

HAPPY HOLIDAYS! NEXT ISSUE OF THE NUGGET ON JANUARY 14

THE NAIT NUGGET

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JUST MONTHS AWAY

NAIT's CAT Building nears completion, story pg 3



Photo by Taylor Braat

Lou Zoldan, project director for the new Centre for Applied Technologies, highlights some points of interest in the structure, which is scheduled to be ready this summer for student use in the fall.



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NEWS & FEATURES

Leave emotion out of it



NICOLAS BROWN
Issues Editor
@bruchev

We have been seeing quite a few so-called scandals cropping up in recent months on the political front. From Trudeau's "nanny-gate" to the Alberta NDP's controversial Bill 6, there is no shortage of fodder for critics and online commentators alike. Although it is good to have discussion on events throughout the political realm – it is how elected officials are kept accountable after all – at times there is such a heavy focus on certain items that the real purpose of discussion is missed. Instead, we seem to be insatiable in our focus on the emotional side of political debate and that, to borrow a phrase from *Family Guy*, really grinds my gears.

Let's start with a look at Trudeau's "nanny-gate" as it is being referred to by some political commentators. Yes, Trudeau has two "special assistants" who, among

many other things, act as secondary care-givers to his three young children. He also has a number of other staff members in his taxpayer-funded household, just like every other Prime Minister before him. This outrage over having nannies in the PM household staff conveniently ignores the fact that every PM household has household staff, ranging from chefs to gardeners. Harper even had his own personal hairstylist bankrolled by taxpayers but, somehow, nannies for a busy young PM are going too far.

Sure, Trudeau opposed Conservative policies on childcare but the Liberals have their own childcare policy proposals. People are sounding cries of "hypocrite" and claiming that "Turdeau" is ruining our country already, when Parliament has barely had a chance to change where the name tags are placed for each seat in the House of Commons.

What's one policy area that seems to be steered entirely by emotion? My personal favourite – firearms legislation. A perfect example currently in the works is Quebec's provincial long gun registry. Ignoring the fact we've been through this before at the federal level – which ended in a \$1 billion boondoggle – provinces have no authority under the Criminal Code of Canada, limiting this registry to a system of fines and other regulatory punishments. However, Quebec is exploiting



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Prime Minister Justin Trudeau and his family.

a loophole in jurisdiction as anyone punished under the provincial registry could then have their firearms licence revoked by the provincially-appointed chief firearms officer, leading to federal charges. This type of backdoor regulation flies in the face of proper regulation and legislative authority and it is being guided entirely by emotion. There are very few statistics or studies that support the positive impact of a firearms registry. I'm all for intelligent, well-designed firearms regulation – in fact, I think it is extremely necessary in this day and age – but policy development should never be impacted by tears, lies and outright ignorance bordering on negligence.

This column could name dozens more instances of policy areas being unduly impacted by emotional influencers without a basis in fact but this shouldn't be a soapbox for my opinions. What we need to return to, as voters, citizens and future community leaders, is a factual and objective approach to political discourse. No more half-truths, no more name-calling and no more fanning the flames of ignorance to gain support. Our elected officials should stand on the strengths of their policy proposals, not behind the whip of public opinion fed by ignorance and fear. The pen used to be mightier than the sword. Let it stay mightier than the bullhorn of deceit.

Wildrose targets student dues

By **DANIELLE S. FUECHTMANN**

At the annual general meeting of Alberta's Wildrose party in November, members approved a policy that, if elected, the Wildrose would amend the Post-Secondary Learning Act "to allow every student to choose whether or not he or she wishes to become a dues-paying member of a student association, in each year of enrollment at a post-secondary education institute."

The proposal was brought forward by University of Calgary student Kean Bexte and nine others. Bexte was quoted by CBC News in Calgary, defending the amendment on the basis that he believes that "human rights are being ignored here when it comes to students' rights to not associate with someone who they do not agree with ... [students] are being forced to pay money, pay thousands of dol-

lars throughout their degree, to fund organizations that don't necessarily represent them and in a place like Canada it is almost amazing that we are forcing students to actually do this, I think."

It's a noble sentiment, definitely. But

while few students would complain about a reduction in fees, they would certainly miss many of the services that are provided as a result of these fees. The money received by students' unions and associations go directly into funding student services, including health and dental, U-PASS, student media like the *NAIT Nugget* and the operating costs of the students' association. Another key thing that would be lost is the power of student executives advocating on behalf of their campus.

One of the key roles that the NAIT Students' Association has, particularly the role

of the vice-president external, is advocating on students' behalf to outside groups, including the government or service providers. Paying student fees and dues to a student association may seem like an ambiguous expense when you pay your tuition but, in the long term, the students' association is advocating to maintain things like tuition caps, affordable transit options like the U-PASS and provide essential services to students.

"NAITSA doesn't get any funding from the government," Allannah Wrobel, NAITSA VP External, explains, "all of our money comes directly from student fees. We operate 100 per cent by the students, that's why we have our governing body, the Senate, which represents all of the students."

"We provide all of these services; the food centre, emergency student loans, the

U-PASS co-ordinator ... that all comes from the student fees," she says. NAITSA is a non-profit, so all of the funds from student association fees go back to the students, either directly through services or are invested to accrue over time.

While Bexte's belief that students' rights are being compromised by being required to pay student fees and hold membership with their students' association has legitimacy, it's important to weigh the benefits and disadvantages of requiring students to have membership.

While membership is automatic, all students have an opportunity to vote for their student executive and run for council or senate positions. Opting out of membership might sound

like a good idea when it's time to pay for tuition but doing so would likely be a disservice to most students.



Allannah Wrobel
NAITSA VP External



Kean Bexte
Proposed change



Photo by Taylor Braat

The interior of NAIT's new CAT building is taking shape at its site north of the HP Centre.

Final stages reached

By DANIELLE S. FUECHTMANN

Some of NAIT's buildings can leave a little – or a lot – to be desired for aesthetics and many students would attest to the benefits of more coffee on campus.

The new Centre for Applied Technologies building under construction north of the HP Centre will offer both and much more. The CAT building is on track to be completed for the beginning of classes in September, welcoming students from Health, Business, Engineering Technologies and Sustainable Building and Environmental Management programs.

At 530,000 square feet, the building includes almost 60 classrooms, 45 labs and simulation rooms, lots of student study space and approximately 800 stairs. Capturing the trend in educational spaces, the CAT building's design and interiors hit a pleasing balance between modern, clean spaces and bright pops of colour.

Project Director Lou Zoldan says one of his favourite features is the dramatic Main Street and atrium of the building.

"If you look to the south end of the building, there are three stories, almost 60 feet, of open volume – open air," he said during a recent tour of the site.

"If you're on the main floor looking up you'll see three levels of the build-

ing itself, the corridors, the exposed concrete, the glass."

One of the things that makes the building an incredible space is the attention to detail and quality in the design elements going into all of the spaces, including quiet glass walled office spaces and meeting areas in the program offices, recessed ceilings and funky modern LED fixtures, or the individually set tiles in the bathroom walls.

"A lot of the subtrades that are working here really love working on this project."

– Project Director Lou Zoldan

Despite the vast size of the project, the attention to design has been equally given to all of the spaces, from the statement of the glass and exposed concrete in the atrium to the pops of colour in the many student lounges throughout the building.

"It's been great," Zoldan says about the construction process and workmanship.

"A lot of the subtrades that are working here really love working on this project. It's a huge building and it has all kinds of interesting challenges. Most of all is that a lot of the trades went to NAIT to do their apprenticeship, it's a great clean safe site ... I see a lot of the pride coming through in the work."

The trades people aren't the only ones who are NAIT alumni; Zoldan is a 1982 alumnus of the Construction Engineering Technology program.

He says he didn't really think much of it at first but he says that "as more people found out I was an alumnus ... the more I realized, 'Yeah, I am. This is kinda crazy!' I take a lot of pride in that, it's great."

There are over 300 people working on the building on an average day now that things are starting to fall into place. They're currently at about 75 per cent completion and after three more months of heavy construction, expect to be moving into finishing and testing in May and June before the equipment and furniture begins to arrive in preparation for the start of classes in the fall.

All new post-secondary education buildings receiving funding from the provincial government must meet LEED standards of silver or better. LEED certification reflects a project's performance in sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality.

Some of the features the CAT building includes are energy-efficient windows, LED lighting throughout the building, efficient cooling and heating and much more.

Students less interested in design and architectural details will be pleased to hear that the building will be home to both a Starbucks and a Tim Hortons, a vibrant computer commons with more than 90 positions and a wealth of much-needed study spaces.



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Letters

We want your views

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Quality control for courses

By DANIELLE S. FUECHTMANN

“Every learner is a learner,” says Dr. Neil Fassina, NAIT Provost and Vice-President Academic, “whether or not they’re here in person or online, whether they’re here for eight weeks at a time or four years or seven years, whether they’re here at 7:15 in the morning or at 10 o’clock at night, we need to bring our services to you.”

The range of options that students have for pursuing their education makes NAIT a complex campus to provide services to but administration is working on improving that.

If you’ve taken a class during the evening or weekends or even online, you may have felt you weren’t accessing the full NAIT experience or that your courses had different expectations than daytime courses. However, when it comes to your academic experience, the difference between day-time course offerings and night or evening courses should just be the time of day, Fassina says.

“Learning outcomes for the courses are the same. There are perceptual differences, but by and large, they are perceptual differences not authentic differences.”

Four years ago, NAIT integrated all of their course offerings for diploma and degree programs into the school’s administration, taking evening and weekend classes out of the continuing education department. The goal was to ensure they were able to

provide course offerings at various times and in multiple modalities to create flexibility for learners, Fassina explains. NAIT administration recognized that they had learners, looking for full load, full-time, part-time, and even accelerated programs and their job was to ensure that there are sufficient course offerings. He says that what NAIT is trying to do is “open up the pattern of opportunity for our learners.”

It’s a great idea, albeit one that comes with a potentially tricky transition. Part of the problem is simple and has a clear solution; switching to an open enrollment environment creates challenges, particularly if the program is traditionally cohort based. The previous assumption that a set number of students would come in and all of them would accomplish their learning in a full-load approach made it easy to assign a learner to a chair and ensure there was always a chair there. The new environment adds complexity to planning the number of seats and course offerings that are necessary for students to successfully navigate the program and convocate. The tools are available and necessary, but those tools are new; “it’s a matter of transitioning to a new equilibrium,” Fassina says.

The other difficulty is making student services and supports accessible at different times and different modalities. It’s an issue

that NAIT administration acknowledges and is actively working on.

“It’s a function of making sure the support system is there to back up the promise we’re making to students,” he says.

Whether it’s something small like the convenience of getting fresh coffee at 10 p.m. when you’re on campus for a night class or something as important as accessing accurate and timely student advising or counsellors, having access to NAIT services is essential to student success.

Karen Bennett, the NAIT’s Associate Vice President, Campus Life, notes the difficulty of balancing a reduced student population outside of the peak class times with the need to offer essential services. One way they’re trying to strike a balance is by “trying to have our hours extended ... we try to be there in the time frame before the students go to class,” she says.

While they might not be able to sustainably offer all of the services all the time, they are making a start by extending hours into the gap before evening classes start. Another challenge is providing full services when you’re decentralized; they send counsellors over to the satellite campuses but even that has its limits.

“If you can schedule your crises to Wednesday, that’d be great,” she jokes, pointing out the problem with having lim-



Nugget file photo

Dr. Neil Fassina

ited access to scheduled counsellors.

One thing they’re working on is integrating services into the curriculum, particularly by “being a bit more intentional with how we can help students access [soft skills].”

“We’re trying to be really intentional with offering them through services and campus life but we’re also looking at how we can offer them in the classroom as well,” Bennett explains.

“A student is a student is a student.”

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Nest gets Bar None award

By **GERVAISE BRANCH-ALLEN**

On Nov. 26, the Nest Taphouse Grill won the Best Bar None award for Best Campus Pub. For those of you that don't know, the NAITSA-run Nest is NAIT's on-campus bar. Opened in 1988, the Nest has been a popular spot for friends to hang out, grab a drink or enjoy events. In addition to their menu offerings, each day has a weekly special for both food and drinks.

The Alberta Gaming and Liquor Commission (AGLC) and Edmonton Police Service presented the Best Bar None Edmonton awards this year for high service and safety standards. This year was the first year that campus pubs were awarded. Competition included Dewey's Lounge and Eatery (U of A) and Towers Pub (MacEwan).

The categories were bar/lounge, hotel bar, restaurant and bar, pub, large pub, club, campus and casino. While Room at the Top and Dewey's Lounge and Eatery won second-place for the campus award, the Nest

walked away with first place. Additionally, it received Best Bar None accreditation, an award focused on improved safety standards for liquor establishments. There was a lot of excitement regarding this honour, as many NAIT students, staff and instructors already know it as a place for camaraderie, excitement and fun.

"I am so extremely pleased. This award validates the Nest team's hard work and boosts morale," said Nest Manager Michelle Dirksen.

"I'm always trying to find ways to validate our product and promote our venue. The stigma surrounding food and beverage establishments is slowly changing as venues become safer."

Best Bar None program manager David Young explained how the Nest came out on top.

"The Nest distinguished itself in Best



Bar None by working hard to achieve as many of the bonus items on the checklist as possible. Among their strengths were strong staff training, a strong working relationship with campus protective services and capable management," said Young.

"The Nest was the first campus bar accredited in Best Bar None, achieving accreditation last year. This is the first year Best Bar None has featured a campus bar category."

Mayor Don Iveson and EPS Deputy Chief Brian Simpson praised the award winners.

"These establishments honoured here have shown their commitment to best business practices and care for their patrons," said Iveson. "I'd like to thank all of the award winners and nominees. You are help-

ing keep Edmonton safe and strengthening our local economy."

Brian Simpson, EPS Deputy Chief, said the annual awards promote better establishments.

"The value of Best Bar None lies in the fact that those bars that meet stringent standards have demonstrated that they are responsibly managed, and that they are committed to ensuring their patrons can socialize in a clean, safe, well-managed establishment," Simpson said.

The award only further strengthens the Nest as a potent feature at NAIT. If you've never been to the Nest, it is located in the main campus. Show your support for the Nest by visiting if you have the time this term. Remember that lunch hour is very busy, so get there early or come by at least an hour before the closing times of 5 p.m. on Mondays and Tuesdays or 8 p.m. on Wednesdays, Thursdays and Fridays.

Warm weather for a while yet

By **BRANDON HESS**

We have been basking in the warm temperatures these past few days as well as last week. Temperatures were about 10 C above the seasonal average and morning lows were abnormally high as well. You are probably wondering when the cold is coming. I do not see any temperatures any colder than about average. This week started above average once again. We were above 0 C most days, meaning a freezing and thaw cycle.

We could see a slight fall in temperatures later this week into the weekend, but really, no worse than average (which is currently just below minus 5 C). We are in an El Nino winter pattern. This means some warmer temperatures, as we have already seen a preview these past couple weeks. El Nino is an unusually warm band of ocean water developing in the Pacific Ocean. This impacts our weather.

If you are heading out and about around NAIT you will be finding that it is not too cold to be outside throughout your school day.

Whether you are studying for exams or planning for Christmas, it could be a wise idea to spend some time enjoying this warm winter. This is the last Nugget issue of the season and my last weather article of the year. Hope you have learned some little tidbits in meteorology and stayed informed on your weather forecast

while studying at NAIT.

Did you know?

This week, we will talk about different types of clouds. I have not spoken too much about cloud types in my weather articles and would like to teach you a little bit about clouds this week. Hope you find the information interesting. Can you spot some of these different types of clouds during your school day around NAIT?

Cirrus clouds are long and wispy in nature. They are the highest clouds in the sky and composed of ice crystals. Could mean an approaching warm front somewhere in the far distance. Cirrostratus and cirrocumulus are part of the high level cloud group but are different from cirrus clouds in the way they look. Mid-level clouds look greyish and sheet-like in the sky. Altostratus are grey or blueish and are like sheets. Altocumulus looks like ripples in the sky or a sheet with ripples in it.

Nimbostratus is a grey rain cloud covering the sky with no distinct pattern. It is very thick and is basically one solid grey cloud. Low-level clouds are cumulus, stratus and cumulonimbus.

Cumulus is known as fair weather clouds, as a result of convection. Normally appearing late in the afternoon during the summer after some heat has built up. Darker base and lighter top. A stratus cloud has a uniform base and is a grey layer. A cumulo-

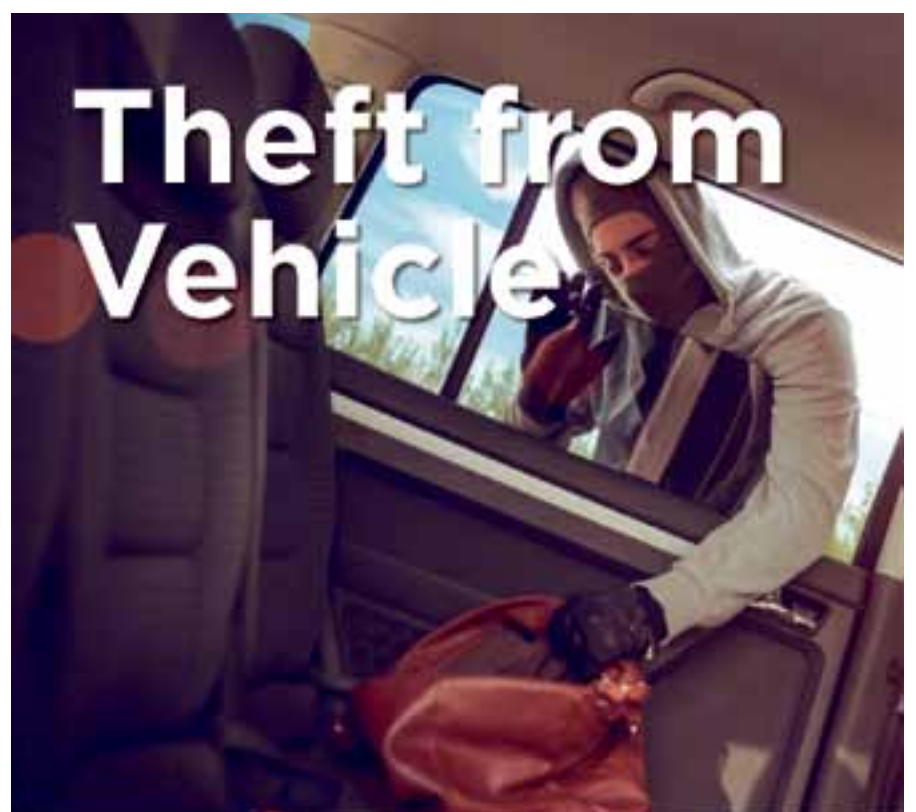
nimbus cloud is a storm cloud. It's the tallest cloud of them all as it fits across all levels in the sky. It can

bring violent weather, such as tornadoes and heavy rain.

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Supplied photo

A patient receives treatment from a denturist in NAIT's Denturist Technology program.

High-tech addition to NAIT

By DANIELLE S. FUECHTMANN

One of the advantages of NAIT's programs is the opportunity for hands-on learning, through lab exercises, job placements and in-class work. This experience is incredibly valuable for students, as NAIT graduates enter the workforce equipped and trained on industry-standard equipment and tools. For some programs, like the Denturist Technology Program, this hands-on experience offers community members the opportunity to take advantage of reduced costs for dental services.

NAIT's Denturist Technology program provides dentures to 200 new patients annually and in December and January, patients will be able to take

advantage of screening for abnormal cell growth.

The VELscope test is generally not offered during routine visits but it is a valuable screening test that looks for abnormal cell growth; the tool is able to identify abnormal cells like denture sore spots, scar tissue and cancer.

Healthy cells glow under the light of the VELscope while abnormal cell growth appears dark or black. The screening makes it possible to catch abnormalities not visible to the naked eye without the use of dyes or long texts, making it a convenient way to test patients for issues. Currently, the majority of oral cancer cases are discovered in late stages where it is diffi-

cult to treat; effective and convenient screening options are a valuable way to find abnormalities early on and offer a broader selection of treatment options.

"The oral screening test is another reason for denture patients to book an appointment at NAIT," says Steven Cheema, Denturist Technology instructor.

"We have discovered abnormalities in the past using the VELscope. This is one more tool in our toolkit to diagnose and treat patients."

As with all of the dental services provided by students on campus, denture patients receive their treatments under the supervision of registered denturists. Trena Perrin, an educational lab

technologist for NAIT Dental Health Sciences says that "patient participation is an essential part of NAIT's Denturist Technology program.

"It provides our students with real-world experience that helps them prepare for rewarding careers. Patients, meanwhile, receive courteous, professional and economical service. It's a win-win for everyone."

NAIT's Denturist Technology program is one of four such programs in Canada, drawing students from across the country for the three-year program. Upon graduation, students are able to assess, diagnose, design, create and insert dentures, both partial removable and complete dentures.

OPINION

— Editorial —

We must be the change



TAYLOR BRAAT
Editor-In-Chief
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We all have our own vision for the society we would like to live in. This vision, in contrast to our reality, can produce disappointment and trying to create it gives rise to diverse tactics.

Think of that person who litters their daily pop bottle in the concrete jungle that is our city, the miserable man on the bus that will not give up his throne for the elderly lady with the heavy, reusable grocery bag. Maybe it's that colleague with the never failing negative attitude. It's these little but significant things that display a deliberate disrespect for the environment and others.

Better to walk away

These acts anger me to the depths of every well-intentioned bone in my body. My heart and mind want to punish these godforsaken souls and show them the way but it's just not worth it because I know that this effort will be futile and cause a scene. It is better to walk away and make a pact with myself that I will never commit such crimes. One thing I have learned is that, as much as I wish I could, I cannot change everyone and setting a good example is all I can do. It's the one thing I have power over. We often read this message by Gandhi with our eyes and not our minds, but we must be the change we wish to see in the world.

Do you have that one aggressive vegan on your Facebook? The weekly, turned daily, pictures of cows and pigs being slaughtered on our feeds, with no fair warning. I understand that their vision for the world is one where animals are not eaten but cared for but aggressive activism is just not effective.

Opposite effect

This in-your-face way of getting across a message actually tends to do the opposite, which is offend people and push them away while creating a skewed image of veganism. I bet if you walked up to three people and asked them what their view on veganism is, at least one of them would say something about the people supporting it instead of the actual lifestyle. Forceful coercion will outshine any cause that it is promoting. What extremist vegans need to realize is that their approach is fruitless. In reaching our goal, we must "work hard in silence and let success make the noise."

Some of the greatest leaders of our time did not lead a forceful cause. Florence Nightingale didn't pick up the hands of the nation and force the repair of the health care system during the Crimean war, she led by serving. She

did not instill fear while saving the lives of thousands, she worked until a change was made and she guided a hard-working team every step of the way. She was responsible for a social reform and she did so by demonstrating.

If you worry yourself with every upsetting personality you come across, you will end up worse off than any of them. Creating an ideal world is a thankless job, with long hours and a small salary. It doesn't leave an entry on a resume and it comes with no merit. It is rewarding if completed but the completion, you will find, never really comes.

You can't force someone or a group of people to change but you can be there when needed. We need to help people by being there for them because, sometimes, that's all we can do.

One of the nicest things said to me by a fellow student and friend was that I was "emphatic, not aggressive" and that's why he had to listen to me. I was overwhelmed with the feeling that I had made a difference and I had used an efficient method while, at the same time, being gentle. We should all be gentle with one another, because we simply do not know what everyone is going through. By being harsh to get a point across, we could also very well be the "last straw," or the single gram on top of the million pounds of weight that makes it all topple over. We're all visionaries, we all see a better world and we all see a happier society. Let's be emphatic, not aggressive.

We must lead by example, do what we can and like John Lennon, imagine.



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SPORTS

Looking back and ahead



JOSH RYAN
Sports Editor
@JoshRyanSports

Wow, this feels weird. It's the last article I will ever write as the sports editor for *The Nugget*, as I'm off to Lloydminster in January for my practicum. While finding something to put to print has come with some struggle during this semester, I've enjoyed discussing a plethora of topics – from the light hearted fun of sports flicks to the immorality of corporations like the NFL. Sometimes constructing the pieces are a blast, other times, it's agony until you see the finished product.

Some of the articles I've written were a chore, even painful, to write, until the pay-off of seeing the finished product on paper. The boxing movie piece last week was a bountiful basket of joy for me to write, while other submissions contained much sighing, massaging of the face and banging head into table.

I've also gotten much more personal than I would've expected. While uncomfort-

able to put into printed words, it's strangely cathartic discussing things that you regret, long for or have caused you pain. I'd recommend any athlete going through the end of their career to consider it as a way of transitioning out of that part of your life.

There are several great memories from my time with the *Nugget* and NAIT athletics that will stick with me until senile days wandering around a living room, muttering complaints about the obsession with reality shows. There's NAIT and Augustana's volleyball rivalry, Ooks alum Bryce Cardinal's war of words with former Keyano Husky Matt Powell, Jackson Jacob dunking, Kayla Michaels doing the greatest Brett Hull impression and so many more. For any future sports-oriented NAIT student thinking about writing or working for the *Nugget*, I highly recommend it. There's stress and frustrations that come with the job but the experiences, practice and people are more than worth it.

Now, it's time for thank yous. I know it's incredibly boring to spend most of the last editorial saying thanks to various members of the human species but I really do need to fulfill this clichéd requirement. The guilt of not giving thanks to various individuals who made this part of my time at NAIT so spectacular weighs more than Bartolo Colon

after a thanksgiving dinner or Dustin Byfuglien in the off-season. So, here goes ...

Thanks to all of the NAIT Ooks staff, coaches, players and volunteers. Your hard work, friendliness and skills have helped make Ooks Athletics what it is for collegiate sports in Canada. To each coach, thank you for being so forthcoming and easy to work with regarding covering events, grabbing quotes and the other things we media types badger you for. A special thanks to

a couple of individuals in particular from the Ooks, though, consisting of Sam Nahrgang, Matt Lorenz, Doug Anton and Linda Henderson. Sam was a great boss while I worked with Athletics and Matty was a lot of fun to work with at the broadcast table (as was Hunter Johnson). In addition to the

above mentioned qualities that all the Ooks coaches share, Doug Anton is responsible for helping me find a place to live in Year 1, so thanks Doug. And finally, Linda Henderson, thanks for giving me the opportunity to cover sports for over a year and for the job you've done on campus.

To my instructors in RTA, thanks for being so accommodating and helping me manage through working two part-time jobs while completing coursework. To my predecessors at this office, thanks for edi-

ting my early submissions, giving me sound advice, hiring me for this position and working with me last winter. To my classmates, you guys are a strange bunch but I love ya. To our contributors, thanks for making sure we editors didn't lose our minds trying to write everything. To the NAITSA staff, President Justin Nand and many other folks on this campus, thanks a million times for an incredible experience.

Thanks, Taylor Braat, for putting up with my random blasts of voluminous vitriol, which may have provided occasional hilarity but surely caused a few migraines. Nick Brown, I have no idea how you do it but excellent work on managing a schedule that two people couldn't figure out together. Connor O'Donovan, thanks for leaving me both pleased and enraged at reading your work; thoroughly enjoying your written words but recognizing their quality dwarfs my own.

A gigantic thanks to Frank MacKay. There are a select few people that I place upon a pedestal of undying respect and you are one of those few. Thank you for your guidance, patience and weekly hot takes on Taylor Hall's status with the Oilers.

Finally, thanks to everyone who's picked up a copy and read my offerings. Hopefully, some of my work has left you entertained, better informed or just interested in reading more. Seriously, we as a society need to do more reading.

Hope to see some of you a few months from now. Cheers.

While uncomfortable to put into printed words, it's strangely cathartic discussing things that you regret, long for or have caused you pain.

Nugget holiday workout tips

As the holidays approach, many of us stress out about having to work out the turkey, treats and other unhealthy goodness that comes with Christmas consumption. So, each of the editors have a short explanation of how you can limit the number of pounds put on over the break. Enjoy.

Josh Ryan, Sports Editor

It's simple. Grab some skates, a hockey stick and head out the front door! Seriously, there's no better way to stay active during Christmas than to head down the pond, lake or outdoor rink for a game of shinny.

The requirements are simple – adequate clothing for cold weather, one hockey stick (check if it's a lefty or righty unless you want to take every shot with your backhand), skates and head wear. Even if you're a gifted skater or stick handler, it's a great time with friends, family and sometimes complete strangers. And when things pick up, it utilizes both upper and lower body strength along with being a fantas-

tic cardiovascular test. Plus, the harder you go, the more warm you'll be. It's easy to burn hundreds of calories after even 30 minutes of fast paced action in the good ol' hockey game.

Taylor Braat, Editor-in-Chief

Over the season, it can be easy to over indulge, especially if you're a wine fanatic like my family and me. Passage into our house requires a wine bottle and everyone takes part in the drunken board games. All this on top of Christmas dinner, Christmas Eve snacks and endless Baileys and coffee on Christmas Day can throw off the healthy lifestyle we work so hard towards. I plan to combat the pre-New Year's resolution pounds by attending spin class! It is one of the most challenging group workouts but what's nice is that you can adjust it to your own pace and everyone around you is going through the same thing. The upbeat electronic music, along with an inspirational instructor, will help get you to the end and, more important, to that "runner's high." Get-

ting off the bike dripping in sweat will make you forget all about the cold weather outside and will balance all of the delicious food we get to eat with our loved ones.

Nicolas Brown, Issues Editor

Although we haven't had many opportunities so far this winter, shovelling snow can be a great way to stay active during the winter. What better way to burn off those Christmas calories while also helping out around the neighbourhood? Whether it's shovelling your elderly neighbour's sidewalk for free or even earning a little extra cash, it's a great way to stay active and make it a little safer to walk around in our winter wonderland. Plus, you get a chance to meet your neighbours.

Connor O'Donovan Entertainment Editor

Let's face it, unless you're a Facebook-posting, pre-workout chugging, vein-popping plate-geek, working out sucks. Staying fit takes extra motivation in the holiday season, when

golden deep fried turkeys, Bailey's-laced coffee and plush couches take greater precedence than ever over treadmills and stair climbers.

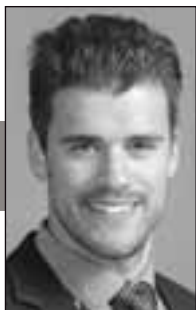
The good news is, winter brings out an opportunity to exercise and have fun all in one sweaty-legged, rosy-cheeked package. That opportunity is the ageless activity of sledding. The trade-off is pretty simple. It's party on the way down and business on the way up. The bigger the hill, the bigger the thrill and the bigger the climb back up. The pain and pleasure rise and fall in unison.

Clambering back up the hill will increase your cardio while pumping up your quads, calves and more. A week or two of slope-schlepping and your glutes will be so sculpted you can swap out your baggy mom-snow-pants for those spandex neon beauties that have been hanging out in your dad's closet for the last 30 years. You can even bring the Bailey's with you if you want but, remember, drink and sled responsibly.

Keeping Score

Questions, answers

Welcome back to another edition of *Keeping Score*, the weekly debate segment about a chosen topic in the world of sports. This week, I'm joined once again by NAIT NewsWatch Producer & Sports Anchor, Katherine Hill. Because it's the last issue before the Christmas break, we're not going to limit ourselves to just one conversation. This time, we'll tackle several different topics at once, including holiday sports traditions, the Golden State Warriors, NAIT Ooks Athletics second half predictions and more. So, what do we think? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

What's the best sporting tradition of the holidays?

Josh: If we're talking about being in the action of doing something "sportsy" I love playing shinny on the lake during the holiday season. Not only is the time with family and friends lovely, it's great fun to play free-flowing hockey. Whether you have a group of 20-30 people or just a couple of peeps, shinny never gets old.

But regarding sitting in the living room watching TV, I love seeing the best-of-the-year lists from channels like TSN and Sportsnet. It's a smorgasbord of insane highlights from across the world of sports, allowing viewers to relive the most exciting moments of the year. Who doesn't love jumping from the magic of Lionel Messi to the wildness of Russell Westbrook? Plus, it's also fun to whine about where certain plays and stories get ranked, albeit in a twisted sort of way. A nice break from all of the Christmas specials.

Katherine: Christmas is, by far, my favourite holiday of the year. And, come Boxing Day, I'm suffering from a turkey hangover and don't feel like doing anything but lying on the couch. So, thank goodness for my favourite holiday sports tradition: The World Juniors! It's my chance to spend a few days watching elite hockey and get a look at the NHL's future. As a lifelong Oilers fan, I get to scope out who we'll be selecting with this year's first-overall pick. I have instant New Year's Eve plans, as it's more than likely I'll be watching the USA/Canada game in whatever red sweater I can scrounge up. And, the final game is always played on my birthday (Jan. 5, if you were wondering), so whenever Canada wins, I consider it a personal birthday gift.

...

Are outdoor games good or bad for the NHL?

Josh: I think having outdoor games are a good thing for the league, so long as they limit the number of games per year. Right now,

we're dangerously close to overkill.

The Winter Classic is the highlight. Having the Heritage Classic is also great. These events shine a light on alumni, classic hockey traditions and great moments for various franchises. Outdoor games also sell to non-traditional fans, garner solid ratings and provide a memorable experience for all involved.

But on top of these two games, we have the Stadium Series in U.S. cities. These games just don't generate nearly as much excitement. The other two games have documentary coverage, a full week of special previews and an alumni game to build up the main event. Perhaps if they focus on the old Avs-Wings rivalry, this year will be different.

Katherine: I'm all for celebrating hockey's roots and watching games at a cool outdoor rink, but enough is enough. The novelty of these games has worn off and now I think it's just a ploy for the NHL to make as much money as possible. I appreciate that they're trying to bring hockey to USA markets but I don't think anyone is buying an outdoor game in Los Angeles. Save these games for when it counts, matching up teams that have been in the league long enough that people will care and watch them play. Excessive outdoor games are unnecessary and, in my opinion, are just making the NHL look desperate. If the outdoor games have to continue, let's at least play them somewhere cold enough to keep the ice frozen.

...

Will the upcoming Will Smith film, *Concussion*, have an impact on the NFL?

Josh: Unfortunately, the NFL is the one sports corporation that can literally get away with anything.

I've written a few editorials in the past about this cockamamie league that covers up scandals, reinstates men who beat women and only cares about the bottom line. As the film will likely show, the NFL brass outright rejected the early discoveries of Dr. Omalu (Smith's character), not daring to risk popularity despite facing the hard truth that men are dying. I don't expect that to change.

Take *The Social Network*. Mark Zuckerberg's personal life was largely unknown to the average Joe before the film came out and people were surprised at the idea of selfishness, jealousy and ruthlessness that was portrayed on-screen. Yet, that hasn't damaged Facebook one iota. *Concussion* will cause a brief uproar upon its release but people will forget about the truth as soon as Sunday afternoon rolls around.

Katherine: By this point, I don't think it's



KATHERINE HILL
@KatherineHill57

a big secret that full contact sports like football and hockey lead to concussions. This movie might have been revolutionary a few years ago but, by now, I think it's borderline old news. However, I think it will remind sports fans how serious head injuries can be, along with exposing some of the underlying problems in the NFL's front office. If they tried to cover up this scandal, what else have they tried to sweep under the carpet? I also hope this concussion focus shifts onto the NHL, where the helmets aren't made and don't fit, as well and, in my opinion, fail to provide adequate protection for players.

...

How many games will the Golden State Warriors win this season?

Josh: A lot. The serious answer is right around 70 games, if they remain healthy. Steph Curry is something the league has never seen before, Draymond Green is so dynamic, Harrison Barnes has started strong and the rest of the roster is filled with talented and useful players.

However, as the grind of the regular season progresses, the Warriors will come back to earth, ever so slightly. Curry will have an off night or two, someone will miss a couple games and there are too many good teams in the West that want a piece of the Warriors for this squad to break the 72 wins record of the Michael Jordan-led Chicago Bulls. Besides, if the Spurs are healthy, they're going to beat G-State come playoff time.

Katherine: I'll admit I had to start this answer off by looking at a) how many games NBA teams play in a season and b) what the previous record was. (I'm not much of an NBA fan, alright?) But, with those burning questions answered, I think Golden State will break that record and win at least 73 games. Look at them! They can't be stopped. Steph Curry can't be stopped. I'm also a sucker for winning streaks and teams who are on a roll. If I ran the universe, they would be the first team in NBA history to go undefeated. But, I mean, I said that about the Montreal Canadiens at the start

of the season and now they've lost Carey Price and all my hopes are dashed. But, NBA fan or not, I hope Golden State breaks all kinds of crazy records this year and we get to see a historical run by this stacked team, because that's fun for every sports fan.

...

How many ACAC championships will the NAIT Ooks win in the 2015-2016 campaign?

Josh: That's a tough call, as so many of the ACAC leagues are at an all-time high for parity. Thus far, we've seen one from women's soccer, which leaves a remaining possibility of nine titles among basketball, volleyball, hockey and curling.

Men's hockey is a good bet. They're undefeated through 16 games, with their only true test being an overtime win against Augustana. With this squad's depth, it'll take a lot of injuries for them to fall short of repeating as champions. The ladies have started slowly with so many new players on the roster, but coach Martin still has lots of championship pedigree left over from last year.

The b-ball and v-ball teams are all capable of competing with anyone, but face a litany of tough teams on the championship path. And curling is always a tough sport to predict when one bad performance can change everything. I'll say the Ooks bring two trophies from hockey, two from curling and two from the remaining teams, giving them seven titles this year.

Katherine: The Ooks have a lot of strong teams this year and I'm actually a bit sad to be leaving them behind in Edmonton as I do my practicum. The men's hockey team is basically Golden State Warriors of the ACAC and I hope they also can go the entire season without losing. (No pressure, Mike Gabinet). Similarly, I think the women's hockey team is also looking strong this year. Even with an added team on the women's side, I think they have a chance to repeat again. The men's volleyball team looks pretty good heading into the break and hopefully they can hold on for a title, especially with home court advantage this year. I'm not sure if the women's team will do the same. My guess is they'll finish up the year with a bronze. As for basketball, the men are holding their own and have a good chance for a medal at the end of the year. The women's team has their star player Torey Hill back in action and that could be just enough to power them into that ACAC championship this season. I'm not as optimistic as Josh, so I'll go with four titles this year.

Coach profile



Mike Connolly
Men's basketball

By MIA SIMON

This week, I sat down with Ooks men's basketball coach Mike Connolly. Mike has coached at the post-secondary level for over 10 years, including seven with the University of Lethbridge. In 2013, he led the Keyano Huskies to a silver medal and a trip to the CCAA National Championships. Mike has also won the ACAC Coach of the Year award twice and has coached Team Alberta at the Canada Games twice, winning bronze in 2001. After the first half, his guys are 10-2, good for second in the North Division.

1) Why did you decide to start coaching?

I started coaching high school basketball as soon as I graduated from university. Then, I was lucky to be hired as an assistant at the University of Toronto. After we took our first trip to the national championships, I was hooked and from 1993 everything I did was for coaching experience and coaching education. I played university basketball and I still have the competitive desire to win and do my best from my time as a player. Coaching allows me to continue to be competitive without playing and pass on knowledge to my players.

2) What is your coaching philosophy?

We will be a hard working team that plays together on both ends of the floor. Basically, we want to make the oppos-

ition take the most difficult shots when we defend and get the easiest shots when we are on offence. We will always compete hard on every possession.

3) What is your favourite part about coaching?

Closing the gym doors and working together to get better and seeing the improvement as a collective unit, as well as seeing individual improvements by each player. I also enjoy being on the road with the guys, spending time talking and growing with each player on our team. I love the relationships I have with my team collectively but also individually. I cherish these relationships, as they are a part of me and help shape me every year to be a better coach and a better person.

4) What is the biggest challenge you face as a coach?

Finding enough individual time with each player to work on their game, whether it's watching video of themselves or one-on-one time in the gym.

5) What is one thing you want to instill in your teams mind?

Work hard, work harder than anyone and good things will happen. No matter what happens, just keep your nose to the grind and it will work out. Be mentally strong and only concern yourself with things that you can control, everything else is a distraction.



Photo by Jesse Kushneryk

Men's basketball coach Mike Connolly gives direction to his players.

Player profile



Player: Torey Hill
Sport: Basketball
Position: Forward
Program: Bachelor of Technology

By MIA SIMON

1. What made you start playing basketball? I loved every sport and played all kinds of sports. Basketball was just one that I truly liked.

2. What is something people don't know about you? I am deathly afraid of clowns and birds.

3. What three things can you not live without? My family, Netflix and candy.

4. What is your favourite movie? All the old batman movies.

5. What type of music do you enjoy? Dance/electronic and hip-hop/pop.

6. What are your hobbies in your spare time? Napping and baking.

7. What is your dream oasis? Somewhere warm and private, where there's

free drinks and food that is never ending.

8. Who is your childhood idol? Larry Bird.

9. Which sports do you like to play besides basketball? Soccer and football.

10. Do you have a pre-game meal? No pre-game meal, I love food and will eat anything.

11. Who inspires you the most? My sister, she means the world to me.

12. What is the best advice you've been given so far? It's not who you are underneath but what you do that defines who you are.

13. What do you want to say to your team? My teammates are amazingly "RELENTLESS." Shout out to Todd, I may not be able to say the word but I can spell it.

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Two sports and school

By MIA SIMON

For NAIT’s Jordan Teliske, one sport wasn’t enough. This fourth-year athlete is currently playing for both the NAIT Ooks men’s soccer and volleyball teams. This year Teliske has stood out as the starting centreback for the men’s soccer squad; achieving the ACAC All-Conference award as one of the best defenders in the conference. He’s also a strong outside hitter for the men’s volleyball team.

Teliske started playing soccer at nine and, by the age of 12, after seeing his older sister play, he began playing volleyball for his junior high team. Throughout his high school years, Teliske played for Vimy Ridge’s men’s soccer and volleyball teams, while also playing with his club volleyball team.

Athletics and academics

His athletic and academic abilities are rare, as he’s able to play two sports at an elite collegiate level, while still focusing on school; a very tough thing to manage. As a carpentry apprentice, Jordan is able to manage his time with the workload and with his practices and games in both sports. Aside from soccer and volleyball, Teliske enjoys working out and playing baseball when he has time.

“Volleyball is a very mental game, so sometimes it’s been a fight to stay focused after being physically drained from soccer,” said Teliske “but it helps keep things interesting and exciting.”

The multi-sport gene runs in his family, as his younger brother Ryan Teliske, a second-year business student at Concordia, also plays soccer and volleyball for the Thunder. The two play against each other in both sports in the ACAC league. But do they let their emotions affect their game? Not Jordan, at least.

‘Exciting’

“It’s different. You always want family to be successful and I want him to do well,” said Teliske, “but at the same time, it almost makes you want to play better to beat him. It’s exciting, to say the least.”

The battle of the Teliske brothers continued last weekend as the NAIT Ooks swept the Concordia Thunder to close out the first term with an 8-4 record. They meet again next semester on Feb. 12.

Jordan also mentioned that the best part of being able to play the two sports is that he enjoys having more teammates and making more friends. He finds that playing on two teams is a very special thing to be a part of. Jordan has already led the men’s soccer team to a bronze medal at the 2015 ACAC Conference Championships in Fort McMurray and is now is now working hard with his teammates on the men’s volleyball squad to perform at their conference championship, which NAIT hosts at the end of February. Jordan may not be NAIT’s first multi-sport athlete but his fans, teammates, family and coaches are very proud of his commitment to NAIT athletics and his education.

Catch Teliske in the new year at home court as the Grande Prairie Wolves visit on Jan. 8 and 9 to start the second half of the season.



Jordan Teliske

Photo by Natalee Pon

Personal fitness training for students

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ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	16	16	15	0	0	0	104	27	32
Augustana	18	10	9	3	2	3	68	41	25
Red Deer	18	10	10	6	0	2	60	41	22
Keyano	18	9	8	6	1	2	60	50	21
Portage	18	7	6	6	0	5	51	63	19
SAIT	18	6	6	8	0	4	50	60	16
MacEwan	18	6	5	10	1	1	64	60	14
Concordia	18	5	4	9	3	1	50	80	14
Briercrest	18	2	1	16	0	0	33	118	4

RESULTS

November 27

MacEwan 5, Portage 4
Augustana 4, SAIT 1
Keyano 7, Briercrest 1
Red Deer 6, Concordia 3

November 28

Keyano 7, Briercrest 1
Concordia 2, Red Deer 1
Augustana 5, SAIT 3
MacEwan 5, Portage 1

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
Red Deer	12	10	8	1	1	30	14	21
MacEwan	12	7	6	5	0	34	22	14
SAIT	14	6	5	6	2	27	27	14
NAIT	12	5	5	6	1	27	27	11
Olds	14	4	3	9	1	19	47	9

RESULTS

November 26

NAIT 5, Olds 1

Red Deer 4, SAIT 3 (SO)

November 28

NAIT 4, Olds 2

Red Deer 1, SAIT 0 (SO)

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
Keyano	12	11	1	22	1076	850
NAIT	12	10	2	20	1006	875
Lakeland	12	6	6	12	914	955
Grande Prairie	12	5	7	10	977	964
King's	12	5	7	10	944	1006
Concordia	12	4	8	8	937	987
Augustana	12	1	11	2	837	1054

South Division

Red Deer	9	9	0	18	914	668
Medicine Hat	9	6	3	12	703	690
Olds	9	6	3	12	847	806
Lethbridge	9	5	4	10	803	770
Ambrose	9	5	4	10	742	768
St. Mary's	10	3	7	6	873	914
Briercrest	9	2	7	4	713	820
SAIT	10	1	9	2	721	880

RESULTS

November 27

NAIT 95, Concordia 67
Briercrest 86, Ambrose 75
Grande Prairie 94, Augustana 86

Medicine Hat 94, Lethbridge 67
Olds 109, St. Mary's 107
Red Deer 90, SAIT 51
Keyano 103, King's 89

November 28

NAIT 105, Concordia 102
Ambrose 79, Briercrest 76
Grande Prairie 85, Augustana 70
Keyano 79, King's 49
Medicine Hat 97, Lethbridge 88
Red Deer 77, SAIT 63
Olds 88, St. Mary's 82

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
Lakeland	12	12	0	24	854	552
NAIT	12	10	2	20	896	640
Grande Prairie	12	7	5	14	699	690
Augustana	12	6	6	12	727	783
Keyano	12	4	8	8	733	752
Concordia	12	3	9	6	715	775
King's	12	0	12	0	510	942

South Division

Lethbridge	9	9	0	18	791	504
St. Mary's	10	9	1	18	785	614
Medicine Hat	9	5	4	10	628	594
Red Deer	9	4	5	8	623	566
SAIT	10	4	6	8	616	664
Olds	9	3	6	6	612	634
Briercrest	9	2	7	4	521	703
Ambrose	9	1	8	2	477	774

RESULTS

November 27

NAIT 70, Concordia 47
Briercrest 63, Ambrose 62
Grande Prairie 62, Augustana 55
Lethbridge 80, Medicine Hat 50
St. Mary's 78, Olds 66
SAIT 66, Red Deer 57
Keyano 75, King's 18

November 28

NAIT 80, Concordia 59
Briercrest 86, Ambrose 62
Grande Prairie 50, Augustana 40
Keyano 83, King's 49
Lethbridge 77, Medicine Hat 55
Red Deer 69, SAIT 63
St. Mary's 70, Olds 54

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
Augustana	12	9	3	31	15	18
Keyano	12	9	3	29	16	18
King's	12	8	4	30	15	16
NAIT	12	8	4	26	20	14
Lakeland	12	4	8	16	30	8
Grande Prairie	12	4	8	19	28	8
Concordia	12	0	12	9	36	0

South Division

Red Deer	12	11	1	35	7	22
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Medicine Hat	12	8	4	27	21	16
SAIT	12	7	5	28	23	14
Lethbridge	12	6	6	27	24	12
Briercrest	12	5	7	22	26	10
Ambrose	12	5	7	22	27	10
Olds	12	0	12	3	36	0

RESULTS

November 27

NAIT 3 - Concordia 1
(25-18, 19-25, 25-17, 25-21)
Medicine Hat 3, Ambrose 1
(25-20, 25-17, 18-25, 25-21)
Keyano 3, King's 2
(25-16, 24-26, 25-14, 21-25, 15-6)
Red Deer 3, Lethbridge 0
(25-23, 25-18, 25-19)
SAIT 3, Olds 1
(27-25, 25-21, 18-25, 25-21)
Augustana 3, Grande Prairie 0
(25-17, 25-21, 25-17)

November 28

NAIT 3, Concordia
(25-20, 13-25, 25-15, 26-24)
Medicine Hat 3, Ambrose 1
(25-14, 25-27, 25-23, 25-20)
SAIT 3, Olds 1
(22-25, 25-19, 25-23, 25-22)
King's 3, King's 0
(25-19, 25-20, 25-17)
Lethbridge 3, Red Deer 2
(21-25, 21-25, 25-21, 25-23, 15-12)
Augustana 3, Grande Prairie 2
(25-17, 25-27, 33-31, 17-25, 15-9)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
King's	12	12	0	36	7	24
Grande Prairie	12	8	4	28	15	16

Lakeland	12	7	5	26	17	14
Keyano	12	7	5	23	21	14
NAIT	12	6	6	24	22	12
Augustana	12	2	10	11	33	4
Concordia	12	0	12	3	36	0

South Division

Briercrest	12	10	2	32	13	20
SAIT	12	9	3	31	14	18
Red Deer	12	7	5	27	20	14
Olds	12	7	5	23	23	14
Medicine Hat	12	6	6	24	22	12
Lethbridge	12	3	9	13	31	6
Ambrose	12	0	12	9	36	0

RESULTS

November 27

NAIT 3, CUE 0
(25-19, 25-19, 25-14)
Medicine Hat 3, Ambrose 0
(25-9, 25-21, 25-19)
King's 3, Keyano 0
(25-19, 25-22, 25-20)
Red Deer 3, Lethbridge 1
(24-26, 25-22, 25-19, 25-20)
SAIT 3, Olds 0
(25-20, 25-20, 25-23)
Grande Prairie 3, Augustana 1
(25-23, 25-13, 23-25, 25-23)

November 28

NAIT 3, Concordia 0
(25-8, 25-13, 25-18)
Medicine Hat 3, Ambrose 2
(10-25, 19-25, 25-15, 25-20, 20-18)
Olds 3, SAIT 2
(25-20, 26-24, 13-25, 23-25, 15-12)
King's 3, Keyano 0
(25-17, 27-25, 25-17)
Red Deer 3, Lethbridge 0
(25-22, 25-21, 25-16)
Grande Prairie 3, Augustana 0
(25-18, 25-14, 25-23)



FIT INTRO MONTH

This one-month unlimited group fitness pass will help you see what sparks your fitness interest for the winter term. Choose from 10 different fitness and aquatic classes - a great way to start off the school year.

NAIT Student Fee:	\$50 +GST
NAIT Staff Fee:	\$75 +GST
Community Member Fee:	\$85 +GST

Early Bird Registration
10% Off all Fit Intro Month
Registrations received by January 1, 2016

FIT INTRO MONTH SCHEDULE

Jan 11-Feb 5

Mon	Tue	Wed	Thu	Fri
	Rise & Shine Bootcamp 6:30-7:30am		Rise & Shine Bootcamp 6:30-7:30am	
Yin Yoga 12:15-1:00pm	Total Body Express 12:15-1:00pm	Yin Yoga 12:15-1:00pm	Arms & Abs 12:15-1:00pm	Zumba Express 12:15-1:00pm
		Spin & Core 12:15-1:00pm		
Spin, Butts & Guts 4:45-5:45pm	Hatha Yoga 4:45-5:45pm	Total Body Fit 4:45-5:45pm	Zumba 4:45-5:45pm	





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GAME DAY MENU**
WE'RE OPEN MONDAY-FRIDAY FOR OILERS GAMES!

\$4 PINTS (160Z)
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*Nest Taphouse Grill is here to serve the NAIT community!

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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 in need of a hamper, you can request one either in person at the NAITSA office in E-131, or online at nait.ca/food-centre

Non-perishable food donations are always welcome. More information can be found by emailing foodcentre@nait.ca, or by calling 780-491-3966.

THE STUDENT HEALTH & DENTAL PLAN IS ACTIVE!

Students with coverage can download their MyBenefits Card online at www.mystudentplan.ca/nait

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NAITSA SERVICE CENTRE

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ENTERTAINMENT

Floating to the finish



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

I feel like I'm floating.

It's a bit like being a character in a third-person video game – like I'm not inhabiting my body when I wake up in the morning but staring down at it from above. Somebody presses a button somewhere and I roll out of bed and hit the snooze button for the final time. Another button and I bend down to select what clean clothes might be on my shelf, sometimes differentiating between them

to create what might resemble an outfit. I watch from my heavenly perch as my body is sent up the stairs and out the door, into my vehicle and out into traffic. My foot automatically slides over to the brake pedal as I hit the traffic congestion that always awaits around 137 Avenue. From above, I can see soft morning light glowing on the roofs of mine and a thousand other vehicles as they inch along their daily commutes. I reach the Yellowhead and some divine presence pulls left on my torso controller, then right down 106 Street a few kilometres later.

I feel like I'm floating.

It's like I've collapsed into my shadow, hovering along behind my sentient frame, watching it go about its routine. I roll into Tim Horton's for my morning coffee but it doesn't feel like my voice that robotic-

ally barks "just a regular, please. To go." I pass through throngs of staff and students without really acknowledging their presence as I hit full stride through the hallways towards class. Shadowy, I settle into

my desk to begin another long day of assignments and projects, growing more disinterested and farther away from my body as the sun moves across the sky. Then, when I'm satisfied with what I've done, I travel the same route home, my hands and legs on autopilot, before climbing into bed and darkness until the morning when I'll be a shadow once more.

I feel like I'm floating.

I'm like a big balloon, gliding along with the ebb and flow of this academic lifestyle – through partnerships and group projects, grade arguments and instructor reviews, cafeterias, gymnasiums and extra-curricular activities. I'm floating along and,

like static attracting dust, I collect uncountable memories and experiences, of people and places and things. I fly towards that finish line knowing that once I reach it and the air around me loses its density, my balloon will inevitably sink, lower and lower, until it hits the ground and bursts, sending those particles in a thousand different directions. Then, I'll be left to wonder whether to try and keep track of the wayward dust or let it settle as it may.

College has a funny way of building routine into your life. It's a lather-rinse-repeat process of work, stress and relief, looping over and over until, hopefully, it becomes a habit. Days turn into weeks as you drift along, until, at long last, the finish line is in sight. At that point comes the final push, an acceleration of the patterns you've designed to give order to this hectic educational experience. Then, suddenly, it's over. You're left with some fancy card stock imprinted with your name and the optimistic belief that the mayhem has all been somehow worth it.

You're left with some fancy card stock imprinted with your name and the optimistic belief that the mayhem has all been somehow worth it.

ATTENTION ALL NEW CREDIT STUDENTS BEGINNING IN JANUARY

STUDENT HEALTH & DENTAL BENEFITS

The **deadline** to **OPT OUT** or **ADD FAMILY** is

JANUARY 29TH, 2016 @ 4PM

After this date you are **required** to pay the fees, no exceptions.

You may opt out online at mystudentplan.ca/nait or come to the NAITSA Service Centre in room E-131 for more information.

*Fall intake students: If you missed the September opt out deadline, you **CANNOT** opt out in January.

Phone 780.471.7730 | Email studentplans@nait.ca
Information mystudentplan.ca/nait | Twitter @naitplan | naitsa.ca



NAITSA SERVICE CENTRE

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By SHEEBA LINDSETH

Exams are coming up and you are stressed out. But Christmas is around the corner! How can you not hum a Christmas song under your breath or bob your head to a classic carol? So I thought: "Hey! Let's listen to some Christmas songs and get some cheery moods going." So what say you? Let's put on this playlist, get some apple cider or a hot chocolate, sit by that imaginary fire and take a break from the studying.

- White Christmas – Michael Buble and Shania Twain
- It's Beginning to Look a Lot Like Christmas

- Sleigh Ride – Ella Fitzgerald
- Let It Snow – Dean Martin
- Wonderful Christmas Time – Paul McCartney
- Baby It's Cold Outside – Idina Menzel & Michael Buble
- Rocking Around the Christmas Tree – Brenda Lee
- Mis Deseos/Feliz Navidad

- Michael Buble and Thalia
- Oh Holy Night
- Winter Wonderland
- Last Christmas – Wham!
- Christmas Must Be Something More – Taylor Swift
- The First Noel
- Santa Baby
- Silent Night



www.youtube.com

**ELLA FITZGERALD**
Sleigh Ride

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allagora.wordpress.com

**THE NAITSA OFFICE WILL
CLOSE AT NOON ON
DECEMBER 18, 2015 & WILL
RESUME REGULAR HOURS AT
8AM ON JANUARY 4, 2016.**

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

December 10-16

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

Sagittarius (Nov. 22-Dec. 21)

The stars have aligned and you will have a really good week. Try to reconnect with an old friend this week; you might be surprised to see how they have changed in a positive way. Buy a nice outfit with a green pattern on it for the occasion.

Capricorn (Dec. 22-Jan. 19)

All the slacking off is going to catch up with you this week. You will be very busy and might miss out on some fun times with friends. But don't worry, you are smart and, if you work efficiently, you might be able to enjoy a little bit of the weekend with your friends.

Aquarius (Jan. 20-Feb. 18)

You will receive some sad news this week. Don't get discouraged, things always work out in the end. Just keep your focus on what's important. Repaint your room with some fun and bright colour.

Pisces (Feb. 19-March 20)

The good deeds that you do will come back to you, just remember to pay it forward. You will run into an ex this week. Be civil to them. Get a new pair of shoes.

Aries (March 21-April 19)

After a week of hard work you are in for some relaxing times. Just make sure that you still keep up with things

and don't slack off too much. Make a fun Halloween costume for yourself.

Taurus (April 20-May 20)

You will be very excitable and full of energy this week. Make good use of that extra energy and try not to fidget too much. Working out will help you get rid all that extra energy. Girls paint your nails purple and guys try growing a soul patch.

Gemini (May 21-June 21)

You will have a very dramatic week. Just hold on tight to that roller coaster of emotions heading your way. You will be on Facebook more than usual this week.

Cancer (June 22-July 22)

You will get some good news this week. The stars are in the right place for you to start a successful relationship. You might catch a cold, carry a hand sanitizer with you at all times.

Leo (July 23-Aug. 22)

You might get into an argu-

ment with your best friend this week but don't worry, you guys always make it up to each other in the end. Buy a key chain for yourself.

Virgo (Aug. 23-Sept. 22)

This is a week of surprises for you. You will make a new friend this week. Try some Italian cuisine this week and keep an open mind.

Libra (Sept. 23-Oct. 22)

You will be stuck between a rock and hard place this week. You don't know what decision to make. Go with your gut feeling and once you make your mind up don't let anything else change your mind. Go on a roller coaster this week.

Scorpio (Oct. 23-Nov. 21)

You will meet someone new this week that seems like a good match for you. Beware looks can be deceiving. They might be lying to you. Keep in mind it's hard for people to lie when they are drunk.

DECEMBER EVENT LIST

- 1 | How to: Make Thai Food
- 1 | Flash Mob Yoga
- 2 | Evening Student Appreciation
- 3 | South Campus Event
- 4 | Al Hancock (South Lobby)
- 4 | Patricia Campus Event
- 7 | Happy Stomach, Happy Mind
- 8 | Happy Stomach, Happy Mind
- 9 | Wellness Wednesday
- 10 | Happy Stomach, Happy Mind
- 15 | Happy Stomach, Happy Mind
- 16 | Happy Stomach, Happy Mind

The NAITSA Office will be closed
Dec 21-Jan 1
 & will resume regular hours
Jan 4, 2016

For more information about
 any of these events, check out naitsa.ca



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THROWBACK THURSDAY

Star Wars back in the day ...

By GERVAISE BRANCH-ALLEN

With the highly anticipated *Star Wars: The Force Awakens* on the way for the holidays, I felt it was only appropriate to focus on the *Star Wars* franchise as a whole. There are very few people who have never heard of *Star Wars*, even if they haven't seen any of the films. Since the original *Star Wars* released in 1977, various media including comics, shows, movies and games have referenced the massively successful franchise. There's an entire devoted fan base following *Star Wars*, some of which I've had the honour to interact and communicate with.

Growing up, I was introduced to *Star Wars* through the prequel trilogy. For fans of the series, you'll know the prequel films have been frowned upon due to an overuse of CGI, inconsistent acting and a lack of compelling characters (so critics say). Since I was a kid, I didn't recognize these complaints and enjoyed the films for what they were. The heroes (Obi-Wan Kenobi, Anakin Skywalker, Yoda, Mace Windu) were really cool, while the villains (Darth Maul, Count Dooku and General Grievous) were compelling threats.

Looking back at the prequels based on memory (I haven't watch the films in years), I do recognize the complaints many fans have with the films. Anakin Skywalker wasn't as interesting a character as I had thought, CGI seemed to dominate the screen and the first film, *The Phantom Menace*, was lacking in multiple areas. At the same time, I remember loving the rainy battle between Obi-Wan and Jango Fett in *Attack of the Clones* and being fascinated by the Jedi's lightsabers (especially Mace Windu's purple saber) in all three films. Despite all their mistakes, these films were *Star Wars* for me.



Scene from the Phantom Menace

However, when I was a preteen, I found out there were older *Star Wars* movies and I wanted to discover these as well. I asked one of my favourite teachers if these films were worth seeing and he said that besides the dated visual effects, I would really enjoy them. With that recommendation, I rented *A New Hope*, the original lengthy film, from the local library. I was intrigued by what I saw. An older Obi-Wan, a Wookie as a main character and Darth Vader all amazed me. Seeing one of my favourite characters die here instead of, say, *Revenge of the Sith* was shocking. Darth Vader was as iconic as his reception had implied. Meeting a new cast of characters took a bit of getting used to but I enjoyed Luke and seeing old favourites like C-3PO and R2-D2 was reassuring.

As I dug deeper into these films, I was very happy with my decision to watch the *Star Wars* of the previous generation. While they were a bit dated looking, the storytelling was excellent. Some parts of the original trilogy still

confuse me, however. For example, I still don't understand the hype around Boba Fett. Anyways, after watching all six films in the saga, a new film was released in the form of the animated *Star Wars: The Clone Wars* movie, which took place during the prequel trilogy. While I wasn't exactly impressed with the story or new character Ahsoka, the CG animation was very compelling to watch.

Following the movie, a new animated series called *Star Wars: The Clone Wars* (the same name as the movie) started airing on television with the same stellar animation. While I watched a few episodes of the first season, I was busy watching other shows. As the series progressed, however, I found myself watching more and more of it and the storytelling was truly excellent. *The Clone Wars* show took place within the prequel trilogy so I was happy to see my favourite characters returning with much more development than the prequel trilogy granted them. If you didn't like the prequel trilogy, definitely try this show instead. It ran for six seasons, with hours of amazing storytelling!

Following Disney's acquisition of Lucasfilm, the company that created *Star Wars*, the animated series, *Star Wars Rebels* was announced. While there was a lot of skepticism (as usual) regarding Disney's involvement in the series, I was optimistic to see what this show would be like. And I'm proud to say it's one of my favourite shows on TV right now! Taking place between the prequel and the original trilogy, it's answering the mysterious question of what happened between them.

Overall, *Star Wars* has greatly affected my life in a positive way. While I don't think I'll ever be a hardcore fan, the series has meant a lot to me. Hopefully *The Force Awakens* is another successful entry in the pop culture phenomenon.

**THE NEST WILL
BE CLOSED TO
THE PUBLIC
DEC 17, 2015
TO JAN 5, 2016**

THE NEST
TAPHOUSE GRILL

RESTAURANT REVIEW

Food, drink amazing

By COURTNEY BELL

Tequila bars are all the rage right now and I have to say one of my new favorite bars is El Cortez. It's located on Gateway Boulevard just north of Whyte Avenue. The staff, the food and the drinks are amazing. Let's start with the menu:

The El Cortez menu is a blend of modern Latin fusion, traditional favourites and gourmet street foods. If you like tacos and nachos, it's the place to be! The last time I was there I tried the cinnamon braised pork taco. I have three words. Absolutely. Totally. Amazing. So delicious. It was a perfect blend between cinnamon and pork and just everything else. They have special happenings as well.

On Mondays, it's margaritas; Tuesdays, tacos; Wednesdays, wine; Thursdays, tequila and on Sunday it's flip the chicken. Happy hour is daily from 4-6 p.m.

Fresh, fun, unique

The El Cortez bar program is also pretty extensive. I don't think I've seen such a large variety of tequila anywhere else in Edmonton. It's fresh, fun and unique. The bar program has something for everyone from adventurous to traditional. I had a margarita! So good. I'm a huge tequila drinker so I had lots to choose from. Everything from top shelf to bottom shelf. If tequila isn't your thing, they also have an extensive beer and cocktail list. So don't worry if you're a taco person but not really a tequila drinker!

My next favourite thing about El Cortez has to be the atmosphere. It's warm, inviting and a lot of fun. I had an amazing experience with the staff. They were so helpful and understanding when I couldn't make up my mind when deciding on what to get. They know their stuff about the food and the tequila.

With only nine establishments in the world this is definitely a great catch for our capital city. The bar also takes private bookings from 10 to 80 people for whatever event you may be planning. They have a private tequila cellar for such occasions.

Can be pricey

I do have to warn you, though, it's very easy to rack up a pretty expensive bill, so pay attention to what you're getting if you're on a budget. It's a great place to go for special occasions or to book a party but not for your average everyday student.

El Cortez is open Monday to Friday, 4 p.m. to late. Saturday is 11 a.m. to late, they're open for lunch! And on Sundays they're open 4 p.m. to 10 p.m. But don't worry, it's more than just a sit down bar. They have an amazing nightlife as well. The tequila cellar turns into a dance floor and a rotation of DJs come in every Friday night for your enjoyment. Saturday night, resident DJ Thomas is in the house. He will keep you on your feet for hours.

I definitely give this bar a 10 out of 10. Between the authentic feel, the amazing, delicious food and the atmosphere, it's definitely something to check out.


www.iheartedmonton.org

FASHIONISTA OF THE WEEKSTA



Photo by Tom Armstrong

Michael McTeague Visual Communications, Digital Media and IT

Can you tell me a bit about your sense of style? I try not to follow trends but that's not even intentional because I just end up buying what I like. A lot of the stuff I just wear until it gets worn out. I try to be comfy; when I want to dress up, I go to Value Village and find the craziest shirt I can find – so usually pretty psychedelic stuff.

What do you think about when you get dressed in the morning? I don't really think about it. Usually I'm pretty organized with how my closet is organized, I have the darks on one side and the colours on the other side; it's really whatever I'm feeling in the morning, I guess. And if it's clean.

Where do you like to shop? Value Village. Usually online, band T-shirts, Simons.

AMAZING RACE

Green's the team to beat

By KA CHUN YUNG

The conclusion to this season's *Amazing Race* comes on Friday, when one of the three remaining teams crosses the finish line and wins the grand prize of \$1 million. Much of the attention this season has focused on Team Green's Justin and Diana, and for a good reason. They have won seven of 11 legs. Many of the other teams throughout the season have wanted to eliminate them but never had the opportunity to do so until this past leg in Hong Kong.

Justin and Diana were brimming with confidence with just four teams left. The other three remaining teams – the Cheerleaders, the Paparazzi and the Reporters hadn't even won a leg yet. When the four teams reached the detour in Hong Kong, Justin and Diana decided to do a different task than the rest of the group. They completed the first part of the detour the quickest but communication problems with the taxi driver resulted in a long unnecessary cab ride.

Realizing the mistake, Justin was clearly irritated and not only took out his frustrations on the taxi driver but also on his fiancée Diana. The couple were rattled and instead of taking the time to compose themselves and focus at the next task at hand, they continued to feud. As a result they compounded one mistake with an even bigger mistake. On the very next

clue, the couple went to the wrong ferry terminal, resulting in a time penalty of 55 minutes.

Even though none of the teams were aware of the time penalty, the others had a strong suspicion that they were ahead of Team Green. After completing their detour relatively quickly, they didn't see Justin or Diana at the ferry terminal and when the ferry left without the engaged couple on board, this was the perfect opportunity for the three teams to form an alliance to eliminate the strongest team left.

When the teams arrived to the theatre for the roadblock in Macau, one member of each team had to dive into a pool and retrieve a golden fish before the end of the production. Team Paparazzi and the Reporters were able to successfully complete it on their first attempt, while cheerleader Krista struggled finding the fish. Team Green still hadn't even arrived. By this time the teams should have been aware that Team Green was behind, because the production took a long time to prepare for and to perform.

After the Paparazzi and the Reporters finished the challenge, they knew that they were at least 15 minutes ahead of the Cheerleaders. They needed to take an extra minute to explain to Krista where the fish were located. It would have been mutually beneficial for all the teams to leave Justin



www.usmagazine.com

The Green Team

and Diana out of the finale.

Instead, without their assistance, Krista continued to founder and was passed by Diana. And despite a nerve wracking 55-minute wait at the pit stop, Team Green

was able to overcome their time penalty and eliminate the Cheerleaders. If the Paparazzi or Reporters lose the *Amazing Race* to Justin and Diana, they have nobody to blame but themselves.

APP REVIEW

Goodreads for a good read

By DANIELLE S. FUECHTMANN

If you love reading but are juggling school and work like most students, getting to read all of the books that you want to might be a bit of an impossibility. If you're finding new books you want to read faster than you can read them, you might find you're creating quite the reading list! Goodreads offers a website and app combining a database of books, community and reviews, and a easy-to-use tool for creating reading lists and tracking what you've read.

Goodreads allows users to create an account and easily set up bookshelves and book lists, making it easy to track what books you've read and what you'd like to read. Tracking the books you've read, or even tracking your progress on a book you're currently reading, is a great way to keep tabs on some of the books you enjoy, especially if you take advantage of the convenient rating system and ability to leave comments and reviews. If you're looking for book recommendations, you can look at reviews and ratings other people leave on books you're interested in or browse recommendations and lists by genre or theme.

You can easily follow other people or link your Facebook account to connect with your Facebook friends on Goodreads. While you can connect on the platform, it's most helpful as a great way to see what people you know are reading or want to

read. It's an easier way to gather new suggestions for your next books.

The mobile app is incredibly helpful on the go. It's not an app I open regularly but it's an easy way to quickly note a book I want to read right when it's recommended. A struggle I used to have with my reading list was keeping it all in one place, now I know they're all in the same spot. The mobile version also adds a step of convenience with a ISBN scanning tool. Find a book you want to pick up at a later date? Simply open

the app, select the scanning option, scan the ISBN barcode and voila – the book's information is ready to be added to your list of choice.

I do wish the app (and website) would update their design. While it's not horrible or hard to navigate, I think some design updates would make Goodreads more appealing.

Reading can be a solitary activity but Goodreads is an interesting way to help develop social activities and conversations about what you're reading.

The website and app offer users different levels of connecting through the platform. Whether you want to be a heavy user and join their vibrant community of book reviewers and bloggers or you just want a handy way to track your reading list, it offers a great resource for anyone who enjoys reading.



nicole-delacroix.com



Hidden Sorrow

With others, they look fine,
Alone, they feel pain.
Life's struggles hit them like a freight train

Unsure of their existence, unsure of life
Not sure if they can keep up the fight.
Continuing their journey just to see,
If they might finally end up happy

If anyone cares for them,
Please let them know.
This miserable pain has got to go

Making new friends is amazing and really cool,
But when they let you down, you feel like a fool.
Hoping for a partner or significant other,
To help find peace with support from another

Life is at a standstill,
Not better or worse.
Sadly that seems to be their curse

Christmas is coming; time for joy
Perhaps they'll feel happiness, oh boy, oh boy!
Yet, once all the excitement has run out,
Desolation will return, there is no doubt.

By Gervaise Branch-Allen

COMICS

December a treat for fans

By GERVASE BRANCH-ALLEN

This December, various comic book companies are beginning new events and releasing holiday themed comics as part of the festive season. I've compiled a list of comics that includes highly anticipated titles and fun issues for Christmas.

DC Comics' lineup includes *Robin War*, *Batman/Teenage Mutant Ninja Turtles*, and *Dark Knight III: Master Race*. In the *Robin War* event, Bruce Wayne's son, Damian Wayne, returns to Gotham City to find a slew of young people dressed as Robin patrolling the city. What's worse, a new blue armoured Batman and the GCPD are going after all the Robin kids who have taken justice into their own hands. Former Robins Grayson (the original Robin), Red Hood (the second Robin who died and returned as a villain) and Red Robin (the third Robin) are also included in this event as well as the hugely popular Court of Owls. In other words, if you haven't kept up with DC's comics, where have you been? *Robin War* No. 1 starts the event before continuing in other Batman related titles including *Grayson*, *Detective Comics*, and *We Are Robin*.

Finale to Dark Knight saga

Dark Knight III: Master Race is the finale to Frank Miller's *Dark Knight* saga. Continuing the story from the 1986 hit *The Dark Knight Returns* and its 2001 follow-up, *The Dark Knight Strikes Again*, writer Frank Miller and co-writer Brian Azzarello present Batman's return once again alongside ally Carrie Kelly. The event actually started in November with *The Dark Knight III: Master Race #1*, so if you're interested, definitely look into it. Especially considering that collector's editions will be unavailable after their initial print!

Batman/Teenage Mutant Ninja Turtles is the amazing collaboration between DC Comics and IDW Publishing, where the Turtles find themselves in Gotham City alongside the Foot Clan and Shredder. While trying to find their way home, they cross paths with the Dark Knight. I think this will be an absolutely phenomenal comic to read if you're a fan of both series. Will Batman fight the Shredder? What will the Turtles think of Gotham City? Which Bat-



superherohype.com

Batman/Teenage Mutant Ninja Turtles

man villains will show up? If you're interested in this six-part event, check out the first issue!

Marvel's lineup of comics include *Gwenpool Special* and *Vader Down*. So, who's Gwenpool? Marvel tasked their artists to create themed variant covers (alternative comic book covers) for various series. The theme was Gwen Stacy as a different Marvel character. For *Deadpool's Secret Secret Wars*, artist Chris Bachalo created Gwen Stacy as Deadpool. The response was so positive, Marvel decided to include the character in the *Howard the Duck* comic series and announced a one-shot Christmas issue surrounding the character. (How Brian Michael Gwendis didn't become an absolute hit is beyond me).

Vader Down is Marvel's first massive crossover between their Darth Vader and Star Wars series. When Darth Vader finds himself facing the Rebel Fleet alone, he proves he is no pushover in a battle, no matter how much the odds are stacked against him. Plus, Han, Luke, Leia and Chewbacca deal with

intense threats in this story that takes place between *A New Hope* and *The Empire Strikes Back*. As an event series, this should be quite interesting to read considering how praised Marvel's *Star Wars* series has been as well as a nice celebration of the *Star Wars* franchise in time for the highly anticipated film *Star Wars: The Force Awakens*. The first issue *Star Wars: Vader Down #1* released in November, with the *Star Wars* and *Darth Vader* series continuing the story this month.

IDW Publishing's lineup of comics include *Transformers Holiday Special* and *Mickey & Donald's Christmas Parade*. The Transformers story features three different casts of Transformers in special holiday adventures. The crew of More Than Meets the Eye, the main Transformers series and Windblade's team celebrate the holidays and party in this special one-shot.

Collection of tales

In *Mickey & Donald's Christmas Parade*, the titular characters celebrate the holidays with a collection of tales (similar to other holiday titles). Mickey Mouse and Uncle Scrooge team up in a caper, Donald Duck and friends deal with an inadequate Christmas, and Super Goof (Goofy's superhero alter ego) prepares for adventure. This one-shot should be a nice comic for those interested in a happy all-ages title.

Boom! Studios' lineup of comics includes *Klaus*. In a sharp contrast to the above kid friendly title, *Klaus*, written the prolific Grant Morrison, is a darker tale filled with myth. In a Viking-like setting full of magic and monsters, this limited comic series looks great if you don't know it's about Santa Claus's origins, because Santa is a bloody warrior with a wolf companion. Don't miss this unique twist on the holiday mythos.

Overall, this month looks like a treat for comic fans with tons of amazing events and one-shots (some I haven't even mentioned) on top of the regular and brand-new series being released by comic companies such as Marvel, Dark Horse, Image, Archie, and DC Comics. Have a Merry Christmas with these uplifting, exhilarating, or intriguing tales of adventure, action, and fun!

MOVIE REVIEW

Whatever the number, it's OK

By COURTNEY BELL

The title of *The Number* means exactly what you think it means. Yes. It's referring to the number of people you've slept with. But that's not really what the movie revolves around. Anna Ferris stars as Ally Darling, a young woman who just lost her job and has no real personal life. And to top everything off her younger sister is about to get married. Ally finds this study saying that on average, women sleep with 10.5 men in their lifetime, (completely ridiculous, I know) but she takes this to heart and starts counting up the men she sleeps with and decides that she needs to go back through her old lovers and see if one is worth another look.

Throughout this movie she gains the trust and help of neighbour Collin Shea, who is played by Chris Evans (total dream boat, spoiler alert, we see him without a shirt multiple times). From Ally travelling to past lovers and trying to please her overbearing

mom and be the maid of honour in her sister's wedding, we see her embarrass herself beyond belief. I guess it really just goes to show you that when you find the right one, they really don't care because they will love every single thing about you.

This is a great movie. I mean, it's a total chick flick but it's great nonetheless. What I love about this movie is that it kind of breaks all the rules that society has built for us. Girls, you don't have to be ashamed about your number! And guys, you shouldn't let a girl's number effect your relationship with her. In the end, it's just a number. We see both of these points of views in the film. There is someone who totally lets a number affect their views on Ally and there's someone who doesn't care at all, because her number doesn't define who she is as a person. I think that's a great lesson a lot of us should learn. We live in a time where everything is public and we care way too much about what other people think. This movie



Chris Evans and Anna Ferris in *The Number*.

www.edgeoftheplank.com

kind of breaks that barrier.

This romantic comedy is either a great film for a girls' night or if you're trying to please your woman and you let her pick the film. Tip: Guys, if you pick this movie I'm sure your lady will be pleasantly surprised for

you not only picking a chick flick but picking one with Chris Evans in it. Oh! Did I also mention it's on Netflix? So you don't even have to go download it. Give it a try. You might surprise yourself, and really enjoy its comedy.

VIDEO GAME

Straight into the fray of battle

By JOEL LECKIE

Developed by 343 Industries, *Halo 5: Guardians*, is the fifth chapter starring Master Chief but the 10th in total, not counting remakes. It is also the first to receive a teen rating, rather than mature, due to the lack of graphic violence. That is a bit unusual for a sci-fi shooter but with combatting aliens and there is no need for bloodshed. It is the second in the *Reclaimer Saga* but not the last, according to developers.

There is a lot expected from a game coming out this far into the series. The developers have modified the way the game plays, such as having Spartan abilities as opposed to the armour abilities introduced in *Halo 3*. This one also gives you a consistent fire team

that follows you around instead of randomly picking up friendly soldiers then leaving them behind each level.

One of the biggest changes, and something I don't like at all, is the co-op multiplayer. No longer supporting split screen, the developers have focused on online play: you at your house, me at mine. I've always loved having a group of friends over to play together; an experience all but gone now. But that has allowed



the developers to take the time to improve other aspects of the game.

The graphics, as expected, are a huge hit. Since the first *Halo*, the graphics and audio have become iconic and that has continued in the new game. The landscapes and scenery are massive and well detailed. There is a bit of disappointment with the campaign storyline, which may have come from the shift from Bungee to 343 Industries. There is so much lore for the game to choose

from, with books and a movie, that the game doesn't get a chance to tie it all in.

The game takes you straight into the fray of battle. The story mode plays through fairly fast, only providing about five to eight hours of gameplay. But that is normal with a heavy emphasis on online melees. Several maps and lots of objective options keep the play fresh. The new added feature is the war zone mode. It combines large scale team combat with PvE mini-missions, like capturing locations or taking out certain enemies.

So all in all, *Halo 5* is an awesome addition to the series. There are a few small areas in the story that hold it back and some new controls to get used to. But the only major flaw is the lack of local multiplayer.

ALBUM REVIEW

Lamb of God comes back to life

By EITHEN SMYTHE

The past few years were very eventful for American metal band Lamb of God. The trials and tribulations began in the summer of 2012, when lead vocalist Randy Blythe was arrested for pushing a fan off a stage in 2010, which led to the fan succumbing to his injuries. The band took a hiatus following Blythe's arrest and acquittal the following year before entering the studio in late 2014 to record the follow-up to 2012's *Resolution*. That album brought forth much of the same intensity and fervour that Lamb of God was known for after two somewhat weaker efforts. *VII: Sturm und Drang* proves that Lamb of God was none the worse for wear.

VII: Sturm und Drang, released on July 24, debuted at No. 3 on the U.S. Billboard 200 and was No. 1 on the Canadian new album charts.

The album begins with the lead single,

"Still Echoes," a ferocious groove metal song which makes the fears of fans vanish as the band returns to what they do best. Drummer Chris Adler proves why he is one of the best in the business, with infectious rhythms that are the perfect background for their cacophony.

The lyrics of the song relate to Blythe's experiences in prison, as do others on this album such as "512," named after his cell number. "512" is the second single released from this album and, although a slower number, the agonizing nature of Blythe's vocals when delivering lines such as "My hands are painted red, my future's painted black" makes the track one

of the heaviest on the album. "Erase This," the fourth single of the album, is reminiscent of the band's third album, *Ashes of the Wake*. Guitarist Mark Morton thought the riffing

to be akin to "Laid to Rest" off that album and it continues the sonic assault of early in the album. The band took a U-turn with the third single, "Overlord," which brought an unusual doom element to Lamb of God that harkens to bands such as Alice in Chains and

Deftones, from which Chino Moreno makes a guest appearance in the song "Embers." The song showcases Blythe stepping out of his comfort zone and utilizing his clean vocals, resulting in voice's haunting and brooding

qualities when he's not performing his trademark screams. "Anthropoid" continues the second half of the album with "Overlord," nothing more than classic Lamb of God fan fare, with a chanting chorus and Blythe's much-improved vocal delivery.

"Engage the Fear Machine" describes the album the best with its lyric "business as usual," ending with a calm and clean guitar section after much of the song is in the classic mould. "Delusion Pandemic" pays homage to the band's thrash influences and along with "Torches," a song about a student setting himself on fire in protest, leave a lasting impression that Lamb of God has come back to life after an eventful past few years and two unspectacular albums. The band has yet to compromise their sound for anyone and, if this album is any indication, they will continue to deliver quality metal albums for years to come.



wallpapercave.com

DIY

Christmas season – it's a wrap!

By DANIELLE S. FUECHTMANN

Do you stick to using gift bags because you haven't got the hang of wrapping gifts with paper yet? Once you figure out the trick to it, it's quite easy!

1. If the gift is irregularly shaped, consider placing it inside a box. This will make wrapping significantly easier and can also help disguise any distinct or easy to identify presents.

2. Start to unroll some of your paper and place the gift on top. You should roll out enough paper so that it wraps around the entire gift in one direction and that there is enough paper overhanging both sides of the present that it should be approximately half of the height of the box. A trick for getting nice crisp edges at this stage is to put a small piece of tape on the first edge of the paper and keeping the paper taut as you turn

the box. Once you've covered all four sides at least once, cut enough excess that it will wrap onto the other side. Fold the edge of paper to hide any crooked cutting, pull the paper snug and tape it down.

3. Turn the gift so one of the sides with overhanging paper is facing you and the bottom of the gift is facing up. Take the top overhanging paper and pull it down to cover the open side of the gift and tape it down. Create a sharp edge and then grab the left overhang and pull it to the centre as well, tucking the fold for a crisp edge; it should create a diagonal line from the top corner to the centre. Repeat on the right side. Sharpen the folds of the bottom flap and pull it up to meet the centre so the entire side of the gift is covered.

4. Rotate your gift and repeat Step 3 on the other side.

Once the gift is wrapped, add some decorative touches! Add some ribbon, stick on an adhesive bow or add a pretty name tag.

One thing I like to do when wrapping holiday presents is pick one or two wrapping paper designs and stick with them for all of the gifts I'm wrapping. I love the clean and beautiful coordinated look. When you're picking your gift wrap, be mindful of the quality - while you don't need to invest in high quality wrapping paper, really thin paper can be tricky to work with and tear easily at the corner folds. Paper covered in glitter or sparkles, although fun, can be a horrible mess because they'll typically shed glitter everywhere!

Another option I really like is using brown craft paper or heavy newsprint to wrap gifts; it comes on a large roll and is a very budget friendly option! With some



giftwrapahq.wordpress.com

thoughtful decorations it can be a beautiful choice, plus you can use the same roll of paper for multiple occasions. Do something rustic and tie an acorn or a decoration onto your gift with some pretty red twine or stamp designs onto the paper with ink or paint. This year, I'm using a brush pen to write Christmas carol lyrics in cursive along the paper. Pretty, easy, and cost effective!

How to manage stress



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Projects due, finals looming, holiday preparations, seasonal celebrations – with all of these demands it is hard to avoid stress. Stress is your body's reaction to over stimulation. A certain amount of stress is normal and necessary but too much can be counterproductive. Here are some tips for managing your stress level.

- **Be aware of your internal dialogue.** The fastest way to increase stress is to tell your self negative messages such as "I'm such an idiot" or "Everyone else is smarter than I am." Often the way we think about a situation increases our stress levels out of proportion to the actual event. Thinking patterns such as "People will think less of me if they know I am not perfect" or "I made a mistake so people will think I'm a total failure" are sure-fire ways to decrease confidence and increase stress. Replace self-defeating, critical thoughts with realistic positive messages such as "I will do my best," "I know my material" or "People will like me for who I am."

- **Develop a plan.** Prioritize, make a schedule, set boundaries. Having a plan helps you to feel in control of your life,

especially during stressful periods such as final exam time.

- **Get organized.** Make sure your home, schoolwork, clothing, etc. are in order. Get your books, lunch and clothing ready the night before so there are no added stressors in your day. Physical clutter and disorganization increase mental clutter and disorganization.

- **Do a lifestyle cleanup.** Can you let go of negative relationships or obligations that are no longer rewarding? Can you avoid situations and people that upset you? Do you need to work on not comparing yourself with others?

- **Exercise.** In addition to reducing stress, exercise increases blood flow and oxygen to the brain, gives you some downtime, increases self-confidence and helps you to sleep better. Any exercise that increases your heart rate for 15 to 20 minutes will help reduce stress. Often students let go of exercise during exam time but even a few minutes a day will help reduce stress.

- **Take care of yourself**
 - Most people need at least seven to eight hours of sleep per night. Fatigue reduces your ability to cope with stress.
 - Good nutrition is important, too. A diet high in non-nutritious food puts more physical stress on the body and this further reduces your ability to cope. Stimulants such as caffeine, salt, chocolate, alcohol, sugar and smoking can make you more susceptible to stress.

- Build in time for yourself. Do an activity you enjoy, even if it is only for a few minutes a day. Plan something to look forward to every week.

- **Be realistic.** Perfectionists always have higher stress levels. Set goals that

are challenging but achievable.

- **Avoid procrastination.** Putting off unpleasant tasks only increases stress.

- **Develop some quick stress-reduction strategies.** Deep breathing, progressive muscle relaxation and humour are quick ways to become calmer.

- **Talk.** Being connected to other people and sharing ups and downs helps you recognize that others are going through similar emotions. Sometimes talking with someone objective can help you work through a situation. Counsellors are here to help if you have con-

cerns that are increasing your stress or if you need to work on stress reduction techniques or other personal or academic concerns.

Main Campus: Counsellors are available Monday to Friday. 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 Thursdays. Book by calling 780.378.6133.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

Who are you gonna 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 – estl@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-131. 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.naitsa.ca/volunteer-opportunities

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NETFLIX PIX

Characters make *Bones* great

By JOEL LECKIE

What would *CSI* do if they didn't have a full body to investigate? If the crime scene had been tampered with? Well, perhaps they would have to do what Seeley Booth did and call in forensic anthropologist Temperance Brennan. That gives you the basic premise of *Bones*.

One in a long list of crime dramas, *Bones* brings a few fresh faces and fresh ideas to the small screen. The show is loosely based on the writings of Kathy Reichs, which adds a sense of realism to the scientific jargon used.

The show focuses on a collaborative effort between the FBI and the Smithsonian Institution. They bring in the tough to crack murder cases for the specialized forensic team to solve. Because they've done so much research on anthropological and archeological sites, the cold case murders are virtually brand new in comparison. This allows them to find minute pieces of evi-

dence in the bones that others would have completely missed.

One of the great things I like about the series and probably why it has lasted beyond 10 seasons, is the focus on character. Though each episode has a new mystery to solve, the relationships between each of the characters continue to evolve and grow. They take a lot of time to develop, years in some cases, so it keeps you coming back to get that little bit extra.

All the main cast are super likable, and the acting is exemplary. Each character has a distinctly different personality and it changes their interaction with every other character. Temperance has a tough time with her social skills and must get used to using pop culture references and figurative phrases, as she is too used to cold hard facts and scientific evidence. Seeley, on the other hand, plays to his gut feelings and doesn't get the nerdisms of the "squints." Temperance's best friend, Angela, is an artist who



www.fanpop.com

is very computer savvy and reacts differently to both Temperance and Seeley, even when presented with the same situation. It adds an extra element of realism that helps connect you to the story.

Bones is a super smart show. There are a bunch of hints towards the resolution of the investigation but it keeps you guessing. For those who like to solve ahead of the cast, this might provide an interesting chal-

lenge. There are enough twists and turns throughout the cases that you can be surprised at the end of most of them but not so glaring that you feel gypped or that the production crew slapped a cheap ending on it. It can be gripping at times but has a bit of humour so that the mood does not become too dark. If you are looking for a new crime drama that can really get you attached, this would definitely be my pick.

ANIME

Funny and real

By JOEL LECKIE

Classes are nearly done and it's time for a nice, light anime to watch over the holiday season. *Toradora* gives a nice blend of comedy and romance, especially nice if you have someone special to watch it with. But even if not, this one might be worth sitting through all 25 episodes. The title is a blend of the Japanese words for tiger (tora) and dragon (doragon), to represent the two main characters. It becomes quite the battle back and forth between the two friends.

Ryuji, the dragon, is a good student but has a hard time making new friends because of his intimidating appearance. Taiga, the tiger, is small in stature but she has a fierce nature. The two bump into each other on the first day of class. Taiga takes an immediate dislike to Ryuji and lashes out at him. They soon discover that each of their crushes is the best friend of the other and form a delicate friendship for their mutual advantage.

Right from the start, there is a heavy contrast on the part of the two protagonists. They are both anti-social in their own way but represent two very different personalities. Ryuji is the meticulous, responsible one who makes sure that everything is done just right. Taiga is the unmotivated, spoiled one who tries to hide her

feelings from the world through a tough outer shell. As the series goes on, they each find themselves rescuing the other from various embarrassing situations; though Ryuji ends up spending most of his energy rescuing Taiga.

The host of other characters adds their own flair to *Toradora*. The first few episodes periodically introduce a new person to keep it fresh and move the story along

nicely. There is good development between the characters. Neither Ryuji nor Taiga remains the same by the end of the school year. They and their friends grow closer as a group and show growth as individuals. One of the things

I like about it is that it does not remain focused on just their group relationship. It takes aside each of the five main characters and looks at their personal life to tell where they came from and the conflicts they face.

It's a great romantic comedy that works towards a resolution, rather than just cycling around and not going anywhere. The characters show real life problems in a light and amusing way. The conflict of the tiger and the dragon tells how opposites can get along, making it a very relatable series. *Toradora* is the perfect way to relax over the holidays.

If you are at all a fan of romantic comedies, this one is definitely worth the 10 hours to watch.



tora-dora.wikia.com



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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
Craft Club Crafting Time

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, Jan 11-April 30 | 5:00pm-8:00pm
Thursdays, Nov 12-Dec 10 | 1:00pm-10:00pm

WHERE

Room T-607
Room X-111
Room X-215
Room E-225
Shaw Theatre Foyer
Room U-154

UPCOMING CLUB EVENTS

WHO

SFA
IntoNAITion Toastmasters
Bakers Club
AHT*16

WHAT

Range Visit
Leadership Institute
Winter Movie Night
Nail Trim

WHEN

Dec 11 | 7:00pm-9:00pm
Jan 16 | 7:00am-6:00pm
Dec 10 | 6:00pm-9:00pm
Jan 13 | 4:30pm-8:00pm

WHERE

Wild West Shooting Centre
Shaw Theatre
Shaw Theatre
Room X-100

CAMPUS CLUBS NEWS

WHO

OrgSync 101
OrgSync 101

WHEN

January 11, 2016 | 11:30am-12:00pm & 12:15pm-12:45pm
January 13, 2016 | 12:15pm-12:45pm

WHERE

Room T-512
Room T-510

NAITSA **CAMPUS CLUBS
CENTRE**

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
upcoming Important Clubs Dates