thomson is in and ready for a fresh start.

Iwanicka left behind a 10-year legacy, highlighted by three ACAC championships and two coach of the year awards. Iwanicka will continue to coach in the USport league as she signed on to be the new head coach for the University of Windsor.

New head coach Thomson comes from Franklin Pierce University in Rindge, New Hampshire. There she honed her skills as an assistant coach teaching defence. Thompson is super excited about coming back to coach in Canada, where her first job as a head coach was at Trinity College in Toronto.

"These opportunities don't just pop up on a regular basis and when they happen, they happen. It's either I don't take it, and just continue whatever I'm doing or I take a big risk, and I go for it," said Thomson when she was asked why she took this position.

She is also aware of the newness of the team this year and "right now, it's so tough because with such a quick turnaround and so many new players, we just have to get back to basics," she said about rebooting the women's program.

"There is zero reason why we can't win a championship. Our culture is going in a



**Stefanie Thomson**

direction where we're going to be invincible."

The Ooks have a new assistant coach as well – Jason Stephens, who has only ever coached men's hockey but after being begged by Iwanicka to come coach the female program at NAIT, he took the plunge and committed to coaching, only to realize that she wouldn't be around this season to coach with him.

Nevertheless, Jason is loving everything about the program so far and is quite excited for the upcoming season. "I love it, to be honest, It's so different and a lot of fun and I can't get over how quickly they pick up and learn the concepts.

It's definitely different than the guys game."

Despite the quick turnaround of coaching staff, Thomson and Stephens are working as a team to get everything ready for the upcoming season.

As much as Iwanicka's legacy was momentous to the program and she built it into what it is today, players are also excited for the change in coaching staff and what the new coach will bring to the table.

"Right away she was super outgoing and definitely very personable," Carlin Boey, a fifth year player, said. "She's very approachable and since she recently played college hockey, she can relate to us in a way we didn't have before."

Third-year Brittney Savard agrees; "Stef is very personable, she gets on your level and it's a little easier to relate to her."

"There's a lot of change but I think it's good change," said Savard.

# Tiger's historic 80th win



**PETER GO**  
Assistant Sports Editor

Sunday, Sept. 23, 2018 – a date that will go down in history. For me, an avid Eldrick “Tiger” Woods fan, I knew this day would come, but to those who thought he was a broken down, washed up, old man, this day might feel weird. That is because you never thought Tiger Woods would win another golf tournament again, well, he just did.

Golf is tremendously hard and what Tiger Woods has been able to do is nothing short of remarkable.

Woods won his 80th professional golf tournament this past Sunday, winning the PGA Tour Championship at East Lake in Atlanta while the whole world was watching. It was his third time winning the PGA Tour Championship. However, it has been five years or 1,876 days or 239 PGA Tour events since he last won. He has also only had 44 world-wide starts and four back surgeries during that time.

Woods' 80 wins puts him 37 ahead of Phil Mickelson, 61 more than Dustin Johnson, 56 more than Rory McIlroy and 59

more than Jordan Spieth.

Tiger's win means a lot for the sports universe because it is a story that transcends sports. Anyone who has ever been down and out, anyone who has ever been told they aren't good enough will understand Tiger's story, even if they barely who he is or what golf is. The comeback story of all comeback stories. At one point he seemed invincible, but after everything Tiger has gone through in the last five years he has become human to the world.

It was a different Tiger after he watched Rory McIlroy tap in on the 18th green and he realized he was going to win, “I was pretty emotional when Rory [McIlroy] was tapping out,” said Woods during his post-round interview. “I looked around and the tournament was over because I'd already put the bunker shot on the green and I'd won 80.”

Tiger Woods is to golf what Michael Jordan is to basketball, what Wayne Gretzky is to hockey, what Derek Jeter is to baseball and what Serena Williams is to tennis. He is the greatest golfer ever, a living legend and he is still playing for us to watch and admire.

Athletes from around the sports universe were watching Sunday. NBA Champion Steph Curry, Olympic legend Michael Phelps, Arizona Cardinal receiver, Larry Fitzgerald and tennis star Serena Williams have all been supportive of Tiger. It goes to show that athlete's love watching other athletes be great.



Sporting News

Tiger Woods without question, is the greatest golfer to have ever played the game. Yes, to some people, Jack Nicklaus is the greatest because of his 18 majors, but Jack never moved the needle of golf like Tiger does. Tiger is the needle, he makes golf more entertaining, even to those who barely know what golf is.

Woods' win means a lot to the PGA and to the sport of golf. It means a lot to sports and culture. It means a lot to people who believe in bouncing back and hope.

I got emotional watching him win this tournament. I think because it's an inspiring feeling seeing Tiger Woods get back to where he was. To see him fall off his place at the top of the golf mountain and have everyone turn their backs on him, only to see him win. It was truly amazing. Watching his hard work and determination pay off, it is proof that no matter how far you fall, your work hard and determination can bring you back to the top.

## WOMEN'S BASKETBALL

# Determination a calling card

By **JOSH HUI**

Katherine McDougall has had success at every step of her life but she's continued to work hard on and off the basketball court. She was a key member of a very strong A.E. Peacock Toilers high school team in Moose Jaw, Sask., playing in the 2017 Daytona Homes Senior High All Star Classic.

McDougall has even played basketball at a provincial level for team Saskatchewan's U15 age category.

She also dominated as a cross country runner in high school; placing first in her district last year after finishing third the year before. According to McDougall, playing multiple sports provided opportunities to be better overall and she hopes that she can continue to improve at this next level of her career.

Hailing from Moose Jaw, the point guard was unsure of her plans after high school but women's basketball head coach Todd Warnick knew right away she

would be a good fit for NAIT, and not just because of her skills on the floor.

“She [is] the loudest player in the gym (which is rare in high school sports to find athletes that communicate so readily)” Warnick said.

She [is] a leader, [playing] with endless passion and energy, always [displaying] a team first attitude that [is] a must have on any successful team.”

When asked about her passion and leadership, McDougall credits her high school coach for instilling her with those valuable skills.

“She focused on building a good team



**Katherine McDougall**

and also on players being grateful off the court, establishing a family dynamic which was unique.”

McDougall's leadership might be exactly what this year's NAIT women's basketball lineup needs after losing four veteran players from last year's team. The drive that Katherine has brought to her athletic pursuits has also translated well to the classroom as she studies alternative energy technology; motivated to doing what she can to impact the environment for the future.

On the court, McDougall plays an all around game as a player who can score

and set up teammates from anywhere offensively while providing a strong defensive presence.

Coach Warnick described McDougall as “a pure point guard” meaning she is “a pass first floor general ... directs traffic in addition to getting the ball to the right people at the right time.”

She gave herself quite a modest scouting report as “not the tallest or most skilled [player] but [a hard worker]” and “... a good teammate on and off the court.”

McDougall expressed that she wants to improve her shooting this year and is always striving to get better, however, she did not want to spend too much time improving in one area while losing what she does best.

McDougall has had plenty of success in her journey to NAIT, but she remains hungry for more. Her determination in the classroom and her hunger on the court is what's going to help produce the results she needs to have a successful season.

## SOCCER

# Alphonso's future is limitless

By ZACHARY FLYNN

## Who is Alphonso Davies?

Alphonso Davies is a 17-year-old Ghana-born Canadian. When he was five, his family immigrated to Canada as refugees. While in Edmonton, he played for both the Edmonton Internationals and the Edmonton Strikers soccer clubs. Davies says that he enjoyed his time in Edmonton and that playing soccer helped him feel comfortable in his new home.

In February of 2016, he was signed to the Whitecaps FC 2 squad, making him the youngest player to sign a professional contract in the USL. Within two months, he also became the league's youngest goalscorer at just 15 years, six months. Later that same year, he signed a contract with Whitecaps FC. When he made his debut appearance for the team, he became the second-youngest player to play in the MLS.

In 2017, Davies received his Canadian citizenship. In an interview with the *Nugget*, he says he is grateful for the help he has received from his coaching staff and fellow teammates on the Whitecaps for helping him study for his citizenship test.

Since then, he has represented Canada on a number of occasions on their U17, U20 and the national team, scoring three goals in the 2017 CONCACAF Gold Cup.

## The Nike Commercial

On Sept. 5, 2018, Nike released their "Dream Crazy" ad, narrated by former San Francisco 49ers quarterback Colin Kaepernick. The ad featured world-famous athletes like LeBron James, Serena Williams and Odell Beckham Jr. just to name a few, Davies was among them.

"If you're born a refugee, don't let it stop you from playing soccer. From the national team. At age 16." Kaepernick inspirationally voices over the video of Davies scoring a goal at the CONCACAF



Alphonso Davies

Gold Cup, the youngest player from Canada to ever do so.

Davies said that this was an amazing opportunity for him to be a part of the ad alongside these major athletes, "I'm just a kid that came from Edmonton who's going to play soccer," said Davies.

## What's next for Davies?

Earlier this year, the young professional soccer player signed a contract with FC Bayern Munich. The deal could provide the Whitecaps with more than \$22 million US, setting another MLS record.

"I'm grateful for the opportunity I'm

getting right now to sign with Bayern Munich," said Davies. "It was amazing. As a kid, you dream about moments like this – wanting to play for big clubs like Bayern Munich – and I'm really grateful for the opportunity I'm getting playing for them."

Davies will finish his current season with the Vancouver Whitecaps before he makes his move to the German team.

"Being able to sign for them is a dream come true."

He says he is especially looking forward to playing with top-class players like Arjen Robben and Franck Ribéry.

## What's next for Canadian soccer?

In his interview, Davies said, "Going forward, Canada is really developing a lot of good players."

He says that the team has their sights on the 2022 FIFA World Cup in Qatar and that although they are excited for the 2026 World Cup, the team is focused on one thing at a time.

Davies hopes that his trade to FC Bayern Munich will inspire other Canadian athletes to pursue their professional dreams, and he is looking forward to the future of the Canadian team.

## VOLLEYBALL

# V-ball recruit believes in hard work

By CHELSEA NICHOLLS

Being a multi-sport athlete, Daniel Ward has chosen to focus his sporting career as a left-side hitter for the NAIT mens Ooks volleyball team. He has decided to take on his first year with open studies here at NAIT. Ward's end goal is to become a part of the Personal Fitness program.

At times being a student athlete can be hard, the biggest challenge is balancing academics with sports. Getting to know his teammates and creating player bonds has eased some of the pressure for this first year. The quality of the volleyball program has made the challenge well worth it though, "the coaches bring

immense knowledge of both the technical and tactical aspects of the game, which will allow me to improve on my own game."

Ward's career started in his hometown of St. Albert for William D. Cuts Junior High. He then went on playing all throughout high school for Bellerose Composite High.

He also played club volleyball with St. Albert Sturgeon from U14 to U17, switching to FOG volleyball club for his U18 year. A stand-out moment for Ward in his volleyball career was winning the U18 provincial championship.

"It showed us that working hard and spending time together as a team is worth

it. We got really connected with one another and grew from the start of the year. It was just so exciting when we got the final point. All around us were smiles from one another and we were all proud of how far we came together."

College volleyball has been a big change for Ward, "the quality of skill of every player has gone up. The amount of time commitment has gone from three days a week to six days a week."

While the level of the game is changing, so are the opportunities for the players. Ward mentioned that he is most looking forward to being able to host the ACAC (Alberta Colleges Athletic Conference) championships in NAIT's gym. The

games will take place in February. Teams like Concordia and MacEwan will also be in attendance.

College can change a lot of things in our lives. From who we hang out with, to what we do with the little free time we have. It can all be affected in one way or the other. Throwing sports and jobs into it all can be the stressful part.

For any new students or student athletes at NAIT, Ward believes that you need to "always work hard and train 100 per cent so that you can be the best you possibly can. Never give up on yourself and stay strong mentally and physically."

HOCKEY

# Oilers rookies drub all-stars

By EDDIE DALLYN

On Tuesday night, a team of rookie Oilers headlined by the 10th overall pick in the 2018 Draft, Evan Bouchard, played the NAIT/MacEwan combined all-star team. Even though Bouchard, a highly touted defensive prospect, was who most came to watch, it was Tyler Benson (an Edmonton native) and Ryan McLeod with three points each and Caleb Jones who potted two goals and added two assists that really stole the show.

The night didn't start out easy for the boys from NAIT and MacEwan, with the Oilers Rookie team controlling puck possession and keeping the all-stars hemmed in their own end. MacEwan goalie and 2017-18 playoff MVP Marc-Olivier Daigle kept the all-stars in it, only allowing one goal on 19 shots in the first period.

Once the second period started the

game really went south for the all-stars. After a quick wraparound goal from Caleb Jones to make it 2-0, the all-stars fell into penalty trouble, with the Oilers rookies getting an extended two-man advantage.

Benson quickly scored on the ensuing power-play, with Colin Larkin potting his first of the night not long after.

Throughout the second the physical play picked up, with both Oilers and the

all-stars finishing their checks hard and engaging in some extracurricular activities after the whistles.

The physicality was brought over into the third period, so was the Oilers rookies dominance. With the shots being 39 to 12 in favour of the Oilers, they continued the scoring with a total of five goals in the third. While NAIT's Brendan Jensen was in net for the third, not many of the goals

could be considered his fault. The returning goalie made a handful of good saves with his time in the net.

However, the all-stars broke the goose egg late in the third, with a goal by Ryan Baskerville which was assisted by NAIT forward Jake Mykitiuk. Mykitiuk played a hard, fast, physical game and didn't give up on any puck battle, not passing up on an opportunity to make a

hit and definitely earned the assist.

The game finished at 9-1 for the Oilers rookies, a far different result from last year's 2-0 win for the MacEwan/NAIT all-stars.

After this game, the MacEwan/NAIT players will ready themselves to continue the rivalry of two ACAC powerhouses when they face-off for their first taste of regular season action on Sept. 29 at MacEwan University.



NAIT-MacEwan all-stars and the Oilers rookies pose for a group photo.

# OUR TRAINS WEIGH 100 TONNES

## Watch and listen.

Trains can come from either direction, on any track, at any time.

Only use designated safe crossings and **wait behind gates when arms are down.**

**Stand behind yellow rumble line** on platform to avoid accidental falls.

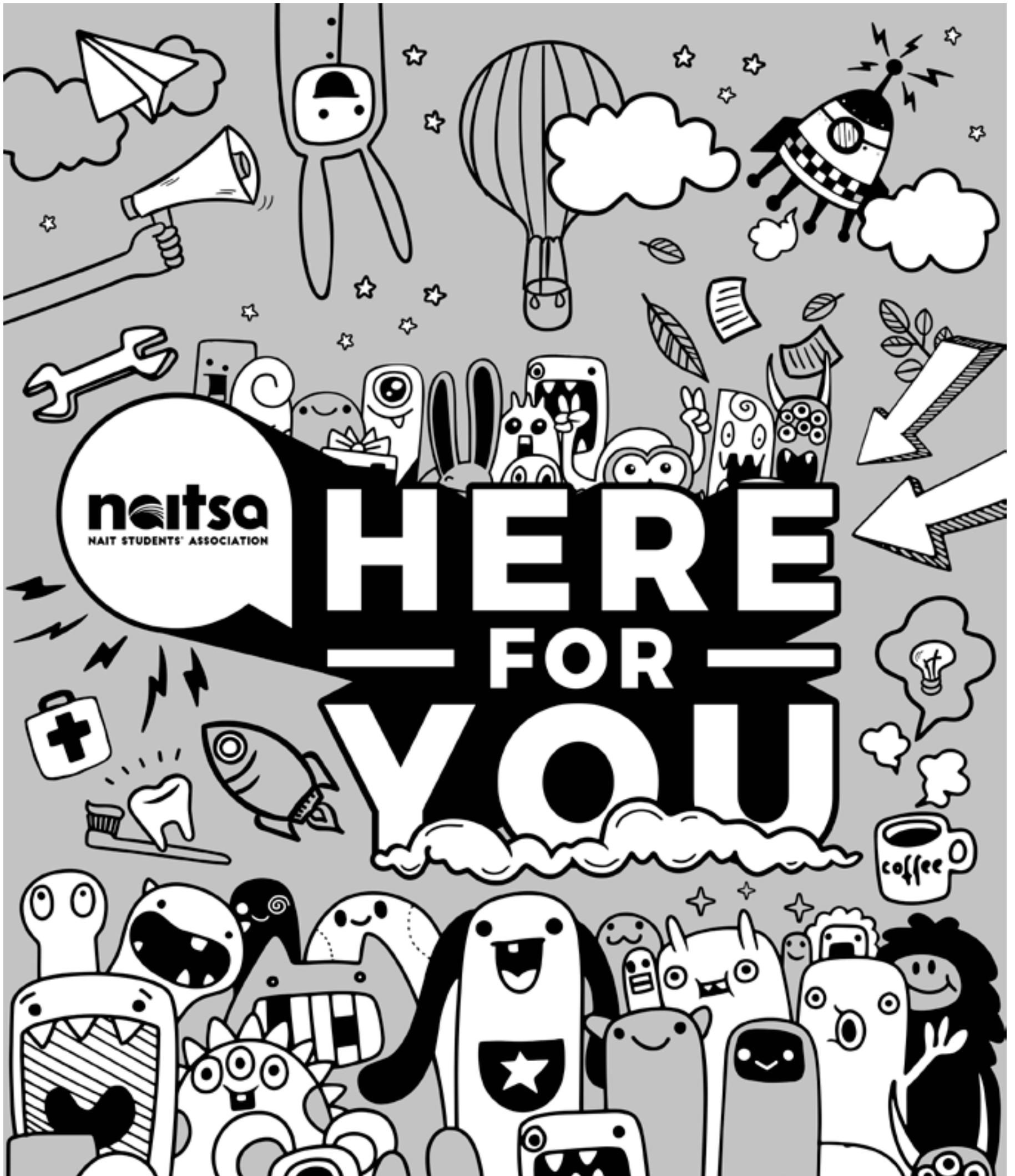


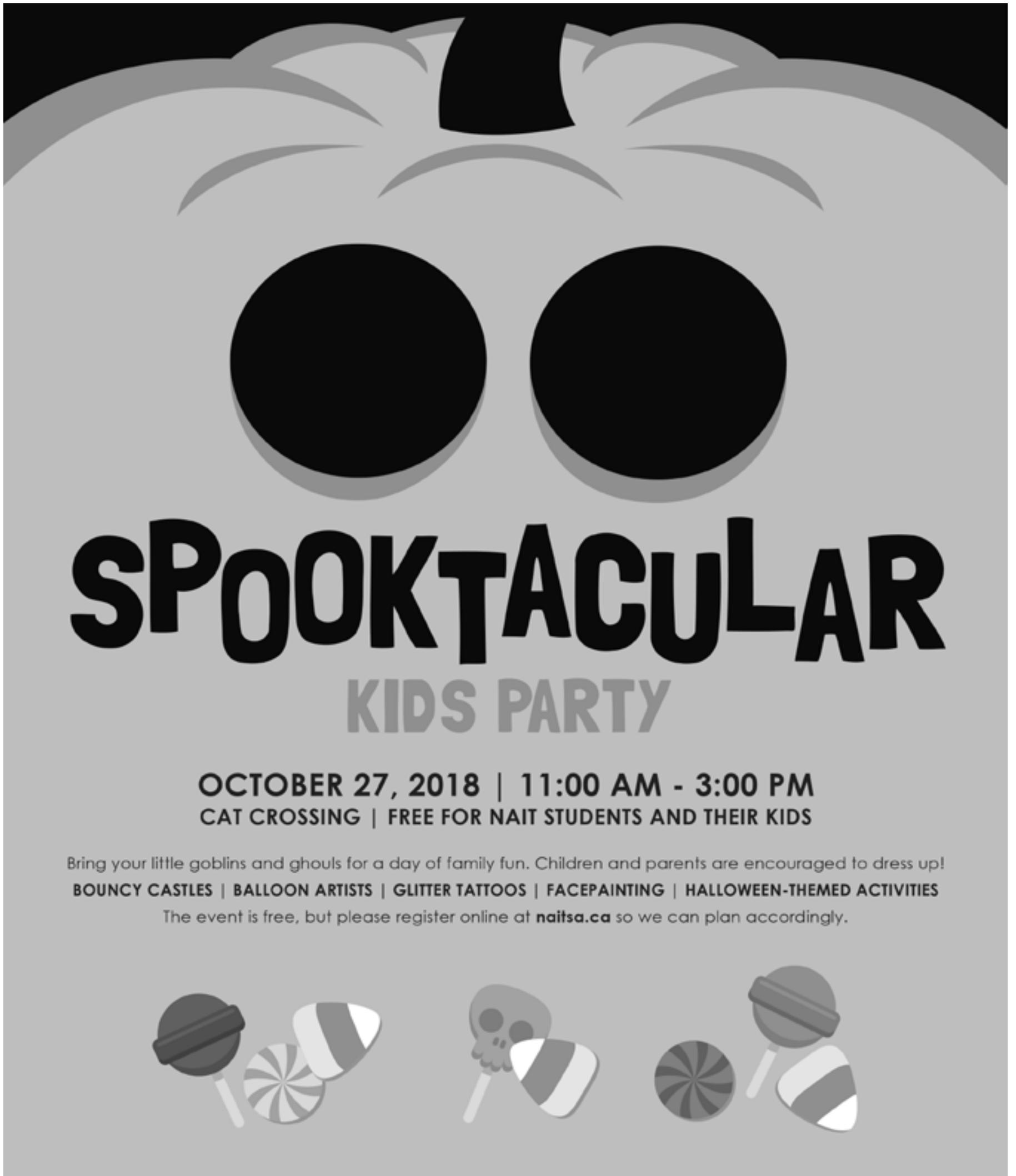
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ETS





# 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 [nait.ca](http://nait.ca) so we can plan accordingly.



# ENTERTAINMENT

## Not like the other girls



By **EMILY KELLER**  
Assist. Entertainment Editor

Individual people can't be put into a box. It's an obvious statement that everyone can be multifaceted and multidimensional, personality-wise. That doesn't really stop stereotypes and typical tropes though. If you like a few certain things or frequent certain establishments, like protein shakes and going to the gym a lot, for example, then you're a "bro". And if you like to wear leggings as pants and Starbucks, you're a "typical basic girl."

One of the most recent tropes that women have to deal with now is the Manic Pixie Dream Girl. In movies, TV and literature, a Manic Pixie Dream Girl is anyone who is a quirky, unique and interesting

person who does not conform to the typical ideals of women. They aren't exactly feminine, but they aren't too 'manly' to love. They are still usually beautiful, in an "unconventional" way, though.

At face value, the Manic Pixie Dream Girl trope might not seem so bad. It's just someone who's unique, right? Well, not really. A typical trait of Manic Pixie Dream Girl characters is that they end up with a boring man, who's going nowhere in his life and has no path. The girl somehow, with her quirkiness and love for Converse shoes paired with ball gowns, fixes the man. They make him better, they make him interesting, likeable even. And they also usually have absolutely no character development or dimension.

There are a lot of movies that involve this trope; a lot of them quite popular and respected movies, too. (500) *Days of Summer* is one, so is *Garden State*. Although the movies themselves may not be bad, the lack of dimension and respect the female characters get is bothersome. They are shown to have literally changed the man's life. But do they get the same introspective dialogue and human emotions the men get? Not really. They do get to be super hot, though. I guess that's a plus.

This trope has reached the real world now



IMDB

too. If you're just the slightest bit eccentric and quirky, certain types of guys will notice and will think your unabashed weirdness will make their lives and themselves so much more interesting. They'll think, "Oh, she likes video games and nerdy stuff? She's my dream girl," and put you on a pedestal, as if you are incapable of doing wrong, and when you inevitably slip up slightly, as all people do, you're suddenly not so likeable anymore. You're no longer the girl who loved to geek out, you're now the girl with complex human emotions and feelings.

There's the other side of the coin here too. If you're yourself, possibly a bit quirky or into obscure things, you're "trying too hard." You only like these things to impress men, or to make people think you're interesting. In this world, there's no room for you to be yourself without it being for someone else's benefit or for their approval. The only escape is to recognize that not only women, but everyone, is complicated and human, not looking to be approved by the world, but to be accepted.

### OPINION

## You're not YELPing, are you?

By **TY FERGUSON**

In the modern era of seemingly millions of contrasting opinions being shared online every minute, it is a valuable skill to be able to brush off the ones that are unlike our own. Regarding online reviews, opinions can be a pretty powerful force.

When online reviews, for anything, come to mind, you typically just think of the ones where the account or view expressed is that of someone who simply hates what they are reviewing. Generally – these are the most entertaining opinions, the ones that stick with us the most. They also can be the deal breaker for whether or not we make the final decision on going with something we were interested in – deleting the tab in your browser where you were about to purchase something, depending on the opinions of those reviews for.

Back in July, local Edmonton food reviewer Leduc Nguyen – who online can be found by the username of @letseatyeg – received significant backlash for posting a food review that highlighted the shortcomings of a local restaurant, The Common, a gastro-lounge located on 109 Street.

Upon reading Nguyen's review, the restaurant was unappreciative, to put it mildly. Staff and affiliates of The Common – including co-owner of the restaurant, Kyla Kazeil – quickly responded with derogatory comments.

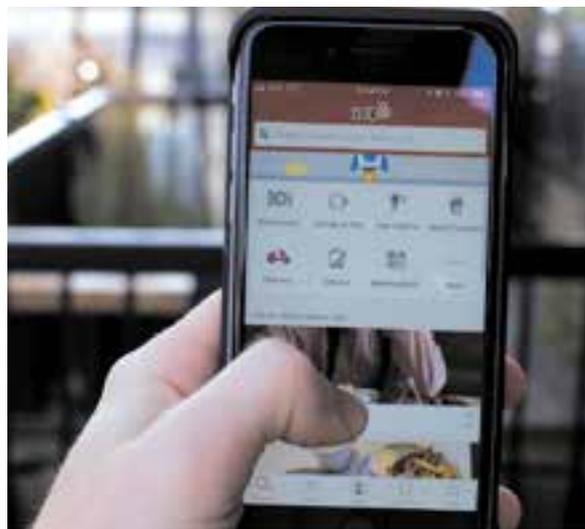


Photo by Ty Ferguson

"Stick to sick kids," commented Katy Ingraham, owner of Cartago, another local restaurant in Edmonton – the comment referring to Nguyen's employment at the Stollery Children's Hospital.

Before deleting her remark, Kazeil also replied, "Where do you work? I'd like to come there and give my unprofessional opinion."

These were just two comments of the hundreds posted.

In those hundreds of comments, other reactions ranged from being either in agreement and loyally defending local Edmonton restaurants, or expressing their repulsion at the reaction of the business owners.

Kazeil later apologized for taking the review personally, claiming she "let [her] passion cloud her judgment."

A local food review writer on Yelp, with over seven years of experience and 300 total reviews, when asked about the importance of being careful of what is said in the food review scene (as to not potentially hurt local businesses), responded. "Personally I've read bad reviews and still went to the restaurant to see for myself. If The Common thinks that one blogger will be able to substantially hurt their business, then they have bigger problems. The Internet isn't going away so owners need to learn how to navigate negative publicity in a way that best showcases their company."

George the Connoisseur also expressed that he believes "The Common shouldn't be trying to discredit @letseatyeg. [They should] learn from the experience and continually improve the business."

Ultimately the capabilities of opinions in the form of reviews or even just a tweet are greater than expected and should typically be appreciated with an open mind.

FOR YOUR LISTENING PLEASURE ...

# The Shuffle ...

## Best New Rock of 2018



By NIKITA ELENAK

The snow has officially hit the ground, and brought the cold with it – which means it’s the season of becoming a hermit and locking yourself inside the warmth of your house. Save yourself the boredom of staring at your walls all day, by staring at the walls while listening to music, with this playlist – a compilation of some of the best new rock

music of 2018.

1. Greta Van Fleet – Watching Over
2. Rise Against – House on Fire (Ghost Note Symphonies version)
3. Godsmack – Bulletproof
4. Red Sun Rising – Fascination
5. Shinedown – Devil
6. Stone Temple Pilots – Roll Me Under
7. lovelytheband – broken
8. Grandson – Blood//Water
9. Five Finger Death Punch – Sham Pain
10. Ghost – Rats
11. The Glorious Sons – S.O.S.
12. The Struts – Body Talks
13. Weezer – California Snow
14. Alice in Chains – So Far Under
15. Pearl Jam – Can’t Deny Me



Image courtesy of Greta Van Fleet on Instagram

FILM

# NAIT students showcase work

By CELIA NICHOLLS

Even though the summer weather may be long gone, festival season is far from over in our city, with the upcoming Edmonton International Film Festival (Sept. 27-Oct. 6) promising an exciting lineup of new films screening in Edmonton for the first time. Edmontonians will have the opportunity to see not only what are sure to become some of the fall’s must-see movies (and potentially next spring’s biggest awards contenders), but also independent films from around the world. At the heart of this year’s festival, as in previous years, are Canadian productions, and even, in an area at which EIFF excels, works by filmmakers local to Alberta.

Festival Director Kerrie Long estimates that almost a quarter of the films on offer this year have some Albertan connection, whether filmmakers still live and work in the province, or continue to call Edmonton or Alberta home from afar. These include an afternoon of short film programmes entitled Studio A and seven feature length films created by Edmontonians – From the *Wild*, *Necessary Evil*, *Clara*, *Lake Shore Drive*, *Kreuzberg*, *The Need to Grow* and *LoST* – which, set alongside the broad mix of genres, styles, and nationalities of film playing over the course of the Festival’s 10 days, place home-grown filmmakers in global context, and may also help audiences to finally recognize the wealth of talent at work in their own backyard.



edmonton international film festival

Equally, filmmakers themselves benefit from EIFF’s vibrant cinema culture, and not just because the festival received Oscar qualifying status from the Academy of Motion Picture Arts and Sciences in 2016, a designation that allows films screened here to be put forward later for Oscar consideration. “We encourage local filmmakers to meet attending guests,” Long says, “to really dive in and see what stories are being told globally, and to discover cinematic styles.”

Student filmmakers from NAIT’s Digital Cinema program have certainly embraced the chance to get involved this year, with director Ivet Koleva’s short film *Penance*, originally a class project which she describes as “essentially a family drama set in a pool hall,” selected to screen as part

of Studio A.

Both she and *Penance*’s director of photography Greg Waggoner, who have had a keen interest in different aspects of filmmaking from childhood, consider the festival selection to be an important career milestone.

“We are all beyond happy and honoured to be able to premiere our film to such a large festival,” Koleva says.

Waggoner concurs: “[Getting into the official selection is] quite an accomplishment considering our zero dollar budget and lack of professional experience. For a lot of us, *Penance* was our first short film.”

As for why other NAIT students might want to attend EIFF, Waggoner gives a compelling summary:

“I think film festivals offer a form of originality you won’t find in a regular theatre. There aren’t any remakes, sequels or reboots. We’re just artists creating the stories we want to tell, and they’re stories we think people should see.”

Koleva stresses the importance of the NAIT community:

“It would mean a lot to us to see and meet NAIT students and instructors at the screening of our film.”

“After all,” she says, “just come and enjoy movies with popcorn!”

*Penance* screens as part of the Studio A program, 11:30 a.m. on Sunday Sept. 30, at Landmark Cinemas 9 City Centre, 10200 102 Ave NW.

Passes and tickets are available online now at [www.edmontonfilmfest.com](http://www.edmontonfilmfest.com).

## LOCAL SOUND WAVE

# Future is waiting for Conquest

By TORA MATYS

This four man army emerging out of Spruce Grove is knocking the city to their knees. The New Conquest is a rock and blues inspired cover band, doing everyone's favourites from songs like The Ocean by Led Zeppelin to Blood // Water by Grandson. The band initially started when guitar player, David Young, became a regular at the local Music Center Canada and eventually met the owner's son, Logan Boechler. It was love at first jam, and it was decided that something had to be done. After throwing names around for a month or two, Boechler woke up with the million-dollar name, "The New Conquest." It wasn't long after that the two were leading the Thursday night jam sessions at the local bar. They eventually realized that if they wanted to get bigger they were going to need to get louder, that's when they recruited two more teachers from the music store, bass player, Stecyk James, and drummer, Josh Roberts.

In sitting down with David Young and Stecyk James, they covered some highlights from their busy summer, and gave some insight on the future of the band.

*You've had a busy summer covering a lot of bars in Edmonton and area, did you have a favourite venue?*

**James:** "I think I can safely say that one of the bands favourite places to play is a small bar in Stony Plain, 'Moonshiners'. It's just a small and personal place to play, everyone is usually really nice and respectful of each other there and it just makes for a smooth show. We had a couple at one show there who were dancers and they just ripped up the floor. The vibes are always really good there."

*Do you have any upcoming dates?*

**Young:** "We don't have anything set in stone yet, however



Photo by Tora Matys

## THE NEW CONQUEST

Three of the four member of the band are, left to right, Stecyk James, bass; Logan Boechler, guitar and vocals and David Young, guitar. Missing is drummer Josh Roberts.

we are in the midst of setting up some dates in October. Follow us on facebook and Instagram for those details."

*In your original work, where do you draw your influences from?*

**Young:** "I listen to a lot of Led Zeppelin and Jimi Hendrix. I also bring some blues in with Muddy Waters, and things like that. Oh yeah, and some newer rock like the Arctic Monkeys and The Black Keys."

*What's going to be the next conquest?*

**James:** "Well hopefully now that we are in the slow

season we can hunker down and really focus on getting some original work done. We have some songs in the vault but we're still tweaking them. Hopefully by winter time/early next year we'll have a few of our own songs, maybe enough for an album ... who knows? We are still just having fun with it all."

Follow them on Facebook and Instagram @thenewconquest for updates on upcoming shows and new songs, and catch some of their past shows online and on their YouTube channel.

## ALBUM FEATURES BY ALBERTO VILLOGA

# Music and its many emotions

## Tired

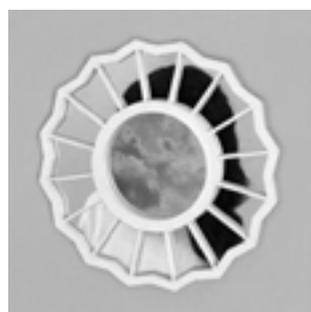


• Daniel Caesar – *Freudian* (2017)

• Favourite Song: "Transform" (feat. Charlotte Day Wilson)

• This is the album to play on a late night ride home after partying a little too hard. The choir harmonies, guitar riffs and piano synthesizers are all seamlessly put together throughout *Freudian*. Adding on top of that with Daniel Caesar's incredible vocals, it creates a mesmerizing album that helps the heart slow down and clear the mind.

## In Love/Romantic



• Mac Miller – *Divine Feminine* (2016)

• Favourite Song: "Planet God Damn"

• *Divine Feminine* is an album that overflows with the feelings of being lovestruck. In this album Mac Miller combines his own singing (for the first time) and rapping, while also incorporating multiple artists, capitalizing on the artists' individual strengths and sounds. *Divine Feminine* illustrates the concept of real love, using raw emotion and storytelling. Rest in peace, Easy Mac.

## Dreary/Introspective

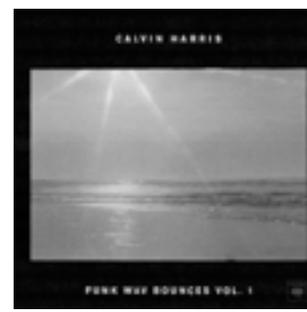


• Logic – *Under Pressure* (2014)

• Favourite Song: "Under Pressure"

• Logic's debut studio album, *Under Pressure*, is a storytelling masterpiece with intense lyricism speaking on both his past and present struggles. The album tells the story and experiences of Logic, including different perspectives from his family members. He includes multiple hidden meanings within multiple songs making the album more entertaining when listening closely to every word.

## Happy/Excited



• Calvin Harris – *Funk Wav Bounces Vol. 1* (2017)

• Favourite Song: "Slide"

• *Funk Wav Bounces Vol. 1* was created for the summer of 2017 with an inventory of well known and diverse artists featuring on tracks left and right. Calvin Harris created something to listen to on road trips with friends allowing the trip to be as fun as the destination. If there ever is a need to have a sudden dance party wherever you are, *Funk Wav Bounces Vol. 1* will always do justice.

## Angry



• DMX – *It's Dark And Hell Is Hot* (1998)

• Favourite Song: "How's It Goin Down"

• DMX gives out a great arsenal to keep your blood boiled, but also many songs with the capability to have listeners settle down. The first studio album *It's Dark And Hell Is Hot* released by DMX highlights his sense of urgency to get emotions off of his chest and tackle conflicts deep inside his mind through lyricism in songs that make the head bob.



**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 OR COME TO ROOM E-131  
TRANSPORTATION TO AND FROM NAIT PROVIDED**





EMMA MORRISON

# “What mythical creature would you like to be and why?”



“A donkey dragon. Because I want to be in *Shrek*.”

Ty Ferguson  
RTA



“The Ogoopogo. Because he is Canadian and way cooler than the Lochness Monster.”

Eddie Dallyn  
RTA



“The chupacabra. Because he has super strength and eats goats.”

Daniel Hermanutz  
RTA



“Dragon. Powerful, strong, cool.”

Xediric Cabutotan  
Nano Technology



“Griffin. Cool and they can fly.”

Jonas Molino  
DMIT

# City's freebie day upcoming

By ERYN PINKSEN

Leave your wallet at home and remember to enjoy Free Admission Day. Many of Edmonton's popular attractions and recreation centres will be free to the public. This annual event is hosted by the City of Edmonton and this year it will happen from 10 a.m. to 6 p.m. on Sunday, Sept. 30.

Free Admission Day began in the city over 10 years ago and every year it is very well attended. The City of Edmonton website reminds people that the attractions will be very busy and parking is limited. Edmonton Transit Service fares still apply, but it is recommended to use transit to avoid traffic and parking issues.

This event partners with the Edmonton Food Bank to encourage people to help other Edmontonians who are in need for this upcoming winter season. Food bank drop-offs are set up at the Terwillegar Community Recreation Centre, The Meadows Community Recreation Centre and the Edmonton Valley Zoo.

One of the main attractions for the day is the Edmonton Valley Zoo with over 350 different animals and their Arctic Shores and The Wanderer Trail exhibits.

Another notable facility is the John Jan-

zen Nature Centre in the heart of the River Valley that takes visitors through The Birch Tree Trail and River Loop Trail as well as interactive exhibits with wildlife like their pond dipping activities.

The Muttart Conservatory is also a participating attraction, where visitors can view more than 700 species of plants in their regulated temperature pyramid biomes. This includes a feature pyramid that changes every month and this month's feature is a Celebration of the Day of the Dead.

The City of Edmonton encourages attendees to check their website for any updates, map out their day beforehand to get the most out of the day and follow on Twitter #yeg-FAD to engage with others and stay updated on lineups and parking as visitors take in Free Admission Day.

**Attractions Include:**  
Edmonton Valley Zoo  
John Janzen Nature Centre  
Muttart Conservatory

**Community Centres:**

Commonwealth Recreation Centre  
Kinsmen Pitch and Putt  
Londonderry Leisure Centre  
Terwillegar Recreation Centre  
The Meadows Recreation Centre

**The Arenas:**

Callingwood Twin Arenas

Kenilworth Arena  
Londonderry Arena  
Terwillegar Arena

**YMCAs:**

Castledowns YMCA  
Don Wheaton YMCA  
Jamie Platz YMCA  
William Lutsky YMCA



THE NUGGET PRESENTS:

# HOROSCOPES

**Sept. 27-Oct. 3**

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

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

Libra this week is all about clarity. You will be able to clear up any negative energy you have been feeling lately. You will also discover something new about yourself.

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

This week love is on your mind. A new romance or friendship will blossom. Use this as a time to really put yourself out there.

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

Take a moment to really focus

on the little things, as you might miss something important around you.

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

The creative side of you will be at it's strongest this week. Use this to your advantage by putting your creative touch or spin on a project.

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

You may face some negative energy this week. Don't worry you will be able to handle it! Surround yourself with friends and family to help get you through it.

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

This week you have some big decisions to make. However, chose wisely as this may affect you in the

weeks to come.

**Aries (March 21-April 19)**

Some exciting news will come your way this week. You also may experience some big changes, but don't panic, they will be for the better.

**Taurus (April 20-May 20)**

Communication skills have become the key to success. Use these skills more than usual this week, as it will benefit you in the long run.

**Gemini (May 22-June 21)**

You face a very chaotic week ahead of you. Try to focus on one task at a time, but remember you also need some you time as well.

**Cancer (June 22-July 22)**

Focus on your family and friends as one of them may be going through a hard time. Call up that old friend of yours and go for coffee.

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

Your intuition is at its strongest this week. Trust your gut with decisions on financial and job issues. An old friend may call you for some advice in the coming days.

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

You will have a lot of positive energy this week. Focus that energy on self-improvement – whether it be going to the gym this week or staying on top of your to-do list.

## Literary Corner

### POETRY

**Abandoned Sketchbook**

Sitting alone on a picnic bench,  
Is a sketchbook.  
Cover and back horribly tattered,  
Pages ripped out,  
Some pages left with bent corners,  
Some with stains.

Half-dreamed ideas  
In rough outlines  
Never to be finished.  
Forever to be  
Incomplete.

All the sketches are fitted  
In monochrome silver graphite -  
Not a colour to be seen.

Many blank pages

Left waiting for the artist  
That will never come back.

No name,  
No datemarkers,  
Or address.  
The artist may have even  
Abandoned it on purpose.

It's okay, little sketchbook;  
I'll take care of you.

Back to School  
Simar Bains

I see some sleepy faces,  
Some fresh.  
Early in the morning,  
It's still dark outside.

Some have backpacks,  
Some are carrying handbags.  
The buses are so full this morning,  
I wonder where they are headed to.  
Lots of chit chat,  
Excitement and enthusiasm.  
It wasn't until I looked at my phone,  
That I realized,  
It's September the 4th  
They are going back to school.

—By Candace Valentine

**Birth of a Phoenix**

Bird in a cage,  
Lovely as day,  
Birth of an age,  
Brittle as hay.

Borne of fire,

Burning with rage.  
Litany of ire,  
Bird in a cage.

Ashes of past,  
Days of fire.  
Memories to last,  
Regrets in a mire.

Born a new,  
Released from prison.  
Red in hew,  
Burning as the sun.

Released from a cage,  
Free from Nyx.  
Eternal in age,  
Birth of the Pheonix.

— By Isaac Dymock

**JUST THE TIP**

# Communicate for better sex

By EDEN JOSEPH

Men no need to stress, for once. This may not have anything to do with you. Putting the blame on ourselves isn't something us women commonly like to do, but when it comes to the research we can't necessarily turn this one around on you. In this day and age women are becoming far more open to sharing things about their sexual experiences.

A hot topic frustrating both men and women is the unfortunate truth of the

shocking amount of women who struggle to reach climax during sex. When it comes to the men, many are expressing feelings of failure and inadequacy because they can't figure out that sweet spot for their partner to climax; leaving them discouraged in the bedroom. On the other hand, we have the women feeling like there is something wrong with them. This leaves them asking themselves, "is there something wrong with me?"

Of course, this is not the case. We

must shine the light on ourselves. An ABC news item reported that, "75 per cent of all women never reach orgasm from intercourse alone, that is without extra help." With that whopping number, we ask why?

Well, it's all about knowing your body and what you like so you can communicate it to your partner. Former Passions Consultant of three years, Laina Matys, said, "Communication is the number one sexual stimulant."

Gals, if you aren't telling your man

what works for you then they won't know what does, as we all know they ain't no mind readers as much as we wish they were!

"Ladies know what they want and how to achieve it," Matys says. She added that if women are to use products to help assist them to climax with their partner, be sure to direct him on how to help so he doesn't feel "left out or not satisfied."

This allows him to feel involved and will give him the satisfaction he longs for.

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



**NOMINATIONS OPEN  
AUGUST 27 - OCTOBER 1**

**NAITSA**  
**SENATE  
ELECTION**  
**2018/2019**

**DISCUSS AND MAKE DECISIONS ON BIG PICTURE ISSUES  
THAT CONCERN NAIT STUDENTS**

- 18 student representatives
- 10 meetings throughout the school year
- Dinner provided at each meeting
- Honorarium up to \$500
- Leadership experience
- Your position will be recognized on your program transcripts

**INTERESTED IN BECOMING A SENATE MEMBER?  
NOMINATIONS CLOSE AT 4PM, OCTOBER 1**

**FOR MORE INFORMATION, VISIT  
NAITSA.CA/ELECTIONS**



# Adjusting to life at NAIT



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

You have had a few weeks to get used to the NAIT environment and this is a great time to ask yourself some questions:

- Are my emotions all over the place? The increased personal freedom at post-secondary can feel both exhilarating and frightening. Accept that emotional fluctuations are normal and to be expected, and that they will pass in time.

- Am I taking care of myself? Try and include some fun activities, some relaxing activities and some time with family or old friends. If you are new to Edmonton, keep in touch with friends and family from your home town.

- Am I too hard on myself? Using positive self-talk and giving yourself credit for the risks you are taking and the situations

you have handled well helps build confidence. If negative self-talk and low self-esteem is an on-going problem consider working with a counsellor.

- Am I learning from the past? Instead of berating yourself for things you should have said or done better, treat these situations as learning experiences and apply your new insights the next time something similar arises.

- Am I lonely? It may seem that everyone else is self-confident and socially successful. The reality is that many students are having the same concerns, and that finding your social niche will take a few weeks. There are many ways to meet people. Consider getting involved and being where other students are. Here are some common ways that NAIT students meet each other:

- Before and after classes
- Doing extracurricular activities such as clubs, intramural activities or fitness classes

- Volunteering – volunteer at events or fundraisers; check at the NAITSA office for volunteer opportunities or put your writing skills to work for The Nugget student newspaper.

- At adjoining lockers
- In bookstore or food line-ups
- At the gym

- In eating areas
- In common study areas
- At the “Nest”
- At program special events such as pub crawls or dances

Meaningful, new relationships develop over time. Remember to be yourself, and to send friendly, outgoing signals to others. Smiling, making eye contact, nodding when someone is speaking, and sending body language signals such as uncrossing your arms and leaning slightly forward are ways to signal to others that you are interested in them.

- Are my study habits working? You may find NAIT classes more difficult than high school classes, and you may find the workload much heavier. In order to succeed it is important to get into a good study routine early in the semester. This means following the course outlines, keeping up with readings and assignments, borrowing lecture notes if a class is missed, and asking for help if you do not understand material. For help with study skills access on-line learning modules, learning strategists, student success workshops and free tutoring in math, physics and statistics through [nait.ca/learningservices](http://nait.ca/learningservices).

- Are there personal concerns that are

inhibiting my success? Free counselling is available to all registered NAIT students through Counselling & Chaplaincy Services. Common reasons students come for counselling include stress, anxiety, depression, relationship concerns, adjustment problems, and social anxiety. Counselling is provided by professional psychologists and social workers. Chaplains of various denominations are available on request. Flynn, the therapy dog, is housed in the main campus office and does regular PAWS for a break activities.

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 W111-PB 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.

Souh Campus: Counsellor available Wednesdays and Thursdays from 10-4. Book by calling 780-378-6133 or in person in Room Z153.

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



GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



**NOMINATIONS OPEN  
AUGUST 27 - OCTOBER 1**

**NAITSA  
SENATE  
ELECTION  
2018/2019**

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

**FOR MORE INFORMATION, VISIT  
NAITSA.CA/ELECTIONS**



# GET CONNECTED JOIN A CLUB

## HOW TO JOIN

1. Sign into Orgsync at [orgsync.naitsa.ca](http://orgsync.naitsa.ca) using your NAIT username & password.
2. On the homepage, click the "Organizations" tab.
3. Browse clubs by scrolling through or use the search bar to find a specific club.
4. Once you find a club you want to join, click the "Join Now" button on the top right.



**WATCH  
THIS SPACE  
FOR MORE AWESOME  
CLUB EVENTS AT NAIT!**

# U-Pass

*Universal Transit Pass*

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

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