

VOTING FOR NEW NAITSA PRESIDENT BEGINS TOMORROW, PAGES 12, 13

THE NAIT NUGGET

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

NAITSA DONATES \$5M

Students' Association steps up, story page 3



NAIT photo

Celebrating the record-breaking donation to NAIT are, left to right, John Perozok, NAIT Students' Association interim president and VP Academic; Dr. Glenn Feltham, NAIT president; Katie Spencer, NAITSA VP External; Marlin Schmidt, Alberta minister of Advanced Education; Tamara Russell, NAITSA VP Student Services; Brent Hesje, chair, NAIT Board of Governors and Justin Nand, last year's NAITSA president.

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NEWS & FEATURES

Cutting through the clutter



NICOLAS BROWN
Issues Editor
@bruchev

I'll come right out and say it – I have a clutter problem. Most people will understand what I mean when I say clutter problem. A busy life starts accumulating stuff – to-do lists, mail, notes – and the home and/or work area becomes what can be best described as “organized chaos”. We become clutter junkies and, though we aren't hoarders (not by a long shot!), we are the kind of people that make neat freaks itch all over.

We mean well and insist that we know exactly where everything is. Often the claim is that we thrive off the chaos around us. I have to say though – most of the time, we're probably actually lying and this acceptance of clutter often does more harm than good.

There are probably many theories surrounding the psychological effect clutter has on individuals. One prominent claim however, is that a cluttered life leads to a cluttered mind. This means trouble focusing, lack of motivation and increased distractions, all impacting the ability to get work done. Clearing away that clutter might help to refresh your mind as you refresh your space and help

you refocus on those important tasks.

Clutter also takes away valuable workspace – critical for students trying to complete assignments or research for projects. It's hard to get work done if you have to shuffle your junk around just to have a place to put your laptop. If you don't have a clear space, it can be very difficult to actually get work done – you may even get distracted with other tasks. Similar to having a dedicated study space (highly recommended!), making sure your workspace stays at least relatively clear of detritus can mean more mental focus and, consequently, more productivity.

Last but certainly not least is the clutter junkies' everlasting nightmare – losing everything. The grocery list, keys, that note with the extra homework question – they all disappear into the abyss of the so-called organized chaos. There's nothing worse than needing that one thing, and not being able

to find it in what I call “the pile”. Not only can this be a source of frustration and stress for the clutter-inclined, it also means work can be missed or delayed. It's difficult to pay a bill if you can't find the actual bill and to-do lists can

become a revolving door of tasks that never get done.

I don't think anyone means for clutter to become this much of a problem. Some degree of disorganization is expected, even normal. We put things off to the weekend, have a “project pile” for rainy days. But it can easily spiral out of control and become much, much worse. I can attest to that. I have four years (and two moves) worth of clutter accumulated in my life. The weight of these unfinished tasks can be unbearable, and significantly impact our ability to focus on current tasks.

This weekend, I finally cleared some of that debris away. It may sound cheesy but all those self-help articles about having clear work spaces or the environment you surround yourself with impacting your frame of mind do actually have some merit. My primary living space is clutter-free, and all weekend I've been able to relax and focus on individual tasks better.

I live the life of a clutter junkie – I can admit to that. But I can proudly say that after this weekend, I am a recovering clutter junkie! At least until I start procrastinating again.



Clipart Kid

INVESTMENT CLUB OF NAIT

Spend, save or create

By RYLEY HUGHES

Finance is a field that studies the dynamics of investment. So why should that matter to you? If investment is supposed to garner future profits and results, then truly finance in its simplest terms is a way to build more time for yourself.

If you are working for \$10 an hour, one hour of your life is stored in that piece of paper. You have a few choices you can make with that \$10. You can hold it until the weekend to head to the bars to buy one drink plus tip, you can save it in

your bank account for future use, or you can invest it.

Each one of those options depends on personal goals and personality. Do you want to spend, save, or create? Most have a goal in life, whether that is to have a family, retire early, build a business and be your own boss, or just simply be a millionaire.

These goals require wealth creation (storing time). For the family example, on average it costs \$243,660 to raise a kid from ages birth to 18 before university. Even working for \$30 an hour, that's

8,122 hours of your life that you could have spent otherwise. If you understand even the basics of finance and investment you can create more wealth, therefore more time that you can spend with your family.

If you decide that you want to start your own business in five years after you've finished your degree. You could start to invest that initial money now, enabling you to spend more time on your priorities in the future and spend less time worrying about how to finance your start-up. If you have plans to retire early

and travel the world, investing today can result in a larger future value, possibly letting you retire at 50 instead of at 65. The possibilities are endless when you understand how to create more time for yourself!

One stigma that is attached with investing and the finance world is that we only do what we do for our greed of money. But in fact for the most part, we educate and practice this skill to give us more time to spend with the important people in our lives, do the things we love, or create what we believe in.

CAT officially opens

By **MICHAEL MacCOMB**

For those with classes in the shiny newness that is the CAT Building, there was a great hustle and bustle on the ground floor last week. The event? The official grand opening of the Centre for Applied Technology.

A highlight of the event was the announcement by the NAIT Students' Association of an historic donation of \$5 million to the institution. The donation, which was approved by a student referendum this spring, is the largest donation in NAIT's history. The donation will have wide-ranging impact on campus, having contributed funds towards the CAT building, as well as providing funding to bring Smart Card technology to the school, centralize NAITSA's offices in a new location, and more.

2,500 classroom seats

The new Centre for Applied Technology was a huge step forward for NAIT, with the building adding over 2,500 seats worth of classroom space, as well as 45 labs and simulation rooms. For many of the attendants, ranging from government officials to staff, students, and alumni, this was an excellent chance to see for themselves the results of the largest capital project in NAIT's history.

The historic event, presented by NAIT alumnus Josh Classen of CTV News, opened with the recognition and acknowledgment that NAIT lies on Treaty 6 territory and a special performance of an honour song by the Eagle Sky dancers and singers.

Classen

Following the opening performance, Josh regaled the crowd with memories of his time at NAIT, as well as the open field that once stood where CAT stands now. He then ceded the floor to NAIT's President, CEO and in his own words "Cheerleader in Chief" Dr. Glenn Feltham, who took the opportunity to thank the huge number of people who helped make the new building a reality, to share the impact that CAT will have on student

success, as well his vision for NAIT's growth in the future.

The presentation continued with the Chair of NAIT's Board of Governors, Brent Hesje, giving the crowd the highlights of the building statistics, before revealing the newest showcase video of the CAT building. He then gave a live update of NAIT's Essential Campaign, which has raised over \$88 million to date.

Alberta's Minister for Advanced Education Marlin Schmidt then took the stage to congratulate NAIT for completing one of the largest post-secondary buildings in Canada. Minister Schmidt acknowledged the value and quality of the education NAIT gives to students, education they will need to continue to grow Alberta's economy. Minister Schmidt told the crowd about his firsthand knowledge of NAIT's value, as his father is a NAIT gradu-

ate. He also took the opportunity to let the crowd know about the continuation of the NDP's tuition freeze for a third year.

And with that, the crowd dispersed to explore the magnificence that is the new Centre for Applied Technology. The food court was in full swing, providing the guests with samples of the burgers, pizza and rosemary fries, with NAITSA providing a dessert spread in the open lounge on the second floor. Simulation labs were opened to display the student experience in the new facility, showing all attendants the excitement of the hands-on learning that NAIT is proud to offer.

It doesn't take much to find NAIT grads around you driving Alberta's economy forward, and with CAT now fully operational, NAIT will continue to grow to meet the future demands of industry and entrepreneurship.

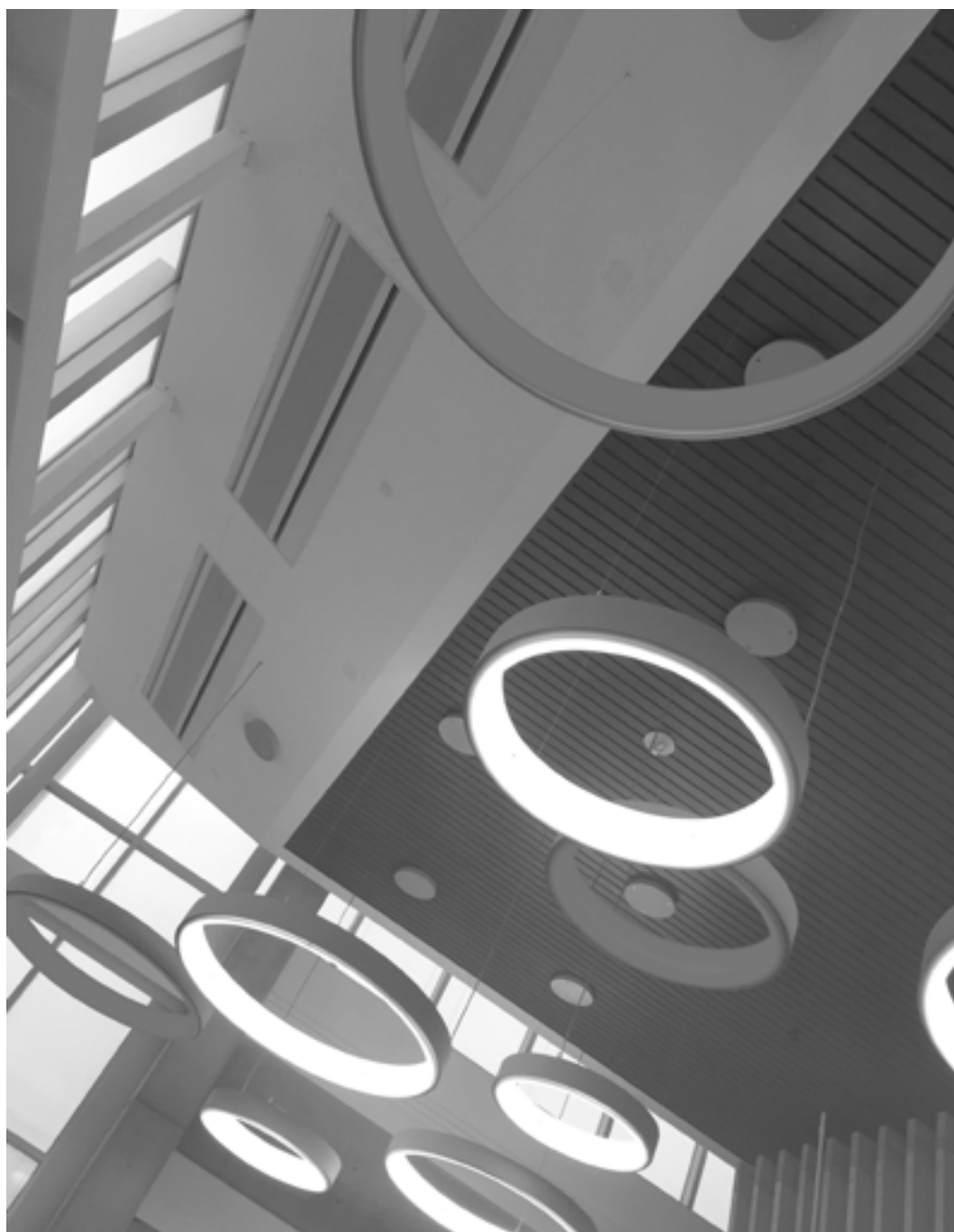


Photo by Olivia Adams

Ceiling lights in the study area, second floor CAT Building.



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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.

ASK THE EDITORS

Why settle for just one opinion?

What is your favourite Halloween candy? Why?

...

Danielle Fuechtmann
Editor-in-Chief

Kerr's Molasses Kisses. Or, more commonly recognized as the weird taffies in black and orange wrappers. You can't go wrong with chocolate but Kerr's Molasses Kisses are a once-a-year treat that remind me of Halloween's past. They're divisive, but I love those strange molasses chews!

...

Nicolas Brown
Issues Editor

Ah, Halloween. A time for sugar highs and cavities. I've had to significantly reduce my candy intake as I've grown older, which is quite the sad tale for any candy-lover. However, every year I still cheat a little bit and enjoy my old

favourites: Reese Peanut Butter Cups, and Rockets (ironically called Smarties down in the States). Reese's bring everything good about chocolate to the table in bite-sized form - in my opinion you simply can't go wrong with them (unless you're allergic to peanuts). Meanwhile, Rockets are easy pocket candy - eat them one at a time or dump the whole roll in your mouth, just remember you only have yourself to blame when you run out too fast!

...

A.J. Shewan
Assistant Issues Editor

Having two small children, I am typically left with their castaways. However, if I play my odds correctly, I am awarded the chance to spirit away a chewy chocolatey goody. Beggars can hardly be choosers. If I have my

pick though, I would have to say Reese Peanut Butter Cups.

...

Connor O'Donovan
Sports Editor

It's the same as my favourite chocolate bar, Dairy Queen Blizzard, and food in general - Reese Cups, of course. What treat is more rewarding than this sugary nut-butter filled flavour train? I seriously feel sorry for those of you with peanut allergies who have never had the privilege of tasting this sweet and divine taste mosaic. I remember watching an Australian friend try Reese Cups for the first time. When he declared "meh" I nearly forced him to vomit, lest a Reese Cup be consumed by someone not fully appreciative of its greatness.

Reese Cups for the win!

Michael Menzies

Assistant Sports Editor

Considering I lived in a town that didn't believe in Halloween - we took a very grass roots approach to candy. So with lots of conditioning I learned to enjoy the Charlie Brown delicacy of a rock. What a tasty treat! Stone-cold small-town Alberta fun.

...

Brendan Chalifour
Entertainment Editor

I have no favourite. The best thing about Halloween is the assortment of treats! Some popular ones that I look forward to every year, though, are any kind of Maynards candies, Pop-eye Candy Sticks (those chalk-like candy cigarettes) and Gummy Mini Cheese Burgers.

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NOV. 4-26	All Varsity Games	Athletics Food Drive	Rink and Gym
NOV. 8	11:00 AM - 1:30 PM	Kickoff Lunch	Main Campus: NAITSA Student Lounge, CAT 200 Patricia/Souch Campus: eat AT NAIT locations
NOV. 14 - DEC. 1	11:45 AM - 12:45 PM	50/50 Raffle Sales (Draw Dates Nov. 10, 18, 25 & Dec. 2)	Tuesdays on CAT Main Street, Wednesdays at Fresh Express, Thursdays at Common Market, anytime at shop AT NAIT
NOV. 15	All Day	Toonie Tuesday - Coffee & Tea	Common Market, Fresh Express, Embers, The Corner Store, Plates & Elements
NOV. 17	10:30 AM - 1:00 PM	Chili Lunch	Blue Plate, Common Market
NOV. 22-24	All Day	Be a Hero	Common Market, Fresh Express, Embers, The Corner Store, Plates & Elements
NOV. 22-25	Various Times	1/2 Price Fitness Classes	Sign up in O117
NOV. 23	8:00 AM - 2:00 PM	Silent Auction	Patricia Campus
NOV. 23	8:00 AM - 2:00 PM	Technology Sale	The Crossing, CAT
NOV. 25	10:30 AM - 1:00 PM	Artisan Bread and Turkey Sausage Sale	South Lobby

Hope to see you there!

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OPINION

— Editorial —

Media under attack



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

Being a journalist can be scary sometimes. Here at the *Nugget*, the worst things we face are looming deadlines and a stomach ache from trying to eat leftover pizza a few days later than advised. Out in the real, wild world, however, it's newsroom cuts and anxiety about the rapidly changing media landscape, risks of being arrested and imprisoned in some countries and having your communications monitored by the police.

Good thing Canada protects journalists against the latter two, right?

Laws and ideals

Unfortunately, our laws and their application don't always align perfectly with our ideals. Take, for example, this week's news about the Montreal police decision to monitor *La Presse* journalist Patrick Lagacé. The warrants were obtained as part of Projet Escouade, an internal police investigation into allegations that investigators had fabricated evidence. Montreal police chief Philippe Pichet acknowledged the importance of a free press but defended the monitoring during a press conference on Oct. 31 with the argument that it was an "exceptional situation" and that Lagacé was never under investigation, only the police.

The monitoring, which occurred for a period of several months and tracked his cellphone calls, texts and his whereabouts, was an attempt by the special investigations unit to identify Lagacé's sources in relation to Projet Escouade. One officer implicated was Fayçal Djelidi, who was arrested in the summer and charged with perjury, attempting to obstruct justice, breach of trust by a public officer and obtaining sexual services for consideration. In total, Djelidi faces charges on nine counts and is a fair example of the severity of the situation under investigation. Five officers were arrested in July 2015 and two, including Djelidi, currently face charges.

Monitoring condemned

Does this justify the invasion of privacy and the jeopardizing of the anonymity offered to journalists' sources? I think not, and I'm not alone. *La Presse*'s Editor-in-Chief, Éric Trottier, condemned the monitoring on Monday, stating that "it irredeemably compromises the confidence that must exist between a journalist and his or her source so that citizens can be informed of subjects that are in the public interest and can participate in an enlightened manner in the democratic life of the country."

The outrage over the surveillance extends far beyond Lagacé and *La Presse*, however, and several Canadian

journalism coalitions have spoken out.

Caroline Locher, the executive director of the Fédération professionnelle des journalistes du Québec, told *Montreal Gazette* writer Catherine Solyom that there are likely far more journalists in this situation and that FPJQ has heard from several journalists in the last few months who believed they are being monitored.

Beyond being a disconcerting intrusion on privacy, this surveillance is damaging to the operation of a free press. "Right now, any kind of whistle blower – a citizen, someone in government who thinks they've just seen something reprehensible that citizens in Quebec need to know about – is looking at this saying I can't call a journalist, they have their phone tapped!" Locher told the *Gazette*.

"How many who have already spoken to Patrick Lagacé and others are afraid there will be consequences for speaking to the press?"

The Canadian Charter of Rights and Freedoms states that the freedom of the press is a fundamental right in Canada that is recognized and defended by the Supreme Court of Canada. Any warrant permitting surveillance of a journalist must go through what is, in theory, a rigorous process before being approved by a judge. It must meet nine criteria defined by the Supreme Court before approval, media lawyer Mark Bantey explained to CBC, which essentially

assess whether there are other means to acquire the information and if they've all been exhausted.

"I was stunned because the police obviously took the very drastic measures to obtain the source of information. I think it's shocking, actually. I think it's a serious attack on freedom of the press in Canada," Bantey told CBC, "... it is unprecedented. The police have issued search warrants against media outlets in the past but nothing as far-ranging as this one."

Ultimately, shakiness in a nation's protection of a free press is a barometer for the operation of democracy in that country. The operation of a free press – a truly free press where journalists are not put under surveillance, sources are guaranteed their anonymity and media can pursue stories without worry of persecution – is essential to the democratic process.

We call the press our watchdog, providing and sharing the information we need as citizens to make decisions about our governments, our communities and our lives. Without a freely flowing and secure ecosystem of sources and information, journalists and the media would be unable to effectively fulfill this role, leaving us without an essential part of our democratic system.

So, we might not be imprisoning or executing our journalists for doing their jobs but putting them under surveillance in order to identify their anonymous sources is a troubling step in the wrong direction.



Patrick Lagacé

CBC

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SPORTS

Fans flock to esports



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

Last year, when I created a web portfolio to showcase some of my writing and video work and labelled myself a “multi-media journalist,” the term earned a few scoffs from some of my classmates. “Multi-media journalist,” they sneered. “Sounds a bit high-brow to me.” Well, the joke’s on you now, Matt. The term is being used all over the place. Like in the “about” section of an online news platform I recently discovered called *Circa*, for instance. I think the title fits; you need to promote a versatile skill set within a world where it pays to go digital. Journalists need to be versatile in how and what they’re able to cover.

Putting aside its sensationalized headlines and seemingly un-proofread copy, *Circa* is an interesting amalgamation of trending and happening newsworthy stor-

ies. It covers politics, world news, science and tech, music and it’s the first news publication I’ve seen to forgo the balls, fields and pucks of traditional sports for dedicated esports reportage.

If you don’t know and I mean, why would you – you’re reading the traditional sports section of this paper – esports is the moniker given to the growing (and already vast) field of hardcore competitive video gaming. When I say vast, I mean it. A recent study by the digital game thinktank Newzoo lists 2015’s esports revenue at \$325 million (a 67 per cent increase from 2014). Some esports tournaments, like the 2014 League of Legends World Final, pack tens of thousands of fans into stadiums normally reserved for World Cup soccer games (the prize pool for the tournament was valued at \$2.13 million). Twenty seven million people watched the event’s webcast. Newzoo predicts esports’ merchandising, ticket sales, advertising, sponsorships and media rights will be worth over \$1 billion by 2019.

In *Circa*’s esports section you’ll find up-to-date results on the latest competitions, game reviews and more. And with



Tech News Central

a heightened awareness, I’ve begun to see esports coverage appear in streams of other traditional media sources. You have to dig deep, but TSN has an esports section buried in their menu tabs. *The Score* curates an esports website and the latest League of Legends world champion, whose fans (disciples?) call him “god,” just published an article in the athlete-written *Player’s Tribune*.

The glory of football jocks and letter-mans no longer rules the zeitgeist. The gamers of the world have marched proudly

out of society’s basement and made their impact on entertainment and pop culture, proving that they aren’t the pasty-skinned, anti-socialites we thought they were. Does this mean LAN-parties really are parties? I guess so.

Coverage of video game events might seem out of place in the sports section of a newspaper right now but in a world full of industries being smashed into ones and zeros, it looks like sports are headed to the mound next. Multi-media journalists take note.

Words of caution for Oil fans



By **MICHAEL MENZIES**
Assistant Sports Editor

Plan the Parade?

The Edmonton Oilers’ hot start to the season has the city excited for what could come from our favourite team. (Nobody said the P-word). It is easy to get excited but these points need to be considered before we contact Mayor Don Iveson about the parade.

Is Cam Talbot going to start every game?

The best start in 30 seasons is due in large

part to goalie Cam Talbot’s first-star-of-the-week style performances, as he has started every game so far this season. This should raise some eyebrows. After nine games, the backup goalie Jonas Gustavsson has not gotten a start and, if you want a balance to give your No. 1 netminder rest down the stretch, you are going to have to find dates to maximize his usefulness. Coach Todd McLellan needs to find 20 games to give to his backup and so far he hasn’t given him one. This is a cause for concern.

Haven’t left the country yet

The Oilers have played 10 games so far this season. Only four have been away from home. Those three games were in Winnipeg, Vancouver and Ottawa. It is safe to say the Oilers are untested when it comes to difficult road trips. Many teams don’t have this friendly a schedule. The Carolina Hurricanes started the season on a six-game road trip. The Nashville Predators and the Columbus Blue Jackets have gone through the gauntlet of California. The Tampa Bay Lightning just finished battling in a tough six-game trip against the top teams in the East.

Let’s reevaluate what the Oilers have after this next stretch. The New York Rangers, New York Islanders, Detroit Red Wings and Pittsburgh Penguins are legitimate NHL squads. The Oilers will have to be ready or they will be exposed as not ready for prime time.

Who will be the second offensive driver?

Ryan Nugent-Hopkins has been slotted as the second-line centre behind Connor McDavid, with Leon Draisaitl waiting in the wings. So far, his offensive production has been rather pedestrian with four assists. McLellan seems comfortable putting Nuge in a two-way role but for how long? And with his faceoff numbers unimproved, will they look at their German star Draisaitl to become the second driver for the forward lines? His faceoff numbers are over 50 per cent this season and he has two goals already. Not to mention – could GM Peter Chiarelli influence the coach’s decision and lean on Draisaitl, considering that Nugent-Hopkins is much pricier and has been linked to trade talks around the league? Time will tell. So far the second and third lines are

receiving comparable minutes, so it looks the better player will materialize naturally. The Oilers hope their six-million-dollar man is the answer but, if not, will be pleasantly surprised on the up-and-coming Draisaitl.

How many more injuries can the Oilers take?

The Oilers, despite a 7-2-1 record, are faced with several long-term injuries to their depth players. Rookie centre Drake Caggiula had a terrific pre-season but now has been sitting for the first few weeks. Veterans Matt Hendricks, Mark Fayne and Brandon Davidson all have injuries that are still weeks away from healing. But if the bigger names start to get hurt, especially in an already thin defence corps, it could be all hands on deck. Oilers fans hold their collective breaths when McDavid gets edged into the boards at ridiculous speeds and pray on their Steve Tambellini charm bracelets that they won’t have another Philly situation. If the Oilers can get these players back and remain relatively healthy, they have every chance to continue contending for tops in the Pacific Division.

Keeping Score

Follow the money!

Should student athletes be paid?



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

Talk to any college athletics director about the values of their program and chances are you'll hear the same thing. Sure, winning is nice but ensuring their athletes succeed academically is even more important than ensuring competitive success. When you look at the resources provided to these students, it's not a stretch to believe them. Almost all of NAIT's athletes, for example (including myself when NAIT still fielded a cross-country team), qualify for the \$1,800/year Jimmie Condon scholarship. Some athletes get full rides. By simply setting foot on their respective playing surfaces, most student athletes face a lower barrier to post-secondary entry over their fellow students. The \$1,800 "achievement scholarship" comes from the tax-payer funded Alberta Advanced Education Achievement Scholarship Program, by the way. So, setting the prospects of U Sport or the CCAA actually generating enough revenue to substantially reward student athletes aside, is it really fair that these students should gain a further advantage over their peers by being paid a salary or getting a cut of league revenue? Paying student athletes on top of their scholarships would only further the disparities that college athletics can create.

Successful schools have advantage

In a theoretical world where student athletes are paid for their play, it makes sense that the schools with the greatest success and popularity in their athletics programs would be able to attract the most talented athletes. After all, the schools that cater to the biggest markets generate the most revenue from ticket sales, alumni investment and media contracts and would be able to better compensate their athletes than other, less popular schools. This could potentially lead to not only a perpetual disparity in the competitive success rates of specific schools' athletic programs but also increase the academic profile of the successful schools.

A 2014 study by a Harvard marketing professor examined what he calls the "Flutie Effect." In 1984, Boston College quarterback Doug Flutie threw the famous 50 yard "Miracle in Miami" touchdown pass with no time left on the clock to help defeat the University of Miami 47-45. In the two years following that game, Boston College applications went up by 30 per cent. The study found that schools with athletic success reap benefits that other schools have to lower tuition costs, bring on a higher-priced faculty or spend more money on marketing to achieve. The popularity of athletic success can allow a school to further the reach of its brand and become more selective in their admissions process.

Redistribute money

True, it is the athletes' talents and abilities that could generate these economic returns and I'm all for increasing the popularity and profitability of post-secondary athletics. However, in the realm of education, Horace Mann's great equalizer, any money generated from post-secondary athletics should be redistributed equally throughout all faculties of all the schools involved. The teams are, after all, a by-product of the academic institution that created them.



By **MICHAEL MENZIES**
Assistant Sports Editor

There must be adequate compensation for the student-athletes who are driving and creating profits for post-secondary institutions. In the United States, the National Collegiate Athletic Association (NCAA) is the most blatant offender of profiting from student-athletes in order to generate billions of dollars in revenues for the schools, for the governing body in the NCAA, the top coaches in the game who make millions of dollars and for the broadcasting companies that sign lucrative deals. None of this money goes to pay the athletes.

The second biggest sporting event of the year is March Madness (behind the Super Bowl), a tournament featuring the Top 68 NCAA basketball teams in the country, in a single game elimination bracket extravaganza to decide the national champion. CBS signed a 14-year, \$10.8 billion deal in 2010 with the NCAA and, halfway through, both sides were enjoying enough profits that they signed an eight-year extension this spring, worth another \$8.8 billion. If the NCAA split the TV revenue 50-50 with the tournament participant players, like many other negotiated professional leagues do (NFL 55 per cent), they would earn \$395,927 per player. And if it was opened up to all Division I basketball athletes, it would still be \$76,704 per player. The NCAA tries to say that because they only take in 10 per cent of the billion dollars they earn running a tournament which doesn't pay its players, they are justified and that all the money goes back into the schools, which has proven to be a muddled and difficult statement to prove true.

Amateur hockey in lawsuit

Canadian university athletics has never had that problem. In fact, the rebranding of CIS to U-Sport is trying to secure more revenue and the younger demographic of Canadians. But the Canadian Hockey League is currently embroiled in a contentious lawsuit that could drastically shape their leagues (WHL, OHL and QMJHL).

While major junior hockey players do earn what the leagues call "walking around" money, in early 2015 a class action lawsuit was filed for \$187 million for unpaid wages and holiday time. This makes complete sense. Hockey players have to pay more money than any other sport for all their equipment, they are uprooted at an early age (14-15) and have to adjust to new surroundings, new schools and leave their old life behind.

The argument from Commissioner David Branch is that if they were to pay their players, the league would not be financially sustainable in the small markets. Sound familiar, NHL? That's why leagues revenue-share, in order to balance out inequalities and stabilize the money going in and out. But when TSN publishes a study that says there is enough money to pay the players minimum wage, it should raise alarm bells – especially when some of these franchises are valued at \$50 million-plus!

Should pay

It only makes sense that, if you put out a product, you have to pay the talent that's performing. When we are talking about millions and even billions of dollars in revenue unshared with the players, they aren't being greedy. They are asking for fair and equitable treatment. Yet when the BC government last week made an exemption to WHL hockey teams that players do not fall under the Employment Standards Act, the message is clear. Big business sports leagues that profit from uncompensated players do not want that to change.



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NAIT'S STARS SHINE

Ook midfielder Megan Loyns passes the ball during the championship match against Grande Prairie on Sunday. The tournament MVP scored the winning goal in the 2-1 victory.

Photo by Railene Hooper

Women take ACAC title

By CONNOR O'DONOVAN
Sports Editor
@oadsy

"To win a championship game with a goal like that, I'm just really pleased for our players," Ook women's soccer coach Carole Holt reminisced a day after her team's ACAC championship 2-1 victory at NAIT field.

In the match's 82nd minute, Ook midfielder Megan Loyns redirected a Sydney Doblanko corner kick to pot the game winning goal against the Grande Prairie Wolves. Her late-game header heroics placed the ACAC crown on the heads of the women's soccer Ook for the third year in a row and helped send the squad to Montreal for next week's Canadian Collegiate Athletic Association (CCAA) national championships. It was a fitting way to win for the Ook, whose strategy has involved creating set-piece scoring chances all season.

"We spent a lot of time on corners this year," said Holt.

"We normally get quite a few in games but we had very few yesterday, so when we got that one at the end of the game we thought, 'oh, maybe this is the one.'"

Loyns' skill in the air ensured it was, in fact, "the one," earning her the title of tournament MVP in the process. Loyns, along with keeper Kailey Harder, were also named to the tournament's all-star team. Earlier, NAIT forward Kassy Jajczay was named ACAC player of the year.

Sunday's win capped off an undefeated season for the Ook, who defeated Grande Prairie twice in regular season play. The Ook and the Wolves traded opportunities all game after Ook Kailey Mohn scored first in the 12th minute. Grande Prairie's Janai Martens tied things up in the 20th, setting the stage for the

game's spectacular finish. The win capped an undefeated regular season for the Ook. That record earned them a bye into the tournament's semifinals where Harder and the Ook shut out the Concordia Thunder 1-0. Kennedy Ballum notched that game's lone marker.

The Ook can do just one game better this year than in 2015 when they took home CCAA silver in a loss to CEGEP Garneau (RSEQ) in Peterborough ON. Garneau also won CCAA gold in 2014. Holt said she and her coaching staff were reviewing last year's nationals performance as soon as the team boarded their flight back to Edmonton.

That conversation helped determine the off-season training the Ook would undergo, the types of players they wanted to recruit and even how they would train during the season. The staff may not have predicted this year's ACAC finish at that time. With many senior Ook departing after last year, Holt says she expected 2016 to be a rebuild season. Holt thinks her young team will meet its biggest challenges yet at nationals but, rebuild or not, maintains that the squad is up to the task.

"Next week the games we're going to be in are going to be physical. They're going to be fast. They're going to be a real challenge for our physical and mental capacity."

The Ook have never won CCAA gold though they have won three silver medals and a bronze in the last five years. Holt credits her players' ability to stay motivated academically as well as athletically for their success. They kick off the tournament on Nov. 7 against the Douglas College Royals of the Pacific Western Athletic Association.

In men's playoff action, the Ook finished fourth after losing the bronze medal 1-0 on Sunday against the Medicine Hat College.

The Ook were defeated by the SAIT Trojans 2-1 in the semifinal Saturday after defeating host Medicine Hat College 3-2 in the quarter-final Friday. At the ACAC Cham-

pionship banquet Thursday evening, NAIT's Joe Costouros, Sebastian Cabrera and Matt Zima were named to the ACAC All-Conference team.

Athletes of the week

October 24-30

Megan Loyns Women's Soccer



The NAIT Ook women's soccer team won their third consecutive ACAC Championship and gold medal this past weekend. Megan scored the game-winning goal in the Ook's 2-1 win over Grande Prairie in the final as she converted off a corner kick in the 84th minute. Megan was also named championship MVP and was selected to the ACAC All-Conference team. "Megan was outstanding in both games and showed great leadership for us," said head coach Carole Holt. "We look forward to having Megan's leadership, poise and skill at the national championships next week in Montreal." The Ook and the silver medallist GPRC Wolves will represent the ACAC at the nationals, hosted by College Ahuntsic. Megan is a fourth-year Bachelor of Business Administration student from Saskatoon.

Jackson Jacob Men's Basketball



Jackson had a solid two games for the NAIT Ook men's basketball team this past weekend in their sweep of the visiting GPRC Wolves. The now 4-0 Ook defeated the Wolves 85-68 Friday with Jackson tallying 39 points and nine rebounds. The next day saw NAIT win 73-66 and Jackson had 23 points and 11 rebounds. "Jackson made key baskets in both games and at times took over the game to help the Ook win," said NAIT head coach Mike Connolly. "He was a real thorn in the side of the visiting Wolves, grabbing key offensive rebounds and making important shots down the stretch." Jackson is a second-year Professional Meat Cutting and Merchandising student from Nassau, New Providence Island.

VOLLEYBALL

Men split with Lakeland

By **MICHAEL MENZIES**
Assistant Sports Editor

The Oaks men's volleyball team will get the chance later in the season to

rebound after splitting sets against the Lakeland College Rustlers over the past weekend. Friday night was the Oaks' worst outing of the young season as they

were defeated 3-0 (25-15, 25-14, 25-23) by the Rustlers in Lloydminster. The men rebounded and paid back the Rustlers 3-1 (25-16, 25-19, 17-25, 25-13) on home court Saturday night. The women fared no better and were swept by the undefeated Rustlers, and now sit 2-2 for the season.

Hamish Hazelden has impressed as a rookie outside hitter and currently sits atop the entire ACAC in kills per set with 4.05 and third in total kills with 77. Both NAIT men's and women's teams sit on top of the ACAC in hitting percentage, which is an encouraging stat for the coaching staffs. If they can give themselves more opportunities for swings they can further exploit their efficiency for even more points.

The men's side is particularly hard to predict. Keyano College appears to be the only breakaway team in the North Div-

ision, as they've only dropped two sets so far. However, due to the early bye in the schedule, NAIT can creep up on Keyano over the coming weeks.

Meanwhile, the women took on Lakeland in a home and home series on Friday and Saturday and were swept, losing 3-0 in Vermillion and 3-1 at home.

Next weekend will be a pivotal early season matchup in the standings as the King's University Eagles will take Gretzky Drive up to the NAIT gymnasium for Friday and Saturday's set. The women's Eagles are tied for tops in the early standings and the Oaks would love to close the gap during their tilt. The men can claim sole possession of second in the standings and use those matches in hand in their favour to solidify their status in the North Division. The women's match starts at 6 p.m. and the men go at 8 p.m.

Athletes of the week

October 17-23

Kassy Jajczay Women's Soccer



The NAIT Oaks women's soccer team finished their season with two wins on the Oct. 22-23 weekend for a regular season record of 9-0-1. Kassy scored three more goals in the two wins, which secured the team top spot in the North Division heading into the championships. She scored twice in Saturday's 5-0 win over the King's Eagles before adding another in Sunday's 3-0 win over Grande Prairie in the final. These goals secured her the leading spot in scoring and points in the ACAC. Kassy also had five game-winning goals and scored in every league game. "Kassy is a game player – simple as that," said head coach Carole Holt. Kassy is a fourth-year Emergency Management student from Edmonton.

Nalani Stang Women's Volleyball



Nalani's leadership was key for the Oaks in a sweep of Concordia on the Oct. 21-22 weekend. On Friday, she was named Player of the Match, leading all scorers with 11 kills and two aces. She was also solid defensively, with a team-high nine digs. Saturday saw her chip in another seven kills and was outstanding on serve receive, passing good on 92 per cent of her attempts. "Nalani is great at resetting for each play and that really helps the team remain composed through the ups and downs of a match," said head coach Benj Heinrichs. Nalani is a third-year Magnetic Resonance student from Edmonton.

Hamish Hazelden Men's Volleyball



The NAIT Oaks men's volleyball team began their season with a home-and-home series sweep Oct. 21-22 of the Concordia Thunder. Hamish had 17 kills, three service aces, and seven digs in Friday's 3-1 win over the Thunder at the NAIT Gym and then had 16 kills, four service aces and 12 digs in another 3-1 victory Saturday on the road. "Hamish generated two outstanding 20-plus point performances for us and scored over one-third of our team's total points," said head coach Doug Anton. "He demonstrated good error control for most of the weekend and made some big plays at key moments in both matches." Hamish is a Business Administration student from Esperance, Australia.

Chris Mooney Men's Basketball



The national champion NAIT Oaks men's basketball team began defence of their title on the Oct. 21-22 weekend and earned a sweep of the Concordia Thunder. Veteran Chris Mooney scored 44 points and had 19 rebounds while shooting 50 per cent from floor in both games. He did this while guarding Concordia's best players. "Chris had a good weekend for the NAIT Oaks leaving an impact at both ends of the floor," said NAIT head coach Mike Connolly. "Chris showed tremendous leadership and poise in helping the team win the two-game series over a good Concordia Thunder basketball team." Chris is a fifth-year Business Administration student from Ottawa.



Photo by Tim Potter

Two Oaks go up to block a shot during a game against Concordia on Friday Oct. 21. The women won that match 3-0 but lost twice last weekend to Lakeland College.

ENTERTAINMENT

14 easy food rules



BRENDAN CHALIFOUR
Entertainment Editor

Last week, NAITSA hosted another one of their “How to” series events. This time, it was “How to: Cook Italian” at Sorrentino’s. Now this was no ordinary Italian meal of pizza and bread sticks or even lasagna. I’m talking about a fully-fledged, multicourse meal with dessert!

At the beginning of the evening, as I flipped through my cookbook, I wasn’t exactly sure how we would manage to make all of these elaborate dishes, as we

surely lacked the experience and time to do so. And sure enough, within a matter of minutes we had grease fire flames in the kitchen! I mean ... what else would you expect in a kitchen full of newbie chefs?

We started off the evening by grilling some prawns in a white wine butter sauce that we made from scratch. Then, for our main course, we grilled and baked a chicken breast that we stuffed with spinach and goat cheese. For carbs, we kneaded dough and potatoes together to make gnocchi and then flooded it with our own fresh and dried tomato sauce. We made an Italian classic for dessert, tiramisu. It was an incredibly elegant and tasty meal, which actually wasn’t all that hard to make. By using real ingredients and spices, we were able to transform these basic foods (prawns, chicken breast) into something truly exceptional.

I find that the majority of our generation shies away from the thought of cook-

ing. It’s like a chore, another task to add to the list of things to do. In the last few decades, a lot has changed in terms of the way we think about our food, what we eat and where it comes from. Food used to be a symbol of unity, family and sharing. But in today’s world, where we live with a “go-go-go” attitude, there isn’t usually time to sit down with our family for dinner. Once we get home from school or work, it’s off to the next activity. We’re so busy nowadays with all of our sport teams, friends, work, meetings and other commitments, that we often neglect ourselves and the “food” we are putting into our own bodies, something that really should be a top priority.

Junk food, fast food and even most restaurant foods are so grossly high in sodium, sugar and fat that they cannot even compare to a home cooked meal. Use the following list of “food rules” to help guide your taste buds down a healthier, more fulfilling food path:

Michael Pollan’s Food Rules: Eat real

food. Mostly plants. Not too much.

1. Eat only foods that will eventually rot.
2. Eat only foods that have been cooked by humans.
3. Avoid foods you see advertised on television.
4. Treat meat as a flavouring or special occasion food.
5. If it comes from a plant, eat it. If it was made in a plant, don’t.
6. Eat your colours – that is, eat as many different kinds of plants as possible.
7. Use smaller plates and glasses.
8. Serve the vegetables first.
9. Make water your beverage of choice.
10. Stop eating before you’re full.
11. Eat more like the French do.
12. Try to spend as much time enjoying the meal as it took to prepare it.
13. Don’t eat anything your great-grandmother wouldn’t recognize as food.
14. Break the rules once in a while.

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By **OLIVIA ADAMS**

This week's Shuffle is inspired by an electronic music concert night that I had gone to over the weekend called Scream.

"Scream, the undisputed champion of Halloween events in Western Canada for over 13 years returns," said the Boodang website. "It's no surprise that Scream sells out every year – boasting massive DJ lineups, combined with amazing production and décor. Each year, the Boodang team brings new elements into Scream with superb decor, lighting, video and sound."

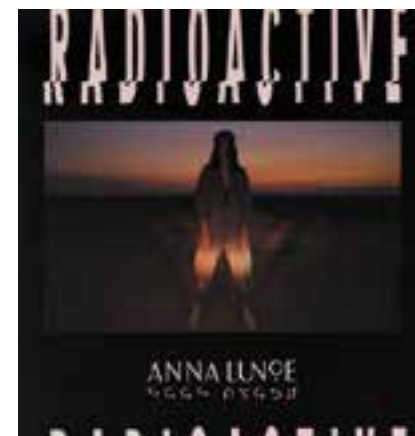
Like Pure, the Shaw Conference Centre split the venue into two stages – Elm Street and Deadbeats (formally known as Camp Crystal Lake). Elm Street hosted electro house DJs like

Hardwell and Deadbeats hosted bass artists like Zeds Dead. My Shuffle this week reflects the mix of styles at the concert. Enjoy!

- Paul Van Dyk – New York City
- Hardwell ft. Above and Beyond – Thing Called Spaceman (W&W mashup)
- Frontliner – What You Come For
- Drezo – Heaven
- Zeds Dead – Eyes on Fire Remix ft. Blue Foundation
- Anna Lunoe – Radioactive
- Mercer – Supreme
- Hunter Siegel – Let Me Love You Right
- Nebbra – Good for You Remix ft. Selena Gomez and A\$AP Rocky
- Hardwell – Run Wild ft. Jake Reese
- Paul Van Dyk – Lights ft. Sue McLaren
- Drezo – Malice
- Zeds Dead – Lights Out ft. Atlas
- Hardwell – Apollo ft. Amba Shepherd
- Mercer – Juicy
- Anna Lunoe – Breathe
- Zeds Dead & Diplo – Blame ft. Elliphant



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SoundCloud



Blue Foundation

- Frontliner – Heart Beating ft. Katt Niall
- Hardwell – No Holding Back

- ft. Craig Davis
- Hunter Siegel – Still Waiting ft. Delaney Jane

NOVEMBER EVENT LIST

3 | NEST: CELEBRITY WHO AM I?

4-9 | BYELECTION FOR PRESIDENT

VOTING PERIOD (ONLINE)

5 | KIDS PARTY

7 | HOW TO: BLOG WITH WORDPRESS

9 | HOW TO: BASIC DIGITAL PHOTOGRAPHY

10 | NEST: MOVEMBER KARAOKE

14 | HOW TO: BACKPACKING

17 | NEST: WES BARKER

21 | FREE FOOD: EVENING STUDENTS

24 | NEST: DIRTY BINGO

27 | NAIT TRIATHLON

29 | HOW TO: WINE TASTING

30 | WELLNESS WEDNESDAY

30 | HOW TO: SELF DEFENSE

NAITSA CLOSURES

11 | REMEMBRANCE DAY

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



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for more information about voting please visit naitsa.ca/elections



Adeleye Adebuseyi

My dear friends and fellow students, my name is Adeleye (Ade - pronounced /a day/) Adebuseyi, fourth year Bachelor of Business Administration in Accounting student. It will be a great honour and privilege to serve you and our great association, NAITSA as president for the rest of this academic session, therefore, I ask for your vote and seek your support in the Nov. 4-9 NAITSA by-election.

I completed my diploma as a student in the continuing education program, working full-time and attending classes in the evenings. Currently, I am enrolled as a full-time day student, hence, I appreciate and understands the unique challenges facing different groups of NAIT students. I believe I am best qualified to advocate on your behalf regarding issues of concern to your success at NAIT because we share common experiences and face similar challenges, therefore I seek your votes and support to make this possible.

NAIT is a great and well respected institution of higher learning not only within Alberta, but across Canada especially by the almost 200,000 alumni and thousands of businesses that has benefited from the education for the real world that NAIT proudly provides. This greatness derives from the incredible students and staffs that work extremely hard to earn our institution its enviable reputation as a leading polytechnic in Canada.

This proud reputation and the success of NAIT students anchors on solid representation, and good relationship between the students, faculties and support staffs, NAIT administration and external stakeholders. Integral to nurturing this relationship is the incredible work of the NAITSA Executives and staffs with whom I seek your vote to serve. Given your votes and support, I promise to continue the great tradition of successful advocacy for a more enriching learning environment and experience for all NAIT students. I will work hard to ensure:

- Your voices are heard
- Your concerns are resolved
- Your student experience is fun and fulfilling

Through diligent representation and advocacy, I will strive to ensure that the environment at NAIT continues to be supportive and conducive to your learning and success. Most importantly, I will work with other executives, NAITSA staffs, the Student Senate, Faculties and support staffs, NAIT management and Governing Council and all external stakeholders to ensure that NAIT remains **"an institution committed to students' success" – Yes, your success!**

Thank you and please cast your vote for Ade.

Adeleye (Ade) Adebuseyi



Doris Car

Hello dear readers,

My name is Doris Car and I am a second year student at NAIT pursuing a Business Administration Diploma with focus in accounting. I enjoy studying at NAIT, I also love to be engaged on campus as a volunteer or in my current position as an International Peer Mentor. This experience made me realize that I want to be more involved and be able to improve our daily student experience, therefore I choose to become a candidate for the NAITSA Executive Council By-Election for President 2016/2017.

I believe great things can be accomplished with teamwork, so please become part of this team and vote for me.

Thank you.

NAITSA EXECUTIVE COUNCIL

**BYELECTION
FOR PRESIDENT**
2016/2017

watch
candidate
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STUDENT ELECTIONS

candidate biographies



Vinu George

I ran for president last year and lost and therefore, I am back at it again for round two. Firstly I would like to point out that a full time student pays \$120 per semester in student association fees at NAIT, while a U of A student pays only \$42.73 per semester in student union fees. I strongly feel that our student association fees are way too high and need to be changed. From my interaction with the student association, I have noticed that a lot of money is inefficiently being spend, for example, the student association funds our campaigns for elections. They are reimbursing us \$200 per person for campaign expenses such as posters and candy. I am personally not going to be spending any money on campaign expenses because I feel that this is a very inefficient use of your student association funds. I am a strong believer that the little thing make a big difference in the whole grand scheme of things. As president, I will advocate for the little things, such as: drinking water fountains in the CAT building (not everyone wants to carry around a bottle), a nap room on campus, and maybe, just maybe, some paper towel dispensers that work more than 20% of the time in the CAT building :)



John Perozok

Hello my fellow NAIT students,

My name is John Perozok and I am the current Vice President Academic for your Students' Association. I'm also known as the crazy ginger blur that you see running through the halls with a bowtie on. I have worked hard to serve NAIT students through advocacy on student academic issues, representation on NAIT committees as well as many other challenging responsibilities. I ask now for the privilege of being your President.

There are three key reasons why you should vote for me as your President:

The first is experience. I have been in office since May and have been able to immerse myself in what NAITSA is, and what it means for students. NAITSA truly works for the student, with high-energy events, student representation on NAIT committees, support for over 80 clubs, U-Pass, Health and Dental coverage, and advocacy on municipal and provincial levels. Being President means that I represent this to the student body. I am in my fourth year of the BBA Program at NAIT and I have worked hard to learn the ins and outs of this amazing Institution. Since Allannah Wrobel resigned as President, I have stood in as Interim President for NAITSA and I have a great understanding of what is required to succeed in this role.

It is very important to have an experienced voice to represent you, and I am that person.

Second, becoming President will allow me to serve the student community on a whole new level. I'm currently advocating that NAIT adopt more Open Educational Resources (OERs). OERs are educational resources that exist currently online for free. Imagine having free textbooks. While this may seem like a pipe dream, institutions are slowly moving in this direction and I believe that this would be very valuable for NAIT students too.

The final and most important reason is my passion. I have thoroughly enjoyed my time at NAITSA so far. From dealing with student academic issues, to working with and learning from student leaders from around the country, to spending a weekend with NAITSA Club leaders, to trying to fix crooked bowties while maintaining my daily carrot consumption, this has been an amazing ride. I would be honored to serve you at the highest level.

Voting runs on your MyNAIT Portal from November 4th - 9th at 4pm, I ask you to vote John Perozok (that ginger guy) for President.

vote online using your NAIT student portal
november 4 - november 9 @ 4pm

info stations
november 8 @ 4pm - 7pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus) | HP Centre (1st Floor) | CAT Building

november 9 @ 10am - 2pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus) | HP Centre | CAT Building
North Cafeteria/Fresh Express (Main Campus) | South Learning Centre/X Wing (Main Campus)
South Campus | Patricia Campus

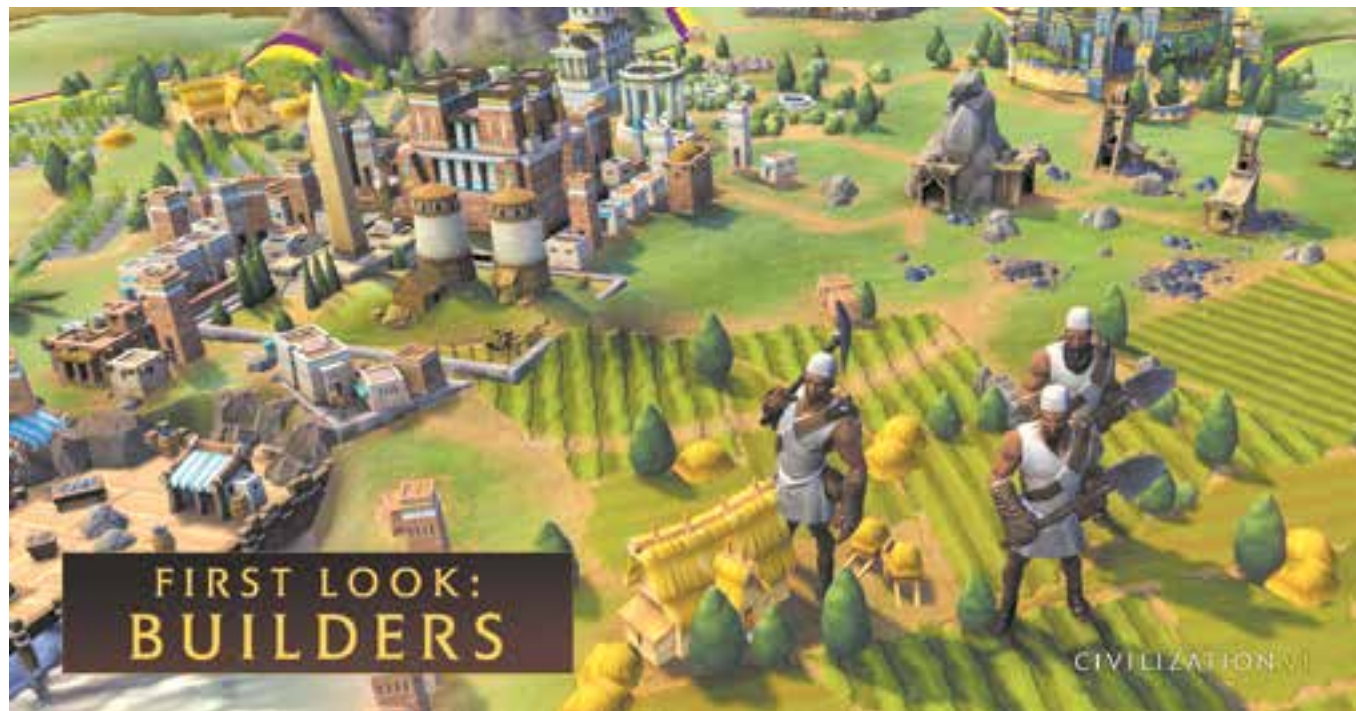
GAME REVIEW

Civilization marches on

By OLIVIA ADAMS

I've been waiting for the release of *Civilization 6* for over a year now, ever since I started playing *Civilization 5*. I originally got into this turn-based strategy game when I complained to my brother how I felt that the *Heroes of Might and Magic* series has blown since its third installment. Anyway, *Civ 6* was released on Friday Oct. 21 and I was so excited, only to be let down when I noticed it was only available for PC platforms. Oddly enough, it became available for the Mac platform this week so I'm not sure if that was a glitch in the system or what.

The game advertised that players on different platforms can play online with each other but when I had tried with my friends on PC, they kept getting kicked from the game. From what Steam has said, there's a patch that's going to fix this. The game play is relatively the same but there are a few things I like way better about *Civ 6* than I did with 5. Take roads, for example, you have no idea how happy I am that I don't have to build roads anymore! The fact that they would cost you money per tile and that you needed them if you wanted to get anywhere was so annoying. Now, traders can come and go between cities without them. Another aspect I really like is that city states are no longer a part of any win condition.



YouTube

You no longer bribe the cities with money to win, which, in my opinion, was such a lame way to win the game. You now use what's called "envoys." The new envoy system is really interesting in that each city-state has a unique Suzerain bonus in addition to a trait so you can choose which state you want to snuggle up to most. You are able to send envoys once you've developed

enough influence, which is different from *Civ 5*, where you could throw money at anyone at any time. The game layout is the same as *Civilization 5*, so you don't need to re-learn how to navigate around the map. The graphics and colour used in the design is beautiful and well-crafted. One other cool feature of the game is the voice actor, who narrates throughout your game is Sean Bean! Finally, some-

thing Sean Bean can be a part of where he doesn't die! His voice makes all your game play accomplishments that much more epic.

Overall, *Civilization 6* is wonderful and is much better than *Civilization 5*, in my opinion. It's definitely worth a buy if you can afford the \$80. If not, wait until the next Steam sale, which is just after the new year.

FROM THE KITCHEN

Having a ball with peanut butter

By HANA LAVERICK

PB lovers listen up! I don't know about you but I am a huge fan of peanut butter. I literally put peanut butter on everything – from bacon to pancakes, cookies and even a peanut butter pickle sandwich is to die for. Don't knock it until you try it, you will not regret it.

Whether you are planning on hosting a party, special event, or maybe just hanging out with your friends, I have the perfect snack for you to satisfy your taste buds. Behold: The Peanut Butter Ball! This lovely treat has the prime combination of ingredients, making this delicious snack extra creamy with an explosion of peanut butter flavour. It is quick and easy to make and you will definitely be hearing your family and friends begging for seconds. Nothing gets a party going like this Reese's Peanut Butter Ball – now excuse me while I go devour this.

Reese's Peanut Butter Ball

Serves 6-8

Ingredients:

12 oz cream cheese, softened
3/4 cup powdered sugar
1 tsp vanilla extract
1 cup of peanut butter, warmed up in a microwave
1/2 cup chopped Reese's Peanut Butter Cups
2 cups Reese's Pieces for decorating the ball
Graham crackers for serving

Directions:

1) In a medium bowl using a hand mixer or a standard mixer blend cream cheese, powdered sugar, vanilla, peanut butter and chopped Reese's Pieces until combined.
2) Transfer mixture to a plastic wrap and shape into a ball.

3) Fold up sides and cover with plastic wrap.
4) Refrigerate until slightly firm, about one hour.
5) Unwrap and place on a serving platter.

6) Place Reese's Pieces all over and let it soften 20 minutes before serving.
7) Serve with Graham crackers.



Photo by Hana Laverick

Poetry Corner

Visceral Faith *By Gervaise Branch-Allen*

*A leaf flies through the air
Like magic, it dances upon the ground
Excited to leave home
And explore the world*

*Its siblings meet it with sadness
As they lay piled together
Vapid and withered*

*The leaf realizes
This isn't a new beginning*

*But rather a miserable end
Desperate to escape
It tries to grab the wind's attention
Yet simply lays on the ground*

*Struggling to accept its fate
The leaf looks to its siblings for support
Their silence only fuels the leaf's melancholy*

*As the leaf is ready to admit defeat
A gust of wind picks it up*

*And its siblings
Taking them into the air
As they soar through the sky
The other leaves look at their young sibling
With a tinge of hope
Knowing their journey is not complete
As the spectral ensemble travels
Beyond their wildest dreams
The small leaf remembers
Life has many tricks up its sleeve.*

Are you feeling pressured and stressed?



Mindfulness & Meditation for NAIT Students is a free short course that offers skills to decrease your stress and help you find more satisfaction in your daily life. Hosted by NAIT Counselling Centre.



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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 naitsa.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 naitsa.ca/upass or email upass@nait.ca

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

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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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The VP Student Services is here to help foster student life at nait. The President is the official spokesperson of NAITSA, the VP External represents student interests throughout the campus, city and province. And the VP Academic can help you with questions or issues regarding your studies at nait.

WE HAVE THE STUDENT SENATE

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

WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS

WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK

WE OWN & OPERATE THE NEST TAPHOUSE GRILL
located by the pool | 780.471.8540 | nesttaphousegrill.com

WE PUBLISH THE NUGGET STUDENT NEWSPAPER
Room E-128 | 780.471.8544 | thenuggetonline.com

WE OPERATE THE STUDENT HEALTH & DENTAL PLAN
studentplans@nait.ca | mystudentplan@nait.ca
NAITSA Service Hub Room E-131

WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPER
foodcentre@nait.ca | nait.ca | NAITSA Service Hub Room E-131

WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM
estl@nait.ca | nait.ca | NAITSA Service Hub Room E-131

WE ADMINISTER THE U-PASS
upass@nait.ca | nait.ca/upass | NAITSA Service Hub Room E-131

WE PROVIDE DISCOUNTED TICKETS
to sporting events, movies, and other fun events! Available in the NAITSA office (E-131) on the main Campus or at the bookstore on South & Patricia Campus.

WE SUPPORT & FUND OVER 70 CLUBS
orgs@nait.ca | NAITSA Club Centre E-128

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



NAITSA TRADING POST

REGISTER
(AT TRADINGPOST.NAITSA.CA)

WHAT ARE YOU
LOOKING FOR?

BOOKS?

ROOMMATES?

POST A BOOK

NEED A ROOMMATE

FIND A BOOK

FIND ROOMMATE



naitstudents

naitsa

joinNAITSA

nait.ca

naitstudents

na-131

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: Cinema the the Theatre
International Club Film Series: From Books to Film
Crafting Club Weekly Crafting
Super NAITSA Anime Club Weekly Meetings
Civil Club Meetings
Super Smash Bros Club Meetups
Investment Club Weekly Meetings
IntoNAITion Toastmasters General Meetings
Juggling Club Weekly Juggling Jam
NSC Super Smash Bros Meetups
Civil Club Study Sessions

WHEN

Wednesdays, Sept 6, 2016-April 12, 2017 | 6:30pm-8:00pm
Fridays, Sept 8, 2016-April 7, 2017 | 2:00pm-4:00pm
Thursdays, Sept 8-Dec 1, 2016 | 5:00pm-10:00pm
Fridays, Sept 9-Dec 16, 2016 | 4:30pm-8:45pm
Thursdays, Sept 8-Nov 17, 2016 | 2:30pm-4:30pm
Mon & Thurs, Sept 12-Dec 15, 2016 | 5:00pm-10:00pm
Tuesdays, Sept 13-Dec 6, 2016 | 4:30pm-6:00pm
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
Stanley A. Milner Library
Room X-213
CAT 140
CAT 312
Nexen Theatre
CAT 213
Room X-203
Shaw Theatre
CAT 191
CAT 312

UPCOMING CLUB EVENTS

WHO

DAT2017

WHAT

Chocolate Sale

WHEN

Oct 3-Oct 31, 2016 | All Day

WHERE

NAIT

CAMPUS CLUBS NEWS

WHO

Grant Intake #2

WHEN

November 7, 2016 | 5:00pm

WHERE

OrgSync



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

Improving concentration



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Concentration, or the ability to focus, is a learned habit. This is good news because it means that poor concentration can be improved. You just need to consistently and persistently incorporate some new habits. Which of these tips could you incorporate to improve your concentration?

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

that studying is a priority and you don't want to be disturbed?

- **I know how long I can actually concentrate.** For the next three or four study sessions, set a timer and see, on average, how long it takes before your mind starts to wander. Most people can concentrate between 20 and 50 minutes.

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

- **I take regular breaks.** Taking a five-minute break every 30 to 50 minutes helps with both learning and concentration. Try doing something physical and have a glass of water during your break – both will help you focus.

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

- **I follow a regular routine.** Get-

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

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

- **I alternate subjects.** Learning is most effective if you do not work for longer than 30 to 50 minutes at a time on one subject. Take a break and then switch to another subject. (This might not be practical when you are studying for a major exam but it is a good practice at other times).

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

- **I use "Thought Stopping."** Daydreaming is a problem for most students – every time you find yourself daydreaming yell "stop" in your head and get right back to studying. (It works even better if you mentally yell stop while gently snapping an elastic band around your wrist!) Although this sounds simple it will improve your concentration very quickly. Give yourself some downtime to daydream outside of study sessions.

See *Strategies for Success*, the NAIT study skills manual at www.nait.ca/counselling for more study tips.

If you are struggling, don't wait to get help. Counsellors at Student Counselling are available to help you with any academic or personal 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.

Southern 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.

Mind

Over

Mood

Free

4-Week Seminar

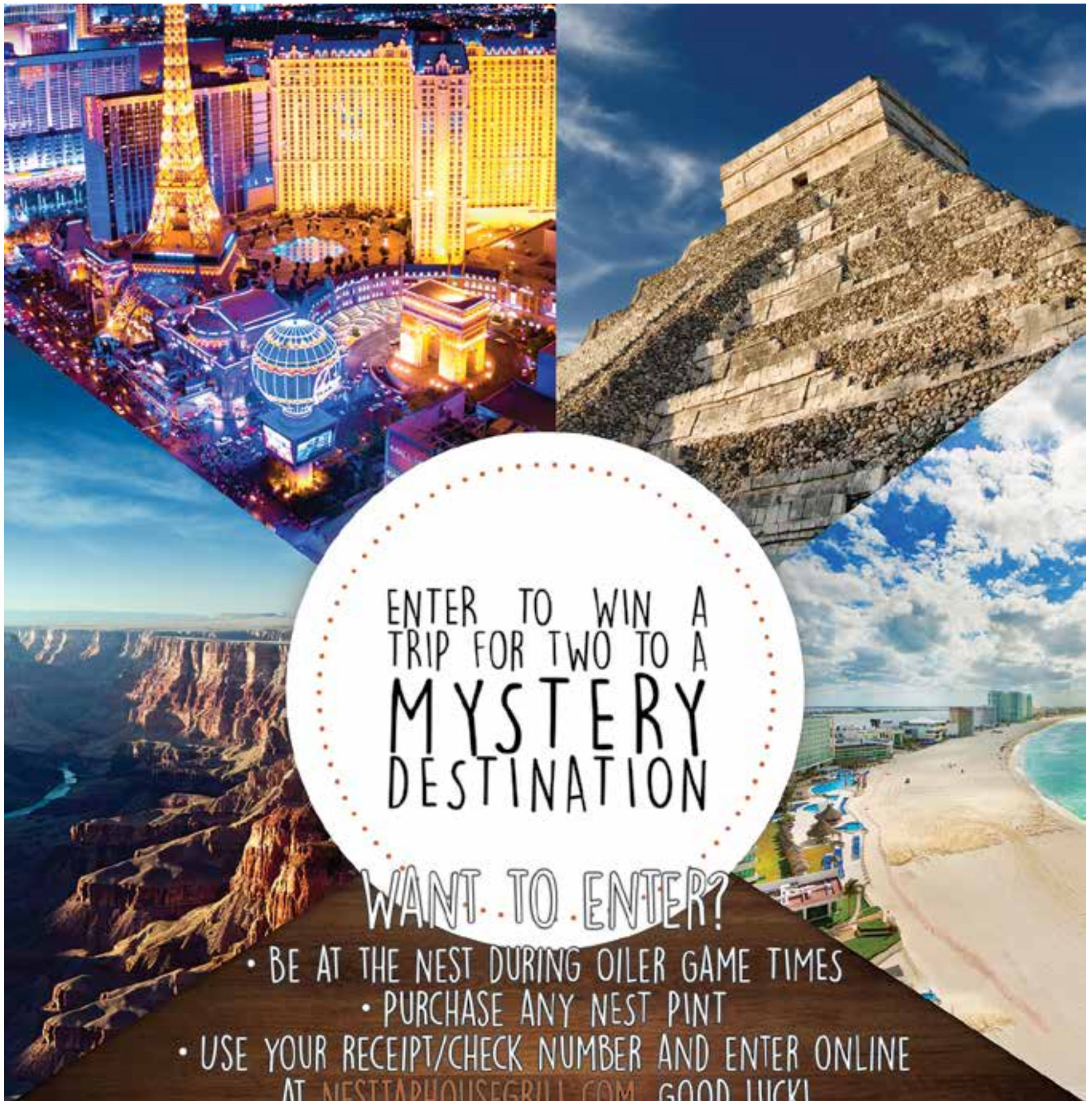
PLEASE REGISTER BY SENDING AN
EMAIL TO COUNSELLING@NAIT.CA

2nd Session Scheduled for:
Thursdays, October 27th TO
November 17th, 2016
4:15 to 6:15pm.

Learn Cognitive Behavioral Techniques to

- Increase your self-esteem & confidence
- Reduce depression & anxiety
- Move towards your full potential.

This course is based on material from *Mind Over Mood: Change How You Feel by Changing the Way You Think* by Dennis Greenberger and Christine A. Padesky



ENTER TO WIN A
TRIP FOR TWO TO A
MYSTERY
DESTINATION

WANT TO ENTER?

- BE AT THE NEST DURING OILER GAME TIMES
- PURCHASE ANY NEST PINT
- USE YOUR RECEIPT/CHECK NUMBER AND ENTER ONLINE AT NESTTAPHOUSEGRILL.COM. GOOD LUCK!

VISIT THE NEST OR NESTTAPHOUSEGRILL.COM FOR FULL CONTEST RULES AND REGULATIONS.*

*THE CONTEST IS OPEN TO ALL CURRENT NAIT STUDENTS WHO HAVE REACHED THE AGE OF MAJORITY IN THEIR PROVINCE OR TERRITORY OF RESIDENCE. STUDENTS MUST BE AT THE NEST TAPHOUSE GRILL, MONDAY-FRIDAY FOR EDMONTON OILER GAMES, AND PURCHASE A MOULSON CANADA NEST PINT AND RECEIVE A RECEIPT/CHECK FROM THE NEST TAPHOUSE GRILL. ENTER TO WIN AT THENESTTAPHOUSEGRILL.COM BY BEING AT THE NEST TAPHOUSE GRILL DURING AN EDMONTON OILER GAME FOR ONE VERIFICATION (DAILY ENTRY). SUBMIT YOUR ENTRY FORM ONLINE AT NESTTAPHOUSEGRILL.COM WITH YOUR NAME, THE NEST TAPHOUSE GRILL RECEIPT/CHECK NUMBER AND EMAIL. A VALID NAIT STUDENT ID WILL BE REQUIRED TO CLAIM PRIZE.



theNestTG



theNestTG



nesttaphousegrill.com



780.474.0121



by the pool



VOTE FOR YOUR NAITSA

EXECUTIVE COUNCIL PRESIDENT

2016/2017

watch
candidate
videos online
@ naitsa.ca

vote online using your NAIT student portal
november 4 - november 9 @ 4pm

info stations

november 8 @ 4pm - 7pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus)
HP Centre (1st Floor) | CAT Building

info stations

november 9 @ 10am - 2pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus)
HP Centre | CAT Building

North Cafeteria/Fresh Express (Main Campus)
South Learning Centre/X Wing (Main Campus)
South Campus | Patricia Campus

for more information visit
naitsa.ca/elections

**STUDENT
ELECTIONS**

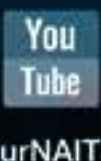
your voice, your vote



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yourNAITSA



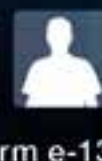
naitsa.ca



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