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## ISSUE Interim president to begin December 16

## By WILLIAM DONEY

NAIT announced an interim president to begin Dec.16 when Dr. Glenn Feltham retires. Dr. Ray Block will step into the shoes of President and CEO of NAIT.

Dr. Block is currently NAIT's vicepresident administration and CFO.

The search is on for NAIT's permanent seventh president. Students, staff and stakeholders were being asked to provide input.

A survey was distributed and collected information about leadership skills, abilities and personal attributes they believe would be important as NAIT looks toward selecting the new face of the school.

The information will be used in the job description of the president position.

The survey closed on Oct. 18. It included 10 questions about strong leadership qualities that the new president should have, along with a comment box at the end to leave any questions or concerns.

The panel is looking for a leader that can help steer NAIT towards becoming a world-leader in polytechnic education, build and nurture a better connection with different industries and business, and broaden the understanding of the importance of polytechnic education.



## Suicide prevention campaign launched

## By LINDA SHAW

On Sep. 10, Edmonton launched a campaign for suicide prevention, education and

It is called 11 of Us because eleven is the number of people that attempt or die by suicide each day in Edmonton. Eleven is eleven too many.

11 of Us was developed as part of a community plan for the prevention of suicide in Edmonton by a committee of organizations and individuals that range from government, post-secondary schools, not for profit organizations and private individuals. Their goal is to reduce the stigma surrounding suicide and offer resources that can make that happen.

The campaign is part of a comprehensive strategy for how suicide can be prevented and includes a public awareness campaign and website: https://11ofus.ca/

### What can you find on the website?

- Common signs a person is feeling
- Suggestions for starting and having a conversation about suicide
- Where to get help in the community
- Education and opportunities for free suicide prevention training



Hello everyone! My name is Linda and I am the Student Well-Being Facilitator! You can find me in the Student Counselling office, W111-PB, Hp Centre. I am a Registered Nurse with a Diploma of Applied Psychology and Counselling. But most recognize me because of my furry four-legged co-worker, Flynn, NAIT's Wellness Dog.

"Out of your vulnerabilities will come your strength." - Sigmund Freud

The opinions expressed by editors & contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

## The NAIT Nugget

Mission: "Our purpose is to give students the opportunity to take intelligent risks in order to educate & entertain their peers."

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## Freedom of speech a priority on campus



## By NICOLE MURPHY

The Alberta Government has asked all post secondary schools to align with a freedom of speech policy created out of Chicago.

The Chicago Principles were implemented after a series of students at various schools wanted to stop controversial speakers from presenting.

Part of the Chicago Principles states "Of course the ideas of different members of the university community will often and quite naturally conflict. But it is not the proper role of the university to attempt to shield individuals from ideas and opinions they find unwelcome, disagreeable or even deeply offensive."

All Alberta schools were given three options on how to align with the policy created out of the United States. They can chose to adopt the Chicago Principles directly, to adopt an alternative version adjusted to fit Canadian law, or each institution could create their own principles to abide by.

NAIT has opted to adjust the Chigaco princples to align with Canadian regulations.

The 8 key principles of the Chicago Statement on Free Speech (as adapted by government for the Canadian context) are:

- Free speech may not violate Canadian law.
- Institutions are places of free and open inquiry in all matters, and all members of each institution's community are guaranteed the broadest possible latitude to speak, write, listen, challenge and learn.
- Community members have the right to criticize and question other views expressed on campus but cannot obstruct or interfere with others' freedom of speech.
- Institutions should not attempt to shield students from ideas or opinions they disagree with or find offensive.
   Mutual respect and civility are valued, but do not constitute sufficient justification to limit free speech.
- The institution may reasonably regulate the time, place and manner of expression to ensure that it does not disrupt the ordinary activities of the institution.
- The institution may restrict expression that violates the law, falsely defames an individual or constitutes a genuine threat or harassment that unjustifiably invades substantial privacy or confidentiality of interests.
- Debate or deliberation may not be suppressed because the ideas put forward are thought by some, or even most, to be offensive, unwise, immoral, or wrong-headed.
- It is for individuals, not the institution, to make those judgements for themselves and to act not by seeking to suppress speech, but by openly and vigorously contesting the ideas they oppose.

The policy will be officially in effect by November 15, and displayed on the NAIT website by mid December.

Dr. Susan Fitzsimmons, VP Academic & Provost, says it was an easy transition for NAIT to comply with the Minister of Advanced Education's request because the institution already supports these ideals.

"I think the responsibility that every post secondary has, not only NAIT, is to make sure there are balanced views presented," said Fitzsimmons.

"If we have an extreme view being presented on one side it's always good practice to provide a space for an alternative viewpoint because that's the point of post secondary. To expose students to lots of ideas and have them develop critical thinking skills."





NAIT Chaplains

NAIT

## **Chaplains for student support**

## By EMILY DEVEREUX

A survey taken at NAIT last spring showed that religious students felt discriminated against on campus. NAIT offers an interfaith Chaplaincy Service to staff and students and Tanya Spencer, the lead of student counselling and chaplaincy, said the service began four years ago.

The program is a way to provide support for religious members of NAIT's community, who may face unique challenges.

There are a variety of reasons students or staff, may choose to access the chaplaincy services. They include: struggling with a loved one passing away, being in need of advice about a conflict in the family related to spirituality or simply wanting to learn more about another faith.

"Some people have questions about religion or contradictions in their life that might relate to religion even though they don't consider themselves all that religious," said Spencer.

The chaplains work on a volunteer basis and a variety of faiths are represented, including Islam, Judaism,

Buddhism, a variety of Christian denominations and even Atheism—the Atheist chaplain being Spencer herself. There is also a chaplain available specifically for LGBTQ2I+ services.

Anyone is welcome to access the chaplaincy services, regardless of religious denomination. The chaplains are focused on providing mentorship and support.

"The great thing about a service like this, is whatever shape or form your own beliefs take—or lack thereof—everybody's welcome. And our chaplains are very open to even controversial discussions," said Spencer.

Also connected to the Chaplaincy Services are the two reflection rooms, located at J207 and CAT406. The rooms can be used for personal reflection, meditation and religious observance. The larger room at CAT406 can be booked for group activities such as discussion groups or guided meditation sessions. Students can organize and run events or reach out to a chaplain to lead a program.

The chaplains also participate in events across NAIT. You may spot them at the Study Party around

exam time and at Skate with the Ooks in late-January.

Spencer wanted to make it clear that the street preacher often found next to the pedestrian crossing on 106th Street is in no way affiliated with NAIT's Chaplaincy Services.

"I don't see his influence as a positive one," said Spencer.

Because he operates on the sidewalk—public property—NAIT does not have the power to remove him. Spencer invites people on campus to submit recordings or written reports of anything the preacher says that could be considered hate speech, as she could then file a health and safety incident report that may lead to his removal.

To make an appointment with a chaplain, email chaplaincy@nait.ca or visit the Student Counselling Centre in the HP Centre in room W11PB. Some chaplains also have office hours that can be accessed. Information regarding the Chaplaincy Services, including office hours, related events, and the reflection rooms can be found on the NAIT website under Health & Wellness.

## BioSci students have a hoot



## By ISABELLE MARTEL

Thirty NAIT students got a rare opportunity to help with the owl-banding process at the Beaverhill Bird Observatory. Students were able to handle the beautiful birds while learning about the migration routes, survivorship, and populations of Saw-Whet owls in Alberta.

"I would highly recommend it to anyone who is either an avid birder or just interested in nature, the staff are so knowledgeable and friendly, and it's incredible to see these birds in the wild up close," said Kelly Musgrove, second-year student and president of the biological sciences club.

Owl-banding is a process where a small piece of metal or plastic with an individual number is placed on the wing or leg of the owl for identification.

"Even if you are just looking for a place close to the city to wander around the woods, I would definitely recommend it." said Musgrove.

The BBO (Beaverhill Bird Observatory) runs education programs focusing on bird conservation, diversity and research. Their educational programs usually run from April to November, but the Beaverhill Natural Area is open yearround for anyone to explore

"We learned a ton about the banding process and the information they gather," said Musgrove.

"We also learned about the changes they are making to their Saw-Whet program to try and attract males to challenge the previous notion that only females and juveniles migrate."

Northern Saw-Whet owls are a small owl species that are native to North America.

"By starting to play the female call they are looking to see if that is actually the case or if for decades the banding community has biased their own data by only previously playing the male calls," said Musgrove.

During the experience, students also learned how to properly handle the owl, as well as estimate the age and sex

"Getting to have one of them launch off my arm on

## Life after NAIT: student networking

### By MAHMUDA SHEIKH

As students prepare to graduate this winter, NAIT is hosting a few events to help them explore all of their options entering the workforce.

Life After NAIT is an event happening at the Fresh Express cafeteria from 5:30 p.m. to 8 p.m. on Oct. 29 and students will get the chance to network and learn how to market themselves.

Nicole Blomme from NAIT's Advising and Career Development Department stresses that there is an insufficient amount of attention placed on the need for networking.

"Around 60 to 85 percent of jobs are found through networking," said Blomme.

She further explains that having conversations with personnel from different industries may help students discover new interests and find connections to future career potentials.

In order to facilitate these connections, Life After NAIT will bring in alumni from the industry.

The event will host Keynote Speaker Shannon Neighbor, an alumna from NAIT's JR Shaw School of Business. Neighbor is the founding partner from Svensen Neighbor Recruiting, an agency "focused on the placement of permanent sales, marketing, and management professionals."

The event also includes a panel discussion and networking opportunities later in the evening. Registration is available online until Oct. 25.



## New coach leading the Ooks

## By ZACHARY FLYNN

After spending the last seven seasons as one of the assistant coaches of the Ooks' men's volleyball team, Greg Gulash is leading the Ooks as they start their season

The Ooks finished their opening season with a perfect 2-0 record, beating Concordia in straight sets Friday and Saturday

While Gulash said head coach Doug Anton's mentorship greatly influenced him, the long-time head coach also encouraged Gulash to be unique with his own style.

"Doug's always been really encouraging for me to find my own voice in the gym and mentor that piece," said Gulash.

"He's had a huge influence on me but he also says, 'Don't be me. Make sure you have your own style and make sure, especially this year to bring it in there.""

Gulash played 5 seasons for the Ooks before moving into the role of assistant coach. Over the course of his playing career, he's had the opportunity to take a deep dive into the offensive and defensive mindsets of the sport and says that has helped him develop as a coach.

"As the head coach I've had to adapt

to a global stye. Coming out I was a setter and ran a lot of the offensive side and through my playing career became a libero and was leading some of the defence, so it made me look at both sides of things," said Gulash.

Gulash hopes to create an environment where his athletes look forward to practice and enjoy their time with the Ooks, especially when athletes are only eligible to play up to 5 years collegiately.

"With post secondary athletics, sooner rather than later it all ends so we want to create an atmosphere where they love coming to the gym," he said.

And because college athletics won't last forever (unless you play for five years, come back as an assistant coach, and work your way to the head coach role), Gulash says it's important to make sure the skills his athletes learn transfers into their everyday life.

"I like the idea of helping these guys become the players they want to be on the court as well as the people they want to be off the court. This group has always come in and worked really hard in the gym and I want to make sure they know how to transfer these skills that they're leaning into the workplace and into their day to day life," said Gulash.



WHAT'S GOING ON **AROUND CAMPUS** WHAT WHO WHERE WHEN **Hip Hop Dance** September 6 - December 13, 2019 Studio S112, NAIT Free Fall Dance Class Drop-In Club at NAIT Tuesdays 7:00 - 9:00 pm (near the Nest) Fridays 4:00 - 8:00 pm E-Wing, NAIT DMS Class 2020 October 24, 2019 DMS Halloween Bake Sale 10:00 am - 12:45 pm (by the Bus Stop) **1v1 All-Style Freestyle Hip Hop Dance** November 16, 2019 Studio S112, NAIT Club at NAIT 6:00 pm - 9:00 pm (near the Nest) **Dance Battle: Volume 2** NAIT Student Spectators (\$5.00), Non-NAIT Spectators (\$7.00), All Competitors (\$12.00) To advertise your event in the Nugget, please see the Activities and Events section of your Clubs Handbook, or see the Campus Clubs staff at 0108.















## Ooks shoot for greatness

## By ORRIN FARRIES

The Ooks men's hockey team posted a nearly-perfect preseason, going 4-1 and scoring 20 goals, followed up with an opening weekend series sweep of the SAIT Trojans scoring 7 goals across the 2 contests.

This Ooks squad is oozing goal-scoring potential, posting 48 shots per game in their opening weekend of play, shooting 23 more shots per game than their opponents. That considered, the Ooks eeked out their two wins, with a 3-2 overtime victory in Calgary, followed by a 4-3 win at home were the Ooks thoroughly dominated possession.

"We lost four of our top six scorers from last year," said head coach Tim Fragle. "If you look at this weekend, [we scored] close to 50 shots per game, but not enough finish around the net, I think that's one thing we're going to have to shore up, but we know we got guys who can score, there's no question."

One of those players who can score, Colton Waltz, was playing inspired hockey throughout the opening weekend. Waltz dished out two assists in their first win, and potted

what was ultimately the decisive goal for the Ooks second win of the season, knabbing himself player-of-the-game honours in the process.

"I think this year we have a little bit of a different feeling in the room," said Waltz. "I think we bring a little bit of a different style to the ice too. We're a grittier team, and I think that will pay off, in the long run, going into the

Following last year's devastating loss in the ACAC championship to the MacEwan Griffins, the Ooks have had change thrust upon them, but are looking to turn the setback into a comeback.

"Obviously last year, yeah, was heartbreaking, and it's something that we're looking to redeem, and hopefully this is the year," said Waltz.

"It's really nice to start the year off hot," said rookie forward Branden Klatt, a towering physical presence on skates, "Obviously getting the 2 big W's against SAIT is big, they're not an easy team to play."

Being one of six first-year players on the team, Klatt

is focussed on growing and being a contributing force to

"It's always the goal to push for more. I wasn't here last year, but what's always been iterated to me since I've been here is that we need to push to be the best all the time," said Klatt. "I think I'm a big forward who plays a good 200-foot game, so just being a steady guy in the lineup and providing some stability on offence, defence, faceoffs and penalty kill."

Head coach Tim Fragle already has his sights set on the playoffs for redemption but stressed the process that the Ooks will have to buy into to get back into position to compete for a championship.

"The goal is to finish top 2 if we can, but this year you look at the conference as a whole and there are some improved teams. I like that every night you're going to be tested by your opponents," said Fragle. "We preach every day that our practices need to be hard so our games are easy, and if you do that throughout the year, then you're embracing the process."

## Doubling down on athletics



## By MIA HILDEBRANDT

Every collegiate student athlete has the challenge of balancing academic work with competing at a high level in their sport. While most athletes play one sport and have their hands full, Will Pittman is doubling down on the experience.

Pittman is currently playing on both the men's soccer and basketball teams while pursuing a degree in the business program majoring in finance. Playing point guard on the court and striker on the field, Pittman has a lot on his plate this semester.

"I have to take the time to plan out my schedule, I have three calendars around my house. I'm always trying to plan ahead and make sure I know what is when," said

Pittman said the hardest part about playing two collegiate sports is time management and free time is definitely the biggest sacrifice that comes with playing two sports

"I'm constantly having to think 'Is my homework done or when is my practice?"

Pittmann says his love for the games are his motivation for having to sacrifice so

"I love playing both sports and you can only do it for so long. If I'm able to do two, why not? It's a privilege," said Pittman.

In high school, playing two sports wasn't even enough for Pittman, who was also a member of the football team. Pittman talked about the pressure he felt from coaches who wanted him to specialize,

"I always had coaches saying 'please

stick to soccer' or 'please stick to basketball' but I just can't. I love both of them. They are different in their own way," said Pittman.

Pittman credits his love of sports to his

"My brothers were always playing sports. Sports have always been around me growing up. My mom and dad were the first people to coach me for soccer," he said.

Although sports are a huge part of Pittman's life, they don't fully encompass it. Music is also a big part of his life.

"[I'm] always listening to music, singing or doing something involved with music. I grew up playing guitar and a little bit of piano. People will make fun of me because I'll be listening to country than I'll go to rap then some alternative," said Pittman.

As an Ook, Pittman's favourite memory was scoring his first goal in soccer,

"The basketball guys were out watching, the score was tied so it was a goal that put us ahead. To hear all my teammates on the bleachers going wild was kind of cool," said

"I've probably been asked the question, 'Which one is my favourite?' 20 or 30 times in the last month," says Pittman laughing. "I grew up playing soccer, and I never played basketball until I moved from Ontario to Edmonton ... at first [my favourite] was soccer but now basketball is slowly taking its place."

Pittman is learning to embrace the chaos of being a multi-sport student athlete.

"It's just a fun experience and a fun environment."

## **NAIT hosts soccer provincials**

## Men's soccer provincials

1st Seed: NAIT (#1 North) (12-0-0) 2nd Seed: SAIT (#1 South) (10-1-1)

3rd Seed: Lethbridge College (#2 South) (8-1-3)

4th Seed: Concordia University of Edmonton (#2

North) (8-3-1)

5th Seed: Red Deer College (#3 South) (7-3-2) 6th Seed: The King's University (#3 North) (6-3-3)

## Women's soccer provincials

1st Seed: NAIT (#1 North) (11-1-0)

2nd Seed: Concordia University of Edmonton (#2

North) (11-1-0)

3rd Seed: Lethbridge College (#1 South) (9-1-2)

4th Seed: SAIT (South #2) (7-3-2)

5th Seed: Olds College (South #3) (7-4-1) 6th Seed: The King's University (#3 North) (5-5-2)

## Friday Oct. 25

11:00 a.m. - TKU v. SAIT - Women's Quarter-final

1:30 p.m. - OC v. CUE - Women's Quarter-final

4:00 p.m. - TKU v. LETH - Men's Quarter-final

6:30 p.m. - RDC v CUE - Men's Quarter-final

## Saturday Oct. 26

11:00 a.m. - Women's Semi-final

1:30 p.m. - Women's Semi-final

4:00 p.m. - Men's Semi-final

6:30 p.m. Men's Semi-final

### Sunday Oct. 27

11:00 a.m. - Women's Bronze Medal

1:30 p.m. - Men's Bronze Medal

4:00 p.m. - Women's Gold Medal

6:30 p.m. - Men's Gold Medal

All games played at Emerald Hills Regional **Park** 



**SPORTS PROFILE** 

## WOMEN'S HOCKEY

## By COLIN GAUMONT



Railene Hoop

## BRITTNEY SAVARD The Captain

Entering her 4th season with the Ooks, right-wing and team captain Brittney Savard started playing hockey at a young age. From Port Alberni, British Columbia, Savard can't imagine a life without hockey in it.

"I've played since I was about 4 - basically when I could walk, and ever since then I've loved it," she said. "I honestly can't picture my life with hockey."

Savard is currently in Business Administration at NAIT but has a diploma in personal training which she also has a passion for. Being in her fourth year with the team, there are definitely a lot of highlights and experiences that Savard has been a part of, including, team-building events on and off the ice.

"We've done a lot of preseason trips with NAIT," Savard said. "We went to Toronto, Jasper and Banff. Obviously stuff like that was super fun, a lot of team bonding. But I think one of the best experien-



ces was making the finals last year against MacEwan. We didn't get the outcome we wanted but it was an awesome experience and there's nothing like it."

As a leader on the team, Savard sees this as an opportunity to help teach the younger players and help them grow.

"Helping them make the transition from high school or junior, obviously it's a lot adding school and living on your own, so making sure that we are there for each other. Sometimes little things like grocery shopping you forget to do so just keeping them on track and helping them out wherever we can.



## STEF THOMSON Head Coach

In her second year as coach of the woman's hockey team, Stef Thomson sees coaching as more than just a profession and more of a way of life. She lives and breathes the sport on an everyday basis.

"When you go into college coaching, you have to have that mindset or you burn out really fast," said Thomson. "I think this job isn't quite a job and that it's a lifestyle."

Her everyday life tends to revolve around hockey. However, Thomson likes to stay active and enjoys travelling which also usually has something to do with hockey.

"My life revolves around hockey. Even

the travelling I do, it's hockey oriented," she said. "But I love to say active, I play in a women's hockey league, I bike, run, roller-blade. Anything active - I am up for it."

Being a younger coach and having the experience of being a college player, Thomson feels that instilling a structure to make sure hockey and academics have an equal balance is important.

"I was a college player once upon a time, not too far removed, so understanding that the players need to utilize the time that they have and the fact that we give them a very structured day to day schedule I think helps them understand, 'Hey I have two hours off, better open a textbook or my notebook,'" Thomson said. "Our structure helps align the two together. A lot of reinforcement: verbalizing it, talking about it and reminding them that academics are important."

## KADEY ROSIE The Rookie

Entering her first year at NAIT, left-wing Kadey Rosie loves hockey and has quite the resume under her belt. Born in Sylvan Lake, Alberta, she has played at a very high level in her young hockey career.

"I played at the Alberta Winter Games in Bantam," Rosie said, "Two years of midget AAA... The first year of midget I won a provincial gold medal in Midget AA and now I'm here at NAIT."

Currently enrolled in Open Studies with taking some business courses, Rosie enjoys the atmosphere at NAIT. She has some experience in playing other sports but for the most part, hockey and academics are her life

"I played a bit of soccer in high school, and a bit of volleyball but my main focus has been hockey."



Being an open studies student, Rosie has a little more time to be able to balance her academics with hockey but time management is still very important.

"I have a slightly lighter course load than most college students so that definitely helps," she said, "They are still university courses so they take a lot of time and time management to get a good grade."

Entering the first season in her NAIT Ooks career, Rosie is excited to get out on the and feels that the team is making significant progress

"We are improving every single day and really excited to see how this weekend and the next couple of games go."



11

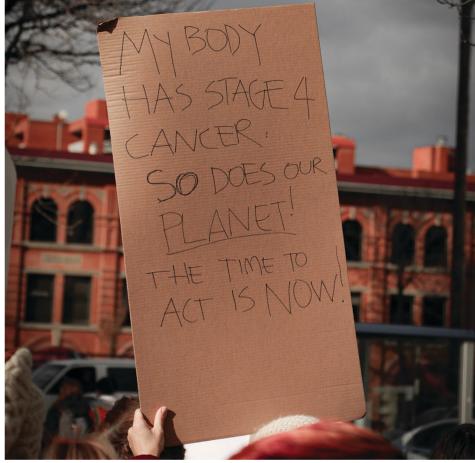


The march began at Jasper Ave. and 108 St. and ended on the steps of the Alberta Legislature Building where Thunberg spoke about the "climate crisis".



"We are not doing this because we want to...we are doing this because our future is at stake," Thunberg said.





Over 8000 Edmontonians were estimated to have attended the climate rally, many of whom were anti-protesters in support of Canadian energy.



## **ENTERTAINMENT**

## YEG's real haunted house



## By PATRICK PUFF

In the spirit of Halloween, many Edmontonians will be heading out to various haunted houses to experience the thrill of the dark and unknown; some on purpose and some by accident.

There are many places in Edmonton that have been rumoured to house frequent paranormal activity such as the Charles Camsell Hospital and CFB Griesbach. These buildings are abandoned, but the Fairmont Hotel Macdonald is quite the opposite.

Geographically, the Fairmont Hotel Macdonald is almost exactly in the dead center of Edmonton and is well known for the mysterious and spooky tales. So much so that guests will travel great distances just for the opportunity to experience these events.

Throughout the years the hotel has had many guests including major celebrities and even Queen Elizabeth II. Some of these guests have returned for a second visit without booking a room.

For years guests have been reporting strange and unexplainable anomalies to the Fairmont staff who are no strangers to these year-round occurrences. The hotel has a permanent document dedicated to the frequent incidents that staff handles on a regular basis. Fairmont employee and concierge Nella Mirante says the hotel's most prominent event is late-night phone calls from the 6th floor.

"We receive these phone calls about once a week," said Mirante.

The evening staff will receive a room service call from the 6th floor from a vacant guest room. The night audit team will then head up to the room to make sure everything is alright to find an empty room. They return to the front desk and often receive a second call from the same room.

Nella also shared one of her more personal stories of her experiences on the 7th floor at the Fairmont Gold front desk. She mentioned the closet door beside her would open and be followed immediately by the elevator door opening to an empty elevator. This began to bother her so much so that she spoke with the Fairmont's engineering team to have the elevator door close with a latch. This made it only possible to open the door with force, however, after a few days the closet door would open followed again by the elevator.

"This used to freak me out, but after a month of this, I would just say 'bye'," Mir-



The Fairmont in 1938







**ARTIST SPOTLIGHT** 

## Ringing in Halloween

## By MORGAN NOSEWORTHY

Andrew McCaffrey had a hard time hanging out with the neighbourhood kids at a young age since there was no neighbourhood. Growing up in the rural community of Ardrossan, AB left him with a lot of alone time, so he did what any aspiring young artist would do: he took up woodcarving.

After being inspired by the carvedwood Loki mask in the Jim Carrey movie. 'The Mask,' he picked up a carving knife and began whittling. That spun into experimentation with other malleable materials and brought him to where he is today.

In his pre-teens, McCaffrey took up sculpting as a way to satisfy his artistic desires. He started working with plasticine as a cheap and easy way to create his sculptures. In his late teens, he moved on to polymer-based clay for sculptures. Followed by casting molds in resin, which he did through most of his twenties. That led to his current work: jeweling.

McCaffrey gets his inspiration from pop culture; horror movies, industrial music, comic books and video games, as well as historic art, events and figures. Through his sculpting, he has been given the opportunity to meet some notable people such as Randy Blythe (Lamb of God), Ogre (Skinny Puppy), Tommy Victor (Prong, also Danzig's current guitarist) and Glenn Danzig himself.

One of McCaffrey's finest handcrafted pieces portrays the metal icon Lemmy Kilmister combined with Motor-

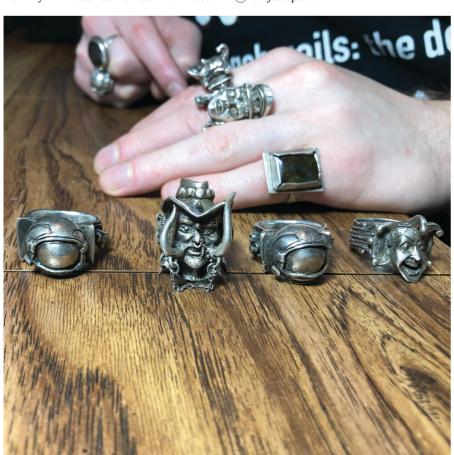
head's mascot, Snaggletooth. The ring features Lemmy's face, complete with mutton chops, but combined with the iconic Snaggletooth horns and chain. He recently completed work on a ring depicting the infamous Baron Samedi, a prominent figure for the Loa of Haitian Voodou. Samedi is also a villain in the James Bond movie Live and Let Die, and video game, GoldenEye. Andrew has also recently completed work on some detailed handcrafted rings titled Whiteout, Radar Rider and Only Way to Feel the Noise

He is currently working on a line of small masks designed to be placed on rings called Frightside. This series of rings will be poured to molds of designs by McCaffrey himself. These old-school horror rings will feature a witch, a cat, a devil, a pirate. an alien, a vampire, a werewolf and a robot.

McCaffrey stresses the importance of starting small when trying to get a start with sculpting.

"The best way is the smallest, cheapest way: just pick up some plasticine from the Dollar Store and start rollin'," McCaffrey

He was offered a spot at this summer's Terminus industrial festival in Calgary. Organizer and fan of his work, Chris Hewitt, offered him a table for only the price of admission. "I had a fantastic run," he said, talking about the chance to release his art from his studio into the wild. To view more of McCaffrey's work, you can find him on Facebook, Twitter and Instagram @kamjsculptor.







## TRICK OR CHEAP: DIY COSTUMES

Are you a broke college student unsure of what to be for Halloween? Well, don't you worry because The Nugget has you covered! I created a few easy-to-make costumes to help you join your friends on Halloween, even if you're horribly unprepared!

By SCOTT ZIELSDORF



### The Mummy

The toilet paper based mummy costume is a Halloween classic, almost as easy and iconic as the legendary "bedsheet ghost". The materials needed for this costume are fairly simple to come by; all you really need are some toilet paper rolls (we used a total of 4) and some tape. This is the kind of costume you will need at least one friend to help you with, as it is incredibly difficult to do by yourself. It took two of us about twenty minutes to wrap up our friend in all that toilet paper.

To accomplish this costume you begin by having your friend wrap your head, your torso, then your arms and legs. The toilet paper is probably going to tear a lot, and that's okay! Just tape down the end of your last strip and continue from that point. I used simple masking tape to get the job done, but ideally, you will want to use medical tape as it will blend in nicely with your "bandages" and will give a much stronger hold. That's really all there is to it; so get out there, grab some toilet paper and make yourself into a spooky mummy this Halloween!



## Tourist/Explorer

You may not be able to afford a tropical vacation while in school, but this next costume will have you looking like you're on a trip to the Bahamas. The tourist costume is a simple outfit you can throw together with clothes you likely already have at home, or if you're missing a few things the local thrift shop should be able to help you out!

To help achieve your goals of tropical vacation bliss (or at least look the part), you only need a few items of clothing. This costume requires a snazzy button-up shirt, a Hawaiian style t-shirt would certainly do the trick but a plaid shirt will also suffice. Next, you need a pair of swim shorts and some comfy lounging sandals, to top off your look throw on a funky hat to help block out those harsh sun rays.

Adding some cheap sunglasses to the look will really sell that laid back vacation vibe, and of course, no tourist is complete without their binoculars; I made mine out of the leftover toilet paper rolls from the mummy costume. For a more modest look, you can layer the shirt over a white tank top, and if you swap out the funky vacay shirt for a tan long-sleeved you'll be looking like a seasoned explorer in no time!



## **Bank Robber/Hoodlum**

This third and final costume will have you looking like someone from the wrong side of the law or a typical movie-like portrayal at least. There are all sorts of costumes out there depicting criminals, such as prisoner jumpsuits or hitmen suits and this costume isn't really much different. Utilizing simple winter clothing you can transform yourself into a scary (not really) bank robber or other nefarious henchmen.

As with the tourist costume, to achieve this look you will need various clothing items, all of which can be easily obtained from your closet or from the local thrift shop if need be. Start with a dark leather jacket layered over a simple shirt; ideally, a black one but any colour will do. I used a neck warmer and toque (or "beanie" if you're American) to accomplish the hidden hoodlum look, but you could also use a balaclava to really get that criminal aesthetic. You can wear whatever pants you feel suit the outfit best; for our shoot, Noah's skinny jeans suited the costume just fine.

We converted the tourist's binoculars into a toilet paper pistol of sorts but most toy weapon props would lend themselves well to the theme. To finish off the look I suggest adding a money bag, given it's Halloween it would make sense to fill the bag with candy. This costume would work especially well if one of your friends is dressing up as a police officer for Halloween, then your friends will all think you planned it and your costume will make much more sense in contrast with the police officer character, and they'll likely spend less time accusing you of simply wearing winter clothes.

Hopefully, these incredibly simple costume ideas have helped inspire you for your own costume, or at the very least shown you what not to do with your costume. Now get out there and make your costume dreams come true!

Special thanks to Merick Bontrup and Noah DeWitt for modeling the costumes.

**16** 



## BOLD **BEAUTY:**

## HORRIFYING BEAUTY

## By PAIGE GORDON

Halloween is fast approaching and choosing the right costume can be daunting. If you are feeling stressed this Halloween, there is no need to panic. I have put together a frightening tutorial inspired by iconic horror movie characters that will help you create an all-out spooky vibe and scare the living sh\*t out of your friends.

Now come to Freddie. No seriously let's start with Freddy Kruger from Nightmare on Elm Street.

Step 1) In the film, Freddy's burns were created by using overlapping prosthetic makeup. There are a couple of ways to achieve this look yourself by drawing or using face tattoos. To draw them on, you will need a brown liner, pencil, pink, red and black shadow, small brushes and a picture of Freddy's burns for reference (a picture will be crucial for this look). Using the brown liner, create an outline of Freddy's burns.

Step 2) Next, fill in the burns using pink in the centre, and red towards the edges. Deepen the wounds by adding a black shadow to the side of each hole. Continue adding burn marks in a random pattern to your face and neck. Alternately, you can purchase a Freddy Kruger makeup kit from a Halloween store that includes a brush, FX transfer sheet, 3 makeup colours, sponges and a tattoo sheet.

Now if a creepy dream murder is not your thing, why not be a prom queen who has telekinetic powers. The prom blood bath scene in the movie Carrie was done using a mixture of food colouring and Karo syrup that was literally dumped on the stars head

Step 1) To make your own blood you will need 1 cup of corn syrup, 2 tablespoons of chocolate syrup, 8 drops of red food colouring, a small paintbrush, and a bowl for mixing.

Step 2) Using the paintbrush, start drawing streaks of blood over your face until you achieve the desired effect. If you really want to make it authentic, have your friends dump a bucket of it over your head. You can also purchase pre-made blood from Halloween stores, and follow the same procedure.

Blood is for the faint of heart. For a more light-

hearted costume try a clown. While some clowns are cheery, others are horrifying like the notorious Pennywise.

Step 1) In this movie, Pennywise sports the basic white clown face with red nose. To join this "losers club", you will need a picture of Pennywise for inspiration, white and red face paint, black liner and eye shadow, sponges and paintbrushes.

Step 2) Cover the face completely in white face paint Step 3) Brush black eye shadow on eyelids and around lower lashes. Draw on eyebrows keeping them super thin

Step 4) Paint on the tip of the nose and lips dark red. Use a brush to apply red face lines.

You have some Halloween inspiration-so, get practicing.

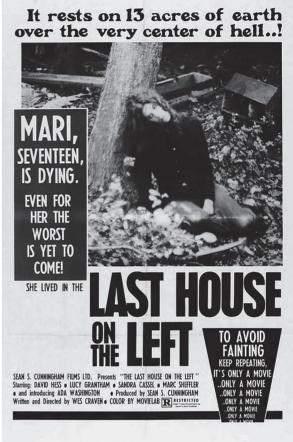


## EVOLUTION OF HOLLYWOOD HORROR









for The Last House on the Left

US, were reflected in the movies," said Martin.

With the Vietnam war being the first war to be televised, the movies of its time became equally as violent and brutal. George A. Romero's Night of the Living Dead not only re-invented zombies but also showed a new level of brutality that would be prevalent in the 1970s. Wes Craven and Sean Cunningham's Last House on the Left released in 1972 showed "brutal rape" with "nasty killings" and "was a sign of the times of the dystopia that was going on in American culture. Follow that up with *The Exorcist* and *Texas* Chainsaw Massacre, "it really just makes you feel dirty and grimy," says Martin.

The 1980s were the "age of practical effects," says Mar-

tin. Movies like John Carpenter's The Thing and Canada's very own David Cronenberg's The Fly would mark the birth of body horror, the graphic transformation of body dysmorphia. The 80s also brought the age of slasher movies.

"You had your Jason Voorhees, Michael Myers and Freddy Krueger that in a weird way reflects society's capitalism and Reaganomics trickle-down effect, by the mass production of sequels such as Halloween 5, Friday the 13th Part VIII and Nightmare on Elm Street 4," said Martin.

By the beginning of the 90s well-known actors even if they got their start in a horror movie, were embarrassed.

Movies like Silence of the Lambs and Misery that won best picture, best actor, best director and best actress distanced themselves from the horror genre by calling themselves 'psychological thrillers'. Then, in 1996, a new Wes Craven movie starring Drew Barrymore was released.

"Scream became one of the first horror movies that was a self referential horror movie of the decades that just passed. Unfortunately with every quality movie like Scream, you get five terrible knock-offs," says Martin.

So once again the popularity of horror movies came to an end.

By the turn of the century, horror movies had more subgenres than ever like, lo-fi storytelling (The Blair Witch Project, Paranormal Activity), Japanese adaptations (The Ring, The Grudge) and torture porn (Saw, Hostel). The only thing that stayed constant was Hollywood's greed shown through movies like Paranormal Activity 4, The Grudge 3 and Rings the Third in The Rings franchise.

As for the future of horror movies, the fears and injustices that the next generation of filmmakers are witnessing today will inspire the movies of tomorrow.

## By ERICA CAWAGAS

Stories of creatures going bump in the night have been apart of human history since the beginning. While there is no official record of what the first horror movie was, it is widely believed that it was french director Georges Melies' 1896 short The House of the Devil. This marks the beginning of gothic horror that would prevail until the 1950s.

The 1890s to the 1920s was the era of the silent film. To come out of American cinema were classics such as Frankenstein and Dr. Jekyll and Mr. Hyde but the most monumental movies of the era came from the German expressionist movement. The Cabinet of Dr. Caligari and Nosferatu have both been held in high acclaim as the first movies to push audiences past their comfort levels. The Cabinet of Dr. Caligari was commonly referred to as the premonition of the rise of Adolf Hitler. While *Nosferatu* was noted as the first (illegal) film adaptation of Bram Stoker's 1894 Novel Dracula, it was its use of various effects well beyond its time that marked it as a cinematic masterpiece.

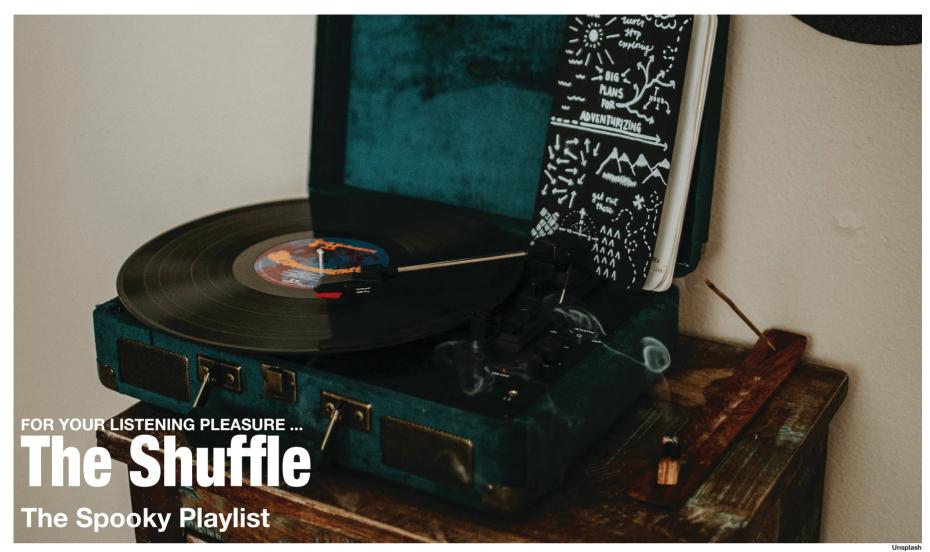
Moving forward, the 1930s was the beginning of 'talkies' also known as movies with sound. Universal Studios took this opportunity to release several 'creature features'. These movies included Dracula, The Werewolf of London, and King Kong. By the 50s the social and scientific development of the cold war changed the way horror movies were made. Movies like Invasion of the Body Snatchers, Godzilla and Them! were successful because its monsters embodied society's fear of the unknown repercussions of nuclear warfare, as well as the fear of communist invasion.

In the late 1960s, horror movies "became more gritty and visceral" according to Kevin Martin, the owner of one of the last physical video stores in Edmonton.

Martin is an avid horror movie aficionado.

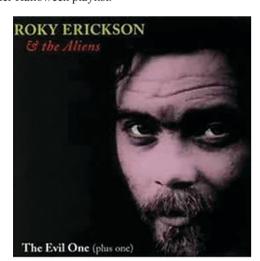
"What was going on in society [like] the Vietnam War and the racial injustices in the

## **ENTERTAINMENT**



## By MORGAN NOSEWORTHY @noseworthymedia

It's that time of year again. The leaves are falling, the days are shorter, it's getting colder and pumpkin harvest is in full swing. Fall is the best season. Not only do we escape the intolerable heat of summer, but all the monsters and ghouls come out to party. Let's get this party started with a killer Halloween playlist.



## Roky Erickson & The Aliens – "If You Have Ghosts"

This song is especially suiting for Halloween since Roky sadly passed away earlier this year. This song was also re-recorded by the Swedish goth band Ghost. Try not to get scared while the ghost of Roky sings to you about.... Ghosts!

## The Dickies – "Killer Klowns From Outer Space"

This was the theme song for the 80s schlock horror film Killer Klowns From Outer Space. Today, it's a fantastically creepy Halloween tune. With the 'It' remake contributing to the resurgence of creepy clowns it's time to put on your killer clown makeup and hit the streets!

### Cramps - "Creature from the Black Leather Lagoon"

What do you get when you cross Pony Boy with Swamp Thing? That's right! The Creature from The Black Leather Lagoon! You'll be soaked with fright as this rock 'n roll quartet steals the mojo from the swamps and injects it straight to your veins.

## The Meteors - "Halloween (Tribute)"

This instrumental cover of the Halloween theme song is as spooky as a vampire being haunted by a werewolf's poltergeist. The Meteors execute a great rendition of the classic Jon Carpenter horror movie melody. Never forget, boils and ghouls, OTMAPP.

## Helloween – "Halloween"

This thirteen-minute power metal epic was released back in 1988 when Dragon Force were just a twinkle in their daddies' eyes. From the classic album Keeper of the Seven Keys Part One, this track will take you on a Halloween journey through poorly-lit streets to find those spooky mystic forces, ghosts, and... candy!

## DJ Jazzy Jeff and The Fresh Prince – "Nightmare on My Street"

Before Will Smith moved to Bel Air and jazz was first tossed out by uncle Phil, the two of them were a rap duo. Spoofing on Elm Street's worst nightmare, Freddy Krueger, this track combines eerie keyboards and a funky beat with a fun yet freaky Halloween tale. You won't want to listen to this right before bed!

### Nekromantix - "Howlin' at the moon"

While some might consider them strange, California's Necromantix are no strangers to the horror/monster music scene. So many of their tracks could easily make it on this list but I chose this chiller because I must howl! AWOOOOOO!

## Los Straitjackets – "Rockula"

Southern California's Los Straitjackets take you for



a scream-inducing ride through the curl with a spooky organ strapped to your board. Don't forget your luchador costume!

## Mad Sin - "London Dungeon"

I wanted to include some Misfits in this list, but that's just so cliché for a Halloween playlist and I already used my one cliché token on Monster Mash. I found a ghostly compromise in this eerie cover of the old school Misfits track by Germany's original psychobilly architects, Mad Sin.

## The Ramones – "Pet Semetary"

Have you ever been so into The Ramones that you forgot you were driving an 18-wheeler and run over a kid? Well, at least it was that jerk kid from Full House, and he'll be back anyway. Don't worry though, it was just a dream after you watched the 80s adaptation of Stephen King's Pet Semetary.

To hear these songs and more on my 2019 Spooky playlist, just scan this code and open your ear holes wide.



**LOCAL SOUNDWAVE** 

## The way the cookie pogos

**ENTERTAINMENT** 

## By MORGAN NOSEWORTHY

Chips ov Oi! are a cookie-themed street punk band formed in 2015 in Edmonton. The band has been making a big noise in the punk scene for the last four years with their name brand chocolate-chip fueled pogo punk.

Bass player Colby Amyotte came up with the idea while eating a bag of cookies and just thought the pun was really funny. He had just left the band Abuse of Substance and was looking for a new musical project. He had plans to only record the project, playing every instrument himself. When he told his good friend, Mike Symington (formerly from Snakebite) about it, Mike was eager to play guitar.

From there it was easy to get Myke Peters, ex-lead vocalist for Edmonton band MSA, on board. Finding a reliable drummer has proven troublesome for the trio of chocolate-studded punks. After going through two or three drummers, they recently recruited Alex Guitierrez for the job. Alex's music cred is substantial. Spanning back to 1999, Alex plays guitar for bands Panik Attak and Mortillery, and is drumming for Sacrificial Rites.

"Drop out of whatever course you're taking at NAIT and immediately go to Grant MacEwan to be a drummer," jokes Peters when talking about having a crumby time finding a drummer.

The cookie punks got the chance to play at the We are the Punks 2 festival in Florida this past summer. They got to play with big name pogo and street punk bands like Tom and Boot Boys, Who Killed Spiky Jacket? from Japan, as well



as Americans Wrekt and Thulsa Doom.

Their first album, Make Pogo Great Again, was recorded in 2016, but didn't get released until 2018. Internal problems at the studio required it to be re-recorded. The second producer offered to re-record it for free, but apparently "lost his mind," according to Amyotte, and couldn't finish it. These tough cookies eventually ended up being recorded by Rob Lawless, singer for Edmonton locals Fuquored, at The

Physics Lab. Make Pogo Great Again is available on vinyl, CD and a limited run of cassettes through a German record label, Tape or Die.

Chips started recording their second album in the summer of 2018 and finished it in March of 2019. The band was recorded again by Lawless at The Physics Lab for the new album titled Boots, Leather, Scarves, and Touques. They plan to have the album out by February before they return to Miami for the We Are the Punks 3 festival in March.

Their music can be found on Spotify, Google Play, iTunes, BandCamp and Deezer. Physical copies of the album can be found at local record shops Blackbyrd, Revolver, Record Collector's Paradise and FreeCloud. The band can be contacted on Instagram @chipsovoi, at http://www. facebook.com/chipsovoicookiepunx, and directly at chipsovoi@gmail.com

**TABOO TALK** 

## he foundations of a cult

## **By THERON HOGG**

So you want to start a cult. It's a trickier task than it may seem, getting a group of people to do your bidding or follow some specific doctrine isn't easy. People have free will and pre-conceived notions on how life should work. It takes some very special skills to rewire people's brains. But it is possible: it's been done before.

There are a few consistent factors that were a part of many previously successful cults. It is these factors that are the key to forming your own flock of worshipers. Jim Jones was incredibly charismatic. He put body language and visual cues to great use. He had incredible confidence in his followers and it wasn't long before Jones had his followers calling him 'Father'. Some would compare his leadership to Martin Luther King Jr.'s. It was this kind of charisma that led to the death of 909 people in the Jonestown massacre. That is the importance of charisma. Wealth & power-none of that matters. If you can't talk to people in a meaningful way... you will never be able to lead them.

Belief is a very powerful tool. Whether it's the belief in a single figurehead, a religious doctrine or even belief

in what the group can do for you. The Church of Scientology shows great skill in all of these forms of belief. Most people are recruited into Scientology because of what it can do for them. Just look at what it did for Tom Cruise and John Travolta. They use that ambition to entice people into their church. Then they slowly get people used to the ideals of Scientology, turning their minds to the church's way of seeing the world. Finally comes the belief in a figure, the now-dead L. Ron Hubbard. Sure, he can't actively guide his church, but his doctrine still stands and he has 1084 different works of literature for his followers to take inspiration from.

These tools alone may have you well on your way to cult status, but there is one thing greater than both charisma and belief. The one thing that is absolutely necessary for a successful cult is lost people. Just look at the Manson Family. Almost all of his followers were hippies and in the 60s hippies were complete outcasts. Manson gave them something to believe in and when you give somebody with nothing something to believe in, they'll do whatever it takes to protect those beliefs

Whether it's Jonestown, or Scientology or the Man-

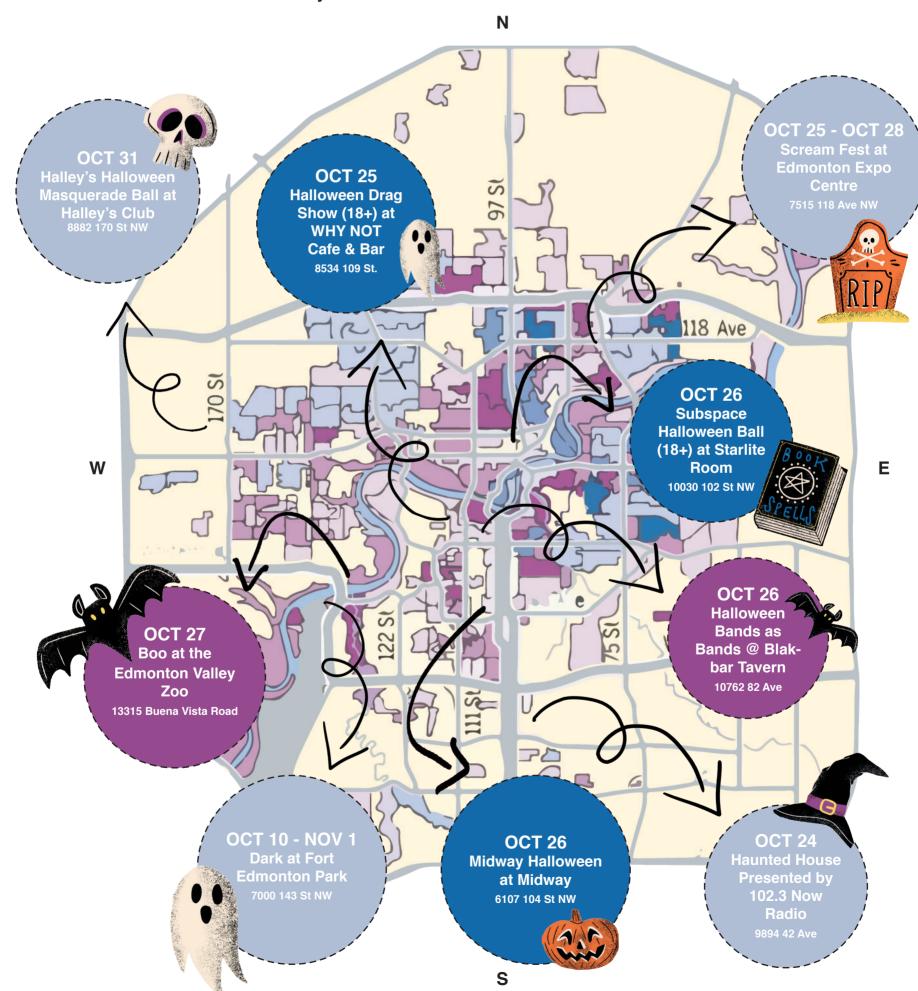


son Family, lost people are the foundation of a successful cult. So there you have it-all the information you need to start your cult. Do with this information what you will. Who knows where it could take you.

## FRIGHTFULLY FUN YEG HALLOWEEN EVENTS

Not sure what's going on in Edmonton for Halloween? We've got you covered! Take your ghoul-friend to an exotic drag show, get the costumes scared right off you at a haunted house, meet a handsome masked stranger at the ball and more!

By ORRIN FARRIES & SHAWNA BANNERMAN





## TAROTSCOPES

## with SCREAM QUEEN B

Be sure to follow me on instagram at @screamqueenb tarot for more readings and revelations. For a personal reading visit www.screamqueenbtarot.com.



The veil between our worlds is thin, a chill in the blood and rattle in the bones. Spirits have a message for all astrological signs below. Be sure to honour the dead this Halloween and heed their warnings.

## SCORPIO (October 23 - November 21)

## Advice from the Dead:

Act and take on with courage the road you have decided to face while conserving a certain caution in not letting yourself be overwhelmed by your emotions. In love: a shocking truth is revealed.

## SAGITTARIUS (November 22 - December 21)

### Advice from the Dead:

Evaluate what is the best way in which to act and terminate a situation of conflict and rivalry that makes you restless and unhappy. In love: three's company.

## CAPRICORN (December 22 - January 19)

## Advice from the Dead:

This is the time to slow down and see from a new perspective what to think more about and

what to sacrifice, with the aim of attaining profound changes. In love: a swift decision cuts to

## **AQUARIUS** (January 20 - February 18)

### Advice from the Dead:

This is the moment to become more independent and to manage your own affairs by yourself, given that you are more than able. Delaying this will only bring problems. In love: you are called to devote your energy to yourself.

## PISCES (February 19 - March 20)

### Advice from the Dead:

Do not leave too many situations suspended or they will get the better of you in terms of achieving what you desire. In love: A lover drains your energy or resources.

## ARIES (March 21 - April 19)

## Advice from the Dead:

Rely on your emotions or trust the inventiveness of a male figure who is near to you and who will help you in your enterprise. In love: trust the worst is over.

## TAURUS (April 20 - May 20)

### Advice from the Dead:

Persevere without hesitation towards that in which you are placing all of your physical and economic reserves without letting anyone trample on your harvest. In love: a witchy woman awakens your sensuality.

## GEMINI (May 21 - June 20)

## Advice from the Dead:

Destroy old structures and the superficial without fear, and those that have become over time a prison and liberate the energies that were enclosed within them. In love: A fire sign piques your interest.

## CANCER (June 21 - July 22)

### Advice from the Dead:

Remain calm, wait and use this moment of stasis to study and think deeply about all that you need for the near future. In love: look within yourself for your answer.

## **LEO** (July 23 - August 22)

## Advice from the Dead:

Any difficulty can be overcome without a problem, therefore do not allow fear to obscure your point of view. In love: control is your biggest enemy.

### VIRGO (August 23 - September 22)

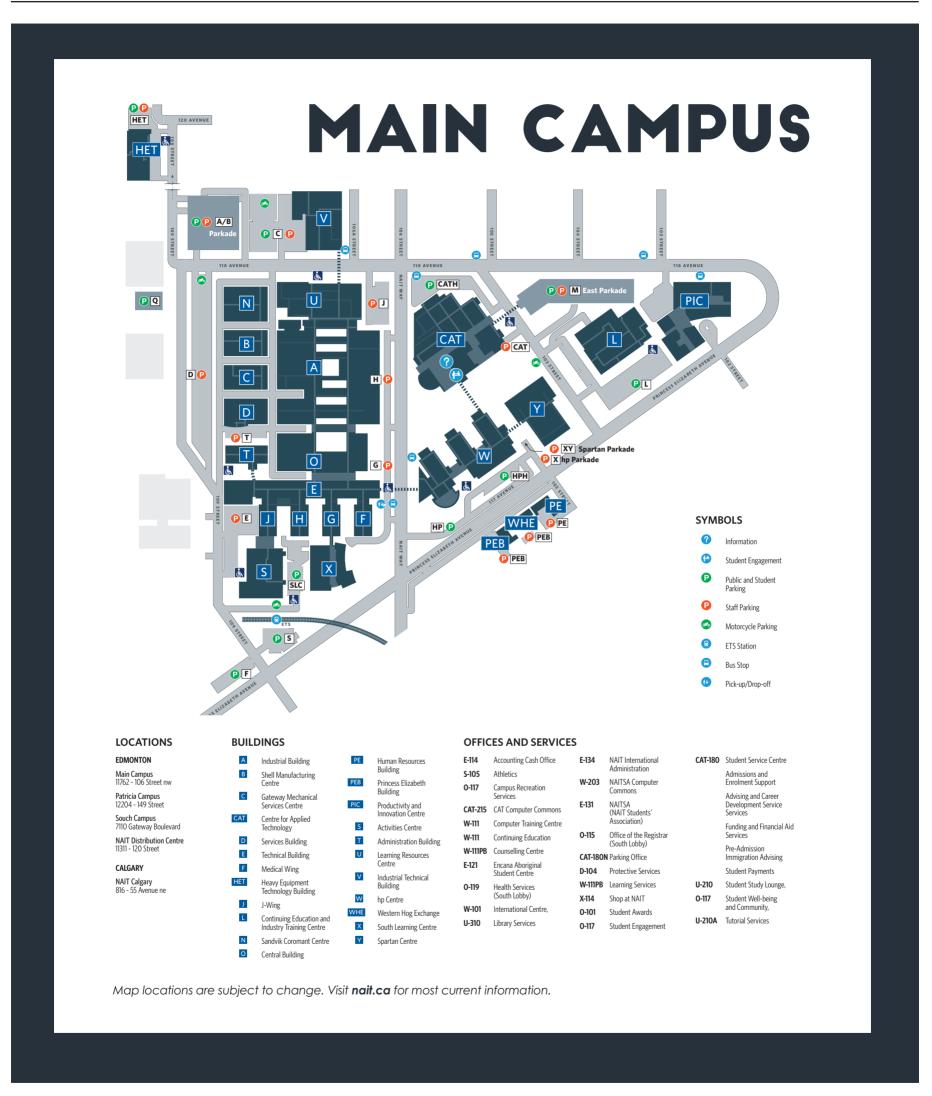
### Advice from the Dead:

There can never be enough prudence, therefore face the situation with careful choices and evaluations, also accepting advice from people you trust. In love: a younger water sign catches your eye.

## LIBRA (September 23 - October 22)

### Advice from the Dead:

Support new circumstances and face the changes in front of you in time, if they enable you to proceed until it is necessary to change once again. In love: you are moving through challenges to smoother waters.















## CREATIVE CORNER

## The Graveyard By EMILY DEVEREUX

I wondered if it was ironic that this graveyard was the last place I saw him.

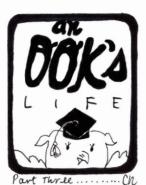
The snow had held off that year. This year, my hands were shoved into mittens, cold. I walked down the gravel path, past the bench where we said goodbye, past gravestones, each topped with snow, some with flowers at their base. They wilted, petals falling away.

I passed by other mourners, in pairs or alone, like I was. Guilt washed over me. Maybe I should leave. Was my loss the same as theirs?

He wasn't dead, but I'll never see him again. Sometimes I wanted to find him, but what would I say? If he'd even speak to me, would I tell him that I missed him, or that he'd ruined my life? I didn't want to give him the satisfaction of knowing the former, but if I told him the latter there was a chance I would send him into a downward spiral. I didn't want that. All I wanted was an apology, but not if I had to ask for it.

It was better if I never said those things. He could be a ghost, and I could walk this graveyard alone.

But he would always haunt me. He was alive, and I would keep wondering about













him, but never know if he was okay, if he was sorry, if he missed me, too.

No, I decided. I didn't need to feel

You don't have to be dead to be gone.

## SudOoku

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# Ook Word Puzzle

## Across

11. NAIT the institution

13. What you did to get in; th

7. Our favourite president

20. A saucy Centre

23. Campus welded onto

24. Get your coursework here

33. Join clubs here

## Down

1. A NAIT school

5. Fluffy and student service

6. A student demographic

8. Where Ook goes to dine

9. How to get involved on

Where you leave your wheels

14. Means business (scho

15. Where Ook gets his supplies

21. A Girl and a Campus

Celia Nicholls

