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# THE **NAIT** NUGGET

Thursday, December 3, 2015  
Volume 53, Issue 13

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

## **RUMBLE IN THE RANKS**

**NAIT academic staff questions restructuring, pg 3**



Photo by Taylor Braat

### **FLASH MOB YOGA**

**NAIT students take part in a little exercise at NAITSA's All You Need Is Love event in the South Lobby on Dec. 1. The event ends on Friday.**

# NEWS & FEATURES

## Surviving the rental market



**NICOLAS BROWN**  
Issues Editor  
@bruchev

For many students, the move to post-secondary education requires another more physical move, into a first apartment. With the exception of students lucky enough to be able to continue living at home, most students search for rental accommodations, either alone or with roommates, as their new abode during their schooling. Rental living isn't always glamorous, though.

Sometimes there are conflicts between roommates or with landlords or neighbours. One of the major flaws in renting is that you have less control over your own home. A conflict with your roommate or neighbour cannot simply be left on the other side of the fence and your landlord controls whether you continue to have a home. Thankfully, there are some protections when it comes to renting.

Let's start with the greatest threat – your landlord decides to stop being your friendly, never-seen and never-heard accommodations provider. All renters love the kind of landlord that receives the monthly rent cheque and is never heard from otherwise. That isn't always the case, though, as landlords can become bizarrely controlling or even criminally negligent. Never fixing broken appliances? Trying to raise your rent every month or two? Not allowed to hang Christmas lights in your windows?

### Document everything

Thankfully, for most problems between landlords and tenants, Edmonton has the Landlord and Tenant Advisory Board, which provides a number of informational services and mediation. The important thing to remember when dealing with a landlord – document everything! Having a proper lease agreement and documentation of maintenance requests or shady tactics by your landlord can save you headaches further down the line.

Now of course, as students we frequently seek out roommates to ease the burden of paying for a place to sleep. Roommates can be lots of fun and become some of your best friends. It's hard not to become close when you're sharing living space. Sometimes the opposite happens, though, when you get the kind of roommate

you hear horror stories about. Whether it's never paying rent on time, hoarding dirty dishes or any number of other disgusting or horrifying habits, it can be difficult to live with a crappy roommate. While communication is important in a roommate situation, sometimes it's better to know when to end the roommate relationship. Once again, documenting everything is your friend – make sure you have a roommate agreement and you've got written backup on how to bail on this crash and burn of a living situation. If you're the primary tenant – as in, it's your name on the lease – it's a lot easier to get rid of your now unwanted house guest but be careful if your roommate is also on the lease. Getting someone off of a lease can be difficult, especially if your landlord doesn't want to co-operate. Get your communication skills ready, because the longer you wait, the more difficult it is to solve this particular problem.

Last but not least, problems with neighbours in high-density homes can be challenging. Whether it's a disagreement with a neighbour or someone seems to think you're the problem, stay calm. If you've got a problem neighbour, talk to your landlord or management company. Never confront the neighbour in person, let the professionals handle it. If you're not having much luck and you can't stand a noisy or violent neigh-

bour, the Edmonton Police Service can handle noise and other complaints through the non-emergency line. This can make it easier for landlords to deal with problem tenants, too. If the shoe is on the other foot, though, it will be harder to deal with a neighbour who has it in for you. If a neighbour is constantly complaining about you, don't panic.

### Speak to landlord

Speak with your landlord about the complaints. Hopefully your landlord will be able to tell if a noise complaint is real or fake – and if not, you've got the Landlord and Tenant Advisory Board to fall back on. If it becomes too much and you can't move right away, your neighbour may cross the line into harassment, in which case, the Edmonton Police Service is a better resource.

Renting can be a budget friendly and easy way to find accommodations, whether as a student or as a professional not ready to settle down. Just remember that communication is key when dealing with roommates and landlords, and being aware of the restrictions in high-density developments can help you be a better neighbour. Of course, if you own or rent in a condominium, all bets are off – there's only one recourse with condo boards, and that's the courts. If you want real freedom in your home, buy a house!

## Student media important

By **DANIELLE S. FUECHTMANN**  
@ellie\_sara

Student media has a necessary place in post-secondary institutions, according to a NAIT Students' Association executive.

"It's an important way for students to get information on campus," said Michael MacComb, NAITSA VP Student Services. "If they don't know what's going on, students don't know how it affects them or they don't hear about cool things."

The media landscape is rapidly changing and on many post-secondary campuses, student media and journalism is evolving, too. MacEwan's student newspaper, *The Griff*, announced a drastic format change at the beginning of the school year, shifting from a weekly newspaper format to a monthly magazine with an increased web presence.

*Griff* Managing Editor Angela Johnston, explained the rationale behind the jump.

"We wanted to reduce our printing costs while maintaining a high-quality product ... we considered publishing a biweekly newspaper, but we figured if we were going to make a change, we might as well go for a big one."

Johnston said that they knew it had to be paired with an increased online presence to ensure they were still covering timely stories.

One of the important roles student newspapers play on

campus is providing information to students; it's a particularly valuable place for students to access coverage that is relevant for them. Governing bodies, such as school administrations or student executives, can't be held accountable if students don't know what's going on.

"Students have to make up their own mind about if they agree or disagree with what's going on," MacComb says, "but without using some sort of media platform so they can at least know about it, there's no way of that accountability existing. The paper is a very convenient place for that."

Johnston says that since their magazine sits on the stands for a month, they have to ensure that the content isn't overly time-sensitive. They now rely on driving students to their website and online content to provide timely coverage. An asset of a weekly newsprint publication format like *The Nugget*'s is that it's easy to access and students can just pick it up from one of the racks around campus," explains MacComb.

Is one of these a better format? Ryan Macfarlane, the National Executive of the Canadian University Press, doesn't think so. He says that "for some campuses, students might engage more with the online version than they do the print and it might actually benefit the student body over time to move to an online focus."

Every campus is a bit different and it's a matter of responding to the student body and providing the coverage they need.

"Student media is co-operatively owned and paid for by student levies, so that's a fundamental difference [from corporately owned media outlets] because student media's revenue over the year is consistent and it's protected."

Co-operative ownership and protected operating revenue gives student media greater freedom in responding to their mandates and also allows them to pursue long-term pieces and local content if they do their planning and budgeting appropriately.

"Student media has the advantage of having a clearly defined audience," Macfarlane explains, "it's centred within a [post-secondary] within a community, it's very well positioned to represent issues at a local level."

With *The Griff*'s new format, Johnston says that they're "really focusing on hyperlocal content ... covering [their] campus and the region around it as much as possible."

Just as *The Nugget* strives to do on the NAIT campus, they're "just finding new ways to cover [their] campus community. [It's] really great because the university is [their] community, and [they're] in the best position to tell those stories."

Local coverage is key.

"That's a big problem we're seeing with journalism ... the crisis of identity," said Macfarlane.

"Journalism institutions – local newspapers – are losing coverage at a local level. Local issues are being underrepresented and this is where student media has the most potential."

**FOOD DONATED**  
Matthew Pecore,  
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co-ordinator and  
Tacey Atkinson  
of shop at NAIT  
show off food  
that was col-  
lected during a  
recent campaign  
by the store.



Photo by Taylor Braat

# NASA raises concerns

By CLAYTON RADKE

The NAIT Academic Staff Association (NASA) is taking issue with some of the changes being proposed in a broad based academic restructuring underway at NAIT.

The NAIT Academic Staff Association (NASA) believes some of those changes will shortchange instructors and students and that they are being pushed through without enough time or consideration for staff.

The association has filed a policy level grievance with Dr. Glenn Feltham, NAIT's President and CEO, claiming that without proper consultation these changes violate the collective agreement between the institution and the academic staff.

## Collective agreement cited

"According to our collective agreement, consultation means the process of clearly communicating a tentative idea allowing sufficient time for a response given the situation and considering the response before a final decision is made," said NASA President Arlana Moskalyk.

Moskalyk further described the need for consultation on other "organizational changes" such as staffing levels, classifications or delivery elements.

The restructuring of the academic portfolio currently being considered changes the way NAIT educates students for work in industry. This includes adjusting how student advising operates on campus, school structure and the responsibilities of managerial and support staff at the program level, including the creation of a department head position.

Most details on the restructuring were distributed on Sept. 10, according to NASA, typically one of the busiest times of the year for staff as classes begin for the academic term.

There are discussions underway to

codify a proper definition of when and how early consultations should be held. NASA argues that the extent of input NAIT was seeking on the plan was a stamp of approval rather than any actual input from faculty.

Others, including the NAIT Students' Association, disagree and say consultation is still occurring across campus on these proposed changes.

"I personally believe that over the last couple of months, Dr. Fassina (NAIT Provost and VP Academic) has done a great deal of consultation with the staff and NAITSA executives as well, regarding some of the issues that were going on and a lot of this was done through town hall meetings," said NAITSA President Justin Nand.

"In the coming months, the details of the academic restructure will be discussed through a series of engagement panels in order to make sure everybody is positively affected by the [proposed] changes," Nand said.

The main items causing concern focus on staffing. At issue for NASA is the creation of department head positions in yet to be designed program clusters, which will take over certain responsibilities currently performed by other existing positions.

NASA believes this will take decision-making out of the program area for such big ticket items like scheduling courses and create a disconnect from the program, as well as from the needs of students.

"The issue is, someone removed from the program, distanced from the program and the students, will be scheduling the classes themselves," said Moskalyk.

"So, the timing of them may not be the best for staff and students involved."

NASA believes this will also lead to staffing reductions for teaching staff.

"They [administration] have indicated that associate chair positions are being

phased out and the chair positions will do more teaching but they have always stayed true that the restructuring is about job change and not about job loss," said Moskalyk.

"They have not guaranteed that there will not be a loss of positions."

However, the idea of moving non-academic duties away from academic staff could offer more opportunities for the academic leadership to focus on the quality and delivery of programs.

"The ideal environment is one in which you have an individual or individuals [such as department heads] that can work collaboratively with individual programs and across programs to best deploy the physical infrastructure, the technological infrastructure, the seat capacity, and the human capital, in terms of our instructional base, in a way that best meets the students' needs," said Fassina.

## Roles yet to be defined

Many role responsibilities are yet to be outlined or reallocated.

"A department head has to work with facilities and the scheduling office, as well as the school, the deans, the vice-provost, etc., to formulate a line of best fit," Fassina said.

Despite NASA's concerns that the collective agreement should apply to the creation of department heads, certain roles are considered by NAIT administration to be outside of the collective agreement, generally roles with a managerial and operational role, rather than an academic one.

"This position was described from the outset as being a managerial, operational out-of-scope role," said Fassina.

Nand believes that students will not be significantly affected, saying "the changes are improving the student experience outside the classroom and making sure students have the support they need in a timely manner."

— With files from Nicolas Brown



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# Letters

## We want your views

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

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

We need to list your real name.

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

# An MBA on part-time basis

By **DANIELLE S. FUECHTMANN**  
@ellie\_sara

As Edmonton's first snowfall sprinkled down around NAIT's campuses and made roads a nightmare, George Karaphillis, Director of Cape Breton University's MBA in Community Economic Development program, presented prospective students with information about that institution's part-time weekend program.

## Flexible format

CBU's MBA program allows students to complete graduate studies in a flexible 26-month format. Hosted in Edmonton at the NAIT campus on alternating weekends, the program is also hosted full-time at the Cape Breton University in Nova Scotia and at a number of other satellite locations.

"It's nice to host the program within another institution," Karaphillis says, "NAIT helps us by providing a facility, the bookstore stocks the books, they have access to the computers ... [students] feel at home."

## Every second weekend

Courses are in a traditional classroom environment with CBU faculty members. Each instructor has a strong background in teaching, business and community economic development, in addition to holding high academic credentials; Karaphillis emphasizes that because Cape Breton is not a research-based academic institution, they focus on finding faculty who excel at teaching.

Karaphillis conveys their passion for providing a flexible opportunity for people interested in pursuing graduate studies in business. He says that the program is perfect for "people looking for change; people with a little bit of experience but who need a bit more knowledge,

business skills and business knowledge, to get to the next level."

Open to people just starting their careers or established individuals, the application process is easy and they try to simplify course completion by allowing students to complete their courses at any of the locations it is offered, whether they take it in Edmonton, at CBU's campus in Nova Scotia or even at one of the other satellite campuses. While most of their applicants have completed an undergraduate degree, they do accept appli-

cants who lack formal academic credentials but have extensive business experience and community involvement.

For students with previous degrees in business or commerce, advance credits can often be applied to foundation courses, making the program efficient.

Emphasizing the community economic development "flavour" of their MBA, Karaphillis conveyed the program's emphasis on community-based business and economic principles, citing key classes like "Business and Community Development,"

"Economic Geography and Development" and "Comparative Development."

The program also includes a research methodology course and an applied research project, ensuring that students are prepared for the opportunity to compete for scholarships and admission to PhD programs.

Additional information sessions will be held in February for anyone interested in learning about the Cape Breton University and their MBA in Community Economic Development.



Photo by Danielle S. Fuechtmann

George Karaphillis, director of Cape Breton University's MBA program, speaks recently to NAIT students.

# Temperatures to stay warm

By **BRANDON HESS**

We are dealing with an abnormal temperature forecast. Temperatures are going to be five to 10 degrees above the average day-time high for this time of year.

Looking at model output, I do not see any change in this pattern anytime soon. So, enjoy the above seasonal temperatures in the meantime. Meteorological winter began on Dec. 1 and it was feeling more like a warm fall day!

Not only will the abnormally warm temperatures be the story, we are also dealing with minimal precipitation (rain or snow) in the forecast. We may get zero days with precipitation in the coming days. Aside from a little shower or patchy freezing rain here and there, I do not see anything big. In fact,

I do not see any huge dump of snow in the forecast.

On Monday, Nov. 30, the Edmonton International Airport started the day with a morning temperature of minus 22 C. We will not be seeing any temperatures like this for a while.

Morning lows should be around minus 5 C in the coming days. Normal morning lows are near minus 15 C. We will be about 10 C above that. If you like these warmer mornings, this is the forecast for you. However, if you do like the cold, I do not think you will find this forecast very attractive.

Could it be a green Christmas? There is absolutely no way to make a definite prediction on that this far out. Christmas is a little under a month away. Chances are a lot of the

snow we saw in November will be melted by the time we reach early December.

Average snowfall is 19 cm in November. We have only seen about half of that total. December's start will not bring any accumulating snow, either. Temperatures at the surface will be staying above zero so snow will not stick. However, we do have temperatures falling below freezing overnight. So, there will be that freeze and thaw cycle in place. Forecast highs should be around 5 C in the coming days. I do not know at this time when this stretch will end. If you really like the warm temperatures, you are hoping that it will last through December. This may or may not be the case.

## Did you know?

In today's meteorology did you know

we will talk about record keeping and weather observation stations of Edmonton.

It all started off with the "Edmonton" weather station in the late 1800s. So, the oldest record high or low that we could see on a current day right now would only go back as far as the late 1800s. Of course there could have been more extreme records before this, but we do not have any of it on record.

Later on, we saw the "Edmonton City Centre A" station take over. Following was the "Edmonton City Centre AWOS", then the current weather station that we record on now is the "Edmonton Municipal (Blatchford)."

In December, our highest record high is 16.7 from 1999 and our lowest record low is minus 48.3 from 1938. Now you know.

# NAIT takes leading role

By CRAIG FRASER

When it comes to setting the tone as an institution, NAIT definitely has the brass that leads by example.

NAIT's President and CEO Dr. Glenn Feltham represents our school while also serving as the chair of Polytechnics Canada, a committee of representatives from the 11 major polytechnic institutions in the nation.

"I represent NAIT wherever I go," Feltham said. "NAIT itself not only has a provincial role in being one of Alberta's two polytechnics but has a profound national role and an international role."

At the national level, NAIT is trying to promote polytechnic education and build support for it from government and industry.

"At an international level, NAIT is delivering programs around the world to indigenous work forces and we're very actively involved in attempting to elevate polytechnic education even outside Canadian borders," Feltham said.

In Alberta, Feltham said that Polytechnics Canada is not only attempting to elevate polytechnic education but build the best post-secondary system so that students have the tools that allow them to work and grow industry with innovation.

"We ensure that our system overall both has the capacity as well as the quality to ensure that Alberta truly is competitive into the future," Feltham said.

"I'm absolutely thrilled to not only lead this institution but to take leadership roles as well within our province and within our country."

Feltham says that Polytechnics Canada is moving towards a common messaging for what a polytechnic is within the organization.

"I would say almost all of our conversation is student-centred. Almost all of it relates to how we build the best possible post-secondary system for our province."

Feltham added that all institutions are equal partners in that discussion, no matter how small or how large or whether it's a polytechnic, college or a university. He says that these institutions have equal voices and that they must be able to allow our province to become even stronger across post-secondary education.

Overall, it comes back to what NAIT essentially is as

an institution.

"When we talk about NAIT being a polytechnic, we talk first of all that our programs are technology based. The second

thing is that our educational method is competency based or hands on," he said.

"The third thing is that industry is fundamentally a partner in what we do. The final thing relates to the nature of research, which is applied or industry driven."

Feltham suggests that NAIT is trying to help industry become competitive.

"When I think about the role for polytechnics, that form of education is so critical to the broader economic welfare to our province and our country. We need to be a lot larger but the other thing that we need is for people to understand what NAIT is."

Feltham linked it to the school's slogan, that NAIT is essential. With the progress of creating awareness of polytechnic institutions it establishes just how fundamentally important NAIT is to the province.

"The more people in Edmonton, Alberta and in Canada understand what NAIT is and what a polytechnic is, the greater the support we will receive."



Dr. Glenn Feltham

# Lynda.com is for everyone

By DANIELLE S. FUECHTMANN  
@ellie\_sara

If you pay attention to the notices on your myNAIT Portal, you may have learned that all NAIT students and staff now have free access to lynda.com. With online courses on subjects like business communications, design, project management and job search skills, lynda.com is a valuable resource for students to supplement what they learn in class.

One of the champions behind NAIT's access to lynda.com, Teaching and Learning specialist Kelly Holdstock, says that "technology is an important component of many programs at NAIT and lynda.com has video tutorials that align with many of the learning outcomes of these programs."

## Supplemental learning

"Students can supplement their in-class learning and also investigate other topics that are of interest," Holdstock said.

Recognizing this opportunity, the Learning and Teaching Commons integrated lynda.com with NAIT's existing systems, so students could access the resource through their myNAIT portal without needing to set up an account. It's also integrated with Moodle and they are working with instructors to help facilitate more inclusion of lynda.com resources into Moodle class sites as supplementary materials.

While the Learning and Teaching Commons (LTC) was the biggest force behind the initiative, Holdstock emphasizes that it really was a collaborative effort with Information and Technology Services (ITS).

## Many requests

Several NAIT programs had already been using lynda.com and the LTC had already received many requests to investigate a campus-wide licence for the site.

After verifying it was the best resource available, NAIT negotiated an annual licence. The campus licence provides access to the premium membership so users can take advantage of downloadable project files and follow the same files used in the video tutorial lessons. Without the campus licence, the subscription would cost nearly \$10 million annually (an individual licence is nearly \$400 a year)!

Holdstock said that "it's important that students work with the same tools that they will encounter in industry. Lynda.com gives students access to leading industry experts, who share not just the basics but also lots of tips and tricks."

The 24/7 access means that even when students aren't able to get help directly from their instructors, they may find answers to their questions by searching the site.

Coupled with NAIT's commitment to hiring "highly quali-

fied polytechnic instructors," Holdstock said, "NAIT graduates should continue to impress employers with their ability to solve tough problems using the latest high-technology tools."

Access to lynda.com is available from the myNAIT portal and the link is on the Learning Resources page (go to Student Services – Learning Resources).

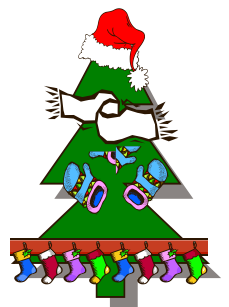
Users can also go directly to the site by using the web address [nait.ca/lynda](http://nait.ca/lynda).

## Share the Warmth

**SHARE the WARMTH** is a legacy from Gordon Smith. Gordon you may remember, is the now retired instructor who though confined to a wheelchair could find time not only to be an interesting and effective instructor, but also to help others who were in need.

The collection boxes will be available in the locations below on November 12<sup>th</sup>.

Since we don't have facilities for washing and cleaning donations, we request that all donations be new and unused. Next time you're shopping just add socks, a scarf, toque or a pair of gloves to your basket. Drop them off in one of the host locations.



## DROP OFF LOCATIONS

A140/141	E214	O102	S105	T403	W205
A272	E220	Parkwest	T110	T700	W309
E101	H300/303	PE300	T200	U153	Y305
E106	J300/303	RKP213	T300	V335	
E131	N107	Souch	T400	W111	

Please help local charitable organizations by dropping off your donation of **NEW Mittens, Toques, Scarves and Socks.**

**Share the Warmth campaign will run until December 11, 2015**

**If you or your office bank would like to host a donation box, contact the NASA office.**

# Point <sup>counter</sup> Point A snow fight



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

How does the old adage go? The one about how many words for snow exist in the Inuit language – what was it? 50? 60? I'm pretty sure that phrase is a load of ignorant, false knowledge but the fact remains, snow was incredibly important to certain Arctic cultures for a very long time. Those convex crystal castles called igloos ensured that folks could stay warm in historic winter climes. Snow enabled the survival of entire cultures – how can you possibly dislike it?

## Beautifies a landscape

First of all, a fresh blanket of snow can beautify a landscape, especially our dirty Edmontonian vistas. I was driving the Henday on the way to school this week and the way the solstice-seeking sunshine radiated throughout the crispy morning atmosphere nearly brought a tear to my eye. A golden-orange glow glanced off the ground to illuminate every square metre of dawn. I'm pretty sure that's what heaven looks like. Seriously, sometimes when I'm driving through certain parts of Edmonton I think I've gotten lost and taken a detour through a landfill. A foot of the fresh can transform a boulevard full of unsightly garbage into a frosty strip of postcard-perfection. Throw some energy efficient LED twinklers on the trees and you've pretty much personified the word pretty.

And while you're at it, you might as well redefine the word fun, too, and slap a picture of some kind of snow sport beside it. Have you ever had the sweet, divine privilege of skiing or boarding on a powder day? If not, allow me to paint you a verbal picture. Imagine being perched atop some magnificent mountain plateau, with big, fat snowflakes drifting lazily through your field of view. Below you, immense stretches of untouched snow dust, broken up by rocky ridges and sugar-coated evergreens into wonderfully intricate mountain mazes. With headphones pumping your favourite songs into your beanie-wrapped skull, you take a deep breath and drop nose first into the alpine abyss, picking your lines spontaneously as you go. When you really get into the deep stuff, it's about as close to flying as you'll get without a wingsuit or a machine.

## Sledding

Skiing is expensive, though, that's its most fatal flaw. It's been a long two seasons since I've been out for proper mountain skiing. Luckily there's a free way to take advantage of the snow and Newton's favourite fundamental force – sledding. If you're really thrifty, all you need is a piece of cardboard to have a blast of a night sliding uncontrollably down some suburban slope. Sledding is fantastic fun anytime, night or day, midweek or weekend and, as an added bonus, you get a workout hiking back up the hill.

OK, I'll admit, snow does have some negative traits. For one, it can't exist above freezing temperatures, so yeah, it's cold. And if you get covered in it and you move to an area of warmth, things get a little wet. And yes, it does wreak traffic havoc on our roadways at least once a winter.

There are just too many awesome possibilities that come with snow to focus on the negatives – snow angels, snowmobiles, snowball fights, snow forts, snow shoes, sleigh rides, sled dogs. The ultimate reason that snow is great: did you ever get to stay home from school on account of a “sun-day?”



By **DANIELLE S. FUECHTMANN**

Every year I get a bit nostalgic about snow – the glittering snowflakes, pretty coats and mittens and the crisp winter air. But then winter arrives and I start to remember why snow isn't as magical as I sometimes think it is.

Edmonton is a winter city and yet, every year, without fail, the first snowfall brings traffic (and transit) to a grinding halt. As someone who got their driver's licence after an embarrassingly long period of procrastination (I had to renew my learner's because I was so apathetic), I understand very well that winter driving sucks. However, the fact that travel time more than doubles for the first week of snow is a bit ridiculous! It takes time to get snow ploughs out to clear snow after a big snowfall and every system needs a little bit of time to adjust to new weather but a large factor in the travel delay is human error. What would make travelling in the winter much more efficient – and less nerve-wracking – is if people would budget extra travel time and give themselves and other drivers a bit more space. Proper winter tires are rad, too!

## Shovelling

A fresh layer of snow looks pretty, especially when it's balanced on the tops of tree branches. It doesn't look as pretty when I'm looking out my door at the sidewalks I have to shovel! It's not so bad on a quiet weekend when you can take your time and shovel when it's convenient but several inches of snow on a weekday can be a logistical nightmare. Do I leave on time for class and let it get crunched down by all of the neighbourhood kids running back and forth from school before I get home? Do I hustle and shovel it away, risking being a little bit late? If you're like me and take transit to campus, you'll know there's always at least one household that never clears their snow and their sidewalks force you to trudge through ridiculous amounts of snow or do a slow and tentative tiptoe over the shining sheets of ice they've become thanks to one sunny afternoon.

## Fogged up glasses

I wear glasses every day and I always know winter has arrived when my glasses start to fog up when I get on the bus or go inside. Once the cold snap hits and is here to stay, I regularly have to choose between everything being a blur or having to look through the blur that is my glasses. On snowy days, glasses get peppered with spots from all of the watermarks caused by snowflakes landing on your glasses. As inconvenient as those blotches are, I'm grateful that I don't usually have to squint in order to see where I'm going and not have my eyes attacked by cold snowflakes and icy particles while walking through a storm. Whether it's making your glasses dirty, snow and ice making your eyes water or just the blinding brightness of the white snow, winter can be a really tough time to see where you're going!

Snow is easy to romanticize when you're inside and thinking about hot chocolate or tea, a cosy pair of sweatpants and winter sports but when it comes to day-to-day living and getting around, it's terribly inconvenient!



# OPINION

— Editorial —

## A disposable society



**TAYLOR BRAAT**  
Editor-In-Chief  
@TaylorBBraat

We are a society of progress and the technological advancements around us are nothing less than revolutionary. “Because it’s 2015,” is a phrase that is now embedded in our nation’s minds as representing how forward-thinking we are – so why don’t we recycle?

In 2007, 93 per cent of households recycled, which is a big step up from 1994 when only 73 per cent of households did. According to Stats Canada, recycling “reduces pollution resulting from incineration and decreases the demand for raw resources to be used in production. Recycling can also be a more efficient way to produce new materials, reducing the amount of energy that is needed by production processes.” We’ve come a long way and, in 2015, there are virtually no excuses not to.

### Our responsibility

I know that we may not be able to directly see the effects of waste and we don’t live right beside a landfill yet but it is our responsibility to pay it forward for generations to come.

When we don’t reduce, reuse and recycle, we are destroying habitats. By not reducing the amount of time spent in cars, we are using more oil. By not reusing, we are using more resources when we could be saving things for other people or for future uses. Everything around us is made from the earth, so why don’t we show a little gratitude by simply being aware of what we use.

You know you’ve done it, we’ve all done it. There are few people who live their lives 100 per cent “green” but, for the most part, we should all be ashamed of ourselves. I’m not saying we need to clip the tea bag tag and re-use it as jewelry or have a closet full of plastic bottle dresses but I do think we all need to be more aware of what we do with things when we’re finished with them.

### Methane emissions

Our landfills are filling up and it’s getting harder and harder to find new places for waste. Landfills are also the cause of 25 per cent of Canada’s methane emissions. The good news is, we can recycle, which greatly reduces the amount of waste that goes into landfills and is great for the environment. Do you recycle? No, do you really recycle everything that you can? Even your coffee sleeve, the packaging of your straw and the lid to your yogurt? Well it does sound like I’m asking a lot but if I don’t ask these questions, who will? Recycling is like saying thank you to Mother Nature, and when we don’t recycle, we might as

well have spit in her face.

A local café I know does not have a proper recycling receptacle for paper, plastic or even milk jugs. Yes, the latter is alarming, considering just how much milk a café goes through when the main beverage served is 98 per cent milk. It sounds insane and, what’s worse, the rule states that this café cannot recycle milk jugs for payment because it would be for “personal gain,” which does make sense because in life when an inch is given, a mile is taken. While this café is allowed to donate them to help out a team, I still see people sticking to the habit of throwing the jugs out. It’s frustrating, it’s disappointing and above all, it’s a blatant disregard for the source of everything we have.

The milk jugs, the paper, the plastic being thrown

away, is enough to weigh on an environmentally conscious person’s psyche. I would consider myself environmentally conscious but I am not some sort of super hero in disguise and in no way consider myself special for caring. This is a basic value that should be ingrained in all of us. Next time you are about to throw something in the trash, think to yourself, can I rinse this off and recycle it instead? Can it be used by someone else less fortunate? Can I take the extra steps to have it discarded properly, no matter what that entails? If the answer is yes, then throwing it away is wrong and this principle needs to be known. I don’t feel like moving to Mars, it sounds like a big hassle, so let’s recycle and preserve the beautiful planet we were given.



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# SPORTS

## Boxing flicks picks



**JOSH RYAN**  
Sports Editor  
@JoshRyanSports

Boxing is a dying sport in the real world but America's once-precious combat pastime has arguably produced more classic films than any other game. Something about this one-on-one showdown of two people with nothing but gloves and grit has best captured the underdog spirit that movie-goers know and love.

### Raw form

The human condition is shown onscreen in such raw form. That, or we just love seeing two people repeatedly hammering each other in the face. Regardless, boxing continues to sell with theatre audiences, as evidenced by two recent entries in the genre, *Southpaw* and *Creed*; the latter of which continues the Rocky franchise.

Critics are already calling *Creed* the feel-good film of the year and predicting an Oscar nomination for Sylvester Stallone, his first since nominations for lead actor and screenplay in the original. So, in honour of its

release, I decided to chat about what I consider the greatest boxing films of all time.

*Raging Bull*: I'm not as fond of Martin Scorsese's body of work as most people and *Raging Bull* is no exception but even at my most stubborn, I can't deny the artistry involved with this Best Picture nominee about former world middleweight champion Jake LaMotta. Shot in black and white, the film does a great job of showing the ugly side of sports, both in and out of the ring. Production shut down for four months while Robert De Niro gained 70 pounds!

*The Hurricane*: Denzel Washington's turn as Rubin "Hurricane" Carter is one of, if not, his best performances. While the meat of the film revolves around Carter's wrongful imprisonment for nearly 20 years, the boxing scenes early on still pack a punch (yes, pun intended). This film's story is what sparked the creation of Bob Dylan's classic single, "Hurricane."

*The Fighter*: The movie-going public largely saw Christian Bale as Batman and nothing else. That changed after he won the Oscar for supporting actor in this film from David O. Russell. Mark Wahlberg is one of many other actors who are great in this and, while the boxing is more subdued than in other films, it comes across as much more authentic than most sports movies. You feel for Wahlberg's Mickey Ward every time he gets thrown into bad situations because of his family and feel even more for the editors who

had to transcribe all these Boston accents.

*When We Were Kings*: While I love Will Smith's turn as the titular character in *Ali*, the best film about the people's champion is the 1996 documentary covering the "Rumble in the Jungle" showdown with George Foreman in Zaire – now called the Democratic Republic of the Congo. The doc covers the buildup to the fight, which features much of

Ali's interactions with and, reflections on, native Africans and his hopes for their future. There's also footage of the "black Woodstock" music festival that accompanied the event and interviews with such notables names like Spike Lee and George Plimpton. Of course, the fight itself is a transcendent event. Float like a butterfly, sting like a bee!

*Cinderella Man*: This is the most underrated sports film of the 2000s. It is based on the true story (another one of those) of retired fighter Jimmy Braddock, who struggled to support his family through the Great Depression before coming out of retirement to become the unlikely of champions.

*Cinderella Man* partners Russell Crowe, Paul Giamatti, Renee Zellweger and director Ron Howard. It's absolute underdog, feel-good gold but earns every second of the payoff you receive by the film's end. A sequence in which Braddock shakes off getting knocked in the teeth will make the hair on your neck rise. Giamatti won best supporting actor playing Braddock man-

ager Joe Gould but Crowe was robbed of a lead actor nod, which still mystifies me. It's my favourite of his performances.

*The Rocky* franchise: Yeah, I couldn't pick just one. A must for any fan of sports flicks, the exploits of the Italian Stallion has transcended film and become a staple of American culture. There's a freaking statue in Philadelphia, for Pete's sake! From yelling Adrian in the first film, to the dramatic countdown in No. 2, Mr. T being Mr T in the third flick, anyone who wants an entertaining underdog tale walks away satisfied. Then, of course, *Rocky IV* has become the ultimate staple of the '80s with robots, gratuitous shots of abs and endless musical montages. Oh, those montages. Seriously, anyone who hasn't watched *Rocky IV*, go out and watch it now. It's one of my all time guilty pleasures.

### Actual punches

After a dip in quality with No. 5, Stallone returned in his sixties to deliver the most heartfelt installment since the original *Rocky* in '76. He took actual punches from a trained professional boxer in order to sell the idea of a senior citizen Balboa in the ring. It's amazing to think that after the franchise transitioned into over-the-top '80s action with the sequels, it became grounded again with so much heart and care. Now, the buzz around *Creed* is the film delves into the effects of boxing in more detail, along with the tropes that we love about this franchise. I can't wait to find out.

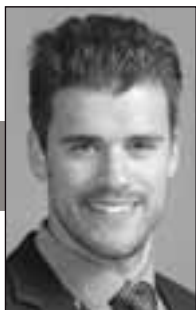


**Sylvester Stallone  
and Michael B.  
Johnson in *Creed*.**

## Keeping Score

# How does Jagr rate?

Welcome back to another edition of *Keeping Score*, the weekly debate about a topic in the world of sports. This week, NAIT NewsWatch Reporter Brennan Klak is back to help deliberate over the place of Jaromir Jagr in NHL history. Wearing one of the most famous mullets in hockey history, Jagr entered the league in style with the 1992 champion Pittsburgh Penguins, dazzling all eyes with his skating, skill and smarts. The right winger from Kladno, Czech Republic has earned numerous awards and is a bona fide hall of famer. But Jagr is also polarizing for some fans for his occasionally lazy play and feud with Penguins teammate Mario Lemieux. His individual success is impressive, but he leaves a legacy less memorable, and likable, than many other stars. So, just where is number 68's place in history? Is Jagr Top 50 all time, Top 25, Top 10? What do we think? Read on ...



**JOSH RYAN**  
Sports Editor  
@JoshRyanSports

Jaromir Jagr has a seat amongst the great in hockey lore, no doubt. The right winger is fourth all-time in scoring, behind only Wayne Gretzky, Mark Messier and Gordie Howe. However, I'm not sure he's a Top 10 player or even Top 25.

Here's my rationalization. Jagr was a great scorer, yes, arguably one of the five most talented players ever. Period. But, he's also a player that scored in bunches without always playing solid defensively. Many other stars transitioned into solid two-way players in the '90s, like Steve Yzerman and Joe Sakic. But Jagr was always that skilled guy that could never really match up against the other team's star in a one-on-one. Even players often criticized for their lack of back-checking, like Gretz and Mario Lemieux, showed they could play a two-way game when it counted. Jagr certainly did this too but for a long period he had the stigma of a one-dimensional player, albeit an incredibly talented one-dimensional player.

Many of the greatest forwards from the past 20 years are remembered for reasons other than scoring. Yzerman may have played on some great teams, but he once put up incredible numbers on a bad Red Wings team and changed his game in

order to help them win. Jagr always put up impressive point totals with the Penguins but could never quite get over the hump, not reaching the finals again until 2013 as a cagey vet with the Boston Bruins.

He also wasn't always considered a great teammate. Remember when those days of floating with the Washington Capitals? Or how about the feud he had with Mario in the final season? While his personality, longevity and unique look made him special, so did some of his interactions with peers.

More important, though, there are just too many players that were really, really great that I have to put ahead of him. Gretz, Gordie Howe, Rocket Richard, Mario, Stevie Y, Jean Beliveau, Bobby Hull and Super Joe are all ahead of Jagr for me. Even forwards like Sergei Fedorov, Peter Forsberg and Eric Lindros give me pause. Then we have to factor in defencemen, with the modern era alone producing Nikolas Lidstrom and Chris Pronger amongst others. Goal-tenders, often forgotten in this sort of conversation, include Patrick Roy, Henrik Lundquist and Jagr's fellow countryman, Dominik Hasek.

Jagr is a shoo-in for the Hall and has a special place in the game's history. But, he's not Top 10 all time, nor is he the greatest European player of all time. Perhaps if he continues to play into his 50s, I will have to change my mind but until then, he's just slightly less special than other players.



**BRENNAN KLAKE**  
@nhlupdate

It's fun watching a Florida Panthers game and seeing the rise of their young talent. From Alex Barkov and Jonathan Huberdeau up front to Aaron Ekblad on the back end, you can see this team is almost ready to make serious noise in the playoffs for the first time since their finals run in 1996.

Back then, the hockey world was in awe of a Penguins offence that featured four of the top 20 scorers in the NHL: Mario Lemieux, Ron Francis, Petr Nedved

and Jagr. The Czech winger finished that season with 149 points, a number no one in the modern era can even dream of reaching in one season.

Jagr possessed all the tools a player could want that made him a dominant force. His cross-ice vision allowed him to make ridiculous passes and his silken hands allowed him to man-

euver around anyone. Just ask the Chicago Blackhawks from the 1992 final about Jagr walking around everyone before scor-

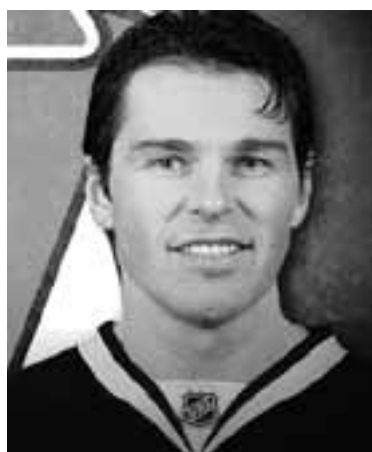
ing on his backhand on Eddie "The Eagle" Belfour. I don't think anyone has ever had better reach or the ability to shield the puck through possession than Jagr.

He's a proven clutch player, with NHL records of 129 career game-winning goals and 20 career overtime goals. Jagr put up 15 consecutive 70-point seasons and 15 consecutive 30-goal seasons for another from 1991-2007, a record he shares with Mike Gartner. Add 12 All-Star game appearances, five Art Ross Trophy wins and a Hart Memorial for the league MVP in 1999. As for championships, he's won a Stanley Cup, two World Championships and an Olympic gold medal with the Czech Republic at Nagano in 1998. He's basically done it all.

I've also been incredibly impressed with how he's handled himself since the lock-out in 2005. After a disappointing stint with the Washington Capitals, Jagr came back to score 123 points to lead a Rangers team to the playoffs, when experts predicted they'd be in the hunt for a top draft pick. He transitioned from an individual talent to a team mentor and leader. He helped Jakub Voracek and Claude Giroux raise their games in Philadelphia and was the first player on the ice on many mornings during the 2013 Cup final run in Boston.

As much as the young guys in Florida make me excited for their future, I can't help focusing most of my attention on a 43-year-old still flashing up points and teaching their players new tricks every day. In 41 games since joining the team, Jagr has posted 36 points.

If I were a Panther now, I'd be happy to play with the second best RW to ever play in the NHL (behind Gordie Howe) and the best European forward to ever play the game.



**Jaromir Jagr**

# Hours for recreation facilities

## Gymnasium – Informal Recreation Monday to Thursday

11 a.m.-1 p.m.; 3 p.m.-4:30 p.m.

•••

## Sports Equipment Centre (E-026)

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

•••

## Fitness Weight Centre Monday to Friday

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

## Saturday and Sunday

8 a.m.-2 p.m.

•••

## Pool

Monday to Friday

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

## Saturday and Sunday

8 a.m.-4 p.m.

•••

## Arena

(Drop-in hockey)

## Monday and Wednesday

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

## Tuesday and Thursday Friday

1 p.m.-4 p.m.

(Drop-in Skating)

## Monday, Wednesday, Friday

11 a.m.-1 p.m.

## Tuesday and Thursday

11 a.m.-12 p.m.

# Fitness and a balanced life

By JOEL BENITEZ

When I think about student life, fitness is not something that initially pops to mind. Usually student life is associated with mediocre burgers, bad mall Chinese at Kingsway and cup after cup of “Jet-Fuel” coffee from the Common Market. I hope I am not alone. There is hope, however, for myself and others like me.

This week wrapped up NAITSA’s Fitness challenge. Students who enrolled took part in a two-week challenge. They began by setting personal goals. These weren’t lofty goals to get jacked like Schwarzenegger or toned like Shakira but a more reasoned approach to fitness and well-rounded health. Michelle Goulet, one of NAITSA’s event coordinators and athletes, guided them.

The wrap-up challenge consisted of a mini-triathlon. Having recently completed the Iron Man herself, Michelle was well-versed in training and conditioning. Participants began in the NAIT pool, racing lap after lap against one another. After a quick dry, they moved onto a spin session, where they completed four intervals of different intensity on spin-bikes. Then, they hurried through the rounded stairwell and began the run, lapping the ice rink five times.

There was no winner and no one was crowned reigning champ of fitness. However, what did come out of the challenge was friendship and camaraderie. One participant in the challenge even started a Fitness Club. Yes, that is the current working name, yet to be finalized but it’s a start.

So, if you are looking to get in shape, there are a variety of sports and activities to get into at any given time and now there is one more. There’s swimming, wall climbing, the gym, the basketball court and the ice rink. With great hours and friendly staff, there is plenty to choose from. Did you know there are even ping-pong tables?

Like a great man once said, “Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

It is important that while we, as students, nurture our minds, we do not ignore our bodies. But who am I kidding, exam season is coming and like comedian Mike Birbiglia said, “I love pizza. I want to marry it but it would just be to eat her family at the wedding.”

So, maybe we just need a little balance. Just remember to keep fit and have fun amidst the long hours of study.



Photo by Jesse Kushneryk

## Player profile



**Player:** Austin Northcott

**Sport:** Soccer

**Position:** Striker

**Program:** Academic Upgrading

By MIA SIMON

**1. What made you start playing soccer?** My parents started me at a young age and my father played competitive soccer when he was young, so I’m just trying to follow his footsteps.

**2. What is something people don’t know about you?** Before games or intense activity, I like to listen to classical music like Mozart and Beethoven, not a lot of people know that about me.

**3. What three things can you not live without?** My family, soccer and food.

**4. What type of music do you enjoy?** Rap and hip hop, because the messages they rap about are real and also it pumps me up.

**5. What are your hobbies in your spare time?** What are hobbies?

**6. What is your dream oasis?** Being in Croatia and seeing my old roots.

**7. Who is your childhood idol?** Davor Suker, he is a legend. He played in the first Croatian football game I watched and he also plays the same position as I do, so I instantly liked him.

**8. Which sports do you like to play other than soccer?** I like to play basketball

and American football.

**9. Do you have a pre-game meal?** No, I do not.

**10. Who inspires you the most?** My parents. They’ve always provided me with the essentials and thought about me before themselves. They are the strongest people I know. They sacrificed everything for me to have a bright future.

**11. What is the best advice you’ve gotten so far?** When I was in England, someone pick pocketed my wallet and I had \$500 and I was devastated. My dad just told me, “Money is just paper, it comes and goes,” so, it kind of just stuck with me that whatever happens with my money today.

**12. What is something you would like to say about your team?** I would first like to say thank you to all my teammates for not making me or any other rookie feel like rookies. It was a pleasure to share great memories with my teammates. I would like to thank Igi Broda for always crushing cans with me and to all my study buddies on the team. They made me transition into the team nicely. Thanks boys, for everything!

## Athletes of the week

Nov. 27-Dec. 2

**Livia Lucova**  
Women’s hockey



Livia scored a goal and added an assist in the Oaks 5-1 road victory over the Olds College Broncos Thursday night. It was, however, Livia’s performance Saturday that earned her OoK of the Week as she scored three goals and led her team to a 4-2 win at NAIT Arena and a two-game sweep of the Broncos. “Livia was offensively productive with five points in the series, including a hat trick,” said head coach Deanna Martin. “She was flying and was playing physical. She played like a player who believed in herself.” Livia is a second-year Open Studies student from Bardejov, Slovakia.

**Jordan Teliske**  
Men’s volleyball



The NAIT Oaks men’s volleyball team won both matches versus the Concordia Thunder this past weekend. The Oaks finished the first semester with a 12-8 record. Jordan notched 10 kills and 10 digs in Saturday’s 3-1 victory over the Thunder, then followed that up with a monster game in Saturday’s 3-1 win with 14 kills and 16 digs. “Jordan had a great weekend both offensively and defensively,” said head coach Doug Anton. “He also passed extremely well Friday night and notched a team leading 16 digs on Saturday.” Jordan is a fourth-year Apprentice student from Fort Saskatchewan.

## ROUNDUP

# Hockey men undefeated

By MASON ULVESTAD

The men's hockey team finished the first half of the season undefeated and did so in a dominating fashion, winning the final two games over the Briercrest Clippers 8-0 and 10-1. First-year Trace Elson showed off his talent against the Clippers, scoring hat tricks in both games.

NAIT head coach Mike Gabinet expressed his pride in his team but also stressed that the work is not over.

"We still have a lot of room for growth and improvement," he said.

The men aren't back in action until Jan. 8 but you can be sure they will look to come out even stronger in the second semester. The Oaks solidified their spot at the top as the only team left undefeated in the ACAC.

## Women's Hockey

The women's hockey team came out last week looking to prove that they are a playoff contender in the ACAC. The Oaks picked up their first sweep of the season, beating the Olds Broncos 5-1 and 4-2. The entire team looked strong in the two games as they worked together to take down the last place Broncos. Livia Lucova, a second-year student, was on fire in the games, scoring a goal in the first game and netting herself a hat trick in the second. Head coach

Deanna Martin was especially proud of her team.

"I think it's a great way to finish and go into the break," she said. "I am pleased to achieve our first sweep of the season. We will have to come back ready, to ensure we maintain a playoff position."

The Oaks currently sit in fourth place in the division but look to finish off the year with a strong second semester.

## Men's Basketball

The men's basketball team rounded off the weekend with a sweep of the Concordia Thunder. Friday night, the Oaks walked away with a 95-67 win. Connor Dolson has looked strong since his return, contributing 23 points in the win. Also, first year Ooks Jackson Jacob, who has been a dominant factor for his team all season, scored 17 points in the Friday night win. Saturday brought more of a nail-biter as the teams battled it out in quadruple overtime, with the Oaks finally coming out ahead 104-102. NAIT's Adrian Curtis was awarded player of the game honours on Saturday as he scored 10 points in the overtime periods.

After the sweep this weekend, the Oaks finish the first semester at 10-2 overall. This record puts them just one win behind the Keyano Huskies, who currently sit in first place in the North Division.

## Women's Basketball

The women's basketball team also pulled off a sweep over the Thunder, closing out the games 70-47 and 80-59. The Oaks defence, which has been so strong all season, combined with fantastic shooting from long range, pushed the Oaks over the top in their first win over Concordia.

Shea-Lynn Noyes was awarded player of the game for her strong play both offensively and defensively. Saturday night brought more of the same play style from the Oaks but Concordia battled hard in the first half to keep a close gap of 33-25.

The Oaks exploded in the second half though, scoring 47 points and taking the win over the Thunder. Rai Hooper was given player of the game, showing off not only her shooting but her ability to rebound as well. This sweep improved the women to 10-2 and are currently in the same situation as the men, sitting at second place in the North.

## Men's Volleyball

The Oaks fought hard this weekend to pull off two 3-1 victories over the Concordia Thunder. The matches were seemingly duplicates, with the Oaks winning in the first set, dropping the second and closing with wins in the third and fourth. NAIT continued to show their offensive power with three players scoring double digits Fri-

day, and four players getting double digits Saturday. That game also saw the return of Brandt Thul, who got his start in the game. Thul had been sidelined by injury, but looked happy to be able to be playing again and he was also awarded player of the game for his play Saturday night.

"It was a great way to end the fall and we showed great poise down the stretch," said coach Doug Anton after the game.

Anton also stated how strong the Concordia team looked in these matches.

"Their record doesn't really reflect the quality of team they are."

These wins place the Oaks in fourth place going into the break.

## Women's Volleyball

The women finished the first half of the season with dominant sweep of the Concordia Thunder with two 3-0 wins. These victories showcased the skill the women's team offers not only offensively but defensively as well. Joslyn Peters racked up 25 kills throughout the weekend, while Candace Hughes and Lauren Smith made large contributions defensively. Head coach Benj Heinrichs said "discipline is going to be key in the second half." These two wins also put NAIT back in the fierce playoff race, sitting just one win back of qualifying in fourth place.

Ooks forward Breanna Frasca cuts between two Olds defenders on Nov. 28 during a game at NAIT arena. NAIT won, 4-2.



# ACAC Standings



# Personal fitness training for students

*For more information about Personal Fitness Training services, students can contact the Personal Fitness Training co-ordinator at [amoolyk@nait.ca](mailto:amoolyk@nait.ca) or 780.471.7729 or visit [nait.ca/recreation](http://nait.ca/recreation).*



Photo by Jesse Kushneryk


Ooks guard Shea-Lynn Noyes carries the ball up court against Concordia on Nov. 27 at NAIT's gym. NAIT won the contest, 70-47.





Photo by Jesse Kushneryk


NAIT forward Samson Cleare wins a jump ball against Concordia at NAIT's gym on Nov. 27. Ooks won, 95-67.

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# ENTERTAINMENT

## A time for nostalgia



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

Well folks, it's December, and that means that Christmification is in full gear. It's in stores, on the radio and hanging from your front door. And, guess what, you're not going to escape it here, because at *The Nugget* we're trendy and relevant and on the ball.

My festive topic of choice: Christmas movies. They're the weiner dogs of the film world – most often annoying and irritatingly in your face but, for very short periods of time, they can be wonderfully unique and heartwarming. They signal

memories of time spent with family and friends, of prioritizing pleasure over work. And, as you watch your classics over and over again, they begin to instill a sense of nostalgia, making the Christmastime feel accessible whenever or wherever you may be. So 'tis the season, here are my picks for greatest yuletide flicks.

**5: *Die Hard*.** What's Christmas without a little skyscraper violence? It stars Bruce Willis while he was still rocking some sort of a hair-do, and helped cement his stereotype as a comedy-action star. *Die Hard* mixes melodramatic conflict, reconciled relationships and so-bad-they're-good one liners – things no memorable Christmas should go without. Yippie-ki-yay!

**4: *Elf*** – Will Ferrell as a lovably naive human-elf – need I really say more? *Elf* proves Ferrell can be hilarious in any movie, even as an overgrown, out-of-place Christmas yuppie in a per-

formance slightly more kid-friendly than his old school turn as an overgrown, out-of-place college yuppie.

**3: *Jack Frost*** – At once heartwarming and heartbreaking, Jack Frost stars Michael Keaton back from the dead as a magical snowman in a classic that packs all the feels. This movie has so many memorable scenes – the epic schoolyard snowball fight, the epic sled chase scene, the epic snow puns! Then, of course, there's the hockey storyline. How can you not love a movie with an entire scene dedicated to learning how to take a snap shot?



Will Ferrell as Elf

**2: *Home Alone*** – I'm going to group both *Home Alone* movies together into the number two spot on my list (don't even mention the others, apparently they've made five now). Re-watching these masterpieces is the greatest way for one to return to their childhood. My mother wouldn't leave me alone in the kids aisle at Blockbuster let alone forget me at

home before a family vacation but oh, what I would have done to be in Kevin McCallister's mischievous shoes! The improbability of it all is outrageous, especially in the second film when Kevin gallivants about New York while terrorizing the world's most incompetent, yet most physically resilient, criminals. That's what makes *Home Alone* great, though, and I'm pencilling in a date with the pigeon lady as we speak.

**1: *A Christmas Story*** – I was surprised at how many people hadn't seen this gem when I was telling them about this article. The story of little Ralphie Parker and his quest to get his fingers on the trigger of that legendary Red Ryder BB gun is one for the ages. In an overload of cinematic nostalgia, it touches on all of the distinctive characteristics of winter and Christmas as a child – dreaming about that one present that you're not allowed to have, meeting Santa at the mall, being bundled up far warmer than necessary for a trip outside – and, it answers the age old question regarding what exactly happens when you stick your tongue to a frosty metal pole.

## DECEMBER EVENT LIST

- 1 | How to: Make Thai Food
- 1 | Flash Mob Yoga
- 2 | Evening Student Appreciation
- 3 | Souch Campus Event
- 4 | Al Hancock (South Lobby)
- 4 | Patricia Campus Event
- 7 | Happy Stomach, Happy Mind
- 8 | Happy Stomach, Happy Mind
- 8 | How to Wax/Sharpen Ski's
- 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](http://naitsa.ca)



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FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By COURTNEY BELL

'Tis the season to be jolly, my friends. Merry Christmas! Happy Holidays! And whatever else you say during this season.

Christmas is a magical time of year when everyone gets together to celebrate whatever they want to celebrate.

In my family, it's more so just a gathering, where we catch up with new things that happened over the year and what not.

But my favourite thing besides the baking because, I mean – who doesn't love Christmas treats – is the Christmas music. There's so much of it out there, there's

no possible way you can listen to all of it in just a short amount of time.

I've put a list together of my favourite holiday tunes for you to enjoy and which may spread the joy and love around.

I hope everyone has a great Christmas, an amazing winter break and a happy new year!

- Rockin' Around the Christmas Tree – Amy Grant
- It's the Most Wonderful Time

- Andy Williams
- Holly Jolly Christmas – Burl Ives
- Jingle Bell Rock – Bobby Helms
- Santa Baby – Taylor Swift
- Rudolph the Red Nosed Reindeer – Corey Hart
- Let it Snow – Carly Rae Jepsen
- All I Want for Christmas Is You – Mariah Carrie
- Grandma Got Run Over by a Reindeer – Rovers
- You're a Mean One, Mr. Grinch – Thurl Ravenscroft



jgospel.net



georgehahn.com



www.youtube.com

## WEEKLY SPECIALS

\$6 FOOD SPECIALS	\$4 DRINK SPECIALS
<b>MONDAY</b> Butter Chicken Poutine	<b>MONDAY</b> Bottle Coors Light
<b>TUESDAY</b> Nest of Wings	<b>TUESDAY</b> Crushed Ice Long Island Iced Tea
<b>WEDNESDAY</b> Classic Poutine	<b>WEDNESDAY</b> Sambuca/Tequila Shot
<b>THURSDAY</b> Pepperoni Pizza Bites	<b>THURSDAY</b> Flavoured Absolut Vodka
<b>FRIDAY</b> Jumbo Daily Soup Bowl	<b>FRIDAY</b> Bottle Pilsner

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## SURVIVOR-CAMBODIA

# Survivor power rankings


<http://www.cbs.com/>

Kelley Wentworth has a real chance.

By KA CHUN YUNG

If the players on this season's *Survivor* were wise, they would heed the advice of WWE legend Stone Cold Steve Austin and, "Don't Trust Anybody!"

This season has been absolutely tremendous and completely insane all at the same time. So why not add to the madness with my totally unreliable power rankings! The following rankings are listed from the worst to the best chances for a player to win *Survivor* Cambodia:

**8. Abi-Marie** – Even with all the twists and turns in the game so far, I can't see any situation where Abi can win. She's been the most erratic, most annoying and least liked player in the entire season. She may end up going far in the game, but it's not because of her charming personality.

**7. Kimmi** – Aside from throwing Monica under the bus, has she done anything in this game? Players that win *Survivor* often stand out. They make moves, they have impact, they are strategic. Kimmi has done none of that, but she would still beat Abi-Marie.

**6. Keith** – Just like Kimmi, Keith hasn't done anything to stand out. There is no strategy. He does have a personality and is a bit charming, so give him the slight edge over Kimmi. Also he hasn't had any major blunders like ruining a perfectly good blind-side this season with, "Stick to the plan."

**5. Tasha** – After her appearance on *Survivor Brawn vs. Brains vs. Beauty*, I expected more from her this year. She was fantastic in her previous appearance, but has looked fatigued and

has been easily irritated this season. Perhaps the severe elements have affected her more than the others.

**4. Joe** – The man has won just about everything so far. He's by far the strongest physical contestant left. The problem is that he has to continue to win immunities to stay in the game. If he doesn't, it's too easy for everyone to write his name down.

**3. Spencer** – Not only is Spencer one of the smartest players to ever play the game, he's also one of the most personable. This makes him a difficult player to defeat in the finale. The other players are aware of this and shouldn't let that happen.

**2. Jeremy** – In a season where no one has set alliances, he's never been the biggest target. Joe has dominated most of the reward and immunity challenges. Spencer is the most strategic. After the departure of Stephen Fishbach, that leaves Jeremy as a free agent. No one should view him as a threat and he still has a hidden immunity idol that no one knows about.

**1. Kelley** – Of all the players, she has been the most aware of the situation heading into all the tribal councils. She realized the danger of a Stephen, Jeremy and Tasha alliance and immediately squashed it. She doesn't have any strong ties left to any players. There's no reason for people to go after her. She has been struck with a bit of luck with the two hidden immunity idols but she has taken advantage of it. She's bright, unassuming and has luck on her side. I like her chances.

## APP REVIEW

# Filling your Pocket

By DANIELLE S. FUECHTMANN

Do you ever scroll past articles on social media or online that sound interesting but you don't have time to read them at the time? Do you ever get bored taking the LRT underground when you lose your signal and can't scroll any further in Instagram?

*Pocket* was created in 2007 as *Read it Later* to provide an easy way to save articles, videos and other media online for easy access later. Now offering integrations with hundreds of apps and available on all major devices and platforms, it's simple to save things for later because it will stay synced between all of your devices. All of the content you save can be accessed online, making it an easy way to pass the time in a waiting room or in the LRT station.

*Pocket* has been one of my go-to apps for about three or four years. It's dependable and easy to use. While it does have a few solid competitors, the clean interface brings me back every time. Recently, *Pocket* launched a new beta version of the app with a new focus on recommendations and sharing content within the app. A new emphasis on social sharing within *Pocket* is an interesting twist on the read-it-later concept. Now, instead of pulling all of the material I want to read from outside of the app, I can also have the option of browsing content recommended by people I follow, suggested accounts on *Pocket* and more. So far, the recommended content has been fairly well matched with my interests, particularly considering how little time I've taken to choose people to follow or verify topics I'm interested in.

Adding articles or content to read later is incredibly easy, thanks to plug-ins for most browsers and apps. I use a plug-in for Chrome that allows me to add articles and websites to *Pocket* with one click. Similarly, I'm able to use it with most of my mobile apps with easy "share



to ..." settings. If none of these options are available, *Pocket* provides easy instructions for you to add content via e-mail.

A drawback of the beta version that I haven't figured out yet is the removal of the star option at the bottom of the screen. Previous versions of the app made it easy to tag articles as favourites for archival purposes; one of the handy things about using an app like *Pocket* is the ease of finding articles again later! I regularly use *Pocket* to share articles that I bring up in conversation. By searching my archive and using the share features, I can easily pass on things that I think someone would enjoy reading in full.

Overall, *Pocket* is an excellent app. I've never had issues with glitches or with crashing and it consistently stays on the home screen of my phone!



### CHECK YES OR NO

Life can be divided  
As long as we're not undecided  
It's yes or no  
But it's never that simple, though

We either love or lust  
Feelings can be so unjust  
The truth is never really there  
Love is a game that's never fair

The words you say  
Can sometimes betray  
Your feelings within  
Where they truly begin

Check yes or no  
For the sake of my heart  
Check yes or no  
So I can restart

Sometimes it feels  
Like you're head over heels  
Then you go back  
We have another setback

I just need to know  
Will this love grow?

Check yes or no  
Because I'm dying to know  
Will you love me forever,  
Or will you just let me go?

Courtney Bell

## CRUNCHYROLL

# Like action? Watch this!

By JOEL LECKIE

I'm a great fan of action and adventure. *Attack on Titan* is a super intense, action filled drama. It is really cool because it does not sugar-coat anything. It takes you right to the edge of your seat and drives you over the edge. From the beginning of the first episode all the way to the end, you can feel the intensity pouring through the screen.

I don't want to spoil much but I would warn you not to get too attached to any particular characters. Danger looms around every bend. For the last 100 years, humanity has been plagued by giant humanoid creatures, ranging from three to 15 metres tall. And they have a taste for human flesh. The titans are genderless creatures and no one quite knows where they came from but they run purely on instinct, hungrily chasing after their prey. These giant creatures have tough skin and can regenerate any wounds except for a well placed strike to the back of the neck. But that can be hard to reach from the ground.

What is left of humanity is stuck inside an enormous walled countryside, with a second interior wall guarding the major city and a third wall inside that to protect an inner city. These 50-metre barricades have kept them relatively safe,

until just recently. Eren Yeager, the protagonist in *Attack on Titan* survived the titan attack that broke through the outer wall and destroyed his village. He has since joined the military to try and find a way of driving back the titans and reclaiming the land outside the walls.

*Attack on Titan* has a really good, driving plot. Though most of the focus is on Eren, his friends Mikasa and Armin join the military as well and get good character development. They join the special survey corps division, which travels outside the

walls on special recon missions for supplies and occasional combat. But combat brings back more defeat than it does success. So many in the survey corps do not expect to live more than a few missions, even though they are the best trained of what is left.

There are some twists along the way. So it is more than just pure action to push back the titans episode after episode. The writers keep moving the story forward as new information is learned about these creatures and how to fight them. The characters struggle, learning and growing as

they work their way through the mysteries of the titans' origins.

This show has gotten huge publicity and soared in popularity. There are plans to continue the anime with another season next year. It has gotten spinoffs in manga form to tell the stories of some of the other characters. There is a pair of live action movies, and there's even talk of a theme park being developed in Japan. All in all, if you like action and aren't afraid of a little maiming, this is definitely one to watch through.



io9.com

Attack on Titan

## JUST THE TIP

## Young man's fancy turns to porn

By JOEL SEMCHUK

I'm in my early teens, hanging out with my friend and his friend. The latter guy perked up.

"Garbage truck!" he said. "Shit!" And we all took off running after it.

Why? Because all our recently stolen porn was stashed in the bottom of a dumpster where the truck's front forks go. Luckily, that truck wasn't going to our dumpster and our pilfered porn was safe.

Well, where did you think we got it?

Whyte Avenue had several used bookstores and each one had a pile of porn mags in the back. They were so easy to steal, it wasn't even funny. There were so many magazines, they'd spill out onto the ground. Multiple stores offered this cornucopia of

masturbation and, in that time in our lives between Saturday morning cartoons and jobs, we helped ourselves.

There were porno books, simple to shoplift due to their size. People whose dads had porn never brought it to school but sometimes would show it off on a sleepover or something. This was ultimately frustrating to the guest, of course but it would have been impolite not to and I guess the idea was to give your guest something to remember.

And then, of course, there were those big bulky VHS tapes. You think hiding a bag of weed from your parents is tough? Please. If you had more than one porno movie you couldn't possibly hide them in the same place during those agonizing waits between home-

alone moments. One suburban genius I knew hid his movies in his parents' room. "They're never going to look in there and I can only watch them when they're not home."

Made sense. Where did you get the tapes? Wherever you could. Every male teenager back then was a seasoned porn detective, able to sniff out the subtle hints that porn was available for the borrowing/stealing/watching. People with older brothers, for example, were good contacts. At one point I had a source who worked in a video store and we sold movies all over my high school. To this day I can't believe I wasn't caught or ratted out.

Ah, video stores. There were curtained/barred/closed-off rooms with all the porno movies. Some Blockbusters had you put

them in black bags when you came to the rental counter. Think about it: holding a porno movie box and walking through a video store, all the families and kids, to stand at a counter for 50 seconds. And it happened. Lots.

All this said, I'm not trying to put down the vast network of porn available to anyone with an Internet connection. It's actually one of the few things we came together as a planet on: Internet porn is a global offering, legitimized by unprecedented amounts of 24-hour traffic. Did this naked cyberworld grow through the magazines and videos? I like to think so.

If you agree, in some future afterglow be sure to spare a thought for the efforts of your forefathers.



MIA SIMON

## If you could have any super power, what would it be and why?



"Shape shifting, because that means I can be anything and/or anyone."

**Cole Burkart**  
Open Studios



"I want to be super fast because I'm not fast."

**Megan Loyns**  
Business (Finance)



"Superpowers that can make me strong so that I can be the strongest person in the world. Also superpowers that can heal people."

**Jackson Jacob**  
Pre-employment  
Automotive



"Fly, so I can travel the world and because I hate traffic."

**Laura Wagner**  
Personal Fitness



"Invisibility, so that I can eavesdrop and play pranks on people to scare them."

**Whitney Thorp**  
Respiratory Therapy

### THROWBACK THURSDAY

# When Pizza Cats reigned

By JOEL SEMCHUK

Let me see if I can set the mood for you; I'm assuming this scene is universal for all generations. It's somewhere between two and four a.m. and too early in your life for beer or weed but the coffee table in your parents' basement is covered in potato chips, cookies, empty pizza boxes and so on. If it were the right parents' house, there was an ashtray.

It was at that moment, in that magical twilight teen waste-time, when I switched over from the VCR (yes, that long ago) to the TV and by some coincidental miracle it was on YTV and the ads ended and the opening scene from *Samurai Pizza Cats* started.

It would have been hard to turn away. The oddly-toned voice of the chorus "Samurai Pizza Cats" repeated itself, mashing it into our minds. Underneath that is the chorus's brief explanation of what the show is about, with every few seconds: "Samurai Pizza Cats". There was even a jab to the *Ninja Turtles*, which were just coming out at the time. We were hooked.

Wonderfully, it just got weirder. With a range of off-kilter voices years before *Fairly Oddparents* made that popular, we watched the *Samurai Pizza Cats* in action. They work out of a pizzeria in a Japanese city. There are three of them: Speedy Ceviche, Polly Esther and Guido Anchovy. Guido and Speedy

were always hitting on Polly, even though Speedy had a girlfriend: a prostitute who shoots missiles out of her head.

I know, right? Hold on: Polly's weapon was a flute that created hearts that she threw at people. The bad guy (Big Al Dente) was a homosexual cross dresser who was always hitting on his second-in-command. The *Pizza Cats* were launched to the crime scene of the episode by being shot out of a giant gun that raised itself out of the roof of the pizzeria.

When the scripts for this show made it over the pond, translations were poor or nonexistent and no one could find anyone involved with their creation. That means that a team of producers had absolutely nothing to go on but what they saw, so they did their best to figure out what was going on and scripted episodes accordingly. The finished product is therefore the epitome of unserious. If you listen closely to the opening song, the person singing kind of misses a line; rumour has it he was drunk while singing.

Every episode has nearly 10 full minutes of stock footage: the cats jumping into their giant bullets for the giant gun, the cats using their weapons, the bad guys using their weapons .... there are rambling voice overs

for all of this stock footage and the performers are clearly having a great time being so casual about it.

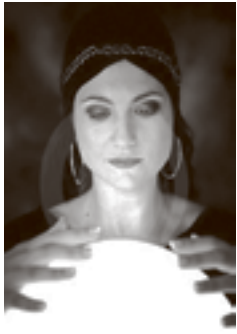
There are probably some hard-core anime fans out there who have dusty copies of the *Pizza Cats* on a back shelf somewhere. Hit this person up and you can spend an afternoon or two basking in Asian-American weirdness.



thechamba.deviantart.com

THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

**December 3-9**

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

**Sagittarius (Nov. 22-Dec. 21)**

Push onward, you are almost through. The light is nearing. You have had hard times, but you can persevere. Now is when you should start to see the rewards of all the hard work and dedication.

**Capricorn (Dec. 22-Jan. 19)**

This week is your opportunity to

reach out to some new people. The time is right, and as everyone else gets bogged down, you can be there. Who knows, you might find a great friend or special someone if you look right.

**Aquarius (Jan. 20-Feb. 18)**

You are a tremendous problem solver. You've got a new thing coming up, and you know just what to do. But make sure you plan ahead, because often the solution will only breed a new set of problems.

**Pisces (Feb. 19-March 20)**

This is a great time to evaluate your balance between extravagant desires, and proper rewards. When the opportunity comes up, be forward but moderate, and you may find yourself getting more out of it than you expected.

**Aries (March 21-April 19)**

All of life's difficulties are practice in how to make life beautiful. Don't be afraid when times get tough. You can make mistakes this week. It is how you grant yourself a

beautiful ending for next week.

**Taurus (April 20-May 20)**

Deals, deals, deals. With everything coming on sale, be careful not to overspend yourself. You may not be able to resist the price, but take a close examination over whether you actually need the bargain, or just want it.

**Gemini (May 21-June 21)**

Be careful that you don't take on more than you can handle. Work is piling up, and it is better to do a few things well than to take on a lot of things and do them poorly.

**Cancer (June 22-July 22)**

You are going to have a great week this week. Something that you have been wanting and desiring will present itself. Get ready to grab hold and enjoy.

**Leo (July 23-Aug. 22)**

You are full of conflicting thoughts. They are telling you to look back on the road not taken. But try to focus instead on the road ahead. Pave

forward, because there is no point in regretting something you cannot change.

**Virgo (Aug. 23-Sept. 22)**

You are going to come up to a major crossroad. The big issues are career, status and work. So look to the long term, not the short term. This is an opportunity to push forward for the future, even if it may mean a little sacrifice now.

**Libra (Sept. 23-Oct. 22)**

You can be a stubborn individual. An obstacle is going to get in your way, and that stubbornness can be a huge benefit. Don't think of it as impossible. Rather think of it as an opportunity to try harder.

**Scorpio (Oct. 23-Nov. 21)**

When we look back, we have two things: memories and experiences. You might have memories of a lot of things, but what truly makes you happy are the experiences. Know this, and make an experience of life now, not just a memory.



NAITSA SERVICE CENTRE

## THE STUDENT HEALTH & DENTAL PLAN IS ACTIVE!

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[www.naitsa.ca](http://www.naitsa.ca)

## 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 [naitsa.ca/food-centre](http://naitsa.ca/food-centre)

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



## CONCERT REVIEW

# A musical night of discovery

By DANIELLE S. FUECHTMANN

Landmark Events hosted their Edmonton showcase at the Mercury Room on Saturday night, bringing a selection of 10 local bands to perform in front of both a diverse audience and music industry representatives in pursuit of one of Landmark's music development grants.

Depending on whether you're a glass-half-full or a glass-half-empty kind of person, the mix of music on stage was either an exciting variety of different artists or a frustrating mix that never settled into a comfortable groove.

I stayed for the first four acts of the night, arriving in time to catch the last half of KCH Kingscrownhouse's rap and hip hop set. Beyond appreciating the technical skills and artistry necessary in that musical genre, I wasn't particularly enchanted by his performance because it's really far from my personal tastes.

The group I attended to see, Black and Bleu, was the second act to perform and their alternative rock/pop set seemed to be well-received by both their supporters and the rest of the crowd in the venue. You can never go wrong with a hint of the '80s, right?

After a quick teardown and setup plus

some gems from Broken Social Scene and a few other Canadian favourites over the speakers, Kristen McArthur took the stage to perform three originals and two covers. McArthur has a great voice and a bit of a country influence; I really enjoyed her song "Redneck Reservation." It was equally a powerful message about her experience growing up on a reserve and musically beautiful. The final group I stayed for was the Northmen, an indie-rock group, and was pleasantly surprised to be walking away from the evening with a new local band to google when I got home.

Overall, it was an interesting event, despite the wide variety of music represented while I was there but it had a decent flow and I enjoyed almost everything I heard! The format of the evening meant that most of the audience was coming and going, ebbing and flowing with the different artists performing, which worked well for the feel of the venue.

There was a bit of an awkward transition between each of the groups to allow time for them to set up after the previous group had done their teardown. The organizers did a good job of filling the space between the acts with a selection of other



www.youtube.com

Kristen McArthur

music but the length of the event – it ran until 1 a.m. – made it hard to foster a desire to stay for the entire event. Caesar came,

saw and conquered, leaving us with a catchy Latin phrase; I went, saw, enjoyed and left with a few new bands on my radar.

## DIY

## Christmas gifts on a budget

By COURTNEY BELL

With Christmas right around the corner, we've all begun thinking about Christmas presents and, on a student budget, it's hard to find the right thing for everyone. I know some people are extremely hard to get presents for because they already have everything, so I have a few simple gift ideas that are easy to do and everyone will love them.

First, and my favourite, is easy and will mean a lot to the person. You need a deck of cards, a sharpie and some pretty nice handwriting. Heartwarming gifts always mean more to someone because they come straight from the heart. For this gift idea, take the deck of cards and sharpie and write something you love about that person or shared memories on each card (you'll have to write nicely so they can read it). It's a nice gift to give your significant other when you're on a budget that they will absolutely love.

Second, this gift will mostly be given to girls, however I don't judge. Sugar body scrubs are home made and take very little time to do. There are lots of different recipes to choose from but most are similar.

1. Sugar
2. Coconut oil

3. Food colouring
4. Small container/jar

Instructions:

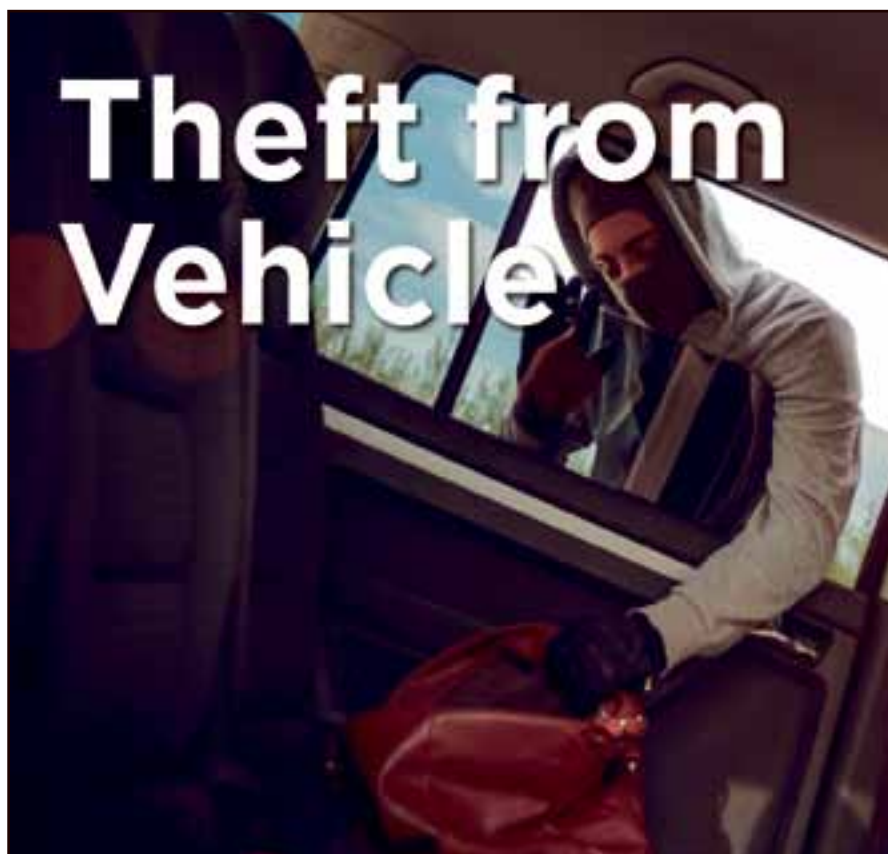
1. Scoop 1.5 cups of sugar into a mixing bowl
2. A drop of food colouring (any colour)
3. Add 3 tps of coconut oil (It works better if you melt it beforehand)
4. Mix all together and put into the small container/jar

See? Easy peasy! Now, scoop out and scrub on your body and you're super soft!

My third gift idea takes a little more effort and I call them "Open when ..." letters. Being in college we sometimes have to spend time away from our significant others or close family members so this is a nice gift idea for them. The idea is you write a letter for important moments in life.

- Open when you're stressed
- Open when you're mad at me
- Open when you miss me
- Open when you need to smile

You can choose whatever moment you'd like and it really shows how much you love them. Of course, there are lots more out there but here's a few ideas for the holidays.



**Report a Crime Online:**  
[www.edmontonpolice.ca](http://www.edmontonpolice.ca)

EDMONTON  
**POLICE**  
 SERVICE

## RESTAURANT REVIEW

# Never ending carrot bowl

By DANIELLE S. FUECHTMANN

What do you do when you find out the restaurant you had been planning to stop at for dinner before a concert is closed? You figure out what the next best option near your venue is! Sounds easy, but when you're near Oliver, have limited time and you're vegan, it gets a bit tricky. My friend and I stopped at Toyko Express in Oliver Square in pursuit of vegetables before going to our friend's concert on the weekend.

## Sushi as fast food

Tokyo Express definitely isn't something to write home about, they're the fast food version of sushi. The restaurant is casual self-seating and the decor leaves a lot to be desired! The tables and chairs are standard fast food cafeteria designs and the attempt at some artwork are the pictures of menu items crudely framed on the walls. You place your order up at the main counter based the menu signs above cash registers and grab your cutlery and hot sauce from the bin while they assemble your order.

My friend ordered the veggie rice bowl and I ordered the vegetarian sushi combo. I also ordered green tea and was somewhat disappointed by the Lipton tea bag that I received with my order – while I wasn't really expecting a loose leaf tea, I had hoped for something a little bit better than Lipton! Both of our dishes were prepared promptly, they were mostly made fresh for the order except for the preparation of their main ingredients, such as pre-shredded carrots or sliced tofu. Some of the other components of my order appeared to be premade, such as the cucumber roll for my sushi combo, which was already assembled and only needed to be cut into slices.

## Definitely a bargain

We sat down and tried the first few bites of our respective dinners and were fairly pleased by it. As Jade began to eat more of her veggie bowl she realized that it was never ending. There were at least two inches of shredded carrots and bean sprouts tightly packed on top of all of the rice! Despite her best efforts, she was not finishing that dish. For the quality and quantity of food, Tokyo Express was definitely a bargain, each of our meals were under \$10.

While I don't expect it to be a place I return to soon, it is a great option if you're looking for a simple and no fuss place to grab something to eat! They offer a decent menu with options for both vegans/vegetarians and people that eat meat so it's an easy crowd pleaser; in addition to sushi, they also have noodle bowls and chicken or beef dishes. It was pretty quiet for a Saturday night dinner spot but I predict they fill up a lot faster during a lunch rush!



www.yelp.ca

## FASHIONISTA OF THE WEEK

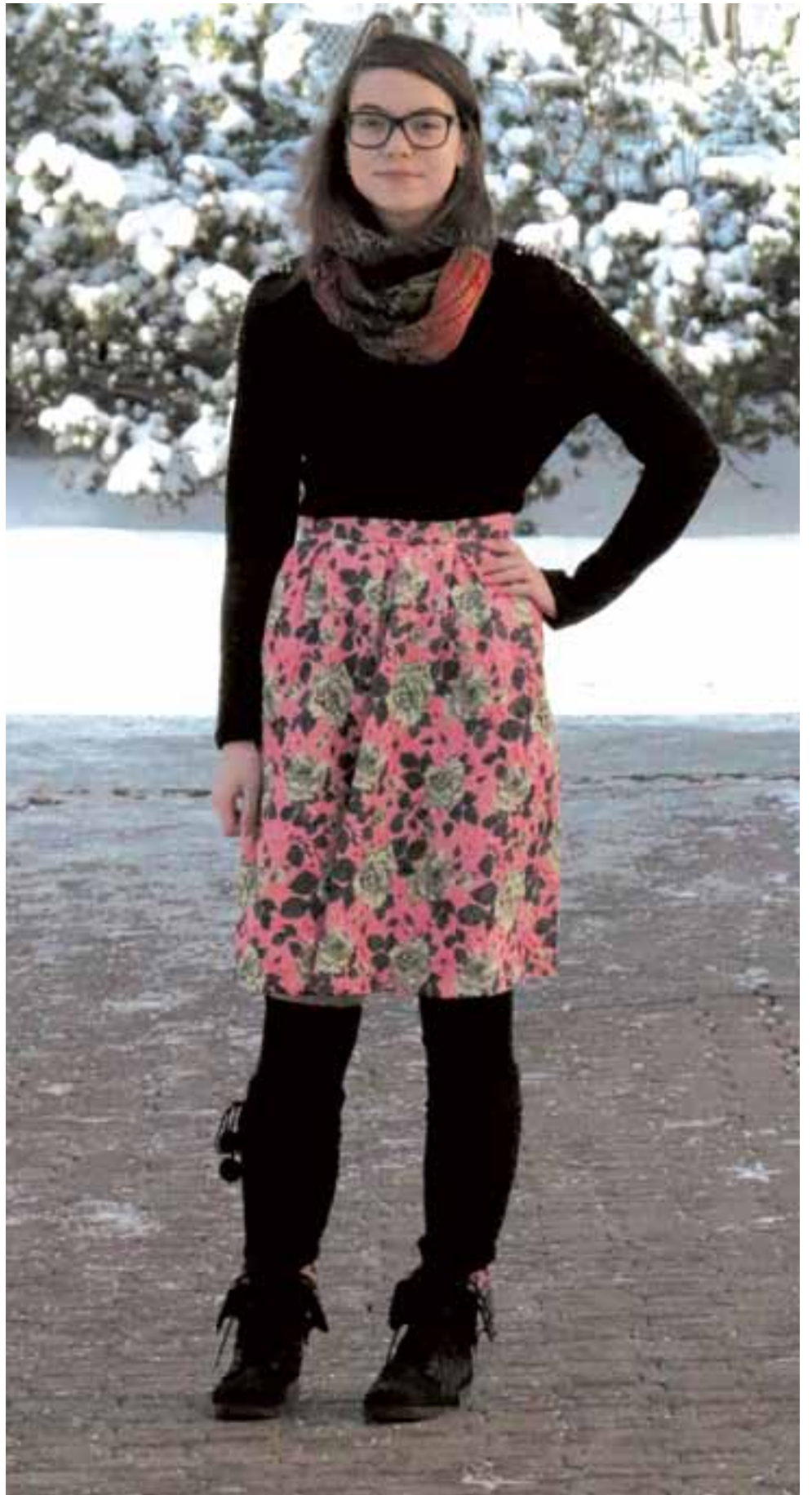


Photo by Tom Armstrong

## Julia Krutz Web Design

**What do you think about when you get dressed?** I always think about what the temperature is first. I have to make sure I'm not overdressed or underdressed for the weather because I really like to be comfortable. I guess it really depends on how I'm feeling for the day too; half my closet is pastels and the other half is everything that's not pastels, like dark colours and vibrant things! If I feel like wearing something, I'll wear it!

**Do you have any particular things that make you feel more confident?** I like big sweaters some days but I also like crop tops!

**What are some of your favourite places to shop?** I do most of my shopping online; Forever 21's online store and a lot of Chinese sellers on eBay – everything's so cheap and unique.

# Improving concentration



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

Concentration, or the ability to focus, is a learned habit. This is good news because poor concentration can be improved. For progress to occur, however, you must be persistent, especially at this time of year when you are exhausted from a difficult semester and there are so many distractions with holidays and festivities just around the corner. Which of these tips could you incorporate to improve your concentration?

- **I have a quiet place to study that enhances my learning.** If there are distractions, would it be better to study in another location? For many students home is not the best place to concentrate because of the numerous distracters. In order to improve your study environment can you improve the lighting, organize your study space more effectively, make more room to spread out study materials, get rid of clutter and/or alert others that studying is a priority and you don't want to be disturbed?

- **I know how long I can actually concentrate.** For three or four study sessions set a timer and see, on average, how long it takes before your mind

starts to wander. Most people can concentrate between 20 to 40 minutes. If you are dissatisfied with how long you can concentrate, challenge yourself to concentrate for two or three minutes longer. Set a timer and practice at that length of time for a few sessions. Gradually add additional time. It isn't realistic, however, to concentrate longer than 45 to 50 minutes at a time.

- **I take regular breaks.** Taking a five-minute break every 25 to 30 minutes helps with both learning and concentration. Try doing something physical and/or having a glass of water during your break – both will help you focus.

- **I am aware of what causes me to lose concentration.** Are you eating regular, healthy meals, drinking plenty of fluids and getting enough sleep? Are you feeling overwhelmed or anxious? Are personal problems interfering with your concentration? Do you start daydreaming? Or is your mind just out of the habit of focusing for longer periods of time?

- **I follow a regular routine.** Getting into regular routines may be the most important thing you can do to improve your concentration. If you get into the habit of sleeping, eating and studying at the same times each day your mind automatically focuses more easily.

- **I keep my mind active while I study.** Varying the way you study can prevent boredom. Set goals, visualize what you are reading, read out loud, make flash cards, ask yourself questions, do concept/mind maps, close the book and recite main points, make mock exams, study with a partner or group – anything that helps prevent your mind from drifting.

- **I alternate subjects.** Learning is most effective if you do not work for longer than 30 to 50 minutes at a time on one subject. Take a break and then switch to another subject.

- **I deal with personal issues.** If personal problems are interfering with your concentration, take some time to deal with these. Identify the problem, brainstorm solutions, come up with a plan and then get right back to work. Ask for help if you need it from friends, family or counsellors at Student Counselling.

- **I use "Thought Stopping."** Daydreaming is a problem for most students – every time you find yourself daydreaming yell "Stop" in your head and get right back to studying. (It works even better if you mentally yell stop while gently snapping an elastic

band around your wrist!) Although this sounds simple it will improve your concentration very quickly. Give yourself some downtime to daydream outside of study sessions.

If you are struggling don't wait to get help. Counsellors are available to assist you with this or any other academic or personal concern.

**Main Campus:** Counsellors are available Mondays, Thursdays and Fridays, 8 – 4:30, Tuesdays, 7:15 – 4:30 and Wednesdays, 8 – 5:15. Call 780.378.6133 or come in person to Room W111-PB, HP Centre.

**Souch Campus:** A counsellor is available on Thursdays. Book by calling 780.378.6133 or in Room Z153.

**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](http://www.nait.ca/counselling)

## Who to call?

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

**Academic Support Services** – Visit [www.nait.ca/tutorial](http://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](mailto: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](mailto: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-125. Students must opt out by Sept. 25

**Housing** – On-line housing registry at [www.rentingspaces.ca](http://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](http://www.naitsa.ca/volunteer-opportunities)

## STUDENT LEADERSHIP AWARD OF DISTINCTION PROGRAM

Starting a new session in January 2016!!

Learn, Experience, Achieve, Develop ...

Do you want to become an inspiring, committed, self-confident, positive and self-reliant leader? Do you want to enhance your employability skills? Improve your resume so that employers will identify you as confident, skilled and a leader who will make a difference? This is an extra-curricular personal development and leadership-in-action program open to all students enrolled at NAIT. You must apply to become a member of this program. Don't wait, check this out online at [www.nait.ca/lead](http://www.nait.ca/lead) and if you are interested then apply to be a part of LEAD.

Submit a completed application to The Advising Centre (HP Centre, W-101) and indicate it is to go to Michele Parker. For more information, please e-mail [distinction@nait.ca](mailto:distinction@nait.ca).

Application deadline Dec. 11, 2015.

**DON'T MISS OUT ON THIS OPPORTUNITY!**

## ALBUM REVIEW

# Adele – right to the heart

By COURTNEY BELL

Adele. There are so many great things I could say about her and her music. She has an amazing voice. It's so unique that I don't believe anyone else could ever sound like her. She recently dropped her new album, 25. It hit stores on Nov. 20 and in the week or so that it's been out I have not stopped listening to it. If you've heard Adele's last two albums, then you know her sound, her voice and the type of music she sings. What I love about this album is that she stayed true to herself and her feelings. You can feel every emotion in her voice when she sings. Every moment of pain, every moment of joy and sadness. She does an amazing job of conveying her emotions when she sings that it actually just brings me to tears. Judge me all you want but this album is so emotional, it's ridiculous.

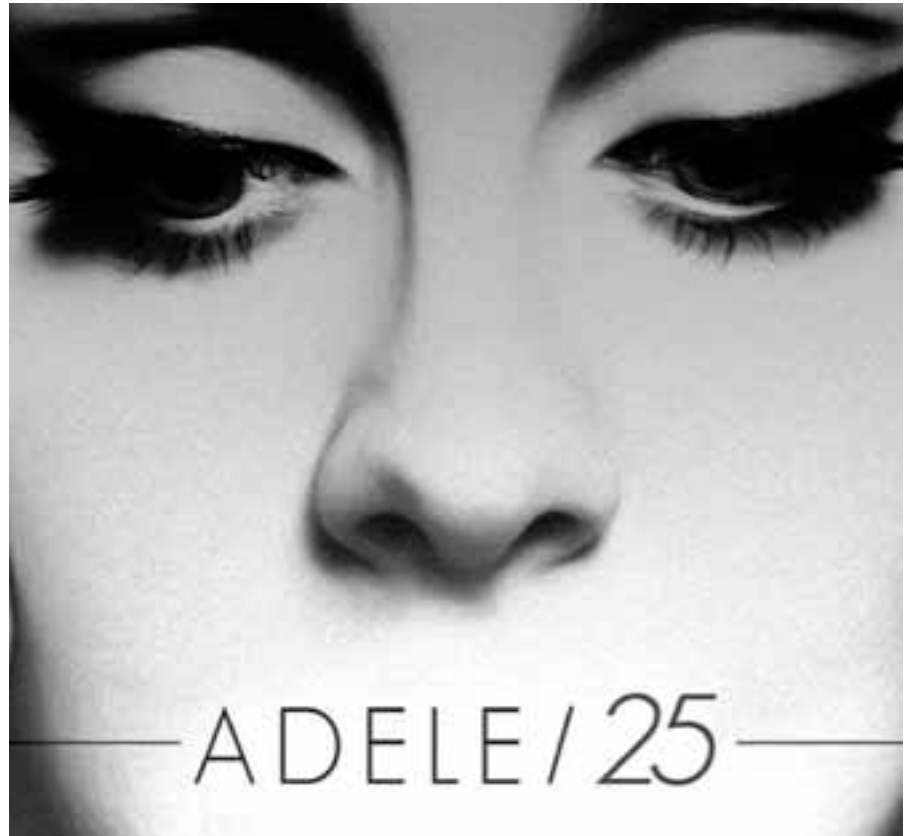
Adele's album, 25, is her third so far. (Her first two albums are 19 and 21, what I really want to know is where is 23?) This album covers a variety of genres such as pop, soul, folk, jazz, R&B and gospel. There are 11 songs and

all of them are unique. If you haven't heard the first single "Hello" then you live under a rock. iTunes has given her 4.5 stars out of 5 and "Hello" is currently No. 1 on the charts. All very exciting for Adele.

You can tell she's still dealing with loss and regret in every song that she sings. The soulful artist has come full circle since her first album, 19, was released. It's great to hear her putting new stuff out there for everyone to enjoy.

My favourite song from this album has to be "Remedy." It's a simple song, with a simple piano and her voice and sometimes that's all a song really needs. I love this song because to me it's a message of hope for love. Through life experiences we all come out differently and therefore see things differently as well or, in this case, hear.

Her album is available in stores and it's on iTunes for \$10.99. I would definitely suggest giving the entire album a listen. Of course, please don't do so if you're in a sad mood, because it might just make you even more sad. You know Adele's style so don't fool



yourself – her goddess like voice will not change the fact that the feelings will hit you, and they will hit you right in the heart.

## WHAT DOES NAITSA DO FOR YOU?

**WE ARE YOUR STUDENT-LED ORGANIZATION, & OUR MISSION IS TO PROVIDE STUDENTS WITH EXCEPTIONAL SERVICE & REPRESENTATION.**

**WE HAVE 4 FULL TIME STUDENT EXECUTIVES**  
The VP Student Services is here to help foster student life at NAIT. The President is the official spokesperson of NAITSA. The VP External represents student interests throughout the campus, city and province. And the VP Academic can help you with questions or issues regarding your studies at NAIT.

**WE HAVE THE STUDENT SENATE**  
The senate is made up of 18 student representatives from all program areas, who provide input and vote on important NAITSA issues.

**WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS**

**WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK**

**WE OWN & OPERATE THE NEST TAPHOUSE GRILL**  
Located by the pool | 780-471-8560 | nesttaphousegrill.com

**WE PUBLISH THE NUGGET STUDENT NEWSPAPER**  
Room 5-128 | 780-471-8666 | thenuggetonline.com

**WE OPERATE THE STUDENT HEALTH & DENTAL BENEFITS**  
student@naitsa.ca | naitsa.ca | NAITSA Service Centre Room 5-121

**WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPER**  
foodcentre@naitsa.ca | naitsa.ca | NAITSA Service Centre Room 5-121


**WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM**  
estl@naitsa.ca | naitsa.ca | NAITSA Service Centre Room 5-121

**WE ADMINISTER THE U-PASS**  
upass@naitsa.ca | naitsa.ca/upass | NAITSA Service Centre Room 5-121

**WE PROVIDE DISCOUNTED TICKETS**  
To sporting events, movies, and other fun events! Available in the NAITSA office (5-121) on the Main Campus or at the Bookstore on South & Patricia Campus.

**WE SUPPORT & FUND OVER 70 CLUBS**  
orgsync@naitsa.ca | NAITSA Club Centre 5-125

**WE COORDINATE FUN STUDENT EVENTS ON CAMPUS**  
Check the boards and our social media for updates!



## NAITSA TRADING POST

**REGISTER**  
(AT TRADINGPOST.NAITSA.CA)

**WHAT ARE YOU LOOKING FOR?**

**BOOKS?**


**POST A BOOK**

**FIND A BOOK**

**ROOMMATES?**

**NEED A ROOMMATE**

**FIND ROOMMATE**



STUDENT ASSOCIATION | naitsastudents | naitsa | yourNAITSA | naitsa.ca | naitsastudents | nait-121

## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

To get involved please visit [naitsa.ca/clubs/current-clubs/](http://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, Oct 5-Apr 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

IntoNAITion  
SFA  
IntoNAITion Toastmasters  
Bakers Club  
AHT'16

#### WHAT

Campus Engagement Panel  
Range Visit  
Leadership Institute  
Winter Movie Night  
Nail Trim

#### WHEN

Dec 3 | 12:00pm-1:00pm  
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

Shaw Theatre  
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](http://naitsa.ca/naitsa-clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates