

DIRTY BINGO TONIGHT AT THE NEST, 4-6 P.M.

THE NAIT NUGGET

Thursday, October 15, 2015
Volume 53, Issue 7

YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA

CAN WE TALK?

July Talk plays to sold-out Nest, story, photos pgs 14, 15

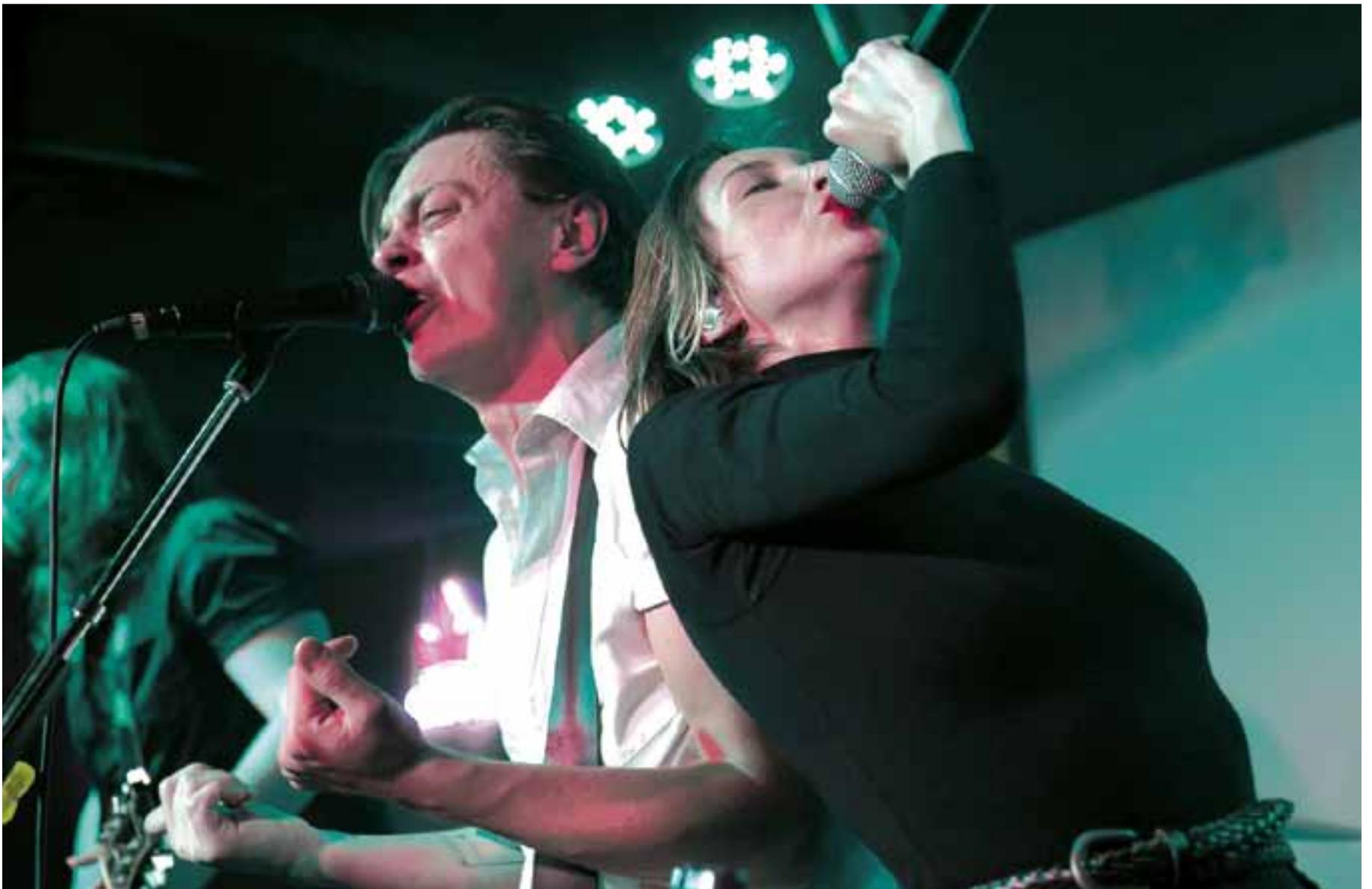


Photo by Benjamin Sim

July Talk singers Peter Dreimanis and Leah Fay belt out a number at the Nest on Friday Oct. 9.



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NEWS & FEATURES

Parking problems 'R' us



NICOLAS BROWN
Issues Editor
@bruchev

It's a common complaint at NAIT – not enough parking. If you've ever needed to drive to campus, I'm sure you've experienced the frustration I felt over the past week. Day lots full, metered parking full, even side streets – full. Not a parking spot to be seen, unless you want to take a bulldozer and push together the cars that leave half a car worth of space between them.

Now I normally take advantage of the U-Pass to get to NAIT, it's already paid for and it's far cheaper than gas, parking or the potential for a car accident driving during rush hour. Except for last week,

when I needed to drive to school almost every single day, either for my night classes or because at some point during the day I needed to drive across the city faster than the bus could get me there. For the most part, I did alright – finding a parking spot in F lot right after someone leaves or getting there early enough in the morning.

I could complain that \$32 for parking for four days is a bit much on a student budget but the real kicker was Friday. I wasn't coming to NAIT early in the morning, I only needed to arrive at around 10 a.m. and as it turns out, around 10 a.m. there is no parking on campus. I drove around for 45 minutes looking for a spot before I decided I didn't really feel like studying on campus that day. Luckily I had no classes to get to but it highlights a very common problem for NAIT students.

It's always been evident that parking has been limited at NAIT. The lines for parking passes at the beginning of the year are longer than ever and I'm sure if you pulled the records for bylaw tickets issued for Kingsway Shopping Centre's parking lot, you'd see an increase in students park-

ing illegally across the street. With no indication of NAIT increasing the availability of parking on campus – the new Centre for Applied Technology (CAT) will only add 200 underground stalls – and NAIT continuing to grow, it's becoming even more difficult to commute to NAIT in your own vehicle.

Sure, we could utilize the new Metro LRT line, which admittedly does a great job connecting NAIT with students coming from Edmonton's south side. Bus service has also been increasing to the institution, as some of the city's major routes are being reviewed to increase efficiency – read: faster and more frequent. These changes don't really help when you need to get to campus in 15 minutes, though or if you've got too many things to carry with you in one trip on the bus.

The biggest question, however, is why does parking have to be an issue on campus? We're in one of the lowest density areas of the city – we certainly can't compare our parking situation to MacEwan or the University of Alberta, which both face space limitations on all sides. We have

the empty Blatchford lands right next to us, Kingsway Garden Mall to the south, and the remains of a small industrial park to the north before the Yellowhead. Now, of course there are restrictions on parking in these areas – the City of Edmonton has cut off most parking along the edge of the Blatchford lands immediately next to the NAIT campus, including shutting off access to parking NAIT students used to be able to use. Kingsway has always restricted parking to NAIT students and all other adjoining areas have been attempting to preserve parking for themselves, both industrial and residential.

Of course, as an institution, NAIT wants to build a strong relationship with local stakeholders – good community relationships are key to building a thriving campus and positive brand image. However, this struggle for parking is making it increasingly difficult for NAIT students to get to classes on campus. There was once a time that students could park along 103 Street among the empty aircraft hangars and parking lots – perhaps it's time for the City to give us back our parking.

NAIT trades students rank highly

By **ELYSSA TESLYK**

Each year NAIT has a number of new events, campaigns, workshops and other opportunities available to students to help them expand their experiences and gain valuable skills and knowledge. Each of these different activities give students in every program the opportunity to show their skills.

"Often [our] apprenticeship students get overlooked since the programs are considerably short in comparison to others," explains Wade Martinson, a welding instructor at Souch Campus, leaving them with a sense of under appreciation and consideration. That's OK, apprentices! The reality is that these skilled masters are the glue for our society.

In the 2015 Provincial Skills Canada Competition, NAIT held high rankings in a number of areas, including architectural technology and design, automation and control, auto service, IT network systems administration, plumbing, refrigeration and welding. There are over 40 areas

in trades and technology for students to showcase their skills, with NAIT students ranking in over 20 of those areas. Naturally there are some areas that NAIT does not compete in, such as hairstyling but

generally students are representing NAIT in many of the competitions that reflect the programs available on campus.

It is not often that trades students are recognized on campus outside of their own programs,

and it is important to recognize the contributions those students have made to NAIT and the campus community. The students who represented NAIT last year include;

- Erica Paal
- Nolan Hunt
- Ryley LaFrance
- Matero Berrio
- Kirk Pelletier
- Devin Campbell
- Colin Lajoie
- Solomon Wijewickrema
- Kimberly Brodeur
- Spencer Bevan

- Dylan Renaud
- Garret Weiss
- Samantha Janishewshi
- Jamie Terpsma
- Ross Mckay
- Marko Crepulja
- Edmund Chan
- Alyssa Paron
- Austin Schwabe
- Michael Love
- Brad Marting
- Shelby Richardson
- Eric Kruk
- Tyler Graham
- Kole Snyder
- Jessica Poirier
- Carter Sherban
- Brandon Robins
- Alexander Durand
- Toni Bernard
- Gregory Gaubatz
- James Slosky
- Olivia Marietta
- Lucas Killin
- Scott Elliot
- Ethan Howald
- Kyla Nyroos
- Luke Reynoso
- Anthony Reynoso
- Isabella Villian
- Josh Winsor

- Chris VanderWerff
- Ryan Matsuba
- Brett Dorey
- Myles Campbell
- Alyssa Kapas
- Tyler Norris
- Michael Lancaster
- Clayton Lord
- John Felipe
- Mikaila Currie

The Skills competitions are not only an excellent opportunity for NAIT to be recognized as a leading apprenticeship and trades training institution in Canada, they are also a great way to showcase your skills as a tradesperson and to grow your network. Competitors often have greater employment opportunities after participating in the competitions due to the promotion of the events. You also get to network with other competitors from across the country and the world, depending on how far you progress in the competitions.

There are limitations for who can compete, so if you are interested in showcasing your skills while representing NAIT, don't wait. You can find more information by asking your instructors or program chairs. Don't miss a chance to have some fun and boost your resume.





Photo by Tom Armstrong

THANKSGIVING AT NAIT

More than 100 international students enjoyed turkey with all the fixings at the NAIT International Student Centre Thanksgiving celebration, presented by ATB Financial. For most of them, this was their first traditional Canadian Thanksgiving dinner. In addition to learning about Canadian culture, this second annual event is designed to build camaraderie among the students, many of whom arrived in Canada just weeks ago. There are 1,730 international students at NAIT this semester from 102 different countries.



Photo by Tom Armstrong



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Letters

We want your views

Is something bugging you about NAIT or the world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

We need to list your real name.

Getting something off your chest is downright therapeutic. Write us.

BRT instead of LRT?

By BRANDON HESS

This may be welcome news for transit riders. First the metro line LRT was delayed in its open, and we also have LRT networks across our city that are still years away from being completed.

On Wednesday Oct. 7, the city discussed the proposal to develop “bus rapid transit” or “BRT” in our city as a replacement to LRT service that is still years away from completion. That’s welcome news for students who travel to NAIT every day. The proposal is being considered by the city as part of a transit review and is expected to be completed by 2017.

Bus rapid transit uses special bus lanes designated for buses. This special lane will allow for faster travel time across the city compared to regular express routes. Bus rapid transit is not an express service but a quicker and more convenient way to get across the city. Bus rapid transit will see fares collected prior to boarding in order to save wait times at bus stops. The cost to operate this system is also cheaper than the regular LRT.

The LRT network across our city is still far from complete. The Valley Line is planned to run from Mill Woods up into Bonnie Doon, north to downtown, west to West Edmonton Mall and extend as far as Lewis Farms on the western edge. This line is still years away and will not be completed until the end of 2020.

There are many areas in our city that are far from the downtown core and therefore lack reliable transit. There are some NAIT students who come from outside Edmonton to get to NAIT every



Artist's conception of bus rapid transit lanes.

morning. A system of bus rapid transit will be a relief. It can take up to an hour and a half some mornings to get to school now.

There is a large population of NAIT students in Mill Woods. Their fastest option right now to get to school each morning is Bus Route 15, which runs from Mill Woods all the way to Eaux Claires

Transit Centre. This route passes through downtown and NAIT. Travel times from Mill Woods each morning for students by bus is 50 minutes. With bus rapid transit, travel time could be much less.

Mayor Don Iveson is confident the provincial government will partner with the city to develop BRT.

“I think we should be organizing our

service around frequency and around dedicated linear and fast routes, not at the expense of all other collector service,” said Iveson.

We also have NAIT students coming from the far west end. Without a current LRT network running outside the Anthony Henday, bus rapid transit will be a good future alternative.

INVESTING

What the heck is an ETF?

By LANGIS DONNELLY

ETF (Exchange Traded Fund). No, there is no relation to our beloved space creature ET. ETFs are a type of investment. About the only similarity ETFs have with our space friend is the relative unfamiliarity of both. However, as we saw in the movie, there are great benefits to trying to understand the unfamiliar. ETFs give investors the ability to save countless hours of trying to determine the winning investment strategy, to significantly reduce investment costs, and most importantly, to provide investors with consistent investment returns. But first, we need to know, what the heck is an ETF?

ETFs are funds that track major indexes such as the NASDAQ 100, S&P 500, and Dow Jones. When an investor purchases shares of an ETF, the investor is buying shares of the portfolio that follows the return of its index. The ETF does



ICON

Investment Club of NAIT

not try and beat the market, it tries to be the market. ETFs function just as a stock would. Investors can purchase shares on margin, short sell, or hold for long term, all in the same brokerage account where you would buy common stocks. For new investors, ETFs are a great way to begin investing. Simply buy a few ETFs that track major indexes such as the S&P or Dow Jones and let the ETF provide you with consistent stock returns.

ETF investing is classified as pas-

sive management. The style of investment most of us are familiar with is called active management or mutual fund investing. I am here to tell you that the former should be the preferred choice for the average investor. The easiest stat to point out is that over the past 10 years, only 24% of professional investors have actually beaten the market. This number is still probably inflated due to the survivorship bias in which active funds that performed poorly were shut down and not

included in the analysis. The other main benefit of ETF investing is the low fees. The average index fee is roughly around 0.15% compared to 1.07% for actively managed funds. This means active investors are left with a guaranteed 0.80% less than the passive ETF investor, regardless of the actual returns of the investments.

ETFs are a relatively new way to invest money, without having to dish out unnecessary fees to mutual fund managers who are taking a substantial portion of investors assets regardless of if the mutual fund manager makes a positive return. The breadth and depth of ETFs available is substantial. Investors can select ETFs that track domestic and international indexes, sectors, commodities, even fixed income securities. So with that in mind, don't be the turkey and invest your money into active mutual funds, be good and invest in ETFs.



App-athy solution?

By JOEL-PETER CARM

Are busy times making it hard to have your voice count? With increased interest from young adults and post-secondary students in the upcoming federal election on Oct. 19, a new invention might help you get access to the voting style you need.

This looks to be the most crucial election by far. For younger generations, voting may not come easy, with issues of time and accessibility to voting stations. One might not consider voting a high priority but there's one brilliant innovator who's solved that by bringing the vote to you.

'Accessibility'

This wonderful app is called "VoteNote" and creator Matthew Heuman is going across the nation speaking about its purpose and how it represents a generation of instantaneous satisfaction. He created the app as an "obvious step for accessibility" and is annoyed it was not released earlier as a

service by Elections Canada.

What makes the app so great? "VoteNote is a full service electoral assistant application that allows users to register, find their district using GPS and displays their candidates," Heuman said.

As an investigative journalism student, Heuman understands how important decoding the right information is for the public. He knows that you need to go to the source to find the problem and create solutions to solve it. It's designed to be easier for the public, without all the fluff you get from regular politics.

Voter apathy is a huge concern facing us this election. Young voters aren't represented due to dismal turnout numbers. Through engagement and numerous features of the application, the process is condensed which should entice young Canadians to participate in voting. Although you can't vote through the app, providing clear and correct information is the key to building voter turnout.

How effective is the app? "We are

simply a tool for anyone to use to help answer a lot of the questions a voter would have and help get them informed in the easiest way possible." The app sets a reminder for Oct. 19 and will additionally send push notifications to users when the advanced polling sites open and till the end of the election.

Obvious development

By interviewing people, Heuman found the biggest problem was, "what do these things even solve?"

Through voting we can have "the only real chance anyone has to alter the government."

The app is an obvious development, "because social media and cellphones are so endemic and a part of our lives."

Heuman is confident that the app will be effective.

"Everyone seems to think that sharing something on Facebook and Twitter, especially for our generation, they don't even mind protesting in person."

His ideology behind the app; he

"wanted to make easier accessibility and create something super easy that people could use, without having to seek out information." A big incentive to getting the voters to poll is a sponsorship with Uber Canada; an Uber car picks you up and offers a free ride to cast your ballot, throughout the election.

The app is completely free and relies on zero ads. In addition, it gives the candidates the ability to create a profile page and reach the youth demographic. "We also have a comprehensive voter checklist including a Student Services tab which outlines the various ways students can vote either through advance polling or Elections Canada offices and we've included the special ballot PDF for students away from home."

Heuman is travelling across the country for a month, demonstrating VoteNote and giving our generation some insight into the voting process and why we all can make a difference in this crucial election. You can check out the app on iTunes and Google Play.

WEATHER

Enjoy warmth while it lasts

By BRANDON HESS

Seasonal average for this time of year is now 10 C. As I have mentioned in last week's Nugget, the seasonal average falls to near 5 C by the end of the month. We are looking to have actual daytime highs above 10 C for this week and weekend. Eventually, those highs will fall into single digits, but enjoy some teen temperatures for now while they last.

Let us review the past Thanksgiving long weekend. The Saturday was warm and clear. However, we saw a good cold front go through the region by Sunday and the winds picked up a lot. Wind warnings were in effect for the Capital Region and eastern Alberta on the Sunday. Winds were out of the northwest in behind the front. Wind became lighter for Monday, but at least we were able to squeeze in one stable day (Saturday) over the weekend.

Going forward, I do not see too many below zero morning lows in the next few days. Yes we will be CLOSE to zero, but not quite below. It is the middle of October and sub-zero overnight temperatures will be a reality in the immediate future. Same with our daytime highs. Eventually, double digits will take a rest for the year and we will be into the heart of cold temperatures for the winter.

Did you know?

We are about one month away from the end of daylight saving time. In order to make up for the dark mornings in the coming months, we "fall" back in time by one hour. When this time change happens, mornings will become a little lighter. One of the reasons for this morning daylight is for safety reasons. Kids going to school in the morning light is safer than the dark. Crossing roads in the light rather than dark all

comes together with safety reasons. There is one province in Canada that does not observe any time change in November. That province is our neighbour to the east, Saskatchewan. In Edmonton right now, you may have started to notice the shorter daylight hours and skies becoming darker

at night. It will continue to get darker earlier until we reach the December solstice. Once we hit the end of daylight saving time in November, the sun will set one hour earlier! This time change to one hour earlier also means an extra hour of sleep for you, depending on how you like to look at it.

Entrepreneurial spirit stoked

By DANIELLE S. FUECHTMANN

I think it's pretty typical to say that you go to school to get a job – and that's OK – but the other thing to consider is that a commitment to entrepreneurship doesn't mean that everyone is going to start their own business.

Employers should be looking for entrepreneurial employees – it's a way of thinking and contributing to your job. Those additional skill sets are going to make grads that much more desirable.

"It's an evolution of thinking," says Sandra Spencer.

As the manager of entrepreneurial partnering in the Office of Research and Innovation, she's part of the team bringing NAIT's New Venture programming to life.

She describes New Venture as a commitment by NAIT to support innovative ideas coming from NAIT students and alumni. The group is organizing workshops, mentor panels and startup programs to give entrepreneurs opportunities to build their network outside the classroom.

Not sure if you're an entrepreneur or if New Venture is for you?

Spencer says that New Venture "finds people that didn't think they had the spark

NEW VENTURE AT NAIT

[but they find an idea] they're going for or people who thought they were that person and now they're realizing that they don't want to do it.

"But these skill sets are never a bad thing! Being innovative isn't a bad thing no matter what you do. That's kind of the bigger lesson."

You don't need to want to start your own business to find value in New Venture's programming. Spencer explains that having an entrepreneurial mindset is just as valuable as an employee. It's all about creative problem solving.

Spencer says one of the benefits of New Venture's programming is the opportunities it offers for building new connections.

"People get to meet each other," she said. "Last year we had three guys, one in alternative energy, one in mechanical engineering and one in business and they're all friends now because they

went through [one of New Venture's] programs. This is a really unique platform to meet like-minded people!"

There's a real diversity in participants, who have included machinists, engineers and culinary students, in addition to staff and instructors, as well as students from MacEwan and the University of Alberta.

While the resources are located on campus for the NAIT community to access, it's not meant to be restrictive. Spencer says they want to facilitate collaboration in and outside of the NAIT community.

"We try to be very conscious of evenings and weekends, not scheduling things during midterms, trying to map it out and be as easy as possible for people to attend," Spencer said.

Some of New Venture's programming comes from boot camps that give participants an opportunity to pitch and build ideas from scratch but they also

offer speakers on relevant topics, mentor matchup events and even creative spaces.

If you've sat in the student lounge on the second floor of the HP Centre this semester, you've probably taken advantage of New Venture. The Collision Space's funky blue couches and dry erase walls are its take on a student lounge.

New Venture wanted to "create a really cool creative space that people can come. It's still student space but ... it's a themed student lounge. The flavour is creativity, innovation, entrepreneurship."

When asked about what excites her about the initiative's role at NAIT, Spencer said that she's "absolutely inspired by working with entrepreneurs. Seeing the energy and creativity and passion they bring makes my day!"

"Our faculty, staff and students have a lot of that," she said.

"We're starting to harness it more, we're like 'OK, we're going to give you the things – go! build!' and just being able to sit back and watch these people do that and know that we helped them do that, it's incredible."

You don't
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school to
stand among
greatness.



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OPINION

— Editorial —

Unhealthy connection



TAYLOR BRAAT
Editor-in-Chief
@TaylorBBraat

Do you hear that? Probably not, because no one hears anything anymore. Have you ever noticed that we have to speak more quickly, just to get our point across these days?

We have to speak our piece in the intervals between checking our phones. The fact that everyone and their dog has a Facebook page and every item and business has one too, is alarming to me. The scariest part about everyone being online is that this is only the beginning. The notion of a technological world is still in its earliest days and we are but a testing group – a Guinea pig to the actual crises that the world will experience through its full development, years down the road. The somewhat innocent days of MSN are over, social media has taken on the masses in a massive way.

Everything right now

Our increasingly anti-social society has a lot to do with our attention spans being shortened due to everything being instantaneous, even the news. Instead of waiting for the paper to come out, we can just Google it and be pretty well informed or at least have enough knowledge in order to pretend to be. The social media culture is engrained into so many lives that we're starting to forget that there is actually a real world that we have a responsibility to be in. So much effort is being put into the Internet that we're losing the energy we need to put into real life interactions.

The fact that social media has become an issue is not a new discovery. We are very quick to point out that many people have an unhealthy weakness for handheld screens – I know this because I have seen a number of posts about it. What is alarming to me, is that this obsession with our phones is developing into a mental health issue. The reliance is becoming a sickness and I am frightened for future generations. This is only the beginning and, if you think the progression of this issue is about to slow down or even plateau, you are horribly naïve.

When is the line crossed?

How much social media is too much and when does it cross a line?

Dr. Phil has chosen to involve himself in this ongoing debate, on many occasions by bringing guests onto his show who have extreme cases. Most recently he spotlighted a young girl named Khloe, about 21-years-old, who would not let go of her phone, even when she slept. She was playing on her phone on stage during the show. Dr.

Phil asked if he could hold her phone and she hesitantly passed it over. He handled the device as she looked at it intently and protectively, as if it was her newborn baby. In her case, if she is not connected to Wi-Fi or if her family were to take her phone away, she would lash out in anger. Khloe, sans iPhone, turned into a massive ball of distress and anxiety.

"I can't breathe without Wi-Fi," she said and, though it sounds completely insane, she was serious.

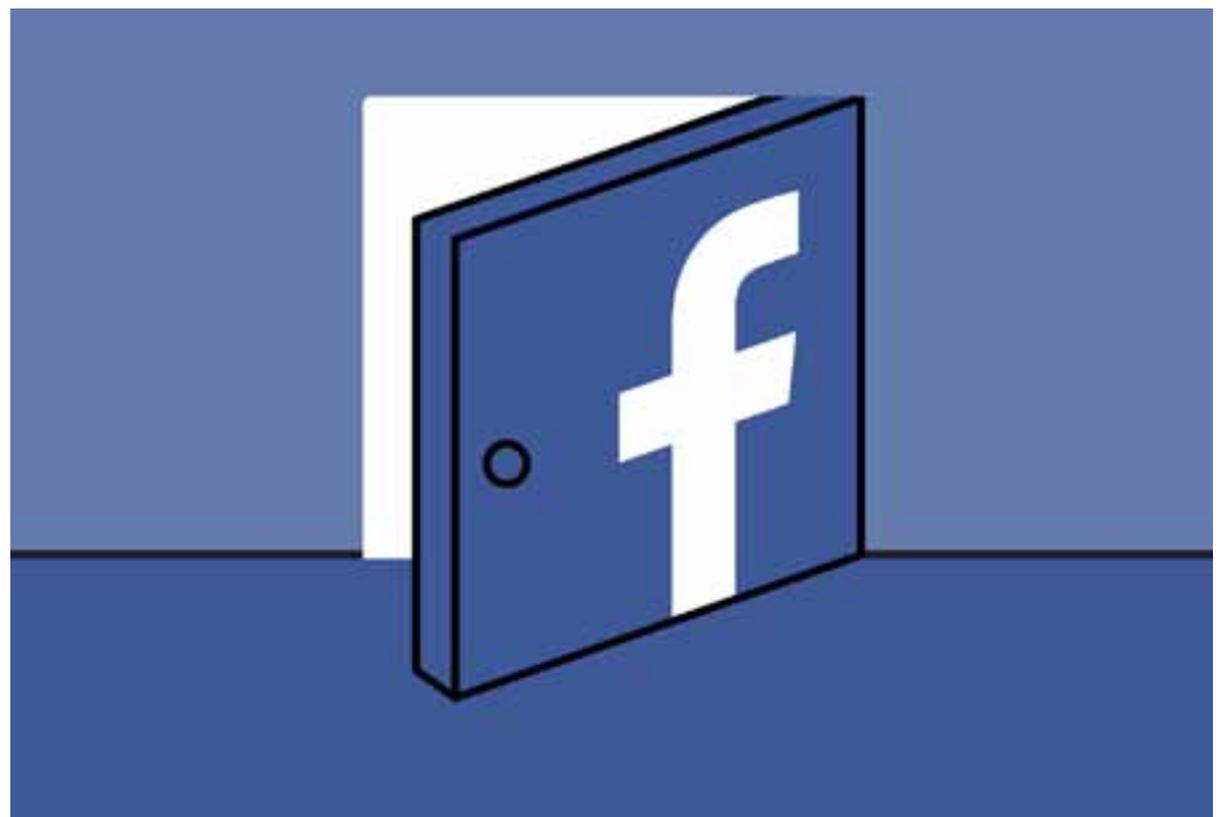
Our lives have become intertwined with our online personas. We choose what we want people to know about us and our timelines and feeds are the tourist attractions. That is why you should never compare your life to someone else by looking at their Facebook. You are essentially comparing a blank canvas to a finished work of art. This is something perfected and worked on, while you are probably sitting in your PJs in bed, scrolling down this waterfall of disappointment and self-loathing. Social media has taken comparing ourselves to each other to a new level.

My fear is that there will be so many apps created that every basic life skill will be cut down to a menu and an

alarm telling you when to act. The Internet is fairly new, compared to other things.

I am thankful that I was born in a time when social media was not even a thought and I could see the gradual, yet inevitable growing reliance on this unbelievable tool. I hope future generations will still look at a fluttering butterfly with wonder instead of through a camera phone lens. I hope that babies born in 2079 will still run around with friends until the street lights in the neighbourhood turn on, that in 2138, fourth graders will still bring forward their chlorophyll science projects on a home-made poster full of glued on pictures and share it with the class. I hope that in 200 years from now, people will still know what it feels like to meet someone out of the blue and fall in love at first sight.

The fact of the matter is, human interaction is what provides us with any real connection. It's the only thing that truly matters. If you ever catch yourself missing out on something in real life because you were too consumed with something on your phone, look up. There might be something beautiful staring back at you.



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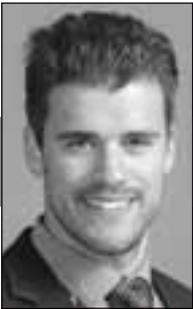
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SPORTS

Film magic or flimflam?



JOSH RYAN
Sports Editor
@JoshRyanSports

This week I'm cheating into entertainment a little bit. Or a lot. Or a ton, or ... basically, the following words, sentences and paragraphs constitute an entertainment piece that happens to contain sports themes. If you object to my jumping the shark with the following subject, the politest version of my response is thank you for reading, I'm now going to ignore you while I stick my face in front of a computer screen for another seven hours of editing.

Rarely accurate

This week, I talk about movies. Sports movies, (yes, I'm a cheater, but at least I'm not Lance Armstrong). More specifically, I want to talk about the way sports movies are rarely accurate portrayals of the events they are based on. We all love flicks like *Remember the Titans* and *The Blind Side*, but so often, the events of these films are too heavily distorted to be considered non-fiction.

Spoiler warning for anyone who hasn't seen these films (though really, there is no reason why you shouldn't have seen them at this point).

The film that sparked this internal discussion (does that make me crazy, having internal dialogues?) is *Friday Night Lights*. It's based on a book from the early '90s by HG Bissinger, an outspoken and polarizing journalist, that discusses the culture of high school football in the small town of Odessa, Texas. FNL was a critical and financial success in 2004, garnering a spot on nearly every great sports movie list by notable magazines and film websites and spawning a television series that went for five seasons. This film is also one of the career highlights of Billy Bob Thornton and helped further the careers of several young actors, including Lucas Black (*NCIS: New Orleans*) and Garrett Hedlund (*Tron Legacy*).

For those who haven't seen it, again spoilers, *Lights* sports (no pun intended) one of the most distinctly contrary endings in the genre. After mounting a furious comeback, the Permian Panthers come

up a few inches short of winning the game, and thus, State. Wait, they lost? Really? A sports movie where the good guys aren't victorious in dramatic fashion? Really? Granted, this isn't the first film in which this miraculous instance occurs. The bobbed team in *Cool Runnings* crashed in their final run. However, even that athletic misstep resulted in the beloved "slow-clap" from one of the film's villains.

While Permian losing is technically accurate, several details in the film are contrary to the contents of the book. Star player Boobie Miles injures his knee under different circumstances, several teams and statistics are changed, the players' personalities were slightly altered, the town's population was much larger than portrayed and the Panthers never made it to the championship game. They actually lost in the semis. That's a lot of nuance that differs from the true story.

There are many examples of this type of deception. Take the Mark Wahlberg vehicle, *Invincible*. The film is an inspirational tale of Philly native Vince Papale, who makes the Philadelphia Eagles as a walk-on. Actually, Papale had played minor pro football for years, rather than coming off the street. Another football flick, *Rudy*, is about the diminutive football player from Notre Dame carried off the field by his teammates. While that did take place, his coach suggested that he get to play in the

final game and not reluctantly give in to the demands of the team and fans as the jerk in the movie did.

Next LeBron James?

Some smaller things are altered in strange ways as well. In 2005's *Coach Carter*, the arrogant opposing player at the end of the film, Ty Crane, is called the next LeBron James. Not only is Crane fictional, the film's story takes place in 1999, well before LeBron's rookie season in 2004. Some of these changes might seem small but often the details changed don't reflect the spirit and circumstance of the real events. Would you root for Papale to the same extent knowing he wasn't quite as unlikely an underdog? Would you feel for the coaches in *Friday Night Lights* if you knew that they cared for black players on the team less than white boys?

This is the battle every filmmaker has to deal with when constructing a feature. If integrity is paramount, then he or she would strive to keep from diluting or deforming the original story. Conversely, making the film entertaining, thought provoking or inspiring is likely the main goal. From the studio's perspective, they just want the project to make money.

Even in films with only minor things changed, those alterations are usually the

weakest portions of these films. *Cinderella Man* is a phenomenal drama and underdog sports flick but the film's one weakness is that the opposing boxer is irredeemably scummy. There was really no reason to make him quite so evil when the struggle that the main character Jimmy Braddock is going through doesn't need a central villain.

The ideal mix, in my opinion, is to make sure the spirit and meaning of the story is inherent throughout production and visible in the final product. Some minor, altered details are less an issue than the basic construct of the story being false, so long as they aren't part of the falseness. For example, the recent Ron Howard winner, *Rush*, slightly exaggerates the feud between drivers James Hunt and Nikki Lauda but doesn't completely rewrite history; allowing for a mostly faithful representation of an incredible rivalry.

Ultimately, we always hope that history isn't completely and utterly distorted during the movie-making process. However, that's why the caption reads "based on a true story." When I go to watch a sports flick, I want to watch something both informative and entertaining. While real life is sometimes crazier than fiction, there's a reason we usually prefer movie magic to real footage.

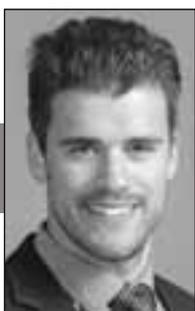


Chris Hemsworth, left, as James Hunt and Daniel Brühl as Niki Lauda star in the Ron Howard film *Rush*.

Keeping Score

Happy days for Mets, Jays

Welcome back to another edition of *Keeping Score*, the weekly debate on a chosen topic in the world of sports. This week, NAIT NewsWatch anchor Brennan Klak joins me to discuss the best story of the MLB postseason! There's a plethora to pick from in 2015. On the negative side of the tracks, Division winner privileges forcing the Chicago Cubs and Pittsburgh Pirates into a wildcard game has fans upset, along with the New York Yankee's meek exit in the other wildcard contest. However, most of the headlines are positive and all are intriguing. The Cubs trying to break the curse, the New York Mets outdoing their cross-town rivals, the Houston Astros drastic improvement after three straight years of futility, Kansas City rallies to force a Game Five and, of course, the Jays. What's not to like about postseason baseball? What do we think? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

As I wrote a few weeks back, I narrowly evaded the stigma of being a bandwagon jumper, as I was on board shortly before the Toronto Blue Jays ignited sports fans coast-to-coast. While it appears easy to anoint this turnaround as the best story of the playoffs, seeing that the Jays have reigned as Major League Baseball's flavour of the month for several months, it really is more intriguing, uplifting and exhilarating than the rest of the field. The prowess this blue-and-white have shown surpasses everything else accomplished in the league and has overshadowed the success of MLB's top team, the St. Louis Cardinals.

First, the season's achievements. The Blue Jays trailed the Yankees by eight games on July 28, then promptly zoomed by the Bronx Bombers in the campaign's final push; putting up staggering numbers at the plate. Josh Donaldson as a probable MVP, R.A. Dickey turning around a terrible start, David Price being David Price and Marcus Stroman recovering from knee surgery are just a few of the individual storylines generated by this Jays season. Just accounting for the goings-on of 2015 is enough to crown Toronto in this debate.

However, the more important argument draws from history, much like the Mets and Cubbies. The Blue Jays just broke the longest postseason drought in North American professional sports. It's been hell for fans of Canada's only baseball team since the mid-nineties, (which I've fortunately missed out on). With the recent success, playoff baseball is back in Canada and sports fans across the nation have joined together for this great party. Seeing the Rogers Centre sold out every game, with the fans standing up to cheer for every third out, is enough to make those neck hairs perk up.

Based on the success story of the regular season alone, Toronto is the team of discussion in baseball fandom and will remain one of the major conversations come postseason end. Regardless of the final results this month, the Blue Jays are the best story of the 2015 MLB playoffs and may wind up becoming the best story in Canadian sports once the highlight shows begins on Sportsnet and TSN in December.



BRENNAN KLAK
@nhlupdate

The New York Mets aren't the most glamorous team in the Big Apple. Every year, the Yankees sign a few more cheques, swing for the fences in free agency and take in all of that sweet, sweet press coverage while the Mets founder in the National League. Here's some perspective for you: Remember when the Edmonton Oilers made the Stanley Cup Final in 2006? In that same year, the Mets made a resurgence into the playoffs after struggling for a few years, much like the cop-

per and blue. The Mets, like the Oilers, lost in Game 7 of a crucial playoff series as the St. Louis Cardinals moved onto the World Series, thanks to the infamous home run by Yadier Molina. The Mets missed the playoffs for eight consecutive seasons after that, fading out of the baseball picture with every passing year and making the 1986 World Series run with Keith Hernandez at the plate a distant memory (which reminds me, Oilers, Gretzky days ... never mind).

Good Jays players seemed to leave every year, like Carlos Beltran, Jose Reyes, Carlos Delgado and current Blue Jays pitcher, R.A. Dickey. After all of that doom and gloom, why are the Mets a great story in baseball right now? Everyone loves a good comeback story. Matt Harvey back from Tommy John surgery and stepping into his role without a hitch. The bats of Lucas Duda and Curtis Granderson smacking home runs and Yoenis Céspedes returning to form down the stretch, showing everyone why he won back-to-back at the home run derby. Jacob deGrom proving he could still improve after winning Rookie of the Year. Even a 42-year-old Bartolo Colón had stretches of scoreless innings that made us wonder if his arm would ever age.

The Mets claimed the NL East and watched as the glamorous Yankees lost in the AL wildcard game to Houston. For the first time in nine years, the state of New York can cheer on a different team in the postseason. The Mets may not have the glamour of their counterpart Yankees but it's time for the team and their fans to have their dance in the spotlight.



David Price

www.sportsnet.ca

Hours for recreation facilities

Gymnasium – Informal Recreation Monday to Thursday

11 a.m. – 1 p.m.; 3 p.m. – 4:30 p.m.

•••

Sports Equipment Centre (E-026)

Monday through Friday until Sept. 18
10:30 a.m. - 1:30 p.m.; 2:30 p.m. - 9 p.m.

•••

Fitness Weight Centre

Monday to Friday

5:45 a.m. - 9:45 p.m.

Saturday and Sunday

8 a.m. - 2 p.m.

•••

Pool

Monday to Friday

6-8 a.m., 11 a.m.-1:30 p.m.; 3:30-6 p.m.

Saturday and Sunday

8 a.m.-4 p.m.

•••

Arena

(Drop-in hockey)

Monday and Wednesday

1 p.m.-4:30 p.m.; 12 p.m. - 4:30 p.m.

Tuesday and Thursday

Friday

1 p.m. - 4 p.m.

(Drop-in Skating)

Monday, Wednesday, Friday

11 a.m. – 1 p.m.

Tuesday and Thursday

11 a.m. -12 p.m.

HOCKEY

Women split, men sweep

By JOSH RYAN
Sports Editor

It took four periods but once the first puck went in the net, the NAIT Oaks women's hockey team got their mojo in the offensive zone. The three time defending champs won their home opener Saturday night 4-1 against the SAIT Trojans after getting shut out the previous evening in Calgary. Getting the season's first win, along with honouring the accomplishments of last season, was a nice way to enter into Thanksgiving weekend. With the split, NAIT sits in a four-way tie for first place.

SAIT scores first

The series began with both teams feeling each other out in the opening frame, with NAIT goaltender Shelby Audet turning away eight shots. As the shot totals increased for both teams, SAIT broke the scoreless tie just over the halfway mark in the second. Despite NAIT's efforts to tie, the Trojans held the Oaks at bay until an Erin Mclean goal gave SAIT insurance. Audet finished with 28 saves.

Saturday, the Oaks gave their fans plenty to cheer about with a power-play goal from Veronika Kuzelova late in the first period. SAIT tied the game a minute later, but NAIT provided the remainder of offence on the night. Breanna Frasca, the top scholastic achiever in ACAC women's hockey last year, had a pair of goals, while Jordyn Tibbatts added another tally and an assist.

"We changed some things around in the lines, a lot of our players had better individual performances and a change in SAIT's goaltending gave us a new look," said Martin.

Audet picked up her first win of the season with 26 stops. Martin is impressed with the second year netminder's start to the season.

"After not getting an opportunity last season with the team, I thought Shelby stepped up to challenge in her ACAC debut. She is working hard and we hope she continues to improve. She is a very determined goaltender."

Now, the NAIT women have a weekend to recover and fine tune their game as they sit out with a bye. The squad's next opponent is a new addition to the women's hockey league, the Olds Broncos. Key to the Oaks growth is how they perform coming off of a week with no games.

We actually discussed that following Saturday's game. The message is simple – don't let our competition get ahead of us, use this time as an opportunity to get ahead of them," said Martin. "We always need to be our own toughest competition in practice."

Olds won its first ever league game at home against MacEwan and host the Oaks on Oct. 22 at 7 p.m.

The action swings back to NAIT on the 24th at 6 p.m. which also features the Oaks Hockey Alumni Association Alumni Cup Tournament earlier in the day as part of Alumni weekend.

Men remain undefeated

It took four games, but the NAIT Oaks were finally pushed in a competitive game this season. The boys swept their second straight weekend of the season, blowing out the Red Deer College Trojans 5-0 on Friday and winning more closely the following day, 5-3. The squad's fourth win marks the first time NAIT has won by less than four goals this campaign and moves them atop the standings.

In Friday night's affair, it took Jordan Wood just 13 seconds to give the Oaks the lead, with Charles Wells and John Dunbar picking up assists. Tyler French, Scott Fellnermayr and a two goal effort from Dante Borrelli rounded out the scoring. When the game reached the late stages, RDC's frustration led to chippy play, something the Oaks have tried to steer clear from, but are struggling to do when they blow teams out of the rink.

25 saves

"When we get up on a team 5-0, sometimes that stuff happens," said Wood. "But we like to play the game the right way and avoid that stuff."

Ken Cameron made 25 saves for his first shutout of the season. Coach Gabinet noted that the second year goaltender is getting better each day.

"He's been working hard at his game in practice and it's showing early this season."

Saturday, the Kings struck first just five minutes into the game. However, the Oaks ended the frame with two goals in less-than-a-minute, thanks to Fellnermayr

and Connor Hoekstra. The two squads then traded goals in the second, with Fellnermayr and Riley Sheen notching the Oaks tallies. Red Deer outshot the Oaks for the first time on the weekend in the third period, but NAIT held the lead long enough for Wells to pot an empty netter. Kyle Birch stopped 28 shots in his first start of the season.

"I thought Red Deer played a much stronger game in their home rink," said Gabinet. "They pushed us hard and I thought they won a few more battles in the second period especially. I thought we responded well and worked hard to protect our one-goal advantage in the third."

This weekend, the boy's host their Calgarian rivals, the SAIT Trojans, as well as a plethora of alumni to watch on the weekend. Captains, star, grinders and heroes from several decades of Oaks hockey get recognized for their achievements and get to see what has grown from the ground they paved. Earlier in the day, there's also the festivities of the Oaks Hockey Alumni Association Alumni Cup Tournament. This is the first league matchup between NAIT and SAIT squads since the ACAC Championship Series last spring.

"SAIT will be a good test this coming weekend," said Gabinet. "We'll be putting in a hard week of practice with lots of battle and compete drills to be prepared for them."

The times for puck drop are 7 p.m. in Calgary on Friday and 6 p.m. at NAIT on Saturday.



Oaks women celebrate after scoring on SAIT Saturday night at NAIT arena. NAIT went on to win the game 4-1.

Athlete Profile



Player: Ethan Redman

Sport: Volleyball

Position: Middle

Program: Business

Administration (BBA)

By ELYSSA TESLYK

1. What made you start playing volleyball? I started playing volleyball because of my dad. He was a coach for local club and school teams so I would always be at practices watching!

2. What is something people don't know about you? Heights – yeah, not my thing.

3. What three things can you not live without? Sports, pizza and my team.

4. What is your favourite movie? Not a big movie person, but *Straight Outta Compton* was pretty good.

5. What type of music do you enjoy? I listen to rap, and reggae mainly. SOJA is my favourite band.

6. What are your hobbies in your spare time? I like to watch the Edmonton Oilers. I'm a big hockey fan.

7. What is your dream oasis? Somewhere hot where I can hang out on the

beach and swim in the ocean all day.

8. Who is your childhood idol? Both of my parents. They always are working hard to make sure I have every chance to succeed in whatever it is I choose to do.

9. Which sports do you like to play besides volleyball? I like to play hockey, soccer and basketball.

10. Do you have a pregame meal? Subway, every time I can.

11. Who inspires you the most? I think everyone I meet inspires me a little. Everyone has a few good, unique qualities that you could try to implement in your own life.

12. What is the best advice you've been given so far? Things can always be worse than what they are, so always try to see the positives in whatever.

13. What do you want to say to your team? Good luck, and good luck to all the other Ooks teams who play this weekend.

Athletes of the week

October 5-11

Hannah Fouillard
Hockey



The Ooks opened up their season this past weekend with a split against the SAIT Trojans. The Ooks fell 2-0 to Trojans Friday in Calgary before rebounding nicely Saturday back at NAIT with a 4-1 victory. Hannah was a steady presence on the back end for the Ooks this weekend and picked up her first ACAC point with an assist on the Ooks' winning goal Saturday. "Competition amongst our defence is high and she made the lineup and stayed in it this weekend," said head coach Deanna Martin. "Hannah led the team's defence with shots on net throughout the weekend series and was willing to compete and do what was needed." Hannah is a first-year Academic Upgrading student from Thorsby.

Dante Borrelli
Hockey



The NAIT Ooks men's hockey team improved their record to a perfect 4-0 with a win over the Red Deer College Kings 5-0 Friday at NAIT and 5-3 Saturday at Penhold Arena. Dante notched two goals Friday and added an assist Saturday for a three-point weekend. "Dante is a great example of hard work and playing the game the right way," said head coach Mike Gabinet. "He has a team first attitude and is willing to help the team however is necessary." Dante is a fourth-year Open Studies student from Edmonton.

FITNESS

Early workouts bear fruit

By JOSH RYAN
Sports Editor

Working out in the morning is the worst! Or at least that's what I thought the first few times I made my way to the gym or the pool at 6:30 in the morning. No late nights with *The Tonight Show* and Jimmy Fallon or burning through the last 32 chapters of the latest book series because you have to know the ending! Instead, it's get everything packed for the next day. But the truth is, once you've become an early riser, the body is grateful. Your energy, mood and general well-being will see improvements when you can get that exercise in before your day really starts.

One of the first benefits is the amount of time that it opens up in your day. Getting your workout done before eight means that the evening can now include dinner at an appropriate hour and possibly a book or a movie before bed. The squeeze of time when you try to accomplish everything on your plate throughout the day becomes far less suffocating with your entire evening now available. You are also less likely to skip workouts, which can happen when everything in your life tries to shove exercise out of the way.

You also notice how much easier the equipment access is. Doing larger sets or multi-machine cycles is almost impossible during the peak times in the evening with "broskie" No. 12 using four sets of dumbbells at once. In the morning, however, there is no longer a lineup waiting to use the leg press. Additionally, because there are fewer people to worry about, the chances of getting sidetracked in a 45-minute discussion on how bad the Oilers are dwindles significantly.

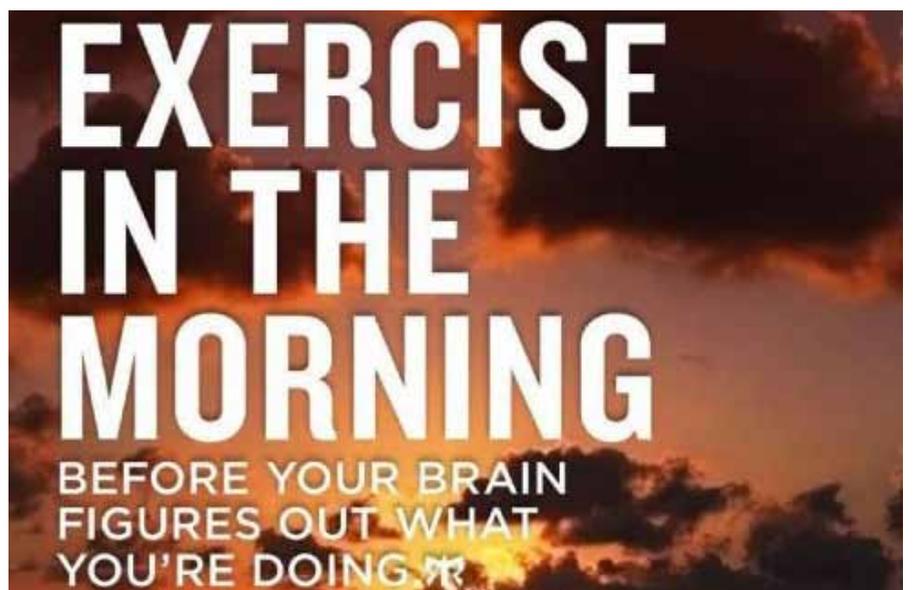
Now comes the scientific reasons for working out so darn early. Certain types of exercise will cause the body to release endorphins that bring on a good mood and getting exercise in early is great for your metabolism. When you work out early and get a metabolic boost, you burn more calories throughout the day, which I'm sure is a positive for everybody. This is best accomplished by undergoing high-intensity activities, often done in interval training. In general though, having completed the workout will give you a sense of satisfaction and confidence for the rest of your day and you'll come into work or class with greater focus.

There are some things to take into

account, though. First, you must work very hard to get to bed in good time before getting up early. This means no Netflix binging past midnight and getting chores done right away, instead of right before tucking in. Second, most people require at least a small meal before strenuous exercise. So, if you're powerlifting or going for a 50-minute run, make sure you digest at least a

minute amount of sustenance first. Finally, if you are the type of person that doesn't wake up quickly, splash yourself with some cold water. Don't try to exercise with shut eyelids.

There's so much to look forward to once you get through the first couple days of early morning workouts. You'll work out more often, have better health and love tackling the rest of your day.



ENTERTAINMENT

Sorry to bring this up



By **CONNOR O'DONOVAN**
Entertainment Editor
 @oadsy

Sorry, I didn't mean to bump into you there. Sorry, I didn't hear you. Sorry for cutting you off on the Henday. Sorry for jumping ahead of you in line there. Oh, there was no need to apologize? Sorry!

Sorry – what a useful word! Sure, you made a mistake, but really you're only five letters away from salvation. Forget going to confession – just apologize! It's up there with such hallowed Canadian stereotypes as our quintessential fondness for hockey and maple syrup. But is it always an appropriate response? When you think of the word, in its purest form, what does it imply? Is it regret, empathy or grief? What about humility, respect or appreciation? "Sorry" supposedly des-

cends from the Germanic word "sārig" that held connotations of distress, anxiety and sorrow. I'm not sure I felt those emotions the last time I apologized for reaching into the pizza box at the same time as someone else. It seems like saying sorry has devolved into an action designed to fabricate politeness rather than express regret. It's become a social norm to throw apologies into the most meaningless of conversations. Sometimes it even seems like an obligation.

Maybe it's time we ditch the Canadian stereotype and start reserving apologies for more deserving manners. I feel like the ubiquity of such paltry penance is devaluing its importance. Owning up to my mistakes and admitting error were actions with great moral significance when I first experienced them as a child. I can't count the number of times I had to march sullenly up to a brother or parent, head hung low and express red-faced remorse. Apologizing was usually a part of some learning experience – saying sorry isn't always easy, but doing so signals someone's decision to concede to another's opinion and to consider a situation from the viewpoint of someone else.

As Canadians, we like to think of ourselves as reasonable, polite characters. I think some people wear this perception like a disguise, using words like sorry to direct attention away from their not-so-affable realities. Indeed, I think some people wield the word like a switchblade, unsheathing it with lightning speed when in need of a quick defence. They bump



into you, ignore you, cut you off and butt into lines, then they claim atonement and continue on with their personal agendas, committing the same offences again and again.

I recently spoke to an old coworker who had moved to Canada from Mexico about his Canadian experience. I asked him what his initial impressions of our country had been during his first few days here. He put his hand on my shoulder, like a doctor giving a prognosis, and said "Connor, Canadians are not as friendly as they think they are." Judging by how reluctant most people are to converse with a stranger beyond a superficial apology, I would say he's right. Canadians aren't as friendly as we pride ourselves on being and we can't see far enough beyond the "sorrlys" to acknowledge it.



NAITSA SERVICE CENTRE

STUDENT HEALTH AND DENTAL PLAN

Please visit the NAITSA Service Centre Coordinators located in Room E-131. We provide health and dental coverage to over 3,300 students each year, and it's our duty to assist you in completing all proper documentation (to opt out or opt in to the plan), and to answer all your questions. If you change programs at any time, please alert the NAITSA Service Centre Coordinators immediately to ensure your coverage eligibility has not changed.

students@naitsa.ca | 780-471-7700 | Twitter: @naitsaplan

What you need to know about the Student Health and Dental Plan:

If you are a student enrolled in a credit class that starts prior to September 29th, 2015 in the fall term, or a class that starts before January 29th, 2016 in the winter term, you are automatically assessed the fees for the Student Health and Dental plan, and are automatically enrolled in the plan! All credit students are assessed these fees, regardless of whether they are part time or full time students.

- Health Plan fee: \$140 per academic year and is charged in two payments of \$70 per semester
- Dental Plan fee: \$120 per academic year and is charged in two payments of \$60 per semester

This plan includes non-credit programs, students' 100% online, auditing and apprentice students.

IMPORTANT! Opt-Out and Family Add-On Deadlines:

- Deadline (September Start): Friday, September 25, 2015 no later than 4:00 p.m.
- Deadline (January Start): Friday, January 29, 2016 no later than 4:00 p.m.

If you have comparable coverage through another insurance carrier (Blue Cross, Great West Life, Manulife etc.) and you would like to opt-out of the benefits, you must fill out the opt-out waiver form and provide the NAITSA Service Centre (E-131) with confirmation of comparable coverage (health card, previous claims, letter from insurance company or employer etc.) before the given deadline date. You may also complete the opt-out form online at www.optoutnaitsa.ca/naitsa. Please Note: Provincial Health Care is NOT comparable coverage.

There will be **NO EXCEPTIONS** if this deadline is missed. You will be required to pay the Student Health & Dental fees. If you miss the September deadline, your best opportunity to opt-out will be the following September (see changes can be made to plan in January). If you begin your program in January and miss the January deadline, your next opportunity to opt-out would be the following September.

Family Coverage

Eligible students on the plan can purchase coverage for their spouse and/or dependent(s). The student must complete a Family Add-on form and pay the additional fees prior to the above deadlines. Please call or visit our office in E-131 for more information.

Blackout Period

New eligible students will be added to the plan approximately 45 days from their program start date. During these blackout periods please keep all receipts for any eligible expenses incurred for submission to Great West Life, once the plan is activated. Please check with the NAITSA Service Centre to confirm the actual benefit plan start date, as follow us on Twitter @naitsaplan for the go-live announcement.

For more information on what is covered by your student health and dental plan, please visit www.mystudentplan.ca/naitsa

Introducing the Naitsa Service Centre!

This year, NAITSA is proud to announce the launch of the NAITSA Food Centre.

Hunger should not be a barrier to education, and the NAITSA Food Centre is here to help. The cornerstone of the Centre is the hamper program, which aims to provide 3 days emergency food relief for members of the NAIT community in need.

If you are interested in helping the NAITSA Food Centre combat hunger in our community, donations are always welcome. Non-perishable food items can be donated at the NAITSA office (E-131); monetary donations can be made either through the NAITSA office or online at naitsa.ca/food-centre.

Please Note: As NAITSA is not a registered charity, monetary donations to the NAITSA Food Centre unfortunately are not tax deductible.

More information, such as needed items, can be found at naitsa.ca/food-centre, by emailing naitsa@naitsa.ca, or by calling 780-471-7700.



NAITSA SERVICE CENTRE

naitsastudents naitsa yourNAITSA naitsa.ca naitsastudents rm e-131



**TOM
ARMSTRONG**

What does “Netflix and chill” mean to you?



Konnor: “I need to do basic cable before I’m prepared emotionally for Netflix and chill.”

Kevin: “I prefer Shomi and disappointment.”

**Konnor and Kevin
Radio and Television**



Faryal: “It’s just a great way to hang out ...”
Chelsey: “With clothes on.”

**Faryal and Chelsey
Radio and Television**



“It means to have bedroom fun.”

**Mehran
Upgrading**



“It means fornicating, an excuse to get it on while watching Narcos.”

**Katie
Engineering Tech**



“Usually happens with girls ...”

**Tyler
Instrumentation**

To Be Honest ...

TBH NAIT, new confessions page on Facebook

By **MAHAM FATIMA**

“TBH? Wait ... what does that even mean?” There are still some people who don’t know what TBH stands for. Well guys, it means “To Be Honest.”

I know it’s 2015 and there’s a shortcut for almost everything. There’s also a shortcut for you to express yourself or simply to say what’s going on in your mind without other people knowing that it’s you saying it, because sometimes we don’t want to be in the spotlight. That’s completely OK.

So someone came to the rescue! Recently, someone started a new confessions page on Facebook called “TBH NAIT.” If you haven’t seen it yet, you’re missing out on quite a lot. Wanting to say something but can’t because you don’t want to be pointed out? Well, it’s quite simple: write your confession(s), submit them to the inbox, the admin will skim through it to make sure the content is appropriate and a little while later you can check out the page to see your confession posted.

Let’s say you don’t want to post anything. You can still check out confessions, like, comment, share and help the fellow out!

This page started in May 2015, in replacement of the old Facebook page which was known as “NAIT Confessions.” The NAIT Confessions page was launched in March

2013 and was running until April 2015. A month after it closed down, someone started the new page called “TBH NAIT.”

Other post-secondary schools, such as the University of Alberta, also have pages. With almost 20,000 likes, U Alberta Confessions even hosts social events now. Isn’t that so cool? A confessions page acts as a medium for students to express their emotions, beliefs and troubles anonymously within their community.

Confession pages are becoming more and more popular at universities and even high schools. For instance, Boulder High School in Colorado and Swinburne University Sarawak in Malaysia have popular confessions pages that are flooded with posts about relationships, crushes, life-changing moments, rants and even general discussion posts!

I guess students feel comfortable revealing their thoughts on confession pages due to the complete anonymity of their posts. Anonymous confession pages went viral on the Internet in 2013. Since 2013, the trend has been spreading across the United States and is continuing to go viral. So, if you’re reading this and you haven’t checked out NAIT’s TBH page, head to Facebook. I’m sure you wouldn’t want to miss out on some juicy confessions and a lot more!

VOLUNTEER POSITIONS

The NAITSA Food Centre has volunteer positions for those who would be able to assist for a minimum 2 hour window per week.

If you are interested in this opportunity to help in a way that directly benefits students, please contact Matthew Pecore at foodcentre@nait.ca or visit Matthew in the NAITSA Service Centre, Rm E-131.

NAITSA SERVICE CENTRE

STUDENTS ASSOCIATION | [f](https://www.facebook.com/naitstudents) | [t](https://www.tumblr.com/naitsa) | [You Tube](https://www.youtube.com/naitsa) | [nait.ca](https://www.nait.ca) | [naitstudents](https://www.naitstudents.ca) | [rm e-131](https://www.naitstudents.ca/rm-e-131)

July Talk takes over Nest

By GIER BUTERMAN

Keep your eyes peeled NAIT students, sometimes a little local fame drops by the campus.

A successful performance by Canadian band July Talk took place at the Nest on Oct. 9 with Peter Dreimanis, Leah Fay (lead singers and guitar), Ian Docherty (guitar), Josh Warburton (bass) and Danny Miles (drums). The Nest itself was completely packed with people.

A long line of people eager to get in to see the show wrapped around the side of the building, with hardly an end in sight. A couple of security guards yelled out instructions to those waiting in line against the use of bags and backpacks as well as to make sure students had both their NAIT ID and their gov-

ernment ID when entering.

A student could purchase tickets for the show at the NAITSA office for \$15 or \$20 at the door, however the first thing a person could see when entering the venue was a sign stating “July Talk sold out” so the latter option was not available. The blues/alternative rock band originated from Toronto and officially became a group on Oct. 16, 2012, however lead singer Peter Dreimanis comes straight from Edmonton.

And who else to open their show with than Edmonton’s Velveteins, with Spencer Morphy (vocals, guitar), Addison Hiller (percussion), Dean Kheroufi (bass) and Dylan Greenhough (keys, guitar, vocals).

They put on a fantastic performance with a great stage presence to accom-

pany their own songs and their covers of more famous pieces such as “Magic Carpet Ride” by Steppenwolf, which had the crowd roaring and singing along. Well-known artists were also played such as Foo Fighters and Weezer.

Soon after the Velveteins had finished, July Talk prepared for their show and the crowd slowly fought their way to get close to the stage and photographers ran about, attempting to get the best shot of them all. Smoke begins to fill the air and the stage lights danced about in long columns over the crowd with anticipation. Finally, July Talk entered the stage and they announced the progress of the recording of their new album being similar to “being stuck in solitary confinement for two months, and now [they] are finally out again.”

As the performance went on, July Talk played 14 songs, including “Summer Dress,” “Guns and Ammunition,” “Blood and Honey,” and ending with “Paper Girl.” For lead singer Dreimanis, the Edmonton show was a return home and often during the show he would comment how “great it [was] to be back.”

Leah Fay the lead female vocalist, was often seen climbing around on the stage speakers and scaling the walls, while brushing her fingers across the ceiling during her crowd surfing. The event ended with the band members joining the crowds and sharing some drinks with their audience. In the end, it was an eventful evening worth attending and, without a doubt, something I would attend again.

Photos by
Kylee Thompson



July Talk band members Leah Fay and Peter Dreimanis command the stage during a concert at the Nest on Friday Oct. 9. A packed house took in the show, which opened with local band, the Velveteins.

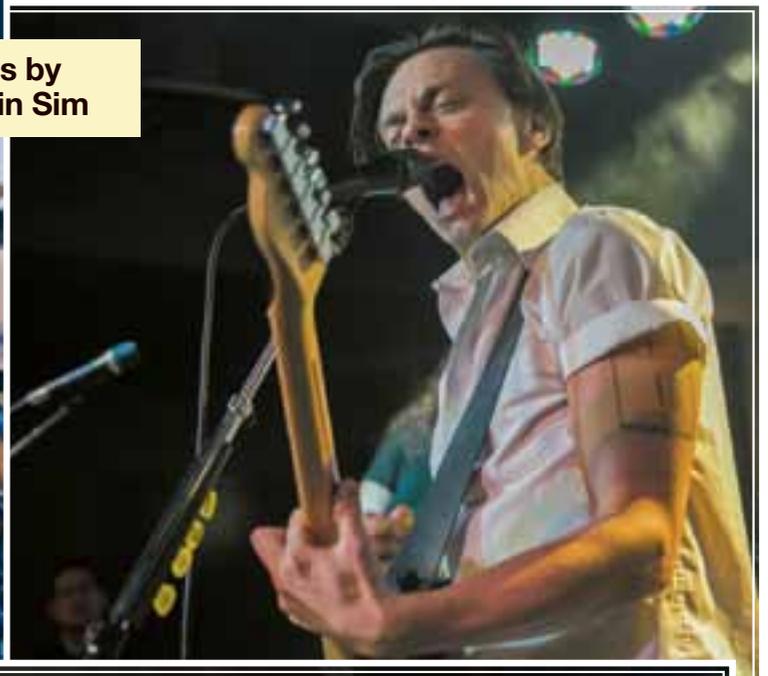




Photo by Gier Buterman



Photos by Benjamin Sim



THROWBACK THURSDAY

Clash of Titans 1981 a pioneer

By JOEL SEMCHUK

Every now and then something comes along that nails everything just so absolutely perfectly that it becomes timeless. And please, trust me on this – have an '80s movie party. I promise you that if there's any understandable mystery-science-theatre-3000 going on it'll peter out quickly and one by one every person present will become absorbed in the beauty, story and, of course, the effects of *Clash of the Titans*, 1981.

Laurence Olivier is Zeus. He nails his part. As does Harry Hamlin as Zeus's son Perseus. In fact, everyone plays their roles wonderfully but most notably is Princess Andromeda, played by Judi Bowker. Bowker was a ballerina at the time who had acted little before this movie and about the same after. Her tall, lithe physique and sceptre-straight poise project royalty and we see an entire career's worth of talent in one movie.

These actors all exist around the Olympian gods and their mythologies. It's all there: Pegasus, the Three Fates, the Kraken and, of course, Medusa. I'll come back to her in a second. These effects are still timeless. Every scene that has any kind of special effect is still impressive 34 years

later. And, again, trust me on this – watch this movie and prep yourself to laugh at the cheesy 1981 effects. You won't.

Why? Because this movie was the final work of Ray Harryhausen. If you enjoyed all 800 hours of *Lord of the Rings*, then you owe it to Harryhausen to watch his swan song: he influenced modern filmmakers like Peter Jackson, Tim Burton and John Landis. Harryhausen was an old-school manipulator of camera-trick devices, and he pioneered several different techniques. To quote Wikipedia: "Harryhausen's use of diffused glass to soften the sharpness of light on the animated elements allowed the matching of the soft background plates far more successfully ... allowing Harryhausen to match live and miniature elements seamlessly in most of his shots."

So in *Clash of the Titans* you have human beings interacting with stop-motion/claymation-type effects and this movie is the best he ever did. These effects, the beauty and skill of the actors and the Mediterranean landscapes invariably in the background all come together to make this movie the memorable experience that it is. And there's nothing more memorable than Medusa.

When they're in Medusa's lair and

Medusa slithers out from around the corner with her snake-hair and bow and arrows, everyone watching will lean forward a little and forget about their drinks. The transition will be complete: you'll all know what it was like back in 1981, being speechlessly-impressed by what this movie has to offer. You won't even need to smoke a joint.

There are many problems and quirks along the way, of course, most

of them from Andromeda's ex-boyfriend. There are magic weapons and magic. There are two flashes of nudity that are so tasteful and true to the movie's tone you'll respectfully not mention them when you're raving about it to your friends. You will enjoy this movie, and as mentioned: if you enjoy modern computer special effects then you owe it to yourself to see where it all came from.



weavingsandunpickings.wordpress.com

Harry Hamlin as Perseus in the temple

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NETFLIX PIX

Just relax ... and watch

By JOEL LECKIE

A shojo anime, *Vampire Knight* mixes supernatural action with private school romance. While it may not be for everyone, I think *Vampire Knight* balances out the genre quite well when you need a short quick fix of something to watch that doesn't take itself too seriously.

The show centres on a pair of orphans who are raised by Headmaster Cross at a private academy. Kiyru, who also goes by Zero, lost his family to a vampire attack and was the lone survivor. Unknown to anyone but himself and the headmaster, he too is beginning to turn into a creature of the night.

Yuki, the main female protagonist, has no memories from before she was five, when she was rescued by Kaname. (Kaname being one of the last pureblood vampires and one who seeks tolerance between the vampires and the humans of the world).

The academy is an experimental place that allows the day class, human students and the night class, vampire students, to coexist. They've come up with a blood tablet that lets the vam-



parein.deviantart.com

Kaname

pires survive without killing. A lot of the conflict comes from the inner desire of some of the students to have fresh blood, despite the availability of the tablets. What offers more of a twist is that of the human students only Kiyru and Yuki know of the existence of vampires and thus serve as guardians, a kind of hall patrol. All the other students are completely

unaware of the truth behind those in the other dorm.

I have been a fan of Japanese animation for many years. It has a creative and unique art style which showcases extreme displays of emotion. In *Vampire Knight*, the night class students always dress in white and the day class students dress in black, further enhancing the lines between the two groups.

The headmaster gives a little bit of comic relief but, as the show goes on, some of his more serious background is explained.

As with many supernatural shows, the vampires take a few turns away from the classic legends. There are several classes of vampires, from the purebloods down to "those who suck human blood, who are beasts in human form."

The purer the blood, the more power they have over the elements. But they are not as super strong and indestructible as some shows would portray them. And they all fear Kaname, who is the purest and strongest at the academy.

Again, while it may not be of interest to everyone, I think *Vampire Knight* performs well for its chosen field. It builds upon the characters and shows conflict and growth but doesn't take itself so seriously that it loses focus on the lighter side of life. As a shojo, there are bits of romance geared toward younger female audiences. That doesn't stop the action and the drama from making it a good relaxing watch for 26 episodes.

OCTOBER EVENT LIST

- 1 | SPEED DATING
- 3-4 | CLUBS TRAINING RETREAT
- 7 | EVENING STUDENT APPRECIATION
- 8 | NEST KARAOKE OILERS THEME
- 9 | JULY TALK CONCERT
- 13 | HOW TO MAKE SUSHI
- 14 | HOW TO MAKE NATURAL PRODUCTS
- 15 | DIRTY BINGO
- 19 | HOW TO KAYAK
- 21 | WELLNESS WEDNESDAY
- 22 | OOKTOBERFEST
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MOVIE REVIEW

Hunting the illusive Nintendo

By JOEL LECKIE

The quest: to find all 678 original, released in North America, licensed NES games.

Sounds simple enough but that wasn't enough of a challenge for avid collector Jay Bartlet. So his friends dared him to start from scratch and find every game in 30 days without the use of online purchasing. This meant he would have to go to dozens of used games stores across multiple cities in both Canada and the US. He would need to find other collectors who were willing to sell out of their own private collections. And it would mean spending hundreds, even thousands of dollars on some of the rarest out of production games.

Nintendo Quest is the documentary film following Jay around on his 30-day quest. It screened in 10 cities, including in Edmonton's historic Garneau Theatre. Though it did not fill the theatre with gushing fans, everyone seemed to enjoy the film. There were even NES systems set up in the lobby for pre-show entertainment and door prizes following the showing which included a poster compiled of all 678 cover arts from the NES games. It was a classic venue for a classic themed event.

Robert McCallum, director and producer of *Nintendo Quest*, wanted to do something that really went back to his roots. Having known Jay for 30 years, Rob challenged his best friend to follow his dream of a full, complete Nintendo collection. "It's about not being afraid to go after your dreams," Rob said after the Edmonton screening. "You never fail if you give it a chance."

Though it included several elements of the history of

Nintendo and home gaming, the film really focused on the human element. It was about getting out and having the adventure. There was huge interaction from the gaming community. Once word got out about the quest, Rob and Jay found that there were several people willing to help them out and speak with them. After having originally only contacted a half-dozen prominent individuals, they found those people put them in contact with more people. And it continued to spread.

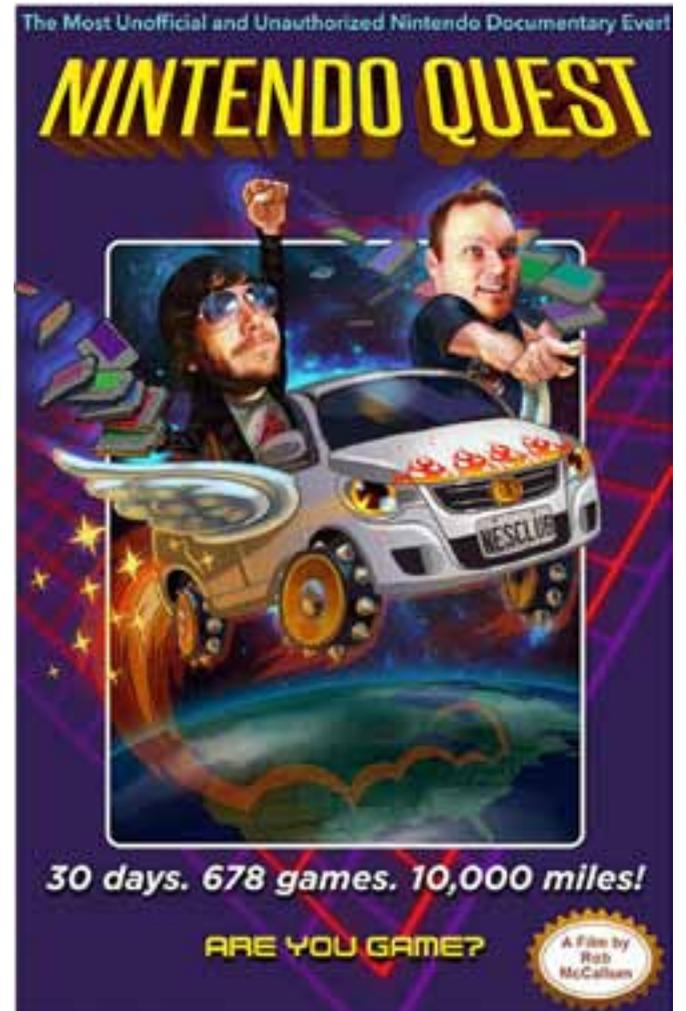
I don't want to spoil the quest but the journey is amazing. Jay fought with rival collectors over games, having to do difficult trades to lay hands on certain titles.

Time was crucial, so cities and stores were carefully chosen based on their distance and the availability of private dealers they could meet. There were many distractions as well, with other games and other systems drawing out Jay's budget.

"When you're in the store and you see it and you want it, you have to get it," Rob explained, his words echoed by many of the other collectors interviewed for the film.

Nintendo Quest itself may never be tall enough to stand with the great classics but it is surely a worthwhile watch for gaming fans. It holds many messages; the most important being that it is not about having the game, but discovering story behind that game. Where has it been, who has it been with and how can it be yours next to treasure?

Jay fought with rival collectors over games, having to do difficult trades to lay hands on certain titles.



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GAME REVIEW

Hot rod soccer, anyone?

By JOEL LECKIE

It doesn't always take the big buck gaming developers to really capture the modern gamer's interest. Sometimes a simple concept built well can be huge. Look at *Minecraft*. It's not a complex game at all (it's really just electronic Lego), but it has a huge market. Well, now here to add a twist to sporting games is *Rocket League*. Basically a mix of soccer and a demolition derby, it has become an addictive online experience.

Out on July 7 for both PS4 and PC, *Rocket League* has had in excess of one million copies sold through Steam sales alone. Unlike other sports games, it does not focus on stats counting or abilities but on the skill of the player. No car can strike the ball harder or drive faster than any other car. There are certainly ways to dress up and customize your vehicle to your liking because, let's face it, fez's are cool. But these are only aesthetic and have no impact on the gameplay itself.

What I love about the game are the aerial maneuvers you can perform. The controls are simple to learn; it has only a half-dozen buttons. Once those have been mastered, you can get bonus points and awards for your tricks. There is a hefty focus on over-the-top excitement. You can pick up boosts and use them to demolish your opponents. When a goal is scored, the ball will explode, sending everyone in the area flying back.

The arenas themselves add a few subtle things that enhance the gameplay as well. There are well designed areas with good solid graphics. Each arena will have slightly different physics depending on the type of surface and whether it is raining or not. You can drive straight up

the side of the wall, even briefly onto the roof and kick off to strike the ball mid-air. The arenas are slightly different in size, reminiscent of other athletic fields that are within a size range but not exactly the same, like baseball or futsal.

It's amazing how intense the play can get for such a seemingly simple game. It's a battle chock-full of mayhem. I guess that is what happens when you stick six high powered cars into an arena with no rules, no penalties and no holds barred. The

game's fundamental design is to be able to play online with your friends, though you can have local split screen multiplayer as well. It makes for a great modern day party game.

Because the contests are only five minutes in length, *Rocket League* can be a great time killer. It's quick enough to get in a game or two in a hurry but addictive enough to play all night long. So I say try it out, just maybe not on the night before an exam.



oceanofgames.com

Rocket League is basically a mix of soccer and a demolition derby.



Useful lessons in living

By **KACHUN YUNG**

One of the reasons I enjoy *Survivor* is because you can gain insight by observing intelligent (and sometimes not so bright) people. Often times, the viewers are privileged to witness the actions and thought process behind many of the players' decisions. Since every contestant has played once before, *Survivor Second Chance* will prove to be more difficult to win than most seasons. In the second episode, Spencer Bledsoe demonstrates why he was part of the 'brains' tribe in *Survivor: Cagayan* – brawn versus brains versus beauty.

Spencer appeared to be in a comfortable position after the first tribal council. The alliance voting had gone exactly as planned. However, as we all know, the game changes quickly. It started with a member of Spencer's alliance, Jeff Varner. Jeff decided that he didn't want to play the game with the 'new school' players who focused too much on the strategy and ignored forming relationships. Then a dispute at camp left alliance member Abi-Maria feeling hurt and alone, putting their entire alliance in jeopardy.

Abi-Maria was most disappointed when Shirin hadn't comforted her in her time of distress. Shirin is bright. She's well prepared, organized, logical and strategic. However, despite her intelligence, Shirin lacked the key skill of awareness.

Following their loss at the immunity

challenge, Shirin pulled Abi-Maria aside to ensure their numbers. After Abi-Maria shared her feelings, it took Shirin a painfully long time to realize that Abi-Maria had no plans to work with her anymore. In fact, Shirin had to directly ask, "Are we still in this together?" Only after Abi-Maria responds "no," does Shirin realize that she and her closest ally, Spencer, are in immediate danger of going home.

Despite their best efforts to persuade some people, it was too late. Before heading to tribal council, Spencer and Shirin knew that only one of them would survive that night. Jeff Probst was able to quickly expose this information as the contestants spoke about it explicitly without the usual hidden code. At that point, we saw how incredibly astute and conscientious Spencer truly is.

Spencer was not only aware of the problem but also made the decision to take some corrective action – he's been too focused on the strategy of the game and hasn't bonded with any of the other players. He identifies the problem to his tribe. He admits his mistake. Then he immediately attempts to mend his past failure.

Instead of a generic apology to the entire group, Spencer connects with each one of them. He positions his body to face each person. He says their name. He looks them in the eyes. He speaks with sincerity and conviction.

"Change will happen!" he tells them.

If he does stay, he promises to start connecting and forming relationships.

When faced with a difficult situation, it's easy for people to become defensive and to place the blame on their circumstance or on others for their misfor-

tune. It's much harder for people to self-reflect, honestly assess the situation and to admit their own faults. Only then we will we be able to learn from our mistakes and be a little like Spencer and become a better person.



parade.com

Abi-Maria Gomes

Haunted house for adults

By **RANDI ADAMS**

Wondering what to do on a Friday night? Well, it is October and there is plenty going on in the weeks before Halloween. There are corn mazes and festivities-a-plenty around this beautiful fall city. But for those who dare to venture out for a scare there is one place I would definitely recommend.

Deadmonton House was created by Ryan Kozar, a man who is a firefighter by day and a scary mastermind by night. Kozar decided he wanted to bring this truly haunting experience to Edmonton, as there was nothing really here for the adults during Halloween. The idea was born from the inspiration of one man in Vancouver and Kozar researched and planned and, by February, he started the creation of this haunted maze.

We decided to take in this adventure Friday night. We arrived early as we were told that lineups could be an issue. As we walked up to the theatre there was a lineup about a block long, so if you do attend Deadmonton House I recommend you go early. As we waited, actors started to slowly slink out of the old the-



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atre. First was the grim reaper and then an evil man-eating clown, a vampire and even a goulash bag lady. They wandered around the street scaring awaiting patrons and even people making their way down the street. We slowly made our way into the front door, where we were met by a beautiful undead usher.

"The cost is \$20 to attend the show please," she says, and we enter into the eerie lobby. We were greeted with another undead usher who offered us popcorn and a creepy smile. The decor

was dark and spooky and contained amazing props and detail. We waited in line briefly and were escorted into the very dark and cold theatre and were guided into seats by faint flashlights.

The story line: a family was brutally murdered by an evil entity, and now haunt their pumpkin farm.

"People beware. The spirits are watching you," the usher tells us as we sit down to watch a quick flick.

We were then told something malfunctioned and we had to exit immedi-

ately and so our adventure began. I don't want to give away too much as I highly recommend you check this out yourself. It was intense and scary and, most of all, a blast. The actors were professional and perfectly formatted with every room we entered. Deadmonton House was well thought out and, if you're looking for a terrifying scare, this is the place to go.

Deadmonton House runs from Oct. 2 to Oct. 31 and will also be open in November for a weekend (Lights Out Night). This excursion is recommended for adults but allows children 12 and up. If you would like more information on Deadmonton House and its history or ticket pricing and times, please check out their website at www.deadmontonhouse.com. You can also look them up on Facebook at facebook.com/deadmontonhouse.

I give Deadmonton House a giant gold star. The staff was friendly and courteous and made sure, even though there were periods of waiting, that there was always entertainment. A 10 out of 10 experience.

Deadmonton House
10233 Jasper Ave.
780-977-3335

RESTAURANT REVIEW

Good food ... camel anyone?

By VINSON TRIEU

Just down the block from MacEwan University is a restaurant called African Safari, located at 10610 105 St., right along the tracks of the new LRT line. At first glance, the building looks like any office building with the business names above the windows.

Parking's pretty easy to find and there's an abundance of residential areas if you want to avoid the costs of the meter.

I came with a friend, as it's always more exciting to test out a new restaurant with someone you like. When walking in, it's like walking into a local African restaurant, from the warm ethnic colours on the walls to the African inspired art hanging. Even the employees, with their vibrantly coloured dashikis, added to the experience.

Upon sitting, the server came out and served us two bowls of vegetable soup and a jug of mango juice. The soup was slightly spicy but not so much as to burn the roof of your mouth. It gives that kick to your palette that's just what you need when walking in from the cold streets of Edmonton. The mango juice is a pretty sweet deal, as it comes with the combo and tastes kind of like the mango juice you can get from oriental markets.

The food items on the menu are in another language, with some exceptions that include their English counterparts. Thankfully, the menu includes pictures of the dish, so deducing from what's fish to beef is a simple task and, if you're still stumped, just ask the server. I came here to specifically try the camel meat. Camel meat I shall have, along with the pasta caraysan. For just a few dollars more, why not get the combo, as it included a

African Safari Restaurant

carb and protein dish. We also ordered baris (rice) with the chicken BBQ.

The time it took from ordering, to when it got to our table was pretty quick. If you're on an empty stomach, the combo is a great choice. They even included two bananas and a homemade spice on the side.

It was the first time having this type of meat! I would say it resembles brisket. Slightly chewy but pretty tender as the meat's consumed. Can't say much for the flavour profile as it wasn't very memorable but hey, I can say I tried camel meat. Can you?

Remember that soup? Now trying the pasta caraysan was like getting a few teeth knocked out. If you haven't figured out, I can't handle my spice very well. Nevertheless, as my mom always says, "Don't waste food, as there are others less fortunate."

To counteract the spice, I cut up the banana and added it to the pasta. In hindsight, that's probably what it's for. The banana made it more tolerable as spicy and sweet bat-

ted it out in my mouth.

The baris had raisins and mixed vegetables added. It reminded me of that raisin bran cereal, with not as much but just enough, to add flavour hints to the rice. As for the BBQ chicken, what can I say? It's like the healthier version of KFC but not deep fried and with a lot less oil.

If you're a light eater like me, sharing a combo might be best as the portion sizes are quite generous. Challenge accepted? If not, a takeout box and a bloated stomach is what you're left with.

Overall, I liked my experience. The food is inexpensive for what you get. For the combo and soup, the bill will won't break past \$20. The entire bill was \$30 for the both of us, including tax.

Keep in mind the soup is \$1 each, so if you don't want soup, be up front in advance.

Till my next foodie adventure.

African Safari Restaurant
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RECIPE



Photos by Danielle Fuechtmann

Almond milk – at home

By DANIELLE S. FUCCHTMANN

Almond milk is a great alternative to cow or soy milk and, if you have a blender, it's incredibly easy to make at home. This recipe can be made in about 15 minutes with some minimal preparation the night before and can be customized to suit your tastes. While you can keep the recipe really simple, dates, cinnamon and vanilla add a wonderful sweetness to the milk. By adjusting the proportions, you can get the perfect flavour and make as much as you need. No more milk going to waste in your fridge!

- Ingredients**
- 1 cup raw almonds, soaked in water
 - 3.5 cups filtered water
 - A nut milk bag or fine cheesecloth for straining (optional)
 - 1 chopped vanilla bean or 1 tsp vanilla extract
 - 1/4 teaspoon cinnamon
 - 2 dates, soaked in water
 - Small pinch of fine grain sea salt
- Method**
- Soak the almonds in a bowl of water overnight. Six to eight hours are ideal but

- two will suffice.
- Rinse the almonds and put them in your blender along with the water. If you're including dates, cinnamon or vanilla, add these now as well.
- Blend on high for around a minute.
- Place the nut milk bag or cheesecloth over the rim of a large bowl and pour the nut milk into the bowl. Gently lift the bag or cheesecloth and allow the milk to strain out of the bag. Gently squeeze all of the milk out of the almond milk mixture until all of the liquid is in the bowl.
- Rinse the blender and pour the bowl of milk back into the blender, add cinnamon and a pinch of sea salt (if desired) and blend quickly to mix.
- Transfer the almond milk into the container you plan to store it in, such as a mason jar. It will last four to five days in the fridge. Shake vigorously before using.
- Don't discard the almond meal! Crumble it with sugar and honey over fruit for an easy fruit crumble. Add it to yogurt and fruit, use it for baking or pop it in the freezer for later.

FEMALE TATTOO ARTIST OF THE WEEK

Hard work brings success

By RANDI ADAMS

Nikko Adams is the type of woman who, when her mind is set on a goal, will achieve it. Originally, Nikko went to school for graphic design and digital media. She spent a few years freelancing her work, as well as working at a call centre part time. But this just didn't seem to fill the artistic void. Then, destiny knocked on her door. Someone who she had been tattooed by contacted her in hopes she would be able to build a website for their shop. This was her shining moment. Instead of payment, she requested an apprenticeship and that indeed is what she got.

Nikko worked extremely hard to earn her way in the tattoo world. Not only did she work at this shop for free but also needed to work a full time job to maintain a life for herself.

"My apprenticeship wasn't wonderful but I am grateful for the opportunity I was given," she said.

One thing she mentioned when we spoke was that she was proud of herself. She wasn't just handed something, she worked for it, and I think nowadays that is very hard to come by – it's inspirational.

She is 100 per cent committed and you can tell this by her extremely beautiful art work. Her inspirations range from stuffed animals to old movies and she is passionate about bright colours and loves incorporating these into her tattoo work. She enjoys vintage cards and loves Instagram. There, she can be inspired by other female tattoo artists,

not just from Edmonton but from around the world.

Nikko says her style is "girly traditional." She loves to amalgamate as many happy and ridiculous items as she can. If you want sparkles and gems, then Nikko Adams is your girl. Her goal is to have people view her work and smile.

Nikko has some advice for those who want to venture into this world.

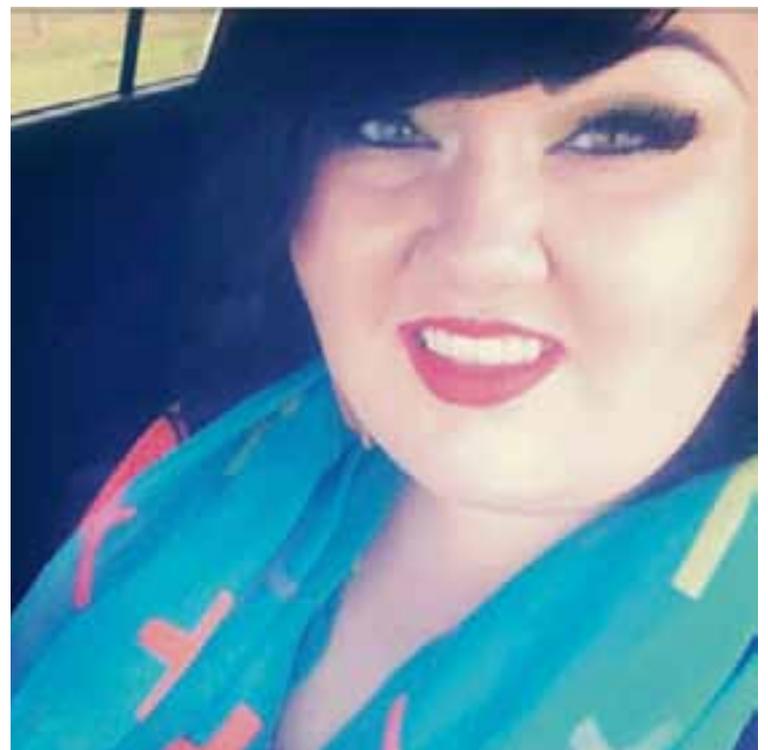
"Be strong, be sure of what you want and be confident when you know what you stand for," she said.

She has surrounded herself with respectful and strong artists in her career, and recommends you do as well. It's not healthy when you let your ego get in the way.

Nikko will be tattooing at the Calgary Tattoo Convention and Arts Festival this coming weekend from the 16th to the 18th. If you happen to be in town, you should go and check her out. If you want to view her work, cyber surf her Instagram page @nikkosaurusxtattoos.

Nikko Adams currently works out of Dragon FX at both Millwoods Town Centre and the West Edmonton Mall. If you would like to book an appoint-

ment with her, you can do so by contacting the shop at 780-468-6881.



Supplied photo

Nikko Adams

MOVIE REVIEW

Dark, sprawling, complex

By JOEL SEMCHUK

Sicario is a dark movie, a very dark movie. That, and it's good to see smoking again. Like real smoking, not because the smoke has to be seen going through the secret hole or because lighting a match makes the person look up or something. No, this was just life-sucks-and-I'm-smoking. Emily Blunt reaches for the cigarettes after a failed attempt on her life, which makes sense but when I saw the specifics of the attempt, well, I burst out laughing.

The opening scene sets the bar for how dark the rest of it is going to be. It also establishes what amounts to a significant amount of film: Emily Blunt's face. In the first 15 minutes you get all the character and background you're going to get and over half of this is a close-up of Emily Blunt's face.

She's rambunctious FBI agent Kate Macer, who gets recruited by Josh Brolin, who plays a DOD agent taking the fight to the cartels. This first bit is wonderful – it has a choppy, surreal aspect to it not unlike a horror film. The colour and camera work are a little off and there's ominous music throughout. Wonderful things are going on in the background, especially during the ride from the plane. When they stop in the city, pay close attention to what's on the walls behind them. There are fantastic, sprawling shots of cities and landscapes in-between the scenes on the street.

From here the movie shows how complicated the drug war is, with dozens of aspects bounced off Macer's black-and-white, right/wrong urban FBI mentality. There's a great scene with multiple generations of warhorses preparing for a firefight (Contrarily, the movie is surprisingly unviolent). Macer is turned off by all of this. After some time she's either ranting about how what's being done is wrong or illegal or whatever or else she's staring into the camera, into space, into a computer. Don't hold her one-dimensional character against her; everyone in the movie is a one-dimensional stock character.

The real story is in the details. *Sicario* is similar to *Traffic*,



www.youtube.com

Emily Blunt in *Sicario*

the Counselor and, if you'll pardon the reference, *Hamburger Hill* in that *Sicario*'s not a good-guy, bad-guy action flick. It's a chunk of time from a situation that allows you to see what the day-to-day of that world is like. Nothing more. On that note, the end is particularly well done and you're left wondering if all the institutionalized, sanctioned evil you saw was worth it.

The problem is that the movie has a tangle of plot twists and surprises and reveals and, if I tell you anything, I'm going to give large portions of it away. I can ask

you this: what would be an appropriate climax for a dark movie? Correct: a shoot-out in a mine. At night. But those crazy Americans have got night-vision that's very well-funded. In fact, if I were considering or already drug dealing, I would seriously re-think it all based solely on the Americans' night-vision capability. Wow.

So yeah, dark, choppy. Sprawling South/Central American landscapes. Smoking. Emily Blunt's face: Lots of all of that. You tell me if it's worth \$18.25.

ALBUM REVIEW

Another worthy (Good) effort

By WARREN MULVEY

Matthew Good is as dependable an artist as anyone in the Canadian alternative music scene. Without fail, Good releases a new album of material every two years, keeping his fans stimulated with his usual fare of grit-teethed rockers and plodding, melodic, reflective folk-rockers. Good's latest album, *Chaotic Neutral*, is emblematic of what we've come to expect and rejoice in his musical stylings.

Overall, Good has mellowed a fair bit over the course of his career. He's all but abandoned the angry-young-man edge of his earlier releases like *Underdogs* and *Beautiful Midnight*. Good's later career fare involves more self-reflection and thoughtfulness and *Chaotic Neutral* demonstrates that reflection throughout all 11 tracks. The lead-off track and first single, "All You Sons and Daughters," is a relatively up-tempo rocker that whets the palate for the rest of the album.

The next two songs are slower but demonstrate Good's reflective mood. "Moment" and "Kid Down a Well" are excellent songs that alight upon the autobiographical and the sonic space is moody and melodic. These songs feature Good on acoustic guitar, which, in my opinion, is his meat and potatoes as a songwriter.

The fourth track, "No Liars," is an excellent up-tempo, pop-rocker (complete with cowbell and claps!). Jimmy Reid's guitar riff is catchy; you may find

yourself dancing to this one despite the dark lyrics.

"Harridan," the fifth track, is the standout on this album. Reminiscent of the sonic space of Good's 2011 release *Lights of Endangered Species*, this song features many elements of all of Good's best qualities. Thoughtful, edgy lyrics, interesting tempo changes and varying intensities and excellent instrumentation by his band give this song an uncommon aura on the album. I look forward



pivot.warnermusiccanada.com

to seeing Good play this tune live. This song may stand among some of my favourite Good songs, including "Avalanche" and "Blue Skies Over Bad Lands."

The rest of the album covers many similar sonic spaces, with varying degrees of success. Good explores jazz-tinged spaces on "Tiger by the Tail," though the song largely leans towards the ethereal during the verses. "Cloudbusting," a poppy-piano Kate Bush cover featuring Holly McNarland of "Numb" fame, is a worthy update of an old song.

The album closes with the morose "Los Alamos," a trademark of Good's musical oeuvre. Acoustic guitars, played in a minor key and mumbled lyrics barely registering above a whisper – this is Matthew Good at his most poignant.

Overall, *Chaotic Neutral* is worth a listen, especially if you're a fan of Matthew Good. This is not his best album but a worthy effort we've come to expect from Good and his band. While there's little new ground broken on this album, I certainly appreciate the fact that he produces a new album every few years, when so many artists struggle to release new material more than two or three times a decade. This album is neither a disappointment nor a great achievement: I recommend, with conditions.



Managing procrastination



TIMELY TIPS
MARGARET MAREAN
NAIT Student Counselling

Most of us struggle with procrastination, at least to some degree. It is one of the biggest factors in determining how students do at school and later in their careers and other parts of their lives. The good news is that procrastination is a habit and, like any habit, it can be changed. However to change you will need to be diligent in taking action and doing the tasks that need to be done when you had planned to do them.

Here are some tips to deal with procrastination:

- Never label yourself as a procrastinator. Giving yourself the procrastinator label just reinforces procrastination.

- Get into a routine of studying and doing homework at the same time each day.

- Make a daily to-do list and prioritize the items on the list.

- Always work on your most important tasks first.

- Define clear goals. Make sure your expectations are reasonable.

- Recognize how you procrastinate (watching TV, talking, texting, phone calls) and use these as rewards. Don't let yourself do other activities until you have completed the work you need to do.

- If you are feeling overwhelmed break tasks down into small chunks and work on one chunk at a time.

- If you feel really unmotivated use the five-minute method. Commit to doing something on the project or studying for five minutes; when the five minutes are up decide if you are going to continue for another five minutes. (You almost always will because the hard part is getting started!)

- Be aware of making excuses. Challenge faulty reasoning every time and get right back on task.

- Do not reward yourself for procrastinating.

Every time you do another activity such as watching television, visiting with friends or washing your car instead of working on your goal you are rewarding yourself for procrastinating.

- Get enough rest. Fatigue is one of the biggest contributors to procrastination.

- Take action now!! Never put off important tasks until tomorrow, even if it means just doing a small portion of the task.

- Self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety can be at the root of procrastination. See a counsellor for these,

or any other, personal or academic concerns. Don't put it off!

Counselling is free to registered NAIT students and is completely confidential.

Main Campus: Counsellors are available Monday, Tuesday and Friday from 8-4:30, Wednesday from 8-5:30 and Thursday from 7:15-4:30. Call 780.378.6133 or come in person to Room W111-PB, HP Centre.

Souch Campus: A counsellor is available on Thursdays. Book in Room Z-153 or by calling 780-378-6133.

Patricia Campus: A counsellor is available Tuesdays. Call 780-378-6133 to book.

NAIT Student Counselling
Office Hours:

Main Campus: Monday to Friday, 8 - 4:30 and until 5:30 on Tuesdays
Book in person at Room W111-PB or call 780-378-6133

Patricia Campus: Thursday afternoons
Book in Room P-133

Souch Campus: Mondays, 9 - 5:15
Book in Room X-145

All counselling appointments are free and confidential.

REFLECTIONS & INSIGHTS

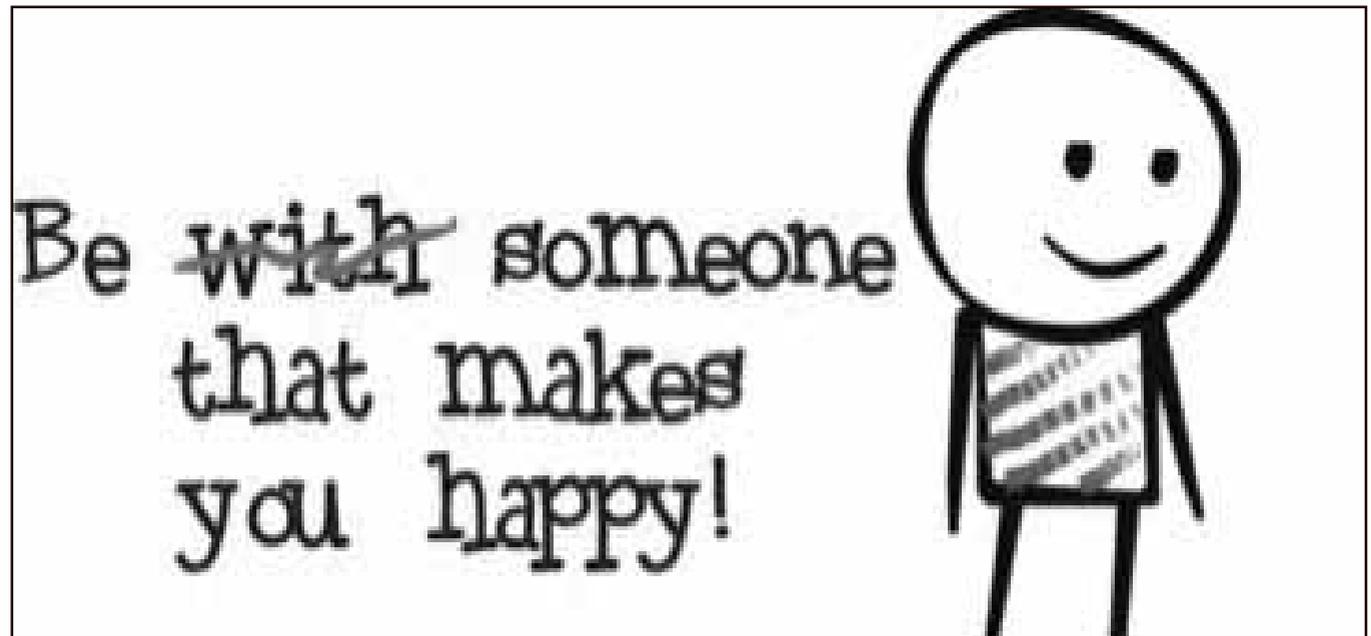
Celebrate being yourself

By JAGRIT BAJWA

Most of you think being with someone would make you happy, which is not very true. But being the one having those super qualities does make a difference. Your dependency on those who themselves are short of happiness won't fetch you any sustaining moments of delight but you may witness many terrible and regrettable moments of unhappiness with them, if you constantly stick to those freaks (gems in disguise). I know you are a pearl locked in an oyster and lost in the big ocean, yet to be discovered.

But finding yourself is not a big task you just need a GPS (focused attention as a device and position yourself towards a destination (your happiness) and start navigating. See how easy it is! And after all that navigation, you will realize all you needed was the stillness of your fast moving mind. This is because your mind takes a bit of time to get still, as it is usually in roaming mode.

Also, it has always been your regular move to keep seeking outside worldly relations like that of friends, partners, soulmates, family and even the people you don't know well, to provide you with those feelings and emotions that make you feel happy, which is seldom the scenario! All those people are not themselves that elated to inspire you but they can definitely sow some of their seeds of grief and



melancholy into you. And because you are unconscious enough towards those gloomy seeds entering you, you expose yourself to unhappiness. You can read that previous line again to recognize how often you expose yourself to those risks every day and thus, pile everything up and manufacture unhappiness.

Instead, you should be making more inner visits to see if you are you in a mode that shields you to everything that can change and affect the peace of mind and happiness of your mood. After shielding yourself, it becomes easier to start the

cleanup process (unwanted thoughts) and free your memory, like increasing the efficiency of your RAM (your mind) and then your device also won't "heat up" as it normally does.

All you need to do is fall back into yourself where you can discover more and find what's stopping you from being a happy human.

It is important to comprehend that we spend most of our time with ourselves, so we need to be comfortable and enjoy the company of "ourselves" with "ourselves." The one who you stare at in the mirror

every day must feel joyous every time because the mirror is efficient enough to reveal the whole story of you at that very moment.

So it is your responsibility to strengthen the relationship with yourself, nurture it with the food of happy thoughts and then your inner bliss will make you do your best, naturally.

Be the one whom you can celebrate with. Inner celebrations don't need someone else to make you happy but only you, who will overpower and overflow!

Live, laugh and love.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit naitso.ca/clubs/current-clubs/

WHO	WHEN	WHERE
BCX General Meetings	Wednesdays, Sept 9-Dec 15 4:30pm – 8:00pm	Room T-607
IntoNAITion General Meetings	Mondays, Sept 14-Dec 14 4:45pm – 6:00pm	Room X-111
LoL Weekly LAN Party	Wednesdays, Sept 16-Dec 16 4:30pm – 7:30pm	Room X-215
IntoNation Tuesday General Meetings	Alternating Tuesdays, Oct 13-Dec 14 4:45pm – 6:00pm	Room E-225

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
IntoNation	Area Contest	Oct 21 5:00pm – 8:00pm	Shaw Theatre
LoL	World Championship Final	Oct 31 4:30am – 11:30pm	Shaw Theatre
SFA	Range Visit	Oct 20 7:00pm-9:00pm	Wild West Shooting Centre
SFA	Info Booth	Oct 22 11:0am-1:00pm	HP Centre 2nd Floor by Pedway

CAMPUS CLUBS NEWS

WHO	WHEN	WHERE
Club Showcase	Wednesday, November 4, 2015 11:0am-12:30pm	South Lobby
Club Social	Tuesday, November 17, 2015 3:45pm-5:00pm	The Nest Taphouse Grill
Club Connect #2	Tuesday, November 17, 2015 5:30pm-6:30pm	Tower Lounge
Club Grant #2 Deadline	Wednesday, November 18, 2015 5:00pm	---

NAITSA **CAMPUS CLUBS**
CENTRE

VISIT THE
CAMPUS CLUBS CENTRE

Room E-125, NAIT Main Campus
780.471.8457 | 780.471.8871
naitso.ca/naitso-clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates