

HAPPY HOLIDAYS – SEE YOU IN JANUARY

THE NAIT NUGGET

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

THE NEST IS BEST!

Popular campus hangout takes first in class, story page 3



Kerry Holmstrom, a former NAIT student and bar supervisor at the Nest, celebrates the establishment's second consecutive win as top campus bar in Edmonton.

Photo by Tim Potter

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NEWS & FEATURES

Two heads better than one



NICOLAS BROWN
Issues Editor
@bruchev

We've all had to deal with this conundrum – you have a problem and you know it can be fixed, but you just can't figure it out, no matter how many times you pit yourself against it. Frustrating, isn't it?

Of course, most people, especially us Type A's, enjoy a challenge. That is, until we have problems solving it! Yet when it comes to dealing with these roadblocks, the most unproductive thing to do is to continuously throw yourself

at it. Sometimes your best bet is to take a step back, take a deep breath and re-think your approach.

I've found that a resource we frequently fail to utilize when we face this obstacle is our peers. There's a reason the old saying "two heads are better than one" has survived for so long. When you are facing some kind of challenge, you can consider this proverb in two different ways.

The most obvious is to actually enlist the help of a friend. Two sets of eyes looking at a problem mean a new perspective. A fresh mind may consider things you originally discarded as unneeded, when they can actually be the key to solving the issue. Being able to communicate with your friends and

objectively considering their advice and criticism can mean you fix the problem and get your work done much faster than doing it alone.

There is another method that fits under this old proverb though as well.

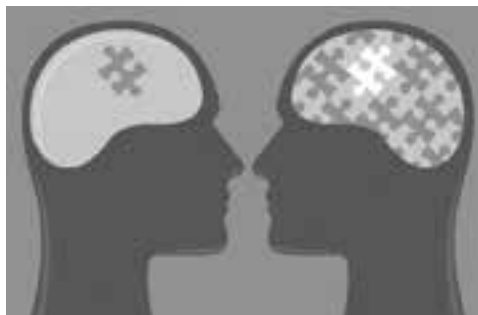
I'm talking about the old sounding board method. Instead of enlisting a friend directly to work on the problem with you, simply discuss the problem with them –

sometimes, they don't even have to talk! By simply explaining your problem, what you've considered and what your options are, you will force yourself to work through the problem in a new way. Often it takes a very strong relationship with someone to feel comfortable to either serve as or ask them to serve

as, a sounding board. It does take quite a bit of patience to be someone's sounding board, even if it may feel like you're not doing much work – but believe me, people always appreciate your help.

Whether you enlist some help directly or simply talk out your problems to a friendly ear, the lesson to take away from this is you don't always have to deal with problems alone. "No man is an island" and all that jazz – it's great to be independent and to strive to make your own way, but there's no shame in asking for help from others.

The wonderful thing about old proverbs is that they can become incredibly complex concepts if you think about them too hard – yet it always proves useful to do so. For this week, I'm asking that you consider the importance of asking for help and listening to the opinions of others. You never know what new ideas you might have, and problems you might solve, by reaching out and listening to others' input.



Thinking Bigger Business

Listen to the voices



A.J. SHEWAN
Assistant Issues Editor

Politics and political activism reached a stunning new low this past weekend in Alberta at a protest over the incoming provincial carbon tax. The unusual chain of events at the protest included a speaker throwing his shoes at the doors of the legislature, signs likening the carbon tax to sodomy and a chant popularized by the recent US election with "Lock Her Up" resonating through the crowd of a few hundred gathered on the steps of the provincial legislature. Outrage was swift and widespread, with many asking how we arrived at this new low.

While most have condemned the chant and regarded it as nothing more than a fringe protest led by a small group of vocal antagonists, there may be larger forces at work.

Federal Conservative leadership hope-

ful Chris Alexander was one of the speakers at the rally and occupied the "stage" as the chant continued, all the while smiling approval. When questioned about it, he was quick to distance himself from the particular message but likened the tone to the displeasure he feels many have with their government and the need for those in power to listen more closely to their constituents. It is difficult to believe Albertans are so disenfranchised with their federal and provincial leadership that they would advocate jailing a political opponent whose ideals they disagree with.

Challenging times

There is no doubt that, as a province, we are experiencing challenging economic times. Thousands are unemployed and many feel that this isn't the right time to be reaching deeper into their wallets for increased costs. The sentiment is palpable. No matter the political view, there is a 50-50 chance they will disagree with the policies of the current government. This is normal and welcomed in a democratic society and people are encouraged to work hard to support and elect a candidate they feel will bring their voice and desires to the forefront of the political discussion. What happened this weekend goes far beyond that.

Sadly, the disturbing direction political activism is taking, especially in Alberta, has become increasingly radicalized as the voices of dissension swell to the forefront of the conversation. The backlash and serious threats a provincial Progressive Conservative leadership candidate recently faced during that leadership race and later, after her resignation due to escalating harassment prompted her to cross the floor of the legislature to join the provincial NDP. This was followed by international media because of its disturbingly vitriolic nature. The threats have become so serious that she was assigned an RCMP security detail, something normally reserved for high level leaders like the prime minister. This is not an isolated case, as many other politicians have come forward to share their stories of harassment and discrimination.

Alberta, once hailed as the economic driver of our country, has now become the beacon for increasingly divisive anti-government sentiment, anti-immigration rhetoric and a place of encouragement for supporters of fringe movements to bring their causes into the mainstream of society. There are also growing separatist voices that are encouraging supporters from the western provinces to begin discussions around seceding from Canada, a move-

ment once thought limited to the eastern part of this country. It is alarming to think that these westerners have so much in common with their eastern francophone compatriots. It smacks of hypocrisy and has been the cause of much eye rolling across this province and indeed across this country. But it should not be taken lightly.

Sense of disconnect

A growing number of people feel a sense of disconnect from those in power and demand that their voices be heard. They should not be ignored. I'm not advocating a roundtable discussion for every issue a government faces but perhaps there needs to be greater outreach to those who feel disenfranchised by the political system. No one is happy to have lost a job and, for some, the struggle to provide the basics for their families is painfully defeating. The majority are moderates who just want to provide a standard of living that should be attainable in our modern society and they deserve to be heard. After all, they are more likely to keep their shoes on.

The consequences of shutting out this growing spectrum of society can be cataclysmic. We need to look no further than our neighbours to the south who, when faced with apathy from the political elites, did the unthinkable.



Bar supervisor Kerry Holmstrom prepares a drink with the Nest's trophy on the counter beside her.

Photo by Tim Potter

Nest awarded – again

By **NICOLAS BROWN**
Issues Editor
@bruchev

If you're looking for an award-winning entertainment and food experience in Edmonton, you need look no further than NAIT's very own Nest Taphouse Grill. Last month, the Nest won the Alberta Gaming and Liquor Commission's Best Bar None Award for Best Campus Bar for the second year in a row.

Retaining the title of Best Campus Bar in Edmonton showcases the continuing commitment to excellence demonstrated by Nest staff.

"The Nest maintains the highest industry standards of safety and customer service... we feel it is not necessary to receive an award for doing our job, however, this definitely validates all our hard work," said Michelle Dirksen, general manager of the Nest.

"It also does not hurt being a member of the best campus – NAIT."

Recognition may not be necessary, but Dirksen is still proud of the Nest's successes.

"The Nest has been accredited three years, however, we have taken the first place ranking two years in a row.

In addition to the awards, which recognize those organizations that go above and beyond, the AGLC also accredits establishments that meet Best Bar None standards. These standards primarily revolve around issues that well-managed premises should be aware of and address. As part of the accreditation process, all premises are assessed to ensure they meet the specific standards related to safe operations and responsible management.

These include security and patron management, responsible liquor service, illegal drugs prevention and, of course, meeting regulatory and industry standards.

"We were the first ever North American campus bar accredited," said Dirksen.

"The Nest has been blessed with great management and a passion for serving students well and this award is a reflection of these traits. Great job to Michelle and the team!" said John Perozok, NAITSA president in an emailed statement. The Nest is owned and operated by NAITSA, an arrangement common for many campus bars.

The Nest competes every year for its award with other campus bars in Edmonton

– MacEwan's "Towers" and the University of Alberta's "Room at The Top and Dewey's Lounge and Eatery." Concordia and King's don't currently have campus bars, although King's Students' Association does run a coffee shop on campus.

The Best Campus Bar Award is one of 10 awards given to city establishments to recognize their commitment to Best Bar None accreditation standards, with other winners this year including O'Byrne's Irish Pub (Best Large Pub), The Ranch Roadhouse (Best Club) and Teddy's Place (Best Restaurant and Bar – Independent).

In total, there are 78 accredited establishments in Edmonton, with 31 recognized in November with the Best Bar None awards or as runners-up. Twenty new establishments were accredited this year under the program, which continues to grow.

If you're interested in learning more about which establishments are accredited, you can visit www.bestbarnone.ab.ca to see a complete list and information about Best Bar None awards in other cities. Maybe you can pick out a pub to visit on your next vacation!



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The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

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.



Take a study break with Flynn

Flynn, NAIT's therapy dog is doing some reading too!

If you see him in a study area near you, take a break and relieve some exam stress.

Flynn will be searching out students study-

ing on campus to provide them a sweet treat – chocolates, positive messages and furry awesomeness.

Flynn is a three-year-old Australian Labradoodle; born on April 9, 2013, he has been a therapy

dog since he was one year old.

A welcome addition to NAIT's community, his friendly personality makes him excellent at his job.

Say hello if you get the chance.

A fond farewell to NAIT

December 14 will be my last day at NAIT as a student. I've been a full-time student since 2011 and I struggle to hold back tears as I write this letter. I began my studies at NAIT in 2009 as an apprentice in sheet metal fabrication; I finished my first term of the program while working in the field for three years. I realized that it wasn't what I wanted to do for the rest of my life and my older sister encouraged me to return to NAIT to take business instead.

I still remember my second day of classes, going home, seeing the stack of textbooks, my assignment list and I asked myself if business is where I really belonged. I called my sister and she told me "stick with it and do your best."

So I did. I worked harder than I ever did in my previous years of education and I earned grades that I never thought I could possibly get. Being an average C student in high school and getting a 4.0 in my first semester is something that I am proud of and still tell people. Not because I thought it was something to brag about, but because I wanted people to realize that "you'll be amazed what you can accomplish when you have no reason to think you can't."

To believe that the guy who wanted to drop out in his second day of business later sat

with the NAIT Board of Governors, became president of NAITSA and was the architect behind the \$5-million donation to NAIT is something I couldn't fathom in 2011. Here I sit, reflecting on all the amazing friends I've made, all the wonderful instructors who believed in me more than I believed in myself and all the amazing NAIT staff members who have helped me grow and learn while working here, I realize that anything is possible. With my few days left at NAIT as a full time student, I wanted to share some of the things I learned over the past few years and hopefully I can make other students' journeys easier and more fulfilling while at NAIT.

"Don't simply go to NAIT, become part of it." I still remember when my first-year instructor Jim called me during my second semester and asked if I wanted to join a case competition team for NAIT. I gladly said yes before putting down the phone and realizing I had no idea what I just got myself into. After having more titles during my time at NAIT than most professional wrestlers, I realized that getting involved in clubs, case competitions, student government and volunteering helps you grow

as a person and meet wonderful people. It also does something else we often forget – it helps you have fun.

Every day is a good day when you are part of a school like NAIT because the people here make it fun. Even though I'm done at NAIT this month, I'll continue to serve on the Alumni Advisory Committee and I encourage all of you to join us at events. The committee puts on many events for NAIT alumni to help them grow, meet new people and have fun.

"Find your partner in crime and cherish them." Kaylee Banky-Sword has been my best friend at NAIT since my second day on campus. She will always be my best friend and I hope she knows she means the world to me, because I don't say it enough. Kaylee was my academic rival, my friend, my teammate, my coach, my soundboard, my coffee date and, most important, my biggest fan and critic. Kaylee and I would always congratulate each other on success but challenge each other to continue to push ourselves and grow. I wouldn't be where I am right now if it had not been for her. If you have someone in your life that does this, hold on to them and make sure you let them know you appreci-

ate them. People like this don't come often in life.

"Life goes on." There are many times throughout the past few years when I felt I was ready to give up and leave; when my classes seemed too difficult, when my projects weren't going as I expected and when I felt I couldn't finish my goals while president of NAITSA. Every time I thought about giving up, I stopped and thought about my favourite three words "life goes on". No matter what happens, this isn't the end of the world. We often put too much pressure on ourselves and not enough value in our strength and perseverance. We all have bad days – don't worry, good ones are coming. You have to wait for them, or work towards them.

I hope you go out and challenge yourself to grow and try things or simply sit back and appreciate the fact that you do go outside your comfort zone and make NAIT a better place by being part of it. Thank you to all my friends, fellow students, instructors and co-workers over the past few years for everything you've ever done and taught me. I would not be who I am today had it not been for you. I will be back again someday, hopefully as an instructor. I cannot think of a better way to spend my life than to educate people and help them grow while at NAIT.

Love,
Justin Nand



Justin Nand





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Will U-Pass pass?

By A.J. SHEWAN
Assistant Issues Editor

Anticipation has been building around the upcoming referendum on the U-Pass contract, set to take place in February. With the addition of Spruce Grove, Leduc, and Fort Saskatchewan recently, students are voicing concern over how much these additions are going to affect the cost of the new U-Pass contract.

"I think it's a terrific deal," assures Jason Roth, advocacy director at NAITSA.

"We're in the last year of our current contract, so the price per semester this year is \$170," Roth said.

"In Year 1 of the next contract, starting September 2017 and the following Year 2, the price will remain at \$170, increasing to \$175 in Year 3 and \$180 in Year 4."

With an increase of \$10 over the next four years, students may wonder how this compares to a monthly pass.

"Our discount over what you would pay in buying monthly passes would actually increase over the term, right now we're at 50 per cent," he said.

Along with the increased discount students will receive on their monthly transit pass, Roth has more good news.

"In the new contract starting in the fall of September 2017, your U-Pass will be valid starting Aug. 25, not Sept. 1. So the

week before things get underway, you can get your U-Pass and use it to come to campus, get your books, do your orientation. We'll start giving out those stickers well before the 25th, a week or perhaps two weeks."

As for the students who are worried about the cost of replacing a lost or stolen ID containing their U-Pass sticker, Roth reassures there is good news for them.

"If you lose your U-Pass, if you have to replace it, as the months go by there is a prorated cost. If you lose it after September, in October you will only pay 75 per cent of the cost, 50 per cent in November, and 25 per cent in December. Same thing goes for the winter semester," he said.

Roth had a warning for students considering selling their U-Pass online,

"The students that sell their U-Pass stickers, technically that's illegal but they do it. They (U-Passes) get advertised on Kijiji and Edmonton Transit Security actually tracks that and they'll prosecute people. So we discourage people from doing that."

The amount of savings were front and centre going into negotiations.

"We were concerned that perhaps this time around we would have to fight to keep the discount hovering around half off. Things didn't go well in the last U-Pass

negotiations. This time, ETS was really great to work with."

Roth and the NAITSA negotiating team are extremely hopeful about the new deal.

"We feel like we've got students a pretty awesome deal. We feel like they're going to be pretty happy with it. Fewer students will have to pay U-Pass and not be able to use it, because we've added all of these municipalities. Just the value will be so much better than it's ever been."

Roth believes Edmonton Transit had a major role in providing impetus in this latest round of negotiations.

"There was a lot of good will on their part, we have to give them a lot of credit for this. We gave them an idea of what we were hoping for and they came back with something that exceeded that."

ETS is also planning for the future.

"I think that ETS probably realizes that students who use transit while they're students are more likely to be long term customers of transit once they graduate. I think that's what makes the decision for these new municipalities to join more of a long term strategy, one that's visionary."

There are other exciting changes on the horizon for NAIT students and the U-Pass.

"Eventually, what we're going to try to do in conjunction with the city and with NAIT is to move the U-Pass away from

stickers. There is a project on campus that will move towards a more updated campus ID card and credential that will allow you to have an integrated U-Pass on your card that allows you to get on the bus and tap."

When asked about the timeline and the changing of the fare box system on ETS, Roth provided.

"That's a few years away. But that's approved and funded and it's approved and funded here at NAIT so it's just a matter of implementation."

"The city is on track for two years away for the pilot. We will be right there with them because we want to move away from stickers as quickly as possible."

Questioned regarding the privacy of an integrated pass, Roth had this reassurance.

"There is just going to be a number exchange, that's the transaction. It's not your name, it's not your number, it's not your address. It's just a code, an ID number. Nobody will know who that is. That was our first concern."

A summer pass for year-round students is still in the future.

"If we ever move to a formal summer semester where we have lots of students here in the summer, it is something we would look at. Right now there are so few students around here, it doesn't make sense for either side."

NEST TAPHOUSE GRILL

WEEKLY SPECIALS

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TUESDAY Taco Trio	TUESDAY Crushed Ice Margarita
WEDNESDAY Classic Poutine	WEDNESDAY Lamb's Rum Hiballs
THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Daily Soup Cup & Garden Salad	FRIDAY Bottle Pilsner

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NEST TAPHOUSE GRILL

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*Nest Taphouse Grill is here to serve the NAIT community!

Preparing for final exams



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Keeping in mind that there are just a few weeks left and then you will have a break from the stress of school, now is the time to make an overall study plan for finals. You still have projects to complete, homework to do and maybe some quizzes but fitting in some review, starting now, can ease the stress of finals, as well as boosting your marks. Here are some tips:

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 are best for you? Are your current strategies working (based on midterm marks and

how you are coping)? If not, what new strategies can you add? See the *Strategies for Success* manual available free online at www.nait.ca/counselling, see a professional tutor for math and science support (U-210A), a learning strategist for general study skills (V-228) or make an appointment with a counsellor at NAIT Student Counselling (W-111PB).

Strategy 4: Ask for help. Instructors, classmates, free tutorial services or a hired peer tutor may help you to understand areas you are weak in. Counsellors can help with personal issues, academic study tips or managing life stresses or 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 will all help you learn the material thoroughly and feel more confident going into your exam.

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 and work on weaknesses.

Techniques for math and science:

- Review and keep up on basic skills.
- Keep up with assignments.
- Learn from your mistakes.
- Do as many questions or problems as possible.

- Practise scientific attitude – accuracy, precision, fact.

- Master your calculator.
- Prepare for labs.
- Learn and understand the process, how to cram (if you absolutely have to!)
- Cram as close to the exam as possible.
- Be realistic: prioritize, focus on basics.
- Get some sleep!

Psychological preparation:

- Be realistic about your goals for finals. Setting your standards unrealistically high will add unnecessary stress. While it is important to pass, marks are not everything.

- Look at the exam weighting.
- Get yourself mentally ready by thinking positively and being as prepared as possible. Do not get stuck in negative thought patterns like “I should have studied more” or “I never do well on finals.”

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

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.

- Be careful not to compare yourself with others.

Day before the exam:

- Be positive.
- Keep the exam in perspective.
- Eat, drink plenty of water, take some time to relax.

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

- If you experience exam anxiety, use stress reduction techniques before and after the exam. A brisk walk right before the exam can be helpful for many students. 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 at Student Counselling can help with any personal or academic concerns that may be interfering with your success at NAIT. All counselling is free and confidential.

Main Campus: Counsellors are available from 8-4:30 Monday to Friday, with extended hours, 7:15-5:15, on Thursdays. Call 780.378.6133 or come in person to Room W-111PB, HP Centre

South Campus: A counsellor is available on Thursdays. Book by calling 780.378.6133 or in person in Room Z-153

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

We are the Naitisa Service Hub!

WHAT DO WE OFFER?

The NAITSA Service Hub is here to make your time as a NAIT student easier. Come to us with all your questions about the Health & Dental Plan, U-Pass, Food Centre or Emergency Short Term Loans.

U-Pass

Food Centre

Emergency Short Term Loan Program (ESTL)

Health & Dental

EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

Eligible **credit** students facing unforeseen financial emergencies may qualify for a small 30 day loan from the NAIT Students' Association. For more information, come in to the NAITSA Service Hub or email estl@nait.ca

FOOD CENTRE

Hunger should not be a barrier to your education. Come to the NAITSA Service Hub in E131, or fill out your hamper intake form online at naitisa.ca/food-centre. Contact foodcentre@nait.ca for more information.

HEALTH & DENTAL

NAITSA has worked to design a reasonably priced health and dental plan to give students peace of mind. For more information about your coverage please visit mystudentplan.ca/nait or contact studentplans@nait.ca

THE DEADLINE TO OPT OUT OR ADD FAMILY IS SEPTEMBER 30, 2016.

U-PASS

The U-Pass gives eligible students access to City of Edmonton, St. Albert, and Strathcona County Transit while you're at NAIT! For more information please visit naitisa.ca/upass or email upass@nait.ca

U-PASS IS AVAILABLE IN THE SOUTH LOBBY KIOSK AUGUST 22-SEPTEMBER 16

MON-THUR 8:30AM-6:00PM | FRI 8:30AM-4:00PM

OPINION

— Editorial —

Not just spellcheck



DANIELLE S. FUECHTMANN
Editor-In-Chief
@ellie_sara

There are a lot of stories out there. It's hard to know which ones to focus on. That's what editors are for or what they should be for.

Dave Pell, the journalist behind *NextDraft*, wrote a quick reflection this week on how U.S. President-Elect Donald Trump's tweet about cancelling the Boeing contract to build a new Air Force One became big news. Sure, it is a valid news story and the extent of news breaking that the president-elect does on Twitter is unprecedented but Pell's point is that it doesn't justify above-the-fold placement from almost every major news organization (it was a top story on the *New York Times*, the *Washington Post*, NPR, Reuters, BBC, the *Wall Street Journal*, and many others).

A new reality

Of this example, Pell writes: "If you're scoring at home, the big winner in this coverage are the companies that sell stock photos of Air Force One. The losers are media consumers who depend on publications to deliver news in a ranked order based on some independent and well-informed view of what really matters.

"I get it. There's a new reality. We have a president-elect who uses Twitter the way most of us use it (too much). But each tweet is not a news topper.

"Editors have to adjust to this new presidential style. He's the president, so when he communicates, you've got to cover it. But just because Trump tweets about Air Force One doesn't mean it has to top your news.

"You're editors. So Edit."

Issue is universal

Pell's earlier article titled *The Neon Lights are Bright on Broadway* took a similar stance in relation to the Twitter flurry and news stories that came out after Vice-President Elect Mike Pence attended the musical *Hamilton* on Broadway. Both of these are American examples from an American writer, however, the issue at the core is universal, particularly in today's era of media cuts.

One of the most common questions I get from new contributors or visitors to the office is what I actually do as editor-in-chief. After all, I no longer write a small mountain of articles each week and I'm not directly managing or pitching a section.

While a lot of my time is spent dealing with administrative tasks, the core responsibility of my role is making decisions about content. Each week, I work with the *Nugget's* team of section editors (Issues, Sports, and Entertain-

ment) to guide the direction of the paper, prioritize the stories we publish and ensure that we do our best to present information with as little bias as possible.

I believe it's important to note "as little bias as possible" – all writers bring their own experiences to a story, whether that's accidentally conveyed through the way they present the information in their story or just invisibly shaping the story through factors like what questions they ask in interviews and the assumptions they make while doing research. While the columns our editors write each week are opinion pieces (as are features like Keeping Score and Point Counter Point), which are marked by the inclusion of a headshot in the byline, most of our items are news pieces that should present balanced facts and research without additional commentary or conclusions.

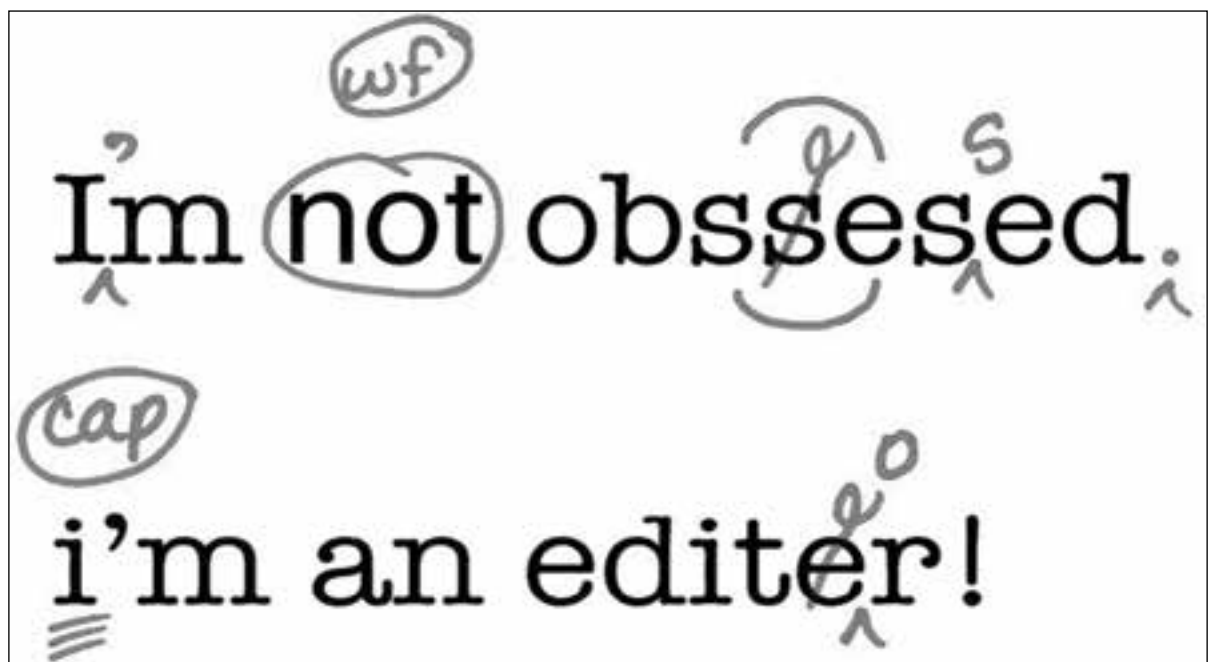
Like every publication and media organization – especially in today's world of shrinking newsrooms – managing content decisions and assignments are essential. After all, fewer journalists usually means the stories lower on the priority list just don't get covered. Deciding priority isn't just a matter of which story

will make the cover or get prime placement above the fold, it's making a conscious decision about what information will be most valuable and necessary to your readers.

Campus journalism is intriguing in this context; unlike national news, which is often covered by multiple news outlets that provide different levels of coverage and multiple perspectives, most campus news stories will only ever be covered by their student newspaper. If we choose not to cover a campus issue, it may never make the news. It can also be an exciting environment that can act like a little laboratory for the future of media, after all, as non-profit media organizations we can take greater risks with content and format – an asset, as the industry is being forced into a new reality.

Being an editor is much more than being a human spell check on the day we go to print. Just as we help groom and shape the stories our contributors write, we groom and shape the news.

Intrigued? Enjoy digging up facts and telling stories? Come visit us and learn about being a *Nugget* contributor. We'll be back in full force in January!



Kristine Thornley

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SPORTS

Toronto's soccer crazy



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

To the titillation of soccer fans across the Greater Toronto Area, the red sweated warriors of the Toronto Football Club are set to challenge for their first ever Major League Soccer title.

On Dec. 10, when TFC meets the Seattle Sounders in the MLS final, the 36,000 seats making up the expanded BMO Field will be hidden behind a sea of red. Futbol fever is being booted across the nation and the whole coun-

try is on the verge of blushing with Red pride. Giovinco, Altidore, Irwin – the talented footballers leading TFC's charge – are as close to becoming household names as they ever have been. I have never been more pumped to watch soccer!

Maybe I didn't even know who Benoît Cheyrou was before he dove head first into a lob pass in semifinal extra time to put TFC ahead of Montreal on aggregate score but I can quote his history now with a tone bordering on condescension.

Maybe I didn't even technically watch the never-before-seen Eastern Conference royale between two of three Canadian MLS teams but doesn't giving my time to watch a full highlight pack four days before the finals not prove my

hysteria? I may not have seemed like a soccer fan a month ago but that doesn't mean I've never been? When FC faces the Sounders on Saturday, the iconic cougar slash of a faded St. Albert Minor Soccer jersey that I might have to buy at Value Village if I can't find mine will be guarding my shoulder.



See, the T.O. footballers are re-igniting the Timbit dreams we all saw in our youth's soccer-y sleep. Don't you remember, as your little legs fumbled the ball to the net across wide grassy plains, raising fists sticky with orange

juice in victory and knowing that one day you'd represent Canada in the World Cup final? Ah, but our hopes were hidden by mounds of snow and sheets of ice as winter came and filled our heads with visions of Sakic, Iginla, and Jagr.

Perhaps, if we had known soccer heroes like TFC's, we might have played a little longer past sunset. Maybe, if the soaring Cheyrou could have imprinted our minds like Orr, we might have pushed the game a little farther into the cold.

To the validation of fans like me and of those who've been at every game with painted faces and beer guts, of team stakeholders and of every organization with phones at the ready, hoping to ride the impending surge of football hysteria and, mostly, to the irritation of soccer parents across the country about to be roped into coaching their children's teams, the 11-year-old Toronto Football Club will achieve its MLS supremacy on Saturday. Then, its well-manicured hair can run amok in the nirvanic bliss of victory and this worldly nation can finally say that it plays the world's game.

And if you don't buy any of that, well, you might be right, I probably just love a good party.

Pro sports not high on pot



By **MICHAEL MENZIES**
Assistant Sports Editor

There's certainly been a cultural change in the last few years on how society views marijuana. Multiple states in the U.S. in just the last few weeks have decriminalized the drug and one of Prime Minister Justin Trudeau's biggest appeals to voters in the last election was, of course, legalization of marijuana. And while unilateral legalization might be a Canadian reality in the next couple of years, the idea that sports leagues could lessen their stance on it might not.

NBA's coach of the year last season, Steve Kerr, might have surprised some people with his comments earlier this week about marijuana as a possible substitute painkiller. Kerr, who suffers from chronic back pain, prefaced his com-

ments saying that during the rehab of his back he tried marijuana and it didn't sit too well with him. Despite it not necessarily working for him, the option is what most people are looking for.

"... I'm not the expert on this stuff. But I do know this: If you're an NFL player, in particular, and you got a lot of pain, I don't think there's any question that pot is better for your body than Vicodin," he said. "And yet, athletes everywhere are prescribed Vicodin like it's Vitamin C, like it's no big deal."

It's a scary truth today that despite political reform and medicinal marijuana use being accepted in today's culture, that pro athletes cannot take it. This week provided no better example than Seantrel Henderson, a Buffalo Bills lineman. Henderson received a 10-game suspension for violating the league's drug-abuse policy for using pot. The catch is, Henderson uses marijuana as a painkiller for his Crohn's disease. He doesn't use it for recreational use. The NFL has no medical exemp-

tion policy for this situation and so, when Henderson appealed, it was denied.

Henderson is the latest example of sports leagues not respecting how much of a bodily toll their product takes each game in order to provide their content for the fans. The NFL, in this case, is the worst offender. The irony of the situation in the NFL's case is that a suspension of this type is longer than a positive performance enhancing drug test result, which is usually only a four-game slap on the wrist.

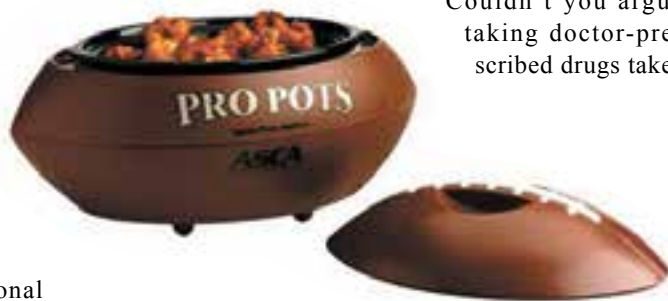
How can the NFL rationalize this? Simply put, they can't. But it isn't just the NFL creating league policies that the law has already deemed not criminal. It's most major sports (minus the NHL) including the World Anti-Doping Agency, which bans all substances that are deemed to be a violation of the spirit of the sport. But what does that even mean?

Couldn't you argue taking doctor-prescribed drugs takes

away from the spirit of the sport?

So why is pro sports not willing to accept that marijuana could have medicinal benefits? The fact might just be, that since prescription drugs pay for so much airtime, specifically during football games, that the leagues are afraid to scare off a major contributor to the pie. Whatever the case, a small group of athletes are making their case. Ricky Williams, former Heisman trophy winner and NFL player, is the biggest name out there advocating marijuana use for athletes. But many former players don't carry the cachet that would result in front-page coverage. It's the workman-type players, especially in the NFL such as offensive and defensive linemen, that would need the drug most, yet lack the voice.

The culture shift favours the players on this issue. Steve Kerr would know about the wear-and-tear on athletes, because he was once a pro athlete himself. And it's his reasoning that makes the most sense. It didn't work for him but it might work for others and that's all the justification one would need for keeping the lifeblood of a sport healthy – which should be the No. 1 concern of the leagues. Every resource should be available to keep players healthy. It only makes sense.



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FITNESS

Easy does it!

By **NICOLAS BROWN**
@bruchev

Let's face it, being a student is filled with a lot of late nights, cheap greasy food, and sitting. Lots of sitting. Your typical student lifestyle is the perfect combination for weight gain (they don't call it the freshman 15 for nothing), and not every student has the opportunity or ability to participate in collegiate sports. For many students, this kind of lifestyle is also going to be very similar to their future work environment. If we don't want to start looking like Norm from *Cheers*, we've got our work cut out for us.

That doesn't mean keeping active is impossible, though! There are numerous methods and workouts you can try to keep yourself moving, regardless of your schedule. No excuses allowed here when all it takes is a few minutes of your day that you would normally waste anyway.

The easiest way to keep active is to force yourself to take breaks. You know what they say, studying is most effective in blocks of time with breaks in between. Instead of eating some junk food or watching a YouTube video, get up! Move yourself around and break up that monotony, it doesn't matter what exercise you choose to do.

I'm a fan of alternating between push-ups and jumping jacks when taking breaks but you can utilize any calisthenic technique or other workouts that can be done in small spaces. Just make sure you're conscious of how many you do! Small increments like this are easy to do but if you lose track, you may find yourself very sore the next day.

This approach is great for when you need to get up and about and doesn't require too much work

figuring out the exercises. However, there are plenty of exercises that you can incorporate into every day actions as well.

Start with easy stretches and resistance exercises for when you're sitting at a desk. It can be as simple as making sure to limber up your hands and wrists before you start typing.

Simply reach out with one arm, keeping your palm facing downwards. With your other hand, pull down on your fingers, hold for three seconds, then pull up on your fingers and hold for three seconds. Repeat this and alternate three times – you'll feel much more limber in your wrists after this exercise.

Having to get up to grab a different textbook or check a reference? Try chair squats! Instead of sitting down right away, slowly lower yourself to about one inch above the seat of your chair and hold for 10 seconds. Lift yourself back up and feel free to repeat a few times before sitting down. Pretend you were about to sit down and then remembered you needed something else from across the room. It takes a regular action and adds some exercise!

There are many ways to incorporate some form of exercise into your every day actions, whether it's working at a desk or otherwise. For we sedentary workers, these little actions can keep us on the slim side – all that's left is to remember to take the stairs every day for that lung-capacity building.

Of course, all of these are suggestions. To find out what would work best for you, consult with a fitness professional or commit to spending more time staying active by joining a gym and sticking to a more formalized workout schedule.



YouTube

Snapshots ...

By **CONNOR O'DONOVAN**
Sports Editor

Women's Hockey

The ladies ice Ooks stumbled a bit on their way into the midseason break last week.

They dropped their final game of 2016 4-2 to the Red Deer College Kings but their 9-3-0 record leaves them perched in second place in league standings.

"We are finishing in a good spot with a solid record," said head coach Deanna Martin after the game. "We have gained a clear sense of our competition and ourselves."

The Ooks flew undefeated through their first five games this year, a streak that included a two-game season opening sweep of the Kings, before meeting their match in the Grant MacEwan Griffins. The Griffins are the only other ACAC team to keep victory out of the Ooks' grasp this year after blanking them 3-0 in Game 6 and 4-0 in Game 10.

Standout players to date include goaltender Karlee Fetch who posted a league-leading 1.67 GAA en route to four wins and one loss and defenceman Carlin Boey,

whose six goals are good for second place in the ACAC goal scoring race.

The Ooks return to action on Jan. 5 against the Olds College Broncos, and will be at home again against the Broncos on the sixth.

Women's Volleyball

The ladies had a hoot in their final two games before the holiday break. The defeated the Augustana Vikings twice on Wednesday and Thursday, both by a score of three games to zero. The Ooks' fifth and sixth wins bumped up their winning percentage to .500, and they enter the break smack dab in the middle of the seven-school Northern Conference.

Men's Volleyball

The men did not fare quite as loftily against the Vikings. Both teams left the home-and-home series with a win apiece after trading 3-2 home-court victories. Like their female counterparts, the men also occupy the fourth spot in the ACAC's Northern Conference.

Our feathered volley-ists next take off on Jan. 12 against the Concordia University Thunder in the NAIT gym.

Athletes of the week

Nov. 28-Dec. 4

Victoria Johnstone
Women's Volleyball



Victoria had a really solid first half for the NAIT women's volleyball team and this past weekend was no exception. The libero helped lead the Ooks to a two-game, straight-sets sweep of the Augustana Vikings. Thursday saw Victoria's defence tally eight digs in the Ooks 3-0 win at home over the Vikings and Friday night in Camrose she picked up another five. "She was steady and consistent this weekend and, when your libero is playing that way, good things happen in your transition game and your offence," said head coach Benj Heinrichs. Victoria is a fourth-year Engineering Design and Drafting Technology student from Edmonton.

Spencer Fisher
Men's Volleyball



The NAIT Ooks men's volleyball team finished off the first semester with a hard earned split with the Augustana Vikings. In Thursday's 3-2 home win, Spencer contributed with 19 kills, and two service aces. He followed that up the next night in the team's 3-2 loss in Camrose with another 14 kills, four digs and three blocks. "Spencer has really gained confidence with his offence ...," said head coach Doug Anton. "His attack has become much more terminating and his height of ball contact is outstanding. With a bit more focus on error control, Spencer has the potential to become one of the top attackers in the ACAC." Spencer is a second-year Business Administration student from Barrhead.

Keeping Score

Pick your squad

Which Canadian teams will make the Stanley Cup playoffs?



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

WESTERN CONFERENCE Edmonton

Who would have thought that in mid-December the Edmonton Oilers would be sitting near the top of the Pacific Division? Not me, apparently, as my October editorial vehemently denying such a possibility would evidence.

Crazier things have happened though, and with captain Connor McDavid leading the charge it seems very probable that the Oilers can once again drive down the Copper Kilometre.

McDavid's the man

McDavid, of course, is the oil for the team engine. With a five-point lead over Tampa Bay Lightning's Nikita Kucherov, it's clear that McDavid brings the highest offensive impact in the NHL. When he gets the puck, his nimble acceleration can result in a scoring threat no matter the situation. When he doesn't close the deal, his prowess provides his teammates with freedom to produce in his wake. Milan Lucic, Leon Draisaitl and Patrick Maroon are visibly benefitting from McDavid-induced momentum that the Oilers can carry to the net even when the captain has returned to the bench.

Also, McDavid and Draisaitl have shown promise of becoming a tandem that can rotate efficiently in regions like the slot where others lack the agility to navigate.

The system wouldn't be complete without a seal for the defensive spills that any risky offensive manoeuvres might create. Luckily, we've seen the Oilers defence is doing a good job of taking chances to stem that reversing flow. Well-timed pinching and variable positioning are meant to keep opportunities alive and Adam Larsson, Kris

Russell and Adrej Sekera are proving the theory. Their system is giving way to more shots against than any other team in the league, showing that average goaltending is enough of a plug to keep the goal totals working in their favour.

Provided that the levels of this offensive layer cake stay sturdy and can play dynamically enough to adapt when adapted to, the Oilers should have no problem perpetuating the winning adequacy of their production over the last 50 games of the season.

EASTERN CONFERENCE Toronto

For what Canadian city would a 2017 playoff run be even more absurd than for Edmonton? Why the Toronto Maple Leafs, of course. But while the Montreal Canadiens, sitting pretty atop league standings a third of the way through the season, look like a guarantee, it's not actually so unbelievable that the other Canadian Original Six club could see playoff action.

True, the Leafs have been hanging out near the bottom of the Atlantic Division but their seventh place rank currently leaves them just five points out of a playoff position and, with a few subtle improvements, they have a good chance at making up that ground.

Leafs rookie-loaded

The rookie-loaded offence is currently producing the fourth highest team shot total in the league, which will provide any team with a lot of potential. If they can start capitalizing on those scoring chances, which could realistically happen as those rookies get comfortable playing hard to the puck, we can expect to see those division gaps shrink. Expect to see more garbage goals from the Leafs as they discover that they can turn more shots into goals.

Like the Oilers though, the Leafs' offensive aggression often leaves them, in a word, defenceless (they are fourth-worst in terms of goals against per game). Though their defence hasn't shown much sign of improving throughout the course of the year, No. 1 goaltender Frederik Andersen has. He knocked a full goal-against off of his per-game average in the last month. One less goal against can translate into a lot of points down the stretch.



By **MICHAEL MENZIES**
Assistant Sports Editor

The Winnipeg Jets are an interesting hockey club. As I write this, the Winnipeg Jets are fighting with the Calgary Flames and the Los Angeles Kings for a wild card spot in the Western Conference.

The Jets have something going for them – they are exciting to watch! Canada's hockey franchises have shifted from a year ago of drab, playoff-less hockey, into an electrifying stable of young forward corps and dynamic playmakers. The Leafs are a thrill to watch with Auston Matthews, William Nylander, and Mitch Marner. When they win, they score six and when they lose, they let in six. The Edmonton Oilers have the best skater in the game and two lines that should strike fear in the opponent's eyes. But the Jets are a team that's built to compete pretty soon – if not this season. They could surprise the league if they sneak in via those wildcard slots.

Bold prediction

In 2015, the Future Watch issue of *The Hockey News*, which takes stock of prospects and young players and compares each team against each other in draft and prospect grades, proclaimed the Winnipeg Jets the 2019 Stanley Cup Champions. A bold prediction made to sell magazines? Perhaps. But the criteria they based their prediction on wasn't so far off. They made the playoffs that spring (2015) and battled hard before the Ducks swept them in four games. They struggled last season, but now they've added what could be the next great goal scorer a la Alexander Ovechkin, Pavel Bure, Brett Hull, Mike Bossy. Patrik Laine is that developing force that tilts the ice every time he laces up the skates.

Blake Wheeler-Mark Schiefel-Laine has the potential to be one of those lines

that we look back 10-15 years from now and remark on how dangerous they were. Schiefel always had the potential to be a top centre and now he's Top 10 in the league in scoring. Wheeler is already quietly a 60-70 point machine the past couple seasons and Laine, like I mentioned, turns the game on its ear already at 19.

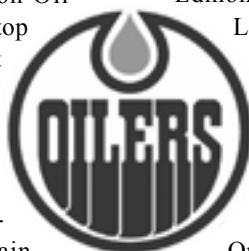
The depth is there, too. Adam Lowry, Mathieu Perreault, speedster Nicholas Ehlers, Joel Armia and the returning Bryan Little create a nice balance for seasoned pro coach Paul Maurice. The entire forward corps only boasts two players under six feet. They're a big team that is routinely difficult to play against.

Dustin Byfuglien is a legitimate top pair defenceman and Tyler Myers/Toby Enstrom match up well against other the Western foes. The unknown variable for Paul Maurice's roster? The Jacob Trouba situation. Despite getting him signed to a two-year contract – he still requested a trade and that type of friction can hurt a locker room. Case in point, Evander Kane. Luckily, the Jets were able to ship him out and receive tremendous compensation that helped their roster that day. Would any Trouba trade help the roster enough for a playoff push this season or even in the next couple?

Goaltending will decide

Like any hockey club, you'll only go as far as your goaltender takes you. After the surprise of shipping longtime starter Ondrej Pavelec to the minors during training camp, the crease is being shared by Michael Hutchinson and Connor Hellebuyck. The goaltenders, 26 and 23 respectively, are young and still need maturing in the league and the Jets still have another prospect who's expected to be one of the top goaltenders in a few seasons. The goalie battery, however, has not provided the safety net it could and in the end will determine if the Jets get in this season.

An important thing to remember, though, is that the Jets just finished playing 16 games in November, with hundreds upon hundreds of air miles travelled. A more stable schedule coming up will be their chance to score some easy points. Look for the MTS Centre to be shaking come springtime. Their Jets will be playing playoff hockey.



ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	RWOTLT	GF	GA	L10	STRK	Pts
SAIT	16	12	4	11	2	0	62 41	9-1	Won 6 26
MacEwan	16	11	5	8	1	0	58 41	6-4	Lost 1 23
NAIT	14	11	3	10	0	0	71 33	9-1	Won 4 22
Red Deer	16	8	7	8	2	1	53 47	6-3	Won 2 19
Augustana	15	8	7	7	1	0	50 43	5-5	Won 1 17
Portage	13	4	9	4	0	0	41 62	1-8	Lost 8 8
Concordia	16	4	12	3	0	0	43 69	3-7	Lost 2 8
Briercrest	16	2	13	2	1	1	37 79	2-8	Lost 5 6

Results

Holiday Break

WOMEN'S HOCKEY

Team	GP	W	L	RWOT	L T	GF	GA	L10	STRK	Pts
Red Deer	14	9	5	9	2	0	39 24	7-3	Won 1	20
NAIT	12	9	3	8	0	0	35 27	7-3	Lost 1	18
MacEwan	14	8	6	8	0	0	29 26	5-5	Lost 1	16
SAIT	12	3	9	3	0	0	25 31	3-6	Won 2	6
Olds	12	3	9	2	0	0	22 42	2-8	Won 1	6

Results

November 29

Red Deer 5, NAIT 2

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
NAIT	12	11	1	22	953	826	9-1	Won 4
Concordia	12	10	2	20	931	797	8-2	Won 8
Lakeland	12	8	4	16	822	782	7-3	Won 2
Augustana	12	5	7	10	872	952	5-5	Lost 4
Grande Prairie	12	3	9	6	865	917	1-9	Won 1
Keyano	12	3	9	6	864	927	2-8	Lost 1
King's	12	2	10	4	880	986	2-8	Lost 2

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Red Deer	9	8	1	16	849	721	8-1	Won 2
Lethbridge	7	5	2	10	533	409	5-2	Lost 1
SAIT	7	5	2	10	592	560	5-2	Lost 1
Medicine Hat	7	5	2	10	416	371	5-2	Won 5
Olds	7	3	4	6	609	632	3-4	Won 1
Briercrest	7	3	4	6	508	534	3-4	Won 1
Ambrose	7	1	6	2	547	583	1-6	Lost 6
St. Mary's	9	0	9	0	629	873	0-9	Lost 9

Results

Holiday Break

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
NAIT	12	11	1	22	882	622	9-1	Won 6
Concordia	12	9	3	18	801	665	7-3	Won 1

Keyano	12	8	4	16	820	697	7-3	Won 5
Lakeland	12	7	5	14	793	733	6-4	Lost 1
Augustana	12	5	7	10	735	766	5-5	Won 1
King's	12	2	10	4	593	811	0-10	Lost 10
Grande Prairie	12	0	12	0	516	846	0-10	Lost 12

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Lethbridge	7	7	0	14	587	382	7-0	Won 7
SAIT	7	6	1	12	473	396	6-1	Won 5
St. Mary's	9	6	3	12	697	547	6-3	Won 2
Medicine Hat	7	3	4	6	492	496	3-4	Lost 2
Red Deer	9	3	6	6	582	652	3-6	Lost 1
Olds	7	2	5	4	497	529	2-5	Lost 2
Briercrest	7	2	5	4	402	576	2-5	Lost 2
Ambrose	7	1	6	2	412	564	1-6	Won 1

Results

November 25

Holiday Break

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Keyano	12	12	0	36	4	10-0	Won 12	24
King's	14	9	5	34	19	8-2	Lost 1	18
Augustana	14	7	7	25	29	5-5	Won 1	14
NAIT	14	6	8	25	31	3-7	Lost 1	12
Lakeland	14	5	9	17	30	3-7	Won 1	10
Grande Prairie	12	5	7	21	25	5-5	Won 2	10
Concordia	12	2	10	11	31	1-9	Lost 7	4

South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Red Deer	12	10	2	32	10	8-2	Won 5	20
Medicine Hat	12	9	3	31	10	7-3	Won 3	18
SAIT	12	8	4	26	17	8-2	Won 2	16
Briercrest	12	7	5	23	20	6-4	Lost 2	14
Lethbridge	12	6	6	24	22	5-5	Won 2	12
Ambrose	12	2	10	9	30	0-10	Lost 10	4
Olds	12	0	12	0	36	0-10	Lost 12	0

Results

December 1

NAIT 3, Augustana 2

(25-23, 25-19, 20-25, 23-25, 15-7)

December 2

Augustana 3, NAIT 2

(25-22, 15-25, 23-25, 25-22, 16-14)

King's 3, Lakeland 0 (25-23, 25-14, 25-17)

December 3

Lakeland 3, King's 2

(22-25, 25-23, 25-15, 18-25, 15-13)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
King's	14	12	2	36	10	9-1	Won 7	24
Grande Prairie	12	10	2	33	13	8-2	Won 3	20
Lakeland	14	10	4	33	17	6-4	Lost 2	20
NAIT	14	7	7	27	24	5-5	Won 2	14
Keyano	12	5	7	17	25	5-5	Won 2	10
Augustana	14	2	12	13	38	2-8	Lost 6	4
Concordia	12	0	12	4	36	0-10	Lost 12	0

South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Briercrest	12	11	1	34	10	9-1	Won 6	22
Red Deer	12	9	3	32	16	7-3	Won 4	18
SAIT	12	9	3	32	13	9-1	Won 9	18
Ambrose	12	4	8	15	30	3-7	Lost 4	8
Olds	12	4	8	15	27	3-7	Won 1	8
Lethbridge	12	4	8	18	28	4-6	Lost 1	8
Medicine Hat	12	1	11	12	34	1-9	Lost 5	2

Results

December 1

NAIT 3, Augustana 0 (25-18, 25-19, 25-9)

December 2

NAIT 3, Augustana 0 (18-25, 17-25, 16-25)

King's 3, Lakeland 0 (25-22, 25-19, 25-23)

December 3

King's 3, Lakeland 1 (28-26, 23-25, 25-20, 25-21)

CURLING

MEN

	Fall	Winter	Rgnl Final
Red Deer	6-0	--	--
NAIT	4-2	--	--
Augustana	3-3	--	--
Olds	1-5	--	--
Lakeland	1-5	--	--

WOMEN

	Fall	Winter	Rgnl Final
Concordia	4-1	--	--
Red Deer	3-2	--	--
Augustana	3-2	--	--
NAIT	3-2	--	--
Lakeland	1-4	--	--
MacEwan	1-4	--	--

MIXED

	Fall	Winter	Rgnl Final
Red Deer	6-1	--	--
Lakeland	6-1	--	--
Concordia	5-2	--	--
Olds	4-3	--	--
MacEwan	3-4	--	--
NAIT	3-4	--	--
Portage	1-6	--	--
Augustana	0-7	--	--

Do you enjoy writing or photography?

N Contribute to The NAIT Nugget!

Join us on Tuesdays in E-128B from 11:15 - 1:15
for pizza and story pitches - become a paid contributor!

ENTERTAINMENT

What to do – and not



BRENDAN CHALIFOUR
Entertainment Editor

Oh, the joys of December are here – wrapping up classes, final projects and exams, the cool weather and Christmas gift shopping. As exciting a time as it is, sometimes it can be overwhelming to choose gifts for everyone. Making sure that each gift is equally thoughtful, unique and within budget, shopping for your friends and family can be more of a struggle than a joy.

This week, I've decided to try and ease the angst and write about the Don'ts and Do's that keep my gift giving under control.

1. Don't: be fooled into thinking the week before Christmas will be a good time to begin your shopping. Even though we have that entire week off, shopping malls and centres will be bustling the week before Christmas,

which equals leftover choices, long lines and stress.

2. Don't: limit yourself to buying your gifts at one place. It can be awfully tempting to stop into West Edmonton Mall and do all of your gruelling gift grabbing there. Step into a mom and pop shop this season and see what the businesses in your neighbourhood have to offer, too.

3. Do: allow yourself to be creative. Remember in elementary school when you would make a craft at school, bring it home to your parents and they treasured it as if it were a famous work of art? Those gifts are the best because they are so unique and cute but also because they were made specially for you. When you take the time to think of that person and create something yourself, it is all that more meaningful. So cut up the credit cards and get crafty! Gifts don't need to be flashy or expensive but they do need to be thoughtful because, after all, it's the thought that counts. A couple of years ago, I decided to make nice, affordable, homemade gifts for my teachers. After a bit of exploring on the interweb, I decided to make hot chocolate jars. You can pick up Mason jars at your nearest grocer, along with some hot chocolate mix or cocoa; white chocolate, milk chocolate or butterscotch baking chips; candy canes (which you can crush up) and marshmallows, of course! Then you just layer all of these and close up your jars, done!

4. Do: remember that experiences are more meaningful than materials. Often I feel that the term "gift" is thought of as a material item that can be wrapped up with a bow on top. But think about how many material things in your life bring you joy, as opposed to the people and experiences that make your life that much brighter simply by being in it. I love getting a card with a coupon inside that says "Good for: One dinner, my treat" or a pair of tickets to a performance or movie. Take the money that you'd spend on a material item and put it towards an experience that the two of you get to enjoy together.



wikiHow

NAITSA & NEST HOLIDAY HOURS

NAITSA

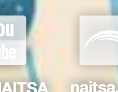
THE NEST

CLOSES DECEMBER 16, 2016 @ 12PM (NOON)

OPENS JANUARY 3, 2017 @ 8AM

CLOSES DECEMBER 17, 2016

OPENS JANUARY 4, 2017



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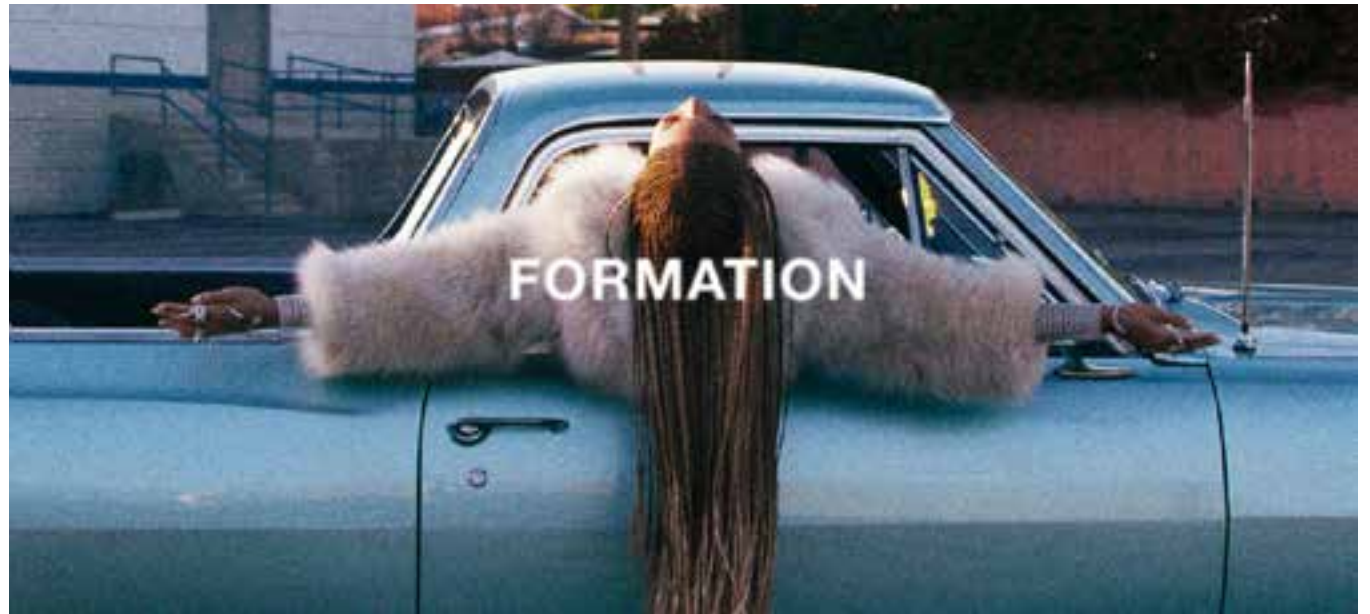
FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...By **OLIVIA ADAMS**

With 2016 coming to a close, this week's playlist was inspired by some of my favourite tracks that came out this year. Whether you're into indie, R&B, rap or EDM – there were many artists in 2016 that released amazing music! I'm looking forward to what the music industry will bring in the new year.

Enjoy!

- Formation – Beyoncé
- Ivy – Frank Ocean
- One Dance - Drake ft. Wizkid, Kyla
- Dark Necessities – Red Hot Chili Peppers
- Never Be Like You



- Flume ft. Kai
- Me and Your Mama – Childish Gambino
- Sleep on the Floor – The Lumineers
- I Don't Wanna Be Funny Anymore – Lucy Dacus
- Perfect Illusion – Lady Gaga
- All We Know

- The Chainsmokers ft. Phoebe Ryan
- Pillowtalk – Zayn
- Starboy – The Weekend
- This is What You Came For – Calvin Harris ft. Rihanna
- i hate u, i love you – Gnash ft. Olivia O'Brien
- Push + Pull – July Talk



DECEMBER EVENT LIST

5 | PAINT NIGHT & POETRY @ THE NEST

6 | HOW TO MEDITATE

7 | WELLNESS WEDNESDAY

8 | EVENING STUDENTS: FREE FOOD

5 | DE-STRESS, DECORATE, DEVOUR

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

**NAITSA WILL BE CLOSED AT NOON ON
DECEMBER 16, 2016 & WILL REOPEN IN
THE NEW YEAR ON JANUARY 2, 2017.**

COMING IN JANUARY
EXECUTIVE COUNCIL ELECTIONS
U-PASS REFERENDUM

MERRY CHRISTMAS!

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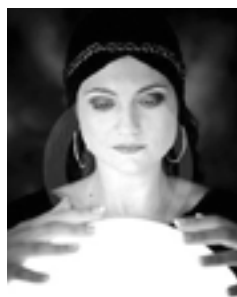
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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

December 8-15

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

Sagittarius (Nov. 22-Dec. 21)

A sense of humour comes in handy particularly when dealing with difficult situations. A well timed witticism meant to diffuse tension goes a whole lot further than sarcastic comments on the obvious.

Capricorn (Dec. 22-Jan. 19)

Those nagging thoughts about that thing that happened will only

create more frustration. Focus on what you learnt from the difficult situation and what you may do next time to stop it before it becomes too big to handle.

Aquarius (Jan. 20-Feb. 18)

Take time to enjoy the day; don't shirk a necessary task because you want to party. You can relax a lot quicker when the difficult work is done.

Pisces (Feb. 19-March 20)

When the pressure is mounting that is the best time to focus on the task at hand and use your imagination to make it more fun. Sometimes just talking over the difficult bits with a friendly ear can shed light on the path around over or through a perceived obstacle.

Aries (March 21-April 19)

Uncertainty rules the day, so take it easy and leave major decisions til tomorrow. What appears to be difficult will become clear after sleeping on it. Schedule a social activity to take your mind off things.

Taurus (April 20-May 20)

Problems are only challenges in disguise. If you have a friend or family member who is good at problem solving, discuss the issue with them and a solution may become clear.

Gemini (May 21-June 21)

Friends share life's joys and divide its griefs. Taking a moment to reflect on and appreciate what the people in your life bring you, even those that can be aggravating sometimes. If a friend is being frustrating take a moment and send some warmth their way.

Cancer (June 22-July 22)

Emotions can run high in changeable situations. Where there is a strong vision there is often passion, take a deep breath and set the emotion to the side and look for practical steps forward. Routine gives stability over the next week.

Leo (July 23-Aug. 22)

Tis the season to be creative in your generosity. People will admire your gift choices and appreciate your thoughtfulness when you

trust your intuition when choosing presents.

Virgo (Aug. 23-Sept. 22)

The moon indicates a time of prosperity in all things, your relationships will acquire more depth and your finances will become more stable and reliable. Remember to relax and allow others space in your life by detaching from their feelings and allowing them to be themselves.

Libra (Sept. 23-Oct. 22)

Versatility is the new black. When you are adaptable, it means you are plugged into your goals and are able to achieve them no matter what life throws into the mix. Improvising a new way of doing things might just elevate your plans.

Scorpio (Oct. 23-Nov. 21)

The spotlight is on you. No matter what choice you make, it seems you are on a winning streak. Accept this and show appreciation wherever you may as gratitude will keep the good will flowing.

FROM THE KITCHEN

Chocolate coconut crunch bars

By HANA LAVERICK

I decided that since my last couple of recipes were more savory, it would be appropriate to offer my fellow NAIT students a snack that is on the sweeter side. Of course, by now you must know that I have the biggest sweet-tooth, which isn't surprising but I am also a strong advocate of healthy baking! I am not trying to fatten you up, I swear! I believe that if there's a will, there's a way – if there's a way to eat more chocolate, I am so there!

OK, now you know one ingredient. Which should compel you to want to know more right?! This weekend I had a huge craving for chocolate, so I decided to make a batch of my delicious chocolate coconut bars. In our household, even the cooking chocolate disappears. Hence why these rich coconut bars are made with cocoa! I doubled the recipe because I knew that they would be gone quickly, but these are guilt-free so

indulge on these bars, one crunch at a time.

Ingredients:

- 1 1/2 cup gluten free cereal.
(I used Nature's Path Organic cereal)
- 1/2 cup unsweetened, shredded coconut
- 1/2 cup cocoa powder
- 1/2 tsp of vanilla
- 1/2 cup of coconut oil
- 5 tablespoons of maple syrup
- pinch of salt

Procedure:

- 1) Combine the wet ingredients in a pot on medium-low heat. Make sure it is all melted and combined.
- 2) Add cocoa powder, mix well.
- 3) Remove from heat and mix in cereal and coconut flakes
- 4) Line a 9X5 bread pan with parchment paper. Pour in cereal mixture and level it.
- 5) Place in freezer for 15 minutes until completely solid. Lift the parchment paper out of the pan and separate the paper from the bar. Cut into bars and enjoy!



MOVIE REVIEW

An adventure worth having

By GERVAISE BRANCH-ALLEN

Walt Disney Animation Studios' latest film, *Moana*, is an enjoyable and entertaining product from the studio that has been releasing excellent movies since 2009's *The Princess and the Frog*. In *Moana*, the titular protagonist longs to travel across the vast ocean but is bound to her duty as daughter of the chief. When a situation forces her to make the journey across the ocean, Moana, with her pet rooster Heihei and the demigod Maui set out to save her people and the island.

I really enjoyed how newcomer Auli'i Cravalho voiced Moana, giving her a sense of humour, duty and a liveliness that makes the animated character feel real. I'd really like to see the actor in other roles to observe how she portrays other characters because I felt like Cravalho had a lot of talent in her voice alone.

Dwayne Johnson voices Maui, the demigod who wants to prove himself to humans. Johnson brings a very charismatic feeling to Maui which makes his various choices more relatable. I especially enjoyed Maui's battle cry as he leaps into action!

Moana is populated with many other vibrant characters including the hilarious rooster Heihei (Alan Tudyk), Moana's grandma Gramma Tala (Rachel House), Moana's dad Chief Tui Waialiki (Temuera Morrison) and Moana's mom Sina Waialiki (Nicole Scherzinger).

There are some very sweet and tenderhearted moments in the movie such as Moana's early relationship with the ocean, her connection to her grandma or Maui's origin.

Directors Ron Clements and John Musker (*The Little Mermaid*, *Aladdin*) use elements of the Polynesian mythology of Maui to craft their story of Moana's journey of self discovery. The directors travelled to different locations, like Fiji and Tahiti, to research the culture of the characters. During the production of the film, some story issues started to emerge so fellow Disney directors-filmmakers Chris Williams and Don Hall (*The Emperor's New Groove*, *Big Hero 6*) helped alleviate the problematic elements of the story.

The animation is truly beautiful with very smooth,



Walt Disney Movies

detailed characters, gorgeous colours of the ocean and lava, and the inclusion of hand-drawn animation for Maui's tattoos. I appreciated how realistically Moana's hair moved when wet.

There are some great songs in this film as well. Dwayne Johnson, surprisingly, sings the song "You're Welcome," which ties into the mythology of Maui while also displaying his vocal skills. Cravalho sings "How Far I'll Go" about her dreams and hopes for her future. This song is the heart of the movie and she sings it very beautifully.

I do have two favourite songs: "Where You Are" and "Shiny." The first is a wonderful group song performed early

in the movie as the islanders sing about their culture and lifestyle to a growing Moana. Meanwhile "Shiny" is a more sinister, yet upbeat and catchy song by Jemaine Clement.

I found *Moana* to be a very enjoyable movie about a young girl looking to discover her place in the world. I was glad to realize that I hadn't even noticed the movie didn't have a love interest, which I found refreshing.

I'd really like to see more stories without romance because it's become far too common in animated Disney films that feature female protagonists. With catchy music, wonderful animation and excellent voice acting, *Moana* is a great adventure worth taking.

RESTAURANT REVIEW

A trip to Italy – on campus

By JENNIFER RAE

There is a quiet corner in the new CAT building – a space for having a bite to eat and maybe a glass of wine or a beer. The atmosphere is modern bistro with funky red lace chairs and wood table tops. The wall of windows overlooks the NAIT quad and, on this day, the white of fresh snow. Not many students are seen outside but the hum of the busy food court lurks in the background lending laughter and fellowship to the early

solo diners here at Mercante.

Weekly specials like the baked spinach ricotta cannelloni and minestrone soup of the day give the European design a decided Italian flavour. The ham calzone with jack and mozzarella cheeses also features Prosciutto cotto and Genoa salami and is served hot, crunchy on the outside and gooey on the inside – perfect – and, with a caesar salad on the side, an absolute feast for under \$8.

Pizza cooked in a fiery stone hearth is a house specialty and all pasta and doughs are made in-house and fresh each day. Mercante is considered fast-casual dining and the pizzas are made Neapolitan style with fresh ingredients.

Another delight in these serve-yourself times is the table service. Yes, you might wait a few minutes longer for your food, but the wait in line to order the food is quick and you are then released to wait for it to be brought, made to order and hot, to your table as you reflect on the day under the natural light filtering through the wide windows.

What did I miss? Well a glass of wine would have meshed well with my calzone but I had class after lunch and abstained.

I enjoyed the Christmassy décor of the

quad and reflected that a fireplace would have been a crowning touch ... ah well ... perhaps a trip to the north of Italy and the Alps is in order.



Photo by Jennifer Rae

Poetry Corner

Lost in Thought

Dull sunken eyes
reek a softened glow
Wafting on the cusp of imperfection
She stares sullenly
Smirking into the distance
Where am I?
She wonders.
Her life is barely together

– By Olivia Adams

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO

International Club Film Series: From Books to Film

Crafting Club Weekly Crafting

Super NAITSA Anime Club Weekly Meetings

Super Smash Bros Club Meetups

IntoNAITion Toastmasters General Meetings

Juggling Club Weekly Juggling Jam

NSC Super Smash Bros Meetups

Civil Club Study Sessions

WHEN

Fridays, Sept 8, 2016-April 7, 2017 | 2:00pm-4:00pm

Thursdays, Dec 8, 2016-April 30, 2017 | 5:00pm-10:00pm

Fridays, Sept 9-Dec 16, 2016 | 4:30pm-8:45pm

Mon & Thurs, Sept 12-Dec 15, 2016 | 5:00pm-10:00pm

Mondays, Sept 12-Dec 19, 2016 | 4:45pm-6:00pm

Mondays, Sept 19-Dec 19, 2016 | 5:00pm-7:45pm

Thursdays, Jan 5-April 13, 2017 | 5:00pm-10:00pm

Fridays, Oct 7-Dec 16, 2016 | 10:00am-12:00pm

WHERE

Stanley A. Milner Library

Room X-105

CAT 140

Nexen Theatre

Room X-203

Shaw Theatre

CAT 191

CAT 312

UPCOMING CLUB EVENTS

WHO

Muslim Student Association

EDSS

Crafting Club

Crafting Club

International Club

WHAT

Talk to a Muslim

James Richards Workshop

Christmas Sale

Craft-A-Thon

Christmas Party

WHEN

Wed, Nov 9-Dec 14, 2016 | 2:00pm-4:00pm

Fri, Jan 13, 2017 | 4:00pm-7:00pm

Mon, Dec 5, 2016 | 10:00am-2:00pm

Fri-Sun, Feb 24-26, 2017 | All Day

Thur, Dec 15, 2016 | 1:00pm-5:30pm

WHERE

CAT 200 C

Room X-111

HP 2nd floor by Pedway

17421 94 Avenue NW

International Centre (W-101)

NAITSA **CAMPUS CLUBS
CENTRE**

**VISIT THE
CAMPUS CLUBS CENTRE**

Room E-125, NAIT Main Campus

780.471.8457 | 780.471.8871

naitsa.ca/naitsa-clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates