

THE

NAIT NUGGET

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

LET'S TALK TRANSIT

Negotiations ongoing for new U-Pass deal, story page 4



GREAT WEEKEND

NAIT midfielder Kaily Mohn fights her way up field in a weekend game against Keyano in Fort McMurray. The women won both of their matches by scores of 8-0 and 5-1. See story on page 9.

Photo by Robert Murray/Fort McMurray Today/Postmedia Network

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NEWS & FEATURES

Taking care of business



NICOLAS BROWN
Issues Editor
@bruchev

With classes ramping up, the last thing students can afford is missing class (or assignments!). Yet we are also faced with pressure to pack more into our schedules. More work to pay the bills, more events to have fun and meet people, more study time to boost your grades. It's all important, but pushing yourself too far can mean all that effort goes to waste. You can't do well if you get sick or burnt out. As I'm sitting here attempting to nurse my health back to normal, here's some of my tips for taking care of yourself – both preventative maintenance and post "oh god why" illness impact.

Sleep

Sleep is critical to maintaining your well-being – yet it is also the first thing sacrificed when our procrastination catches up to us. In fact, it's usually

always the thing sacrificed. The multiple versions of the whole "grades, social life, sleep – pick two" joke is so ubiquitous for a reason. Why do we punish ourselves like this?

Lack of sleep can impact your ability to pay attention and retain information. You're less attentive, less productive, and even more likely to procrastinate further. Setting a regular sleep schedule will help you in class and serves as one of the best preventative measures when it comes to staying off illness. Stress and lack of sleep are not conducive to a scholarly environment, especially at exam time – so instead of cramming, make sure you have a study plan ready, and keep a decent amount of time set aside for sleep.

Dress properly

Heading into fall, some of us may be brash and feel that we can survive wearing our summer attire until the first snowfall. Don't do it! As the days get cooler, bravado is not going to keep you warm. Even with outdoor sports, you will need to be prepared to add some layers if you don't want to catch a chill.

Fluids – lots of fluids

If you do happen to get sick, remember your mother's (or at least, my mother's) old adage – drink lots of fluids! Whether it is soothing teas or hearty soup, not only



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Busy students often sacrifice their sleep for other tasks.

can they help alleviate symptoms, they will keep you well-hydrated. When you're stuffy-nosed and sweating out whatever illness you've contracted every night, keeping yourself hydrated will mean more rest, fewer "I can't breathe!" mornings and put you on the slightly-faster road to recovery.

There's been a lot of coverage in the *Nugget* over the years on proper study habits, self-care, and dealing with stress. Even if you think you won't need them – read them! You never know when the information will prove valuable to you.

As I go grab another box of tissues, I'll leave you with this – don't try to be the hero. As much as you don't want to miss class, do everyone a favour and stay home. Talk to your instructors and classmates to get assignment information and notes, work out how you can hand in necessary assignments or make up for missed participation. Coming to school sick means everyone in your class are that much more likely to get sick as well. So if you start to feel sick, stay home and get the rest you need so you can get back into the classroom sooner, rather than later.

International Student Centre moves

By NICOLAS BROWN
Issues Editor
@bruchev

A closed door and empty room is what awaits you if you try to visit the International Student Centre in the E-Wing. Why, do you ask? It's simple – they've moved!

As of August, the International Student Centre moved into W-101 in the HP Centre just in time for the Fall semester – taking over the space formerly occupied by the Advising Centre.

The new space offers a lot of potential for the Centre. The old E-Wing location, located next to the *Nugget* offices, had limited space and capabilities.

"Well, our space has almost more than doubled in size," said Sultan Almajil, centre supervisor. "In the past, our advisers had cubicles within the space, so it limited us ... if students wanted to have more confidential meetings or discussions it was more exposed but now we actually have an advising division in the space so students can

have more privacy when talking about difficulties.

"And then we have the open space, which is solely for students to get to know one another. It's definitely been a big upgrade for us and we're very happy with it so far."

This space upgrade also means that physically, the Centre can accommodate more events and services than before. In addition to extra computers (six computers for student use, up from three), work stations for peer mentors and the Centre's engagement co-ordinator and a more formalized reception area, the added capacity for events is beneficial for students and the centre. For example, the centre hosted the Autumn Festival this year for the first time.

"We're always open to something new. In the previous location, that probably wouldn't be possible," explained Almajil, "Now, with a larger venue, we're getting international students who are representing clubs seeking us out saying 'we love this space, we love

working with you, we want to bring our culture to your space'.

"It's taking what we had before and expanding it further."

As for the potential for new programs offered by the centre, that's currently up in the air but Almajil is optimistic.

"We haven't really gotten to [adding new programs] yet but we do have a plan," he said. "We had the NAIT meet and greet in the centre – that used to be somewhere else like the North Lobby because the space wasn't big enough but now we can just attract the students into our own area and with that it allows us to be more creative, to bring in something new."

"We've been here now since August and things are starting to settle now after the new intake. We're definitely going to bring in something new but it's in the works, it's in the plan."

The move was met with some trepidation, however. Before the CAT building opening, the E-Wing and South

Lobby were the two prime locations on campus for accessing student services. E-Wing in particular has been the primary home for most student engagement, including NAITSA, the Campus Clubs office, the Encana Aboriginal Student Centre and the International Student Centre. A move away from that major thoroughfare, even with the new CAT building, is a major change from centralizing those services.

"We were very worried about our move, because we knew that we were in a high traffic area on campus and a lot of students would know where we were, so we were worried that maybe they wouldn't get enough notice or would have the old habits of just going to the old locations," said Almajil.

"But the returning students have easily migrated with us to the new space. We see them here regularly. And because it's not crowded during that afternoon period, they're actually bringing in their friends. It's been really positive so far."

Paws that refresh

By OLIVIA ADAMS

With school back in session and the semester already quite busy, students can become overwhelmed quickly. NAIT offers many stress-coping workshops, counsellors to go and talk to but what's more relaxing than playing with a dog? After a long day at school, nothing de-stresses me more than seeing my dog as I walk through the front door. That wagging tail and excitement to see me puts a smile on my face every time.

Reduces stress

It's well known that canine therapy reduces anxiety and stress in individuals and, luckily for the students at NAIT, we have our very own! I had the pleasure of meeting Flynn, a three-year-old Australian Labradoodle and his handler, Linda Shaw. Born on April 9, 2013, Flynn has been a therapy dog since he was one year old. It's no surprise that he is a therapy dog as when I met him, he was sociable and well-tempered.

Linda Shaw is a registered nurse and joined NAIT's Health and Sciences department 10 years ago. So why was she inspired to get into this kind of work? She had seen a mini-documentary on TV about utilizing animals in different settings and thought, 'Wow! NAIT would be a great place to do that!'

2 years of service

Her dedication to educating herself on how to bring an animal into a school for therapy purposes and writing a proposal letter to NAIT resulted in Flynn! This led her to her current role at NAIT as student well-being facilitator. Flynn has been at NAIT for two years helping students cope with the stresses that post-secondary can bring. He has impacted students in such a positive way that he's helped inspire some to stick it out and finish their programs.

Positive results

Linda runs sessions called Paws for a Break, in which she hands out a survey to see how a student's well-being is affected by a therapy dog. At a Paws for a Break session, a student had come up to Linda saying, 'I need to tell you something, I met you a few years ago when I was in a different program at NAIT. I had met you in the hallway after I had packed up and left class. I had decided that I was leaving

and I wasn't coming back. That this wasn't going to work for me. I stopped to talk to you because I saw your dog. I played with him and you kept me there long enough to catch my breath. After we were done, I went to student counselling and learned a few things about myself. I continued and I graduated.'

Now, how can you get the opportunity to meet Flynn? He's in his office with Shaw three to four days a week and they are located in room W-111PB (Student Counselling Centre). He does not have regular office hours as they are currently being confirmed, but you can pop by to see if he's there. You can also call Shaw at (780) 471-7550 or e-mail her at lshaw@nait.ca to book a session with Flynn. She has also

organized times to bring Flynn to the different buildings around campus. She sets up a gated area with yoga mats so any student can come spend time and play with him. Flynn and Shaw visit the Spruce Grove and Patricia campuses once a month and twice a month on the main campus. This week he will be on the main campus, either in the CAT building, the HP Centre or the South Lobby as they rotate through twice a month. You can find out where and what time he will be there by following his Twitter @Flynntherapydog. Coming home to my dog every day always calms my anxiety and stress. The opportunity to spend time with a dog like Flynn is worth it, so go and paws for a break!



Flynn with his handler, Linda Shaw.



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

Letters

We want your views

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

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

We need to list your real name.

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

U-Pass talks underway

By A.J. SHEWAN

School fees are a necessary part of life for students. The amount for post-secondary varies by program and institute. One fee that is nearly inescapable for most post-secondary students is the Universal Transit Pass or U-Pass. Often that acronym brings about an emotion for students, which varies, depending on program, demographic or desired level of freedom.

The NAIT Students' Association, along with other student associations representing various post-secondary institutions across our city have started the negotiations toward a new U-Pass contract in 2017. NAIT students will be voting on the new

agreement in February. The negotiations have been taking place for several months now and our NAITSA representatives are upbeat about what the future holds.

Jason Roth, Advocacy Director at NAITSA, is the lead negotiator at the table representing our interests. He tells me the No. 1 issue that NAITSA is pushing is the cost to students. When the last negotiations took place, there was difficulty in coming to an agreement on the price increase structure. This time around the transit service providers have been very flexible on working with the various institutions toward an agreement. He believes that students will be very happy with the numbers when they are presented to

the student body.

Roth sees the steep discount that students receive for the U-Pass versus a regular four-month bus pass as the primary benefit. Statistics show that the vast majority of U-Pass holders are using the pass at least once, with most using it on a regular basis. When asked about the students who choose to drive, he said the main factor is the ride time. He understands the challenges students face who might live in an area where a bus ride to NAIT wouldn't be feasible. He wants to hear from you.

Feedback on route improvements, bus capacity, cleanliness, safety concerns and anything else that would encourage taking advantage of transit are welcomed and would be brought forward to the various transit service providers.

NAIT student Debbie Poole brings her vehicle to school and pays for daily parking because of the convenience of having her vehicle with her. She would like to be able to opt out of the U-Pass but does see the benefits. She concedes that if she pursues a longer academic program she would most likely find a way to make transit work.

Katie Spencer, VP External at NAITSA, has joined Roth at the negotiation table and agrees that the transit representatives have shown goodwill towards getting an agreement in principle to put forward to the students. Previous referendums have shown large support for the U-Pass and she believes this time will be no different. I posed the question to her about the challenges faced by students from outside of the catchment

area of Edmonton Transit System, St. Albert Transit and Strathcona County Transit. The City of Spruce Grove has been approached by ETS recently and has been considered for inclusion into the U-Pass network. Unfortunately, no agreement has been reached to date and it does not appear that one will be prepared in time to be presented to students.

Student Andy Degruchi has seen the benefits of the U-Pass and often finds uses for it outside school hours. He sees it as a worry-free way to enjoy a night downtown and not have to pay for parking. He encourages students to give it a try.

I also had the opportunity to speak with Dave McReynolds, director of Research, Revenue and Expenditure Control for Edmonton Transit Services, who has been one of the main negotiators for ETS this round. He said that he is pleased with how the negotiations have been proceeding. He points to the introduction of a pro-rated replacement fee for lost passes as one of the improvements made from feedback.

So it appears that the U-Pass is here to stay, with the last referendum passing 78 per cent in favour for the U-Pass. It can be claimed on your federal taxes, allowing for a partial cost recovery. Unlike other institutions that mandate that spring and summer courses be covered by a four month U-Pass for what might be a two-month course, NAIT does not. Add your voice to those looking for improvements. Suggest ways that would make transit something worthwhile to you. After all, it is your fees at work.



Photo by A. J. Shewan

The LRT is an important component of the U-Pass system.

Investment club gets real

By RYAN HOULE

The investment club of NAIT is a group of students that are interested in stock market and the methodology and practices.

In previous years, students would research different companies and pitch them to the members of the club who would then decide whether or not to virtually invest in that particular business. This year ICON will be investing real cash into the market in efforts to provide real trading experience in the Canadian and American equity and debt markets. This is called the Real Money Fund and the starting capital for this year is \$50,000.

During their meetings, ICON talks about macroeconomic events that affect the market, facilitate skill-building seminars and hosts presentations by students, staff and industry professionals. The club is open to anyone, regardless of their course of study at NAIT. Their objective is to create an environment in which students can discuss and learn about investing together. Participation in the club could help refine

skills related to finance courses at NAIT or prepare students for investing in their personal portfolios.

Meetings take place in the new CAT Building in Room 213, the stock simulation lab, on Tuesdays and Thursdays at 4:30. The meeting area features a new computer lab that provides a perfect environment for students to learn about the stock market. It has a stock ticker around the room, similar to what you would see in movies or on the floor of a professional stock exchange.

"Having computers in the classroom is very convenient during the meeting and the massive screens all over the room allow the entire club to focus on a stock pitch at once," said club president Logan Phillips.

"The stock ticker in the room is extremely cool and is very popular among club members."

Phillips, a fourth year Business student

majoring in finance, has been a part of the club since his first year at NAIT. He has a year of experience working with TD Bank, two years at the Alberta Investment Management Corporation and has spent this previous summer in New York working

at JP Morgan and Chase, a world renowned banking organization.

The club's VPs are Brandon Morin, Jake Freedman, Jesse McDonald and Dominik Brkic. Aside from NAIT's entire executive management team,

Ray Block, NAIT's CFO, played an instrumental role in creating the Real Money Fund.

Max Varela, Anna Beukes and Ivan Ourdev are responsible for assisting in finding secure funding for the club. In addition to helping secure funding for ICON, Ivan Ourdev, instructor of Advanced Finance, is personally overseeing the Real Money Fund.

"NAIT's alignment with student success never falters and the Real Money Fund is a key example of providing real world skills to NAIT students." Logan said, exhibiting how much of a key role the school plays in the club's success.

"Students can really take the initiative for themselves and create their own paths. The Investment Club of NAIT is a great example of how a grassroots student organization can turn into something really special."

Logan is adamant that the school's support is one of the greatest parts of Investment Club.

If you think you have what it takes to be a wolf of Wall Street, show up to one of the next ICON meetings to join in on the fun. If you do not want to participate directly, you are welcome to join the club's meetings to experience real life investment and macroeconomics through the club's members. You can check out the club's website investmentclubofnait.org for recent news and information.



Photo by Stephanie Cervo

Recognition for aboriginal commitment

NAIT President Glenn Feltham presents the 2016 Sen. Thelma Chalifoux Award to Business instructor Donna Bentley on Sept. 19 for her commitment to aboriginal success. Bentley, a management instructor in the School of Business, is being recognized for her commitment to diversity, cultural awareness and inclusion. She was nominated by former student Dawn Lameman, who graduated in May with a Bachelor of Business Administration degree.

ASK THE EDITORS

Why settle for just one opinion?

It can take time to settle into a school and studying routine. What do you wish you knew during your first year at NAIT?

•••

Danielle Fuechtmann
Editor-in-Chief

Take advantage of the services that are available to you through both NAIT and NAITSA. There are a lot of amazing support services and more that can make being a student a bit easier. One thing that I tend to forget about is the Health and Dental Plan. The NAITSA plan has better coverage on a few things I've needed over the last year than the plan I pay \$145/month for – go check it out! Next on my list? A visit to Flynn, NAIT's adorable therapy dog!

Brendan Chalifour
Entertainment Editor

One thing I feel like I missed out on last year was the events NAITSA put on because I didn't know about them. I remember when I first started at NAIT, I received a card with all of the September events, but I guess school and assignments snowballed on me after that and I never went back to see what other events were happening around campus. Now that I am more involved I am aware of NAITSA's "Absolut Thursday" where they put on a special event every Thursday at the Nest. Another is NAITSA's How to series, a unique How to each month. I went to my first one this week: How to: Canoe!

Nicolas Brown
Issues Editor

My first year at NAIT was actually as a Continuing Education student (what is now known as "Open Studies"). I wish I had known the opportunities full-time students had to get involved on campus. Full-time students have the opportunity to access funding, take leadership roles on campus, and take advantage of services on campus. As a Con-Ed student, I couldn't access student loans or scholarship funding to pay for my courses. Getting involved in campus clubs or accessing certain campus services is also extremely difficult for students in similar situations. When I started my first year of full-time studies, I couldn't believe what I had missed – so don't miss an opportunity to see what is available on campus!

Connor O'Donovan
Sports Editor

Being a student at NAIT allows you access to a number of perks you might not have been aware of. One that can be incredibly helpful is your full access to Lynda.com web tutorials. Accessed from the "Student Services" tab in NAIT portal, Lynda.com features in depth tutorials on a wide range of topics, from video and audio production, to 3D modelling and animation, to business and marketing.

Another area holding hidden treasures is NAIT's library. Students have access to a range of equipment at the library, including cameras, flashes and tripods, laptops and tablets, projectors, microphones and more. Check out the library's web page for booking information.

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represent students in your program groups

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august 29 - september 26

- Discuss and make decisions on issues that concern NAIT students
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 - 10 meetings throughout the school year
 - Dinner provided at each meeting
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 - Leadership experience
 - Appears on program transcripts

nominations close @ 4pm

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OPINION

— Editorial —

TV needs to take care



DANIELLE S. FUECHTMANN

Editor-In-Chief

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Living on my own and the time I spend working on design projects for my classes means I watch an embarrassingly large amount of television in the background, consume many hours of podcasts and am rarely without a never-ending list of articles to read. Powering through that much content provides an interesting opportunity to view a wide breadth of content and cultural criticism and I spend a lot of time critiquing the media around me (thanks, English degree!).

Crimes as entertainment

Lately I've been thinking a lot about how popular crime procedurals like *Law and Order: SVU* and *Criminal Minds* or true-crime documentaries like *Serial* or *Making a Murderer* portray violent crimes and how we interact with this media. As this genre has slowly crawled out of late night television to popular, prime time (relatively speaking in today's on-demand media era), what does it mean when we consume portrayals of horrific crimes as entertainment and how does it change when there are true events behind the story?

I remember the early episodes of *SVU* and *Criminal Minds*. They were disturbing, of course, but regularly over the top and focused on the who-dunnit-y procedural so there was room for viewers to cling to the fictional aspect of the show. However, lately I've noticed that the plots are becoming increasingly violent and seemingly inspired by real headlines.

Just another rape story

Earlier this week, *The Globe and Mail* published a piece by Ellen Vanstone about her experiences as a writer for television dramas and the rise of rape as a plot device. She describes losing her innocence in the writing room after pitching a (chilling enough) Jane Eyre-esque story of mental illness and a hidden grandmother in the attic, which tweaks and changes had turned into another rape story. Her "dead old lady had turned into a thirtysomething adulteress who gets her head bashed in and [her] old lady in the attic had turned into a beautiful blond teenager in a basement being held captive by the world's most adorable predator, Rossif Sutherland."

Vanstone said her horror in unintentionally becoming complicit in the creation of another story of sexual violence quickly morphed into rage over the amount of rape and violence towards women shown in our media. It's a back story, a plot device to motivate male protagonists and is even casually tossed in "to raise the stakes".

Skeptical? *Game of Thrones*, *The Fall*, *NCIS*, *Hawaii Five-O*, *Bones*, *The Mentalist*, *The Americans*, *Bates Motel*, *Dexter*, *House of Cards*, *Jessica Jones*, *Scandal*, *True Detective*, *Downton Abbey*, *Happy Valley*, *Last Tango in Halifax*, *Mad Men*, *Reign*, *Top of the Lake*, *Orange is the New Black*. These are just some of the examples of recent shows where rape has reared its ugly, violent head.

Rape stories are always unsettling. They should be.

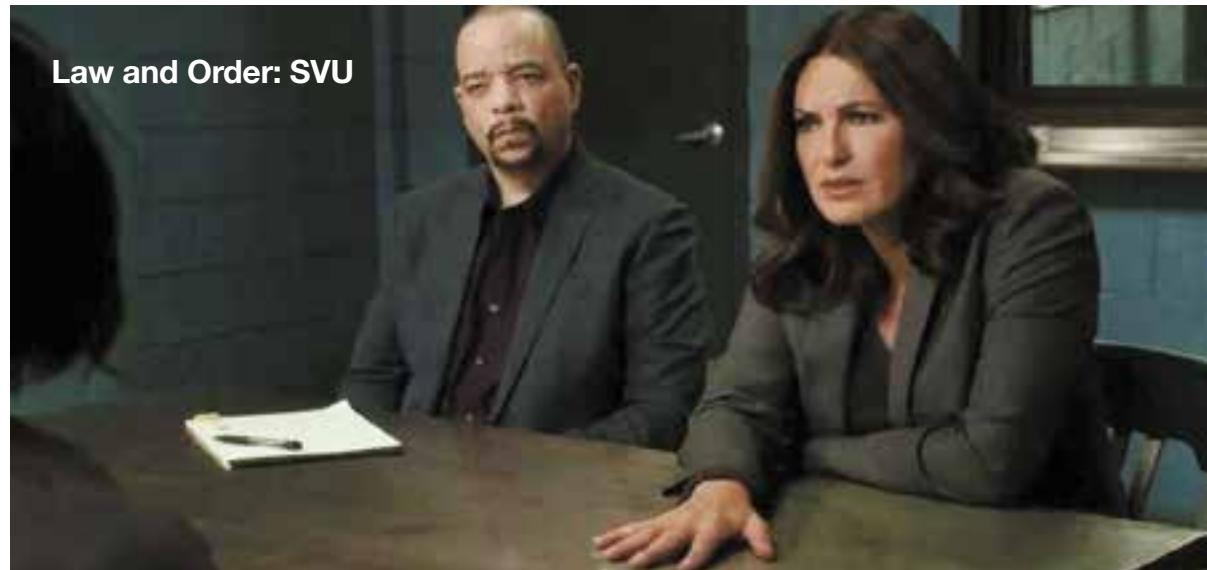
Over the last couple of years, however, I've noticed that an unsettling feeling and compulsion to double check that I locked my door has become more of a sickening knot. Part of it is knowing too many victims of sexual assault – one in four Canadian women will be sexually assaulted during her lifetime. But part of it is seeing stark similarities to stories like the Steubenville rape case, Rehteah Parsons and many of the Title IX (an American law that prohibits discrimination on the basis of sex in education programs or activities that receive federal funding) cases currently under debate, particularly on shows like *SVU*. No longer simply lurid plots providing absurd fodder for crime scene investigations and behavioural analysis, these shows hit close to home, particularly as many leave the case without justice for the victim in an ending that is tragically true to life.

Maybe this sickening knot is what today's viewers need

– an uncomfortable brush with the realities of rape and our flawed system for dealing with sexual assault. The casual inclusion of rape simply to further plot lines is entirely reprehensible. However, the argument can be made that a place for thoughtful discussions of assault may provide an approachable theatre for discussing these issues.

A study published by Washington State University found a connection between the way sexual violence is portrayed in media and how people view sexual consent. A 2015 study from the *Journal of Health Communication* found that shows like *Law and Order*, which show both the criminal act and the process of going to trial and sentencing, was associated with an increase in viewers' intention to adhere to expressions of sexual consent and to refuse unwanted sexual activity. According to the study, the findings suggest that the show's focus on establishing the presence of consent provides a valuable opportunity to discuss misconceptions and could potentially provide a tool for practitioners focused on preventing sexual assault.

If crime shows are here to stay, I hope they think carefully about the way they portray assault and violence. Assault has a horrible impact on many lives and if we're going to allow rape stories to be depicted in media we consume for entertainment, it needs to be done with great care.



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SPORTS

Those mighty Cubs!



By CONNOR O'DONOVAN
Sports Editor
@oadsy

Contrary to my old broadcasting teacher Jeannette, I love a good cliché. (By the way, congrats on the new job, Jeannette!) I'm not saying they're the best thing since sliced bread but sometimes they fit like a glove, especially in sports.

This past week, I uncorked a wild pitch, shed my sporting skins and went yard, taking my sporting interests out of the local ballpark to Chicago to see

the MLB-leading Cubs take on the Milwaukee Brewers and clinch the NL Central Division in the process. The Chicago trip was rather impromptu – a short pitstop on my way to visit family in southern Ontario – but it made me realize a couple of important things: One, letting your sports fandom take you places is a very rewarding experience and two, it's OK to hop on another city's bandwagon every once in awhile.

Chicago, for instance, is a city full of history, culture and architectural marvels. It was built by a diverse population of immigrants, which is reflected in the music, cuisine and construction of the city. Famous blues clubs pepper the downtown core, the jazz scene is still swinging, good hip-hop and rock shows can be seen on any night and house music actually originated in a Chicago nightclub. Chicago's hotdogs and deep dish pizza are nationally recognized and can be enjoyed underneath a number of awe-inspiring structures – the skyscraping

Willis Tower, the *Chicago Tribune* tower, with its collection of exotic building fragments (from the Taj Mahal, Angkor Wat and the Great Wall of China, among others) or maybe the Cloud Gate (the giant, iconic reflective bean sitting in Millennium Park).

And, of course, the city is home to the Chicago Cubs, the White Sox, the Blackhawks, the Bears, the Bulls and the Fire and most have enjoyed great success in recent years. The exception has been the Cubs, which brings me to my next point.

Cubs fans are amped right now. The Cubbies haven't tasted World Series glory since 1908. That is a cold streak, my friends and this year just might be the year it comes to an end. I was lucky enough to experience the excitement in Wrigleyville following the aforementioned title clinch, and that place was bumping. The "bucket boys" beat their plastic drums with invigorated fury outside of the ivy-clad red-brick walls of Wrigley Field. Choruses of Steve

Goodman's "Go, Cubs, Go" echoed from sports bar to sports bar. I've never high-fived so many strangers in my life because in those moments, it was impossible not to be a Cubs fan.

Last Friday afternoon, I forgot all of my established sporting allegiances as Miguel Montero's walk-off jack hit the Budweiser Bleachers in the 10th, sending his white flag-clutching teammates onto the field and Wrigley Nation into a frenzy. As I left the stadium, I belted out Goodman's chorus without really knowing the words and drifted along wave after wave of blue and red all spouting the same thought as I was: this could be the year.

A week later, I'm back to worrying about the Toronto Blue Jays and their slumping ways. I could have been that way in Chicago, too, and taken in the Cubs game as a detached observer. You're missing out on an experience that way, though. Let your love of sports take you places.

Keeping Score

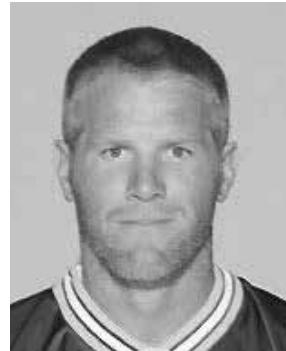
Greatest of them all?

With the NFL season just getting underway, looking back at past NFL records provides fans a way to bask in the glory of certain incredible feats. Whether it be team records or single athlete records, each and every one are impressive in their own way. BUT... Which NFL record is the most impressive of them all?

By CONNOR O'DONOVAN
Sports Editor
@oadsy

In 2010 Brett Favre played the last of 297 consecutive NFL starts. 297. He started in 1992. I watched the first start from my high chair. That is a record that will never be beaten. The next closest is Peyton Manning, who wimped out at a measly 208. The longest active streak? Peyton's puny little brother, Eli at 185.

Over those 19 seasons, most of which were played in the wind and cold of Green Bay, Wisconsin, Favre was sacked 523 times. His listed injuries jeopardized his feet, his ankle, Achilles tendon, groin, hip, finger, hand, forearm, shoulder, neck, chin and his loveable, crew-cut-topped noggin.



Brett Favre

Since 2004, according to the oldest record of these stats I could find, he was listed as "probable" 24 times, "questionable" six times and "out" zero. Do you know how much the average NFL defensive lineman weighs?

Through those days, weeks, years and injuries he tossed the ball 10,168 times, completed 6,295 of those passes, threw for 507 touchdowns, won a Superbowl, was league MVP thrice and showed up at the Pro Bowl 11 different times.

It was all done in one of the most unnecessarily brutal activities a human being can compete in. It's a symbol of talent, perseverance and idiocy – Favre's 297 straight starts is one of the most impressive records not only in NFL history but in sporting history.

By RYAN CRAIG

The answer to this is the record held by the great running back Eric Dickerson. Dickerson owns the record for the most rushing yards in a single NFL season. Tallying up a grand total of 2,105 rushing yards in 1984 for the Los Angeles Rams, Dickerson not only joined into the illustrious 2,000 yard club that season – he became its president.

Rushing for a whopping 131.6 yards per game made for certain that Dickerson's name would live on as the all time rushing leader of the NFL in a single season. What makes this feat so impressive is that this record will most likely stand the test of time. I mean, let's face reality – the NFL has grown to become a passing league (see still effective 39-year-old Tom Brady). Rushing for 2,000 yards would be almost impossible



www.profootballhof.com
Eric Dickerson

to do with the coaching and playing style that dominates the modern day National Football League. The OJ Simpson pure rushing style of football that once dominated the league is now over as teams begin to "air it out" much more.

The term 'running back,' which was once a job description, has basically changed into just another position title. If rushing for 2,000 yards (a feat that was just barely completed five years ago) is now deemed almost unimaginable, the all time record of 2,105 yards is untouchable, isn't it? Great quarterbacks will come and go and their records will be topped and topped again but the role of the running back has changed dramatically, thus making the current rushing record likely unbeatable- and in turn, making this record the most impressive one in NFL history.

SOCER

Women sweep, men swept

By CONNOR O'DONOVAN
Sports Editor
@oadsy

NAIT's women's soccer Ooks (3-0-1) displayed some early season domination on the weekend with a pair of big wins over the Keyano Huskies (0-4-0).

The women were firing on all cylinders on Saturday in an 8-0 rout that featured a hat-trick from midfielder Kailey Mohn. Kassy Jajczay scored for Ooks in the first minute of the game and, by the 17th, NAIT had six markers on the board. Marissa Webb scored twice on Saturday. Kiera O'Toole and Keara Quinn also got on the board. Kailey Harder made two saves for the shutout.

Sunday's rematch featured similar firepower from the Ooks. Marissa Webb added her third and fourth goals on the weekend, Kassy Jajczay also scored twice and Hallee

Peter added the final goal in the Ooks' 5-1 victory.

Next up for the women's Ooks are the Kings University Eagles (0-1-1) and the undefeated Grande Prairie Regional College Wolves (4-0-0). The Ooks face the Eagles at 4 p.m. on Friday. The battle between the undefeated squads kicks off on Saturday at 2 p.m. Both games will take place at NAIT Field.

The men's Ooks (2-2-0) saw less success in the north, however, dropping both of their matches against the Huskies (4-0-0). The Ooks lost Saturday's game 3-1 in an outing that displayed a close score until the final moments of the second half, though the scoreboard may not have accurately reflected the competition.

"We were totally outplayed in the first half. We gave up a goal in that time and it set us back a little bit," said head coach Charles O'Toole.

The Huskies put their first marker on the board in the 39th minute, but didn't add their second and third goals until the 88th and 90th minutes. The Ooks lone goal came off the foot of forward Matthew Zima, also in the 90th minute. Oook keeper Tyler Larison saw six shots on goal on Friday. The Ooks managed just three of their own.

"They're a very stacked and very skilled

Photo by Robert Murray/Fort McMurray Today/Postmedia Network

NAIT defender Kayleigh Pepper (6) fights for the ball with a Keyano player on the weekend in Fort McMurray.

team," O'Toole said of the 2015 ACAC champion Huskies, "and we were unable to cope with it."

Sunday's match saw a similar score. The Ooks dropped their second game of the weekend 4-1. Defenceman Sean O'Toole registered the NAIT tally in the 84th minute when the Ooks were already down 3-0, before Keyano added another in the 90th. Competition was tight in the first half – the Huskies didn't light up the scoreboard until the game's 43rd minute – and a NAIT shot that rang off the post nearly tied things up early in the second but a Keyano penalty marker and a couple of "mental lapses" in the second half put the comeback out of reach for the Ooks. O'Toole mentioned a few areas that need work following the weekend's losses.

"We need to improve our discipline when we do fall behind in games, and we need to be more composed. We have the skill and the players that can do the job, we just need to be more focused," he said.

That focus will be tested this weekend against King's University (1-1-0) and Grande Prairie Regional College (0-4-0). The first game kicks off at 6 p.m. on Friday and the second at 4 p.m. on Saturday, both at NAIT Field.

"We gotta get the boys back on the right path again. If we're a little more focused we should be able to get the job done this weekend," O'Toole said.



Photo by Robert Murray/Fort McMurray Today/Postmedia Network
Ook defender Sean O'Toole in action against Keyano.



NAIT curling team tryouts

Registration

- Wednesday Sept. 28 noon to 2 p.m. in the gym
- Final registration and first practice, Monday Oct. 3 at the Avonair Curling Rink

Inquiries: Jules 780-221-1717



FREE FALL FITNESS

All classes listed below are free-of-charge to NAIT students and staff. Participants will need to pre-register and bring their staff or student ID upon attendance. To pre-register, visit nait.ca/recreation, call 780.471.7713 or visit O-117.

SEE & TRY CLASSES (shown in the table below in white)

Join us for three free weeks of fun group fitness classes. This is a great opportunity to try classes that will be introduced during the Fitness Unlimited months.

12 DAYS OF FITNESS (shown in the table below in blue)

Join us for twelve full days of free classes including giveaways at the end. The more classes you attend, the more chances you have to win the grand prize! Saturday and Sunday will be at-home activities.

| DATE & LOCATION | MON | TUE | WED | THU | FRI |
|--|-----------|---|-----------------|--------------------|---------------------|
| September 19 - 23 12:15-1:00pm (S112) | Yin Yoga | Total Body Express | Arms & Abs | Cardio Step | Kickboxing |
| September 26 - 30 12:15-1:00pm (S112) | Bootcamp | Butts & Guts | Yin & Yang Yoga | Circuit Class | Zumba |
| October 31 - Nov 4 12:15-1:00pm (Gym) | Yoga | High Intensity Interval Training (HIIT) | Circuit Class | Total Body Fit | Tai Chi |
| December 5-9 12:15-1:00pm (Gym) | Yoga | Body Weight Bootcamp | Arms & Abs | Core and Stability | Kickboxing |
| December 12-16 12:15-1:00pm (Gym) | Games Day | High Intensity Interval Training (HIIT) | Yoga | Circuit Class | Bootcamp & Giveaway |

QUICKFITS IN THE QUAD

Join us every Tuesday and Thursday for a quick 20 minute workout in the new NAIT Quad located outside of the CAT building. Class is weather permitting.

CORE EXPRESS

TUESDAYS AT 1:15-1:35PM

This class targets the waistline, abs, obliques, lower back and glutes. Combining traditional ab exercises with balance and stability exercises will get you closer to the six pack of your dreams!

BOOTCAMP EXPRESS

THURSDAYS AT 1:15-1:35PM

Using your own body weight, you will get a total body workout in just 20 minutes. Be prepared to sweat!



FACILITY INFORMATION

FITNESS WEIGHT CENTRE

- Weights (free and machine)
- Cardio
- Stretching area
- Spin studio
- Table tennis
- Treadwall
- Bouldering wall ★

COURTS

- Raquetball
- Squash

GYMNASIUM

- Open court times available Monday-Thursday

OUTDOORS

- Natural turf soccer field
- Outdoor volleyball court
- 400m outdoor run/walk track

CHANGE ROOMS

- Men's and Women's
- Day use lockers (fee with own lock)
- Dry sauna

★ NEW

POOL

- 25m with 50m capacity
- Salt water
- 5m aquatic climbing wall
- Diving board ★
- Water toys (log rolls, basketball hoops, water mats, 25m water walkway)

STUDIO SPACE

- Fitness studio
- Strength and conditioning lab
- Personal fitness training studio

ARENA

- 200'x85' NHL size multi-purpose arena
- 188m indoor running track

ELIGIBLE NAIT STAFF AND STUDENTS WILL HAVE ACCESS TO THE FOLLOWING FACILITIES, PROGRAMS AND SERVICES:

- Informal recreation (e.g. drop-in gymnasium time)
- Intramural programming
- Reduced registration rates for instructional programming
- Access to all free fitness and well-being sessions
- Free admission to regular season, playoff and exhibition home varsity athletic games

HOURS OF OPERATION

Take advantage of our facilities when it works best for you. Whether you're working out, taking a dip in the pool, shooting some hoops or skating in the arena, our facilities are here for you!

Gymnasium

Mon, 11:00am-1:00pm (open), 3:00-4:30pm (Volleyball and Basketball)
Tues & Thurs, 11:00am-1:00pm (Badminton & Basketball), 3:00-4:30pm (open)
Wed, 11:00am-1:00pm (Basketball), 3:00-4:30pm (Basketball)

Drop-In Skating

Mon, Wed & Fri, 11:00am-1:00pm
Tue & Thurs, 11:00am-12:00pm

Drop-In Hockey

Mon & Wed, 1:00-4:30pm
Tue & Thurs, 12:00-4:30pm
Fri 1:00-4:00pm

Recreation Swimming, Lane Swimming & Climbing Wall

Mon-Fri, 6:00-8:00am, 11:00am-1:30pm, 3:30-7:00pm
Sat, 8:00am-4:00pm, Sun, 10:00am-4:00pm

Fitness and Weight Centre

Mon-Thurs, 5:45am-9:45pm, Fri, 5:45am-8:00pm
Sat, 8:00am-4:00pm, Sun, 10:00am-4:00pm

Note: All facilities will be closed on statutory holidays

ENTERTAINMENT

Ready, set ... watch!



BRENDAN CHALIFOUR
Entertainment Editor

School has started up again, the leaves are turning yellow and orange, and the days are getting cooler. This means that the fall TV shows are starting up again! I'm always excited for the fall TV season. I like seeing which of my favourite shows will be returning, which ones won't be and, of course, all of the new ones.

Modern Family premiered yesterday. Don't worry, there are no spoilers ahead! If you haven't seen it, I encourage you to do so. It is a great show that captures the comedy, drama and complexities of our modern

families. Since the families represent such diversity and age range, almost anyone can relate to it.

Two of my all-time favourites, *Shark Tank* and *Dragons' Den*, will be coming back. Now, if I were to tell you that this show is just about business owners and entrepreneurs pitching their ideas to potential investors, your first thought might be "how boring." However, the level of emotion, personality and drama that comes in each episode may surprise you! I love these shows because every pitch is (usually) done by someone with an incredible story. This ranges from a homeless man who created an invention that was sold for hundreds of thousands of dollars to families who start a business out of their home that now makes millions. I love how unique and interesting each and every pitch is. Wondering what the difference is? *Shark Tank* is the US version and *Dragons' Den* is Canadian.

Another great show is *Mr. D*. This show will be airing on CBC for its sixth season next month. It's based on the unfortunate true story of a physical education

teacher who was assigned a social studies class. The twist? He has no knowledge of the subject except for what he remembers from when he was a student. With unconventional teaching techniques, which include using the smartest student's test as an answer key and reading the textbook chapter the night before teaching it. I love this show because it shows the personality and realness of teachers but hopefully they aren't all like that!

TV shows are my media of choice. Since they're ongoing, you can just hit play and continue from where you last left off, you're not introduced to new plots or characters like when you start a new movie. I always find it so devastating, however, when one of my favourites gets cut, and won't be returning for another season. One of them,

Ringer (on the CW) was absolutely incredible. From the storyline to the acting and even the music, I think I've re-watched this one about three times already ... it's really that good!

So, which new or returning TV shows are you looking forward to this fall? Consider writing an "On the Screen" article for us, join us in room E-128 on Tuesdays from noon to 1 p.m. for some article pitches and pizza!

Also, make sure to check out Olivia Adams' Fall TV Roundup in this section to see all the shows coming this fall.



www.christianpost.com

NEST TAPHOUSE GRILL

WEEKLY SPECIALS

| | |
|---|--|
| \$7 FOOD SPECIALS | \$4.50 DRINK SPECIALS |
| MONDAY Nest of Wings | *All liquor served is 1 oz |
| TUESDAY Taco Trio | MONDAY Fireball Shot |
| WEDNESDAY Classic Poutine | TUESDAY Crushed Ice Margarita |
| THURSDAY Pepperoni Pizza Bites | WEDNESDAY Lamb's Rum Hiballs |
| FRIDAY Daily Soup Cup & Garden Salad | THURSDAY Flavoured Absolut Vodka |
| FOR CURRENT HOURS PLEASE VISIT US ONLINE | FRIDAY Bottle Pilsner |
| NESTTAPHOUSEGRILL.COM | |

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. DINE IN ONLY.

REVIEW US ON: zomato yelp

OILERS GAME TIME FEATURE

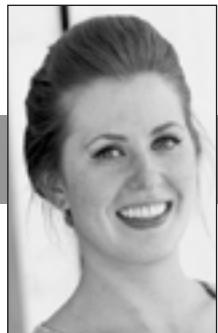
\$4.50 PINTS (16OZ)
MOLSON CANADIAN

ENTER FOR YOUR CHANCE TO WIN TICKETS IN OUR BI-WEEKLY DRAW!

*Nest Taphouse Grill is here to serve the NAIT community!

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By OLIVIA ADAMS

This week's Shuffle inspiration stems from the upcoming annual PURE. "Western Canada's largest and longest running WHITE clothing themed dance event returns for the seventh consecutive year. Attracting thousands of music lovers from all over North America - PURE has become widely known as one of Western Canada's favourite DANCE events." The event is split into two stages: the Bass arena (bass and hardstyle) and the Synergy area (trance and house). I look forward to this night

every year and it's always a great time! On Sunday October 9th, doors open at 9PM. Tickets are still available and can be bought at showpass.com. I threw in two songs by Zomboy because I'm THAT excited to see him! I may have teared up a little bit when I also saw that Tritonal would be performing too. For more details please visit purewhitenight.com

- Get Away ft. Voice – Bad Royale
- Sorry (Justin Bieber) Remix – Brillz
- Be Your Sound ft. Emma Hewitt – Cosmic Gate
- Man on the Run – Dash Berlin
- Way to Happiness – Mark Sixma and Jonathan Mendelsohn
- So Long ft. Madi – Slushii
- Until You Were Gone – Tritonal and The Chainsmokers
- Burn it Down – Wildstylez and Coone
- Invaders – Zomboy
- Don't Let Me Down ft. Daya (The Chainsmokers) – Zomboy



www.youtube.com



www.youtube.com

SEPTEMBER EVENT LIST

- 1-2 | NAIT ORIENTATION
- 8 | PANCAKE SUNDAE BAR
- 8 | RED LIGHT GREEN LIGHT @ NEST
- 9 | PANCAKE SUNDAE BAR
- 9 | VOLUNTEER FAIR
- 13-15 | NEST FEST
- 17 | ICCP WATER FIGHT
- 19 | HOW TO: CANOE
- 19 | SOUCH FOOD EVENT
- 20 | PATRICIA FOOD EVENT
- 22 | CARDS AGAINST HUMANITY @ NEST

- 26 | SENATE NOMINATIONS CLOSE
- 26 | SENATE CANDIDATE MANDATORY MEETING
- 28 | WELLNESS WEDNESDAY
- 29 | COMEDY NIGHT @ NEST: STEPHANIE TOLEV
- OCT 6-12 | SENATE VOTING PERIOD (ONLINE)

NAITSA CLOSURES
5 | LABOUR DAY

FOR MORE INFORMATION ABOUT ANY OF THESE
EVENTS, CHECK OUT NAITSA.CA



rm e-131



RYAN HOULE

What makes you happy?



"Spending time with my boyfriend, relaxing and watching shows on Netflix."



"Hanging out with friends, wake surfing and great food!"

Jesse Hnatiuk



"Growing a bright orange beard."

John Perozok



"Free time, playing any kind of sports, watching movies and doing other stuff with my friends."

Nathan Chen



"Pizza."

Vrudi Bachwani

Going back to School? We'll Help You Save!



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In selected areas.

FROM THE KITCHEN

Warm roasted sweet potato salad

By HANA LAVERICK

Who said cooking had to be perfect and clean looking? The thing I love the most about cooking and baking is that every person has different ideas and ways of cooking and presenting their dish. You get to feed off of other individuals' ideas and create your own master piece, it is kind of interesting actually! Before I get carried away now, and before you think that this is too difficult for you to make don't worry – I threw everything into a bowl after and ate every last bit of it and it tasted amazing! If there is anything I love about fall it is the beautiful amount of produce that we get to select from. I chose sweet potato for this dish because it tastes lovely roasted and it pairs really nicely with feta, quinoa and red onion dressed in a honey Dijon vinaigrette. Hearing that already makes my mouth water! Salads are easy and a healthy lunch to bring to school so you can have your cake and eat it, too. With this recipe though, you will have to make it the night before and just add the dressing prior to eating. It does keep well for a couple of days so you will be golden and full of nutrients to keep you energized for the week! Cheers!

For the salad:

- 3 sweet potatoes, peeled
- 1 cup of quinoa (uncooked)
- 2 carrots, peeled

- 1/4 cup diced red onion
- 1/4 feta cheese
- 3 large handfuls of spring mix or spinach

Honey Dijon balsamic vinaigrette:

- 1/3 cup balsamic vinegar
- 1/2 cup olive oil (extra virgin works too)
- 2 tbsp Dijon mustard
- 1 tbsp of honey
- 1 tbsp of lemon juice
- 1 tbsp of orange juice

Instructions:

- 1) Preheat the oven to 475 degrees.
- 2) Peel and cube (one to one-half inch) the sweet potatoes, making sure they are about the same size so they cook evenly.
- 3) In a pot, combine one cup of quinoa with one and a half cups of water. Bring it to a boil. Cover and reduce heat and simmer until quinoa is tender. It should take about 15 minutes.
- 4) While the sweet potatoes are roasting and the quinoa is cooking, dice the red onion and toss it into a bowl, peel and cut the carrots (dice, if you prefer). Put the spring mix into a bowl as well.
- 5) Once the sweet potatoes and quinoa are done, let them cool before mixing them with the rest of the ingredients. After it is all mixed you can crumble your feta cheese into the salad.
- 6) For the vinaigrette, mix it all into a container and

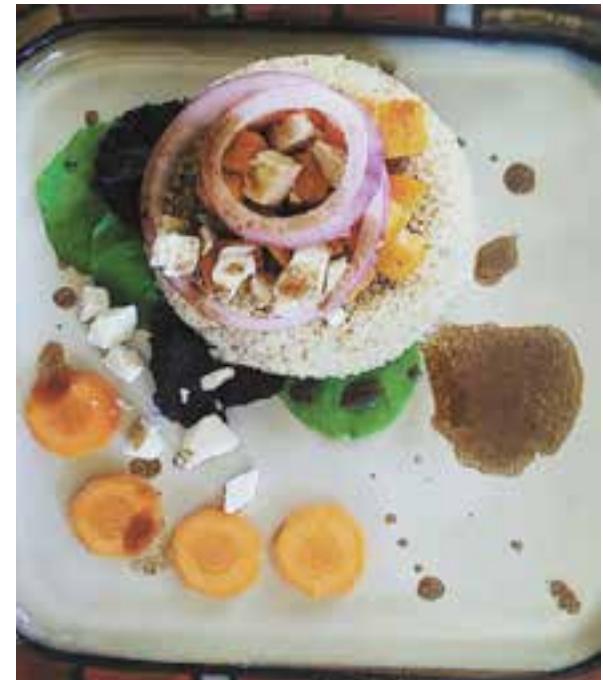


Photo by Hana Laverick

dress your salad when you're ready to eat. You will have extra dressing left over, so save it for another salad. It will be good for a week or so.

Poetry Corner

Rose-shaped Sapphire

*Melt away with me cherry sunshine,
You are the dawn's trembling break-
The second's kaleidoscope lay crying
Below - it's tears dreary heartache.*

*Forget dying sleep which makes a man crazed.
The chords you dance sound so sweet,*

*Transform the pasture of dream,
illuminate the days
Tap your fingers on the windowsill,
Count out the beat*

*Eyes like diamonds,
Knives like fire.*

*All there is, is love, pure desire.
Give to me your rose-shaped sapphire.*

*Words soft patience - flashes sweet lips,
Waves of mandarin light keep me warm.
Whispers unsaid my love springs and drips.
Awake rainy daydream, safe from the storm.*

*The reflection sits cross-legged,
Bluer than ocean's lonely stare.
It's edge smiles then walks out the door,
leaving her gaze floating in air.*

*Breakthrough paper roofs
Love, what are you?
Not given enough - accepted by few.
Yellow evolves your mind.
The brain's eternal fire -
Who smiles and plucks
A rose-shaped sapphire.*

– By Michael Menzies



Photo by Stephanie Cervo

Lines and light on campus

THROWBACK THURSDAY

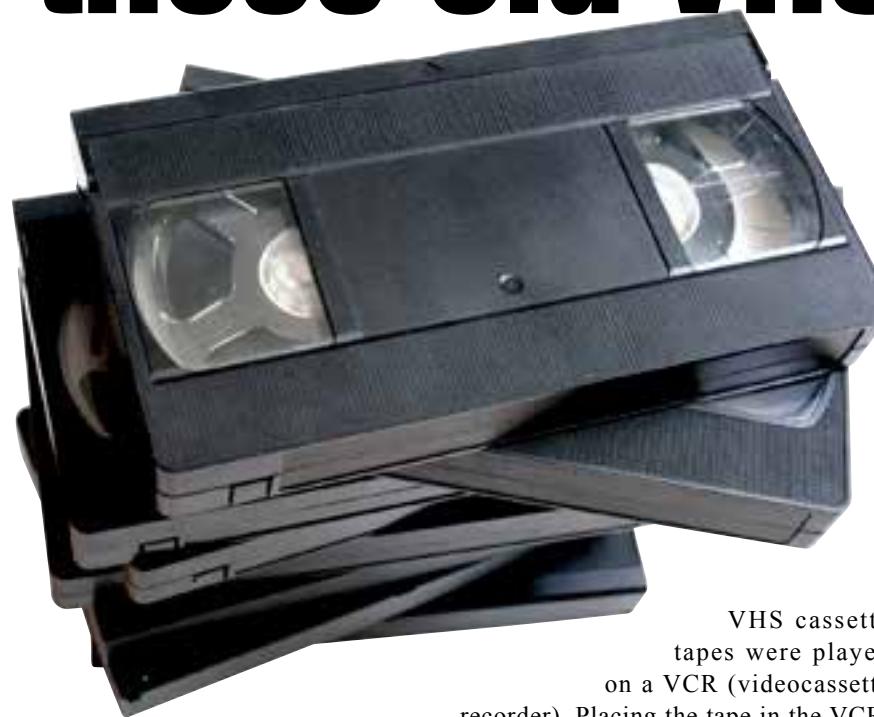
Get out those old VHS tapes!

By GERVAISE BRANCH-ALLEN

Back in a time before we could watch films in the comfort of our homes via DVDs, Blu-rays and digital streaming, we had VHS, a.k.a. video home system, was released in 1977 in North America, changing the way consumers viewed film and television. With a VHS cassette, owners could record television shows or view films outside of the movie theatre. We may take it for granted today but back in the late 1970s, this was a brand-new concept.

Interestingly enough, the VHS wasn't alone in the home video market. During the late 1970s/early 1980s, Sony's Betamax competed with the VHS as the primary source for home video viewing. The Betamax was released a few years before VHS in the mid-1970s. Sony collaborated with JVC (the company that created VHS) to create U-matic (videotape inside a cassette). Afterwards, the two companies separated and decided to start their U-matic formats. This led to a rivalry between Sony and JVC once Betamax and VHS were out in the market.

During this bitter competition, VHS managed to gain enough sales due to its



VHS cassette tapes were played on a VCR (videocassette recorder). Placing the tape in the VCR, hearing the VCR rev up as the tape was loading and watching the previews/trailers before the main feature started is a great memory of mine.

Most people over 18 likely have fond memories of VHS, watching popular movies like *Ghostbusters*, *Teenage Mutant Ninja Turtles: the Movie*, or *Jur-*

cheaper cost compared to Betamax. Even though Betamax had a strong audience, I'm glad the VHS was popular enough to become the dominant tape on the market. It's been part of consumers' lives for decades now.

assic Park. Maybe you enjoyed watching episodes of TV shows or you liked to record TV shows.

Being able to record over already recorded footage was really handy. If you didn't want to keep a recording, you didn't have to throw the VHS with the recording away. You could tape over it and use it again. I remember going to church one Sunday while an exciting event was taking place in my favourite TV show, so my brother and I set up the VCR to record the episodes. That tape is still somewhere in my house.

I had great memories of VHS, watching recordings of *Pokémon* or episodes of *Rugrats*. When I grew up, DVDs had already been introduced to the market but I still enjoyed watching both VHS tapes as well as DVDs. My only real issue with VHS tapes was that you had to rewind them after you watched them and it took way too long for me.

If you own VHS tapes and a VCR, I definitely recommend going back to the good old days and enjoying a film or television show from years ago in the home video format most people grew up with.

It's all "Talk" all the time

By BERNIE BERNHARDT

July Talk came out with their self-titled first album in 2012 and Canadians have been singing their praises since and with good reason! Not many bands nowadays capture the spirit of blues rock straight from the Delta while having synth alternative elements incorporated into their music.

The quintet formed in Toronto after July Talk's singer-guitarist (and Edmonton native) Peter Dreimanis saw Leah Fay sing with her previous band, Mothers of Brides, in a Toronto bar. After hearing her sing, he knew he wanted to start a band with her. Waking up the next morning, he knew he had to find her again. And so he did, convincing her to found July Talk with him. They embody conflict and dichotomy in everything they release, with Peter's voice sounding like the personification of whiskey and cigarettes and Leah's sultry call make for a gripping listening experience. Now that you know a little of the backstory of July Talk, we can talk about the highly anticipated follow up to July Talk's debut.

The name *Touch* makes sense for July Talk as a band whose live performances are a staple of their brand. They've always made the theme of their songs relevant this way. Touching someone is intimate and this band is all about intimacy. The title also represents many things from the band's own personal interaction, the interaction between the audi-

ence and the performers and how lovers connect and find communication through touch. Now let's see what *Touch* has to offer.

The first song, "Picturing Love," kicks off with a classic drum beat, adds some synth and then hits you hard with Peter's unmistakable roar. Then the guitar picks up and ties the whole thing together. This song talks about how the digital era has changed the way we view love. A consequence of being interconnected is the expectations that are given to us through profiles online and the way love is marketed to us in media.

Now we move to "Beck + Call," which features Canadian throat singer Tanya Tagaq. Her breathy beat mixes well with the drums and adds to the theming of this song about lust, love and using someone. This song gets straight to the point as it starts with a hot and heavy riff at the beginning.

"Now I Know" shows the feelings of falling in love all over again and takes us to a lighter, funkier side of July Talk while still retaining the dark chilly feeling, fitting with their black and white aesthetic.

"Johnny + Mary" gave me serious nostalgia for the first time I ever listened to July Talk (Sonic Boom 2012) while keeping with the evolution of their sound. It quite literally deals with the relationship between Johnny and Mary and their conflicting personalities.

"Strange Habit" is the most experimental song – off-putting and soft at the



www.ottawashowbox.com

Peter Dreimanis and Leah Fay of July Talk

same time. This song tells us of the feeling of attraction for an old flame or someone who keeps drawing you in. Powerful, while quiet, it makes for a moving listening experience.

"Push and Pull" is the big single from this album and it is popular for a reason. It takes its swing at July Talk's constant theme of fighting with someone who is close to you. I thought this song really shows the evolution of how they make music. It's still bluesy but now in more alt-rock territory and I love every second of it. This is a song that grabs you by the collar and yells here we are!

"Lola + Joseph" is about raw attraction between two people and you can feel it. The sexy riff behind the lyrics makes this song sound like a night on the town with a beauti-

ful stranger.

"So Sorry" is about a couple growing apart and the fighting that ensues. In this song, you can feel the anger flow through you.

"Jesus Said So" is an interesting song that talks about modern society and the things that influence our lives.

Touch ends with the title track, which is a summary of July Talk. The band's personal expression here deals with longing and opening up to your friends or loved ones. It builds slowly and puts the perfect bow on the album. It's a fitting end to what turns out to be one of my favourite albums of the year! Give it a listen and throw some love July Talk's way. They are coming to Edmonton on Nov. 29 and Dec. 2 at Union Hall.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO

International Club Film Series: Cinema the the Theatre
 International Club Film Series: From Books to Film
 Crafting Club Weekly Crafting
 Super NAITSA Anime Club Weekly Meetings
 Civil Club Meetings
 Super Smash Bros Club Meetups
 Investment Club Weekly Meetings

WHEN

Wednesdays, Sept 6, 2016-April 12, 2017 | 6:30pm-8:00pm
 Fridays, Sept 8, 2016-April 7, 2017 | 2:00pm-4:00pm
 Thursdays, Sept 8-Dec 1, 2016 | 5:00pm-10:00pm
 Fridays, Sept 9-Dec 16, 2016 | 4:30pm-8:45pm
 Thursdays, Sept 8-Nov 17, 2016 | 2:30pm-3:30pm
 Mon & Thurs, Sept 12-Dec 15, 2016 | 5:00pm-10:00pm
 September 13, 2016 | 4:30pm-6:00pm

WHERE

Stanley A. Milner Library
 Stanley A. Milner Library
 Room X-213
 CAT 140
 CAT 302C
 Nexen Theatre
 CAT 213

CAMPUS CLUBS NEWS

WHO

Events with Alcohol Training Type 2
 Club Social #1
 Grant Deadline #1
 Club Showcase

WHEN

September 19, 2016 | 4:30pm-6:30pm
 September 27, 2016 | 4:00pm-6:00pm
 October 3, 2016 | 5:00pm
 October 5, 2016 | 11:00am-12:30pm

WHERE

CAT Theatre 191
 The Nest
 OrgSync
 CAT Main Street

NAITSA CAMPUS CLUBS CENTRE

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TELEVISION

Season's must-see TV

By OLIVIA ADAMS

Project Runway

Thursdays on Lifetime

Project Runway is a competition among 16 designers wanting to become “the next great American designer.” It’s Season 15 and goes back to its roots with an unconventional challenge right off the bat. The 16 new designers meet at a lovely New York City loft for what they think is a premiere party with Tim and Heidi – but surprise! The party supplies in the room are actually materials for their first challenge. Cue shocked looks from everyone as if they’ve never seen this show and thought a party would actually be a party. But only the Season 1 designers could get away with that. Check out episode two tonight at 8 p.m. Lifetime is playing a rerun of Episode 1 at 7 p.m.

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How to Get Away with Murder

Thursday Sept. 22 on ABC

Back for its third season, *How to Get Away with Murder* follows professor and criminal lawyer Annalise Keating (Viola Davis) at Middleton University. In Season 1, she selected five students (Wes Gibbins, Connor Walsh, Michaela Pratt, Asher Millstone and Laurel Castillo) to intern for her firm and they become involved in a murder plot. The show uses flashbacks of Annalise and her students which creates an air of mystery and suspense. Seasons 1 and 2 are on Netflix, so get caught up! This series is highly addictive!

•••

The Blacklist

Thursday Sept. 22 on ABC

The Blacklist is premiering its fourth

season right after *How to Get Away with Murder*. The main character is Raymond “Red” Reddington (James Spader) who voluntarily turns himself into the FBI with a list of the most dangerous criminals in the world that he has compiled over the years and is willing to inform on their operations in exchange for immunity from prosecution. If you like true crime TV shows, this fictional one will definitely interest you! Seasons one to three are available on your TV provider’s On Demand page.

•••

Hell's Kitchen

Friday Sept. 23 on Fox

If you enjoy chefs being yelled at by a British man, then this show is for you! Back for its 16th season, *Hell's Kitchen* brings sugar and spice into your life. This reality television show uses a progressive elimination format to narrow down a field of twelve to twenty aspiring chefs to a single winner over the course of one season. The contestants are split into two teams, usually by gender, and are given chef jackets with panels of blue or red to differentiate which team the person is on. The past seasons are not streamable anywhere from what I could find, but you don’t need to watch them to be ready for season sixteen.

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Bob's Burgers

Sunday Sept. 25 on Fox

Another television series that will be returning for its seventh season! One of my favourite cartoons currently, this show follows Bob and his family running a burger restaurant in an unnamed seaside community. The sitcom is very



www.ign.com

clever and hilarious! The voice of one of his teenaged daughters is voiced by a man so how can you go wrong? The show's creator, Loren Bouchard, has been tight lipped about the upcoming season but there are hints of more Louise centered episodes and old characters coming back! The five previous seasons with the six quickly on its way, are available on ShowMe.

•••

The Simpsons

Sunday Sept. 25 on Fox

Back for its 28th (yes, its 28th!) season, *The Simpsons* will be airing its 600th episode! This season will include a parody of *The Great Gatsby* “The Great Phatsby” which will be its first hour long episode. This season will also include a Pokémon Go-themed episode, couch gags spoofing *Robot Chicken* and *Adventure Time*, an episode that shows how Homer learned to feel better with food, Mr. Burns hiring the Simpsons, except

Homer, to be his family and Glenn Close returning as Mona. Unfortunately, FXX doesn’t stream in Canada but they are available at Best Buy.

•••

The Walking Dead

Sunday Oct. 23 on AMC

The Walking Dead is going into its seventh season with a major cliffhanger finally being answered! Based on the graphic novel, the series is about a post-apocalyptic world filled with zombies and those trying to survive in it. Rick Grimes (Andrew Lincoln) leads his group through the United States in search for stability and possibly a cure. The Comic Con 2016 trailer introduces some new characters like King Ezekiel and his tiger (yeah, a tiger! How did that come to be?). I am most looking forward to some epic zombie mashing scenes and who is going to make it to season eight! The previous six seasons are available on Netflix.

ALUMNI CORNER – PREPARING FOR TOMORROW

Slow and steady wins race



By SHANT CHAKMAKIAN
BA/ST 2012

Whether you are a first year or graduating the next year, there is no doubt that the job market is currently competitive and a point of worry for most individuals.

It also gets more competitive at year-

end when you are among hundreds of grads or summer students actively looking for work.

Getting started now (yes, now) will help open up more doors and opportunities to give you a head-start in your career. So what is one to do?

First, get polished. If this is your first time entering the workforce it really helps to start getting in the habit of walking the walk and talking the talk. That means learning how to dress, act and communicate in the workplace.

Dress is an easy place to start. Shopping for future work clothes prepares you for presentations or maybe gives you better gear or safety equipment depending on your trade. It also helps you feel confident that you are a pro-

fessional because you dress like one and you will be reminded of your career goals regularly.

Communication is by far one of the most important pieces to working effectively in teams. Learning technical lingo is an all too common part of our education we are familiar with. What isn’t often taught in classrooms is how to deal with conflict, how to communicate workplace issues without offending someone and effective written communication. Little things substitute for time. But the best course I can recommend for interpersonal communication and life skills is the Landmark Forum.

References are important! That is why I recommend that you start volunteering. Volunteering provides us

with many opportunities to work with others and to get great references. Volunteer positions often have greater flexibility and learning options. NAIT is full of amazing volunteer opportunities, so I definitely invite you to explore your options. I can speak from experience when I say what I learned outside the classroom on campus propelled my career to where it is today.

Networking is key. It isn’t what you know it’s who you know – we’ve all heard this but we don’t always do it. Learn to make as many connections as possible in your industry and embrace opportunities to go to industry events outside of school. It’s easy to get caught up with homework but slow and steady wins the race! Stay consistent.

Improving self esteem



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

People with high self-esteem have positive, yet realistic, views of themselves. They trust their own abilities, have a general sense of control in their lives and believe that they will be able to meet most of their goals. High self-esteem means accepting yourself for who you are and not depending excessively on the approval of others in order to feel good about yourself. People with high self-esteem take reasonable risks and do not feel they have to conform to the expectations of others.

Lack of self-esteem is not usually related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. The good news is that you can improve your self-esteem at any time of your life.

1. Identify your self-defeating thought patterns and work towards changing them.

- All or Nothing Thinking. "I am a total failure when my performance is not perfect".

- Focusing on negatives and ignoring positives. For example, letting a single negative detail, piece of criticism or comment colour your whole day or emphasizing bad things much more than good ones: "I got five A's but the one C really shows my abilities."

- Fortune telling. Predicting that the future will be negative. ("I know I'll never be happy").

- Mind reading. Believing that you know what another person is thinking. ("She must not like me since she didn't say hi to me.")

- Believing your feelings without questioning them. "I feel ugly/stupid/unpopular so it must be true."

- "Shoulding" on yourself. "Should" statements are often perfectionistic and reflective of others' expectations rather than our own. For example "I should be getting straight A's."

- Labelling. Attaching a negative label to yourself like, "I am stupid" instead of thinking, "I didn't do well on that exam but now I know that I have to study harder or get help with that class".

- Blame. Blaming others for everything that goes wrong in your life or taking the blame for everything, even if it is not your fault.

- Difficulty accepting compliments. "You like this outfit? I think it makes me look fat."

2. Use realistic positive self-talk. **Healthy self esteem is built the same way as low self esteem – by the messages you give yourself.** If you keep putting yourself down or beating yourself up for past mistakes you will only lower your self-esteem further. When you notice that you are doubting or judging yourself tell yourself "stop" and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

3. Emphasize your strengths. Give yourself credit for everything you try. By focusing on what you can do, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with them. People with low self-esteem generally focus on weaknesses and perceived failures and negate strengths and successes. Learn and practice the skills that you feel you are lacking and that would add value to your life.

4. Set realistic goals. Establish goals on the basis of what you can realistically achieve. Look for projects that stretch –but don't overwhelm – your abilities. Break your goals down into small steps and then work towards completing each step. To strive for perfectionistic absolute goals such as, "Anything less than an A in school is unacceptable," sets you up for stress and feelings of failure.

5. Take risks.

6. Be assertive. This means looking after your own needs while being respectful of the needs of others.

7. Take action. Trust yourself to make good decisions and to deal with the consequences. Procrastination lowers self-esteem so get to work right away on important projects and goals. Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process; don't be disappointed if you don't do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of self-acceptance.

8. Love yourself. Spend some time pampering yourself and treating yourself like your own best friend. Stop comparing yourself with others and accept yourself for who you are. Loving yourself may mean letting go of the past, of unhealthy relationships, of anger you are holding onto, of anything that is holding you back

from reaching your full potential.

9. Use available resources. There are many books, seminars and audio-visual materials to enhance self-esteem. *Ten Days to Self-Esteem* by Dr. David Burns is a good book to start with. See a counsellor in Student Counselling or make use of study skills seminars, drop-in tutoring and learning assistance to enhance academic success.

10. Take responsibility. There is only one person who can really improve your self-esteem – you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours.

"Today is yours to make it whatever you want it to be"

– H. Johnson

If you would like further assistance enhancing your self-esteem or dealing with other academic or personal concerns, contact NAIT Student Counselling.

Main Campus: Counsellors are available from 8-4:30 Monday to Friday, with extended hours, 7:15-5:15, on Thursdays. Call 780.378.6133 or come in person to Room W-111PB, HP Centre.

Southern Campus: A counsellor is available on Thursdays. Book by calling 780.378.6133 or in person in Room Z-153.

Patricia Campus: A counsellor is available Tuesdays. Book by calling 780.378.6133.

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The application deadline is Sept. 30.

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ON THE SCREEN

Remember to breathe

By MICHAEL MENZIES

For the most part I've been lukewarm to the new modern horror films populating the silver screen. But when I went to *The Conjuring 2* earlier this year, I was pleasantly surprised by the storytelling and it rekindled my love of the horror film.

Now, I'm more prone to take trips to the movies waiting for the thrill of the scare. With that being said, I went in blind to *Don't Breathe*. My girlfriend was in town for the weekend and, because she too loves horror movies, asked if I wanted to go see *Don't Breathe*. I hadn't seen much press about it but decided it was good for a

Saturday night trip.

Director Fede Alvarez's second offering is a thrilling adventure about three teenage burglars who decide to rob a blind army veteran's house. The vet sits on a small fortune because of his daughter's wrongful death court settlement. The 88-minute film wastes little time settling into the major plot and the blind man's house, where the majority of the picture takes place. His house – in the middle of an abandoned neighbourhood – becomes a shape shifting haunted mansion with more going on behind the scenes than first meets the eye. As the film progresses, the ten-

sion builds to insurmountable heights. The characters become trapped and hunted. We don't know what's coming next. We aren't sure who to cheer for, which makes all the action and violence more intriguing.

The blind man is the centrepiece and best part of the film. Stephen Lang's performance as the originally sympathetic, turned gruesome villain is the magic behind the movie. The strength in any film lies in direct correlation with its villain and this is no exception. As the tension tightens, the weight of escape, fortune and mortality all create a dilemma that taunts and eludes the robbers. They all want to bank one last score so they can move away from their gloomy lives and start fresh. But soon enough they are hoping for their lives back instead.

Generally, I am skeptical when I pay money to go to the movies, especially to go see a horror film. I fixate on small flaws or chunky dialogue or missteps in the plot. But here Mr. Alvarez did a marvellous job of engaging the entire theatre for the full runtime, as there isn't a slow part to take out. The paper-thin teenage characters are at the beginning uninteresting but that fades away as the film develops.

Don't Breathe earns its R rating but be warned some of the content is dark and disturbing. There is little doubt a few patrons



www.comingsoon.net

were uncomfortable for portions of the film. But out of any grotesqueness comes scenes making the movie even more entertaining. It is done with care, not just for shock value and it works with the story. *Don't Breathe* is better because of its dark content.

After seeing it on the weekend we walked out of the theatre and weren't exactly sure what we just watched. I'm still not sure if the movie is really good or not. What I can tell you is that it's superbly entertaining and worth the \$16 ticket. *Don't Breathe* at times becomes remember to breathe as this is a promising return to interesting horror films in the future.

HOT
**'N'
SINGLE**


Photo by Bernie Bernhardt

Harley Myhovich Radio

What do you look for in a woman? Someone who likes *Home Alone 2* as much as me, so we could scream KEEVIINN on a plane. Like in *Home Alone 2*.

What are your turn offs in a woman? I wouldn't date a nurse because their job is to take care of and help people, so she probably wouldn't come home and want to take care of me. Purses over nurses, man. Also, she couldn't have snakes for hair because I don't like fictional people.

Who is your celebrity crush? Judge Judy, no question. Because that woman has so many kids. I have to respect that.

What is your ideal date? Building an igloo together with my lady, then listening to smooth jazz and watching a sports game together.

What's your message to the ladies of NAIT? If you are looking for a man, come find me and then hunker down for some major romance.

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FASHIONISTA OF THE WEEKSTA



Photo by Erika Acorda

Nicole, 21
Respiratory Technology

Nicole is a first-year student in the Respiratory Therapy program. She moved to Canada at the age of nine from the Philippines and is still learning to adapt her aesthetic to suit Canada's cold temperatures.

Tell me about your outfit today – Well, I typically wear a lot of black because I still don't know how to wear colours that much, so I tend to default to black. I got my shoes from Topshop in Vancouver, my jeans are from Urban Outfitters. [My jacket] is from Forever21, I luckily found it and the top, Zara!

How would you describe your style? Anything dark. Sometimes I like to wear colours because, in the summertime, it's harder to wear anything dark. I would also describe it as comfortable and layered.

What are your closet essentials? 1) Dark, high waisted jeans. I think everyone [can] rock high waisted jeans! 2) Cardigans: I have a lot of cardigans. I just think you can wear whatever pieces with them and it's comfortable and cute.

You have five minutes to get ready for school, what do you grab from your closet? Honestly, I'll probably just grab a really baggy pullover or a T-shirt and cardigan with pants, jeggings, leggings.

What's your favourite thing about fashion? You're able to express yourself. If you have a hard time expressing yourself vocally, I think your fashion sense says a lot about you. I like how diverse it is and I like how everyone has [his or her] own sense of style.

Do you have any fashion tips for our readers? Just wear what makes you comfortable. It doesn't matter what anyone says. If you wanna wear that, go for it! It's your body, it's your choice, it's your life. It's not going to harm anyone, whatever you wear. So wear what makes you comfortable, what you feel amazing in!

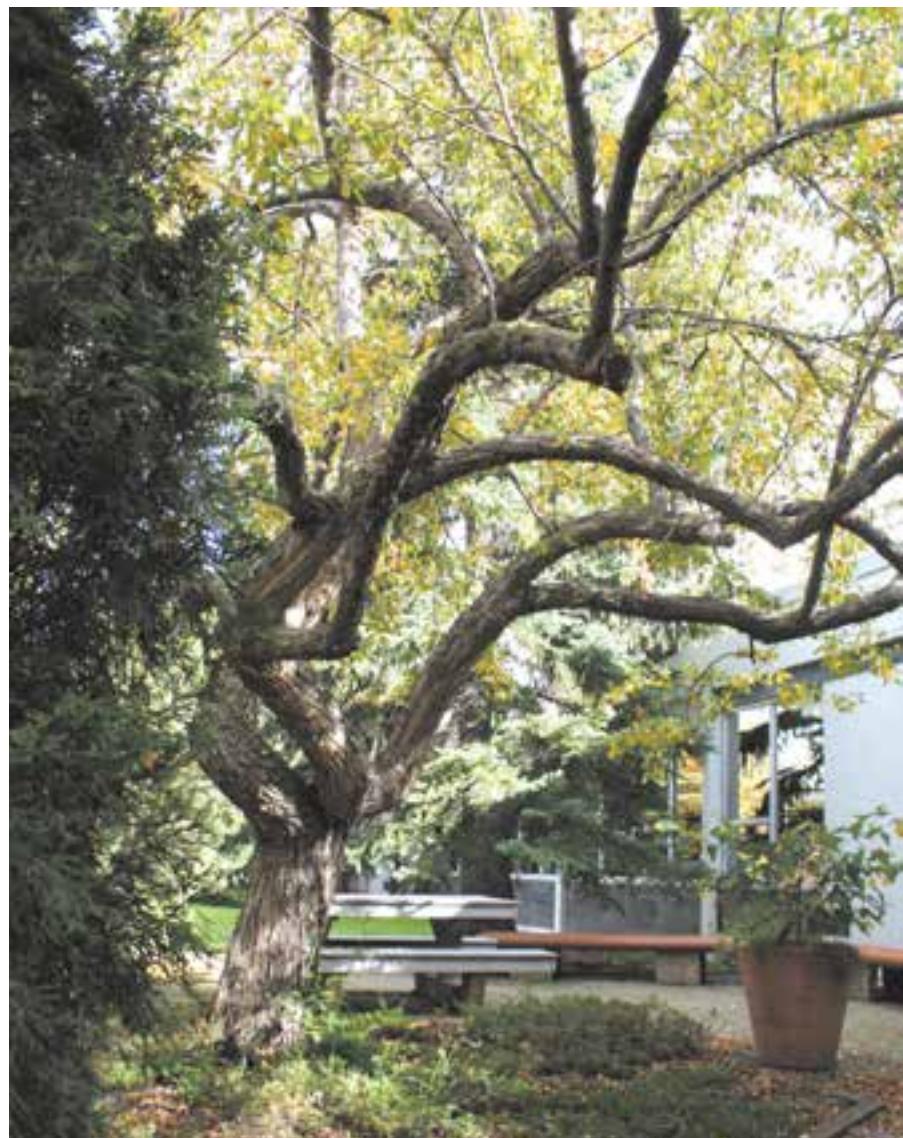


Photo by Stephanie Cervo

A quiet spot on campus



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THE NUGGET PRESENTS:

HOROSCOPES

**MADAME O****September 22-28**

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

Virgo (Aug. 23-Sept. 22)

Reach for the stars today. The heavens may not be out of reach with a confident, believe-in-yourself attitude. Doors will open that were previously blocked. It all rests on your taking the risk to step through them.

Libra (Sept. 23-Oct. 22)

Practising a little self-discipline by stilling the mind and mastering your emotions will prove valuable in the near

future. Getting angry now will only start you down a slippery slope that could sabotage your long-term goals. It won't matter who or what makes you angry, the effect will be the same.

Scorpio (Oct. 23-Nov. 21)

The next 24 hours will be very active. You won't have much time for sitting still. You will understand that getting out, meeting new people and engaging in sociable activities will have benefits down the road. Party on!

Sagittarius (Nov. 22-Dec. 21)

It is most important to be crystal clear about your wishes over the coming weeks. The planets are very supportive of your success. Family and friends are set to assist you, but it will be up to you to set the direction and be clear where you are heading.

Capricorn (Dec. 22-Jan. 19)

The timing is right to rock the boat at least a little bit. Taking on too much though could get you into hot water. So be mindful of what actions you take and watch the results closely so that you don't end up sinking the ship.

Aquarius (Jan. 20-Feb. 18)

Shortcuts will take you in the wrong direction this week. You know what needs to get done and what it will take to do your best. Now is not the time to compromise on either your vision or the work it will take to realize it.

Pisces (Feb. 19-March 20)

Something you do today will get attention and start people talking. Do not let this sidetrack you, or give you cause to feel awkward. Just relax and accept both the accolades and the criticism. It is only information after all and it is up to you to determine if what you did is on track or if it missed the mark.

Aries (March 21-April 19)

You may be amused by the antics of friends; however, laughing at other people's expense can potentially get you in trouble and could create enemies. Take a moment to put yourself in their shoes and see what reaction you would like to have in a similar situation.

Taurus (April 20-May 20)

Planetary positions are opening the way for you to take the next

career move. Important people will be on your side and taking their advice into consideration will soon have you moving up in the world. Your ability to discern right from wrong is indicated as being important in this move.

Gemini (May 21-June 21)

Expect the best and the best is what you will find. Be clear about your dreams and what is important to you. Putting a name to your dreams will create positive energy that will attract success.

Cancer (June 22-July 22)

Change is in the wind and there may be too many happening at once for your comfort zone. Keep steady, the upheavals are no reason to worry as it is all working in your best interest. You have much to look forward to.

Leo (July 23-Aug. 22)

Money matters are before you over the next month and it is the ideal time to push yourself that much harder. The extra effort will not only result in more money now but also in the long term. Celebrations are in order.

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