

THE **NAIT** NUGGET

Thursday, November 5, 2015
Volume 53, Issue 9

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

SOCCER WOMEN TAKE ACAC GOLD

**Returning to Nats
seeking redemption
for last year's loss in
final, story page 12**

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Photo by Jenny Lau

THIS WON'T HURT A BIT

Using an Ooklet for comfort, NAITSA Service Co-ordinator Megan Brodeur gets her flu shot in the North Lobby last week. More than 900 took advantage of the service, which ran on Main Campus Wednesday to Friday. Story, page 6.

NEWS & FEATURES

Time to work together



NICOLAS BROWN
Issues Editor
@bruchev

In the political realm, Alberta has been through a whirlwind year. Floor crossings, political snafos and elections have bombarded pundits and voters alike. The recently announced provincial budget (more info on page 7) has only added more fuel to the fire.

That fire is the blaze of partisanship across the province as political discourse becomes increasingly polarized, particularly from the province's right. Although

partisanship has always been alive and well in Alberta, the amount of vitriol and hate being pumped out on social media now threatens to snuff out productive political discourse.

Let's begin with the most recent reason for outrage on the political spectrum; the provincial budget. Not even a week after its release, political commentators and, indeed, average Albertans, are calling it the downfall of the provincial economy. Some are erroneously attributing the continuing oil price crises in the province to the new budget despite the discontinuity between correlation and causation. Recent announcements of layoffs and project cancellations by major oil and gas companies have also contributed to the anger being directed towards the new provincial government – regardless of the actual work being done in the legislature.

Add to this the apparently blind hatred for any reasonable political discourse, prevalent in many areas across the province

with perhaps the exception of the Edmonton and Calgary city centers. It appears that the tables have turned, with social media comments complaining about "Conservative party shills" being replaced with "paid NDP social media mongers." The proliferation of blogs and fringe media outlets has increased as well, with some outlets gaining more acceptance.

The outrage hasn't been limited to our provincial government either, as the recent Liberal victory at the federal level has triggered outrage among the Conservative base prominent in Alberta. Prime Minister Justin Trudeau was sworn in this week, and already the predictions of national doom have been proclaimed. The actions of an incoming government cannot be judged before the government is even in a position to make changes. Government decisions, whether provincial or federal, should be judged on their merits and drawbacks, rather than ideological position.

With so much anger flowing through

the political arena, it might be time for voters to take a step back and re-evaluate the environment. Are Canadians, and Albertans, really the people to hate others for their opinions and political beliefs? Have we been infected with, dare I say, American-style politics of fear and hatred? We are Canadian, our differences are supposed to bring us together and make us stronger. Different perspectives mean that every option is put on the table, discussed, and weighed appropriately. If these perspectives are ignored or shouted down, how can we bring forward the best ideas for Albertans or Canadians?

It's time to work together to build a stronger Alberta and a stronger Canada. We should welcome input from others, without shouting them down with calls based on ideological talking points. No more name-calling, no more filibustering and no more calls for separation. We are Canadian, we are Albertan, and we should strive for a better community for everyone.

WITT SYMPOSIUM

Lessons in struggle and support

By DANIELLE FUECHTMANN

The annual Working Together Symposium hosted by NAIT Women in Technology and Trades was held on Oct. 30, bringing together a vibrant mix of women from male-dominated fields to enjoy a morning of talks and activities.

WITT began in 2006 as Women in Technologies and trades were added to the initiative in 2011. Their mission is to provide support and opportunities for the women of NAIT. Entering a nontraditional field can be scary and initiatives like WITT offer supportive environments for women and girls to learn more about working in technologies or trades and create a support system.

This year, the symposium's theme emphasized working together. Any successful workplace requires people to work cooperatively to build a positive environment. Although the focus of WITT's programming is towards the issues women working in technologies and trades face, the ideas are also very applicable to any workplace or team environment.

The keynote speaker of the event, Darlene Dudley, expanded on the importance of working together with her presentation.

"Struggle is unavoidable but struggle leads us to understand what we want to do ... struggle gives us the resolve to accomplish what we want to

do," Dudley told the group.

Whether you're a woman pursuing a job in a male-dominated field and having a difficult time being accepted on the job or not, it's a useful message. Dudley explained that, ideally, struggle should lead us into self-care. Often, people feel that they need to present a hard shell but it's much better to stand your ground and try to be willing to be open and empathize with others.

Being conscious of how others might be feeling, she said, is key to positive environments. When someone is different from you, it can take effort to connect with them and often we don't want to take the effort necessary to make that connection because we tend to want relationships where connection is easy.

However, "those little steps of reaching out or talking to someone can mean the world to someone having a hard time," she said.

"My favourite quote is 'be kind to everyone they meet because they're each waging a great war', even those guys who you think have it so easy, they don't. They've got their struggles, too. Struggle is universal, it doesn't take much to reach out and empathize with someone but it might be a life-changer for that person!"

One strategy presented for improving communication and dynamics on a team or jobsite is bringing an understanding of per-



Supplied photo

Delegates to the Women in Technology and Trades symposium have a little fun at a photo booth that was set up at the event.

sonality types and relationship dynamics.

Angie Skuba walked attendees through a personality test to find their Meyers-Briggs personality type and then used a series of fun exercises to display some of the differences between the key preferences that make up each of the 16 types.

While it's fascinating to consider and read more about, it's not necessary to completely understand the MBTI or other personality types for it to be useful. If you rec-

ognize that individuals have different preferences and communication styles, you can start to communicate with them in a way that bridges the differences.

Creating a supportive workplace or team dynamic becomes much more accessible when you make an effort to foster empathy and communication. As attendees learned, inclusive environments come from people consistently working together towards open dialogue and respect.



Photo by Taylor Braat

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A matter of degrees

By DANIELLE FUECHTMANN

If you look around your classroom today, it's highly likely that several of your classmates (and maybe even you) already have a post-secondary degree. 10.3 per cent of students who responded to NAIT's 2014-15 Entering Student Survey stated that they had completed an undergraduate degree prior to applying at NAIT and 19.8 per cent of respondents said they had some previous post-secondary experience. It's not just a thirst for more knowledge that's driving students to NAIT for additional education. Polytechnic education is a valuable option for opening doors in the job market and continuing to build earning power.

Soft skills

University degrees, particularly those in liberal arts, are developed on a model that emphasizes soft skills like critical thinking, research and communication. While the skills a university degree provides are very valuable, they don't guarantee employment, especially in today's job market.

Josh Stock, a Civil Engineering Technology student, struggled to find a job in his field after graduating with a Bachelor of Science from Grant MacEwan University. He says he "doesn't regret getting a degree, a degree shapes you as a human being and it gives you soft skills but employers don't really get that. They want the practical skills."

After applying for nearly 30 jobs and only getting a handful of interviews, the feedback he received was that they appreciated his soft skills but people with CET designations and hands-on training were winning the jobs in his field. Plus, he realized that with "the [CET] program you can do surveying, you can do estimating, you can do management, you can do civil engineering technology," which offer valuable job security. Even with the current instability in the job market, he feels confident because "the [technical and hands-on] work still needs to be done [and] you have the flexibility to do work in the other fields."

It's a similar story for Deepa Ojha, an artist taking the Web Design stream in Digital Media and IT.

Ojha graduated with a degree from the Alberta College of Art and Design but decided to pursue additional education because with fine arts she could only really sell her artwork, "which is a really hard process."

She wanted another way to support herself while she built up her portfolio as an artist. She said she picked NAIT because "courses aren't super long, it's usually just two years and it's much more focused."

With NAIT's DMIT program she found the flexibility to complement her fine arts training with courses that will increase her employability.

Jeremy Block, a Game Design student in DMIT, is pursuing a career change and he chose NAIT because the institution offers a couple of program options for his desired field and he knew that he would get the technical skills he needed for success on the job.

He said that he had a "lot of previous education and theoretical education but I wanted to get skills that are applicable to the job."

At NAIT, you're "actually doing the work," he said.

"It's not about talking about theories, it's about 'how do you do this' and 'how do you do it correctly?'"

Feedback valuable

The regular feedback is valuable, too.

"In university [you] talk for an hour and then walk away and try to do the work and you don't find out if you've done it right until the end of the year. NAIT is much more practical because they want to make sure you do the work right and get the technical skills."

University and polytechnic education offer vastly different learning environments and educational goals and, as enrolment statistics show, a steadily increasing number of NAIT applicants are recognizing that the hands-on skills acquired while completing a diploma or designation is a perfect complement to their baccalaureate degrees.

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.

Student senators get feet wet

By WARREN MULVEY

Incoming student senators enjoyed a campus update last week, as Dr. Glenn Feltham, president and CEO of NAIT, gave a presentation to student leaders on NAIT's vision and continuing activities.

Similar to a presentation given earlier in the fall to staff, Dr. Feltham outlined the status of several NAIT projects, including the Centre for Applied Technologies, potential student residences and prospective projects. Dr. Feltham spoke at length about the positive effect the adjacent Blatchford development has had on NAIT's ability to expand. He also spoke about NAIT's vision of combining all of their campuses at the main location (with a few exceptions).

In each meeting, all of the senators spoke either during question period or dur-

ing discussion on various motions. As the student senate follows Robert's Rules of Order, when decisions are being made, each motion has to be discussed before a vote takes place. However, each meeting also includes a general question period, when senators can ask questions of the NAIT Students' Association executive council.

Senator Mikayla Luchkow (Engineering Tech and Academic Upgrading) asked Vice President Student Services Michael MacComb several questions about the state of mental health initiatives on NAIT campuses. MacComb provided information on a number of initiatives, including on-campus counselling services, a mental health check-up survey online and mental health awareness events

(such as "All You Need is Love" week).

Senator Cory Sellar (Media and Design) asked MacComb about NAITSA's student engagement strategy on social media and commented that NAITSA and the senate could broaden and intensify their reach. He replied that NAITSA has been focused on broadening the use of OrgSync, the NAITSA clubs and student social media platform.

"There's definitely room for improvement," said Sellar about NAITSA's social media presence, commenting that NAIT has a far better social media strategy and greater network reach than NAITSA. If NAITSA wants to encourage student use of OrgSync, they need to do a better job of making the social media platform engaging, he said.

Many of the senators' questions of executive council member focused on funding for NAITSA's student clubs. Several senators inquired about NAITSA's grant funding request deadlines and whether NAITSA will still assist clubs with their events if the deadline has passed.

MacComb replied that NAITSA generally encourages clubs to push their events into the next funding period. MacComb also said almost all clubs that applied for funding received all of their requested grants, with the exception of applications that failed to meet funding guidelines.

As the academic year continues, the senate's workload will grow but question period will remain one of the most important sections of the meeting for student senators. Senate meets again in late November.



Silver for NAIT on world stage

By ELYSSA TESLYK

Have you ever wondered where some of the solutions to the greatest problems are generated? The Canadian community is always looking for new ways to encourage and involve individuals of all skill sets to participate in evolving current research findings and advancements. The iGEM 2015 Giant Jamboree is most certainly one of them!

This year, the event took place on Sept. 24-28, 2015 in Boston; the team that represented NAIT was made up of six students who were awarded a silver medal for their applied research project.

"The experience was a life changing one," said competitor Johannes Coomansingh.

"Beyond the opportunity to learn and develop new skills, we were able to not only meet with our international peers but to also become more aware of the challenges that are faced internationally.

"The best parts of the experience was learning the skills needed to perform the experiments, working with students from

different disciplines within NAIT and, most importantly, interacting and building relationships with our peers from around the world."

NAIT's team, made up of students from three programs and assisted by a lead researcher and lab technologist, brought forward an applied research project that could help scientists identify proteins faster. This breakthrough could benefit many industries, including agricultural, soil and pharmaceuticals and may lead to the quicker development of new pharmaceuticals. The team went up against some of the toughest teams of PhD students from across the world, including the University of Glasgow and the University of Chicago.

"We're proud of what the members of Team NAIT have accomplished through this competition," said Dr. Chris Dambrowitz, associate vice-president of NAIT Research and Innovation.

"Their silver medal achievement is a clear demonstration of the ability and ingenuity of our students," he said.

The iGEM event has become an incubator and a means for educational institutions to teach and spark innovation in biology and engineering. iGEM started in 2003 and since then has expanded its scope to 245 teams in over 32 countries. What started as an amazing idea at MIT has now grown into its own not-for-profit in the United States.

So what does the competition look like? First, it starts with integrating techniques and concepts that students can use to create new systems. Once registered, students are given a kit of 1,000-plus interchangeable parts, which are called BioBricks from the Registry of Standard Biological Parts. Students are required to address any safety concerns that may arise, and use the kit

to build, test, and characterize their own designs in an attempt to address real-world issues.

The foundation actually runs the Registry of Standard Biological Parts, which holds "the world's largest collection of standard DNA parts contributed by an open community." NAIT students were fortunate enough to hear about the competition through faculty members Dr. Marcelo Marcel and Mattea Bujold, who held individual interviews to recruit fit candidates for the 2015 team.

The organization looks at making it very easy and flexible for interested individuals to participate. Two or more schools are able to form groups together, and there are no age restrictions or limits to how many students can be in an iGEM team, however there are requirements for undergraduate and post-graduate students. The organization generally suggests 10-15 individuals to ensure diversity, and students do require at least two instructors to be a part of the team.



Crane program moves to Spruce Grove

By CLAYTON RADKE

NAIT's Crane and Hoisting Equipment Operator programs are leaving their current site in Nisku for a new facility in Spruce Grove, to be ready for the 2016 school year.

With the lease at Nisku expiring in June and with no option for NAIT to renew it, the move west of Edmonton was necessary. Some training sessions are currently being held at Souch Campus on Calgary Trail but the current Nisku property has the space necessary to certify apprentices on cranes capable of extending up to 14 or 16 storeys.

The new Spruce Grove facility will be

more spacious than the old site, with 134 acres, which will allow ample space for expansion. While only 15 acres of that space is to be developed for the start of the fall 2016 term, NAIT remains confident in the future of the hoisting programs.

"In time, Spruce Grove Campus will allow us to expand the crane and hoisting programs by 83 per cent (from the current 276 seats to 504 seats)," said NAIT spokesman Frank Landry.

"The new site will also provide the flexibility to accommodate additional programs as required that cannot be fully accommodated at Main Campus," Landry said.

The plan, first announced in August, aims to move all of the crane and hoisting classroom functions from Souch to new classroom space in Spruce Grove.

NAIT President Dr. Glenn Feltham announced in August his hope that the new facility would bring more prospective students to the Crane and Hoisting program.

"Crane and hoisting is critical to our economy and an area where, in the past, Alberta has struggled to get enough qualified people into the field. For us, this is key to being able to meet Alberta's future economic needs," Feltham told the *Spruce*

Grove Examiner.

NAIT also hopes that the institution will strike up a positive relationship with the city of Spruce Grove once classes begin at the new facility. Likewise, the city of Spruce Grove is optimistic about the future prospects of NAIT's new campus.

"We know how important MacEwan and NAIT are to Edmonton and this has the potential to develop into something very similar for Spruce Grove," said Dave Walker, Spruce Grove's manager of economic and business development.

Classes will begin in Spruce Grove in September 2016.

New digs for HET program

By GIER BUTERMAN

Just last year, the HET (Heavy Equipment Technologies) program had 1,000 apprentices, which was the program's peak capacity.

There were huge wait lists and the program was over-subscribed. The demand for the program had never been so high. After a year of waiting for renovations to be complete, the new facilities in a hangar on 109 Street and 119 Avenue will serve as classroom space and will open up opportunities for more students in the future.

"All of the renovations done to the hangar took place all of last year and opened just a week before classes on Aug. 31, 2015," said Colin Ruthven, chair of the HET department.

The old building has more than meets the eye, with its retrofitted interior and clashing rustic exterior.

"With a 40 per cent increase in the program's population, we weren't sure that we would have anywhere to put them," said Ruthven. This year, there are just under 1,400 students taking HET training.

The program used to have four different labs for different stages of the program. But with the enrollment maxed out last year, "the spaces were so packed, we were pushing the safety rules for capacity," said Ruthven. With the new hangar in place, the HET program can accept more students and reduce the waiting lists.

"We now have the space to meet the demand of the students," said Ruthven.

After construction was complete, the new hangar consists of two classrooms, two labs and office spaces.

"The students in the third and fourth sections of the program are the ones utilizing the new space," said Ruthven.



The Heavy Equipment Technology program has new, more spacious quarters at 119 Avenue and 109 Street.

Photo by Gier Buterman

The north hangar is specifically for off-road vehicles, such as bulldozers and excavators. The south hangar, on the other hand, is intended for on-road vehicles. Any vehicle with rubber tires and vehicles meant for highway such as one ton trucks and up, are worked on in the south hangar.

Unlike other programs, the HET program runs for eight weeks. There are hundreds of students moving in and out of the program, which means the hangar couldn't have come sooner.

The facility "opens up space for equipment and now we have the space outside the back of the hangar that we can now test the equipment on and we did not have access to this before," said Ruthven.

Ruthven speculates that this new space will give a more personalized and hands-on experience for the HET program and Alberta's workers will be better prepared in the field of heavy equipment technology.

You don't have to sit in school to stand among greatness.



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Needle for a good cause

By JOEL SEMCHUK

Only a few people out there look forward to a free needle ...

But all things considered, it's one of the better decisions you'll make this winter. You can thank Shopper's Drug Mart for the vaccine on campus. If you missed the on-campus shots, they, along with Rexall, are giving out free vaccinations at their pharmacies.

The only problem with going to either of those places instead of NAIT is that Rexall and Shopper's don't give out free cookies and juice afterwards. NAIT's arrangement of chairs and private rooms made it a very relaxed and efficient environment that promoted group visits, which hopefully encouraged a few timid people to join their friends. Also, there are drop-in clinics all over Alberta at health centres and community sites.

Registered Nurse Linda Shaw was in charge of the venue at NAIT. She's our immunization and well-being consultant.

If you're not sure about getting a flu shot, Shaw doesn't insist that you get in line.

"I would hope that they would ask a health care professional or look on reliable sites, where they could get information and then make an informed choice."

She points to Alberta Health Service's website as a great place to start. There are answers to most every possible question and even some charts. One common misconception is that the flu shot actually gives you a light form of the flu virus, so I went to the website and got this: "You cannot get influenza disease from the influenza vaccine."

So there.

In order to save some time online, I asked Shaw what question she gets asked the most.

"Do I need the flu shot this year? Lots of people say 'Well, I had it last year, do I need it this year?'" Shaw said.



Photo by Joel Semchuk

This student smiles for the camera she gets a flu shot in the North Lobby last week.

She said it's a seasonal vaccine, so you need to get it once a year. The reason why it's a new shot every year is because, as a virus, the flu is constantly changing.

"We look at what strains are happening on the other side of the world, then create immunization vaccine for those particular, most prevalent strains," she said.

As far as the whole multiple-strain-thing goes, Shaw points out that this is somewhat irrelevant.

"If it's not quite the same strain as what you have been immunized for, you would still have a bit of protection in that you might not be sick as long."

The result is fewer hospital visits, less money spent on medication – all for a free shot that doesn't have any side effects.

If you're not in a health sciences program it's your choice but if you're in a health program, chances are you need the shot to be able to work, so be sure to get proof that you were there.

It's a fast and painless procedure that can only serve to make the miseries of an Edmonton winter a little easier to bear, not just for you but for all of those around you.

Snow flurries – and colder

By BRANDON HESS

30 year average daytime high is now near 3 C. Once we reach the middle of the month, the average will be near 0 C. By the time we reach the end of November, the average daytime high falls to below 0 C. How do you like the sound of that? I am not finished yet. Taking a look at average morning low temperatures, they are expected to be near -5 C for this time of the year. In fact, those average lows fall to -10 C by month's end!

Do you drive or bus to NAIT? No matter what form of transportation you take to school, you still in some way have to encounter the cold air in the morning. Whether that be heading out the door into your car, or waiting at a bus stop or LRT station. I have your forecast to help you be better prepared.

You will not be needing winter boots YET. That will come later on in the season. BUT... you will be needing a good pair of mittens and a good jacket. There will be a wind chill at time this weekend due to a decent wind speed and some chilly temperatures.

You will need to get your winter tires on as soon as possible. We have already seen some flurries falling through the region earlier this week. A cool temperature up above in the atmosphere has allowed for precipitation to fall as snow. The snow has not yet stuck to the ground as we are still quite warm near 0 C at the surface. We will not see any heavy accumulating snow until late month or December. We still have a few days left with daytime highs above 0 C. But, for the most part we are seeing morning lows below 0 C. So, chance of flurries here and there but it does not look like any major snowfall yet. Daytime highs near 0 C may seem chilly to you right now, but as I explained earlier, that is already near the seasonal average for this time of year.

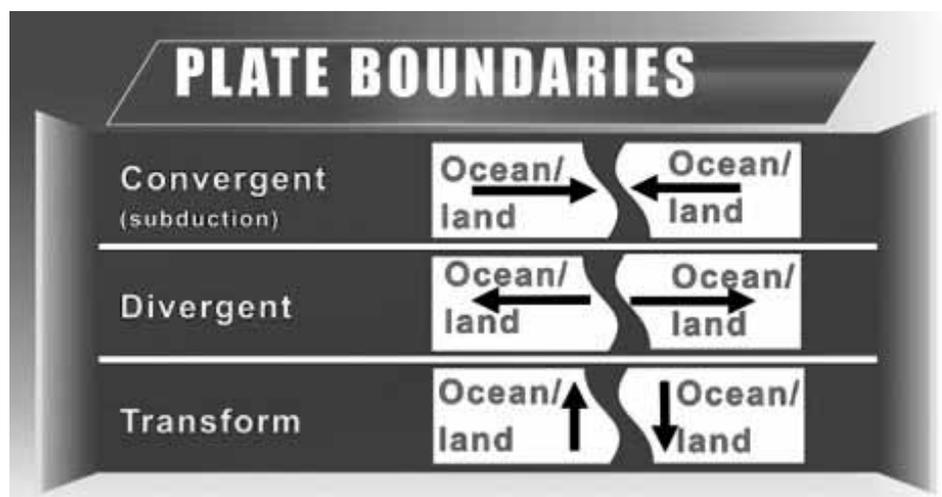
Whether you are a new student to NAIT coming from another country, or someone coming from a warmer climate, it can take time to adjust and get used to the snowfall and cold tem-

peratures. The first snowfall can be a huge shock to some international students who have not seen snow before. Coming to Edmonton from a warmer climate can also be challenging.

Did you know?

Today we will be talking about earthquakes. There are no earthquakes in Edmonton, but maybe you are a NAIT student coming from a country that experiences earthquakes. They are

associated with convergent, divergent boundaries or transform boundaries. What does this mean to you? Divergent boundaries sees earth's plates moving apart forming a ridge (ocean) or rift valley (land). Convergent boundaries on the other hand, see Earth's plates colliding together. Convergence is also called subduction. And finally we have transform boundaries where plates slide past each other.



Budget student-friendly

By **NICOLAS BROWN**
@bruchev

Last week heralded the release of the NDP government's historic first budget; Budget 2015. After some 40 years under the Progressive Conservatives, the new political regime got its first crack at taking the reins of the provincial economy. The budget release has certainly not been quiet, though, as many groups in Alberta are closely watching what direction the new provincial government intends to take.

The highlights for the budget from a student perspective are positive, with stabilization to post-secondary funding and other benefits. By the numbers, the government is reversing the 1.4 per cent cut to funding implemented under the PCs and includes a two per cent increase in base operating funding.

Positive for students

The province's Student Aid program has \$228 million for scholarships and grants for up to 63,500 students, with an additional \$183 million increase to the amount of student loans being disbursed. With a continued two-year tuition freeze on the province's post-secondary institutions, and a reversal of the tuition hikes for 25 different programs across the province, this budget appears positive for students.

"We showed once again that we are supportive and investing in post-secondary education. We've frozen tuition to make it accessible for students and stabilized the sector so institutions can make some good decisions," said Lori Sigurdson, Minister of Advanced Education and MLA for Edmonton-Riverview, "We going to be doing a review of the Adult Learning System, and so in that period of time we're going to



be assessing and listening to stakeholders regarding that. We're not going to pre-suppose what's going to come from that but be assured that our government wants to make education accessible to students and Student Aid is part of that."

The NAIT Students' Association weighed in on the changes to post-secondary funding, with NAITSA's Advocacy Director Jason Roth saying, "We are happy that our funding has been restored and are cautiously hopeful that the government's projections are correct."

Taxes are also a significant part of the budget, with a number of changes coming straight from the NDP's election platform. The most significant change is the move away from Alberta's famous flat income tax to a progressive tax regime. For students, the income tax change will have no effect, as those earning under \$125,000 a year will see no change in income taxes. For those earning over \$125,000, tax increases will range up to a five per cent increase, depending on which new tax bracket you

fall into. Outside of income taxes, the government is implementing increases on the so-called "sin taxes", with liquor mark-ups increasing five per cent and tobacco taxes increased by \$5 per carton. An interesting exception for the liquor mark-ups are locally produced products. Although the official wording is "to promote made-in-Alberta products," products from British Columbia and Saskatchewan will also benefit due to the New West Partnership Trade Agreement, a trade deal among the three Western provinces. Fuel taxes are also increasing by four cents per litre, although Alberta maintains the lowest fuel taxes in the country.

Comments on the budget aren't all positive, though. "What they're doing looks somewhat risky, but they really had to do something to diversify our economy, and you can't do that by cutting," said Roth.

Opposition MLAs are also criticizing different aspects of the new economic plan.

"I think we have a similar approach to post-secondary. We need to reduce the burden on post-secondary students, we need

to make more spaces and increase the investment in grants and scholarships. This is the future of our economy and this is the future of our province," said Dr. David Swann, Interim Leader of the Alberta Liberal Party.

However, concerning whether the province is investing enough in mental health, Dr. Swann responds, "Absolutely not. We are so far behind mental health funding, it's going to take much more than \$10 million to actually address the deficits in care centres and beds and access to specialty services."

Some criticism

There is some criticism in how the numbers are being portrayed as well.

"The student loan number actually went down a million dollars, so it's flat," explains Greg Clark, Leader of the Alberta Party and MLA for Calgary-Elbow. "You know, Student Aid going up I think that's certainly a good thing, but I think a tuition freeze is a step too far. I think indexing tuition to inflation or cost of living is reasonable and I think many students I've talked with feel like that is a reasonable balance. The worry is that at some point there is a snap back, where there's a make-up budget, all of a sudden there's a five, six, eight per cent increase in a given year. That's a big worry down the road, and the simple fact is there needs to be a fair deal for students and I think a tuition cap at cost of living increase is a fair deal."

There are many different aspects of the budget to analyse and each item will affect Albertans in different ways. The long-term effects of the provincial budget are impossible to fully predict but one thing is certain; it will continue to provide political fodder for many months to come.

Self defence for instructors

By **NOLAN GENOUD**

NAIT instructors may soon become the first line of defence. NAIT Protective Services is in the early stages of developing a self-defence course for the campus. The one in charge of developing the course is CPO James Wheeler.

Wheeler is a defensive tactics instructor who has taught self-defence programs successfully in the past. He was asked to design and teach one here at NAIT by his supervisor, Craig Skelton. However, there are many obstacles when it comes to planning a self-defence program.

"It takes many hours to teach someone self-defence [properly]," says Wheeler. "Trying to condense all of the teachings into one short program is what makes it difficult."

The program is still in the early developmental stages, though. It is still undetermined whether the course will be

offered to instructors exclusively or if students can get involved as well. It is also uncertain whether the program will take place on a single day for a couple hours or if it will be an ongoing program over the course of multiple weeks.

"We are exploring many options," says Wheeler.

Colin Ruthven, head of HET, while not personally interested in taking a self-defence course and has no experience in self-defence, encourages others to take the program.

"It [self-defence] is great for self-confidence," says Ruthven.

A student at NAIT, who has had previous self-defence training, thinks it is a good idea.

"It's good to know there are people out there who can help or knowing you could

help yourself," she says. "It might make the campus safer to be in." If the course was offered to students she would be interested in taking it.

Some students may feel uneasy knowing their instructors are trained in physical confrontations but Wheeler is decidedly firm in self-defence not being a form of attack. There is a line that separates self-defence and physical assault.

"One of the goals of this program is to teach the difference between defence and assault," says Wheeler.

Wheeler promotes looking into other programs throughout the city.

"EPS offers the R.A.D. (Rape Aggression Defence) program," says Wheeler. R.A.D. Edmonton is a non-profit organization that teaches self-defence tactics to women. A

simple web search brings up other options, including the KPC Self Defence school, MPDA (Moh Pai Defensive Arts) school and REAL Self Defence Centre.

Not everything about self-defence is technical, though. It is all about reacting to a physical aggressor, yet quite often people who are confronted by an assailant will hesitate and not do anything.

"Do something," Wheeler says. "The biggest problem is when people don't do anything. You may have heard of 'fight or flight', but there is actually a third option, 'freeze'. Do not freeze. There are sources online. Mentally prepare yourself for any situation you may find yourself in so when the time comes you can react quickly. A split second could save your life."

There is no set date on when the program will be taught, but it is expected to be ready for the 2016 winter term.



Point Counter Point

Online date debate



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

We stroll around these days with pockets full of digital conversations peppered with fun ways to supplement text. Skeptical about your friend's point because you have doubts regarding the validity/existence of his research and are now questioning his very moral fabric? Use a raised-eyebrow smiley! Appreciate the hundreds of hours of dedication and practice that resulted in that girl's Amy Winehouse cover? Give it a like! Appreciate the sweet nothings your little sugarplum just snapchatted your way? A heart-shaped emoji speaks volumes, right?

The social platforms of the web are becoming increasingly saturated with methods and techniques designed to replicate real-life social experience. They become especially significant within the emotion-riddled world of dating, which has recently been transformed by the paradigm-shifting web. Facebook is the new coffee shop. The awkward hallway meet-up has evolved into the late night "hey." Tinder's rightward swipe has replaced bar side dance-floor scouting.

Ease offset by limitations

For me, though, the relative ease of the online introduction is quickly offset by the relative limitations of cyber correspondence.

Online communication has none of the subtleties of facial expressions with meanings engrained in our psyches from years of interpersonal experience. There's no rolling eyes, no smoldering stares, no blushing or inconsistent eye contact or uncontained smiles. You also miss furrowed brows and disapproving glares, hesitations and losses-for-words.

The absence of these visual cues is compounded by the lack of auditory ones. Tone is a huge component of expression. Your voice can articulate anger, grief, sarcasm, humour, confidence, uncertainty and more. Are caps-lock and ellipses suitable replacements?

These things add true context to words – unambiguous and, often involuntary, indicators of the sincerity and candor of someone's message. Of course, the goal of online dating is to meet in person if you believe you have developed the beginnings of a solid personal connection. I argue, however, that without these classic facets of human interaction, you lack the necessary evidence required for the proper investigation of social signals; establishing a relationship online means both parties are evaluating their partners more on mental bias than physical instinct.

eHarmony a serious commitment

So, be it resolved that true communication doesn't begin until you interact with someone in person. One of the first steps in developing a relationship is discovering common interests. Online dating websites love to trumpet their matchmaking abilities. "Tell us about yourself," they demand. Creating an eHarmony account is a serious commitment – I've tried it. You can spend hours in your computer chair, filling out form after form and crafting a digital profile in your own image. Do you like outdoor activities? Check. What about indie rock? Travel? Once you are satisfied, you click a button or two, an algorithm whirs away and out come several supposedly compatible profiles for your perusal. The problem is, we're all outdoorsy, music loving, universally likable personalities in our heads. I'm not saying we're a bunch of posers – I'm sure people really are interested in the things they claim to be on these websites – but there's only so much time in a day. Why not just go out and do the things you love and meet individuals that are guaranteed to be like-minded.

You know what, there probably are a few posers out there. Have you ever seen *Catfish*? You've probably heard of it in one form or another. Basically a guy starts dating a woman online, he goes to her house and she isn't what was advertised. It has a happy ending, so it's probably fake but it just goes to show – people do some crazy shit and you never can be too sure who's on the other side of that Ethernet cable.



By **KYLE ROBERT**

The high-speed digital age that we live in is a pretty cool thing. It's worth a moment of gratitude every now and again. Left and right there are advancements and technology here to make things convenient for us, whether it be learning about literally anything on Wikipedia, collecting group project contributions on Google Drive or dating.

Ah, dating. The hunt for your perfect counterweight. Someone to make you smile, to be there for you when you feel like crap, to be there for you when you're horny, to empathize with, to help you grow. To occupy your warm, sunny thoughts. To treat like gold and receive just that in kind. That's the dream, right? I'm sure there are those of you reading this and imperiously saying 'Yeah, it does. Which is why I'm not going to leave that shit to Tinder'. And I ask: Why not? It's so laid back! In real life there are two ways, more or less, to date people. Try to get something going with a colleague or friend already in your life or try to get a stranger interested enough to want to know you better. Dating or, even asking out for that matter, your friend or colleague, has great potential for any combination of messiness and awkwardness. This is someone that is already in your life and if this doesn't go well, things are gonna get weird. I doubt they're going anywhere.

No obligation

But this can be side-stepped completely with online dating, where there is no obligation. No one pretends. If someone is into you, you guys can chat. You matched because you liked something there, clearly. If not, you move on. Easy as that. If they're not into you, you know. They're not going to want to have a conversation because they're not here to waste anyone's time. I've had more than a few dynamic and lengthy conversations in an online dating context. You can develop a pretty fair idea of someone's personality by having a good conversation with them. And while there are such things as emojis and various other forms of pseudo-communication, they don't mean squat to me. I'm looking at the King's English here.

And English is an amazingly layered and varied language. It's one of the hardest to learn for a reason. Shades of meaning and striking specificity abound and it's beautiful. A well crafted text message can convey tone just as well as face to face intonation. And I'm not looking to date someone contributing to the death of such a language, so the subtlety and comprehension in a well crafted text message speaks volumes to me. Emojis are funny sometimes but that's about it. If someone is really going nuts with those things, it's a pretty big red flag for me, because if you're relying on a bunch of little yellow cartoons to imply tone or create emotional impact, you've likely got quite the vacancy up in that dome. So unless you're frequently gaining a lot of enjoyment from extremely in-depth conversations with Sally Secretary, I don't really see the difference. A conversation or a smile for the sake of being polite can easily be misconstrued but such gestures are made because there is a responsibility and almost an obligation to over-empathize and worry about feelings instead of making things clear.

No hearts on sleeve

Not to say that you should put a ton of value into your interactions with people online, because you shouldn't. Pinning your heart on your sleeve in an environment where there is no obligation is a rookie move. If you're too sensitive to handle being unmatched or ignored, you're going to have to hit the thick-skin store. But I like it. The low-obligation context forces you to be casual about the whole thing and take a less intense approach. In my experience, the best results are from doing just that, essentially treating it like fishing. You set up your profile and then you just relax, cast your line and see who's interested. See who comes along that you click with, that you can have an interesting conversation with. Boring convo? Cast again. You guys aren't looking for the same arrangement? No worries, cast again. There's a kind of honesty that's refreshing. There's also something to be said for the efficiency of filtering through potential sweethearts in this way. The whole experience is geared towards meeting in person. So long as you can have a decent conversation, there's no reason this shouldn't equate to a decent first date.

OPINION

— Editorial —

McDavid a marvel



TAYLOR BRAAT
Editor-in-Chief
@TaylorBBraat

Growing up in Calgary and cheering for the Flames as a child has stained my blood a certain shade of red. Being a nomad, however, has its benefits.

I moved to “oil country” when I was 14 years old. I’ve gained a diverse point of view when it comes to hockey, by sitting side by side with my Dad, an avid Oilers fan, through hundreds of Edmonton games. When you love someone, you just want them to be happy, so I have learned to root for the Oilers. Not to mention my embedded sense of protection for the underdog. I will still wear my big red Flames shirt to bed whenever it’s clean (it’s just so comfy) and then wonder why my dad and I are getting into useless arguments those nights. And that “50 years old and still a fan” Flames coffee mug my dad got me for Christmas as a joke is probably my favourite cup in my ever growing and constantly ridiculed collection. Red and Blue represent my past and my present and I can look at both team’s success with a familiar eye.

Attention shifted

This season has shifted my attention from south to north with great stride as a result of one new and notable character on the ice. A young man named Connor McDavid, born in a town outside of Toronto, has graced our city in a way that no one has since Wayne Gretzky. McDavid put on his first skates at age three and began playing hockey the following year, lying about his age in order to play with the five-year-olds. That is what I call born and bred to play high-level hockey. A gift granted and nurtured without any recess. But on Wednesday Nov. 3 just around 9 p.m., you could hear the collective gasp of all Edmontonians and McDavid fans. He was taken into the boards by two Philadelphia Flyers and, just after being named NHL rookie of the month, after we marvelled at his play for 12 games, the unthinkable happened in the 13th. A broken collarbone and indefinitely sidelined, all we can do is send healing vibes and wait until we can see him skate once again. Despite the injury, though, he had enough time to make a huge impact on each member of the team and all of the fans.

The Oilers will be fine without him for the next couple months so let’s talk about the many reasons why he is and always will be, the golden boy. Expect no stats in the coming paragraphs – his energy on and off the ice is what inspires me and keeps my eyes glued to SportsCentre every game day.

He has single handedly revived our almost perpetually limping team this season with a major hand in three wins in a row, despite a wobbly start. He has brought a whirlwind

of publicity and dynastic invigoration to the team. He is not only “showing up” for every game, he has touched every player with his skill, blessing the organization and motivating the team to be better as a whole.

The first Oil regulation win against the Detroit Red Wings in six years a coincidence? I think not. The Montréal Canadiens comeback was a top trend on Facebook and for good reason. We’re miners and we’ve struck gold. “The Oilers had the Great One, now they’ve got the Next One in Connor McDavid,” said a recent article in Edmonton’s Metro newspaper.

Connor, four years my junior, has never failed to fascinate me. Through the outrageous hype and constant buzz, he hasn’t batted an eye. If someone held up a massive Photo-shopped painting of my face on Jesus’s body like a fan did for McDavid, I would, first of all, be utterly offended on behalf of many religious people and, second, shake his hand. When he saw the doctored photo at a recent game, he kept his face forward as he walked to the ice with his perfectly tightened skates because the only thing that brings him any joy is scoring goals and bettering the team he was put on. He is a wonder to watch, gliding effortlessly through, (not into) other players. It’s as if his brain can see that much farther ahead. He plays smart and also hard. His incredible skill is nothing short of captivating but the most interesting

thing about McDavid for me is his unwavering lack of emotion. You will rarely see him look at ease or even slightly happy until the puck has been shot into an opponent’s net by him or any other member of the team. He is straight-faced and thinks of nothing but how he is going to decapitate the enemy. A virgin to the NHL before the Oilers and he lives for the success of it. When you have this staggering amount of pressure and the heart strings of every Oilers fan woven tightly into your livelihood, the only time there is an allowance for relief is fighting and winning.

An incredible volume of pressure has been not only placed on him but thrown, dropped and positioned nicely on his broad and conditioned shoulders. From journalists across North America to every sports commentator known to man, everyone has their eyes glued to the young man, born in just ’97. To watch him play, it’s like fine art on ice. His away goalie interactions are the paintbrush and the ice is the canvas. McDavid is a work of art, bred for this game and we are the spectators given the chance to marvel at him. Injuries happen and this minor setback won’t be a game changer. He’s every diehard’s dream to have the pleasure of being aligned with. The prodigy of my time, I can’t wait to keep following this future hall of famer’s dynamic career.



Connor McDavid

www.copperblue.com

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SPORTS

Momentous moments



BRENNAN KLAKE
@nhlupdate

Sports.

Is there anything more likely to cause a heart attack? Maybe a Double Big Mac after blowing your mid-term?

It's incredible how a couple of people throwing a ball around or passing a puck to one another can whip up the amount of mind-numbing drama that sports fans seem to witness. It's also amazing how momentum can shift a fan's mood at every glance at the score clock. Your team can sit on top of the world and crash down to Earth in under a minute. Ask a Blue Jays fan about the seventh inning and they'll spring flashbacks of Rongned Odor, Jose Bautista's bat flip of doom or Ryan Goins unable to catch an easy fly ball to spring a mega Kansas City comeback.

As the great philosopher Katy Perry once said: 'You're up, then you're down.'

It takes a serious toll on fans. Imagine the toll it takes on the athletes.

When Pete Carroll made his infamous decision to throw the ball to win the Super Bowl and not hand off to Marshawn Lynch, Seattle fans had pits in their stomachs larger than the one Bruce Wayne magically climbed his way out of in *The Dark Knight Rises*. What about the players? Lynch's entire career builds up to a moment that will forever cement his legacy, a run from the line that can mark his name in NFL glory forever and his coach decides he isn't a good enough option. Years of hard work ending in confusion and despair. Richard Sherman looked like he was ready to melt on the spot, going from extreme confidence to depressive shame.

Seattle looked primed

On the flip side, the Patriots waited for the inevitable. Seattle looked primed to easily walk into the end zone and then the unthinkable happened. Malcolm Butler, a rookie, pulls that interception off? Are you kidding me? One play alone earned Butler a starting cornerback slot this season and thousands of Pats fans rushed to the store to buy a new jersey with their Super Bowl MVP's name on it.

How about the World Series? MLB teams play a ridiculous 162 games during a season. That's about twice the length of an NHL season and 10 times that of the NFL. It represents tons of preparation and repetitive play, throwing the ball and batting the ball, over and over.

The New York Mets missed the play-

offs for nine straight years. David Wright has played for the Mets in every one of those seasons. Failure after failure. Finally, after almost a decade with nothing to show for it, the Mets make it back to the postseason and put a run together. The Mets downed the Pirates and steamrolled the Chicago Cubs before meeting Kansas City in the World Series.

In Game 5 at the top of the ninth inning, Matt Harvey was about to go for a complete game with his team up 2-0. Sportsnet even tweeted out a game story early about Game 6 being the next day after a dominant performance by the Mets starting ace. Eight innings of shutout baseball.

In a flash, everything shattered. Starting pitcher Matt Harvey gets pulled and the Royals blast home seven runs.

Nine years and a World Series run were ended by a one-inning stretch. Wright continues to wait for his first title.

There's no other word to use other than devastating. All of the hard work for nothing.

Our moods may change because of a game or maybe we lost some money because of a few online bets but our lives aren't truly affected. We don't find ourselves out of a job like some of the Mets players will find this winter. We don't find instant stardom because we watched a turning point interception. Our feelings may get hurt but we aren't the ones

with a broken arm after a big hit.

In the movie *Million Dollar Baby*, Hilary Swank plays a wannabe amateur boxer who rises to the top of the woman's welterweight class thanks to help from Frankie Dunn (played by Clint Eastwood), a famous boxing trainer with all the tips and tricks to help her improve. This movie is a perfect example of sudden, drastic change in the life of an athlete. Swank's character goes from a million-dollar opportunity to a quadriplegic in an instant. A fan watching might wince and talk about how bad her injury looked at the watercooler the next day but the boxer is struggling for her life in the operating room.

Part of the lifestyle

Why do athletes risk their lives for a simple game? It's just part of the lifestyle. You play for the rewards with the understanding that it all could come crashing down. The next time you're watching a game and you see a player's leg explode in Kevin Ware-like fashion, think for a second about that player's life changing in a split-second. His physical ability to walk coming into question just because he fell funny on a three-point throw.

The drama we love at home is real life for the athletes past our television screens. If I were a professional athlete, that's probably what would give me a heart attack.

Taking it slowly with tai chi



www.laura-coulter.com

By GIER BUTERMAN

For students who are feeling achy or just down right not well, tai chi can be an excellent way to refresh and restart the mind and body. Tai chi is an ancient Chinese martial art and art form which centres around the flow of chi within the human body.

Chi (qi) is the balance of energies within the universe and tai chi is thought to be the way to stimulate and regulate the balance of chi.

Tai chi is an excellent fitness alternative because it can be practised practically anywhere. It is performed at whatever rate a person is comfortable with and the moves are easy to do.

There are many different types or styles of tai chi. Tai chi chun training has five styles: taolu, solo hand and weapons routines, neigong and qigong, breathing movement and awareness exercises through meditation, tuishou, response drills, and sanshou, for self defence.

Some of the health benefits that come from practicing tai chi are a relaxed mind,

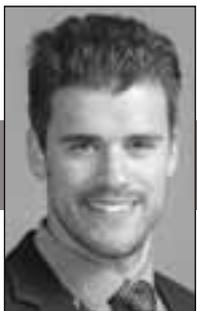
increased muscle strength and flexibility, as well as balance and mental awareness. A study by Harvard describes tai chi as "circular movements that are never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched." Tai Chi is for people of all ages, and is a great way to aid an illness, disability or pain, as the study describes, "Tai Chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery."

For those who have not seen tai chi performed, it is similar to a dance in slow motion, where each movement is executed with calm intent. Students interested in tai chi can attend many of the studios Edmonton has, for example, Fung Loy Kok Taoist Tai Chi, Ji Hone Wu Shu and Tai Chi College and Shand De Tai Chi Praying Manti. For students on a budget, not to worry, most tai chi studios only require a donation or a small fee for the courses you as a student would like to take.

Keeping Score

Favourite Canadian team?

Welcome back to *Keeping Score*, the weekly debate on a topic in the world of sports. This week, NR92 personality Craig Fraser faces off against me to decide which Canadian NHL squad has the best chance of turning a rough start to the season around. While fans of the Montreal Canadiens have plenty to cheer about, most of the country has already begun drowning their sorrows. The Jets are hovering around .500, the Leafs have the worst record in the East and the Calgary Flames have failed to live up to expectations thus far. However, which team can turn their fortunes around and join the playoff race? Obviously there's plenty of season left but with parity at such a high in the NHL, wins are hard to come by. Can the Oilers ride the spectacular play of Connor McDavid to their first berth since 2006? Can the Jets find the consistency that led them to the postseason last year? Can the Senators prove their critics wrong again despite a minuscule payroll? Can the Flames rediscover the magic that got them past the first round in the spring? And can Mike Babcock's squad finally get some results? What do we think? Read on ...



JOSH RYAN
Sports Editor
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Wow, what a rough start for my boys in Calgary. Worst goal differential in the NHL (by Oct. 31), one of the worst face-off percentages and a place amongst the basement dwellers of the league. However, people keep forgetting a couple of key things about this team and the league in general, that demand we show a little patience.

The Flames have been through this before: Last season, the squad suffered through an eight-game winless streak that saw Cowtown plummet out of the playoff race. The string of losses ended with an epic comeback win in overtime on the road against the Los Angeles Kings. Eight games! That should signify that this team is capable of fighting through adversity.

Gio is back: Calgary made the playoffs despite losing their captain and best player in Mark Giordano last season. At the time of his injury, he was an undisputed choice for the Norris and arguably a Hart candidate for league MVP! With Gio in the lineup, this squad will settle in before long. He's too good



a player to let things get further out of hand.

Brodie is back and Dougie needs time: The Flames started the season without talented young defenceman TJ Brodie, who's watched from the press box while recovering from an injury. With him back in the fold, the defence is solidified. Also, big acquisition Dougie Hamilton has struggled through the first eight games of the season but it takes time to adjust to a new system, especially for a defenceman. He'll turn things around soon.

The goaltending can't remain this bad: By no means do the Flames have a great No. 1 goaltender but both Jonas Hiller and Karri Ramo are much better than they've shown early this season. This is Calgary's biggest issue going forward but the goaltending will improve, whether it's significant or miniscule.

There's time to make moves: The Flames have a wealth of defencemen, a position that every franchise always craves additions to and some salary cap flexibility. Some rumours earlier last week suggested Calgary is amongst several suitors for Steven Stamkos. Whether it's a goaltender or another talented scorer, the Flames have opportunities to improve the roster going forward that other teams don't.

Ultimately, if the Flames can't get back into the playoff race, which is highly likely in a tough Western Conference, management isn't going to panic. It's a young squad, with room to grow, that over-achieved last season. But, don't spill your pints from shock if you see Calgary competing for Lord Stanley's Cup in 2016.



CRAIG FRASER

The season can change in the blink of an eye. Believe me, I know ... I'm a Toronto Maple Leafs fan. I've witnessed my team push towards a division spot in the playoffs and the chance to lift the cup seems all so possible. But next thing you know, we dropped 12 games in a row and were 10 games back of eighth place.

How did that even happen? I still scratch my head but this season the Leafs seem anything but eligible to make the playoffs. After a fire sale summer and the hiring of bench boss Mike Babcock, the Leafs are poised to sit in the sewer yet again.

The start has been less than desirable for Leafs fans. I've teared up at night several times already but I think, for the first time in over a decade, the Buds have hope. With the emergence of the "fancy stats" movement in recent years, the game has changed more drastically than it did after the '04-'05 lockout.

I hate math but it is very useful and

statistics like "corsi" and "fenwick" that can determine a team's success based on puck possession and shot differential, have yielded pretty staggering results. The Leafs are not at the bottom end of the league, for once. In fact, they're in third place, behind Dallas and St. Louis in shooting percentages and statistics and they're also third in stats per time on ice (TOI) and scoring stats.

So, what does this matter when the Leafs are still tied for last place in the league after the first leg of the season? Well, I will admit the Leafs aren't going to shoot to first place in the standings but for once it can be said that Toronto is not as bad as its record indicates. Are they playoff contenders? No. But will they improve if they keep up this play? Absolutely. Fortune is finally behind the Leafs and they'll be the team to turn their season around.

Montreal is out to a flying start. Vancouver, Ottawa, Winnipeg and Calgary will do relatively well and all teams could potentially make the playoffs. Edmonton has had an interesting start and as much as the arrival of McDavid has many fans with a lot of hope, this season won't yield much more of an improvement in their season as their shooting percentages and statistics place them third last in the league.

Based off the new system, the Leafs (statistically) are the most likely to turn their season around! Go Leafs, go!



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.



Supplied photo

NAIT Ooks women pose with their banner after taking gold on Sunday in the ACAC soccer final, held at Grande Prairie Regional College.

SOCCER

Gold for gals, bronze for guys

By CRAIG FRASER

Both the men and women's soccer teams came away with medals at the ACAC Championships this past weekend in Grande Prairie. The women's team went

undefeated for the second straight weekend, prevailing over the Concordia Thunder 4-1 to claim another championship. NAIT's men lost in the semifinals to the South Division's top seeded Lethbridge

Kodiaks 4-1 but prevailed in the bronze medal game by that same score over the SAIT Trojans.

The ladies headed into the championships with an impressive 46 wins and only three losses and a tie in the past five years in ACAC regular-season action. Along with their impressive record, they have claimed post-season championships in 2011, 2012 and 2014.

Fifth-year forward Kayla Michaels scored a Texas hat trick with all four goals. She had also scored the lone goal in the semifinal win over the Grande Prairie Wolves. This adds to her total of 18 from the regular season.

"What can I say about Kayla," said head coach Carole Holt. "She has had such an impact on our team and conference in the two years she has been here. I can't imagine what she would have done to the record books if she had been here for all five years of her eligibility."

Holt also noted that her work ethic in a game is incredible, as Michaels works hard to score the goals but she also sets up just as many.

"Grande Prairie had her man-marked very closely and she did not have a lot of space," Holt said. "But the one opportunity she had, she scored. I think more importantly though, she is just a great person – it really has been a pleasure working with her."

In the men's semifinal loss, Igi Broda had the lone goal for the Ooks and head coach Charles O'Toole said the team still

performed very well, despite the result. The Ooks outshot the Kodiaks 24-9 and had the majority of ball possession but the team had difficulty finishing.

"The team performed ... up to their potential," O'Toole said.

"Unfortunately, soccer can be a cruel game and Saturday's provincial semifinal proved to be one of those days. I believe we were the better team and deserved to be in the final. Had we capitalized, that would have been the case."

In the bronze medal match, Broda opened the scoring and Etern Mortotsi and Luis de la Torre Navarro notched the other markers for the Ooks.

"I am very proud of our boys," O'Toole said. "We improved on our league record over last year, reduced our goals against and were able to have four players make the North Conference team. We now have to regroup and start to rebuild for next year."

The women's team leaves on Nov. 9 to Ontario for the CCAA Championships. NAIT enters the tournament as the second seed and faces the ACAA champion MVSU Mystics. Mystics star Danielle MacDonald has 18 goals of her own, which should make for an interesting battle with Michaels. The Ooks are hoping for redemption from last year, where they lost 3-0 in the final to Quebec powerhouse Garneau.

"We will have a couple of sessions to fine-tune things, but it's really about rest and recovery as well as providing some time for the players to get caught up on their school work," said Holt.



Photo by Jesse Kushneryk

Kayla Michaels holds off a Concordia player during a game on Oct. 17 at NAIT field. NAIT won the game, 2-1. The Ooks defeated the Thunder 4-1 on the weekend to take the ACAC championship.

NAIT soccer a family affair

By **KATHERINE HILL**
@KatherineHill57

For NAIT coach Charles O'Toole, soccer is family affair. His son Sean and daughter Kiera currently play at NAIT. Both are following in the footsteps of their father, who played for the Oaks between 1987 and 1989 and now sport ACAC hardware – Sean won bronze and Kiera won gold at the Conference Championships last weekend.

The past connection with NAIT made it an easy decision for Charles to return to his former team, this time as a coach.

“I just wanted to give back to the community and, when the past coach Jeff Paulus asked me to come on board, I jumped at the opportunity,” said Charles “I always wanted to coach at a high level and this has given me the opportunity to do that.”

Charles can't say for sure why his family has had such success in soccer but he attributes it to a general love of the sport that he passed on to his children.

“I've always watched soccer all the time. I played soccer a lot. I even played soccer in high school and I think the kids just gravitated to that sort of thing. They were never really interested in any other sports.”

Sean is in his third year of Business Administration but this is the first year he's played for the soccer team. He took several years off from the game but decided that he wanted to play again this past summer.

“After taking a few years off from soccer, I started to miss competitive sports and that sort of ‘team’ feeling again,” Sean said recently.

“When I heard my dad mention they were going to need to look for some new defenders this year, I started to consider the idea of going back.”

There are some challenges to playing for his father at a college level but both Sean and Charles have tried to keep their emotions out of the game.

“I haven't really let emotions get involved in it,” said Charles. “I treat it more like a business. If something has to happen, it's dealt with in a businesslike manner, in a professional manner.”

And for Sean, it's a mix of challenge and reward. “Rewarding because it's hard to find a



Kiera O'Toole

team that has a coach with as much experience as him,” he said.

“His teams are also known for being some of the top contenders in their league. It is also easier to get more feedback off the field. However, it can sometimes be challenging. Coaches, players and just fans in general seem to set a higher level of standards for you when they know you're the coach's son.”

Charles also says that he makes sure his son is held to the same playing standard as everyone else on the field.

“I said you're not going to be treated any differently than any other player. If you're not playing up to par, then you're not going to be playing. If you are, then you will get the time,” Charles says.

And so far, the coaching dynamic seems to be working for them. Even with his extended break from soccer, Sean was ready to play this year and was a starter in every match for the men's squad, helping the defence to its bronze medal finish.

Kiera is in her first year of NAIT's Personal Fitness Training program and plays midfield under women's coach Carole Holt. She played for her father growing up and enjoys getting the chance to learn the game from someone else.

“I like having a different coach now as I am getting a different side of coaching from someone else and learning new stuff, which is making my game better as I can combine both the new and old,” she said.

She played other sports but was always the most drawn to soccer.

“I started playing soccer when I was very young and just got into it from my dad, as soccer was his sport,” says Kiera, “I played a few different sports growing up, but soccer was the one I always went back to.”

Charles says that her interest grew from watching the rest of her family play.

“She got enthralled with the sport that way. And she just led her own path and she's always played,” he said.

With these family ties, the O'Tooles are hoping to enjoy continued success with the Oaks, starting with Kiera's trip to Nationals with the women's squad on Nov. 9.



Charles O'Toole



Sean O'Toole

Athletes of the week

Oct. 26-Nov. 1

Kayla Michaels
Soccer



The women's soccer team won their fourth ACAC championship in the past five years this past weekend with a 4-1 victory over Concordia in the final. Kayla scored all four goals and also scored the lone goal in the Oaks 1-0 semifinal win over Grande Prairie. Kayla was named tournament MVP after being selected ACAC Player of the Year prior to the championships. “Grande Prairie had her man-marked on Saturday and she did not have a lot of space but scored on the one opportunity she had,” said head coach Carole Holt. “On Sunday, she was able to find some space and her movement was good ...” Kayla is a fifth-year Business Marketing student from Edmonton.

Adrian Curtis
Basketball



The men's basketball team improved to 3-1 after a weekend home sweep of the GPRC Wolves. Adrian was selected Player of the Game Friday night, netting 26 points, eight rebounds and three assists. On Saturday night, Adrian collected another 18 points and held the hot hand from the three-point line, shooting 56 per cent from behind the arc for the weekend. “When Adrian is contributing in several ways for the Oaks he is an elite player and makes us very tough to compete against,” said head coach Mike Connolly. Adrian is a fifth year Open Studies student from Edmonton.

Athletes of the week

October 19-25

Veronika Kuzelova
Hockey



The Oaks women split their first ever two-game series with the Olds College Broncos. Veronika was consistently driving the net and posing an offensive threat against Olds, notching an assist on NAIT's only goal in a 3-1 road loss Thursday. She also set up another goal in the team's 5-2 win over the Broncos at NAIT Arena Saturday evening. “We asked Veronika to start shooting the puck and she did that in this series with nine shots on net and many opportunities created by her play,” said head coach Deanna Martin. Veronika is a second-year Personal Fitness Training student from Prague, Czech Republic.

Kevin Carthy
Hockey



The NAIT men's hockey team improved their record to a perfect 8-0 by sweeping the MacEwan Griffins. Kevin had a goal and an assist in Friday's 8-3 home win, then followed that up by scoring the Oaks first goal in a 3-2 road victory over the Griffins Saturday night. “Kevin's relentless work ethic, enthusiasm and team-first attitude is contagious to his teammates,” said head coach Mike Gabinet. His practice habits, preparation and leadership are outstanding.” Kevin is a fourth-year Bachelor of Business Administration student from Edmonton.

MEN'S HOCKEY

Portage no match for Ooks

By ZANE TOMICH
@7_zaner

Another day, another win as the NAIT Ooks men's hockey team pulled off a massive 9-1 victory over Portage on Halloween night. This marks the series sweep as they also defeated Portage 6-2 on Friday Oct. 30. The Ooks remain atop of the ACAC standings with an undefeated record of 10-0.

Offence was in full supply, as NAIT had zero issues

finding the back of the net, outshooting Portage 54-22. The Ooks were very effective from both ends of the ice, generating dangerous offensive attacks and providing steady defensive play. Every NAIT player did their job and played very well. Ooks forward Trace Elson was awarded Player of the Game for his four assists. Linemates Kevin Carthy and Tanner Dunkle also had great games. Elson's line was exceptional as all three players had four point nights.

"Tonight our line was cycling the puck, Kevin Carthy and Tanner Dunkle are both energetic players and it was easy to keep it in their (Portage) zone. They (Portage) were having lapses and we have a quick line, so it was easy to find the right guys," said Elson.

However, it was not just the ability to score goals that ultimately won the game for NAIT. Hard work and competitiveness greatly contributes to the team's sweep. Head coach Mike Gabinet has been doing a superb job connecting with the players and encouraging them to play to their potential. It all starts with practice and establishing a good work ethic, which translates into game action.

"In practice we have a competitive atmosphere, probably the most competitive for any team I've ever played on. Gabby (coach Mike Gabinet) is always correcting us on the bench, making sure everything is going well and when we do things right he lets us know, which brings our spirits up," said Elson.

Goaltending was rock solid as Ooks starter Kyle Birch stopped 21 of the 22 shots he faced. He made some highlight reel saves, doing an admirable job between the pipes.

The Ooks are also coming off a two game series sweep over the Grant MacEwan Griffins last weekend. In the first game on Saturday Oct. 24 they won 7-3. On Sunday they squeaked by with a nail-biting 3-2 victory. The Ooks were back in action on Nov. 4 and 5 as they get ready to take on Augustana in a two game home and away series. Augustana sits second behind NAIT in the ACAC standings with a 7-1-0-2 record and have the second best goal differential behind the Ooks. The results of this matchup were unavailable at the time of publication. For full results, go to the ACAC website.

The next date for the Ooks is Nov. 13 against the Concordia Thunder. Puck drop is 8:15 p.m. at Clareview Arena. The Ooks then return to NAIT the following evening at 6.



Photo by Jesse Kushneryk

Ooks forward Billy Gaston crowds a Portage player on Saturday night at NAIT arena. NAIT won the game 9-1 to complete a weekend sweep.

WOMEN'S HOCKEY

Women split with Olds College

By WARREN MULVEY
@dubevryoneloves

The NAIT Ooks women's hockey team struggled in losing three of four during the past two weeks.

NAIT's women's squad lost 3-1 and won 5-2 in a home-and-home series against the Olds College Broncos two weeks ago. This past weekend, the Ooks lost 3-2 and 2-1 in a home-and-home nail-biter against the league-leading Red Deer College Queens. NAIT currently sits in last place in the ACAC with a 2-4 record.

On Oct. 22 at Olds Sportsplex the Broncos' Tracie Kikuchi was outstanding, sealing the victory despite NAIT outshooting Olds 41-26. Oct. 23 at NAIT Arena, Ooks captain Breanna

Frasca scored the hat trick to help the Ooks split the weekend, this time outshooting Olds 24-14.

This past Thursday at Red Deer Arena, Ooks leading scorer Veronika Kuzelova opened scoring on the power play

2:25 into the second period, before Red Deer forward Julia Murrell tied the game three minutes later. The Queens took the lead off a goal by Keinynd Nordel at 12:05 of the second. Early in the third period the Ooks' Jordyn Tibbatts tied the game. However, with seven seconds left, the Queens' Nikki Connor scored the game-winning goal to steal the win for Red Deer.

NAIT goaltender Shelby Audet stopped 33 of 36 shots. RDC goaltender, and league goals-against average and save percentage leader, Alexandra Frisk made 20 saves.

On Friday night at NAIT Arena, Kuzelova opened the scoring at 2:36 of the first period. The Queen's Kaely McMurtry tied the game at 7:06. Jade Petrie scored the eventual game-winner for RDC

with a minute and a half remaining in the first.

Alexandra Frisk continued her exceptional season in the game, stonewalling several NAIT scoring chances throughout the second and third periods. In total she stopped 22 of 23

shots. RDC's penalty kill kept NAIT's power play off of the scoreboard for the first time in weeks, stifling their offense on six chances. This game featured a lot of physical play as NAIT worked hard to solve the Queens' defense.

Ooks coach Deanna Martin said that RDC's strength is their team depth. She also said her team kept the game close against a formidable opponent, so there's a lot of positives to build upon.

"We were close, but we weren't quite there. We have to be there if we want to win those close games."

Martin said that this team has a lot of first year players, and coupled with changes in systems, this team still has a lot to learn. She also said there's still a lot of time to turn the season around.

"We're just getting to that quarter point so we're still in a good spot. I'm not too concerned."

Ooks captain Breanna Frasca said that the group needs to come together as a team, which can only happen with more experience.

"If we do that, no team will be able to beat us," she said.

This weekend, NAIT will play the MacEwan University Griffins in a home-and-home series. G-Mac is currently second in the league with a 3-3 record. The Griffins' Michelle Pochapsky, Shyla Jans and Dominique Scheurer are the top three scorers in the league with 10, six and six points respectively.

The Friday night game starts at 8:15 p.m. at Confederation Arena, and the Saturday night game starts at 6:00 p.m. at NAIT Arena.



Photo by Jesse Kushneryk

Ooks forward Livia Lucova is shadowed by a Red Deer player at NAIT arena Oct. 30. Ooks lost 3-2.

BASKETBALL

Ooks sweep GPRC Wolves

By **JOSH RYAN**
Sports Editor

After a week off, NAIT's hoopsters made the most of their first appearance in front of friends, family and the rest of Ook fandom. The women's and men's basketball teams swept the visiting Grande Prairie Wolves out of the gym on Halloween weekend, in the home opener for both squads. NAIT's ladies had an inconsistent performance in a 70-57 win before crushing the Wolves 83-48, while their male counterparts edged the visitors from the northwest 87-80 and 86-80. The women are undefeated through four games and the men improve to 3-1.

Friday evening, NAIT's women's team led a feisty Wolves team 32-26 at the half, before breaking the game open with a 25-10 third quarter. Grande Prairie made a run in the fourth, but the Ooks had built up too much of a lead. Shea-Lynn Noyes was Player of the Game for NAIT with 14 points, five rebounds and eight steals and star centre Torey Hill returned to the lineup for the first time in a

month with 12 points and nine boards.

The following afternoon, the Ooks kicked off Halloween with a good ol' shellacking. Leading 25-12 after the opening quarter, Todd Warnick's squad continued to increase that margin throughout the contest; shooting over 50 per cent and forcing 29 turnovers. POG honours went to Jordan Enns for her 12 point eight rebound performance, but she was one of 11 Ooks to get on the score sheet and four to net double digits, including Melesha Petterson's game high 16 points. This extends the Ooks winning streak from last year to six games.

Friday evening was a much tighter affair for the men, who faced a GP squad with several talented scorers. Three-point shooting was an issue, with the Ooks shooting under 30 per cent, but they dominated the Wolves 48-32 on the boards. Guard Jackson Jacob led the Ooks with 28 points and the team's Player of the Game, Adrian Curtis, had 26 points, eight rebounds and three assists.

Saturday, the Wolves came out hard

again, leading the Ooks 43-32 at halftime. However, a big third quarter and timely baskets helped the Ooks pull off the comeback. POG honours went to fourth year Seb Cava (16 points, 11 rebounds and eight assists), fifth year Captain Cameron Smith knocked down 19 points and Samson Cleare added 12 points, 11 boards and two clutch blocks.

"GPRC is a solid team and worked very hard over the weekend," said head coach Mike Connolly. "The weekend results could have gone either way. We are lucky to come away with a sweep, but we will take it."

Next for NAIT's hoop teams is a series

with the Augustana Vikings. The women are one of the league's top clubs over the past few years and took two games off of NAIT last year. Augustana's men's team is young, but quick and are always tough to play in their own gym, which Connolly is prepared for.

"We have a lot of work to do and things to correct in order to be prepared for next weekend's games versus an always well-prepared Vikings team," he said.

Game times for Friday are 6 and 8 p.m. with the men following the women's game in Camrose. Tip-off remains the same time Saturday evening at the NAIT gym.

Athlete Profile



Player: Callie Noskey

Sport: Women's hockey

Position: Defence

Program: Personal Fitness

By **ELYSSA TESLYK**

1. What made you start playing hockey? The fact that I grew up in a home in which everyone in my family loved hockey pretty much directed me to playing the sport I love.

2. What is something people don't know about you? I graduated high school at the age of 16.

3. What three things can you not live without? My mom, my phone and my cat.

4. What is your favourite movie?

Don't have a favourite movie.

5. What type of music do you enjoy?

I enjoy country and rap, two completely different genres.

6. What are your hobbies in your spare time? I like spending time with my friends, family and cat during my spare time.

7. Who is your childhood idol? My

childhood idol was my sister, as I wanted to do everything she did and I wanted everything she got.

8. Which sports do you like to play besides hockey? Besides hockey, I enjoy playing volleyball.

9. Do you have a pregame meal? Don't have a pre-game meal but I do like

macaroni, wieners and tomato soup mixed together. Fave meal.

10. Who inspires you the most? My mother is definitely my inspiration.

11. What is the best advice you've been given so far? Whenever something happens that makes you sad, ask yourself whether you'd still care about it when you're 90.

12. What do you want to say to your team? I am really looking forward to building new friendships with everyone!



Photo by Jesse Kushneryk

NAIT Ooks Adrian Curtis goes up for a dunk against Grande Prairie on Friday at NAIT gym. NAIT won the contest 87-80.

ENTERTAINMENT

Parents – cheer, don't jeer



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

This week, I've chosen to digress from the world of entertainment and examine a more serious topic (Sorry Drake, you'll have to wait until next week). This column goes out to all of the parents out there roaming the NAIT halls. Now, I know the NAIT demographic isn't exactly the one that a column about parenting should cater to. But I'm assuming a lot of you will be parents one day if you aren't already, so consider this a tactical column – a preemptive strike. Be a sane parent when cheering for your kids.

If you do already have children and

they're old enough to be playing organized sports, this might seem redundant but you're at those competitions to support them and their interests. You're not there to relieve the stresses of your work week by hurling obscenities at the top of your lungs for two hours, to chastise your child for not showing the predilections of a future star or to suggest that the referees take a timeout to think about all the heinously improper calls they have supposedly made.

My part-time job filming amateur sports affords me an unbiased, birds-eye view of both playing surfaces and the stadiums and it has really shown me how bad a problem angry, obtrusive parents can be. One coach in particular, who shall remain nameless because I think he's a small sample of a bigger problem, is probably the main reason that I decided to write this article. After hearing him curse, scream and belittle people through his headset on multiple occasions, I thought I would utilize my zoom lens to see who his anger was directed at. To my surprise, it was not another coach on the other end of the line – that would be a problem of its own but I think another adult would be better suited

to deal with such an aggressive personality than a young, impressionable player. You seem to think phrases like "F***ing listen to me" and "Do I have to tell you where to throw the ball every f***ing play" go in one ear and out the other, but let me tell you that it's quite the opposite. That kid is probably 16 or 17 and he's probably still trying to figure out how to get things accomplished in life. Anger and other extreme forms of emotion should not trump logic and rationality. Even if he grows up to realize the errors of your ways, he will always have to deal with habits and behaviours influenced by the abuse. This coach and others seem to think that residing in the press box grants them immunity to say whatever they want, which is ironic because I am usually standing nearby with a device that records audio!

Because of how direct that example of communication is, it's probably the most significant example I've encountered but to the fans simply sitting in the crowd, you aren't off the hook. I watch, listen and lament not bringing earplugs as you scream yourself hoarse at your own team's players, the opponents and the referees. I think

some of you are getting a better workout than the players, judging by how red your faces are. Here's the kicker – the players can't hear you. I know from experience that they're much more concerned with themselves, their opponents and the game. All that your shouting is doing is annoying me and making what should be a, positive, exciting atmosphere unpleasant for everyone.

Now, I am not a parent, so I'll admit that I can't truly relate to the emotions motivating a lot of those fans in the crowd. But I believe there are more sane methods of expression. I see fans who applaud for both teams when appropriate, who yell at the referees lightheartedly to mock those that do it in earnest, who realize that it really is just a game. They are still loud (and annoying to me – the cowbells sound better in SNL sketches, guys), but they enhance the experience of those around them. To my friend and new mother Emily, please do wholeheartedly cheer little Bruin on to whatever victories he pursues – I'll bring earplugs – just make sure that it's really him you're cheering for and not yourself.

NOVEMBER EVENT LIST

- | | |
|------------------------------------|--|
| 5 RED LIGHT GREEN LIGHT @ NEST | 19 GAME NIGHT @ NEST |
| 6 HOW TO: SELF DEFENSE | 20 FITNESS CHALLENGE DAY 3 |
| 7 NAITSA KIDS PARTY | 23 FITNESS CHALLENGE DAY 4 |
| 12 HOW TO: DECORATE CUPCAKES | 24 HOW TO: CARE FOR YOUR FACIAL HAIR |
| 12 RODEO KARAOKE @ NEST | 25 FITNESS CHALLENGE DAY 5 |
| 13 HOW TO: SALSA DANCE | 26 EXTREME SPORTS @ NEST |
| 16 SLOPPY JOES @ PATRICIA CAMPUS | 27 FITNESS CHALLENGE DAY 6 |
| 16 FITNESS CHALLENGE DAY 1 | 30 BASIC NEEDS FAIR |
| 17 EVENING STUDENT APPRECIATION | |
| 17 SLOPPY JOES @ SOUCH CAMPUS | |
| 18 WELLNESS WEDNESDAY | |
| 18 FITNESS CHALLENGE DAY 2 | |
| 19 BLOOD DONOR CLINIC | |

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FOR YOUR LISTENING PLEASURE ...

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By **COURTNEY BELL**

I've always believed that music isn't for the ears; it's for the soul. Music has the power to either make or break any mood. You can be in tears, and your favourite song comes on and you're instantly happy. Or if you flip the situation, you can be extremely happy and hear a sad song and your mood is completely different. Music is more than just noise, it's powerful and it's a message to anyone listening.

Whenever you ask someone what his or her favourite band is or favourite genre, I find no one really knows how to answer that question. I believe it's because different genres of music fit different

moods. When I say music is for the soul, I'm saying it's OK to like all kinds of music because you can't define what kinds of music you like; it's just what speaks to you.

Here is a playlist of my favourite songs that I like to listen to when I'm in the best of moods and in the worst. These songs have spoken to my soul and have quickly become my favourites and I hope you'll give them a listen, and fall in love with them just like I have.

- Kansas City – The New Basement Tapes
- Trumpets – Jason Derulo
- S.O.B. – Nathaniel Rateliff & The Night Sweats
- Roots – Imagine Dragons
- Somebody Somewhere – Dallas Smith
- Dream – Imagine Dragons
- Bloodstream – Ed Sheeran
- Uptown Funk – Mark Ronson
- Hopeless Wanderer – Mumford & Sons
- Let Her Go – Passenger
- Drive Me Home – Hollow Tree
- Raised On It – Sam Hunt
- Lay Me Down – Sam Smith



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TOM ARMSTRONG

Is dad-bod in right now?



"If you are a happy person, then yes, looks are no issue."

Breck PFT



"Yeah definitely making a comeback. For sure it's attractive!"

Mariah Business



"It sounds cheesy but it's about your personality and what's on the inside!"

Courtney Vet Technician



"If it's daddy-like, then no."

Kaley CET



"No, it's not. It's not for me."

Erick ESL

TV shows, new and old

By GERVAISE BRANCH-ALLEN

This September, I started watching a few new TV shows as well as some returning series. Following are my opinions on a few shows I have watched as well as some I would like to try out.

Minority Report is a follow-up to the 2002 science fiction mystery-thriller film directed by Steven Spielberg. I had no expectations, yet I found the series to be pretty interesting. Tom Cruise isn't in the show but the series follows the story of three precognitive siblings who are able to predict crimes. Lead character Dash (Stark Sands) teams up with detective Vega (Meagan Good) to stop crimes before they happen in the year 2065. Dash is a pretty sweet guy and really wants to help people. Unfortunately, he doesn't have the best social skills, so Vega has to help him out.

Limitless

Limitless is the follow-up to the 2011 film of the same name which I still need to see. Bradley Cooper appears in the show as a mentor to the new lead character Brian (Jake McDorman). When Brian takes the drug NZT-48, he gains access to every part of his brain without the usual side-effects of the drug. With 12 hours remaining until the drug wears off, Brian works with agent Rebecca Harris and the FBI to stop crimes. The show is pretty fun and has many twists and turns as Brian is forced to make ethical decisions he'd rather not make, especially considering the fact that he used to be a slacker with little progress in his life. Interesting enough, *Minority Report* and *Limitless* share a lot of similarities.

Arrow is in its fourth season and the show is looking pretty good as usual. Now that Oliver Queen (Stephen Amell) is back in his home of Star City with girlfriend Felicity (Emily Bett Rickards), he needs to work with the vigilantes of the city to stop new foe Damian Darhk. I definitely recommend watching this show from the first season since it will be much more satisfying. I've enjoyed *Arrow* since 2012 but it's facing

strong competition with other superhero shows.

The Flash, a spin-off series of *Arrow*, features Barry Allen (Grant Gustin) and his friends as they face time travel and enemies from parallel worlds. This show has become a fan-favourite for comic fans in a short amount of time. If you're interested, definitely catch up on season one.

Agents of S.H.I.E.L.D. was a show that struggled to find its identity during its first season. Now in its third season, *S.H.I.E.L.D.* is a blast to watch! The show really picked up during its second season and has really found its place on TV and within the Marvel cinematic universe. Clark Gregg leads the series as fan-favourite character Phil Coulson. If you'd like to give this show a try, I'd recommend starting in the middle of Season 1 or the beginning of Season 2, though Season 1's early episodes are worth a watch.

Gotham is another show that varied in quality during its first season. While the second season seems a lot better, it still struggles with multiple storylines, unnecessary characters and an uneven tone. If you come into this series with an open mind, you might enjoy yourself but I only recommend trying out the first few episodes of Season 1 to see if you can make it all the way to the show's second season. Fortunately, Ben Mackenzie, who plays lead character Jim Gordon, makes the show a lot more enjoyable to watch.

How to Get Away with Murder

How to Get Away with Murder, *The Blacklist*, *Person of Interest* and *Scorpion* look pretty interesting but I simply don't have the time to watch all of these shows. I just got around to watching *House of Cards*, *Avatar: The Last Airbender*, *Continuum* and *Breaking Bad* this year! I also watch *Castle*, *Elementary*, *Big Bang Theory* and *Anger Management* on occasion.

I'm hoping to check out some other shows like *House of Lies* and Netflix's *Jessica Jones* over the holiday. I will also watch some animated shows including *Guardians of the Galaxy*, *Star Wars Rebels*, *Sonic Boom* and *We Bare Bears*.

Happy watching to all.

HOT 'N' SINGLE



Photo by Sheeba Lindseth

Melissa Sara

What is your ideal first date? – Ideal first date is to meet at Hawrelak Park and just walk around enjoying nature and each other's company. Then, out for dinner and drinks at a local pub.

Who is your celebrity crush? – Ryan Gosling.

What do you like in a guy? – I love a guy with quick wit and intelligence. Nothing is sexier than a brain and a sense of humour. If you can keep up with me in sarcasm and wit then you're a keeper. A nice back is a cherry-on-the-top sort of thing.



gabbinggeek.com

Minority Report

Halloween at NAIT



Photos by John Book

One man's lament ...

By JOEL SEMCHUK

Halloween sucks when you're all alone
It blows like an old-school sousaphone.
Like the skeletons out there, you're completely boned,
Handing out candy in someone else's home.

And where is the person that home belongs to?
Well, he's out having fun in some cool, fun costume.
Or he's in some party's dark make-out room,
Texting to say that he won't be home soon.

And if you're un-single, you get treated to the sight

Of your honey dolled up for the entire night!
You think she's hot to begin with,
Now she's barely covered in a mask!
All dressed up to tease,
And you didn't even have to ask.

And at the parties, the bars, it's a magical time.
If it's busy, you don't mind waiting in line:
There's a Catholic school girl all wrapped up in lace,
A nurse in red heels, a pound of makeup on her face.
There's a Cinderella skirt barely covering the thighs,
And a vampire with hot-sexy, dark-sultry eyes.

You don't get any of this when you're all alone,
Watching *Saw VI* in someone's empty home ...

So if you're at a party scarfing black/orange food,
If you're at a bar with the hot/sexy mood:
Don't forget about the people who would do anything
To get down with the short skirts, wild hair and fake bling.
If you're having fun, don't rub it in or be mean ...
I'm watching cosplay pornography;
F*** Halloween.

THROWBACK THURSDAY

Canuck jokes, Canuck stuff

By JOEL SEMCHUK

Would you consider a man dressed as a giant, female, sex-starved alcoholic chicken funny?

How about a guy who pinches your head between his fingers, visually, when you're a few metres away? Or a guy whose head is made of cabbage? Would you consider that funny? Well, it was really funny. It got five seasons.

From 1989-1995 *The Kids in the Hall* aired in Canada and the U.S. It was an all-Canadian comedy troupe that had some roots in Calgary. They made Canadian jokes about Canadian stuff. The theme song is from a Canadian band. Their unique brand of weirdness carved out a niche in Canadian history.

What set the troupe apart was that unlike American humour, which relies heavily on irony and innuendo, the Kids were up front and in-your-face. They flaunted drugs, sex and homosexuality at a time when this was all still on society's entertainment fringes: A scene with wife-swapping on the kitchen table or rampant sketches about crack (no one knew how bad it was going to be, back then).

Their gay member, Scott Thompson, probably did more to bring homosexuality out into the open than any other entertain-

ment medium at the time: His characters were openly gay, sure but he and his cast also made light of being gay like it's just another thing. He French-kissed dozens of other men on the show and, in one scene, he monologues directly to young boys who can't be out of the closet; he instructs how to use household objects to dress up like a woman when no one's home.

But then, all of *The Kids in the Hall* dressed up like women. The first scene they broadcast nationally across continental North America was two of them dressed up like girls, on the phone to each other. They had recurring skits of them all playing different females. One may read this and ask, "Why not hire female performers or just do the skits with guys?" The best answer I can give you is that you just have to see it. My own guess is that they just wanted to be as different, weird, neat and fun as possible.

The show combined this rampant weirdness with blatant postmodernism (them talking about running a comedy show or doing skits about their own show), with an occasional straight-laced run of the mill humour like married couple sketches or male office workers. Even then, however, these cliches have a certain something

to them. I like watching it all again because I constantly notice something new.

Since their salad days as a comedy troupe they've been appearing here and there as cameos and cartoon voices. I get

a kick out of seeing one of them walk onto a movie or sitcom set for a few lines, or seeing their name in the credits of a cartoon. Give them a try; it's like a trip back to Toronto at the start of the '90s.



anitaabbasi.wordpress.com



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RESTAURANT REVIEW

Good food, service – a little loud

By DANIELLE FUECHTMANN

Sometimes when I go out, I forget to check what other events are going on. Specifically, I frequently forget to factor in sports games when I make plans at casual restaurants and pubs. My friend and I went to Craft Beer Market on 100 Street and 101 Avenue for a girls' night and had a mixed experience.

I've been to Craft on a few other occasions and have always been happy with both the food and the restaurant space, so I had fairly solid expectations going into the evening. Amanda, my friend, arrived before me and told me that she had ordered a beer and was waiting for a table to open up. However, she had to wait several minutes for the hostess to notice she had even arrived before being taken to a temporary seat at the bar! We were seated a few minutes after I arrived, it was a reasonable wait time considering how busy they were. Once we were seated, our waitress was fairly prompt with taking our orders and bringing us our drinks. We received pretty good service!

As one would expect from a restaurant boasting 100 beers on tap, they have an excellent variety of choices. My friend was thrilled to see that they had one of her favourite beers, Uunibroue Blanche de Chambly, on tap. One of the things that I enjoy about Craft Beer Market, and the reason why I recommended it for the evening, is the consideration they put into creating a balanced menu. They offer a wide range of selections including vegetarian, gluten-free, and other allergen friendly options. Amanda ordered the mac and cheese and I ordered the classic burger with fries; both came out promptly and were nicely presented. Both of us were very happy with what we ordered and would go back again.

The bad part of our experience was largely related to

the fact that there was a hockey game on that night. As one would predict, it was really busy and loud! We wouldn't have minded the people in the restaurant or the coverage of the game, the acoustics aren't that bad in there but we were seated right under one of the wall televisions and near the sound system. Unfortunately, the volume would double every time a commercial would come on, which was really disruptive!

I will definitely go back to Craft Beer Market and rec-

ommend it to friends but I will be much more mindful of what events are going on and what time I'm planning to go there. Their food and drink menus are excellent and I've always had consistently positive dining experiences there. I would like them to improve their sound setup for nights that they're playing popular sports games. It is difficult for diners sitting directly near the televisions and sound systems to maintain a conversation.



Craft Beer Market

www.thedrinksbusiness.com

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HOT 107

COMICS

All new, all different Avengers

By **GERVAISE BRANCH-ALLEN**

This November, Marvel continues their All-New All-Different wave of comics and I'm going to show you November's headlining series.

All-New All-Different Avengers promises to put a twist on the usual lineup of Avengers and presents us with a more diverse cast in race, age, and gender. The new team includes Iron Man, Vision, Thor (Jane Foster), Captain America (Sam Wilson), Nova (Sam Alexander), Ms. Marvel (Kamala Khan) and Spider-Man (Miles Morales). Mark Waid and Adam Kubert with Mahmud Asrar are ready to make jaws drop.

When Sam Alexander's missing dad returns, life is looking better than ever. Don't miss this new Avenger's adventures guarding the Milky Way with his dad in *Nova*, by Sean Ryan and Cory Smith.

Spider-Woman features pregnant superhero Jessica Drew as she saves lives and nurtures another. Dennis Hopeless (writer) and Javier Rodriguez (artist) look like they'll be having a lot of fun with the over-looked hero.

Web Warriors consists of Spider-Man UK, Spider-Gwen, Spider-Ham, Spider-Man Noir, Spider-Man India, and Spider-Girl, different Spider heroes from alternate universes. Together, they fight to protect dimensions without a Spider hero. Their first task: take down Electro! Prepare for

tons of guest stars when Mike Costa and David Baldeon weave a tangled web of Spider fun!

After leaving the Guardians of the Galaxy, Peter Quill becomes an astronaut. Is Peter out of his mind or looking for more adventure? *Star-Lord* is written by Sam Humphries with art by Javier Garron.

Old school Avenger, Dane Whitman, is struggling with his addiction to the Ebony Blade, a mystic sword that curses its user. Though the blade has killed all its former owners, Dane is finding it harder to live without. Faced with the threat of losing his soul to his own weapon, Dane travels the dangerous realm known as Weirdworld. Writer Frank Tieri and artist Lucas Pizzari describe Black Knight as Game of Thrones meets Breaking Bad. Sounds good to me!

Earlier this year, Deadpool died. Now he's back (comic book logic) with more parental advisory fun for readers of all ages. Gerry Duggan and Mike Hawthorne are ready to bring out the Merc with a Mouth for another crazy series in *Deadpool*. (Buy this comic and watch my new movie next year in February. Seriously. Write down the date. – Deadpool.)

Ms. Marvel is written by G. Willow Wilson. In this series, Kamala Khan's dream has come true! She's a member of the Avengers! Now she can't wait to make her team proud of her and kick-butt, Avengers' style. Art duties are fulfilled by Take-



<http://i.newsarama.com/>

shi Miyazawa and Adrian Alphona.

The Ultimates are a team of superheroes who protect Earth from cosmic forces. Think of them as the guardians of Earth. This diverse team of Blue Marvel, Ms. America, Black Panther, Spectrum, and Captain Marvel are ready to take on threats from beyond this world, including Galactus! Al Ewing and Kenneth Rocafort tell this story.

Vision stars the benevolent android from this year's Avengers film. Instead of saving the world, Vision wants to be normal and creates a family. Tom King and Gabriel Hernandez Walta have dramatic events in store for this family.

Howard the Duck is in a brand-new comic! Wait, didn't this already happen a few months ago? OK, here's another brand-

new Howard the Duck series. Chip Zdarsky (writer) and Joe Quinones (artist) are telling new stories with this duck.

The Mighty Thor features Jane Foster as the newest Thor. Following her introduction into comics last year, she's battled the Destroyer, faced rampaging Frost Giants, and joined the Avengers. What's her next battle? Fighting the cancer that's killing her from within. Written by Jason Aaron with art by Russell Dauterman.

Other new series include All-New Hawkeye, Carnage, Moon Girl and Devil Dinosaur, Hercules, All-New Wolverine, Drax, Venom: Space Knight, All-New X-Men, and the Avengers vs. Infinity one-shot.

I'll be back with December's lineup. Enjoy, Marvel fans!

DIY

Homemade presents on a budget

By **COURTNEY BELL**

It's November so it's Christmas, right?

Say goodbye to ghosts, ghouls and goblins and say hello to jingle bells, Christmas trees and eggnog. Halloween is over, which means stores are pulling out all of their Christmas decorations and decor. Christmas music will start being played in department stores and on the radio, because it's the merriest time of year!

If you take a step back from all the cookies and festivities, you have to count all the people you have to buy presents for this year. There's grandma, grandpa and mom and dad. Don't forget your siblings and aunts and uncles. Oh! All your friends, too, and, of course, your beloved dog. That's a lot of people to buy for and the tag on some of those items can be a little pricey. But sometimes bought gifts, aren't the best gifts. Homemade gifts are way better, they come from the heart.

DIY, or do-it-yourself presents are all the rage right now. It's super easy to do, and it always means so much, as the gift is one of a kind! Depending on who you want to give a present to, the gift should reflect that person and how you feel about them. A DIY gift is something personal that everyone will love.

For a college student, money is tight – we all get that but that doesn't mean your gifts can't be meaningful. There are tons of easy projects you can do on a budget.

- Mint sugar scrubs
- Tile photo coasters
- Christmas tea trees

- Spa kits
- Hand painted coffee mugs
- Mason jar snow globes

It's super easy to make whatever you want for whomever you want. Do-it-yourself gifts can sometimes be challenging but it's worth it in the end. When doing DIY projects, research is key! You want to make sure you know exactly what you're going to make and how you're going to make it. There are always tons of options and different ways to make one thing. You have to find the best way for you. Christmas is coming up pretty quickly, so it's never too early to start thinking about gifts for your loved ones.

If you're seriously interested in do-it-yourself projects, there are a few things to keep in mind before you start your project.

1. Stay organized. It's easier to make your gift when you have all the supplies you need in front of you as well as the directions on how to make it.

2. Give yourself lots of time to make it. You never know what could go wrong or how many times you may have to redo it.

3. Make it with love. Because who-

ever opens it on Christmas morning will see all the love and hard work you put into it, just for them.

BE A PROBLEM SOLVER

ATTEND AN EVENT TO SUPPORT UNITED WAY'S MISSION TO END POVERTY

DATE	TIME	EVENT	LOCATION
NOV. 3-7	Various Times	Fitness Classes	Sign up in E134 (sign up required)
NOV. 6-27	All Varsity Games	NAIT Athletics Food Drive	NAIT Risk and Gym
NOV. 13	9:00 AM - 12:00 PM	Poverty Simulation	Fresh Express
NOV. 17	8:00 AM - 12:00 PM	Silent Auction	Patricia Campus
NOV. 17	All Day	Toonie Tuesday	Common Market, Fresh Express, Chai's, Embers, Bistro, Plates & Elements
NOV. 19	10:30 AM - 1:00 PM	Chili Lunch	Blue Plate - Common Market
NOV. 24-26	All Day	Be a Hero	Food Service Locations
NOV. 25	8:00 AM - 2:00 PM	Computer Monitor Sale	South Lobby
NOV. 27	10:30 AM - 1:00 PM	Artisan Bread and Turkey Sausage Sale	South Lobby

Hope to see you there!

WE SUPPORT

SAO full of pumped up action

By JOEL LECKIE

With the advent of the Oculus Rift, Project Morpheus, HoloLens and numerous other augmented reality and virtual reality devices, shows like *Sword Art Online* are becoming all too possible. *SAO* takes place not too far into the future, where full-dive equipment called NerveGear allows gamers to fully immerse themselves in a virtual world. The system intercepts the nervous systems so all conscious action occurs inside the game while the players' real bodies remain in a state of rest.

The first game to fully utilize the equipment launches after selling out all 10,000 copies on release day. But once players log in, they discover a key feature missing: the ability to log out again. The only way they can escape is by advancing through the game and defeating the final boss. After two years inside they have only reached the 74th floor of the huge 100-floor castle of Aincrad.

The main protagonist, Kirito, was 14 when the *Sword Art* game first came out. For Kirito, life is a solo journey. As one of its beta testers, he was readier than most when it came to how to play the game. But nothing could prepare him for being trapped inside. Many of the newer players scorn and despise the beta testers for not helping out or protecting the new players from the many dangers of the game.

Oh, did I mention that a death inside the *Sword Art* game was permanent? There is no respawn, no resurrection and no second chance. A microwave emitter built into the nervegear will fry a player's brain if their



swordartonline.wikia.com

Sword Art Online

character dies inside of the game. It will also kill them if someone from the outside tries to remove it by force, due to an integrated battery. As he watches those he cares about die, Kirito decides to go at the game alone. He refuses to join a guild and seeks to become the most powerful player so he can end the game by himself.

A show of constant threat, *Sword Art Online* is full of pumped up action. Every episode takes you on another step of Kirito's journey as he attempts to clear

the final floor and end the game. He meets many friends along the way and encounters dangerous enemies. Certain players do not believe in the permanent death penalty. There are guilds full of red players, those who will hunt down and kill other players who are far more unpredictable than the villains created within the game world. Kirito works as a protector, an investigator, a bounty hunter, and even a surrogate father for the game's lost children.

Sword Art Online currently has two sea-

sons out, available on Crunchyroll (Netflix only has the first season) with a third season slated for summer 2016. It brings into question the moral implications of how one plays a game, as well as the metaphysical questions of what is real.

These hard hitting ideas are blended well into a thrilling atmosphere. And, with only a few months before the mainstream distribution of virtual reality in our world, *SAO* is definitely a series worth watching.

REFLECTIONS AND INSIGHTS

Take time, let things happen

By JAGRIT BAJWA

The person in you only knows what you're actually capable of, so it is only time that you can invest in yourself that will lead you towards reaching your potential. You have immense power to turn your world around you but that only comes from how much you know about yourself.

When you are not doing good you are under-estimated, bruised by people's comments and left with deep and unhealing scars. These make your days go longer, with every moment seeming to present a battle to be fought and you feel like you are prey to others. But when you learn how to adjust to those situations, how to be the least affected by them. That's when you can push yourself towards bettering your current situation. Such days only make you learn what the word patience is all about.

I didn't tell you the story of a tortoise and rabbit race or who really wins but to illustrate it. Big things take time to happen.

Our planet took millions of years to

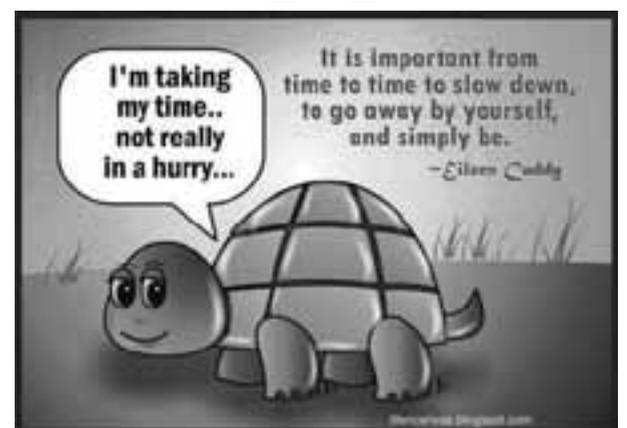
evolve, it wasn't an overnight process. It took thousands of years to invent the wheel and thousands of years to turn it into a car, even thousands of years for people to believe that earth is round, not flat (see how slowly things change). It even took nine months to manufacture you, so how can you always want things to happen in no time? These are not Chinese instant noodles – just boil and it's ready to eat but it's a kind of wine which gets better and better year after year.

The illusions which turned into reality were always highly opposed, because it was out of peoples' perception, so they couldn't give their acceptance. The illusionists (who later became great inventors and discoverers) always knew that respecting time would accomplish their aims eventually. They kept a belief that working on their stuff could bring out something which the world never thought about. Gradually with persistence and slowly

moving towards their target, they were able to prove how right they were and how much conviction they had about their beliefs.

Everyone of you who tries or will try to do something new and innovative has to go through all of this because perception varies with every being and it is possible that your ideas may not be welcomed. So, the opposition is critical to grow your analytical powers, thus acting as a big opener for your perception.

Prefer doing those works which make you forget your time boundaries and you go beyond time to fulfill those tasks in your head. Be one with your work and after a passage of time (passing over all the hurdles), you will realize that you are not



doing things but, rather things seem to be happening for you. Understanding this may take a toll on you because you might have to get into it (the stuff you like to do), but those who understood this are already synchronized with nature.

Just be ready to take steps, short steps. Don't be in a hurry and after a walk of a mile you will realize even the short steps have taken you a distance. So keep moving it!

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TUESDAY Nest of Wings	TUESDAY Crushed Ice Long Island Iced Tea
WEDNESDAY Classic Poutine	WEDNESDAY Sambuca/Tequila Shot
THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

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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 780-991-2000.

STUDENT HEALTH AND DENTAL PLAN

Please visit the NAITSA Service Centre Coordinator located in focus E-111. We provide health and dental coverage to over 5,300 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 Coordinator immediately to ensure your coverage eligibility has not changed.

studentplans.nait.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 25th, 2015 in the fall term, or a class that starts before January 20th, 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: \$100 per academic year and is charged in two payments of \$50 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, 50% 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 20, 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-111) with confirmation of comparable coverage (benefit card, previous claim, letter from insurance company or employer etc.) before the given deadline date. You may also complete the opt-out form online at www.mystudentplan.ca/nait. Please Note: Provincial Health Care is NOT comparable coverage. There will be NO EXCEPTIONS if the deadline is missed. You will be required to pay the student Health & Dental fees. If you miss the September deadline, your next opportunity to opt-out will be the following September (no 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-111 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 bring 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, or 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/nait

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The magic of sleep



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Sleep – Getting enough will help you succeed

We know a) that sleep is the most important thing we can do for mental and physical health, and good school and work performance, and b) that most of us don't get nearly enough. While you sleep:

- Your brain recharges
- Your cells repair
- Your body releases important hormones
- You recuperate both physically and mentally
- Your immune system rejuvenates
- You may process emotional issues that occurred during the day

Sleep deprivation affects:

- Your energy level, your ability to focus, your ability to concentrate and learn, your decision making and critical thinking skills, your judgment, your reaction time and even your visual alertness – in short your overall academic performance.
- Your mood. Depression and irritability increase, and ability to handle stress decreases.
- Your appetite (which increases and can therefore cause weight gain) and your sex drive (which decreases).
- The incidences of motor vehicle accidents due to decreased focus and alertness.

In addition:

- Chronic sleep deprivation may contribute to diseases such as diabetes, high blood pressure, heart disease and mental health problems, as well as lowered immunity to colds and flus.
- Sleeping less than seven hours each night reduces your life

expectancy.

Are you sleep deprived?: Probably, if any of the following are true:

- Your alarm clock wakes you up, you have trouble getting out of bed in the morning, you fall asleep in five or less minutes at night (the ideal is 10-15 minutes to fall asleep, which means you are still tired enough to sleep well but not exhausted), you nod off during the day and/or you need coffee or energy drinks to stay alert.

The optimal amount of sleep time for college-aged students is eight to nine hours per night. Students are often sleep deprived and unfortunately, over time, this begins to feel normal. Some research shows that the most restorative sleep occurs between 10 and 12 p.m.

How to improve your sleep

- As much as possible, have regular sleep and waking hours. A regular eating routine is also beneficial for good sleep.
- Have a consistent sleep environment free of distractions. Ideally, your bedroom should not be used for anything except sleep.
- Your bedroom should be cool and dark at nighttime, and your bed should be comfortable and supportive.
- Keeping your sleep environment clutter free and removing study materials from sight can be helpful. If you do study in your bedroom try to tidy up your desk before you go to bed.
- The light emitted from electronic devices, including LED lighting on alarm clocks, can affect sleep. If you use an LED alarm clock try and point it away from you.
- Develop a regular bed-time routine. Including something relaxing such as reading a novel, listening to music, a warm bath or meditation, can improve your sleep quality. Writing down 3 things you are grateful for right before you go to bed reduces depression and stress, and improves sleep.
- Avoid your computer for at least two hours before bed. The light from computers mimics daylight and triggers your brain to become alert. Ideally you should avoid watching

television one hour before bed as well. If you wake up during the night computer usage close to bedtime may be the cause.

- Stop eating within three hours of sleeping. Eating too close to bedtime interferes with release of melatonin which is important for sleep. However, some people find a high protein snack, such as a small handful of almonds before bed, helps them sleep.

• Avoid overuse of caffeine. Caffeine remains in the system for six to eight hours, so avoiding caffeinated foods and beverages after lunch can be beneficial.

- A regular exercise routine can help reduce cortisol, a stress chemical that interferes with sleep. Thirty second bursts of intense exercise several times a day can also reduce cortisol levels. Avoid intense exercise within two hours of bedtime.

• The optimal time to study is between 6 and 8 p.m. – your brain is most alert during those hours. Finish studying at least one hour before going to bed. This gives your brain time to organize the material and to relax and wind down before you sleep. (Early afternoons are usually the time of least alertness.)

- Plan ahead. Have your school

materials packed, your clothes laid out, your food ready to grab and your keys visible the night before so you can sleep without worrying and can start the day in a relaxed state.

- Have a realistic study plan and stick with it. Knowing that you are doing the best you can will alleviate some of the stress that interferes with sleep.

For problems with sleep, stress or any other personal or academic concerns see a counsellor at NAIT Student Counselling. Counselling is free to registered NAIT students and is completely confidential.

If you would like further assistance book an appointment:

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

Main Campus: Counsellors are available Monday, Tuesday and Friday 8-4:30, Wednesday 8-5:30 and Thursday 7:15-4:30. Call 780-378-6133 or come in person to Room W-111PB, HP Centre.

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

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

Who to call?

Academic & Personal Concerns – Student Counselling; ph: 780-378-6133; Room W-111PB, HP Centre.

Academic Support Services– Visit www.nait.ca/tutorial for a full list of online and on-campus academic support services. NAIT students have access to free tutoring in math, physics, and writing. They can also find support in some traditionally difficult NAIT courses through our Supplemental Learning program. Workshops and information on study skills and access to our Peer Tutor Registry are also available to all students. E-mail tutor@nait.ca with any general inquiries.

Emergency Loans – Financial Aid Office: 780-471-8757, Room O-111 Available on a limited basis to students in crisis. Emergency loans are not granted for school-related needs or for students who budgeted poorly. Loans do not exceed \$500 and must be repaid within one month.

NAITSA Emergency Short Term Loan Program – est@nait.ca, Room E-131

Food: emergency assistance – NAITSA Food Centre, 780-491-3966; Room E-131

Health Insurance Coverage – Student Health & Dental Plan, 780-471-7730, Room E-125. Students must opt out by Sept. 25

Housing – On-line housing registry at www.rentingspaces.ca

Injury; Minor Medical Concerns – Health & Safety Services, 780-471-8733, Room O-119

Job-related Resources & Workshops – BGS Enterprises, <http://www.bgsenterprises.com/our-programs/career-employment-workshops/workshop-schedule/>

NAIT Protective Services – 780-471-7477

Program-related Concerns – Contact program chair or program adviser

Scholarships & Awards – Student Awards Office, 780-491-3056, Room O-101

Special Needs Students – Services to Students with Disabilities, 780-378-6133; Room W-111PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office, 780-491-3056, Room O-111

Violence or potentially violent behaviour or extreme medical emergency – Protective Services (780-471-7477) 911 or police complaint line 780-423-4567 if appropriate

Volunteering – www.nait.ca/volunteer-opportunities

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

NETFLIX PIX

Supernatural – watch it!

By COURTNEY BELL

Netflix and chill has quickly been adopted into today's vocabulary to get a girl (or a guy, I don't know you, or your life story) to your place for some ... fun. But that's not what I want to talk about. Have you ever taken the time to sit down and actually just watch Netflix without the chill part? Well, I hope you have because you (or your parents, again, I don't know you or your life story) don't pay that \$8 a month for nothing.

Netflix has hundreds of movies, TV shows, documentaries ... pretty much anything in any genre of film you're in the mood for. I have to say one of my favourite things about Netflix is my ability to binge-watch whatever I want. I've wasted countless hours in my bed, in front of my laptop, just watching my favourite shows and movies.

The show I think I've watched the most is *Supernatural*. As of Oct. 21, 221 episodes have aired and it's currently in its 11th season. The show stars Jared Padalecki, who plays Sam Winchester, and Jensen Ackles, who plays Dean Winchester, as brothers who travel the United States saving people and hunting supernatural forces. This show explores the idea of various supernatural things which range from ghosts to ghouls to gods. Sam and Dean follow in their father's footsteps after their mother was tragically murdered by a demon name Azazel, or "Yellow Eyes" as he's more commonly referred to. Throughout the 10 seasons you see the brothers go through heaven and hell just to stay together. If you ask me, Sam and Dean



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SUPERNATURAL

are way too codependent but I mean their entire family is dead (spoiler alert).

The show stars other big names as well – Misha Collins, who stars as Castiel, Mar Sheppard, who stars as Crowley, Jim Beaver, who stars as Bobby Singer, Mark Pellegrino, who stars as Lucifer and many others.

There's many reasons why I love this show, way too long to list in this article but here are a few:

- Sam and Dean's relationship and how

it changes through the years.

- Lucifer is a giant baby.
- How Crowley calls Sam moose and Dean Squirrel.
- The feels. So. Many. Feels.
- It's pretty much a bunch of children trying to save the world.

I highly recommend this show to everyone and anyone who enjoys high suspense, sometimes scary, sometimes hilarious, shows. It's thrilling, comical and heart-breaking all at the same time. You can find

the first 10 seasons of *Supernatural* on Netflix. Seriously, this show will take up all of your time because you won't want to stop watching it. You'll become obsessed and either love me or hate me for introducing this show to you. So, if you start watching it, which I highly recommend, like 10 out of 10 recommend. You want to make sure you have tons of time to watch it, because to watch 10 of the 11 seasons, will take five days, 22 hours and 32 minutes. So yeah. Check it out on Netflix. Right now.

JUST THE TIP

It's all about setting a tone

By GADE RODGERS

There are very few topics that carry more weight than sex. Just that word ... sex. It just sounds naughty. It's almost as if you have to say it while slightly bending your leg and giving lusty eyes. It can be the end-all, be-all for some people but sometimes it's that taboo subject that makes people get awkward. Looking at you, Kevin.

But my point is this ... sex can be whatever you want it to be. Everybody will differ on this topic simply because people are not all the same. That was almost too simple a point but let me win you back here. We have to embrace differences and alienating people isn't my jam. So how do I bring everyone together under one umbrella? It's hard because people come in all shapes and sizes, genders, orientations – everyone is unique in their own way. Basically, I'm screwed and can only give my perspective on things. Fair enough?

If I haven't lost you thus far, come on a journey with me. I'll meet you in the next paragraph.

Now then, let's get down to brass tacks. You might be wondering, "Craig, how qualified are you to talk about sex?" Well, I'm not the expert here by any means and I can only give you advice on topics I actually have experience in. Being honest, I'm a relationship guy. If you ask, "give me tips on hooking up this weekend, ow, ow!" I'm going to say, "I don't know ... brush your teeth?" It's just not my forte. But, do you want to know about romance in the bedroom? Well now, let me get loose here and tell you that I still have no idea. However, anyone can learn. And that above anything is the point of this article.

Regardless of what your thoughts are on sex it's good to understand the importance of it. For me, I can only give perspective. My girlfriend and I have been dating for quite some time now and romance

is something that's important to us. She's taught me an unbelievable amount about setting the right mood and I believe that's a factor that has been glazed over somewhat. Young people might not care about the 'right mood' and it can actually make a world of difference.

One time my lady simply lit candles. I was taking a nap at the time and awoke to what I thought was her sacrificing me. I was like, "Oh great ... I'm evil." But in actuality, the atmosphere was very nicely set. Taking those few extra moments can lead to a better experience altogether. This is just one small example about setting a tone for sex.

Some of you are probably thinking, "Thanks Craig. I learned absolutely nothing from that." You might be amazed at how many people could, though. It's not so much about lighting some candles and then you're Andrea Bocelli. It's the effort that you put in to make the experience bet-

ter that's noticed. The connection is what matters and that can lead people to really enjoying themselves in the bedroom. And it's not so much a dating thing as it is an individual thing. Someone may not feel the same way as you and that's just fine but when you connect with someone in the same way, it can make it a lot more meaningful.

Again, this is only an opinion. I feel sex is something that should be enjoyed and not rushed. Taking the time to learn and understand your partner really can redefine how you look at sex. Or you may think what I'm saying is dumb and that's perfectly fine. Everyone can think differently, I'm merely putting something out there to consider. At the end of the day it's your choice and that's just the beauty of it in the end.

Also, make sure your girlfriend isn't allergic to scented oils. I don't know where that came from but it's probably the most important sentence in this article.

REALITY TV

How to survive the treachery?

By KA CHUN YUNG

A recurring theme in the game of *Survivor* is trust and loyalty. Over the course of the past 30 seasons, there are many examples that left players both hurt and betrayed by broken promises. This season is no exception. Only a few episodes in to *Survivor: Philippines*, trust and loyalty has already been influential in determining who ends up voted out at tribal council.

Unpredictable

Much of the attention this season involves the unpredictable Abi-Marie. She has been directly or indirectly connected to the first four eliminations. After barely escaping being voted out at the first tribal council, she has been instrumental in the elimination of Shirin, Peih-Gee and Jeff. There are many factors as to why a tribe ends up losing immunity challenges. However, the hostile atmosphere Abi-Marie has created around her has negatively contributed to her tribe's poor performances.

Abi-Marie claims one of her most valuable assets is her loyalty. It is something she seeks when she's forming alliances. However, her actions tell an entirely different story. One of the most difficult decisions so far has been deciding whether to vote out Woo or Jeff from the Angkor tribe.

Woo has been a source of concern for Abi-Marie. Even though Woo provides the tribe a stronger physical presence, she wanted to vote Woo out because he has voted to eliminate her twice. As a result, she asserts that Woo is untrustworthy and disloyal.

Despite Abi-Marie's declaration, past history is the best indicator to evaluate how honest an individual is. From his first appearance on *Survivor: Cayagan* to the current season,

Woo has demonstrated nothing but the highest moral and ethical values. In fact, Woo's high integrity caused him to lose *Survivor: Cayagan*.

In that season, Woo won the last immunity challenge with three players remaining, leaving him the power to bring either Chaos Kass or his ally Tony Vlachos to the final tribal council with him. Chaos Kass rubbed many people the wrong way. She played a game with virtually no chance of ever winning. She was the obvious choice to take to the finals. Yet Woo could not break his word. He values his integrity and kept Tony, costing himself a million dollars.

Woo has also exhibited his trustworthiness in the current season. Until the tribal council that eventually sent Jeff home, Woo did not have any promises or agreements with Abi-Marie. You can't break your word if you've never given it to begin with. In fact, he demonstrated his loyalty when he refused to abandon his alliance when Spencer and Shirin were grasping to save themselves.

Betrayed Jeff

On the other hand, Abi-Marie did have an understanding with Jeff that they would work together. Jeff had influenced many others and welcomed Abi-Marie to his alliance. Jeff had gone out of his way to ensure her safety in the game. Yet, when it mattered most, Abi-Marie decided to cast a vote that resulted in Jeff's elimination.

It requires a certain amount of time to establish a history to prove one's loyalty and trustworthiness. Words have less meaning if you're unreliable. On the other hand, your words will mean much more if your past actions reflect what you say.

FASHIONISTA OF THE WEEKSTA

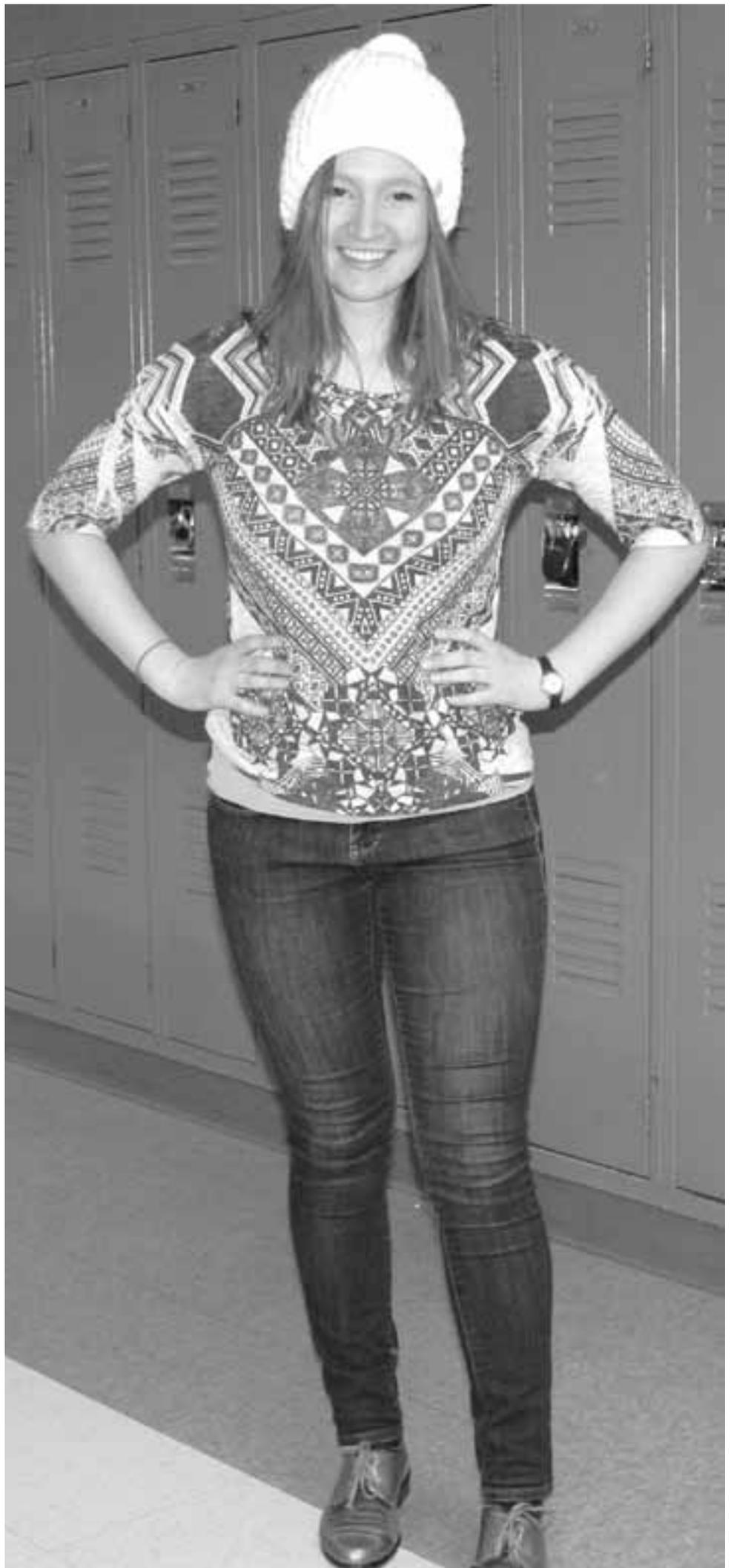


Photo by Sheeba Linseth

Anastasia

Tell me about your style. It's mid-term season ... and it's getting colder every single day brrrr. So I like to stay warm and comfy while studying – hats and sweaters are basically my fashion taste for this fall season.

Where do you shop? I love sports, hence Sport Chek's got everything I need.



www.youtube.com

Abi-Marie

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO

BCX General Meetings
 IntoNAITion General Meetings
 LOL Weekly LAN Party
 IntoNAITion Tuesday General Meetings
 Juggling Club Weekly Juggling Jam

WHEN

Wednesdays, Sept 9-Dec 15 | 4:30pm – 8:00pm
 Mondays, Sept 14-Dec 14 | 4:45pm – 6:00pm
 Wednesdays, Sept 16-Dec 16 | 4:30pm – 7:30pm
 Alternating Tuesdays, Oct 13-Dec 14 | 4:45pm – 6:00pm
 Mondays, Oct 5-Apr 30 | 5:00pm-8:00pm

WHERE

Room T-607
 Room X-111
 Room X-215
 Room E-225
 Shaw Theatre Foyer

UPCOMING CLUB EVENTS

WHO

Exercise is Medicine
 MECSA
 Chem Tech

WHAT

Blitz Condition Q&A
 Beer Garden
 Barcade Extravaganza

WHEN

Nov 13 | 12:15pm-1:15pm
 Nov 10 | 3:15pm-11:15pm
 Nov 14 | 9:00pm-2:00am

WHERE

Outside Shaw Theatre
 Tower Lounge
 Denizen Hall

CAMPUS CLUBS NEWS

WHO

Club Social
 Club Connect #2
 Club Grant #2 Deadline

WHEN

Tuesday, November 17, 2015 | 3:45pm-5:00pm
 Tuesday, November 17, 2015 | 5:30pm-6:30pm
 Wednesday, November 18, 2015 | 5:00pm

WHERE

The Nest Taphouse Grill
 Tower Lounge

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Check out the Clubs Website for other
 upcoming Important Clubs Dates