

WELCOME BACK!

THE **NAIT** NUGGET

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

SLOW TRAIN TO NAIT

LRT station ready for students on Sept. 6



Photo by Lauren Hucal

Nearly a year and a half after it was originally scheduled to open, the LRT Metro line to NAIT station (above) is set to debut with an adjusted schedule. Until the bugs are worked out, it will run at 25 km/h (inset photo).

NEWS & FEATURES

A year full of politics



NICOLAS BROWN
Issues Editor
@bruchev

It's been a busy summer for Albertans, with oil prices crashing, a provincial election, a byelection this week and a federal election fast approaching. Some of you may be asking "when will it end?" Now, I say, is the best time to get involved. As the political landscape of our country changes, the opportunity for the younger generation to affect that change is limitless. Let's discuss what's happened and what is happening.

Often, the economy plays a role as a driver of change. This year, it is certainly proving to be so, as a plummet in the price of oil and natural gas which started earlier this year has taken a toll on Alberta's economy. Nearly 10,000 jobs were lost in the

first quarter of 2015, more than the total job losses for all of 2014. Now, the value of the Canadian dollar has also dropped, hitting its lowest point since 2004. Oil prices had a significant impact in the Alberta provincial election in May, seeing an end to the Progressive Conservative regime in a province that has been seen as the Conservative stronghold in the West for longer than most NAIT students have been alive.

What happened in May was nothing short of astonishing – for nearly everyone involved. The provincial NDP swept into power after 43 years of Conservative rule with a strong majority, a majority that may prove a boon or a curse as the party plunges head-on into governance for the first time in party history. The lack of experienced MLAs has led to a reduced cadre of ministers in the government caucus and plenty of criticism from the party's critics. The Wildrose also made a significant recovery after what many viewed as betrayal when nine MLAs, including then-party leader Danielle Smith, crossed the floor to the Tories. The party has managed to maintain its position as Official Opposition and secured most of southern Alberta's ridings. The Alberta Party also stepped into the lime-

light, with leader Greg Clark securing the party's first seat in the Legislature. Outside of the PCs, the only party to suffer losses this election were the Alberta Liberals, who were reduced to a single seat.

Yet it appears Albertans just can't get away from the polls. A byelection for Calgary-Foothills will be concluding Sept. 3. Why a byelection so soon? Well, Calgary-Foothills is the riding for former Progressive Conservative leader and Premier Jim Prentice. Mr. Prentice, who before the election was quoted as telling Albertans to "look in the mirror" to find who is responsible for Alberta's economic woes, did not even wait for the ballot count to be completed before resigning as leader of the SS Progressive Conservative. Though he won the seat, his resignation left the riding unrepresented at the legislature and forced the residents of Calgary-Foothills to return to the polls for a second time this year.

Now it's time to ask Albertans, are you tired of going to the ballot box? Too bad, because now we have a federal election coming up! That's right, Prime Minister Stephen Harper has called the 42nd Canadian general election. With the writ dropped on Aug. 2, it puts the election campaign at 11 weeks long

(based on the fixed-date Canada Elections Act) making it the longest election campaign in Canadian history. Again, this election is becoming anybody's game, as long as you're part of one of the big three political parties. Recent polling shows the NDP, the Liberal Party and the Progressive Conservatives in heated competition for Canadians' votes. Of course, we can't discount Elizabeth May's Green Party picking up another seat but what appears to be the big focus this election is the ABC campaign – Anything But Conservative, although at times it sounds like ABH – Anything But Harper. With such a volatile political scene on the federal front, even former Bloq Quebecois leader Gilles Duceppe has stepped back into the ring, taking the leadership of the ailing separatist party perhaps in hope of reclaiming some seats from the NDP after the Orange Crush of the 2011 federal election.

With the Canadian economy suffering, will we see a repeat of our provincial election on a national scale? Will Canadian voters decide to exercise their democratic right to be heard and how will that affect the future of our country? It's anyone's game in this federal election but remember – your voice is important, so get out and vote!

NAITSA's job is to help

By ELYSSA TESLYK

Student elections took place last February, providing the student body with a brand new executive team. The NAIT Students' Association council consists of a president, a VP Academic, VP External and VP Student Services. This might leave you thinking, "Yeah, so what? What do they actually do for me anyway?"

NAITSA has a lot to offer everyone, really. As NAITSA

President Justin Nand says "the most important things that NAITSA does for the student body is represent them during academic grievances, which is what our VP academic does. So, if a student is having trouble with an instructor, they can come to our VP Academic and get more information and have someone represent them and help them in the situation. Another thing that NAITSA does for the student body is having the foundations to start enjoying clubs. We

provide funding for clubs, equipment and facilities for them to use so that any interests in program based clubs that they have, [allow them to] join or become part of leadership, or they may start a club themselves." NAITSA also has the service centre, which consists of four parts – a food centre, the U-PASS headquarters, health and dental insurance and emergency student loans, he said.

Getting acquainted with your student government can help make your time at NAIT better in a variety of different ways. Your VP External is required to communicate and develop relationships with students and staff on all satellite campuses in order to become a proactive advocate for full-time, part-time, international, apprenticeship and continuing education students with the NAIT institution and all levels of government. Keep in mind that the VP External can't advocate unless you communicate!

If VP External can't help you, maybe VP Student Services can! What do you want to see campus life look like? VP Student Services can make sure that all the events and activities hosted are exactly what you are looking for to engage in student life on campus. Get involved, because change only happens when you participate.



Justin Nand
President

Yang Yu
VP Academic

Allannah Wrobel
VP External

Michael MacComb
VP Student Services



Photo by Lauren Hucal

A slowed-down version of the LRT line to the NAIT station (above) is scheduled to start running Sept. 6.

Debate still rages

By **NICOLAS BROWN**
@bruchev

It is a saga that NAIT students are all too familiar with – the long-awaited (and much debated) story of the Metro LRT line. Nearly a year and a half after it was originally scheduled to open, the newest expansion to Edmonton’s LRT system is slated to debut with an adjusted schedule on Sept. 6. This doesn’t mean that the saga has come to an end, however.

The Metro LRT line has been plagued with problems from the start, with concerns over funding and risks identified early in the planning process. Edmontonians can’t complain about budgeting, however, as the project came in \$90 million under its estimated \$755 million price tag with a final posted cost of \$665 million. Instead, according to a recent report from the city auditor, significant issues were present early on. Major milestones were missed early in the city’s timeline, with delays as long as 23 months on construction and other milestones still outstanding, notably on the signalling contract, formally known as the Communications-based train control (CBTC) contract. Many requirements for the new CBTC system have not been met by the contractor, Thales Canada. Chief among the issues raised by the city auditor is concern over project management processes within the city, with a focus on communication, time management and human resources outlined in the audit report.

Signalling contractor Thales has fired back

with its own version of events, claiming the company has been misrepresented and that misinformation has been released.

The company says it still has not received an official copy of the safety audit report from the city’s consultant – an unpublished internal report completed by a third party expert for the City of Edmonton.

“We have not been advised of any actual safety issue or deficiency in either the design, the implementation or in the safety case for the system that we provided,” the company said in a statement.

However, City of Edmonton documentation shows that the safety audit was submitted to Thales on Aug. 7, nearly a week before Thales released a statement criticizing actions taken by the city. With a legal battle possible over the costs of project delays, both the

City of Edmonton and Thales are keeping their cards close to the vest on the matter.

As of last month, the city has approved a staged implementation for the new line which begins Sept. 6. In first-stage implementation, trains will run on the Metro line under “line of sight” operations, an industry term which translates to a requirement for operators to be able to stop the train within half the distance they can see. In the case of the Metro line, this means speeds will not exceed 25 km/h during the first-stage implementation. This translates to a 15-minute service frequency between Churchill Station and the NAIT station, with an estimated travel time of 14 minutes. An

added bonus of the staged implementation is that during peak hours, Metro line service will start at Century Park station and provide full service to NAIT. Trains will not be travelling beyond Health Sciences station southbound during off-peak and weekend service hours.

A downside to line of sight operations is a decrease in overall LRT system frequency. Service between Churchill and Clareview will see a decrease in frequency to an average of 7.5 minutes between trains. To compensate, ETS is adjusting Capital line service by running five-car trains during peak hours, versus three-car trains planned for the Metro line.

Once fully implemented, service between NAIT and the Health Sciences station will be on 10-minute intervals, with travel time between Churchill station and NAIT of seven minutes. LRT service through the downtown core will ultimately have a frequency of 2.5 minutes, with Capital line service returning to standard five-minute frequency during peak hours. Full service is expected to increase LRT ridership by up to 13,000.

Long-term development of Edmonton’s LRT network will eventually see the Metro line extended to St. Albert, with a NAIT station in the Blatchford area, formerly the City Centre Airport. Traditional bus service is also being enhanced, starting with an increased frequency on Route 15 and routes 8 and 9 facing reviews. Although Edmonton Transit’s olive branch last year of the Ookspress will be mothballed in favour of the Metro line, the service can be restarted immediately during LRT service outages.

Will this be the last time we hear about the Metro LRT line? With safety concerns and system changes still coming, NAIT students may still be at the mercy of contract wrangling and legal manoeuvring. Traffic concerns will also abound, as commuters adjust to Metro line service. Ultimately the Metro line may be the answer to NAIT’s parking woes as students adjust to utilizing the new transit service.



LRT routes

Metro Line service frequency: every 15 minutes daily.

For specific peak and off-peak schedules, visit takeETS.com/Metro

Supplied illustration



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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.



Supplied illustration

This is an artist's conception of NAIT's new 52,000-square-metre CAT building, currently under construction and on time for a scheduled opening next year. The centre will have the capacity to accommodate approximately 5,000 students and the resulting vacated space will become available for other programs in high demand, including trades.

CAT building on schedule

By TAYLOR BRAAT
Editor-In-Chief

NAIT's Centre for Applied Technologies (CAT) building had its ground broken on Aug. 29, 2013 in a ceremony attended by former Alberta Premier Alison Redford, NAIT President and CEO Glenn Feltham and Deputy Premier and Minister of Enterprise and Advanced Education Thomas Lukaszuk.

The 52,000-square-metre building will address Alberta's labour demands and aid in the growth of our ever expanding province. The Centre for Applied Technologies will house 5,000 students daily and will boost enrollment in the areas of health, business, engineering technologies and sustainable building and environmental management programs. The Centre for Applied Technologies is set to open in the fall of 2016 and Lou Zoldan, CAT building project director and NAIT Engineering Technology graduate, said without hesitation that construction is completely on schedule.

With most students having been gone over the spring and summer months, there are impressive changes. The big-

gest accomplishment over these past four months are the two erected pedways which connect to the already standing HP Centre and also the M Parkade. These south and east pedways are important to the building's ergonomic structure.

Along with the fully completed pedways, as of Aug. 30 the building enclosure is also complete.

"All of the major elements of the roofing, glazing, stone panels and mason re-block are finished," said Zoldan. Put simply, the framework and entirety of the building is up and now the details are left.

With so much work done on this innovative establishment and all on schedule, the future is positive for this amazing structure. It's no secret that the building will give students access to an astounding quality of education.

NAIT is proceeding with a simulation lab that is equal to those which are currently being developed and operated around the world, Zoldan said.

Work on the interior finishes started this summer and is underway. "There will

be tiling of the washrooms, painting of the classrooms and corridors and installation of the millwork and casework in teaching labs," Zoldan said.

"Coming back to NAIT and working on the Centre for Applied Technologies gives

me such a feeling of pride," he said.

The construction of this building has been produced with passionate and prideful trades people, crucial planning and dedication to the future of this vital organ which is now a part of NAIT.

STUDENT LEADERSHIP AWARD OF DISTINCTION PROGRAM

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 Student Engagement Office in O-117 to Michele Parker. For more information please e-mail distinction@nait.ca.

Application deadline is Sept. 30.

DON'T MISS OUT ON THIS OPPORTUNITY!

VOLUNTEER POSITIONS

The NAITSA Food Centre has volunteer positions for those who would be able to assist for a minimum 2 hour window per week.

If you are interested in this opportunity to help in a way that directly benefits students, please contact Matthew Pecore at foodcentre@nait.ca or visit Matthew in the NAITSA Service Centre, Rm E-131.



NAITSA SERVICE CENTRE



naitstudents

nait.ca

youNAITGA

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rm-e-131



NAIT photo

Interior work is well underway at NAIT's CAT building, which is scheduled to open next fall.



NAITSA SERVICE CENTRE

STUDENT HEALTH AND DENTAL PLAN

Please visit the NAITSA Service Centre Coordinators located in Room E-111. We provide health and dental coverage to over 3,100 students each year, and it is our duty to assist you in completing all proper documentation (to opt-out or opt-in to the plan), and to answer all your questions. If you change programs at any time, please alert the NAITSA Service Centre Coordinators immediately to ensure your coverage eligibility has not changed.

student@nait.ca | 780-471-7770 | Twitter: @naitplan

What you need to know about the Student Health and Dental Plan:

If you are a student enrolled in a credit class that starts prior to September 21st, 2015 in the fall term, or a class that starts before January 29th, 2016 in the winter term, you are automatically assigned the fees for the Student Health and Dental plan, and are automatically enrolled in the plan! All credit students are assessed these fees, regardless of whether they are part-time or full-time students.

- Health Plan fee: \$108 per academic year and is charged in two payments of \$54 per semester
- Dental Plan fee: \$120 per academic year and is charged in two payments of \$60 per semester

**This plan excludes non-credit programs, students 100% online, auditing and apprentice students.*

IMPORTANT! Opt-Out and Family Add-On Deadlines:

- Deadline (September Start): Friday, September 25, 2015 no later than 4:00 p.m.
- Deadline (January Start): Friday, January 29, 2016 no later than 4:00 p.m.

If you have comparable coverage through another insurance carrier (Blue Cross, Great West Life, Sunlife, etc.) and you would like to opt-out of the benefits, you must fill out the opt-out waiver form and provide the NAITSA Service Centre (E-111) with confirmation of comparable coverage (benefit card, previous claim, letter from insurance company or employer, etc.) before the given deadline date. You may also complete the opt-out form online at www.mystudentplan.ca/nait. Please Note: Provincial Health Care is NOT comparable coverage. There will be NO EXCEPTIONS if the deadline is missed. You will be required to pay the student Health & Dental fees. If you miss the September deadline, your next opportunity to opt-out will be the following September (no changes can be made to plans in January). If you begin your program in January and miss the January deadline, your next opportunity to opt-out would be the following September.

Family Coverage

Eligible students on the plan can purchase coverage for their spouse and/or dependent(s). The student must complete a Family Add-on form and pay the additional fees prior to the above deadlines. Please call or visit our office in E-111 for more information.

Blackout Period

New eligible students will be added to the plan approximately 45 days from their program start date. During these blackout periods please keep all receipts for any eligible expenses incurred for submission to Great West Life, once the plan is activated. Please check with the NAITSA Service Centre to confirm the actual benefit plan start date, or follow us on Twitter @naitplan for the go-live announcement.

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

Introducing the Naitsa Service Centre!

This year, NAITSA is proud to announce the launch of the NAITSA Food Centre.

Hunger should not be a barrier to education, and the NAITSA Food Centre is here to help. The cornerstone of the Centre is the hunger program, which aims to provide 3 days emergency food relief for members of the NAIT community in need.

If you are interested in helping the NAITSA Food Centre combat hunger in our community, donations are always welcome. Non-perishable food items can be donated at the NAITSA office (E-131); monetary donations can be made either through the NAITSA office or online at nait.ca/food-centre.

Please Note: As NAITSA is not a registered charity, monetary donations to the NAITSA Food Centre unfortunately are not tax deductible.

More information, such as needed items, can be found at nait.ca/food-centre, by emailing foodcentrenait.ca, or by calling 780-491-2966.




NAITSA SERVICE CENTRE







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OPINION

— Editorial —

Unpaid, invaluable



TAYLOR BRAAT
Editor-in-Chief
@TaylorBBraat

My summer was not the “stay up until 3 a.m. with friends on weeknights, go on house boat trips and attend all of the music festivals that I possibly can,” type of summer. I didn’t fly across the world and lay on the beach of a tropical island or even buy a red-velvet mini donut stick at K-Days. I was preoccupied with my practicum.

The days were hot but that did not give me an excuse not to wear “business casual” every day. Let me tell you something. Practicums, although fruitful in knowledge are not fruitful in income. The one thing about practicums is that, for mine at least, it was hard not to feel like I was working without pay. I know it should be treated like school but it’s hard not to feel like you really should be getting something. I think it’s just human nature to feel that way.

Real-life experience

I really did take in all that I could throughout the three and half months that I got to be an intern and it gave me a lot of real-life experience. There has been a lot of argument lately on the topic of unpaid practicums. Are they fair? Should students be getting paid for their long hours and hard work over a period of time within a company? I do not have the answer. I was not paid, so all I can do is appreciate the opportunity given to me and the opportunities to come because of it. There’s no point in crying over expensive milk that I’m buying with money from my savings account, is there?

I learned a lot every day, if not from the material, then about the human race and office life in general.

Eye-opening experience

I completed my practicum at a local radio station as part of NAIT’s Radio Program and it was an eye-opening experience to work in an office for the first time, not to mention at a radio station. Being in a radio station, there are some big personalities. I met some crazy awesome people and then I met some just crazy people. I truly did learn a lot though, from my on-air shifts to my online news stories and everything in between. The week after I completed my practicum, there was definitely a feeling of absence and disbelief that I had actually completed my entire program. The last day of school feels a lot different than the last day of a practicum.

Before I began my practicum I had a very good relationship with the people who worked at the station and

it very fast became a comfortable place to come to. In a practicum you have a certain level of control and management because you aren’t getting paid and are learning. I had no specific role so I was kind of like a jack of all trades – a person who worked in every position but none at all. I had my own work but I also gave a helping hand to everyone, which gave me a lot of brownie points. My most fond memory was when we had an office party for my birthday, which is one of the perks of any job. Free cake and we don’t have to work for half an hour, sweeeet.

Interns in the movies are seen being treated badly and always have to get the coffee. Well, we had a coffee maker. I was not treated poorly or used for my social media skills,

I relished in the amazing time I had in that building with those people. My advice for anyone that is going to be taking a practicum is, drink it all in and I don’t just mean the coffee. Develop as many relationships as you can with people around the office not only for your career but for your quality of life. I had the pleasure of getting to know so many kind people and gained friendships that made my summer a little warmer.

When I left I said “this isn’t goodbye, it’s see ya later” and I truly meant it. Three and a half months is a long time to spend anywhere and while I’m really starting to get a knack for all this radio stuff, the employees there made it just that much more of a learning experience.

HELLO
my name is

Intern

amppob.com



Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

Keep them short and to the point. No more than 100 words. We’re a newspaper, not an encyclopedia. Give us a break!

Submit letters with your real name and phone number to: studenteditor@nait.ca.

SPORTS

Ooks worth supporting



JOSH RYAN
Sports Editor
@JoshRyanSports

Hello NAIT students, staff and other words that begin with the letter S. For those new to our campus, I've covered the Sports Section of *The Nugget* since the turn of the New Year. I hope to turn my sporty geekiness into a job in sports media. I also like to watch movies. That's pretty much all you need to know.

So ... sports! This was an excellent summer in this country for fans of many athletic pastimes, notably soccer, basketball and baseball. The support from fans during the FIFA Women's World Cup, the Pan Am Games and the FIBA Americas Women's Championship was fantastic, showing that athletes pursuing something other than hockey can flourish when given the opportunity and the resources. However, post-secondary sport in Canada

is a step behind in terms of funding and sponsorship. This is unfortunate, because college athletics in Canada is an extremely underrated source of entertainment, community pride and character building for everyone who sets foot inside the gym, arena or boundaries of the field. At NAIT, we haven't the student body following of our teams where every game is a sold out, can't miss event but I say this year we start to make it so. Here are a few reasons why it's worth it to stick around campus a little later on Friday and Saturday nights to watch the Ooks play.

The level of play is elite. It's a crime that the average sports fan in Edmonton doesn't realize how good ACAC athletes are. Many Ooks have gone on to compete at the CIS level and professionally overseas in basketball, hockey and more. There's no room for the average schmuck from high school playing competitively after graduating. ACAC schools all recruit kids from top schools and club teams. Many programs even import international talent, whether it be south of the border or way down under (shout out to Trent Mounter).

The Ooks are really, really good. Not only are ACAC sports filled with a high level of skill and athleticism but the Ooks are the cream of this crop – really smooth, delicious cream. Every NAIT squad quali-

fied for the playoffs last season, bringing home six golds, a silver, a bronze and individual hardware in badminton at the Conference Championships. There were CCAA achievements as well in women's soccer, women's curling and badminton. Our hockey, basketball, badminton, curling and soccer squads are title contenders every year and the volleyball teams are close to joining them. The Ooks are part of the most successful athletics program in the conference because greatness is demanded of every team, rather than hoped for.

There are additional entertainment benefits. Besides the prowess that is displayed by the players, fans are treated in several other ways. There are goodies at the concession, competition for prizes at halftime and a great team working the PA. Admittedly, that's fairly egotistical of me, as I am one of those people behind the mic but everyone else is excellent and keeps me afloat. I'm just along for the ride. The most important benefit, however, is that you are a part of an atmosphere that's fun, friendly and shouldn't be missed. When Ooks Nation gets a decent crowd, things get electric!

The cost is criminally low. Rather than pay hundreds of dollars to attend professional events at Rexall and Commonwealth, a family of five can cheer on the

Ooks and munch on popcorn for 50 bucks or less. Even better, staff and students get into games for free!

The athletes are worth cheering for. While I don't wish to cast any poor images of professional athletes, as many of them do great things for their communities, amateurs train without the same advantages for far fewer rewards. These are your friends, classmates, students – good young people who love their respective games. There's more to fall in love with than what you find from an NHL roster.

The impact of fan support for college athletes is priceless. Playing in a full building of screaming fans is wonderful enough for any amateur sportster but by attending games, buying snacks and telling friends, you are providing more opportunities for aspiring athletes to pursue their dreams and acquire an education. Every dollar from ticket gates, donations and sponsorship goes a long way and if, as a country, we can just inch towards the experience of college athletics in the United States, then the future will grow brighter for players, fans and all others who partake in the wonderful world of sports.

Looking forward to the fall, folks. For additional content on NAIT Athletics and other sporting type things, follow me on Twitter @JoshRyanSports. Cheers.

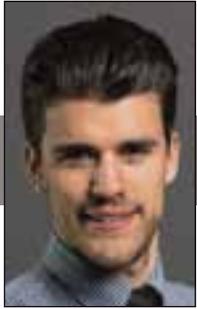


The Ooks men's hockey team celebrates after defeating SAIT to win the ACAC championship last year.

Keeping Score

Story of the summer

Welcome back to a new school year and another edition of *Keeping Score*, the weekly debate on a chosen topic in the world of sports. My counterpart, Connor Hood, has moved on from NAIT into the career phase of his life, so long-time Nugget contributor Matt Mosewich is taking over as my partner/adversary. Our first topic of fall, 2015: What is the biggest sport story of the summer? In Canada, there are a plethora of choices, such as the Women's World Cup, the Pan American Games, the NHL Draft and the rise of the Toronto Blue Jays. Connor McDavid going to the Edmonton Oilers is the major headline around Edmonton right now and will continue to be for the next eight months but the Jays are trending nationwide and beyond the border. Which is bigger? Read on ...



JOSH RYAN
Sports Editor
@JoshRyanSports

Between a pair of great finals in the NHL and NBA, the emergence of Jordan Spieth (golf's next superstar), a surprisingly captivating Pan Am Games and the insanity surrounding one Connor McDavid, the summer of 2015 will go down as a memorable one, particularly for Canadians. However, one phrase has left the lips of Canuck sports fans more than any other in the English language. How about them Jays?

Canada's only Major League Baseball squad has frustrated its loyal fan base for years, mired in mediocrity and constantly teasing fans with the hope of meaningful games in September, only to crush hopes year after year. This edition of the Toronto Blue Jays gave off similar signs of failed promise with a .500 record at the all-star break despite boasting the best offence in baseball. How-

ever, since the flurry of moves that saw Jose Reyes and Danny Valencia leave and Troy Tulowitzki, David Price and others arrive, Toronto has a legitimate shot at winning their division and end a record playoff drought of 22 years.

McDavid going to the Oilers is a big story but the meat of that saga dates back to spring. The Blue Jays' prowess has dominated the back half of the summer and has captured the attention of all Canadian sports fanatics. I've hated baseball all my life. I find it utterly boring 90 per cent of the time but even I'm glued to the screen watching the Jays take on the Yankees. Bats hitting grand slams, David Price shutting out all sluggers and Josh Donaldson putting up MVP numbers has become must watch TV for sports lovers north of the border and has even garnered attention on the south side as well. ESPN analysts arguing over Toronto's playoff chances is territory we haven't seen since the '90s.

Edmonton's latest first overall selection was a big deal and still is but even TSN pushed their coverage back for Blue Jays analysis. Outside of Edmonton, some fans are curious how McDavid does but everyone wants to know if Toronto can take the AL East from New York. Hockey is still Canada's sport. Right now however, the Jays are Canada's team.



MATT MOSEWICH

When I think of the biggest sports stories of this past summer there are several that come to mind. The Toronto Blue Jays deadline, Jordan Spieth's back-to-back major golf victories, American Pharoah winning the Triple Crown and the women's World Cup uniting Canada are just a few. All were great and highly memorable.

However, no other story has been more captivating than the arrival of Connor McDavid in Edmonton. I realize that this story may not have the same global reach as the others but this is the *NAIT Nugget* after all, a paper that is exclusively distributed in Edmonton, so I'm sticking with it.

McDavid's arrival to the NHL would be a big story, no matter which team he went to but the fact that he's coming to Edmonton just elevates it to a different level. I know the media here loves to

hype the latest "shiny new toy" but the buzz surrounding McDavid is ... well, generational. His name is often mentioned amongst the legends of the game like Wayne Gretzky, Mario Lemieux, Eric Lindros and Sidney Crosby. He truly is a franchise changing player and change the franchise he did. From the second the fateful lottery balls were pulled on April 18, McDavid's impact on the franchise could be seen. The Oilers' future plans needed to be adjusted and accelerated. The Oilers fired Dallas Eakins and demoted Craig MacTavish, both of whom were as useful as the white crayon in your Crayola set. Management made trades and signings that addressed the team's weaknesses, moves that may not have been possible without McDavid.

With the addition of McDavid, along with the subsequent changes to management and the roster itself, the Oilers' long-suffering fan base may finally be seeing some light at the end of one of the darkest tunnels in NHL history. And that may be McDavid's biggest impact – hope.

You can call me biased, you can call me a homer but the biggest sports story of the summer is, without a doubt, the Edmonton Oilers and the addition of the latest saviour, Connor McDavid.

Must-see home games

As one who follows NAIT athletics might expect, the 2015-2016 campaign carries high expectations for all Ooks' squads. Six teams look to defend conference championships from last season and the rest are gunning to join their counterparts as champions at the awards banquet in the spring. While every NAIT Ooks home game is worth attending, here are a couple of key dates to mark down on your calendars, electronic or print, as can't miss.

Home openers – It's always a great time to see the new-look squad during the home opener. Men's and women's soccer open the fall at home by taking on the Augustana Vikings on Sept. 11. Men's hockey begins their title defence under new coach Mike Gabinet on Oct. 2 and the women's squad will face off against the SAIT Trojans on Oct. 10.

A week later, NAIT's volleyball teams

open the gym doors to the King's Eagles on the 18th and the basketball teams host Grande Prairie on the 30th and 31st. For women's volleyball, it will be a tough first test as the King's Eagles are gunning for ACAC title contention once again. Badminton's only sanctioned home competition is the ACAC Championship on Feb. 20 and the curling squads have no home events but open the season with the Fall Regional Nov. 27 in Red Deer.

Sept. 13 – Our footy friends take on the Huskies. This is a key matchup for the men, who defeated Keyano in last year's final and will travel to Fort Mac for the conference finals.

Oct. 17 and Jan. 23 – Men's hockey will take on their hated rival, the SAIT Trojans, in a rematch of the ACAC championship series.



Oct. 30 – The women's ice warriors take on the Red Deer Queens, the team they defeated in last year's final. The Ooks will see the Queens on home ice again Jan. 6 and Feb. 12.

Nov. 13 – Men's hoops host the Lakeland Rustlers for the first time since the Ooks only regular season loss at the end of January. The women match up with the squad that beat them out for top spot in the North Division.

Nov. 6 and Feb. 6 – Ooks volleyball will battle the Augustana Vikings. For the men, this matchup likely decides first place in the North, while the women look for a pair of big wins against an improving Vikings squad that pushed the Ooks several times last season.

Feb. 20 – As previously mentioned,

badminton hosts all comers for the ACAC championship, as NAIT attempts to win a sixth straight team title.

Feb. 25-27 – Men's volleyball hosts the Conference Championship, with the team hoping to win a banner for the first time since 1977. The volley boys took bronze in thrilling fashion this past winter at Augustana against a tough Medicine Hat squad.

March Madness: On-ice edition – Unless we are hit from above by an alien invasion, a giant meteor or a gigantic, steroid-infused, cartoon version of Donald Trump, NAIT will host home playoff action for men's and women's hockey in the month of March.

For more information on NAIT Athletics events, home or away, go to <http://www.nait.ca/65720.htm>, <http://www.acac.ab.ca/> and check out the NAIT Athletics app on your mobile.

ENTERTAINMENT

Case for the selfie stick



By **CONNOR O'DONOVAN**
Entertainment Editor

There was some frightening news this summer.

Did you hear about the chemical explosions in Tianjin, China three weeks ago? Footage of the disaster abounds. One shocking clip shows an angle of the fiery blast shot from the 34th floor of a nearby apartment building. It is breathtaking and borderline apocalyptic.

Then, of course, there is the ongoing story of how dry weather pervades great chunks of North America. Precious water

supply struggles to keep up with overflowing demand. Reports pronounce the deaths of millions of trees in California, conditions in southeastern BC have prompted its provincial government to raise local drought ratings to their highest level, and the mighty Edmonton Queen riverboat sits complacent in the lower-than-average North Saskatchewan.

It's been difficult to read through a paper without shuddering. There have been forest fires, earthquakes, ISIS, police brutality, adulterous online security breaches, a poached lion, a violated moose, oh my! Are you not entertained?

A less morbid story also caught my eye over the summer. Major music festivals from across the continent have started banning the use of selfie sticks during their festivities. The mighty festival giants, Coachella and Lollapalooza, decided the sticks were not to be seen on their grounds. I delved deeper into the canon of selfie related headlines and found the festivals to be following in the footsteps of historical landmarks like the Palace of Versailles and the Colosseum (those great bastions of ethics and good taste).

The headlines piqued my interest. I began asking people I encountered for their selfie thoughts.

"I would never buy one," said a friend.

A BuzzFeed commenter declared that only a "self-absorbed douche" would make the purchase. Much of the population, it seems, agrees with the bans.

I do not. After a summer of fireballs, droughts and recessions, I feel we are too often buffeted by dark tales of the mistakes and disasters humanity faces. Those events deserve the most honest coverage, of course but we should be celebrating the nuances of life's lighter side when we get the chance.

True, the sticks could pose a threat to priceless works of art or be used to scar ancient Roman ruins. In the hands of the benevolent individual, though, they are tools of both practicality and hilarity. For one, they counter the exclusion of being the designated photographer. They can also yield a hearty laugh towards the ridiculousness of the human race.

They open up outrageous worlds of photographic opportunity. You can take a selfie in a crowd, without getting out of

your lawn chair or, if you're a crazy Russian teenager, from the antennae of the world's various skyscrapers. You can document your stroll through the Louvre or even conduct a solo fashion photo shoot.

Agreed, they are absurd, outlandish even but you don't have to scoff. I say let those narcissisticks stand proud and defiant against the cynical sky! Should you all stop what you're doing and make habits of gazing out along Bluetooth-enabled carbon fibre rods (and hitting delete when you don't look hot)? Probably not. I don't think that's a good look for the human race. Just smile when you do.

Be entertained! Gossip about the Kardashians. Gossip about your friends! Tell everyone how great "Pemby15" was, make a meme and grow a man bun. Read *The Nugget!* Write for *The Nugget!*

Embrace entertainment in the Year of the Selfie Stick. You can buy them anywhere – 7-11, Walmart. The Eskimos recently gave 7,000 away at a home game. Just remember, as www.epicselfiestick.com advises, "For ideal results, you should take the selfie casually and you will look very cool."

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FOR YOUR LISTENING PLEASURE ...

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By **KYLE MATZ**

Well, as the cliché goes, it's that time of the year again. It's time to get back to school. This time of the year is bittersweet for many students as they give up their summer and likely a fulltime job, in order to get back into the classroom. For me, it's nice to get back to a regular schedule and catch up with the friends I made last year. I'm also really looking forward to learning more from my instructors in the Television Program.

My sister is still in high school and she starts classes on Aug. 31, so I'm a little happy that I have more time away. That doesn't help the fact that there's no transition between summer and school. I suppose you could

attend the new student orientation and get your U-Pass as a way of dipping your toe into school again but I've found that a back-to-school playlist can do that even better. It's something to get yourself in the mood for learning and expanding your brain.

Don't worry, this playlist isn't filled with Beethoven and Bach but rather songs that are somehow related to school. Some of these are a little random, and maybe aren't as cool as they were a year or two ago, but they're school related anyhow.

To get ready for classes, turn up the volume and blast these songs on your ride to NAIT.

- Live While We're Young – One Direction
- Teenage Dream – Katy Perry
- Touch the Sky – Kanye West
- Call Me Maybe – Carly Rae Jepsen
- I Love College – Asher Roth
- ABC – Jackson 5
- Fifteen – Taylor Swift
- I Don't Want to Go to School – The Naked Brothers Band
- Playground – Sia
- Little Things – Good Charlotte

- Brave – Sara Bareilles
- Yearbook – Hanson



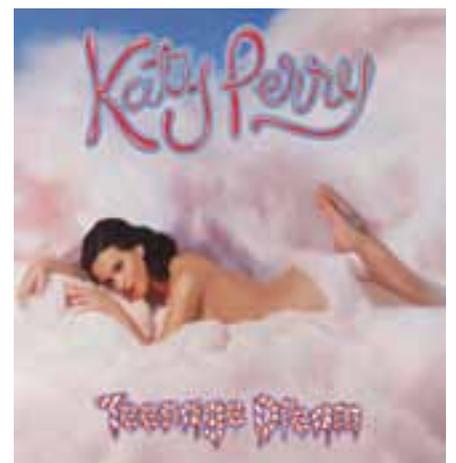
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Adjusting to life at NAIT



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

A warm welcome to all new and returning students. Starting a new phase of education can be a major life change. It may be your first educational experience away from familiar faces, the first time you have attended school in years or your first experience living away from home for an extended period of time. Although it is exciting to pursue higher education, common feelings in the first weeks at NAIT are stress, loneliness and feeling out of place. NAIT student counsellors are available to help you with difficulties adjusting to student life or with any personal or academic concerns. Here are some tips for coping with those first few weeks:

Personally:

- You may find that NAIT provides more of a feeling of freedom than your high school environment. The increased personal freedom can feel both exhilarating and frightening. Accept that emotional fluctuations are normal and that they will pass in time.

- Take time during these first weeks to take care of yourself. Try and include some fun activities, some relaxing activities and some time with family or old friends. If you are new to Edmonton, keep in touch with friends and family from your home town.

- Use positive self-talk and give yourself credit for the risks you are taking and the situations you are handling well.

- Instead of berating yourself for things you should have said or done, treat these situations as learning experiences for the next time a similar situation arises.

Socially:

- The first few weeks on campus can be lonely. You may be concerned about forming friendships or feel like you don't fit in. It may seem that others are self-confident and socially successful. The reality is that many students are having the same concerns and finding your social niche may take a few weeks.

- There are many ways to meet people. Consider getting involved. Here are some common ways NAIT students meet each other:

- At beginning of semester activities
- Before and after classes
- Doing extracurricular activities such as clubs, intramural activities or fitness classes
- Volunteer at events or fundraisers; check at the NAITSA office for opportunities or put your writing skills to work for *The Nugget* student newspaper.
- At adjoining lockers
- In bookstore or food stall lineups

- In eating areas
- In common study areas
- At the "Nest"
- Group lunches or pub crawls

- Meaningful new relationships develop over time. Remember to be yourself and to send friendly, outgoing signals to others. Smiling, making eye contact, nodding when someone is speaking, and sending body language signals such as uncrossing your arms and leaning slightly forward are ways to signal to others that you are interested in them.

- Some people have a tendency to get into intimate relationships too quickly when feeling lonely. Take time to stand back and assess why you are in the relationship and whether it is healthy and supportive for you.

Academically:

- You may find NAIT more difficult than high school with a much heavier workload. It is important to take responsibility for your learning – set up a regular study routine, follow course outlines, keep up with readings and assignments, attend all classes, borrow lecture notes if a class has to be missed and ask for help if you do not understand material.

- Student Success seminars are offered during the semester. Plan to attend.

- See a counsellor if you need specific work in any study skill area or for personal concerns interfering with academic progress.

- *Strategies for Success: Techniques to*

Maximize Learning Potential, an online study skills booklet designed specifically for NAIT students, can be downloaded at www.nait.ca/counselling under Online Resources. Take the skills assessment on Page 4 of the manual to see which skills you may need to work on.

- Get familiar with NAIT services and use those that are appropriate for you. Academic resources include: Student Counselling (Room W-111PB), the Tutorial Learning Centre (Main: Room A-133; also at Souch and Patricia campuses), Peer Writing Tutors, the Online Peer Registry (MyNAIT Portal under 'Student Services' and 'Get Support') and Services for Students with Disabilities (Room W-111PB). The McNally library and the Learning Resources Centre (U-130), Health and Safety Services (Room O-119), NAITSA (Room E-131) and a variety of fitness activities.

- Watch for weekly *Nugget* articles from Student Counselling that will provide academic and personal support.

Counselling is free to registered NAIT students and is completely confidential. For further assistance, book an appointment:

Main Campus: Counsellors are available Monday, Tuesday and Friday from 8-4:30, Wednesday from 8-5:30 and Thursday from 7:15-4:30. Call 780.378.6133 or come in person to Room W-111PB, HP Centre.

Souch Campus: A counsellor is available on Thursdays. Book in Room Z-153.

Patricia Campus: A counsellor is available Tuesdays. Book in Room P-133.

SEPTEMBER EVENT LIST

- 2-3 | NAIT ORIENTATION
- 7 | LABOUR DAY - NAITSA CLOSED
- 8 | PANCAKE SUNDAE BAR (TOWER)
- 9 | WELCOME BACK BEER GARDEN
- 10 | PANCAKE SUNDAE BAR (HP/SPARTAN)
- 10 | KARAOKE BEACH THEME @ THE NEST
- 14 | PANCAKES & BACON (PATRICIA)
- 15 | PANCAKES & BACON (SOUCH)
- 16 | EVENING ICE CREAM BAR

- 17 | CARDS AGAINST HUMANITY @ THE NEST
- 18 | PIRATE PARTY
- 23 | WELLNESS WEDNESDAY
- 23 | BLOOD DONOR CLINIC (GYMNASIUM)
- 24 | JOE NOLAN @ THE NEST
- 29 | HOW TO MOUNTAIN BIKE

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



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Full slate of events planned

By **CONNOR O'DONOVAN**

NAITSA is hoping beer gardens and Cards Against Humanity will help increase student engagement this year. The Students' Association is planning a 2015-16 campus life calendar full of interactive events both proven and untested.

"We're trying to make sure there are different focuses for our events," said NAITSA's VP Student Services, Michael MacComb, "so that no matter what you're coming to school for you can find something that you're interested in."

The beer gardens are one of the most notable additions to the calendar and will take place at the soccer fields on Wednesday, Sept. 9. Beers will be sold for \$3.25 and students can further entertain themselves with Zorbing, Twister, beach volleyball and an outdoor movie which will begin at 9 p.m. The beer gardens will open at 3.

Sept. 10 will see the debut of Absolut Thursdays. NAITSA hopes to host events every Thursday at the Nest. Every second Thursday of the month will see a themed karaoke night, beginning with a beach party on the 10th. The third Thursday will be board game night, beginning with Cards Against Humanity on the 17th and the month's final Thursday will be Entertainment Night. On the 24th, alt-rocker Joe Nolan and his band will play the Nest starting at 4:30. The month's first Thursday will

be a networking night beginning next month.

After seeing success hosting USS and Said the Whale at the Nest in March, MacComb and company are bringing back NAITSA concert night and doubling it in size. MacComb said the windows of the Nest will rattle first in the second week of October and once in the second semester although he did not confirm any musical acts.

"I will say that it is a band that is fast approaching stardom in the Edmonton area," he hinted before mentioning that the announcement should be made in the third week of September.

NAITSA created this year's event calendar in co-ordination with NAIT's Campus Activity Board. The CAB is an organization of paid students from across the school who work with NAITSA to brainstorm, market and carry out social events. MacComb said the collaboration resulted in hundreds of ideas which were eventually distilled down to the ones seen on this year's calendar.

A topic that received special focus when planning was mental health. MacComb worked with a lobby group representing technical colleges from across Alberta to discuss and acquire funding for events promoting mental health. NAITSA's resulting campaign, "All You Need is Love" will highlight events centred around dealing with stress and mental health while at school. It will also be tied in to the return of Wellness Wed-



File photo

The annual pirate party on the Edmonton Queen is always a winner.

nesdays when students can receive free five minute massages.

"We want students to make sure that while they're going to school they are taking care of themselves," MacComb said.

Returning events in September include pancake breakfasts on Sept. 8 outside the Business Tower and, on the 10th, underneath the pedway between HP and Spartan.

Friday, Sept. 18 will see the return of NAITSA's pirate themed party. The event takes place on the Edmonton Queen riverboat and is what MacComb calls NAITSA's "premier event." Tickets are \$15

in advance. The Pirate Party, which sold out last year, is the only NAITSA event allowing non-NAIT students to attend. Those tickets are limited and cost \$25.

When the events of this year's calendar have been completed, MacComb hopes to have engaged more students from across NAIT's programs and campuses.

"When students are asked, 'Why didn't you come to this?' they complain that they didn't know enough about it, so one of my goals is to have more information out for students about what is happening on campus."

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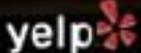
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THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

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2. Click **Log In** (enter your NAIT user name & password)
3. Please ensure you edit your profile once you log in. Click on your name at the top right corner, & click **My Profile** & then **Edit Profile** under the **About Me** section.

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