

THE NAIT NUGGET

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

SILVER DEJA VU

Soccer women 2nd again at nationals, story pg 10



Photo by Taylor Braat

SNEAK PEEK

NAIT DMIT students play an early-release of Star Wars: Battlefront on Monday, Nov. 16. The much-anticipated game was introduced to the public on Tuesday for Windows, PlayStation 4 and Xbox One. The hype surrounding the game had been building prior to its unveiling this week.

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Editor-in-Chief Section editors

Please send your resume and cover letter to
Michael MacComb, Nugget Publisher
at mmaccomb@nait.ca by Nov. 27

Only those considered will be contacted for interviews

NEWS & FEATURES

Focus on what matters



NICOLAS BROWN
Issues Editor
@bruchev

A father in Beirut, mourners in Baghdad, concertgoers in Paris. The past two weeks have seen a rash of high-profile violence across the world. It isn't just violence though – flooding, earthquakes and landslides are some of the disasters which have taken lives in past weeks. This is only a tiny fragment of the chaos that is swirling around the world. Yet far too often, beyond the brief cry of outrage on social media or few days of media coverage, people return to their daily grind of seeking prestige,

power or money. Far too often, we fail to focus on the things that matter most.

That father in Beirut, Adel Termos, sacrificed his life by tackling one of two suicide bombers, forcing the bomb to go off early. In doing so, he saved hundreds of lives, including that of his young daughter. Forty four others died from a second suicide bomber outside of the mosque in Beirut. These families simply wished to pray in a communal space. Eighteen people were killed and 41 injured in a suicide bombing of a funeral in Baghdad. Gathered to mourn a loved one's death, families were forced to face even more heartache. Eighty nine concertgoers in the Bataclan concert hall, and another 40 people elsewhere in Paris, were slaughtered by masked gunmen and suicide bombers. People simply enjoying a night out at the restaurant, a soccer match or a rock concert were interrupted by terror and death. Dozens more have been killed in natural disasters and violence across the world. On a personal level, I recently learned that the grandmother of one of my

closest friends, essentially my adopted grandmother, is in the hospital.

Lives are precious and those torn apart by death and destruction are a tragic loss. Too often people are focused on that next big item – the promotion, the new car. We never spend enough time focused on what is most important – those who surround us. Think about it, when was the last time you went to visit your parents or your aunt and uncle? When was the last time you thought about volunteering at the seniors centre or an elementary after-school program? We spend so much time focused on "keeping up with the Joneses" that we miss out on the most precious things in life.

Think of the benefit to society if we all started focusing on family and community. Instead of working long hours to buy that new car, you help a senior in the community garden. Instead of going drinking on Friday night, you help coach a pickup shinney or hockey game for youth. Instead of going on that ski trip (party trip) to Jasper, you spend a couple of days

over Christmas break visiting the aunt and uncle you haven't seen in a couple of years. I'm not saying we can't strive for nicer things, or go have fun but have you really stopped to think about where your time goes?

Before you know it, there won't be anyone to talk to about bizarre life experiences from another lifetime in a garden smelling of mint and earth. There won't be children teetering enthusiastically onto the ice for a friendly game of hockey. And your aunt and uncle won't be there for you to visit. Maybe this holiday season, faced with death and violence across the world, we should get back to what makes humanity great. My challenge to you, is to give back. Build your communities, spend time with your loved ones. There are many across the world who don't have that opportunity. I know I wish I had more time with my adoptive grandmother and there are many others wishing they had more time with their loved ones right now. Make the most of the time you have.



Ice is nice!

Photo by Tom Armstrong

NAIT culinary students created this ice carving outside Ernest's restaurant this week.

Coffee cup tempest

By JOEL LECKIE

Social media has been abuzz with news and commentary on the now infamous red Starbucks holiday cups. With the holidays fast approaching, it is no surprise that they have come out with a new cup design. Every year, the cup is a bit different. But this time, Starbucks decided to go with a minimalist approach and print a red cup with a green logo, nothing more. And for some reason this has people up in arms about a “war on Christmas”.

But really, what’s the big deal? I spoke with several students around campus and they all agreed. The whole argument is just stupid. There seems to be a lot of media buzz about people complaining about the lack of holiday spirit but no one actually sees anyone doing the complaining. The cup is merely a container for your hot liquid. So why does it need to be anything more?

Marketing may be the answer to the debate. Dana Heck, a student of NAIT’s business management program, says “Starbucks is using people to advertise

for them, hoping we are too dumb to figure it out.”

Whether intentionally or not, Starbucks has received a huge amount of free advertising. For every like, share or retweet the debate gets, that’s one less person Starbucks needs to market to. They are getting their product across without needing to spend a dime. As the old adage says, any press is good press. Now that the debate has started, they can just ride the waves of fame.

Some major players are making their voices heard on the red cup debate. Weird Al Yankovic has produced a parody cup of his own design making fun of the issue. Steven Colbert has voiced his opinion on it. And even US presidential candidate Donald Trump has made a statement, basically saying “who cares”. And that’s just it, no one does.

What does Starbucks say about the issue? For years people have drawn doodles on their coffee cups. Starbucks maintains that these cups are a place for people to put their own messages and designs. The cup is meant to embrace

the simplicity and the quietness of the season. It becomes a blank canvas for customers to tell their own story. Then people will get the chance to make it something personal, not something corporate. And the red cups are generic enough that they can keep producing them far past the Christmas season into Valentine’s Day and beyond.

So get your coffee with a nice snowy scene if you want to. Or get it in a plain red cup. Christmas can be more than just snowmen and snowflakes. It can be whatever you want it to be. The cups may be ugly but that is no need for a huge outrage. It’s not a war, it’s just marketing. And the holiday season embraces dozens of different festivals of cultures from around the world. So why should a major company like Starbucks need to get bogged down in choosing just one?

Many of the places in the world where they serve coffee don’t even get snow. In today’s world, I’m sure we can find something more important to argue about.



Photo by Tom Armstrong

Many people are asking what the fuss over Starbucks’ Christmas cups is all about.



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 780-471-8866
www.thenuggetonline.com

Editor-in-Chief

Taylor Braat
studenteditor@nait.ca

Issues Editor

Nicolas Brown
issues@nait.ca

Sports Editor

Josh Ryan
sports@nait.ca

Entertainment Editors

Connor O'Donovan
entertain@nait.ca

Photo Editor

Tom Armstrong
photo@nait.ca

Online Editor

Taylor Braat
onlineeditor@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

Submissions encouraged:
studenteditor@nait.ca

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Letters

We want your views

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

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

We need to list your real name.

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

Technical Analysis 103: RSI

By **SANGHOON DARREN LEE**

When technical analysts see a stock price chart, we study the patterns of price with three tools: Moving Average, MACD, and RSI. RSI or Relative Strength Index is a quick tool to identify whether a stock price trend is oversold (stock price below intrinsic stock value), overbought (stock price above intrinsic stock value), bullish (increasing) or bearish (declining). The RSI uses an idea of momentum (the power of trend). Basic rules of RSI are as follows:

- RSI<30 per cent: Oversold
- RSI<50 per cent: Bearish
- RSI>50 per cent: Bullish
- RSI>70 per cent: Overbought

Before we talk about RSI further, we should know about RS (Relative Strength). Let's say we are looking for three-day-period RS, we first need to calculate the previous three-day gains and losses with closing prices. Next, we average the gains and losses separately. Finally, we divide the average gains of the last 3 days by the average losses of the last 3 days. It must be noted that the averages are absolute values. Ta-da! We have Relative Strength, the RSI formula is

$$RSI = 100 - [100 / (1 + RS)]$$

Well, as you can see, using a formula to find RSI takes time and can be stressful. That is why most (nearly all in my experience) websites with interactive charting tools have RSI buttons. For example, Google Finance has an RSI tool, so you do not

have to manually calculate RSI.

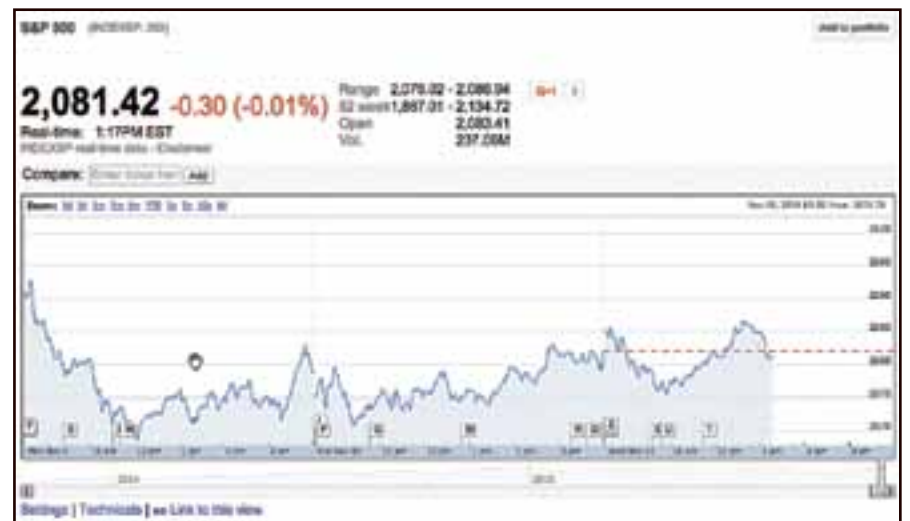
The image is a screenshot of S&P 500 prices (weekly candlesticks from September 2014 to November 2015) from Google Finance. We have a price chart, a Moving Average (Simple Moving Average 20, 50, 100 weeks), Moving Average Convergence Divergence (ST12, LT26, EMA9-weeks), and RSI (10-week-period). This chart is from November 5th, 2015. The RSI of the S&P 500 is sitting at 67.89 per cent. You can see the RSI has been increasing in conjunction with the stock price increase since October 2015. With an RSI of 68 per cent, the S&P500 is bullish. However, it is very close to the 70 per cent (overbought line).

Now, let's look at some additional technical analysis. The MACD divergence turned positive two weeks ago. Positive MACD divergence is a buy signal. Additionally, we see that the MACD slope moved into positive territory in early October and continued its trend. Gradual and continuing growth in MACD and RSI over a month illustrate that the S&P500 growth is healthy and sustainable. It is remarkable that last week, the price finally broke the shorter term Simple Moving Average (20 week). This means that the price has been gaining momentum and became – for lack of a better term – higher than its moving averages. There is a bullish hammer candlestick in early

October 2015. A hammer is a technical indicator that can be seen by looking at candlestick charts. Previously – in late September 2015 after a big dip, we can see that a big hammer candlestick formation stopped the downtrend. Instead of the October hammer changing the sideways trend into a downtrend, the October hammer changed the sideways trend to an uptrend. The \$2,125 level of the S&P500 seems to be a price resistance line according to the Year to Date price trend. Plus, the RSI is approaching 70 per cent (overbought). Despite the analysis showing that the current price is healthy and possible to grow further, investors should be cautious

that the high RSI and the resistance price line may slow or stop the growth soon.

In conclusion, the power of technical analysis cannot be underestimated. Using one picture, we have analyzed price patterns, trends, resistance levels, etc. All of this analysis will allow us to better understand stock price movements and potentially profit off of the downward or upward price movement in stocks. Remember, don't invest in stocks unless you have done sufficient amount of research and fully understand the company you are investing in. Investing can be very lucrative but it can also be hazardous so only invest money that you can afford to lose.



google.ca/finance

Consider the wind chill factor

By **BRANDON HESS**

We are now in the middle of November with still no snow. We have seen some snowfall here and there but none that has stuck to the ground (due to warm surface temperatures).

Do you remember the wind chill? Wind chill factor

takes the actual outside temperature and combines it with the wind speed. At this time of year, the wind chill can become an issue. Cars and objects cannot feel a wind chill. Only people can feel wind chill. Whether you are waiting at the bus stop outside of NAIT or biking to school, you may have encountered a cold wind blowing against your face. This cold feeling is the wind chill. It is a “feels like” temperature when you combine the wind and temperature. For example, a wind speed of 20 kmh and a temperature of minus 10 C creates a wind chill in the mid to high minus teens. We do not factor in a wind chill if the wind is 10 kmh or lower. This is because wind does not make much of an effect when it is 10 kmh or lower. It is just not noticeable.

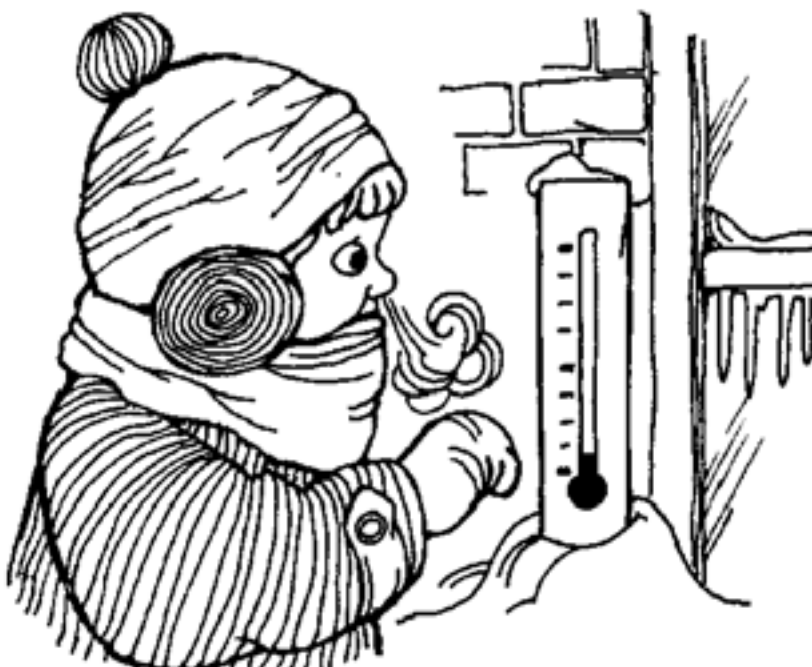
When will we see our first minus 10 C temperatures? We have been seeing fairly mild morning lows lately and our seasonal low is near minus 10 C. We should be seeing morning temperatures around minus 10 C this week along with possible minus digit highs! The average high is now slightly below 0 C.

Remember back to the start of this week ... heading into your first day of your school week back to NAIT. The wind was blustery! Earlier this past weekend we saw a warm front push up from the south. This brought precipitation to parts of the province. Also we saw a breeze out of the southeast in advance of the warm front. By the time we reached Monday morning, the wind had picked up out of the northwest behind a huge cold front dragging down from the north and you definitely needed a warm jacket, scarf and winter gloves!

Moving forward, we should be seeing a lighter wind today (Thursday) but by the weekend, winds look to pick up again. With this southwest breeze comes a warmer temperature above 0 C for Saturday. That is above the average. We also could see an isolated flurry embedded as well. The cold front will go through by Sunday and temperatures should fall back below 0 C for the start of next week as an Arctic high moves down. You will need to pack gloves next week as you head to school.

Did you know?

What is an Arctic high and a Pacific low? An Arctic high pressure system drops down bitterly cold air from the north (Arctic). With it is a light wind and clear skies. Winds rotate clockwise around the centre of the high. This brings our coldest temperatures in the winter. However, there are also a few warmer days in the winter, as a result of a Pacific low. Yes, it comes in from the southwest Pacific showing a huge warm front up into our region. This can boost our temperatures significantly in the wintertime. Now you know!



nicolepearlsofwisdom.blogspot.com

REFLECTIONS AND INSIGHTS

Learn to accept setbacks

By JAGRIT BAJWA

Plan your way out of negative situations. It is very often that a plan does not work out or does not work out in the way you wanted, rather is exactly the opposite is the result. This, leaves you lamenting all the time with an extra flavour of disappointment. I know you have come across this many times and couldn't figure out what to do next. So, it is important to realize first, as everything is not in your control (which can never be), the bad or even worse things that may happen to you and unexpectedly as well. This realization opens your thinking to 'what if' thoughts where you now find a way to accommodate the negative aspect of the developments and be more open yet aware of what ruined your feelings and peace of mind. So after you realize that you have to make room to digest the bad when it happens, you start making more plans, which can put you on the next best alternative or mode of thinking. Being able to happily shift yourself to a second best available alternative is always going to be your moral victory in that situation. Having alternatives for your plans keeps you extra equipped and prevents you

from drowning in your emotions. You will be able to keep your energy intact, instead of draining it out. The ones who adjust the most in opposing situations and are able to rely upon their back-up plans, are the ones who are going to do great in the future. This is because they know that they won't stop, even when faced with the initial signs of defeat or actual defeat or the beginning of unwanted stuff in their life. So you can always equip yourself with those thoughts that can help you keep moving at all odds. Every day a few good things happen for you and on a few days they do not. So it is really necessary to put into your cerebrum that you are just a tiny particle of a greater design, a bigger planning of the creation which is always perfect in its essence. So, if the bad comes or worst comes to you, you don't need to think much but accept it as divinely ordained. Only the almighty knows the way to teach you and no one else. Being such a tiny creature, you cannot take all that's negative on your head. Let it be! And plan to keep moving on and on as far as you can go with your current limitations. The only thing you have in your possession is a choice



to keep moving on despite all the bullshit you may receive on your path. You can use your intelligence to work out plans you have made and be happy about whatever comes your way. Stick to the vision, rectify your plans and set ablaze the whole way! Great things are always waiting for you. Cheers!

Logjam at Financial Aid office

By ELYSSA TESLYK

Some students have expressed concern about the current operations of NAIT's Financial Aid office. Students are increasingly claiming that the current structure does not work because appointments are not accepted and there is always a lineup. Students end up having to leave their place in line to make it to class. While there is likely merit to these complaints, NAIT also has to work with a system that helps the most amount of students with the resources it has.

'Lots of questions'

Tammy Covey, who works at Financial Aid, has said that "there are always lots of questions related to funding post-secondary education and the goal of NAIT's Financial Aid office is to support and guide students through the processes. NAIT's Financial Aid is committed to providing timely and efficient service to students throughout the year." The financial aid website does provide a very easy to use process for where you may receive financial assistance, forms to fill, direct phone numbers and e-mails for further inquiries that can't be answered by information found online.

Trying to maximize accessibility

"Our operating practice is designed to maximize our accessibility to students and offer drop-in service Monday to Friday 9 a.m.-3 p.m.," Covey said. "In the past, we did operate by appointment, however the wait times for an appointment to meet with Financial Aid specialists were six weeks. Due to the delays in accessing funding supports, it was determined that NAIT Financial Aid needed to reallocate their time to meet the needs of our students by increasing access, which is why the design is a drop in model," she said. "In 2014-15 NAIT Financial Aid met with over 275 students per month via drop ins and 200 appointments per month." As a student, I can completely understand the frustrations of my peers; we need money to get an education to

get a job to pay for our educations. However, at the same time, the business analyst in me recognizes that it's just not an organizationally or financially sound decision for the school to continue to support. NAIT's administration is committed to supporting the needs of students and is consistently revisiting how improvements can be made. NAIT Financial Aid welcomes

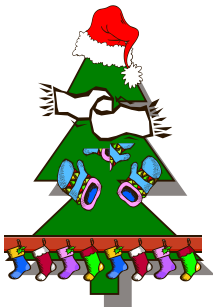
feedback, suggestions and recommendations and will continue to work in collaboration with its clients to ensure they are delivering on that commitment. If you have been personally affected by the structure of Financial Aid in a negative way, I encourage you to offer your feedback and support; it may prompt a much-needed change that could improve the efficiency of operations.

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 12th.

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 ^{counter} Point Christmas both ways



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

Fa-la-la-la-la la-la ka-ching! Greetings, dear consumers, it's Connor, back again to play the devil's advocate!

The holiday season is upon us! Note that I didn't say the holidays themselves have arrived. Those hallowed days won't manifest themselves for over a month. Still, signs of the Christmas season are already unavoidable. The day after Halloween, Starbucks baristas everywhere were frothing at the mouth to put out their holiday themed sandwich boards. Evergreen growers were sharpening their saws. Bublé and Sinatra were echoing throughout the aisles of department stores across the city and printing presses were loading up on red and green ink.

While you may despise the thick layer of Christmas that has been projectile vomited about town, don't forget it's easy to forget the driving force behind it – money, that volatile resource that keeps our tires spinning and seems to be draining from our oil-dependent economy.

Average of \$1,500 spent

During Christmas, there are increases in the purchases of everything from electronics to automobiles to peppermint mochaccinos. Employers, from Starbucks to your main street deli, increase their hours to accommodate the rush of Christmas purchases, putting more money in the pockets of their workers. According to a Bank of Montreal study, the average Canadian spent over \$1,500 on Christmas last year.

Now, classical economists tend to decry the economic impact of the holiday season. They argue that Christmas spending is “inefficient,” that gift recipients don't value the things they receive at the price the giver paid for them. Someone might buy you \$200 Bluetooth headphones, for example, but you might only value them at \$150 and, if given cash, you could have spent that extra \$50 elsewhere. However, those economists don't seem to consider the fact that with that \$200 already spent, the recipient is still likely to spend more money on the things that they truly value and need. Maybe the headphones gather dust in a drawer somewhere or maybe they are resold online, furthering indirectly Christmas's generated economic activity.

More time to make purchases

So how does this relate back to the supposedly premature initiation of Christmas celebrations? Quite simply, it gives gift buyers more time to make purchases, think about those purchases and purchase other things, decreasing supply and increasing demand, which can't be a bad thing for the Albertan economy (supporting local and independent retailers amplifies the effect. You should also spend within your means).

And the best part of the monetization of the holiday season is the very fact that you're spending money. With those devilish buy-one-for-you, buy-one-for-me schemes aside, most Christmas spending is typically on others, not yourself and is what is known as “pro-social spending.” Spending on other people makes you feel happier, a statement that's been scientifically proven. So, in theory, the longer the period that you're encouraged to do this, the better.

That same logic can be applied to any increase in Christmas activities. A longer holiday season means more donating to charities, more get-togethers, more comfort food, more sweetened beverages and more social activity in general. That means more happiness, which grows exponentially as rosy-cheeked Christmatters influence the moods of those around them.



By **DANIELLE S. FUECHTMANN**

Deck the halls with boughs of holly but can we wait until December actually rolls around? Don't get me wrong, the festive cheer that comes with all of the lights and decorations is lovely but I think they would be more special if we didn't put them up so early.

Holiday decorating and entertaining is an important tradition for many families that I know, coming together to decorate their tree and start their holiday season. I'm not suggesting that the only way to start the Christmas season is to gather around boxes of decorations and a freshly hewed tree while drinking eggnog and singing carols but wouldn't it be nice to wait a little longer than putting up decorations Nov. 1 or, worse, before Halloween?

It seems like each year, stores start stocking their Christmas decorations earlier and earlier; most of the stores I visited during the week prior to Halloween already had their Christmas section fully stocked! Christmas jingles start taking over the radio mid-November, coffee shops are suddenly taken over by peppermint, eggnog and praline as soon as children are bundled up in bed after trick or treating and stores have been marketing gift ideas with decreasing subtlety since September.

Perfectly packaged

Resisting the charm of the holidays is nearly impossible because it's perfectly packaged for consumers. At Christmas, it's usually literally packaged with a co-ordinated bow on top. That's why I think waiting a bit longer to embrace the festive season at home or establishing some decorating traditions is a good idea! Waiting and anticipating the arrival of the holidays builds excitement and being surrounded by it months in advance takes away some of the special charm. We might be ill-equipped to effectively push back on consumer culture and the holiday machine as individuals but we can decide how we want to participate at home!

The holidays are supposed to be a festive time for gathering with loved ones but as I've gotten older, I feel a growing pressure to perform the holidays with special flair. There are parties to attend, greeting cards to post, batches of cookies to bake and a tofurkey to bring. It's easy to fall into the trap of wanting to host the perfect party or gathering, especially when social media and magazines make it look so glossy and perfect. Martha Stewart may have perfected the stress-free party menu and made those DIY ornaments look like a relaxing afternoon project but it's still a stressful time of year! There are a lot of expectations that come with the holidays and entertaining. As a student, I'd much rather focus my energy in November and December on acing finals than making sure my artificial tree is perfectly fluffed and decorated.

Brimming with cheer

In my family, it seems like the earlier the decorating starts, the amount of decorations

added throughout November and December increases until the house is brimming with holiday cheer. Sounds great, right? My least favourite part of the holiday decorating process is taking it down. It feels time consuming and, unlike putting the decorations up, it lacks a fun, celebratory spirit. How long can you put off the inevitable process of neatly boxing everything back up and finding storage spots to hide your tinsel, trimmings or bits and bobs until next year?

Of course, I do advocate one big exception to waiting until December to decorate and that's hanging lights on houses. Safety first! Why risk combining ice and ladders when a little bit of planning in September or October can make your holiday season a little bit safer?



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OPINION

— Editorial —

Social disconnect



TAYLOR BRAAT
Editor-In-Chief
@TaylorBBraat

This past Friday, there were devastating ISIL attacks on the city of Paris, and how did I find out about it? This little blue button on my phone, that leads me to the knowledge of all happenings and goings on in the world. Facebook brings a wider dimension of awareness, while also providing an opportunity to talk about issues and events with millions of our closest friends. However, since the attacks, I have realized that Western people evidently don't understand what is truly going on, because their participation in the issue has resulted in social media tactics like changing a profile picture or using a hashtag. *eye roll*.

At work

I was at work when the attacks took place and hadn't a moment to observe this activity. But, as the minutes went on, the expression of support grew through "#prayfor-paris" statuses, profile pictures of the Eiffel tower and an outcry of support for the City of Love. It was heartening to see such support in this time of tragedy but how much impact does a Facebook status have? People have lost their lives, friends and family. People have witnessed death, held dying children in their arms and we in Canada think that one Facebook status update or the France flag filtered over our profile pictures, will be a sign of "support." There is a disconnect between what is going on and what we consciously appreciate. We have a lack of understanding of the reality of the attack and our understanding of this political and social warfare fails to appreciate the horror of the situation. You know what support would be? Attending the memorial that was held for victims in Paris and a recent attack in Lebanon (which has received little reaction) on Monday at La Cite Francophone a French cultural centre off Whyte Avenue.

Gravity of event understood?

Yes, changing your profile picture is designed to be a sign of awareness and it opens a door to conversation but I hope that these individuals know what exactly took place that Friday afternoon and truly understand the gravity of this awful event. I get it that we face pressure in our society to fit in and to also seem well informed but you won't see me trying to prove that on my Facebook profile. In these times of worldwide strain, there is no amount of Facebook statuses that will ever be enough to change or help anyone that is going through this. Did you even read the entire story

or is it just an attempt to prove that you are aware and want to be involved in something?

What's even more unfortunate than the sheep-like behaviour on social media is the absolute ignorance shown about the plight of the Syrian refugees by the people we call our friends and colleagues. I happened to see a picture of the Canadian flag posted by one of my close friends with "FU** OFF, WE'RE FULL" written on it. Two things shocked me; the fact that someone took the time to make the picture and the fact that my friend actually thought it was appropriate or necessary to share on her wall. I get that in a very short time, there will be many people allowed into our country to try and live a normal life, but there will be screening done and these fear-mongering individuals are doing exactly what

ISIL wants them to do. There is a reason the word terror is in the word terrorist. ISIL wants people to fear them, which is why people need to stop saying things like "keep our country safe, don't let the refugees in" behind the confines of their Facebook profile pages. Another thing that upsets me about those who oppose accepting the Syrian refugees, is that their reaction is to "help our own first." This is racist, bigoted, and small-minded and should not be so widely accepted. Get off your computer and go educate yourself!

There is a fine line at work in social media and I am seeing it crossed every minute of every day. Let's get back to the ideas, light humour, memories and career advancement opportunities and leave the politics for the politicians.



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SPORTS

Teams and life's lessons



JOSH RYAN
Sports Editor
@JoshRyanSports

A discussion that pops up sporadically is the appropriate way to distribute play-time in sports. I'm referring to court-time, ice-time or whatever surface is in question for athletic competition at the youth level. As society shifts more and more from traditional ways of thinking, the interaction with grade school athletes and their coaches is drastically changing from previous norms.

Some change is good

Some of these are welcome improvements. I wholeheartedly agree with my colleague Connor's take on high school football coaches who scream and curse at their players, showing less restraint than they demand of their teenage athletes. However, the issue of court-time, ice-time, etc. is now engulfed by the warriors of all that is PC

and the effects are evident now at the post-secondary level.

Back in my day (I know this phrase conjures the image of an 86-year-old with a walking-stick, baggy pants and a groucher demeanor than Harrison Ford but I can only speak of my own experiences), I participated in youth sports during every season on the calendar. While I was never the star on any squad growing up, I managed to play a key role throughout most of my teens. There were several teams where I found myself viewing the action from the end of the bench, only able to render assistance by calling out words of encouragement for my teammates and shrill jeers to distract opponents.

Whether serving as a role player in Cochrane Minor Soccer or as the backup setter at Medicine Hat College, I loathed my place on the sidelines. I longed for the thrill of competition I found while in motion competing against an enemy hell-bent on my destruction. However, I was taught that no matter what your role is on a team, you have to perform it to the best of your ability. That's whether

you're competing hard against the starters every day in practice or being the world's best cheerleader on the sidelines. Finding ways to contribute is a must. That was one of the things I still remember fondly about Med Hat, how loud and proud we were from the bench every match.

However, those sights and sounds are rarer and rarer these days. Too many

Sitting on the bench is an important lesson for growing up. No matter what your role is, you perform it to the best of your ability.

friends of friends talk about the drama their team suffers from a parent complaining about how much game time Timmy/Jenny got compared to the other kids on the team. It's impossible to go to a basketball or volleyball tournament and see at least two or three teams

where multiple players pout with their arms crossed rather than cheer after a score from their teammates. This attitude, I believe, contributes to the tales about young people in the workplace who struggle upon the discovery that no one is going to hold their hand each day.

There's a balance, of course, between allowing all kids an opportunity and playing the kids that deserve the gameplay most. Prior to kids turning 14, if sports organizations are really serious about true

player development, they would create rules that all players automatically substitute into a game at specified times. This way, each player, regardless of size or skill, gets the same chance. Once athletes get older, however, then the level of execution should start to influence the lineup.

This doesn't mean other players are simply ignored, though. Sitting on the bench is an important lesson for growing up. No matter what your role is, you perform it to the best of your ability. That's what being a part of a team or group is all about and it applies to almost everything in life. Think Dominik Hasek in 2008 rather than Dominik Hasek in 1997. Rather than emulating James Harden during the Rockets-Clippers series this spring, try to ... never mind; forget emulating James Harden unless it's his athletic prowess.

Shapes who you become

When the inevitable hanging up of the skates/shoes/sneakers occurs, you can look back on the memories, good or bad. However, you also go forward with those experiences because they shape the person you become outside of sports. Let's make sure that the next generation understands the value of hard work and sacrifice, rather than whining when things don't go their way.

Fitness, even for gamers

By **JOEL LECKIE**

This fall, as the weather gets colder, it can be harder and harder to get outside and stay active. But with the advancements in motion control systems, you can bring your exercises indoors where it is nice and warm. So make room in front of your TV and try to dedicate at least 10 or 15 minutes a day to build up a good habit.

When the Wii came out with motion controllers, many thought it would revo-

lutionize gaming. It added an element of movement to regular couch games. Bowling and boxing were quickly followed by *Wii Fit*. Now, Sony and Microsoft have added full body sensorship.

If you are a fan of music, as most of us are, then you will probably love *Dance Dance Revolution* for Playstation. You can bring it home and get a full body workout with a bit of fun. A nice advantage is that it only takes the

length of a song, so you are not stuck in a huge long workout if you just want to get in a quick dance or two each day.

Another good one is *The Fight: Lights Out*. This boxing game not only utilizes the motion control system of PlayStation Move, but it also gives you a display of how many calories you've burned while you are playing. A release game for when PS3 first came out, it is getting a bit dated now but is still a great pick with a challenge to keep you going.

Microsoft introduced the Kinect a few years ago and there have been great advances to the camera sensitivity since. It can track your hands and feet simultaneously without the need of a controller or extra peripheral. So, a game such as *Dance Central* can really get you moving your whole body. It tracks your dance moves as you go, so dance well.

A couple of specific fitness games have come out for the Kinect, being *Your Shape: Fitness Evolved* and *The Biggest Loser: Ultimate Workout*. These

games will go through a variety of exercise routines and allow you to track your progress. *Your Shape* gives you options of martial arts, yoga, and tai chi to name a few. *Ultimate Workout* has charts and inputs to track your calorie intake, provide suggested recipes and even includes a video diary feature. Several workout accessories exist to add extra flavour.

The final game, available for all platforms, is *EA Sports Active 2*. It has a nine-week workout regimen and over 70 exercise activities, providing a near unlimited combination of workouts. There's competitive measures, online tracking and even heart rate monitoring.

This is but a small selection of the fitness games available. Many of them have improved and new games are coming out all the time. Especially with the holiday season approaching, it is good to get into a solid routine now, even if that routine still involves your TV and game system.



www.zavvi.com

Exercise games cover all types of workouts.

Keeping Score

Three-on-three, agree?

Welcome back to *Keeping Score*, the weekly column where we debate a chosen topic in the world of sports. This week, NAIT NewsWatch Anchor Katherine Hill enters the print octagon for the first time as we discuss the new rule change that has divided NHL analysts, players, coaches and fans – three-on-three overtime. This implementation is in place to reduce the number of shoot-outs that occur during the regular season. While many people would prefer four-on-four and for a longer period of time than five minutes, that suggestion was poo-pooed by the NHLPA, who argued that it presented a greater risk of injury for players over the course of a long NHL campaign. Reaction to three skaters a side thus far is mixed, some loving the frequent breakaway chances, others claiming it feels like a goofy practice drill more than real hockey. What do we think? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

Remember how much fun three-on-three was in practice as a kid? If yes, that means you were one of the better skaters and that's why it was fun. It was a chance to skate on open ice with little resistance. But actually watching three-on-three is kind of like watching an all-star game. There's skill involved, yes, but there's no intensity. It feels more like a gimmick, a strange mode on EA NHL 2015, than actual hockey.

The NHL had to do something about the frequency of shootouts deciding the final result of games but I don't like this solution. The players' union was scared of the increased ice time that posed a risk to the health of the athletes but why not consider other changes to work around this issue? Stretch the schedule by another week or so. That would result in less back-to-back games and an overall better product from the players. Best of all, this enables a longer period of four-on-four overtime, which is universally loved in the hockey community. I'm sure players would have little objections to more four-on-four if that meant more days off. There are certainly financial factors to consider, such as having to compete with the NFL for a longer period but you will have a better product with better rested players. And while it's

weird in a way to watch hockey further into the summer, that doesn't stop anyone from turning on the TV during the Stanley Cup Finals.

Three-on-three is also unpopular with a number of players. Defenceman Dustin Byfuglien and Erik Karlsson have been very open about how little they think of the format, which puts a huge strain on them. Four-on-four doesn't tire out players to quite the same extent and feels closer to the game. And while the fans are ultimately the ones who pay the players' salaries, when stars like Karlsson sound off with such negativity on an issue like this, the league office needs to at least consider what players are saying, as should we fans.

Perhaps I'm just being the grumpy old timer who doesn't want the game to change from the way things were but I don't like the way three-on-three OT has worked out thus far. It is nice to have fewer shootouts and we may come to just accept this as part of the game eventually but for now, I'm not buying.



KATHERINE HILL

Every hockey fan out there loves the thrill of overtime. It's high-stakes, high-octane hockey. If you have tickets to a game, it's free entertainment. You were expecting 60 minutes of action? Well, here's some extra hockey for you. It's fun, exciting and what every fan loves to watch.

Shootouts, on the other hand, are nothing more than a game of luck. Was someone smart enough to fake a goalie out of position? Was a player having a lucky night? Sure, there's some skill on display but it ultimately comes down to

which goalie was hot that night. Shootouts are great in the skills competition during all-star weekend, particularly if Corey Perry pulls a plastic mini-stick out of his hockey shorts to score a goal (seriously, if you haven't seen that, look it up). However, they're not so great at a regular season game when two valuable points are on the line.

I was as skeptical as the next fan when the NHL announced a new trial format of three-on-three overtime. I anticipated massive defensive gaffes and too much free ice. But, after seeing the new format in action at a preseason game in September, I was hooked.

The new format puts players' skills on display at game speed. I'm sure it helps that I'm a diehard Oilers fan and there's nothing better than watching Connor McDavid on a breakaway (sending healing thoughts to that collarbone, by the way). It highlights the incredible skaters we have in the NHL, who can pick up the puck and fly down the ice with no one anywhere near them.

The strategy behind the new format is also great to watch. The baseball fan in me probably means I tend to over think the game but you just never know what's going to happen out there. Will the coaches go for a conservative approach or will they go all out and use three forwards? Who knows what will happen. Can't you feel the excitement?

I would much rather watch my team lose in an exciting overtime play than watch them give up the game in a shootout. Overtime leaves it all on the line. The fans love it. Anything can happen and that's what all sports fans want to watch, an entertaining game. It's a bonus if their team wins and they can cheer at the end but, hey, no one can win them all.



The New Jersey Devils and Los Angeles Kings play three-on-three.

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.



NAIT Ook Kayla Michaels moves the ball upfield during a quarter-final game against Mount St. Vincent on Nov. 11. NAIT won 6-0 to advance.

Supplied photo

SOCCER NATIONALS

Women settle for silver again

By JOSH RYAN
Sports Editor
@JoshRyanSports

In 2014, the NAIT Oaks women's soccer team's lone defeat was a 4-0 loss to Collège François-Xavier-Garneau Elan in the CCAA Championship match. Despite getting on the scoreboard this time, the deficit remained the same a year later.

After another undefeated ACAC campaign, the Oaks fell to the Elans 5-1 in Peterborough, Ontario on Saturday. Getting silver for the second straight year gives the women's program its fifth national medal. FX Garneau has now won all four meetings in the gold medal game against NAIT and have eight national titles. Kayla Michaels, Kassy Jajczay and Kelsey Mitchell were named to the CCAA Tournament All-Star Team.

After surviving the first two rounds of the four-day championship event at Fleming College, in which NAIT won 6-0 in the Quarters and 2-1 in the Semis, the Oaks couldn't hold off the onslaught of Garneau's offence. 2015 Women's Player of the Year Evelyne Viens had two goals to put the defending champs up 3-0 going into the second half. Jajczay gave the Oaks some life at the 56 minute mark, but an additional two Garneau goals, including one from Marie-Mychèle Métivie (who scored a Texas Hat trick last year against NAIT), put victory out of reach for NAIT.

The journey to the championship tilt

began on Tuesday, Nov. 10, with the CCAA Women's Soccer Awards Banquet, where Michaels was named a CCAA All-Canadian for the second straight season. Kayla was the 2014 CCAA Player of the Year as well as the ACAC Player of the Year in both 2014 and 2015. The following morning saw a 6-0 NAIT victory over MSVU from Halifax. Michaels and Jajczay each scored twice, the latter named Player of the Game.

In the Semi-Final against PACWEST Champion Douglas College, Michaels struck first for the Oaks just short of 30 minutes into the game before the Royals responded just before the end of the half. 65 minutes in, a free kick from Mitchell led to a goal from Jajczay to put the squad up for good. Goal Keeper Kailey Harder was the POG, making several spectacular saves to preserve her team's lead and berth into the championship match two days later.

While the loss will sting for the ladies, it caps another incredible season for the women's team. Starting the season opener in September, the Oaks went 14-1, dominating the ACAC for the second straight season. Fifth year players Sabrina Jhamandas, Mitchell, Michaels, Jenna Kleebaum are all gone next year, along with fourth year Wendy Abramenko, but the Oaks return with plenty of talent and heart once again. If the Oaks can make that return to the National Championship, it will take them to Montreal, QC, Nov. 9-12 next year, hosted by the Collège Ahuntsic Indiens.

Player profile



Player: Nalani Stang

Sport: Volleyball

Position: Outside hitter

Program: Magnetic Resonance

By MASON ULVESTAD

What made you start playing volleyball? My sister played volleyball. She's four years older than me and I always looked up to her. We'd always play in the back yard, plus, my dad was also on the U of A Bears.

What is something people don't know about you? That's a hard one. I'm a country girl, I've grown up in the country my whole life, so that's about it.

What three things can you not live without? Volleyball, chocolate and my sister.

What is your all-time favourite movie? *Avatar*, easy.

What type of music do you enjoy? Probably alternative.

What do you do in your spare time? Between school and volleyball, I don't really have much but it's nice to watch Netflix in my bed when I have some time off.

What's your dream destination? Well, it's not really a dream because I do it every summer but we have a place in Maui,

so just going there and kicking back after a long year at school is my destination.

Who's your childhood idol? Honestly, my sister. I've looked up to her my whole life, like, she's a good role model and I look up to her.

Other than volleyball, what sports do you like to play? I used to be big into horseback riding and soccer.

What's your pre-game ritual? I usually come to school with a couple of friends, have my steeped tea, put my music in, look through pictures that make me happy and just sit in the team room and hang out with everyone.

Who inspires you the most? Again, my sister.

What is the best advice you've been given? Don't live to work, work to live. Work hard and treat yourself a lot. Don't live the same day over.

What would you like to say to your team? You are always a great support system and I'm really lucky to have you guys.



Photo by Jesse Kushneryk



Photo by Jesse Kushneryk

Ooks women's forward Torey Hill, above left, looks to take a shot against the Lakeland Rustlers on Nov. 13 at the NAIT gym, while for the men, guard Connor Dolson moves the ball up court in their game against Lakeland. The men won 92-72. The women lost their game 72-51.

Rustlers too much for NAIT

By MASON ULVESTAD

Both Ooks basketball teams were looking to improve in the standings this week as they played against the Lakeland Rustlers. The men's team picked up a win at home, but dropped the road game. Meanwhile, the women struggled, losing 72-51 and 56-40 against the division-leading Rustlers. The women's first losses of the season drop them to 6-2 and second place in the North, the same record and placement that the men hold.

Came out strong

On Friday, both women's teams came out strong in the first half with tight defences and making smart shots, leaving the score tied 28-28 at the half. The Rustlers came out in the second half showing their ability to exploit some of the holes in the NAIT defence. The Ooks, however, were unable to find the right shots and match Lakeland's offence.

"That's the level we've got to play to and it's good to get a sense of where the top level of our league is," said head coach Todd Warnick. "We've got a lot of work to get there."

For the men, one aspect of the first game stood above all the rest – the number of fouls taken by both teams. By the end, there was a total of 51 personal fouls, with both sides having a bonus almost every quarter. The first half showcased the Ooks' strong offence and ability to score quickly. At the half, the score was 47-32 with no sign of the Ooks slowing down. Coming into the third, NAIT was just as explosive as in the first half, showing off their offensive power and tight defence. NAIT player

of the game Salim Aden dropped almost all the shots he took, racking up 16 points.

The women headed into Lloydminster on Saturday looking for a shot at redemption against the Rustlers but the first quarter started out grimly for the Ooks, as they were outscored 17-0, thanks to the tight Lakeland defence. NAIT fought back with strong scoring in the second quarter but came out in the second half facing the same problems as in the first. With Lakeland taking a lot of the chances inside the paint away from the Ooks, they were left with nothing but outside shots that didn't fall. Shooting seemed to be the major problem this weekend and it is something Warnick says the squad looks to improve upon.

As the men rolled into Lloydminster on Saturday, fouls continued to plague the team. The Ooks allowed the Rustlers to take 31 free throws throughout the course of the game. That, alongside going 1 for 22 in three-point shots, gave the Ooks a major headache. Both teams stayed even throughout three quarters of play, with NAIT maintaining a slight lead. In the fourth quarter, the Rustlers found their energy to squeak out the upset. Head Coach Mike Connolly was blunt in his analysis after the game.

'A little slap'

"We needed a little slap in the face to help keep us on track and continuously improve," he said.

Both teams' records show that each has tremendous potential to improve. This week, the squads look to improve their record against the King's University Eagles. The Eagles' men sit a game back of NAIT, while the women's team is winless

through eight games. All four games are in the NAIT gymnasium, with the women kick-starting the action tonight (Thursday)

at 6 p.m. and the men following at eight. The same start times apply for Saturday evening.

Athletes of the week

November 9-15

Kailey Harder Soccer



The NAIT women's soccer team captured the CCAA silver medal this past weekend at the national championships hosted by Fleming College in Peterborough, Ontario. Ooks keeper Kailey Harder was outstanding in the tournament, shutting out MSVU 6-0 in the quarter-final, defeating Douglas College 2-1 in semifinal and keeping her team in the final with several breathtaking saves in the gold medal game against a powerful team from FX Garneau. "Kailey has had a huge impact on our team and program this year," said head coach Carole Holt. "She was outstanding at last week's CCAA national championships. Kailey is a first-year Open Studies student from Edmonton.

Trace Elson Hockey



The NAIT Ooks men's hockey team continued its dominance of the ACAC, picking up two more victories this past weekend over the Concordia Thunder. Trace scored a goal in the Ooks well-balanced attack in Friday's 9-2 road win then exploded for two goals and two assists in Saturday's 9-4 win over the Thunder at NAIT Arena. "Trace works hard consistently in practice and shows great enthusiasm in practice which is contagious to his teammates," said head coach Mike Gabinet. "It's nice to see him and his two linemates, Tanner Dunkle and Kevin Carthy, get rewarded on the scoresheet." Trace is a first-year Academic Upgrading student from St. Albert.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	14	14	13	0	0	0	86	26	28
Red Deer	14	9	9	4	0	1	50	31	19
Augustana	14	7	6	3	2	2	54	34	18
Portage	14	7	6	4	0	3	40	47	17
SAIT	14	6	6	6	0	2	40	45	14
Keyano	14	6	5	6	1	1	39	43	14
Concordia	14	4	3	7	3	0	40	66	11
MacEwan	16	4	3	10	1	1	54	55	10
Briercrest	14	2	1	12	0	0	30	86	4

RESULTS

November 13

NAIT 9, Concordia 2

Red Deer 5, Portage 3

SAIT 5, MacEwan 2

Keyano 4, Augustana 1

November 14

NAIT 9, Concordia 4

Keyano 3, Augustana 2 (OT)

Portage 4, Red Deer 3

SAIT 3, MacEwan 0

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
MacEwan	10	7	6	3	0	33	17	14
Red Deer	8	6	6	1	1	20	10	13
SAIT	10	4	4	6	0	18	20	8
Olds	10	4	3	6	0	14	32	8
NAIT	10	3	3	6	1	18	24	7

RESULTS

November 12

MacEwan 5, Olds 1

November 13

NAIT 2, SAIT 1

MacEwan 4, Olds 1

November 14

SAIT 2, NAIT 0

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
Keyano	8	7	1	14	727	567
NAIT	8	6	2	12	633	555
King's	8	5	3	10	655	651
Lakeland	10	5	5	10	777	796
Concordia	8	4	4	8	623	620
Grande Prairie	8	2	6	4	639	671
Augustana	10	1	9	2	681	875

South Division

Red Deer	5	5	0	10	542	402
Lethbridge	6	4	2	8	554	513
Olds	5	3	2	6	481	473
Medicine Hat	5	3	2	6	371	371
St. Mary's	7	3	4	6	601	632

Ambrose	5	2	3	4	420	461
Briercrest	5	1	4	2	396	456
SAIT	6	1	5	2	479	542

RESULTS

November 13

NAIT 92, Lakeland 72

Ambrose 97, Olds 87

King's 89, Concordia 75

Red Deer 98, Lethbridge 77

SAIT 90, Briercrest 83

Keyano 99, Augustana 76

November 14

NAIT 59, Lakeland 63

Keyano 107, Augustana 70

St. Mary's 87, Briercrest 70

Medicine Hat 71, SAIT 60

Olds 87, Lethbridge 85

Red Deer 115, Ambrose 70

King's 77, Concordia 73

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA
Lakeland	10	10	0	20	709	451
NAIT	8	6	2	12	564	458
Augustana	10	6	4	12	632	671
Grande Prairie	8	5	3	10	486	450
Concordia	8	2	6	4	473	487
Keyano	8	1	7	2	437	549
King's	8	0	8	0	367	602

South Division

Lethbridge	6	6	0	12	559	334
St. Mary's	7	6	1	12	541	456
Medicine Hat	5	3	2	6	371	309
Olds	5	2	3	4	346	358
Red Deer	5	2	3	4	366	311
SAIT	6	2	4	4	355	409
Ambrose	5	1	4	2	261	461
Briercrest	5	0	5	0	270	430

RESULTS

November 14

Augustana 66, Keyano 54

St. Mary's 103, Briercrest 51

Lakeland 56, NAIT 40

Medicine Hat 68, SAIT 57

Lethbridge 95, Olds 61

Red Deer 83, Ambrose 39

Concordia 65, King's 55

November 13

Lakeland 72, NAIT 51

Olds 93, Ambrose 53

Concordia 74, King's 47

Lethbridge 78, Red Deer 44

SAIT 72, Briercrest 64

Augustana 87, Keyano 80

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
King's	10	8	2	28	9	16
Keyano	8	6	2	19	9	12
Augustana	8	5	3	19	11	10
NAIT	8	5	3	15	14	10
Lakeland	10	4	6	14	24	8
Grande Prairie	8	2	6	11	19	4
Concordia	8	0	8	4	24	0

South Division

Red Deer	8	8	0	24	4	16
Medicine Hat	10	6	4	21	19	12
Ambrose	8	5	3	20	15	10
Lethbridge	8	4	4	19	15	8
SAIT	8	4	4	18	16	8
Briercrest	10	3	7	16	26	6
Olds	8	0	8	1	24	0

RESULTS

November 13

Briercrest 3, Lethbridge 1

(20-25, 25-23, 25-17, 25-16)

Augustana 3, Keyano 0

(25-23, 25-22, 25-20)

NAIT 3, LAKE 1

(20-25, 25-17, 25-17, 25-20)

SAIT 3, Medicine Hat 0

(25-16, 30-28, 25-22)

Red Deer 3, Olds 0

(25-14, 25-9, 25-13)

King's 3, Concordia 0

(25-19, 25-23, 25-19)

November 14

NAIT 3, Lakeland

(25-12, 25-21, 25-20)

King's 3, Concordia 0

(25-14, 25-22, 25-20)

Medicine Hat 3, SAIT 2

(25-22, 20-25, 25-19, 25-27, 15-9)

Briercrest 3, Lethbridge 2

(22-25, 19-25, 25-23, 25-14, 15-13)

Keyano 3, Augustana 2

(21-25, 28-26, 25-17, 20-25, 15-6)

Red Deer 3, Olds 0

(25-14, 25-19, 25-17)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
King's	10	10	0	30	7	20
Keyano	8	6	2	19	10	12
Lakeland	10	5	5	20	17	10
Grande Prairie	8	4	4	16	14	8
NAIT	8	3	5	13	18	6
Augustana	8	2	6	10	21	4
Concordia	8	0	8	3	24	0

South Division

Briercrest	10	8	2	26	12	16
SAIT	8	6	2	20	11	12
Olds	8	6	2	19	12	12
Medicine Hat	10	4	6	18	20	8
Red Deer	8	3	5	15	18	6
Lethbridge	8	3	5	12	19	6
Ambrose	8	0	8	6	24	0

RESULTS

November 13

NAIT 3, Lakeland 1

(23-25, 25-20, 25-10, 25-12)

Briercrest 3, Lethbridge 1

(25-16, 23-25, 25-16, 25-13)

Keyano 3, Augustana 0

(25-18, 25-19, 25-21)

Medicine Hat 0, SAIT 3

(25-23, 25-21, 25-15)

Olds 3, Red Deer 2

(20-25, 15-25, 25-14, 25-22, 15-11)

King's 3, Concordia 0

(25-15, 25-20, 25-16)

November 14

Lakeland 3, NAIT 1

(25-22, 20-25, 25-16, 30-28)

King's 3, Concordia 0

(25-18, 25-14, 25-20)

Medicine Hat 3, SAIT 1

(29-27, 28-26, 24-26, 26-24)

Briercrest 3, Lethbridge 1

(25-18, 25-17, 23-25, 25-14)

Keyano 3, Augustana 2

(25-15, 25-16, 23-25, 15-25, 15-8)

Red Deer 3, Olds 1

(25-27, 25-23, 25-15, 25-19)



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5-10 sessions – \$30+GST each

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Private assessment

One-on-one

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Semi-private

Assessment

For two

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...

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assessments and 3 one-on-one

sessions

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sessions for two with similar goals

\$200+GST each

...

For more information about Personal Fitness Training services, students can contact the Personal Fitness Training co-ordinator at amoolyk@nait.ca or 780.471.7729 or visit nait.ca/recreation.

ROUNDUP

V-ballers take three of four

By JOSH RYAN

Sports Editor

@JoshRyanSports

NAIT volleyball came just short of the Rustler sweep over the weekend. The

Ooks took three out of four contests against Lakeland, the ladies with the loss on Saturday in four sets (including a 28-30 final set) after winning by the same set score the previous evening on the road. NAIT's

vball men lost just the first set of the weekend, winning the next six sets in convincing fashion. Friday POG's were Joslyn Peters and Jordan Teliske, while Saturday POG's were Megan Smith and Cole Burkart. The women are now 3-5, one win back of fourth place, while the men improve to 5-3 and move up into fourth themselves.

Next match-up for the v-ballers is the Keyano Huskies. Both Fort Mac teams sit second in the North with 6-2 records, making this an essential home stand. The women's matches begin at 6 p.m. on Friday and 1 p.m. on Saturday, with the men following 30 minutes after the conclusion of the women's matches.

Women's hockey splits with SAIT

The Ooks women's hockey squad continued to struggle offensively in a weekend split with the SAIT Trojans. Friday night at NAIT, the Ooks defeated the Trojans off a 29 saves performance from goaltender Tehnille Guard. Veronika Kuzelova and Megan Goebel potted the NAIT goals.

The following evening, goals were nowhere in sight for the blue-and-gold, being unable to score on 22 shots before allowing an empty net goal in a 2-0 loss. Shelby Audet was in-between the pipes for the loss, making 31 saves.

The women sit last in the league with a 3-6-1 record, but are only a point out of

third place. NAIT has a bye week to rest and train before a clash with the Olds College Broncos Nov. 26 in Olds and Nov. 28 here at NAIT.

Men's hockey steamrolls

Concordia

Coach Mike Gabinet's squad continues to torch the ACAC, evidenced by their home-and-home series with the Concordia Thunder. Friday night at Clareview Arena, the Ooks scored four goals in the opening 12 minutes, leading to a 9-2 victory. Back at NAIT the following evening, the home team was held to a 3-3 tie going into the third before exploding for six more goals in a 9-4 win.

Scott Fellnermayr, Charles Wells, John Dunbar, Jordan Wood, Trace Elson and Dante Borelli all had multi-goal weekends. Kyle Birch and Kenny Cameron each made 26 saves in their respective victories. The Ooks roster dominates league statistics, with Dunbar, Elson, Fellnermayr, Kevin Carthy and Tyler French one, two, three, four and five in scoring (Dunbar's league-leading point total is at 24). Cameron and Birch sit first and third in wins.

Next for the men's hockey squad is a road trip in Caronport, Saskatchewan, to take on the Briercrest Clippers. You can watch the live feeds online through Sports-Canada.TV.



Photo by Jesse Kushneryk

NAIT Ooks forward Montana Kitt breaks away from two SAIT players at the NAIT arena on Nov. 13. The Ooks won the game 2-1.

NOVEMBER EVENT LIST

- 5 | RED LIGHT GREEN LIGHT @ NEST
- 6 | HOW TO: SELF DEFENSE
- 7 | NAITSA KIDS PARTY
- 12 | HOW TO: DECORATE CUPCAKES
- 12 | RODEO KARAOKE @ NEST
- 13 | HOW TO: SALSA DANCE
- 16 | SLOPPY JOES @ PATRICIA CAMPUS
- 16 | FITNESS CHALLENGE DAY 1
- 17 | EVENING STUDENT APPRECIATION
- 17 | SLOPPY JOES @ SOUTH CAMPUS
- 18 | WELLNESS WEDNESDAY
- 18 | FITNESS CHALLENGE DAY 2
- 19 | BLOOD DONOR CLINIC

- 19 | GAME NIGHT @ NEST
- 20 | FITNESS CHALLENGE DAY 3
- 23 | FITNESS CHALLENGE DAY 4
- 24 | HOW TO: CARE FOR YOUR FACIAL HAIR
- 25 | FITNESS CHALLENGE DAY 5
- 26 | EXTREME SPORTS @ NEST
- 27 | FITNESS CHALLENGE DAY 6
- 30 | BASIC NEEDS FAIR

NAITSA CLOSURES

- 11 | REMEMBRANCE DAY

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



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ENTERTAINMENT

Simple rules for road trips



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

Last week I wrote about all of the fantastic things to do in our fair city once the weather turns white. Among them: skiing and boarding at one of Edmonton's fine local Nordic resorts. But alas, those slopes have not yet been blessed by Chione, the Greek goddess of snow and ice. They sit bare and, though many folks have no problem with the lack of precip, just as many are craving the divine experience of sifting through a fresh pile of sugary snow powder. Good news, though – the lifties are already in action at Marmot, Lake Louise and Sunshine and more snow is in the fore-

cast, so saddle up, you weekend warriors. Wax your sticks, sharpen their edges and dig out the neon parka, if you're into that kind of thing but, remember, a mountain road trip is only as good as the drive.

A noteworthy highway commute is both an art and a science. With precision, planning and consideration, it can be a Picasso or a particle collider of memorable moments that shatter hours into minutes.

Paramount on your road trip must-have list – the music. Whether it be accessed by Bluetooth connection, auxiliary cord, compact disk or cassette (has tape had its hipster renaissance yet?) Proper "tunage" is key to a road trip's success. Your music should set and reflect the mood of your cabin interior. It might be Alexi Murdoch's relaxing "Orange Sky" as you break city limits under an inky sunrise, the Chili Peppers' "Road Trippin'" once you really hit highway cruising speed or Guru's "Moment of Truth" as you rally over the journey's final few kilometres. At least once an hour, whoever is curating the music should play a song he or she is positive that everyone will know, so that spontaneous singalongs

will ensue and, at least once a trip, that song must be seatbelt-dance worthy. Oh, and while we're on the note of controlling the music, dear driver, don't be selfish. It's easy to get caught up in your own musical ambitions but remember that everyone is yearning for their playlist to be used.

With the music discussed, let's move on to the food. Despite their lack of actual physical movement, it is important that road trippers stay fuelled, with a few ground rules. First, every journey must start with an obligatory Tim Horton's trip. If your java practices are usually more high brow, disregard them. Second, the eats must be unhealthy. Chips, chocolate, chili-cheese fries, I don't care. Leave your veggie filled Tupperware at home, because vehicles are uncomfortable and comfort food isn't. Lastly, share the love, people. Everyone should consciously load up on something different for the road, with the



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

goal of distributing it amongst the crew. Do this correctly, and that vehicle should resemble Costco on a Sunday.

Most important of all, however, even with bellies full and ears enchanted, are the people surrounding you in that tiny metal box. You might be spending the majority of your day just inches away from these people, so you'd better like them. I've taken roadies with strangers and it can be a great bonding experience. Who you really want, though, is someone you can get weird with because that is ultimately the best way to pass the time.

Shotgun rules, of course, should be established as part of your pre-trip.



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

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



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By GERVAISE BRANCH-ALLEN

I'm not the biggest fan of music, thanks to today's current take on mainstream. I rarely hear a song on the radio that I kind of like, let alone enjoy. So much of today's music seems autotuned, overly inappropriate or simply mediocre. Since I'm not really into music, I have no idea if other genres like country and rock are as disappointing as today's pop music. I still find myself going back a few decades to hear music I really like from the past.

I'm not just talking about music from my childhood but also from before my time. Here are a multitude of songs from the '90s that might just sound familiar alongside a handful of older tunes that still bring joy to my ears.

- Cheryl Lynn – Got To Be Real
- Mark Morrison – Return of the Mack
- Earth, Wind and Fire – September
- soulDecision – Faded
- Next – Too Close
- Will Smith – Gettin' Jiggy Wit It
- Kylie Minogue – Can't Get You Out of My Head
- Haddaway – What is Love
- George Michael – Fastlove
- Oliver Cheatham – Get Down Saturday Night

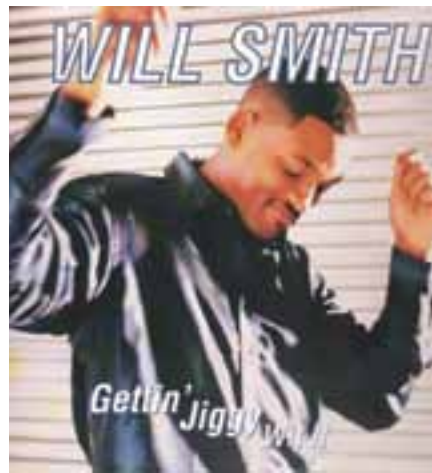
- Cheryl Lynn – Got To Be Real
- Mark Morrison – Return of the Mack
- Earth, Wind and Fire – September



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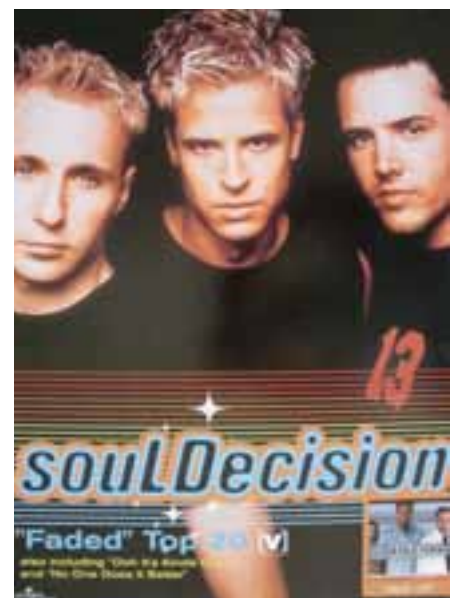
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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Nov. 19-25

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

Scorpio (Oct. 23-Nov. 21)

Gifts are coming your way. Many of them are frivolous, not worth anything to you. But remember the source of these gifts. They are still gifts where they could have been nothing.

Sagittarius (Nov. 22-Dec. 21)

You strive for perfection, it's your purpose. But this week, try being

happy. Take a moment for yourself, slow down the race, and look at the big picture. Perfection is a never ending desire, but happiness can cure any ill.

Capricorn (Dec. 22-Jan. 19)

Your ideals may get you into trouble this week. You have strong standards that you will not fall back on. Those around you know this, but they may not agree. The question is which is stronger, your friendships or your ideals.

Aquarius (Jan. 20-Feb. 18)

They say experience is the greatest teacher. But the truly wise will learn from another's mistake. You may observe something foolish, and that lesson can be both for them and for you.

Pisces (Feb. 19-March 20)

Competition can make the best of friends into the worst of enemies. This week, when you are fighting with someone, take a look at who they are, not just the prize you are fighting for. They do not need to be your enemy just

because they are on the opposite side of the field.

Aries (March 21-April 19)

This week you have the chance to meet someone new who could be a big part of your life. Beware of your stubborn nature, and work hard to get along. When you are around friends, the good times won't stop.

Taurus (April 20-May 20)

You have some lofty goals. They are all within reach, but this means buckling down and working towards them. When the choice comes to you, you must be prepared to make the hard decision for the greater good.

Gemini (May 21-June 21)

There is an offer coming your way this week. It will look appealing, but beware, not everything is as it seems. Analyze this opportunity carefully because the wrong move could set you back.

Cancer (June 22-July 22)

Take pride in the friends and

family that you have now. Treasure them and cherish them. This week may be a great opportunity to reach out and speak kind words. Reconcile any differences you have that are keeping you apart.

Leo (July 23-Aug. 22)

You have a strong heart. It is crying out to you with great desires. Now is the time to respond. Take some time to quiet yourself and listen to the voice inside. It will lead you to great things.

Virgo (Aug. 23-Sept. 22)

Love this week will be a roller-coaster ride of highs and lows. There will be good times and hard times. But the solid road is on the other side. You just need to make it through.

Libra (Sept. 23-Oct. 22)

Many say that life is short. Yours will see great things, but towards the end. So take some time to refocus and find a way to extend yourself. Then, once the greatness occurs you will be in better shape to enjoy it.

MOVIE REVIEW

Bond fully formed in Spectre

By JOEL SEMCHUK

Have you been sitting in your living room sulking since Brosnan got the boot for that blond guy with no gadgets? Or have you read all the Ian Fleming novels and you enjoy the Bond reboots for how they followed these books?

Either way, *Spectre* is for you.

Calm, smooth, relaxed

With this latest instalment in the Bond series, one of the more dramatic movie reboots comes to an end. In *Casino Royale*, open-minded old-school Bond fans and new fans alike watched James receive his 00-status, then proceed to accidentally kill off his witnesses before they could talk, leave his contacts and sources for dead and generally blow everything up. My favourite of all this was when he shot up an embassy.

Well, in *Spectre*, James has learned everything he needs to learn and he's a calm, smooth, relaxed, professional and well-dressed superspy who always lands on his feet. The opening scene plays tribute to this; you'll know it when you see it. And yes, even the gadgets are creeping back in; the fact that he's more of an old-school Bond permits this. Don't worry: He's also still the determined, ex-soldier thug he started out as.

Evil organization

Spectre is the evil organization Bond is trying to take down. The story behind it links bad guys from all the reboot movies, with Christoph Waltz at the helm.



www.linkbcit.ca

Unfortunately, Waltz doesn't have much screen time and doesn't bring much to the role. He's more of a stereotype Bond bad guy with his Bond torture scene that brings back a little bit of the comic realism these torture scenes were known for. Waltz is such a cliché that it's hard to take him seriously and, in comparison to the previous antagonists, Waltz just isn't very impressive at all.

Q (Ben Wishaw) and Moneypenny (Naomie Harris) both have much more of a role than they've historically been granted:

Moneypenny is more or less Bond's partner again and Q gets out in the field. Drastic changes, but progressive and enjoyable as these two characters bring more intrigue to the cloak-and-dagger spy stuff. It's a nice touch that whenever we see Q in his workshop there are guns everywhere.

Speaking of which, if you thought Vesper and Camille kicked ass... Madeleine Swann (Lea Seydoux) is smart, pragmatic and beautiful, with scenes that will leave gun-fetish types breathless. She's a doctor, but she's able to meet Bond on his own terms with the life he leads and her interactions with him are

some of the best parts of the movie.

Of course, there are plane chases, helicopter crashes, gunfights and dinner scenes ... there are many references to the older movies, with several to Bond's original car. The film's written so well that knowing the previous movies makes it a more enjoyable experience as you get to watch a four-movie-long character development story end. However, not knowing Bond's reboot past won't retract from the experience; you'll be too busy enjoying the car chases and shoot-outs... but let's hope it piques your interest enough to find out what you missed.

Dreams

Listen up, children! Mark me, gather 'round.

Help yourselves to a juice box, have a seat on the ground.

I'm going to teach how to end up living right:

The advice from a person who's been there, in life.

Namely:

DON'T CHASE YOUR DREAMS, KIDS!

No matter what people say!

Get a good job, with a great, steady pay.

The best way of doing this is to learn a good trade.

Work it for a few years, and you'll be OK.

And I know, little children, when you're in school all day,

There's those posters and things all over the place.

They say 'Chase Your Dreams' and dumb things like that,

Remember: all of that dream stuff is a big load of crap.

Working for money is all you should do; Motivational posters are LYING TO YOU!

So whether you act, draw, dance or write,

Forget it! Dreams are just something in your head in the night.

They won't come true, children, no matter how hard you try.

You live, you work, you make money, you die.

Got it? OK then, think of it like this:

Would you rather be able to get food for your kids?

Would you like to be sleeping on your friend's basement floor?

Or at your lake lot, with your quad and outboard?

Yes! OK, thought so. Hey – you want clothes?

Got a few places in the world where you'd like to go?

Well, that stuff's not free, as you all will soon know.

Well, that's it. I hope you've learned.

That no one cares 'bout your creativity, just what you've earned.

See you all 'round the oilpatch, and when you're all teens

You'll have completely forgotten about those stupid life dreams.

– Joel Semchuk

BE A PROBLEM SOLVER

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

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

Hope to see you there!



DIY

Get that room under control

By GERVAISE BRANCH-ALLEN

Many post-secondary students struggle to organize themselves with work and school on their mind as well as family and friends. Especially with the holidays on the way (December is the beginning of the holidays, not November), it can be hard to keep focused on your work and everything you need to accomplish. Getting organized is an easy way to keep track of your agenda.

Organizing your room can really help calm your nerves. Your room represents you, so if it's a mess, you might want to clean it up as part of your efforts to become more organized. If you have a dresser or chest-drawer, organize any items on the top or clean it off completely. Next, focus on organizing the clothes inside your drawers. Each section should have folded clothes such as underwear/socks, shirts, and pants.

Fixing the sheets on your bed is pretty simple. Just remove your duvet cover or quilt so you can take your bed sheets off, and place them back on your bed nicely. Smooth out the sheets and tuck in the corners. Then put your duvet cover back on. Make sure to smooth it out as well or shake it in the air so it's not lumpy or uneven.

The biggest challenge is usually the closet. This might seem like a crazy idea, but you'll need to take out all your clothes (at once or gradually) so you can open up

your closet. Decide if your clothes should be moved to your dresser, rearranged in your closet, stored elsewhere or thrown out/donated (if they're ripped or stained; worn down or too small). Once you've decided what to keep, store, or throw out, organize your clothes in a simple yet neat manner. For example, you can hang your formal or seasonal shirts on hangers, then place your daily shirts on a rack for easy access. Make sure to use as much space as possible. If your shoes don't fit on a rack, look for room at the bottom of your closet to store them.

If you have a desk, make sure to organize papers and supplies. Wipe down your study area to remove any dust. I do recognize not everyone has an ideal room or a proper room at all. I know because I'm one of those people. Hopefully, you can organize your sleeping or study quarters (if you have one) to better suit yourself.

The next step to organize yourself is to organize your life. Write down important information if relying on memory isn't enough. This includes test or project due dates and dates when you plan to meet up with someone or you have a work shift. Make sure to clean up areas you regularly use such as your kitchen, room or study area. Ensure that you clean up any clutter.

Other essential activities include saving important assignments and documents

in more than one location. If you have information on a USB, save it on another USB, a hard drive or cloud storage, for example. Create a routine for how often you are going to clean your living space (ex. what areas do you plan to clean). Tackle each activity you need to complete one step at a time. Overwhelming yourself can make your list of to-do items more stressful than they actually are.

Recognize what or who makes you happy, so you can resort to that person or activity in times of stress, worry, or self-doubt. Last, make sure to take a break once in a while for yourself. We aren't machines.

We need some time to enjoy ourselves. If you plan to watch a show or go out with friends, make sure to adjust your schedule so you can have some fun, but also keep track of mandatory activities like work or studying for an exam. If you have a smartphone, you can easily use an organizer app to keep track of your daily activities.

These tips are really straightforward, but if you want to know more ways to organize yourself, start researching about how you can keep track of your life so stressful times like holiday shopping or exams aren't as difficult to deal with.



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

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CANADIAN

RESTAURANT REVIEW

Vegans are welcome

By DANIELLE S. FUECHTMANN
@ellie_sara

A lot of people walk right past Café Mosaics if they're hurrying down Whyte Avenue. The owners did a massive renovation over a year ago, elevating their space from a hole in the wall to a bright and cheerful vegetarian haven. Café Mosaics is one of my favourite restaurants in the city. It's one of the few places I can take anyone I know and be sure that there's something on the menu that they'll enjoy and meets any dietary restrictions they may have. Mosaics recently created a new menu and I was curious to see what they would change, so I brought my (non-vegan) friend with me for dinner.

At first glance, the menu seems to be a little bit smaller than the old one. It appears they've removed some of the items that were redundant or really similar to others on the menu. There's still a lot of variety. They offer everything from all-day breakfast to burgers and even Asian fusion dishes and pho! A nice formatting change to the menu was adding clear notes below each dish outlining the options available to make the dish gluten-free and vegetarian versus vegan. It's great to see a restaurant that is conscious that many of their customers would want those options and the transparency about what is in each dish!

I was disappointed to see that my favourite, the breakfast burrito, had been removed in favour of Huevos Rancheros; however, since Jim and I were both feeling a breakfast-for-dinner vibe, I decided to give the Huevos a chance and Jim ordered their Pancake Experiment. The Huevos was good but definitely didn't live up to my love of their breakfast burrito. I did order it with the gluten-free option so it was served on hash browns rather than in a tortilla. I might have liked it better in the wrap. Jim's fancy chia seed pancakes were served with Mosaics' vegan cream, maple syrup, fruits, sausage and natural peanut butter. I'm not usually one to covet my dining partner's dish but they looked amazing and he happily finished the generous portions!

Jim and I got lucky with our 5:30 dinner plans – we beat the rush. We forgot to account for it being a Friday! For most of the time we were there, they were turning down diners and quoting 30-minute wait times. They proudly play their music loudly and when it's busy, the restaurant can get a bit loud. I think they could support a larger space if they wanted to, it's popular spot. While I'm disappointed with the departure of my beloved breakfast burrito and was less satisfied with the Huevos Rancheros, Café Mosaics remains one of my favourite local restaurants and I will be continuing to bring friends there.



Café Mosaics offers vegan options on a vegetarian menu.

www.zomato.com

FASHIONISTA OF THE WEEKSTA



Photo by Tom Armstrong

Jade Wong Digital Cinema, DMIT

Tell me a little bit about your personal style; what do you like to wear? Comfy clothes, everything oversized. I would rather dress up in leggings, shirts, oversized flannels and sneakers.

What do you think about when you get dressed in the morning? The weather! That's the one thing I think about, is it going to be freezing, is it going to be really hot out.

What are some of your favourite places to shop? Online and I love to thrift! You can't really buy something cool at H&M or Zara - it's trendy, it's not your style, it's someone else's.

JUST THE TIP

Sexiest album of all time

By JOEL SEMCHUK

The wonderful world of sex talk basically amounts to a knotty comparison of stories that don't necessarily have to one-up each other, just be somewhat real. Very rarely does something emerge as an absolute, however, and Portishead's album *Dummy* (1994) will hands-down every time no-contest win for best sex CD. All any other album can hope for is a comparison as to where it stands compared to *Dummy*.

No one can really pin this album to any particular genre. Its story is two musicians finding a voice together and, in these attempts, making something unique. Neither the band nor anyone else has come close to recording anything similar. It can be thought of as wonderful beginner's luck and an even luckier coincidence that it's the perfect sex CD.

From the initial notes of "Mysterons," the first track, a dark and brooding shadow will fall across the room but even in the depths of these murky tones there's no fear. It's exciting and stimulating from it being a little scary. Record scratches fade different versions of this trance-like ribbon in and out of each other and sometimes Beth Gibbons brings in her soft, calm voice for a rare counterpoint to the foreboding minor-key rhythms. There are 11 such tracks, each one more mysterious,

haunting and erotic than the last.

Like sex, the music is a little naughty, a little daring ... but mostly slow and relaxed. Regardless of your attitudes towards sex, any song on this album will make you think about sex first ... even if you've never had sex with it in the background. Hearing any song will make you want to do that, however, so if you and yours are into soundtracks, *Dummy* will become a permanent part of your repertoire.

That being said, this album doesn't have to be part of the actual sex act. It's versatile enough to help with the romantic atmosphere – the candles and wine and dessert and so on. If you're looking to set a mood for a first-time (or among the first-times) event, then *Dummy* is a shoo-in.

Dummy went on to critical acclaim in Europe and North America. Its history includes a litany of awards for first album release and just great music. It sold nearly 200,000 copies in the United States before the band even toured there. *Rolling Stone* lists the album in its 500 greatest albums of all time.

This recognition is good, because it looks like the album stands to be a one-hit wonder. Sadly, the creators behind this sonorous sensuality were never again able to make it click in the perfectly wonderful way that *Dummy*

came together and only two other albums from Portishead exist. So think of it like this: Regardless of what you have planned for the night, playing this album will instantly slide the mood in the right direction while also

allowing you a chance to show off a bit of esoteric sexual-musical knowledge.

That's two things in your favour and you'll both still be on your first glass of wine.


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THROWBACK THURSDAY

When bike shocks were new

By JOEL SEMCHUK

Shocks on a bicycle are like chain-saws, sunglasses or cigarettes: they just look cool in that rugged and ready for anything sort of way. Shocks make riding fun by removing a great deal of stress from your hands; getting rear suspension

will actually lift the frame away from the tire at times, essentially making you lighter. A great deal more terrain is available to ride on in greater comfort, so that means longer rides.

There was a time when shocks were just something professional racers or

really rich kids had and most of us hit the trails on either our shock-less mountain bikes or just plain old 10-speeds. For these latter conveyances, there was a teeth-rattling old-school satisfaction that came from pushing these machines through terrain they were simply not designed for. Don't worry: I won't go into the thrill of riding through rocks with no helmet. There was a satisfaction of having crossed a barrier, akin to stealing the parents' car, trespassing or raiding a liquor cabinet.

Hopefully, you can then understand how something significant was lost when traditional front forks were replaced with shocks. Like all things new shocks were met with a bit of resistance, namely because they couldn't be curled up at the end, what's called the "offset" or "rake." This positioning reduces the part of the tire that touches the ground behind the steering axis: too much of this and it's harder to turn the bike.

Straight-fork shocks claim to make up for this, mostly with positioning of the steering column. There was an underlying idea of 'Who cares if it's hard to turn? You've got shocks!' which, actually, was a little bit true.

Everyone who spent a portion of their lives on old-school forks remem-

bers that first time they rode front suspension. It was a magical moment; the kind of life-changing event where you remember what the sun looked like at the time (or whatever). Shocks opened ways of riding previously impossible: harder trails for longer stretches, of course, but also intense street-riding by being able to sporadically and easily avoid traffic for a few blocks in certain situations.

Not that shocks have completely taken over. New advances in, um, bicycle technology have led to things like carbon-fibre front forks, which have enough of a natural bounce to absorb a great deal of shock. They're light, so they're used for racing bikes which don't really encounter much rough terrain.

Many urban riders don't use shocks not only because they feel having suspension is unnecessary for the ride to and from work, and shockless forks will always have a certain unique solidity to them. Modern shocks have an option to turn the shock off, thus creating a solid front fork, but y'know, it's just not the same. Far from replacing traditional forks, shocks have created an entire new class of bicycle that keeps on getting more and more advanced – hydraulic brakes, anyone?



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ALBUM REVIEW

Iron Maiden delivers – again

By TOM ARMSTRONG

When you think of Iron Maiden what are the albums that lift us off our feet? Would it be *Power Slave*, *Piece of Mind* and *Seventh Son of the Seventh Son*? Those classic songs of the '80s are what gets us rallied and ready to mosh with your brothers by your side. "Run to the Hills" and "Number of the Beast" are epic anthems by this band as well as later hymns like "Different World" and "Dance of Death."

Since the epic rhythms of the *Final Frontier* album in 2010, there was much speculation that the tour and release were the last of the great band. However it wasn't until this past year when rumours that *The Book of Souls* would be scheduled to be released Sept. 4. The band originally intended for an early release in January but, due to an alarming cancer scare, front man Bruce Dickinson prolonged the release until his recovery. After learning he had a bulge in his throat, there was concern he wouldn't be able to finish the recording. It wasn't until after the final touches that he sought treatment.

The Book of Souls is based on Mayan and Aztec folk lore. With the assumption that the souls live on after death and although this is not a concept album, [which it appears to be from

the outside] the word "soul" is referenced throughout. Eddie envisioned as a Mayan warrior, has original art created by Martin Wilkinson whose previous art included the "Wicker man." However, one of the greatest Easter eggs in the album is the fact they have a Mayanist scholar to translate all their songs into hieroglyphics. As these symbols are spread within the album.

Songs include:

Track One

- If Eternity should fail
- Speed of Light
- The Great Unknown
- The Red and The Black
- When The River Runs Deep
- The Book of Souls

Track Two

- Death or Glory
- Shadow of the Valley
- Tears of a Clown
- Man of Sorrows
- Empire of the Clouds

This double track album has over 90 minutes of pure progressive metal hits that will leave you wanting more just like the classics. Some very popular songs that will bring you closer to letting your soul carry on are "If Eternity Should Fail" and "Empire of The Clouds." Being lengthy in listening time it gives you a feel for the experimental side of Maiden. *The Book of*

Souls is full of stories that portray protagonists and their rival antagonist in a primal carnage, of man versus himself and the supernatural. In the first track, "If Eternity Should Fail," Dickinson describes the void, as a dark and desolate landscape as Mayan's begin to emerge and take the lives of those sacrificed. But have no fear, because your soul won't stop there, it will carry on and will be guided to the after world by none other than the Grim Reaper.

As for empire of the clouds, the story is of a giant war ship so big that the Titanic

can fit inside the hull of the battleship. The rhythm is slow off the start but takes a sudden turn. The quick bursts of double forte from all three guitars fire like shots of a cannon. And for a solid six minutes, the battle for the "empress" has begun. Soon we learn that she has been destroyed by the attacking vessel. She meets her doom on the ocean and the clouds she once sailed over.

"Like all great things, the soul carries on."

—Bruce Dickinson



www.ironmaiden.com

ANIME

Inspiring story of an underdog

By JOEL LECKIE

One of the oddest genres for anime compared to Western television is the field of sports. Many shows get an over-the-top treatment and become greatly romanticized. *Haikyu* is no stranger to this. It takes a young boy's dream of becoming a volleyball star and gives him the extraordinary, once-in-a-lifetime opportunity to achieve it but only with great work and a solid team behind him. One player on the court cannot hope to defeat a team of six unless he can trust his teammates completely.

The protagonist, Hinata, came from a junior high that did not have a volleyball program. He was fascinated with the sport through a tournament he watched on television. He particularly loves the story of the little giant, who is the ace of a nationally ranked team. He begs and pleads with his classmates and manages to put together a team for a local tournament. They are ultimately crushed in the first round. That does not break Hinata's spirit as he moves forward in the next year, his determination even stronger.

Now entering high school, Hinata tries out as a spiker for the volleyball team but is made fun of due to his tiny stature. To make

matters worse, his rival Kageyama, who defeated Hinata in his one and only junior high game, is also trying out for the team as a setter. But Kageyama's pride gets in the way of his own chances for making the team. The only way they are allowed to play is if they play together. As they play they learn huge lessons about each other's personalities.

Sports anime are often all about underdogs and miracles. Hinata's small size is offset by his determination and jumping ability. He plays by pure instinct, while Kageyama plays by pure skill. When Hinata jumps to make his attack, he closes his eyes, displaying complete trust in the setter to get the ball into position. The main reason Hinata could not hit anything in junior high was not because he wasn't any good but because his teammates could not keep up with him. Kageyama realizes this and plays to Hinata's innate ability, making a deadly combination. With the rest of the team adding in their own talents, they have an actual chance at advancing to the national championships.

Haikyu is a great example of a shounen sports anime. It focuses on an underdog player and an underdog team trying to rebuild themselves. There is tension



anifilereviews.com

between the new players of the team, particularly Hinata and Kageyama. In order for them to succeed, however, they must get past their differences and work together. It shows how the whole is greater than the sum of its parts.

While it's not really a show that I could binge watch in one sitting, I do greatly

enjoy the drama behind each episode. The characters are all relatable, each one displaying a particular characteristic in an extreme way. There are moments to laugh, and tense moments that hold you onto the edge of your seat. *Haikyu* is easy to get into, and easy to pick up again after a few days.

Learning to speak to groups



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

It isn't easy presenting in front of a classroom of peers and it is not uncommon to think that public speaking is more difficult for you than for anyone else. In reality, almost no one is a "natural" public speaker. Other students empathize with how you feel and want you to succeed.

Preparing your talk:

- Choose a topic that you are interested in. Usually you will have some choice in the topic, so take the time to choose something you can get passionate about.

- Think about your audience. Knowing who they are and what they might hope to get out of your presentation will be a key component for choosing effective material.

- Research the material thoroughly.

- Create an outline of key points, then organize these into topics and subtopics.

- Prepare an interesting introduction. The opening should clarify your topic and why it is important. Using a personal story, humour, or a quote hooks the audience in and makes them more interested in what is coming next.

- Make cue cards or a PowerPoint presentation. Reading out a speech or having every word written on a PowerPoint is not very effective, but it is important to have cues that will remind you of your main points.

- Use visuals to move the focus away from you. Posters, PowerPoint, handouts,

charts, graphs, pictures or objects focus attention away from you and give the audience something interesting to look at. Don't overwhelm the audience with too many visuals though.

- Prepare a dynamic conclusion. This is the time to sum up your points, present your conclusion and end with something that makes your speech memorable.

- Practise. Going through your speech out loud is really valuable. You can monitor your time, clear up any areas that don't flow well, practice projecting your voice and iron out any areas that you might stumble over.

The more you practise, the more confident you will become. Speaking too softly or too quickly are the main criticisms of new speakers – practicing out loud several times, ideally at least once in front of friends or family members, can help with this. Video-taping yourself can be a really valuable way to evaluate changes you might want to make and to watch for distracting phrases such as 'uh', 'kinda', 'like' ...

- Think ahead about possible questions from the audience and how you will answer them. Remember, though, that you can't prepare for every question and if you don't know the answer you can tell the audience that you will think about the question and let them know later. Another option is to throw the question back to the audience by asking "Good question. What do the rest of you think about that?"

- You may want to see a counsellor at Student Counselling to learn some relaxation techniques that will help before and during your presentation.

Before your presentation:

- Get enough sleep, eat properly, and do something to relax such as deep breathing or going for a brisk walk.

- Visualize yourself presenting clearly, calmly and confidently.

- Take along a bottle of water. This helps with the dry mouth that often accompanies anxiety. In addition, taking a moment to sip some water can help you get your

thoughts organized if you get flustered.

- Expect and accept that you will be nervous. Recognize that even seasoned speakers feel anxious before they speak, and that you will be much more aware of your nervousness than the audience is.

As you are speaking:

- Start with a deep breath and smile at the audience. Make eye contact with some people that you feel comfortable with. (If looking at people makes you uncomfortable speak to the wall just above their heads, or visualize them all as pumpkins or clowns).

- Speak slowly, changing the pace to add interest. Most new speakers talk much too quickly. Make a conscious effort to speak more slowly than seems normal. It can be helpful to write reminders to slow down on your cue cards or notes.

- Speak loudly, clearly and confidently. New speakers tend to end statements as questions as if they are unsure of their material. Remember, you are the expert on your topic. You have done the research and know more about it than the audience.

- Show enthusiasm about your topic. Enthusiasm is infectious!

- Don't be afraid to pause. Pauses seem much longer to the speaker than to the audience. Take a moment to sip some water or take a deep breath if you get flustered.

- Keep your audience interested by

interspersing anecdotes, unusual details or questions for them to think about.

- Don't focus on changing your movements or gestures. Be you! If you talk with your hands don't try to bury them in your pockets. If you move around in front of the audience, or if you don't, that's okay.

- After your presentation, evaluate. Assess what went well and what you could improve. Be gentle with yourself but always strive to learn from your experience.

Remember, being over-prepared and practicing are your best defenses against being too nervous. The more public speaking experience you get, the more confident you will become. Joining the Toastmasters group on campus or another group that will provide practice in public speaking is a great way to gain skills and practice.

Counsellors are available to help with any personal or academic concern. If you would like further assistance book an appointment:

Main Campus: Counsellors are available Monday to Friday. Call 780.378.6133 or come in person to Room W111-PB, HP Centre.

Souh 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.

Who to call?

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

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

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

NAITSA Emergency Short Term Loan Program – 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

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

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

NAIT Protective Services – 780-471-7477

Program-related Concerns – Contact program chair or program adviser

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

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

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

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

Volunteering – www.naitsa.ca/volunteer-opportunities

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NETFLIX

New life for the Musketeers

By JOEL LECKIE

Sword fights, gunplay, action, adventure and romance. All elements are present in BBC's newest rendition of the story of the musketeers. The four legendary characters have more episodes to work together to foil the plots of the cardinal and save the king. But they are still restrained by the law and must work within the bounds of their code of honour. At least, they do most of the time. Occasionally they must choose their morals above the law for the greater good.

I've always been a fan of the story of the three musketeers. BBC One breathes new life into these old characters, all while keeping their basic personality traits intact. D'Artagnan looks to avenge the death of his father and joins up with Aramis, Athos and Porthos on their adventures. A strapping young man, he makes use of his ability to romance the ladies and gain loyal allies. Of course, he also gets into trouble due to his lack of worldly experience and aggressive nature.

The three established musketeers have their own quirks and contributions to the group. Aramis is the great lover of women and a man of religion. It makes for a controversial mix and adds a nice complexity to his character. Athos is the group leader with a dark secret. He holds the group together and demands respect from those around him. Porthos is the great fighter, triumphing over the diversity of his past. Having grown up with nothing, he is intensely loyal and quick to adapt. Working together it seems there is nothing the group is incapable of doing.

With the advantage of multiple epi-



geekdomhouse.com

The Musketeers

sodes rather than a single movie, the *Musketeers* has more time to flesh out the background of each of its characters. The cardinal, the traditional villain of the story, has a lot more to him than just evil plots. He works alongside the king and pushes forward for his ideal view of France. It certainly helps that he is played by the Peter

Cabaldi, a great actor in his own right. The king himself gets a lot more airtime and interaction than other renditions, being a major plot device for virtually everything the musketeers do.

Though I was a bit unsure of how things would go after the first episode, the intrigue continues to grow. There is enough action in

each episode to keep a steady pace but not so much to feel contrived or forced. You will find many characters to keep track of, but I discovered by Episode 3 that I had picked my favourites and was ready to cheer them on during each passing adventure. I can only hope they will continue to push forward over the coming months.

LOCAL BAND

Rock 'n' roll with punk and grunge

By DANIELLE S. FUECHTMANN
@ellie_sara

Sister Sarcophagus isn't afraid to make noise and get in your face, in fact, they often embrace it. Singer Heather Macklem says she

"[doesn't] want to write love songs and [she doesn't] particularly care about making something beautiful." Macklem always wanted to be in a band and an upcoming festival motivated her to finally start one.



Supplied photo

Sister Sarcophagus

Sister Sarcophagus came together in time for Not Enough Fest just under a year ago; guitar player Amberlie Harsch was a friend from university, drummer Kelly Gates was a co-worker and keyboardist Karin Snyder was introduced by a mutual friend.

Macklem hates conforming to expectations and explains that "nobody likes to describe their own sound" but accepts the description "rock 'n' roll with punk and grunge influences."

She went on to explain that Sister Sarcophagus was kind of random; when they were making a list of potential names for their group, they thought it sounded cool and represented the power of death, sex and femininity.

Sister Sarcophagus, as one might guess from the name, is an all-girl band. However, they're no Spice Girls. Their music is lyrically driven and they have stories to tell and lessons to teach. About one of their most well recognized songs, "You Asked For It", Macklem

says, "I was really angry when I wrote it.

"I could just feel the song begging to be sung. I love taking a sensitive subject like murder or sexual assault and turning it into a song, a song that slaps you in the face and makes you think about the world! That is the power of music."

Not all of their songs are angry responses to victim blaming but they definitely won't be crooning any love ballads soon, they've "tried to write a few slow songs but they end up being fast songs."

While they don't have any gigs coming up until the spring, Karin is travelling to South Africa to study leopards and they do have a five-song EP coming. *Feed the Fetus* features "You Asked For It," as well as "Empire," "You're Gonna Get Stung," "Whiskey Cologne" and "Murder." You can currently learn more about their music and watch for upcoming gigs on Facebook; they will be launching on SoundCloud or Bandcamp soon.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO

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

WHEN

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

DAT2017
SFA
SFA
EDSS
IntoNAITion
SFA
IntoNAITion Toastmasters

WHAT

Cookie Dough Sale
Range Visit
Info Booth
Movember Beer & Beards Garden
Campus Engagement Panel
Range Visit
Leadership Institute

WHEN

Nov 16-23 | All Day
Nov 20 | 7:00pm-9:00pm
Nov 19 | 11:30am-1:00pm
Nov 27 | 3:00pm-9:00pm
Dec 3 | 12:00pm-1:00pm
Dec 11 | 7:00pm-9:00pm
Jan 16 | 7:00am-6:00pm

WHERE

NAIT Main Campus
Wild West Shooting Centre
Outside Fresh Express
Annex Dock
Shaw Theatre
Wild West Shooting Centre
Shaw Theatre

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

Check out the Clubs Website for other
upcoming Important Clubs Dates