

ALL YOU NEED IS LOVE, DEC. 1-4 SOUTH LOBBY

THE NAIT NUGGET

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

NAITSA STEPS UP

Expanded food bank serving more students, page 3



Matthew Pecore, NAITSA Food Service Co-ordinator, fills hampers at the new NAITSA food bank, which opened Sept. 1.

Photo by Tom Armstrong

A promotional banner for 'A Taste of Animethon A&E'. The banner features two anime-style characters on the left: a male character with green hair and a black jacket, and a female character with orange hair and a black jacket. The background is blue with white snowflakes. The text 'A TASTE OF ANIMETHON A&E' is prominently displayed in the center, with 'WARM UP TO OUR WINTER FESTIVAL!' below it. The dates 'JANUARY 22-23, 2016' are shown in large, bold letters, and the location 'SHAW CONFERENCE CENTRE' and website 'ATO.ANIMETHON.ORG' are at the bottom.

A TASTE OF
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NEWS & FEATURES

Group work challenging



NICOLAS BROWN
Issues Editor
@bruchev

With the exception of a few programs, many students know the agony of group projects – some more than others. Now don't get me wrong, group projects are an essential part of the hands-on education we receive at NAIT. Very few people will not eventually work in a team setting and the skills we are supposed to learn in these projects are essential for future career success. Group projects aren't always bad either. Everyone

has experienced those rare times when a group seems to instantly meld and all the work comes together effortlessly. What we always remember, though, are those nightmare groups.

Although you would hope everyone attending NAIT has the ultimate goal of graduating, group projects are one of those situations that might make you question that assumption. So, what can you do if you do end up with a difficult group? A strong strategy is needed for success in any group but especially in weaker groups. Plan your group's time carefully and account for procrastination. If you give yourself enough breathing room, even in worst case scenarios you should be able to have everything done on time.

Now that you've got the timing planned, how do you get quality work from your group? This is where you can utilize the power of your other group members. Don't just accept each group member's section – send it to the rest of the group right

away and have them critique it. Only the most disengaged group member will fail to review the project parts sent to them. This opens the opportunity for a cycle of continuous feedback among group members and can cut down on final editing, since group members will make sure the different parts flow well and coincide with the points being made in each section. This way, every group member edits the project, and it saves you from banging your head against the wall trying to get different parts to fit together.

Of course, sometimes no strategy or amount of hard work can bring a group together. It can be frustrating and stressful to have your grades on the line because of lazy group members. If you are really concerned, talk to your instructor. Many instructors are understanding of the difficulties of working in groups. There are a number of ways they may accommodate you. Often instructors will adjust marks based on which group member was respon-

sible for a specific section or feedback from group members on who put effort into the project. If there are absolutely no options, you can talk to the NAIT Ombudsman, Chris Fukushima, for guidance or you can reach out to the associate chair or chair of your program for further assistance. Don't take this as an easy way out though, because you will need to prove that you have put the effort in to make the group work.

We all know how painful group projects can be, but they are an important part of preparing for the work environment. Developing an effective group strategy, and building your communication skills, can be the difference between success and failure. However, there is help available if it feels like you're pulling the project forward all on your own. Remember, you'll have plenty more group projects in the future, it's better to learn how to make it as painless as possible early in your career.



Photo by Taylor Braat

THE STORM BEGINS

Cars make their way past NAIT Monday afternoon as the snow begins falling. The city got over 20 cm of snow, snarling traffic and making life difficult and dangerous for commuters.

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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.

Matthew Pecore, NAITSA Food Service Co-ordinator, stands in the Students' Association food bank, which opened Sept. 1. The facility is one of a number of student food banks in the city.



Photo by Tom Armstrong

NAITSA nourishes

By NICOLAS BROWN
Issues Editor
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Times are getting tougher in Alberta, and no one knows it better than Alberta's food banks. Although the growth in people utilizing food banks has been steady since last year, both the Edmonton Food Bank and the University of Alberta's Campus Food Bank have reported significant increases in demand for assistance. NAITSA's own Food Centre has only started this year, but already it has seen a consistent growth in use this term.

Halloween haul

NAITSA's Food Centre has seen success since starting up, pulling in a whopping 1,264 pounds of food during its first Trick-or-Eat fundraising over Halloween. Over 30 volunteers assisted in gathering food donations from nearby neighbourhoods.

"The NAIT community in general has also been incredibly supportive, be it departments wishing to host food drives, challenge other departments or individuals bringing items by," said Matthew Pecore, NAITSA's Food Centre Co-ordinator.

"The Centre has only been open since Sept. 1, so it is a bit difficult to assess growth at this point. We have, however, seen a month-to-month increase in hampers provided and are expecting that number to continue to rise," Pecore said.

A typical hamper would include

canned beans, meat, vegetables, fruit and soup, with mac 'n' cheese, rice, pasta and sauce and evaporated milk powder, plus any other items that have been donated, such as bottled water, he said.

In addition, there is a box of individual items in the NAITSA reception area for occasional use.

The centre, which has space in the basement of the Business Tower, is well placed to serve the NAIT community. However, it still runs out of the NAITSA office in Room E-131, so any inquiries about assistance should be directed there.

Food donations are especially needed due to the continued economic downturn. Many food banks are reporting increased demand for services, both in Edmonton and across the country. Food Banks Canada's newest report, *HungerCount 2015*, shows that food bank use across Canada has increased 1.3 per cent since 2014 and more than 26 per cent since 2008. Alberta's overall usage rate increased 23 per cent last year alone.

Caitlin Phare, Executive Director for the U of A's Campus Food Bank, has noticed that increase at her facility.

"Absolutely, we've very definitely seen an increase in our usage and our new registrations this semester specifically and right now we're on track to assist over 2,000 individuals by the end of the calendar year," Phare said.

The U of A's Campus Food Bank frequently works with university departments to increase support on campus.

"We've also started working closely with Meal Exchange Canada to help alleviate the issue on a larger scale, at the national level," she said.

"Over the past 14 months we've been seeing steady increases but most notably in the last three months."

The Edmonton Food Bank is taking the biggest hit, as the demand for their services continues to grow.

"It's a challenging situation right now for us here in Edmonton. In October alone we served 17,722 people through our hamper program. That's up 21.5 per cent in one year," said the Edmonton Food Bank's Tamisan Bencz-Knight.

"Food donations are coming in, however food is going out faster than donations are coming in at this point."

NAITSA's Food Centre hasn't been around long enough to compare years but the trend is obvious.

The centre does offer referrals to the Edmonton Food Bank and discussions with the food banks at the University of Alberta and MacEwan University regarding programming and best practices are ongoing.

Growing

As for helping the less fortunate, Bencz-Knight summed it up best: "This is the time of year, of course, when we encourage people to please think about those in need, some people are doing better than others and we encourage people to give what they can – food donation, monetary donation or their time to support our work."

Sky's the limit for program

By **NICOLAS BROWN**

Issues Editor

@brucev

The Crane and Hoisting program got a big lift on Nov. 18 when NAIT staff, student leaders and dignitaries packed into a canvas tent in Spruce Grove to kick off construction of NAIT's newest campus. Scheduled to open in June 2016, the facility will be the new home of the expanded program.

Dr. Glenn Feltham, NAIT President and CEO, opened the event by emphasizing the importance of the Crane and Hoisting Program to Alberta and the impact the new Spruce Grove campus will have on NAIT's ability to meet industry demand.

"The need for crane operators in our province is significant," Feltham said.

"With billions in development happening in downtown Edmonton alone, Alberta needs a highly skilled workforce to build the required infrastructure.

"Our new campus in Spruce Grove will allow even more people to access the polytechnic education they need for a rewarding career," he said.

The new campus is expected to increase available seats in the program by 80 per cent to roughly 500, compared to the 276 seats currently available.

In addition to standard cranes, six of which will be moved to the site prior to the start of classes next year, the new facility will be home to classrooms and state-of-the-art simulation labs. The simulators will offer additional training and allow future crane operators to experi-



NAIT photo

NAIT President Dr. Glenn Feltham speaks at the sod turning ceremony for the new Spruce Grove campus.

ence situations they may only see once or twice in their careers in a safe environment.

Lori Sigurdson, Minister of Advanced Education and Jobs, Skills, Training and Labour participated in the ceremony, stating as well: "Our government understands the need to access high quality training," Sigurdson said. "This new campus will give apprentices access to a state of the art facility. We know the demand for skilled labour continues to exist in

many sectors.

"As the economy starts to rebound, our government is ensuring the apprenticeship system is ready to meet the demand for skilled labour," she said.

The new facility has been funded by a \$7.8 million commitment from the provincial government and represents a significant opportunity for expansion in other NAIT programs.

As NAIT continues to grow on main

campus, other programs needing to expand may find accommodations in the new facility. The new location gives NAIT flexibility when working on programs that are not suitable for an urban campus.

The ground breaking ceremony itself saw a number of Spruce Grove city councillors in attendance, along with representatives from builder Melcor Developments.

WEATHER

Latest snow is here to stay

By **BRANDON HESS**

Meteorology Student

After weeks of dirty grass without any snow cover, we are now finally into the stage where the snow will stick around. By stick around, I mean stay until spring. We saw a surprise snowfall on Thursday, Nov. 19. The morning commute to school and work was sloppy and messy. Buses were delayed and the roads were slick with numerous collisions.

After this first round, we saw a second round of snow coat the city earlier this week. Your start to the work week started off with accumulating snow and a gusty east wind. A strong system with a tight pressure gradient pushed into our region and brought in a few centimetres of snow. This stuck around by the time the snow stopped falling. The temperature drop was also noticeable. Average highs are now near minus 5 C. Temperatures fell in reverse at the start of this week as cold air rushed in.

It all started with an east wind in advance of the low on Monday. Here we

saw the upper warm front push across. In advance of the front we got an east wind rushing out of the Arctic high. Once the system started to pass, we got onto the other side of it. Here, winds came out of the north and northwest. Morning temperatures plummeted substantially. Computer models gave us a good idea of how much snow would fall. This was predictable and with the help of model guidance we were able to determine where the snow would fall.

Temperatures will stay below zero this week. This means that the snow will be sticking around. Mornings will be frigid so bundle up on your way to school. While the outlook for precipitation looks dry in the coming days, it will only be a matter of time before we get another large dump of snow. We are at the end of November and the December solstice is fast approaching. This solstice means the shortest daylight hours out of the entire year.

Did you know?

Today we will cover measurement of precipitation. Forecasters measure

rainfall in millimetres and snowfall in centimetres. Very rarely will we say that there was 10 mm of snow on the ground or three centimetres of rain. Instead, we would say 10 cm of snow and three millimetres of rain. Did you know that

there were specified units of measurement per precipitation type? Now you know something new! Full weather forecast coming up again in next week's Nugget. Until then, drive safe and dress for the elements!



Photo by Brandon Hess

Snow cover at Millgate Transit Centre on Thursday, Nov. 19.

Charity scammers on campus

By DANIELLE S. FUECHTMANN

If you're looking to give back to the community or donate to a charity this holiday season, take your time to research the organization you're planning to give to. NAIT student Pamela Balsacao was embarrassed and angry to discover that the organization she believed she was contributing to was a scam.

Balsacao and her friends were working on homework in the hallway of HP Centre last week when a woman approached them and told them about the charity she was representing, the Children's Joy Foundation. The woman told them that the charity was helping poor children in the Philippines and helping them attend school. They declined at first, Balsacao recounted, but "she was so aggressive. So for us to stop her, we said that we [didn't] have money and she insisted that there's an ATM machine, she'll accompany and wait for us. Then we gave her money to stop." The woman had a charity ID and forms but when Balsacao and her friends went online after donating to learn more

about the charity's program to help children go to school they were shocked to find nothing and discover they had just been scammed.

Gina Swan, the Community Liaison Officer from NAIT Protective Services, says that a reputable charity will never ask you for money right now or ask you to take money out of an ATM.

"They may have a pamphlet or will be able to direct you to a website or official source for more information. You should be able to research the charity to see what it's all about."

She said scams work under high pressure and a genuine charity shouldn't make you feel like you need to decide right away about donating to their cause.

"Don't just give money to a charity; ask around and research reputable charities. Right now, United Way is a big one, for example."

When you do decide to donate, they will usually give you a receipt.

Swan emphasizes that students and staff should call Protective Services in situations like this; they can talk to the people in question and resolve the issue or have them leave NAIT property.

They're "not just [on campus] to hand out tickets ... that's the least of our worries. We're here for the protection and safety of the students and the staff. It doesn't even need to be an issue, it can just be a question!"

If you feel something out of the ordinary or strange is happening on campus, Swan says, give them a call. Whether it's someone pushing you to donate to a charity, an unfamiliar person poking around lockers or you just want someone to walk with you to your car, "if you need help in any way, that's what [they're] here for."

If you do see individuals pressuring students to donate on campus, you should call Protective Services. This Christmas season, make sure your charitable donation goes to those who need it and not to those seeking to benefit from your kindness.

Whatever happened to lunch?

By JOEL LECKIE

Last week I tried to attend a question and answer session in the top floor of the Business Tower between classes. Unfortunately, as is the case with a lot of the seminars and meet and greets, I was in a terrible pinch for time. My class schedule includes a class running from 10:15 a.m. to 12:15 p.m. and the next running from 12:15 to 2:15. The meeting was scheduled for noon to 1 p.m. I'm sure you can already see the problem.

Fortunately, my morning class let out early and allowed me a quick dash upstairs to the session, a bite of lunch and a few quick questions before I had to hurry back for my afternoon class. At the Q & A, I had noticed that the tower lounge felt incredibly empty. There were perhaps a dozen staff ready to talk to students but I only saw two or three other than myself. Now, it is likely that more showed up for the session after I left but a 3:1 ratio seems a bit ridiculous considering the Business Tower has hundreds of students in it.

Classes versus seminars

This is not the first time that my class schedule has gotten in the way of attending a seminar. That's without including the fact that I also work part-time and can't get to any of the evening or Friday afternoon sessions. I know this is an issue not just for me, but for a lot of people. There is no set time or break in the middle of the day. So, when your schedule sets classes up back to back to back, the many great seminars NAIT offers become utterly worthless. That is, unless I skip a class in order to attend. But I doubt that's what the administration or the instructors want. Even with the freedom of making your own schedule available to some students, there are only certain times classes are offered. This makes scheduling your own lunch break difficult.

Where has lunch break gone?

It is at this point that I feel the need to ask: Where has the lunch break gone? True, it can be overwhelming to have thousands of students pouring out of class at the same time to take over the Common Market or the Nest. But the alternative is to provide no break at all. So if I don't get let out early, I'm forced to go hungry or eat in class. That just doesn't work well when in a computer lab. Neither does it

tend to go well when my classes are at opposite ends of different buildings and it takes me the full 10 minutes just to walk between rooms.

Even a small half hour break can go a long way. School can be stressful and sometimes it is good to just have a little bit of downtime. Not just to eat but time for working on extra projects. A student could hang out with their peers and discuss important issues or just shoot the breeze. Maybe they would like to hang out at the gym and shoot hoops. It really doesn't matter what the activity is, just that there is the free time to do it.

From another perspective, I begin to wonder if the instructors have the same crunch of time between classes. Are they getting bounced from room to room as well, forcing their lunch break back into the late afternoon?

We are trained well to perform in our chosen fields. Everything feels practical and well suited to obtaining a career. But lunch seems a universal standard that has just been overlooked for the benefit of cramming more class time into an overscheduled day. Some say there are more questions than there are answers in life. This might be one of those cases.

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

Stay in or watch out?



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

I'm starting off my argument with a bit of a PSA for NAITSA – anyone with a student ID can swing by Room E-131 and pick up a Cineplex movie pass for just \$9.50. This tidbit of free advertising is motivated by the fact that everyone's first argument against seeing a movie in theatres is the price. And I agree, a night at the cinema these days can bankrupt a man. The base ticket price for an adult is \$13. That climbs to around \$18 for fancy sounding audio, and even higher for fancy seating. Add to that \$6 for popcorn another \$5 for a drink and the cost of your night out is already pushing 30 bones. That is, of course, if you don't take advantage of NAITSA's economical offer. If you do and you hit Bulk Barn pre-show, you can take in a picture for just a little over \$10 (although, let's be honest, that buttery theatre popcorn really can't be found anywhere else and, despite its massive caloric impact, it's absolutely worth the price).

Now, be it resolved that you're sporting at least a semi-intelligent noggin on your shoulders (you are enrolled in a post-secondary institution, after all), and your night's bill won't exceed \$15, let's take a look at how much bang you're getting for your buck.

\$7.50 an hour

Based on my completely scholarly study of the shows currently running at North Edmonton Cinemas, the average Hollywood flick lasts about two hours. Break out the calculator, and you'll discover the entertainment costs around \$7.50 an hour, max. Compare that to going to an Oiler game, where the cheapest tickets still gouge you for \$70 and you're forking out more than \$20 per hour. Night at the bar? You'd have to buy less than a drink an hour to get the same value.

Albeit, you can argue that staying home and watching Netflix doesn't cost you anything more than their (soon to increase) \$9 a month membership fee but did Jim Cameron really shoot *Avatar* to be screened on your 42-inch Insignia? Don't get me wrong, home theatre set-ups can get pretty damn impressive these days. Still, nothing beats watching *Godzilla* roar on an 80-foot screen with audio so precisely placed that you could swear you're really standing underneath the dino giant.

Communal experience

The same goes for taking in horror flicks, which highlight another unique element of going to the theatre. It's a communal experience. Imagine yourself screaming in faux-terror while alone in your dingy living room. It's just not the same. Go to a cinema and cry out in unison with a hundred other empathizing individuals! Movies are also a classic date night go-to, especially since the drive-in seems to be on the cusp of a renaissance.

Ultimately, going out to the theatres will always require more effort and money than staying in to watch a movie. I think the perks really are worth the expense, though, when indulged with moderation. From start to finish, they feature a sight, sound and experience that (for now) can't be replicated in your living room.

Oh, and don't forget about movie trailers, another cinema exclusive. Even if the flick is a bomb, you'll always leave the theatre with something to look forward to.



By **DANIELLE S. FUECHTMANN**

I think the last film I saw in theatres was *Gravity* in 2013. It's been a really long time since I've bothered to go to a theatre to see a movie but why would I venture out of the house to watch a film I'm only mildly interested in when I can wait a little bit for it to come out on digital or Netflix and watch it in the comfort of my own home?

Yes, there's the perk of watching something when it's "relevant" and everyone's talking about it but sometimes nothing beats curling up on your couch! Among Netflix, iTunes, Amazon or any of the other sources you get your movies from, the selection is great. I can log into Netflix and pick a documentary like *Art & Copy*, watch a satire of *The Hunger Games* (*The Starving Games*), or watch *The Conjuring* with all of the lights on.

First, you can wear whatever you want – your home, your rules. Feeling the ratty sweatpants? No one's there to judge! Still in your pyjamas? No one needs to learn how lazy your "lazy Saturday" really was. While you could probably wear whatever you wanted to the theatre (within reason) if you were willing to brave the weird looks from the general public, there's great joy to be found in relishing in the privacy of your home.

Getting there a chore

Getting to the theatre always feels like a chore, too. You have to research movie times and decide which time and location is the most convenient. Once you finally haggle with the people you're going with to find a showing that is only mildly inconvenient, you have to trek to the theatre of choice. You've picked the most convenient time, so everyone else is doing the same thing, meaning lines to get into the parking lot, slow circling to find a spot and trekking through the parking lot because you found the last spot. Then there are lines to get your ticket because your group wasn't organized enough to pre-buy them. That showing is sold out, so you argue about catching the next showing or watching something else. You line up to get your tickets checked, line up for stale popcorn and pop with a leaky lid and line up to get into the theatre. You debate which empty seats you want to occupy, crawl over seven people who won't stop sprawling so you can get to your seat and finally, you can wait for your movie to start.

Cheap popcorn

Do you like popcorn with your movie? Make that for a fraction of the price on the stove or in the microwave, buy a bag of licorice or your sugary treat of choice and get some bonus points with a bottle of wine or a six pack and you're set. The VIP theatres might be offering drink service and classy menus now but nothing beats being able to press pause to get seconds.

Finally, movie theatres seem to bring out everyone's most annoying habits. You have the person who's loudly chomping on their popcorn and chewing with their mouth open.

The person behind you keeps kicking the back of your seat. The guy in the middle of the row has to go to the washroom – again. Staying at home means you can enjoy your film in peace or be as obnoxious as you'd like without worrying about being that guy.

Watching films at home means you can watch (or not watch, depending on your company) with your own preferences. The popcorn is never stale, the floors are never sticky – if they are, maybe you should do some housecleaning – and starting late doesn't mean you're stuck in the worst seats in the theatre.

The only thing I miss about not watching films in the theatre? Trailers.



OPINION

— Editorial —

Keep on keepin' on



TAYLOR BRAAT
Editor-In-Chief
@TaylorBBraat

If you're reading this editorial, there's a 99 per cent chance that you're either a student at NAIT or a member of my immediate family. If you're not a member of my immediate family and you are, in fact, a student, there is a 99 per cent chance you are going through one of the biggest struggles of your life. Pursuing a post-secondary education is difficult. It's stressful. It takes extreme time management skills and I commend everyone who is in the midst, has gone through it or is planning to in the future. It means that you have made a conscious decision to better your life. It means you won't settle for the here and now and you are striving for the there and wow!

Two years away from studies

I took two and a half years off school after high school. I was working and experiencing things in the real world that I never could while in elementary, junior or high school. I enjoyed these two years but I became motivated to do something else, something that would bring deeper meaning to my life. So, I applied to NAIT. Since being accepted, my world has changed. That is why I encourage everyone to figure out what they want to do before committing to a program or degree for the wrong reasons. Life is long and there are no rules. The only rule, in my book, is to be happy and to always be moving forward. As long as we are learning something and growing as people, we have already captured the essence of life.

Some pressured

Sometimes, it's not the decision of the student to pursue further education. Some people get pressured into education that they may not actually use but that's OK, too. Going down any path – right or wrong – will shed light on your life or, in other words, you're going to learn exactly what you want by doing something that you don't. Every person you pass in these halls is learning. They might be learning how to train athletes or how to resuscitate a person who is not breathing at the scene of an accident or, maybe, they are learning that NAIT is only a stepping stone towards more schooling elsewhere. No matter what, we are all learning something within these vibrant walls and that is what keeps the NAIT atmosphere alive.

It is said that the average person will go through seven careers in their lifetime. It may sound extreme to some but, to me, it's not enough. (Insert meaningful quote about the length of life). The fact that we only have one life means

that we should be doing as many things as we can possibly fit into it! In life, there can be many lifetimes. We can be as many people as we want to be, because every day is another chance.

The dictionary definition of lifelong learning is the "ongoing, voluntary, and self-motivated pursuit of knowledge for either personal or professional reasons." It is our acknowledgment of the fact that we can never be perfect but to always try, is as close to perfect as we can be! I know that right now, you're probably feeling drained, exhausted (emotionally and physically) but there is a light at the end

of the tunnel! "Keep on fighting the good fight," is what my dad said to me once, when I, too, was going through what seemed to be the darkest of dark tunnels that was ever built. We must keep going, and know that every motion is momentum.

Earlier I had mentioned that in life, there are no rules. I should also mention that there is no manual, either. Whether you are getting close to your graduation or heading into second semester, know that it may not be the education we receive but the wisdom from the entire experience that will stay with us forever.



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SPORTS

Refs and coaches at war



JOSH RYAN
Sports Editor
@JoshRyanSports

"Are you kidding, stripes? You friggin' blind moron!"

That's as PG as I can get in a basic description of some of the interactions I've witnessed between coaches and officials during my lifetime in athletics. Very aggressive and very hostile. I've always wondered why the relationship between the zebras, the bench bosses they try to keep from boiling over and the players features ever-changing emotional states. It's a constant fight, with both sides feeling there's a

lack of understanding from their counterparts. Since getting out of volleyball a few years ago, I've grown to think that all the bellyaching that teams do over the way the game is officiated is a waste of time. I actually wrote about this in my ACAC blog but some of the feedback I've received has made me reconsider my perspective, if only just a little bit.

Why coaches constantly whine, plead and yell about perceived errors by referees has mystified me for years. No matter what is said or what the tone, nothing ever changes. Men and women responsible for enforcing the rules of the game either respond poorly to criticism (or the appearance of criticism) or don't respond at all. What makes sports people think that throwing thinly veiled barbs of sarcasm will have any constructive impact?

Fans knee-jerking without reason and

logic as emotions swirl through their craniums is bad enough. Players, while juiced up on adrenaline, should understand the importance of remaining poised. But coaches are supposed to be a calming influence, imparting wisdom and leading the troops through fire without cracking under the pressure. This is hardly the case when the frequent referee-focused dialogues occur.

However, a coach pointed out to me recently that one aspect of the coach-referee relationship is the ongoing search for answers by bench bosses trying to discover the process officials use to interpret the rules. Using volleyball as an example, a coach may ask why a referee came to the decision that one play was considered a ball-handling error (keep your mind out of the gutter, folks) and another is considered clean. Zebras tend to take this as a slight on

their ability to officiate and automatically exhibit a defensive reaction.

That, and when officials are unable to set aside their ego and stop making themselves the centre of attention, represents one of the few times where I can understand the plight of the coach. While players and coaches need to approach the stand in a more respectful manner, referees need to also recognize when a team is simply asking why their call is the way it is. If they continue to badger the official after receiving an explanation, then discipline is fair game but there's no reason you can't work towards turning puzzlement into recognition or at least resignation.

However, I still find teams are usually at fault in interactions with referees. Being competitive doesn't give you the right to behave like a (insert whatever insult is appropriate) towards other people. Sadly, this is unlikely to change any time soon.

Why coaches constantly whine, plead and yell about perceived errors by referees has mystified me for years.

HOCKEY

Two teams, different results

By MAREK TKACH
@tkashregister

This has already been quite the year for both NAIT hockey squads.

The men are sitting on top of the ACAC standings well in front of the second place Red Deer College Kings by over 10 points. The defending champion women are cur-

rently at the bottom of the ACAC standings, however. Six of their seven losses have been in one-goal games, including a 3-2 shootout loss at home to the second-place MacEwan Griffins. The third period definitely hasn't been kind to the Ooks women this year but coach Deanna Martin says being unable to make it past 60 minutes with more wins is nothing to panic about.

"It's just a matter of finishing, putting pucks in the net, being more gritty, wanting to score more than just wanting to create opportunities and trying to make the perfect play," Martin said.

There have been quite a few bright spots on the team, such as fifth-year team captain Breanna Frasca – she has certainly been playing up to expectations, as she leads the team in points with nine in eight games and sits fourth in league scoring. Martin had this to say when it came to who has also caught her eye this year:

"First years Callie Noskey and Hannah Foulliard have been doing very well on the back end. I'm also starting to see what I want to see from first-year player Chelsea Gauchier."

The Ooks had the weekend off but are next taking on the Olds Broncos, who currently sit one position above them in the standings. The Ooks defeated them on Oct. 24 at home by a score of 5-2. Martin says physical play is the key against the Broncos.

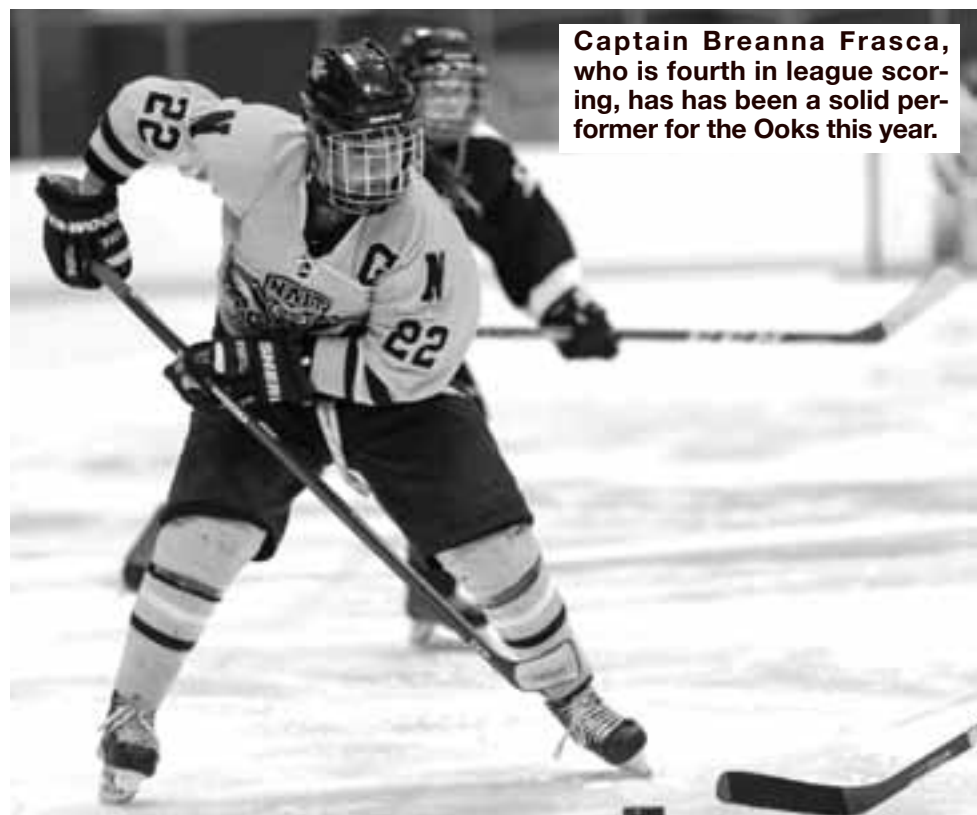
"The biggest thing with Olds is getting through their defence and being able to get to the net and being willing to play physical and gritty in the corners and coming out with the puck."

Make sure to come out and support the Ooks women as they host the Broncos at NAIT arena at 6 p.m. on Saturday.

To accurately portray the past weekend for the Ooks men; you could describe this weekend as one, two syllable word: routine. The NAIT men's team played their final two games of the first half of the season against Briercrest in Caronport, Saskatchewan. They won both games by scores of 8-0 and 10-1. Ooks Klarc Wilson had this to say about the two wins.

"Went real well for us. Good way to end the first half. Everyone was producing and things are still clicking well for us."

The Ooks men will attempt to keep things rolling in Fort Mac against the Keyano Huskies on Jan. 8 and 9 and then back at home to take on Red Deer on Jan. 16.



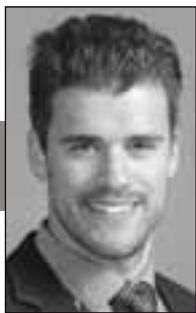
Captain Breanna Frasca, who is fourth in league scoring, has been a solid performer for the Ooks this year.

Photo by Jesse Kushneryk

Keeping Score

Habs or Habs not

Welcome back to another edition of *Keeping Score*, the weekly debate segment about a chosen topic in the world of sports. This week, we examine Canada's top National Hockey League team, the Montreal Canadiens. Are they legit, or are they just another team without Carey Price? Earlier this season he went down with an injury and the team slowed down in his absence, after a hot start in October. But the Habs currently sit first in the Atlantic Division with a 16-4-2 record. While the roster doesn't boast any superstars on offence, they do have a Norris trophy winning defenceman in P.K. Subban and plenty of depth. Price meanwhile, is 8-2 with a 2.11 goals against average, a .934 save percentage and two shutouts. The worry for this squad is that without Price in net, the confidence level drops and the goals start pouring in. Will players that have looked good this season suddenly show flaws? Could Mike Condon play well enough for a run of games to give the team chance? What do we think? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

For the third season in a row, the Montreal Canadiens are Canada's best hope for the Stanley Cup being won by a team north of the border since, well, the 1993 Canadiens. Those are lofty expectations, which were unfair, given some recent past rosters. However, the Habs may possess enough tools to get the job done, even if they lose starting tender Carey Price for a spell.

Mike Condon is proving himself as a quality backup. He is 7-2-2 in 11 starts, with a 2.23 GAA. That's great work in place of the best goalie in the league. Condon also has a winning record in his time in the American Hockey League and East Coast Hockey League, providing some evidence of consistency. While any starting goaltender going down for months at a time could sink many a team (let alone one like Price), the Canadiens could handle short spurts with Condon between the pipes.

People say the Habs don't have a true superstar forward but I beg to differ. Max Pacioretty is definitely a star and has the capability for even greater things and his linemate Brendan Gallagher is promising as well, though he is sidelined for several weeks due to injury. Both players have 19

points in 21 games, tied for 17 in league scoring. Let's not forget the depth they now have up front. Alex Galchenyuk is another future star, David Deharnais is one of the best third line centres in the league and quality players populate the rest of the roster. Alex Semin has, unsurprisingly, disappointed but the dude is talented enough to break out for 40 goals if things click in that noggin.

Defensively, the squad is also solid, with P. K. Subban and Andrei Markov making a dynamite top pairing and improved players supplementing them, like Jeff Petry and Tom Gilbert (lots of former Oilers, eh?). With Subban still only 26 years old, the best is yet to come from No. 76. He already has 17 points this season.

Most important, the Habs have experienced the various levels of playoff war. Montreal has qualified for the postseason eight of the 10 seasons since the 2005 lockout and for the past three seasons. They lost in the 2013 quarter-finals, the 2014 conference finals and to the Tampa Bay Lightning last year in Round 2. It takes a championship team a couple of appearances to figure things out, with the exception of the 2006 Hurricanes. This Habs team now understands the grind and grit of playoff hockey.

Any team that qualifies for the postseason if there's a goaltender playing out of his mind can win. But the Montreal Canadiens are a contender both with and without Carey Price.



CRAIG FRASER

The Montreal Canadiens almost tied the record for the best start in NHL history this season, sitting at 9-0-0 and about to join the 1993 Toronto Maple Leafs and 2006 Buffalo Sabres at the top of the heap. However, the Habs suffered a crushing 5-1 defeat to the Vancouver Canucks and the record turned to ashes.

The Habs got into this position largely due to their all-star goaltender, Carey Price, who won the Vezina and Hart trophies, the Ted Lindsay Award and shared the Jennings trophy for his remarkable play last season. Price also backstopped his team in the

second round of the playoffs before exiting at the hands of the Tampa Bay Lightning.

The debate swirling around the Habs is are they a legitimate threat or is their record smoke and mirrors? I wouldn't say smoke and mirrors, per say, but they definitely have the strongest possible presence in the crease. Price is their meal ticket to the playoffs, they simply can't make it there without him.

Mike Condon did his part and backstopped the Habs when Price was injured for nine games with a 5-2-2 record. However, the Habs were 2-2-1 in their last five games before getting Price back.

Newly named Canadiens captain Max Pacioretty was the team's highest scorer last season, recording 67 points, but he was the only Top-50 scorer the team had. When Price is in there and he's switched on, the Habs do well enough to get a playoff spot, but it won't hold them.

When you look at the statistics, Montreal is just a little above the average of the league. When it comes to blocking shots, they do a heck of a job in front of their goalie but how long can they rely on that format? The win-loss record is solid but the Habs Corsi numbers put them well behind teams like Dallas, Anaheim, Tampa Bay and St. Louis.

When all is said and done, the Canadiens are definitely a playoff team. I'll be shocked if they miss but I'll be even more shocked if they win the Cup. I'd love to see a Canadian team win it again, no question, but it won't happen this year.

If the Habs want to endure in the playoffs, they need Pacioretty, Brendan Gallagher and Thomas Plekanec to each keep producing points as they have been and P. K. Subban has to deliver more than last year in the post-season. But if Price isn't in net, the Habs can only be the new 2006 Edmonton Oilers.



www.gohabsgo.com

Carey Price is key.

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.

BASKETBALL

Ooks sweep King's

By MIA SIMON

The Ooks basketball teams shone at home with two four wins against the King's University Eagles this weekend. The ladies thrashed the last place Eagles 94-30 and 88-46 while the guys edged out a tough King's squad 83-77 and 90-77. Both NAIT basketball teams improve to 8-2 and both remain at second place in the North.

The lady Ooks took control early in the first two quarters on the first night with an explosive 43-17 lead. Player of the game Leah Vandenoogard scored a season high 14 points and had two assists while teammate quick leader Torey Hill finished the game off with a double-double of 14 points and 14 rebounds. On Saturday, Shea-lynn Noyes dropped 17 points with seven steals as first year Malesha Petterson garnered player of the game with 11 points, four steals and three assists. Every player on the Ooks' roster recorded points in the wins.

"It was fun playing these blowout games. It gives us a chance to practise both our offence and defence. We don't take it easy on any teams regardless the lead," said Chawncy McLennan, who led the Ooks with 19 points and seven rebounds on Thursday night.

The weekend was a battle for the men against the well-coached cross-town rivals from King's. Friday was a hard-fought game but the squad did not let the home crowd down. Again, Jackson Jacob was named player of the game

on Thursday night as he posted 29 points, six rebounds and two assists in which 25 of his 29 points came in the second half. Fifth-year forward Seb Cava contributed 21 points and five rebounds to help lead the squad. The Eagles' fans did not make it easy for each of the NAIT players on the court but the Ooks did not let that affect their performance as they controlled the game with determination.

On Saturday night, the Ooks posted a 13-point lead heading into the halftime break with a score of 49-36. The turning point of the game was "action" Jackson Jacob getting a steal and dunking, firing up his teammates and making the crowd go wild. Halfway through the third quarter, the Ooks extended the lead by 26 points. The King's Eagles did not give up, but this night would see the Ooks control the second half and secure the win. Fifth year co-captain Connor Dolson returned from a separated shoulder to win player of the game, as he contributed 17 points, eight rebounds and two assists in his home debut. Fifth year co-captain Troy Barnes did not play Saturday night, as he was out for a minor foot injury but is expected to return to play this weekend.

The Ooks now move on to play their rivals, the Concordia Thunder, tomorrow night. Tip off for the women is at 6 p.m. at the NAIT gym and again in Concordia on Saturday. The men are in action at 8 p.m. both days.



Photo by Jesse Kushneryk

Ooks forward Malesha Petterson drives past a King's player On Saturday at the NAIT gym. NAIT won 88-46.

Player profile

Player: Jackson Jacob**Sport:** Basketball**Position:** Guard**Program:** Automotive**Pre-employment**

By MASON ULVESTAD

1. What made you want to start playing basketball? When I was a little child growing up, I used to hang out at the park a lot and watch some of my idols and I always wanted to be like them.

2. What is something people don't generally know about you? I'm a more quiet and chill person. I keep everything to myself and don't really speak my mind.

3. What are three things you can't live without? Basketball, music and my Grandma.

4. What is your all-time favourite movie? Three: *Mr. and Mrs. Smith*, *Coming to America* and *Love and Basketball*.

5. What type of music do you generally listen to? A lot of rap and hip-hop.

6. What do you do in your downtime between practices and school? Listen to music and just stick to myself a lot.

7. What is your dream vacation? My

dream vacation would be somewhere crazy, like Paris, just chilling.

8. Who's your childhood idol? I have like three. Growing up it was like, Adrian "Log" Miller, Dancel Edgecombe and Michael "Furly" Bain.

9. Other than basketball, what sports do you like to play? Nothing else.

10. What's your pre-game ritual? I'll just listen to music and think about life and why I'm here what I am doing and stuff like that.

11. Who motivates you to come out and play? My family and friends mostly.

12. What's the best advice you have been given so far? Whenever you think you're over an edge or a mountain, there's always another mountain to climb.

13. What would you like to say to your team? I probably have the best teammates ever; the most caring, loving teammates ever.



Photo by Jesse Kushneryk

Ook forward Adrian Curtis heads up court against King's on Saturday. The men won 90-74.



Photo by Jesse Kushneryk

Ooks middle Cale Whiston stretches for the ball during a volleyball match on Friday against Keyano at the NAIT gym. NAIT won 3-1.

Men, women split vs Keyano

By JOSH RYAN
Sports Editor

An exciting exhibition of volleyball took place over the weekend as the NAIT Ooks hosted the Keyano Huskies. The ladies rebounded from a tough five set loss (25-17, 23-25, 24-26, 25-12, 9-15) to win 3-1 on Saturday, while the men prevailed in four before just falling short in a comeback bid from being down 2-0 in a 3-2 loss. With the split, the women are now 4-6 and remain in fifth place, while the men are 6-4 remain in fourth.

The ladies started Friday on fire, serving aggressively and getting offence from Joslyn Peters on every play in transition. Keyano switched their lineup however and turned the momentum of the match. NAIT rebounded expertly in the fourth, but it almost seemed like the Huskies lured them into a trap as Keyano stormed to take the fifth. Candace Hughes won Player of the Game with 14 kills and 12 digs while Joslyn Peters had a match high 20 kills.

The men utilized almost every player on their roster in an exciting match vs the Huskies. Keyano started the opening set slow but gradually fought their way to the 29-27 win. NAIT fell behind in the second before rallying to steal the set 25-23 and hang onto that momentum in the third, 25-22. It looked like the Ooks would ride out through the fourth, but the Huskies came alive, with a couple of big plays from middle blocker Kornel Kowalewski. However, the lineup switching by the Ooks paid off as the home team took the set, 27-25.

Cale Whiston was the POG with eight kills and a block while Justin Knight had a team high 12 kills.

NAIT's v-ball ladies struggled early the following afternoon, unable to string together solid serve receive rotations, losing 24-26. However, Tiffany Evans added some timely attacks off the bench and Peters came alive offensively as the Ooks took the next two sets, 25-17 and 25-19. The Huskies battled back in the fourth from four match points down at 20-24, but Peters finally ended the match for the Ooks.

The men had an even worse start, losing by their largest margin of the season, 11-25. While the next set was slightly better, the Ooks still struggled with the Huskies serving, set score being home team at 28-26. Peters finished with 14 kills as the Ooks POG. 17-25. IN the third, the home team finally found some life, battling from behind to win 25-23. This momentum continued into the fourth, as right side Teador Kostelnik constantly fired up his teammates in a 25-20 win. The Huskies made adjustments and turned the tables, going up 11-5 in the fifth. The Ooks began to battle back, cutting the deficit to one, but Huskies converted on their third match point for 1 3-15 Ooks loss. Kostelnik led the Ooks with 13 kills for the POG award.

Next up, a date with the Concordia Thunder. Both CUC squads are 0-10, but aren't to be taken lightly as they desperately want to end the first semester on a high note. The women kick things off at 6 p.m. on Friday at Con-

cordia and at the same time Saturday at court at 8 p.m. or 30 minutes after the NAIT. NAIT's men's team will take the women's match is completed.

Athletes of the week

November 16-22

Leah Vandenboogard
Basketball



Leah helped lead the NAIT Ooks to a two-game home sweep of the King's Eagles. Leah posted an impressive weekend of play with a season high 14 points in Friday's 94-30 win, including three 3-point shots. She added to her total Saturday with an 11-point performance while grabbing three steals and recorded three assists and no turnovers. "Leah provided key defensive energy and tremendous offensive efficiency this past weekend," said head coach Todd Warnick. "Her play coming off the bench is a great example of our team depth and shows the exceptional value a player like her can provide." Leah is a second-year Personal Fitness Training student from Edmonton.

Klarc Wilson
Hockey



The NAIT Ooks men's hockey team continued its dominance of the ACAC, picking up two more victories this past weekend over the Briercrest Clippers in Caronport, Saskatchewan. The Ooks finished the first semester undefeated with a perfect 16-0 record. Klarc scored Friday night in the Ooks 8-0 victory over the Clippers and then chipped in with three assists in Saturday's 10-1 win in the rematch. "Klarc has been a great addition to the program this year," said head coach Mike Gabinet. "He has come in and embraced the challenge of working hard in practice every day, challenged his comfort zone and has bought into the team system and structure." Klarc is a first-year Radio and Television student from Edmonton.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	16	16	15	0	0	0	104	27	32
Augustana	16	8	7	3	2	3	59	37	21
Red Deer	16	9	9	5	0	2	53	36	20
Portage	16	7	6	4	0	5	46	53	19
Keyano	16	7	6	6	1	2	46	48	17
SAIT	16	6	6	6	0	4	46	51	16
Concordia	16	4	3	8	3	1	45	73	12
MacEwan	16	4	3	10	1	1	54	55	10
Briercrest	16	2	1	14	0	0	31	104	4

RESULTS

November 20
NAIT 8, Briercrest 0
Red Deer 2, Augustana 2 (OT)
Portage 4, SAIT 4 (OT)
Keyano 3, Concordia 1

November 21
NAIT 10, Briercrest 1
Portage 2, SAIT 2 (OT)
Keyano 4, Concordia 4 (OT)
Augustana 3, Red Deer 1

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	GF	GA	Pts
Red Deer	10	8	8	1	1	25	11	17
MacEwan	12	7	6	5	0	34	22	14
SAIT	12	6	5	6	0	24	22	12
Olds	12	4	3	7	1	16	38	9
NAIT	10	3	3	6	1	18	24	7

RESULTS

November 19
SAIT 3, OC 0
RDC 2, MacEwan 1

November 20
Red Deer 3, MacEwan 0

November 21
SAIT 3, Olds 2 (SO)

MEN'S BASKETBALL

North Division							
Team	GP	W	L	Pts	PF	PA	
Keyano	10	9	1	18	893	712	
NAIT	10	8	2	16	806	706	
Lakeland	12	6	6	12	914	955	
King's	10	5	5	10	806	824	
Concordia	10	4	6	8	768	787	
Grande Prairie	10	3	7	6	798	808	
Augustana	10	1	9	2	681	874	
South Division							
Red Deer	7	7	0	14	747	554	
Lethbridge	7	5	2	10	648	579	
Olds	7	4	3	8	650	617	
Medicine Hat	7	4	3	8	512	535	
Ambrose	7	4	3	8	582	606	
St. Mary's	8	3	5	6	684	717	
Briercrest	7	1	6	2	551	666	
SAIT	8	1	7	2	607	713	

RESULTS

November 19
NAIT 83, King's 77

November 20
Ambrose 77, SAIT 62
Olds 100, Briercrest 74
Keyano 79, Concordia 63
Lakeland 86, Grande Prairie 81
Red Deer 95, Medicine Hat 71

November 21
NAIT 90, King's 74
Keyano 88, Concordia 82
Grande Prairie 78, Lakeland 51
Red Deer 110, Briercrest 81
Medicine Hat 70, Olds 69
Lethbridge 94, SAIT 66
Ambrose 85, St. Mary's 83

WOMEN'S BASKETBALL

North Division							
Team	GP	W	L	Pts	PF	PA	
Lakeland	12	12	0	24	854	552	
NAIT	10	8	2	16	746	534	
Augustana	10	6	4	12	632	671	
Grande Prairie	10	5	5	10	587	595	
Concordia	10	3	7	6	609	625	
Keyano	10	2	8	4	575	685	
King's	10	0	10	0	443	784	
South Division							
Lethbridge	7	7	0	14	634	398	
St. Mary's	8	7	1	14	637	494	
Medicine Hat	7	5	2	10	523	437	
Olds	7	3	4	6	492	486	
Red Deer	7	3	4	6	497	437	
SAIT	8	3	5	6	487	538	
Ambrose	7	1	6	2	353	625	
Briercrest	7	0	7	0	372	579	

RESULTS

November 19
NAIT 94, King's 30

November 20
SAIT 68, Ambrose 54

Olds 83, Briercrest 53
Keyano 73, Concordia 59
Lakeland 75, Grande Prairie 48
Medicine Hat 77, Red Deer 65

November 21
NAIT 88, King's 46
Concordia 77, KC 65
Lakeland 70, Grande Prairie 53
Red Deer 66, Briercrest 49
Medicine Hat 75, Olds 63
Lethbridge 75, SAIT 64
St. Mary's 96, Ambrose 38

MEN'S VOLLEYBALL

North Division							
Team	MP	MW	ML	GW	GL	Pts	
King's	10	8	2	28	9	16	
Augustana	10	7	3	25	13	14	
Keyano	10	7	3	23	14	14	
NAIT	10	6	4	20	18	12	
Lakeland	12	4	8	16	30	8	
Grande Prairie	10	4	6	17	22	8	
Concordia	10	0	10	7	30	0	
South Division							
Red Deer	10	10	0	30	4	20	
Medicine Hat	10	6	4	21	19	12	
Lethbridge	10	5	5	24	19	10	
SAIT	10	5	5	22	21	10	
Ambrose	10	5	5	20	21	10	
Briercrest	12	5	7	22	26	10	
Olds	10	0	10	1	30	0	

RESULTS

November 20
NAIT 3, KC 1
(25-29, 25-23, 25-22, 27-25)
Grande Prairie 3, Concordia 2
(25-21, 23-25, 25-22, 23-25, 15-12)
Briercrest 3, Olds 0
(25-21, 25-18, 25-13)

Red Deer 3, Ambrose 0
(25-17, 25-14, 25-22)
SAIT 3, Lethbridge 2
(25-23, 25-20, 23-25, 20-25, 15-13)
Augustana 3, Lakeland 1
(25-10, 23-25, 25-22, 25-22)

November 21
Keyano 3, NAIT 2
(25-11, 25-17, 23-25, 20-25, 15-13)
Red Deer 3, Ambrose 0
(25-20, 25-19, 25-16)
Augustana 3, Lakeland 1
(19-25, 25-23, 25-17, 25-13)
Lethbridge 3, SAIT 1
(21-25, 26-24, 25-22, 25-19)
Grande Prairie 3, Concordia 1
(25-19, 26-28, 25-20, 25-18)
Briercrest 3, Olds 0
(25-20, 25-21, 25-21)

WOMEN'S VOLLEYBALL

North Division							
Team	MP	MW	ML	GW	GL	Pts	
King's	10	10	0	30	7	20	
Keyano	10	7	3	23	15	14	
Lakeland	12	7	5	26	17	14	
Grande Prairie	10	6	4	22	14	12	
NAIT	10	4	6	18	22	8	
Augustana	10	2	8	10	27	4	
Concordia	10	0	10	3	30	0	
South Division							
Briercrest	12	10	2	32	13	20	
SAIT	10	8	2	26	11	16	
Olds	10	6	4	20	18	12	
Red Deer	10	5	5	21	19	10	
Medicine Hat	10	4	6	18	20	8	
Lethbridge	10	3	7	12	25	6	
Ambrose	10	0	10	7	30	0	

RESULTS

November 20
Keyano 3, NAIT 2
(17-25, 25-23, 26-24, 12-25, 15-9)
Grande Prairie 3, Concordia 0
(25-18, 25-14, 25-18)
Briercrest 3, Olds 1
(25-22, 21-25, 26-24, 25-21)
Red Deer 3, Ambrose 1
(25-17, 21-25, 25-16, 25-15)
SAIT 3, Lethbridge 0
(25-14, 25-21, 25-20)
Lakeland 3, Augustana 0
(25-17, 25-20, 25-15)

November 21
NAIT 3, Keyano 1
(24-26, 25-17, 25-19, 28-26)
Red Deer 3, Ambrose 0
(25-19, 25-16, 26-24)
Lakeland 3, Augustana 0
(25-13, 26-24, 25-13)
SAIT 3, Lethbridge 0
(25-19, 25-16, 25-22)
Grande Prairie 3, Concordia 0
(25-16, 25-13, 25-7)
Briercrest 3, Olds 0
(25-22, 25-15, 25-18)



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...

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...
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\$65+GST
...

Semi-private
Assessment
For two
\$50+GST each
...
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Photo by Jesse Kushneryk

Ooks guard Jackson Jacob drives between two King's players last Saturday at the NAIT gym. The Ooks won 90-74.

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ENTERTAINMENT

Community spirit a joy



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

Come together! Right now! Over me!

I sit writing this manifesto still rosy-cheeked from attending the CFL Western Conference Final. Over 30,000 fans revelled in balmy November weather and victory tonight - Mike Reilly and his Eskimos stormed Commonwealth Stadium and the Calgary Stampeders in a flurry of highlight reel, cheer-inciting plays. The clock read 45-31 for the good guys when the final seconds drained from the fourth quarter, and at the buzzer's signal, a nearly deafening roar bubbled and erupted

from the stadium's highest bleachers like lava from a green and gold volcano. The game's high points were saluted by hands high-fived by surrounding strangers. Its low points (those back-to-back recalled touchdowns, for instance) were belittled by skeptical stances and cascading choruses of low-frequency boos. The Eskimo Fight Song was chanted with gumption at the end of the third quarter and everyone joined in a collective silence late in the game when it looked like the Stamps could come back.

The "wave" made an appearance, beer money was passed without issue down rows of fans and the kid behind me even offered up some of his cotton candy. After the win, people poured out of the stadium with grins so large they cracked their face paint and they

serenaded the streets with tunes of triumph. I found it quite remarkable how much shared experience can occur in one location, on one night. Twenty four men and an inflated pigskin brought together 30,000 like-minded souls for hours of thrills, excitement and happiness and I just want to take a moment to appreciate the occasion.

Like I said, I find it extraordinary when significant portions of society coalesce under a common cause. Oftentimes though, it takes a great tragedy to spur such occasions. Last week, thousands took to the streets and squares of Paris to mourn the victims of the city's horrifying terrorist attacks. Hundreds met for the same reason in cities across Canada. The citizens of Brussels stand united as the city sits in lockdown under threat of similar

attacks. We met a few weeks ago on Remembrance day to honour casualties of our own. To many, the Eskimos' victory and advancement to the Grey Cup was met with nothing more than apathy and indifference and that's OK. There are opportunities to celebrate community that don't involve sports. Take last weekend's All is Bright Festival on 124 Street, for example. Remedy Cafe offered free chai lattes and hot chocolate to festival-goers, creating mass lineups of incredulous hot beverage buffs. To understand, empathize and bond on a societal level is one of the most uniquely human experiences there is. It is an occasion that can be humbling, motivational and gratifying, and it is truly sad that the circumstances of such events are normally catalyzed by societal turmoil. I'm not telling you to drop your things and gallop down Whyte Avenue with a "Free Hugs" T-shirt while encouraging everyone you see to do the same. I just want to make sure that we don't take for granted the communal experiences that are activated by positive emotions.



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 @ SOUCH 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

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FOR YOUR LISTENING PLEASURE ...

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By COURTNEY BELL

In Edmonton, we are conditioned to get snow in September, make our Halloween costume fit over snowsuits and wear layers upon layers to stay warm during November trying to get used to the cold that comes every winter. Before this week's storm, we had seen only two inches of snow that lasted about 15 seconds on the ground before Mother Nature decided winter is coming and coming on strong.

I decided that I wanted to make everyone miss summer a little bit more while we have this crappy weather that's been thrown at us. We have to bundle up in the morning for a full day of snow and cold.

Below you will find some of my favourite country music that I just love to blast in the middle of summer. They are songs that you crank up with windows rolled down and belt out and sing horribly. I know there's a lot of country haters out there but for those of you who love country and, maybe for those of you who don't know what they like or don't like, give these songs a listen and give it a chance. You may find that one of these songs will make you miss summer just a little bit more.

- Brett Kissel – Started with Song
- Lady Antebellum – American Honey
- Lone Star – Front Porch Looking In
- Keith Urban – Days Go By
- Luke Bryan – Sunburnt Lips
- Eric Church – Drink in My Hand
- Dallas Smith – Jumped Right In
- Frankie Ballard – Sunshine & Whiskey
- Sam Hunt – House Party
- Tim Hicks – Get By
- Florida Georgia Line – Round Here
- Wes Mack – The Way You Let Me Down



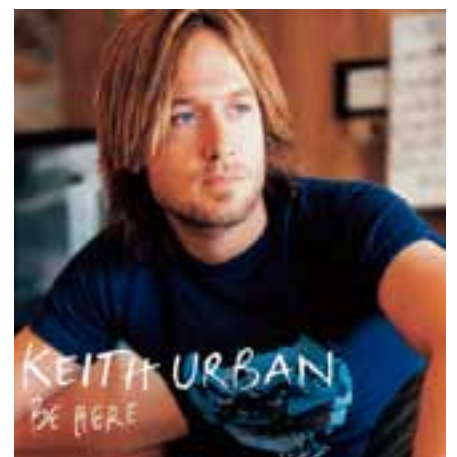
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FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

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MOLSON CANADIAN

MOVIE REVIEW

Last Hunger Games so-so

By JOEL LECKIE

I managed to see the final chapter of the *Hunger Games* this weekend in theatres. I went in with fairly high expectations for *Hunger Games: Mockingjay – Part 2*. It was going to be a strong, action filled adventure with strong character development and a good finish to the series. While it certainly was not bad, my expectations were a bit lofty. It didn't quite have the punch that it deserved.

Backstory partly lost

It can be tough for a film to be both new and a continuation without losing some of the backstory. Not only was it a Part 2, but also a third installment overall. So much of what occurred in the first three films were so far back in memory that I could only remember bits and pieces. While the new film touched on some key points, it did not flesh them out at all. Many of the memorable characters who had passed on were not even given a full mention.

Full scale war

What I did enjoy was the portrayal of a full scale war on a capital. There was panic. There was chaos. Many people who you became familiar with died horrible deaths and it tugged at the heart strings. But other characters were shadows of the heroes they could have been. It's like the red shirts of Star Trek. If they don't even bother to give the character a full name, but say that he is part of an elite squad, you just know he's not going to survive the next twenty minutes. So it is entirely possible to know the body count before they even enter the battlefield.

Another great portrayal was the numbing effect that war has on the psyche. Katniss, Peeta, and Gale were all affected differently. They each had post-traumatic stress manifested through emotionless killing, strict following of orders, or complete breakdown of body and mind. But even that only briefly touched on the subject. I think the filmmakers did not want to tarnish the happy ending with too much, so it ended up being a decent balance.

I'm not a huge acting fan, in that I like

action and plot over the performance of an actor. It does make a huge difference, though, when you only see two emotions in a character: extreme anger or extreme sadness. For the rest of the movie, nothing at all. That may have been on purpose to show the emotionless soldier but it shouldn't come from a main character. I know Jennifer Lawrence, who portrays the heroine Katniss, has a greater repertoire of feeling. It didn't seem to show up here. There were no gradual changes. Everything came in explosive bursts.

Overall, I did have a good time at the movie. For all I say against it, it served its purpose to entertain. It started out slower than I would have liked but I couldn't really say that I was bored. If you are a fan of the books, treat it gently because there will be changes. If you liked the previous ones, go for it and see the conclusion. If not, then I suggest waiting until a boxed set comes out.



www.nydailynews.com

Jennifer Lawrence in *Hunger Games: Mockingjay – Part 2*

I MISS YOU

I'm living in a dream
Walking from room to room
No one can hear me scream
There only hangs this dark gloom
I want every single piece of you
I want your heavens and your oceans too
I miss you

The thought of you is always there
In the back of my mind
The way you used to care
Our hearts were intertwined
It only makes it harder
I miss you when the lights go out
Our time seems so much shorter
But what's worse is the fallout
I miss you

I loved the way you used to say my name
But I was always to blame
For all the pain you used to feel
I know now it wasn't my fault
But my life came to a halt
But all the same
I miss you.

By a NAIT student

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DATE	TIME	EVENT	LOCATION
NOV. 6-27	All Varsity Games	NAIT Athletics Food Drive	NAIT Rink and Gym
NOV. 24-26	All Day	Be a Hero	Food Service Locations
NOV. 27	10:30 AM - 1:00 PM	Artisan Bread and Turkey Sausage Sale	South Lobby

Hope to see you there!



GAME REVIEW

Addicting gameplay featured

By GERVAISE BRANCH-ALLEN

Earlier this year, Nintendo released *Puzzle & Dragons Z* plus *Puzzle & Dragons Super Mario Bros Edition* for Nintendo 3DS. While not exactly a massive hit, *Puzzle & Dragons* received fairly strong reviews and sales were pretty decent.

What's really interesting about this game is the fact that it is a collaboration between Nintendo and GungHo Online Entertainment. *Puzzle & Dragons* is a match three-puzzle game from GungHo Online Entertainment. The series is a huge hit in Japan. RPG and strategy elements are woven into the series to deliver a unique experience. The mobile series has been a commercial success thanks to its addicting gameplay and free-to-play status.

Super Mario version

When GungHo released the series to the North American audience, mobile players were definitely picking up the game but the number of players was much lower than Japan. GungHo decided to span out to the Nintendo 3DS, a handheld gaming console, in order to address this issue. While the 3DS game *Puzzle & Dragons Z* sold extremely well in Japan, GungHo took another approach with the North American audience.

To ensure more Western gamers picked up the game, GungHo worked with Nintendo to create a Super Mario Bros version of the hit series to appeal to the North American and European audience and paired it with the original *Puzzle & Dragons Z* game. I have to say I enjoy *Puzzle & Dragons Z* way more than Super Mario Bros Edition!

In *Puzzle & Dragons Z*, you play as a boy or girl who trains to become a Dragon Tamer. When an evil group called Dracomacia breaks the world up into puzzle pieces, it's up to the protagonist to save the Skydragons and return the world to normalcy – hence the title *Puzzle & Dragons*.

Matching orbs

The gameplay involves matching up three of the same orbs (for example, heart, fire, wood, water, light, dark) to attack enemies. By lining up three or more orbs, your team of monsters attacks your opponents. Each monster has an element, so each element does damage to another element. The only orb that doesn't damage your opponents is the heart orb, which replenishes your health. Each battle is turn-based where you can attack your enemies. After your turn is done, enemies can attack you. Completing a dungeon usually leads to a boss fight where using special skills comes in handy.

Outside of battles, you can traverse Zed City and talk to different characters within the town. As you recover the world,



www.youtube.com

more parts of the city become available to explore. The citizens in the town may have useful tips or side-quests to embark in so they are worth talking to. Ranger HQ features missions, training areas and more, so it's a nice place to go if you want to make some progress.

I really enjoy this game because the music is very fun and addictive, there's a nice learning curve to battles, the dialogue is funny and I feel closely connected to my character. Since there's plenty of content in this game, it'll take a while to see how the story progresses.

In *Puzzle & Dragons: Super Mario Bros. Edition*, you play as Mario or Luigi as you traverse the Mushroom Kingdom to save Princess Peach from Bowser. Like the actual Mario series, the story is pretty simple and doesn't give you much to latch onto. Fortunately, you can start playing the game almost immediately without worrying about numerous tutorials and story elements. The game just goes over the basics of orb matching and then sends you off to save Princess Peach.

I really like seeing the various Mario enemies take the place of typical *Puzzle & Dragons* monsters as your enemies on the battlefield and your teammates. Instead of a town, this game features an overworld map to traverse. Another great aspect of the game is the classic and modern Mario tunes littered throughout the levels.

My biggest issue, however, is the difficulty. Taking a page from the classic Mario games, this title isn't easy. You'll likely have to grind (replay previously completed levels) over and over again to level up your teammates, so you'll be strong enough to take on the enemies. Because of this, it'll take forever for me to beat this game, since I'll need to stop often because the next level is too hard to complete.

Even with these issues, both versions of

Puzzle & Dragons are a blast and a great way to enter the series! You'll probably find at least one version of the game grabs your interest. Since this year is Mario's 30th

anniversary, consider this a great way to celebrate the gaming icon alongside games like *Mario Party 10*, *Super Mario Maker*, and *Mario Tennis: Ultra Smash*.

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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Nov. 26-Dec. 2

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

Scorpio (Oct. 23-Nov. 21)

What are you doing only because you need to? Can you eliminate any

of these things? Learn to say no.

Sagittarius (Nov. 22-Dec. 21)

Don't mistake flexibility for weakness; set your boundaries but go with the flow and see where it takes you.

Capricorn (Dec. 22-Jan. 19)

This week, make sure you remember the small details. Dot your i's, cross your t's – a renewed attention to detail will come in handy.

Aquarius (Jan. 20-Feb. 18)

This week spend some time thinking about what's working for you and what can you let go of. What would make your life better if you could have more of it and what would you like to stop saying yes to?

Pisces (Feb. 19-March 20)

What are you passionate about?

What grinds your gears? Explore the things you feel strongly about this week – are you living your life accordingly?

Aries (March 21-April 19)

Don't take life too seriously. Yes, all of the decisions you're making are important but don't forget to breathe and have some fun.

Taurus (April 20-May 20)

Gratitude attracts more positivity; this week, focus on the things that you're grateful for – you'll start to notice more of the great things in your life.

Gemini (May 21-June 21)

Looking for the answers in the horoscopes? Don't wait for the stars to spell out the message you're waiting for – listen to your gut instead.

Cancer (June 22-July 22)

Appreciate the excitement of possibility. What are you going to create this week?

Leo (July 23-Aug. 22)

Having high standards is a good thing! Set your sights high, wish on the stars and back it up with some serious hustle. Make your magic happen.

Virgo (Aug. 23-Sept. 22)

Everything that's worth doing takes a little work. Love the effort, love the practice. The hard work will show!

Libra (Sept. 23-Oct. 22)

What are you afraid of doing? Why does it scare you – could breaking through one of your fears get you closer to your dreams?

ANIME

Lots of time? You'll need it

By JOEL LECKIE

Prepare for a long haul. This is going to be a big one. Although *Hunter x Hunter* does not run as long as some anime, there are 148 episodes currently out. So, if you are planning on binge watching the series, think again. It is good enough, though, for me to have binged seasons of it. If that doesn't seem enough for you, keep in mind that this is only the newest version of the series. The original telling of the story had 62 episodes and there was an OVA, which retold it in 30.

Hunter x Hunter is a fantasy adventure that follows Gon Freecss, who, at 12 years of age, decides to follow in his father's footsteps to become the world's best hunter. In this world, monsters are prevalent and much of the landmass is unexplored. Hunters work to track down secret treasures and rare beasts, which can be a deadly career choice. Only the top candidates, passing a harsh and lethal exam, are granted a hunter licence. While there is no magic exactly, many people hold special abilities are very similar to it called Nen. It is a skill that allows a strong enough person to control their life energy and manifest it in a specific, unique way depending on their personality.

The story goes through a number of arcs as Gon continues his mission to become the best hunter to eventually try and find his father. There is little filler and each arc grows and expands on the previous one. As opposed to some episodic tales, all of the characters continue to develop and gain power. It even focuses on some of the villains, who make repeat appearances instead of just being defeated

and forgotten. There is even the possibility of redemption for some. This way, you can really get attached to the characters. You can know their history and look forward to their future.

I do love the fact that this is an action packed anime that does not try to overdo itself. Everything is well explained within the context of the world the characters

are in. The four main characters have distinctly different personalities, each wanting to be a hunter for their own reasons. So, even though the series focuses on Gon and his journey, you can really get to know and enjoy the escapades of any of his friends.

While it is not the best anime on my list, it is definitely worth taking the time

to sit and watch it through. You will laugh, you will cry and you will get attached to characters, both good and bad. My biggest disappointment is that the series has stopped. Due to author illness, the manga has stopped putting out new volumes. That means that without major change behind the scenes, the last adventures of Gon and his friends will be untold.



NETFLIX

Master of None a winner

By GERVAISE BRANCH-ALLEN

When I was looking through the selection of shows available on Netflix, I was happy to discover another great new series. Since I only started the Netflix service this year, I'm finally discovering what all the hype is about. I am really happy to recommend *Master of None*, one of Netflix's latest series created by Aziz Ansari and Alan Yang.

Master of None stars Aziz Ansari (30 Minutes or Less, Parks and Recreation) as Dev Patel, a fun loving New Yorker who's looking for the right romantic relationship and pursuing his career as an actor beyond commercials. While that description might sound pretty boring, the show is quite the opposite. Dev is an appealing lead character that carries the show with ease. His personality is friendly, humorous and a little self-centred. I also have to praise the show for having a minority lead but that's not surprising, considering the fact that Aziz Ansari works behind the scenes as well as on camera.

While dealing with the trials and tribulations of babysitting, romantic partners and parents, Dev can always rely on his group of friends – Arnold, Denise and Brian. When Dev has problems, his friends are usually a great support system – if they

give him good advice. At the same time, Dev is looking to develop his career as an actor by starring in his first film.

Master of None is a really fun series because it's relatable. With themes of growing up and racism, the show knows how to grab the audience's interest and have fun with those situations. The cast is very multicultural, which I love. Dev's friends aren't all Caucasian (to appeal to a general audience) or all Indian (to appeal to Indian viewers). The show even refers to the issue in society where more than one person of colour in a film or show seems to imply it is not for a general audience.

Another great aspect of the series is music. While it's not a major part of the show, the music is quite enjoyable ranging from hip-hop to country and, of course, Indian music.

While Aziz Ansari is one of the series' creators, Alan Yang is the other creator and has worked on *Date and Switch*, *Last Call With Carson Daly*, and *Parks and Recreation*. As a screenwriter on comedy shows, Yang is very familiar with the genre. At the same time, Ansari is a stand-up comedian so he's not a novice in the world of comedy. Together, they write the screenplays for most episodes. Occasionally, Ansari directs episodes and often *Arnold* actor Eric

Wareheim directs as well.

Since this series is brand-new, only one season is available with 10 episodes. If you don't have a ton of time on your hands, this show is probably still for you, since most episodes are approximately 30 minutes. While the episodes might go by too fast, especially considering the light quantity of episodes, the show is so much fun you might find yourself watching episodes a second or third time. If anything, this show could be nice to watch after your regular Netflix series ends its season.

I'm really looking forward to a second season and I hope Netflix announces, since this show is a hit. I'd even be interested in buying a Blu-ray if one is announced. This has only been the second Netflix original series I'd consider owning to watch again (the first being *Marvel's Daredevil*). That just goes to show how much fun I think this series is. For all you binge watchers, this show will be a breeze to view. Netflix has another hit on their hands and I sure hope they recognize that and keep this series around for a few more seasons.



REFLECTIONS AND INSIGHTS

Choose friends with care

By JAGRIT BAJWA

Find someone who loves you enough to help you unpack your hurt, fears and doubts.

Being a human, you are a package of all those emotions, which on one day can either make you feel like it's a paradise on earth or on another day you may be full of complaints about everything around you.

Yes, now you can take a look inside at what I am talking about. I know you take no time in feeling a grudge for something, have no filtration to prevent someone from hurting you. You don't have a shield to keep away your fears and have been struggling with clarity as to what it means and gathering doubts along the way and, last but not least, have trained your thoughts overtime, quite

well, to feel disappointed as soon as you discover there's a chance of doing so. I am not being sarcastic but I know this has been the case with many of you.

The point of all self-awareness is that you need to know what emotions are good for you and which are not. What emotions can lead you to being more productive with a healthy state of mind and what emotions have led you to the state of mind you are in now!

When you keep spending more time on all of those negative emotions, you keep growing as a miserable being. This becomes the time when you actually need to be smart about yourself. Just as how well you relate to the world outside, you can apply that talent toward your own mind, too. You can do this by figuring out every time what other thoughts you can have, instead of the same repetitive emotions that keep bothering you. Choosing the best thoughts will work best for you.

This is why the Indian word "guru" has been recognized throughout the world. "Gu" means dark, "Ru" means light, so the word describes someone that takes you away from darkness and puts you into the light. Sometimes you may need such true people and scrip-

tures that act as a guru for you. They can help you reduce all of the stress, anxiety and doubts that you have acquired which are a heavy load to carry. You are a "free being," which needs to be recognized by you. Spending time with those knowledge pools can set you free.

The ones who can spend their time with you and uplift you are the real people that you need and you should try your best to find them and remain in their company. They will be your "Popeye" who gives you spinach so you can be powerful against Brutus (your mind).

Not everyone is worthy of your company so be very particular in choosing the people with whom you can open up. Remember people still have a chance to bruise you or bring scars to you because of the amount of trust you place in them. So never be in a hurry when choosing them!

Posting a status on Facebook or whatsapp won't change your own status! Because the freebies you find liking and commenting are also running around with the same problems that you have!

The ones who are "free inside" can only help free you from yourself. Seek their love and company!



DIY

Art of writing holiday cards

By DANIELLE S. FUECHTMANN

Even when I was too young to receive any mail other than an annual birthday card from my grandma, I was always running to the mailbox to see what the mailman had delivered.

These days, I have a lot more mail com-

ing in but I still keep that childhood joy alive by sending a lot of mail. I think receiving cards and letters is a wonderful surprise and I'm a regular face at my neighbourhood post office. While fewer people send holiday cards every year, it's something that I adore doing. If you start early and keep organized,

it's easy to do, no matter how large your list of family and friends is!

The first step I take is to create a list of all of the people I would like to send cards to. I create a spreadsheet with columns for friends, relatives, work and other and start listing all of the people I want to send a card to. Figure out the total number of cards you'll need and then budget for extras – mistakes happen! I also like to take a look at who I'm sending cards to and make sure the design I've picked is appropriate for each. I sometimes like to pick a second design with a neutral season's greetings message. This list will also come in handy when you want to make sure you haven't missed anyone!

Once you have your list and your cards, start writing them! I find it's easiest to start early and do a few each day while watching Netflix and then put all of them in the mail in the beginning of December. The key is to leave a nice message in the card or write a short letter inside and make sure you write neatly.

I love taking some extra time to add artwork and fancy lettering or calligraphy to

the front of the envelope. An easy way to add a festive touch is with faux calligraphy; it's whimsical look hides any imperfections and inexperience. If you start with a soft pencil outline, you can fix mistakes as you go before committing with ink.

One way to create basic faux calligraphy is to write the text you want in oversized cursive. I like to write the recipient's name really large, exaggerating some of the loops and using an uneven script. When you're happy with your lettering, take a fine tip pen and trace over the letters lightly. Let it set for a second and study your letters. On the parts of the letter where your pen moved towards you (the downstroke) add some width to the letter, this will give the calligraphy effect by mimicking the motion of the nib. Add some holiday cheer with a simple holly design. I used acrylic paint and gold ink but you can create the same effect with felt markers.

Finally, remember that you probably shouldn't send a card to your ex's mom, your pharmacist or your last failed Tinder date.



Photo by Danielle S. Fuechtmann

Game of Survivor evolving

By KA CHUN YUNG

The game of *Survivor* is changing. In past seasons of *Survivor*, it often comes down to whether the leader(s) of the majority alliance can maintain control and dictate the game. Players like the evil Richard Hatch, cunning Parvati Shallow, calculating Rob Mariano, crafty Kim Spradlin and the devious Tony Vlachos not only managed the game well, they also dominated their season to become the sole survivor.

This season, Stephen Fishbach is convinced the game has evolved. Instead of well-defined alliances as in the past, he insists the game is now more fluid and is based on factions of voting blocs. He believes he's near the bottom of his eight player alliance hierarchy. As a regular *Survivor* strategy blogger for *People* magazine, Stephen knows those at the bottom of this totem pole usually lose. He wants to make a statement in the game. With 11 players left, he does just that with the biggest move of the game so far.

There was an obvious split between the majority group of eight and the minority trio of Ciera, Kelley Wentworth and Abi-Marie. In the past seasons, the three women would have had little to no chance of advancing. Ciera desperately pleads with the majority, saying that they can't all be in a great position within the eight. That now is the time to use the three votes from the women to change the course of the game. Her arguments

would normally fall on deaf ears but this year Stephen Fishbach is listening.

Since the start of the season, Stephen has wanted to eliminate Joe Anglim. Like on his first appearance in *Survivor*, Joe has dominated challenges. He has never been in a position to be voted out. In addition to his first six tribal immunity wins, Joe has won the first three individual immunity challenges. Even though Joe has prevented the rest from having the opportunity to vote him out, Stephen has created the numbers for this to possibly occur. By blindsiding Kelly Wiglesworth, Stephen has forced Joe to win every immunity challenge to prevent him from being voted out at the first opportunity.

The question now becomes – can these voting blocs work together? Can they solidify the quickly changing, fluid situation? If Stephen, Jeremy and Spencer are able to work with Abi-Marie, Ciera and Kelley Wentworth down to the final six, then Stephen has executed the perfect play.

In the individual immunity challenge, Stephen smartly gave up his chance of winning individual immunity to gain an advantage in the game, not only because his chances of winning immunity were low but his chances of getting voted out were also extremely small. His advantage provides him with the ability to nullify any other contestants' votes and recast his second vote for that tribal council up to the final five. In addition, unbeknownst to everyone, his closest ally, Jeremy, has two hid-

den immunity idols. If Spencer, Jeremy and Stephen can trust each other, there's abso-

lutely no reason why they can't be in the finals together.



Stephen Fishbach

parade.com

RESTAURANT REVIEW

Sweet as sugar

By COURTNEY BELL

Yummmm! Food.

Eating is a basic human need. I'm pretty sure we can all agree on that but deciding what to eat is the real challenge. We are privileged to live in a very culturally diverse country where we get to not only experience everything in every culture but we also get to try it.

If you're anything like me, making decisions is the worst part of your day. I'm the most indecisive person imaginable. There are just so many things to consider when it comes to picking a restaurant that I want to eat at! So there are many things I like to consider when choosing a restaurant:

What kind of place?

- What kind of atmosphere do I want? A loud party type environment with lots of people or do I want a more intimate place good for just one on one with a date?
- What kind of food do I want? With so many different choices, (Chinese, Italian, Vietnamese, Indian, etc.) what flavours and tastes do I want?
- Do I want to order in or do I want to go out and be a person in the real world?
- If I go out, do I want to go fancy or more casual?
- Do I have to worry about parking or taking the ETS/LRT?

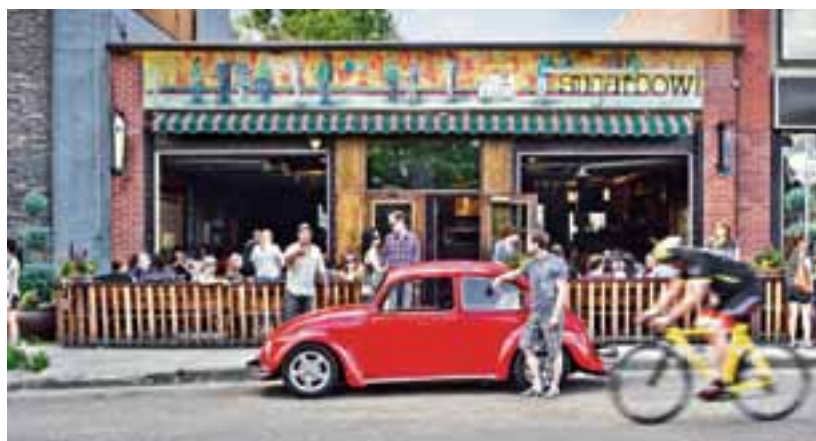
There are so many things you have to consider when choosing a restaurant but let me make things a little bit easier for you next time you want to take your date out for a nice evening. Try the Sugar Bowl.

It's a super cute little restaurant tucked away where you'd never think to look. It's located at 10922 88 Ave. It's been in business since 1943 and serves over 163 different craft beers, with 15 rotating on tap. If beer isn't your thing, they also have an extensive wine menu for any occasion. The drink list is definitely one to beat.

Delicious!

The food is also delicious! My favourite dish would have to be the mac 'n' cheese. It's perfectly baked noodles with apple wood smoked cheddar. You can even add bacon to it for just little bit more flavour. Your mouth waters just thinking about it. The menu is fairly extensive as well, serving everything from pulled pork sandwiches, my second favourite dish, to smoked paprika popcorn. You can't forget the dessert menu, either! The chocolate mousse is to die for! Definitely a cute little dish to share with your lover.

The Sugar Bowl has an amazing atmosphere, with amazing food and staff! This place is definitely one of the places you have to check out while you're in Edmonton. Just walking in you feel right at home, like you've been going there for years. There's a little something there for everyone and I guarantee there's a little something for you.



thesugarbowl.org

The Sugar Bowl

FASHIONISTA OF THE WEEK



Photo by Tom Armstrong

Jeremy Block DMIT, Game Design

Describe your sense of style. It's a little bit eclectic because I like to wear retro stuff but I mix it in with modern styles. It's casual.

What do you think about when you get dressed in the morning? What kind of day it's going to be; how do I need to look that day.

What are some of your favourite places to shop? I like shopping at Simons, Frank and Oak, sometimes Zara.

Preparing for final exams



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Don't wait until the week before finals to start studying. It may feel like you just finished mid-terms but the end of term is coming and this is a great time to make sure you are on track to do your best.

Strategy #1: Be diligent about ongoing review. Review the major points you took in class every day, and do a more thorough review at the end of the week.

Strategy #2: Prioritize what you need to learn. Look at the course objectives, at what the instructor emphasizes in class, and at the homework assignments. Focus on the subjects and topics that you are weakest in.

Strategy #3: Decide which study strategies best for you. Are your current strategies working (based on midterm marks and how you are coping overall)? If not what new strategies can you add? See the *Strategies for Success* manual available free of charge on line at www.nait.ca/counselling (under on-line resources) or make an appointment with a counsellor at NAIT Student Counselling.

Strategy #4: Ask for help. Tutorial Services (Room U210A at Main campus, Room P-165 at Patricia Campus and Room Z-153A at Souch Campus). You can also e-mail a tutor at tutor@nait.ca or hire a peer tutor through the Peer Tutor Registry at <https://mynait.nait.ca/peer-tutor-registry.htm>. Counsellors can help with personal issues, academic study tips or managing exam anxiety.

Strategy #5: Have a plan for your major review. Determine How, What, When,

and Where you will study. Begin one to two weeks before the exam. (Ideally this should be a review and touching up weak areas rather than trying to learn all the material.

Strategy #6: Create review tools. Checklists, summaries, flash cards and mock exams all help you learn the material thoroughly and increase confidence.

Study Tips:

- Practise the tasks you will do on the test
- Find at least one study partner in each class
- Try teaching another person
- Prepare for each class as if you were having a quiz

- Make sure your notes are complete

- Learn from past exams

- Attend review classes

- Identify weaknesses and work on them

Techniques for Math and Science

- Review and keep up on basic skills

- Keep up with assignments

- Learn from your mistakes

- Do as many questions/problems as possible

- Practise scientific attitude – accuracy, precision, fact

- Master your calculator

- Prepare for labs

- Learn the process, not just the answer

How to Cram (if absolutely necessary!)

- Cram as close to the exam as possible (but not overnight)

- Be realistic: prioritize and focus on the basics

- Get some sleep!

Psychological preparation:

- Be realistic about your goals for finals. Setting your standards unrealistically high will add unnecessary stress.

- Look at the exam weighting

- Think positively and be as prepared as possible. Make a conscious effort to stop negative thoughts like "I should have studied more" or "I never do well on finals." Avoid comparing yourself with others.

- Practise stress reduction techniques such as slow, deep breathing, muscle relaxation and visualizing a positive place.

- Remember, while it is important to pass,

marks are not everything

Days Leading to the Exam:

- Take care of yourself. Prioritize eating regularly, getting enough sleep and fitting in a bit of exercise and/or relaxation.

- Stick with your routine as much as possible.

- Don't compare yourself with others

Day Before Exam:

- Be positive

- Keep the exam in perspective

- Eat, drink water, have a snack, relax

- Have all necessary items packed and ready to go the night before the exam

- If you're anxious, use stress reduction techniques before and after the exam. A brisk walk before the exam can be helpful. Do not study on the day of the exam and try to keep away from classmates who might add to your stress.

- Don't discuss the exam with peers before

or after the exam

Counsellors are available to assist you with this or any other academic or personal concern. Call NAIT Student Counselling at 780-378-6133 or come to Room W-111PB in the HP Centre to book.

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 at 780.378.6133 in person at Room W111-PB, HP Centre.

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

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

NUGGET EDITORS WANTED

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

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

STUDENT LEADERSHIP AWARD OF DISTINCTION PROGRAM

Starting a new session in January 2016!!

Learn, Experience, Achieve, Develop ...

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

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

Application deadline Dec. 11, 2015.

DON'T MISS OUT ON THIS OPPORTUNITY!

THROWBACK THURSDAY

When imagination ruled

By JOEL LECKIE

In an ancient time, the schoolyard was full of collectible card games, contact sport and other imaginative forms of entertainment. But now there are so many more rules over what can and can't be played. This area of the world isn't as bad as some but you just don't see some of the classic fun anymore. And beyond that, there are a number of things we've just outgrown, sadly enough.

Running games were always my favourite. Ignoring the multiple variations of tag, what happened to the collision activities? I'm referring to red rover, crack the whip, British bulldog and even duck, duck goose. Things a kid could get hurt in but didn't care. It was all in good fun. You didn't play maliciously, the possibility of danger was just there. I mean, we still love dodgeball and those suckers can hurt. All the safety rules seem to have taken the excitement out of it, though every now and then you can still see a few of the classics being played.

It was not always the vicious games on your feet that meant a good time. There are a lot of collectible games. Most notably, you have your card games like Magic: the Gathering. But after it came out in 1993 there was a surge of products hitting the stores. This included a Middle-Earth set, Shadow-fist, Wyvern, SimCity, Star Trek, and Star Wars. With more and more anime coming over onto Western television, cards for Pokemon, Yu-Gi-Oh, Digimon and more. But the craze seemed to have died out as quickly as it started, leaving only a few major players to survive. You don't see decks making their way into classes for random trades anymore.

One thing that I truly miss, that came and went within

only a couple years time, was Pogs. It combined a sense of luck with a touch of skill and wrapped it up in collectibles. Each disc was unique, a collectible piece of plastic. You would collect them, trade them and play with them. The important piece was the slammer. It was a heavier, thicker pog usually made from metal or rubber. When you wanted to play someone, you could play for keeps. Stack up the pogs face down and take turns throwing your slammer into the pile. When they scattered across the floor, you kept anything that landed face

up. The rest got stacked back into a pile for the next player. The official winner had the most pogs at the end and each person kept the pieces they had won permanently.

There are many other games that have survived and some have faded without a trace. But it is the carefree imagination that really sticks with you. Life gets bogged down with work and homework and bills and more. Maybe we could go back and just set those cares aside for a little bit of schoolyard fun.



Pogs

en.wikipedia.org



NAITSA SERVICE CENTRE

THE STUDENT HEALTH & DENTAL PLAN IS ACTIVE!

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

Download the GroupNet Mobile app to easily submit your claims on the go.

QUESTIONS?

Email: studentplans@nait.ca

Phone: 780-471-7730

Tweet: @naitplan

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



WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit naitso.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

EDSS
IntoNAITion
SFA
IntoNAITion Toastmasters
AHT16
Bakers Club
Power Engineering
AHT2017

WHAT

November Beer & Beards Garden
Campus Engagement Panel
Range Visit
Leadership Institute
Pet Pictures with Santa
Winter Movie Night
Pub Night
Christmas Bake Sale

WHEN

Nov 27 | 3:00pm-9:00pm
Dec 3 | 12:00pm-1:00pm
Dec 11 | 7:00pm-9:00pm
Jan 16 | 7:00am-6:00pm
Nov 26 | 4:30pm-8:30pm
Dec 10 | 6:00pm-9:00pm
Nov 28 | 9:00pm-3:00am
Nov 30 | 12:15pm-2:15pm

WHERE

Annex Dock
Shaw Theatre
Wild West Shooting Centre
Shaw Theatre
Room X-100
Shaw Theatre
Ranch Roadhouse
Between E and F-Wing

CAMPUS CLUBS NEWS

WHO

OrgSync 101
OrgSync 101

WHEN

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

WHERE

Room T-512
Room T-510

NAITSA **CAMPUS CLUBS
CENTRE**

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
upcoming Important Clubs Dates