

**NOMINATIONS FOR NEW NAITSA PRESIDENT START TODAY, SEE PAGE 24**

# THE **NAIT** NUGGET

Thursday, October 13, 2016  
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**YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA**

## **NAIT GIVES THANKS**

**Thanksgiving events on and off campus, pg. 3**



Photo by Nicolas Brown

NAIT international students have a good time in the HP Centre after a traditional Thanksgiving dinner.

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# NEWS & FEATURES

## What's the deal with news?



**NICOLAS BROWN**  
Issues Editor  
@bruchev

There's been a lot of discussion about news lately – especially with the American presidential race (and debates) nearly everywhere, even in Canadian media. There are always a lot of complaints about news coverage, too.

A common complaint about news coverage is, “is this really news?” The jokes about slow news days are well known – and sure, I get it. You're seldom going

to get those hard-hitting exposes that win the Golden Pen of Freedom or other international journalism awards. News is about informing the community and it's not always glamorous.

As the Issues Editor, I get to see this problem first hand with *The Nugget*. Few students are interested in writing a news story. Writing a news story or interviewing students and staff for an article can be intimidating. Yet the fundamentals are no different than any article you'd write for our Sports or Entertainment sections.

Writing a news article means bringing out the information in a story. Who, what, where, when, why. It isn't about sharing an opinion or taking a stand – something frequent in columns and editorials. Find the information your audience deserves to know.

I may dream of a day where the *Nugget* can cover some hard-hitting story about

NAITSA or NAIT administration, but there are still stories to write. What programs are changing, how students are impacted by the decisions of programs and departments. How NAITSA represents your interests, or where your student fees go. Those are the kinds of stories that inform your fellow students.

Too often there's criticism of media – why did they cover one thing, but not something else? Where's the coverage on [insert event here]? There may be some truth to these questions – we do know that some publications have inherent biases that fit their target demographic. Yet for many publications, it comes down to capacity. Newsrooms are shrinking, and the demands placed on journalists continue to grow. It's nearly impossible to cover every possible news story.

Look at what's going on around campus. Have you seen articles about every big event, or every major change? I'd love to

say we could cover every major campus item, but that takes writers. If you want to know what NAITSA's doing, would you rather attend a meeting, or have it brought to you in a news article?

If students, and outside of the NAIT environment the general public, want to know what's going on in their community, what their institutions are doing, and if there are problems that certain people don't want you to know about, there needs to be news coverage. No sensationalism, no fabrication – just the cold hard facts. That's not just possible, it's easy if you're willing to step up.

If you want to be an informed student, and want your fellow students to know what's going on around campus – choose to write. You can develop valuable critical thinking, interviewing, and writing skills. You don't have to be an award-winning journalist to write a story. You just have to care enough to share the story.



Quiet interlude in the CAT Building

Photo by Po-Jen Hsiao





Photo By Leigh Kovesy

International students fill their plates with a Thanksgiving dinner in the HP Centre on Oct. 7.

# 2 Thanksgiving meals

By **NICOLAS BROWN**  
Issues Editor  
@bruchev

Not every student went running straight home after class for the Thanksgiving long weekend. For some who stayed on campus, they got to experience Thanksgiving for the first time – thanks to the International Student Centre.

For the third year in a row, the International Student Centre offered up a Thanksgiving dinner on campus. For many international students, it was their first taste of this North American holiday. With that in mind, the centre pulled out all the stops.

This year's dinner was held in the HP Centre's Bytes food court, making the event open to more students and leaving room for speakers and fun activities like a photo booth. In addition to a full traditional turkey dinner, students got to learn more about the holiday, with a mixture of Canadian students and staff sharing tables with international students to answer any questions.

"I think this is a great opportunity for international students, first of all to experience Canadian life in a very festive setting, also because everybody brings a different story," said Ziada Abdella, a NAIT business student.

"It's also a very good chance for people to share their stories, share their culture. So it's a big cultural exchange event."

Staff agree that the event is one of the many ways the centre works for international students.

"This is an amazing opportunity for international students to get together, to build friendships, to learn about some snippets of Canadian culture and for Canadians to learn about other cultures as well," said

Karen Bennett, Associate Vice President of Campus Life.

A comment board was set up for students and staff to share what they were thankful for this year. Many of the notes posted shared what students valued most about Canada and highlighted the sense of community that exists in Canada and at NAIT.

Sponsored by ATB Financial, the dinner was the largest held by the centre so far.

...

Meanwhile, on Sunday, Oct. 9, the Boyle Street Plaza had a more festive air as hundreds enjoyed a hot traditional Thanksgiving meal, despite old man winter's best efforts to dampen the affair.

A joint effort between Boyle Street Community Services, NAIT and the Edmonton Food Bank, the dinner was another adventure in a long-running tradition of student engagement. The NAIT contingent included students from the Culinary Arts and Professional Meat Cutting and Merchandising programs, who spent hours the previous week preparing a gargantuan volume of food for the special dinner. The students involved this year belonged to the NAIT student club, Club Culinaire.

"The Boyle Street Thanksgiving dinner is a big collaborative effort between the Edmonton Food Bank, NAIT and Boyle Street Community Services. It's an honour as a member of Club Culinaire to be a part of that experience and to know that we get to help unfortunate people at such a cold time of year when they might not be able to have a hot meal," said Stephanie Stolk, NAIT Culinary Arts student and president of Club Culinaire.

According to NAIT staff, the event provides a valuable learning experience for

the students, both for developing skills and engaging with the community.

"I think, first of all, the students benefit from the whole experience by getting the feeling that they're helping out in the community," said Troy Lymburner, NAIT Culinary Arts instructor. "They're definitely reaching out to the community and some of the disenfranchised in Edmonton who really don't have anywhere else to go on Thanksgiving."

"It's just a wonderful success. The number of people who benefit from this is truly outstanding. Really, how it fits into the program, a lot of these students have never seen this type of volume before ..."

The event marked the 31st year that NAIT students have been involved in some way – this year, they helped prepare 65 turkeys, 400 pounds of vegetables and over 400 pounds of potatoes, to name some of the numbers they dealt with in the kitchen.

All that food went to feed an estimated 1,600 people over three hours. And it all went down without hitch, despite the unexpected challenges Boyle Street Community Services faced. In addition to the blanket of snowfall the city experienced over the weekend, a waterline break caused by nearby construction nearly shut down the annual dinner, originally planned for the organization's 105 Avenue location. A quick relocation to Boyle Street Plaza staved off canceling the event.

Despite the challenges, the event had positive results, in no small part due to the students involved.

"I'd like to thank all the volunteers who came out that made the dinner possible," said Stolk. Those who enjoyed the meal are probably the most thankful.



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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](mailto:studenteditor@nait.ca).

We need to list your real name.

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



Cindy Bustamante, left, NAIT Advancement Administration, helps serve food with Katie Spencer, NAIT Students' Association VP External, at the NAIT it Forward kickoff on Oct. 6.



Photo By Leigh Kovesy

# Staff fundraiser underway

By **NICOLAS BROWN**  
Issues Editor  
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Have you ever wondered where the money for scholarships comes from? Well, some scholarships at NAIT are a result of staff and faculty of the institution supporting students beyond the classrooms through the NAIT it Forward campaign.

"NAIT it Forward is the annual faculty and staff fundraising campaign. This year it runs from Oct. 6-28. Faculty and staff are invited to make a gift in support of students. As staff and faculty, we are committed to making NAIT a great place to learn and work," explained Erin Kuebler, annual giving officer in NAIT's Department of Advancement.

"NAIT it Forward builds on the work done every day to help our students reach their educational goals."

The launch to this year's campaign was a pancake and sausage breakfast for faculty and staff held on Oct. 6 in the North Lobby. The event gave staff the opportunity to connect with each other and learn more about how the campaign has benefitted students. Last year, the campaign raised over \$83,000 from more than 600 donors, which all went to helping students.

"NAIT staff and teachers understand that helping students starts in the classroom, but goes above and

beyond that," said Daniel Petty. Daniel has received scholarships directly funded by the NAIT it Forward campaign and gets substantial support from NAIT's Services for Students with Disabilities while pursuing



Photo By Leigh Kovesy

**Scholarship recipient Daniel Petty addresses the NAIT it Forward event in the North Lobby.**

his Bachelor of Business Administration in Marketing at NAIT.

All funds raised during the campaign go directly to where the donor designates it, which can include any NAIT scholarships, bursary, program or initiative. The primary goal of the campaign is to build participation from staff – last year over 23 per cent of NAIT staff participated in the campaign.

"Events like this open doors that were not previously open. The benefits may not be as visible as other things but things like this, you might get a smile from a student because they can afford to go back home for the summer or they can afford to pay rent or their tuition just got paid," said Petty. "It's little smiles like that, that you don't see, that events like this provide and facilitate. It's the small things like that, that are a big part of an event like and a program like NAIT it Forward."

The launch breakfast, sponsored NAIT departments and corporate sponsored, set the pace for this year's campaign. With the number of different avenues donations for the campaign are used on campus, staff are able to impact student life far beyond their roles.

As part of a suite of different campaigns by NAIT's Office of Advancement, the NAIT it Forward campaign is an excellent example of engaging community members to support students at NAIT.



# Bonds: Bull market to bubble?

By **BRANDON MORIN**  
Investment Club of NAIT

Some readers will recall hearing something along the lines of “bonds are safe, you don’t buy them for the gains” when bonds, both corporate and government, were being discussed. The Great Financial Crisis of 2008 flipped the financial world on its head in a number of ways, and even bond price performance was impacted. The old idea that bonds don’t yield the type of gains you see in equities doesn’t seem to exist in this twilight zone we call the financial markets anymore. Don’t believe me? Take a look at these graphs measuring the returns of two long-term bond ETFs (TLT and TLO) against a market index ETF (SPY):

What you see here is a view of 10 years worth of returns of the aforementioned instruments where bonds, over the full 10 years, have performed rather comparably to the equity market. If you look at how they’ve performed relative to the market over the past year, however, you see that they have actually managed to outperform equities.

How is this possible? Well, we can quote the late-Gene Wilder’s Willy Wonka when describing the outlook for global equities: “There’s no earthly way of

knowing which direction we are going... There’s no knowing where we’re rowing, or which way the river’s flowing.”

The uncertainty over global growth, emanating from developing economies like China, and the low-growth trap that advanced economies find themselves in create substantial headwinds for global equity markets. In such an environment, investors flee to safe haven assets such as bonds, precious metals and, interestingly, the Japanese Yen (a topic for a future article). Another sign of this fear over uncertainty is the flattening yields on bonds. A bond yield is the return that one can expect, at purchase, if the bond is held to maturity. Price is only a factor at purchase and has no bearing for the investor past the point of purchase, unless they are a bond trader and plan on selling it on the market later. This rally in bond markets have pushed yields to historic lows, even into

negative territory in a number of advanced economies. Just this year, CIBC sold its first negative yielding bonds on the Canadian market.

By now you must be thinking a couple things: who would buy negative yielding bonds and how did the yields go negative? Both are fair questions that can have relatively straight forward answers provided. One would purchase a negative yielding bond for two reasons; safety because they expect the market to lose more than they



Google Finance

would holding the bond to maturity, or they want the bond price to appreciate more than its present market value. As for how yields have gone negative, the answer is a lit-

tle more complex but the simple answer is the price of bonds are exceptionally high relative to their face-value and the coupon rate they pay over the duration of their life. Rates in North America haven’t gone negative, so the only logical conclusion for negative yields showing up in North American markets is that bonds are very

expensive, either because the market is uncertain about equities or they fear that negative interest rates will come to North America as it did in Europe and Japan.

It’s apparent that bonds have enjoyed quite a bit of a ride in this bull market we’ve experienced post-2008. Uncertainty over market conditions, low interest rates, and the actions of central banks by means of Quantitative Easing (QE), an action where central banks buy securities from the market in an attempt to stimulate the economy, have created the longest running bull market in history for both stocks and bonds. Historically thought of as a safe-haven asset, they are beginning to look more like a liability than a place to shelter your savings. A question worth asking ourselves as investors is whether or not bonds are the next big bubble.

**Disclaimer:** This article is not intended to provide financial advice or investment recommendations and is for entertainment and educational purposes only. Please consult an investment professional before making any investment decisions and invest at your own risk. I am required to disclose any position on any stock mentioned in the article; I am long SPY and intend to maintain my position for the next 30 days, I have no active position in TLT or TLO and do not intend to open one in the next 30 days.

## Who to call?

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

**Academic & Career Advising** – Student Services Centre; e-mail Ask-NAIT@nait.ca; Room 180, CAT (Centre for Applied Technology).

**Funding Planning & Support** – Student Service Centre; e-mail financialaid@nait.ca – 780-471-6248; Room 180, CAT.

**Health Insurance Coverage** – Student Benefit Plan – 780-471-7730; Room E-131. Note that you must opt out by Sept. 30 at 4 p.m. if you have alternate coverage. Also is family add-on deadline.

**Housing** – On-line housing registry at [www.rentingspaces.ca](http://www.rentingspaces.ca)

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

**NAIT Security** – 780-471-7477.

**Part-time Campus Jobs/Volunteering** – NAITSA – 780-491-3966; Room E-131.

**Program-related Concerns** – Contact program adviser or department head.

**Scholarships & Bursaries** – Student awards office – 780-491-3056; Room O-101.

**Special Needs Students** – Services to Students with Disabilities (SSD) – 780-378-6135; Room W-111PB, HP Centre.

**Support for Aboriginal Students** – Encana Centre – 780-491-3917; Room E-121

**Support for International Students** – International Centre; Room E-124

**Tutoring** – Free math tutoring Monday and Friday, 10 a.m.-1:15 p.m. and 2:30-4:30; Tuesday, Wednesday and Thursday, 9-1:15 and 2:30-4:30. Writing assistance: Monday to Thursday, 11-1:15 and 2:30-4:30 and Friday, 9:30-12:15. Also see eTutorAlberta.

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# A career worth having

By **A.J. SHEWAN**  
Assistant Issues Editor

As NAIT students, most of us have a definite career path in mind. Some may change trajectories along the way but most stick with their desired path. A career in law enforcement with our local Edmonton Police Service is one that is easily recognized with a welcomed local police presence amongst us. I had the opportunity to speak with a former NAIT student who is now a member of the Edmonton Police Service.

His name is Jared and he graduated from NAIT in 2010 as a Red Seal electrician. He found gainful employment, mostly in the oil field, after graduation and enjoyed the work. However, his desire to be more involved with day to day interactions with the public and the opportunity to make a difference in the world drew him to the EPS.

He applied once and was asked to come write the entrance exam. It did not go as well as he had hoped. But he was encouraged by the offer from the EPS that if he took on a private tutor and improved the skills required to pass his exam, they would be more than willing to give him another try. He studied with the tutor once a week for six months. He spoke of it as very difficult and something that required a lot of

commitment. He would work at his regular job during the day and then come home and study but his desire to become an officer was his biggest motivation and kept him focused. So in December 2014 he rewrote the exam and passed.

Jared says he loves the job. He credits the hard work and dedication he put in as the push that got him to where he is. When it comes to a choice between the EPS and a career with any other law enforcement agency, he says the stability of not being transferred like other law enforcement jobs is one of the big pluses. The opportunity to be out in the public and really make a difference in people's lives is the most gratifying part of the job for Jared.

Even the small things that might seem insignificant can make a big impact on someone. Every new call brings new challenges and new rewards; he enjoys meeting people from all walks of life. Because every situation is different, it takes some time to gain the valuable knowledge that makes the job easier to understand. Taking the time to

learn the legalities helps Jared ensure that he is not only upholding the law but enforcing it judiciously. There are four different rotations Jared works and every shift starts with a pre-job meeting where the officers receive their partner assignments and get an update



Supplied photo

of what is happening in the community. Being assigned to a different partner most days not only gives every officer the opportunity to get to know their coworkers, it also ensures that valuable knowledge is shared amongst the officers throughout the force. After the meeting they take a vehicle and go out into the community, responding to calls and ensuring the safety of the citizens who live there. He says good writing skills are a must when it comes to filling out reports, which are essential to the job.

His advice to NAIT students interested in a law enforcement career is to hone your writing skills. Take those writing or English courses because they will be invaluable. While NAIT does not have any specific courses geared towards a career with the

EPS, along with writing skills, any criminology or psychology course could benefit a student who's interested in applying with EPS. This is especially valuable for any long term aspirations for an EPS career.

He also suggests steering clear of anything that might be deemed as an illegal activity because it could harm your chance at a law career. Jared's advice for NAIT students is to be a good community member. That would include watching out for their fellow human and never hesitating to call 911 if something looks amiss. What might seem insignificant to one might mean life and death for another. He encourages anyone who has seen something to step forward and provide a good witness statement as it goes a long way in bringing justice forward. As for advice for students working or studying until the wee hours, he encourages them to have a charged phone and use the buddy system whenever possible. Telling someone where you are and a route home could make a big difference as well.

Jared's final advice for NAIT students is to not be afraid to take chances and work hard for a career that might seem difficult to attain. He points to his change from a career electrician to an EPS officer as a dream that he fulfilled no matter the challenges that came along with it.



Chairs and stairs

Photo by Stephanie Cervo

## Edmonton Fire Rescue Services Open House

Register for our Oct 15  
open house and learn  
what it takes to join our team!

Space is limited. Register at  
[edmonton.ca/firerecruitment](http://edmonton.ca/firerecruitment)





# OPINION

— Editorial —

## Comfort zone for ideas



**DANIELLE S. FUECHTMANN**  
Editor-in-Chief  
@ellie\_sara

What do you do when you stumble on an article that you disagree with?

A study published in the June 2009 issue of *Communication Research* found that people spent 36 per cent more time reading articles that supported their opinions than material that contradicted or challenged them. Furthermore, it found that even when readers did consume articles and media they disagreed with, they would almost always follow up with articles that were in line with what they believed.

### Attracted to our own viewpoint

What does this mean? Simply put, we prefer to consume media that we agree with.

The study found that when tasked with skimming articles, participants consistently chose to read articles that supported their viewpoint on issues. During the study, researchers asked participants their views on gun ownership, abortion, health care regulation and the minimum wage, as well as 13 other topics and used software to track their reading habits during the exercise to compare their behaviour to their responses about their political views.

While the second-most common behaviour pattern was to read both perspectives (articles that supported and challenged their own opinions), very few people exclusively read articles they disagreed with. Researchers found that participants with stronger party affiliations, conservative political views and greater interest in politics had a higher probability of reading articles with opposing views, researcher Silvia Knobloch-Westerwick told Ohio State University's *Research News*.

"It appears that people with these characteristics are more confident in their views and so they're more inclined to at least take a quick look at the counter-arguments," she said. "Even if they click on opposing views, they're not looking for insights that might change their mind."

### Increased polarization

Perhaps surprisingly, they found that people who self-reported they were consuming a high volume of media were among the participants who were more likely to only read articles that agreed with their existing views. With the vibrant spectrum of media choices available today, it's much easier to select only media that reflects what you believe.

Sounds nice, right? Unfortunately, this actually leads to increased polarization on issues and reduced political tolerance. By not considering the views of the people we disagree with, we lose our ability to effectively make informed deci-

sions. Thanks to social media, it's also even easier to be surrounded by articles that seem magically curated by friends and algorithms to stay within our safe bubble of opinions.

Sean Blanda wrote a piece called "The 'Other Side' Is Not Dumb" on *Medium*, exploring false-consensus bias and how we tend to react with incredulity and ridicule when we discover people with opposing perspectives (false-consensus bias, in psychology, is the idea that everyone is like us).

Blanda opens his piece with this little quip: "There's a fun game I like to play in a group of trusted friends called 'Controversial Opinion.' The rules are simple: Don't talk about what was shared during Controversial Opinion afterward and you aren't allowed to 'argue' — only to ask questions about why that person feels that way. Opinions can range from 'I think James Bond movies are overrated' to 'I think Donald Trump would make an excellent president.'"

Usually, someone responds to an opinion with, 'Oh my god! I had no idea you were one of those people!' Which is really another way of saying, 'I thought you were on my team!'"

He quickly leaps into his point after this illustration, which is that social media and the sharing inherent in the way we use the Internet is amplifying this assumption and is creating an echo-chamber of sorts, "one where those inside are increasingly convinced that everyone shares their

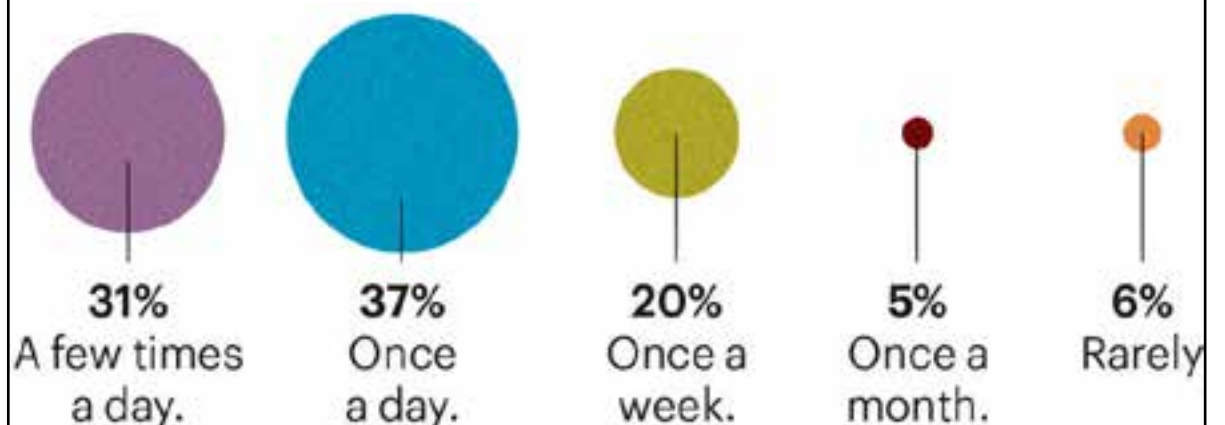
world view, that their ranks are growing when they aren't. It's like clockwork — an event happens and then your social media circle is shocked when a non-social media peer group reacts to news in an unexpected way. They then mock the Other Side for being 'out of touch' or 'dumb.'"

He critiques sharing of sites like the Onion or Fox News for frequently acting primarily as an opportunity for friends to celebrate their like-mindedness and mock opposing viewpoints.

For the record, I adore thoughtful satire. However, he makes a solid point that "sharing links that mock a caricature of the Other Side isn't signalling that we're somehow more informed. It signals that we'd rather be smug assholes than consider alternative views. It signals that we'd much rather show our friends that we're like them, than try to understand those who are not."

I admit that Blanda may come across as harsh and unfair but he follows it up by saying that "it's impossible to consider yourself a curious person and participate in social media in this way" and that we "cannot consider ourselves 'empathetic' only to turn around and belittle those that don't agree with us." Which — regardless whether you think his treatment of links from the Onion, Fox News, Red States, et al is unfair — is true.

### About how often do you hear or read something in the news that makes you angry?



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# SPORTS

## It's hard to be Connor



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

I feel bad for you Connor McDavid, I really do.

I'm trying to remember what I was worried about when I was 19. I think it had something to do with figuring out a way to get to work on time on a regular basis. It's still an issue, really. You've just been named captain of the Edmonton Oilers. Are you nervous?

You're probably looking ahead at your career and wondering if you'll be

able to live up to the expectations that the big "C" demands. You've got big skates to fill. Gabriel Landeskog, Jonathan Toews, Sidney Crosby! Sid was named captain at 19, too, and look at him go... two Stanley Cups, two Olympic medals, the Golden Goal and he's only 29! How's your collarbone, by the way?

Are you worried about the fans? Eighteen thousand of them with their eyes on your back at Rogers Place, and thousands more across the country watching you on TV, young and old. The kids will still love you if you bust, at least for a little bit. I don't know if I can say the same about your sponsors ...

You better impress those folks over at Oilers Entertainment Group and the city, too.



**Connor McDavid**

You fell into their laps so perfectly as they put the finishing touches on that arena. A lot of people aren't happy with the amount of money the city is banking, but maybe if we become the City of Champions again ...

The people watching you on TV – they'll still get a pretty good show. There are some talented people in that industry, and they can make those productions pretty fun to watch, no matter who's performing. Shame a bunch of them have lost their jobs recently. Tough to make money there, I guess they live and die on a good product. Some of those people, when they did work in the industry, have thought you'd be prime for this gig for a long time.

See, you entered the peripherals of the hockey world years ago, and slowly but

surely you became spoken of in whispers of a word used so preciously that I hesitate to mention it less I cheapen its value. They say you're a generational talent. It's hard to fathom what that means ...

The whole league sure seems to love you though. I guess that is a lot of pressure. Sorry.

It's OK if you don't keep up with Crosby. To be fair, he was 31 days older than you when he was named captain, so he probably had a bit more life experience under his belt.

You should probably show up early for your new job. Let 'em know you're ready to get to work. But take it from me, a guy who flakes on things all the time – you can get away without it. After all, sometimes you just don't want to get up in the morning – maybe you aren't always dreaming about hockey, ya know, maybe sometimes you dream about food. You know what would be really badass, then? If you quit it all at 28 to become a chef.

## Is Strombo a scapegoat?



By **MICHAEL MENZIES**  
Assistant Sports Editor

George Stroumboulopoulos will tell you the ratings matter. He, along with a few of his colleagues, took the brunt of the overly disappointing NHL playoff ratings last year. His replacement is the tried-and-true Ron MacLean, relegated to Sunday night work on Rogers Hometown Hockey two years ago when the new TV deal began. When Rogers shelled out \$5.2 billion for exclusive Canadian hockey coverage (making sure TSN was on the outside looking in) they believed the record-setting money would be well worth it. So far, this has not been the case.

Before the playoffs even began in April, executives and advisers were sent packing as Rogers looked to downsize operations.

Gord Cutler, the manager of hockey production at Sportsnet and *Hockey Night in Canada*, was the biggest name to go. This foreshadowed everything to come in the summer, the on-air talent being the casualties this time.

If anyone is cheering for Canadian teams this season, it's Rogers Media. Two full seasons have passed on the contract, and 10 more remain in a deal which has done more harm than good.

The TV deal had the misfortune of beginning about the same time as the Leafs' rebuild. You could almost hear the brass sighing and swearing under their breath at this. When the new Golden Boy Connor McDavid went down for most of the last season, it wasn't lost on Sportsnet that money and Canadian eyeballs were flipping the channel elsewhere. Same could be said when Carey Price injured his leg and never returned last year – all while the Habs were on one of their best starts in franchise history.

Rogers has no choice but to cross their fingers and feel optimistic about the new season. And there is reason to believe last season was an anomaly and that things will turn around. Multiple Canadian franchises look poised for spring hockey. The Habs, if healthy, will compete for a division crown.

The Leafs are as exciting as ever with dynamic centre Auston Matthews teasing at the World Cup of Hockey and a young core. Plus the Senators always linger at around 80-85 points anyway. The Edmonton Oilers look as real as they have in eight years, the Flames could easily have a bounce back season led by a lockdown defence corps and the Jets have a nice mix of veterans and youngsters, which could mix up the meat grinder of the Central Division.

The real problem for people who care about Canadian content is Sportsnet has sacrificed the old format – an exciting, unique, and interactive half-hour pregame and intermission show – for a mundane 30-minute show considered passé 15 years ago. It upsets me the longest running Canadian program will lose its cutting edge, and go back to a safe, boring method of storytelling and presentation. Say what you want about Canadian TV but *Hockey Night in Canada* is the lifeblood of the



Canadian Business

**George Stroumboulopoulos**

CBC and I would be disappointed if the quality diminishes. I am not Strombo's biggest fan, but it's hard not to feel that he's been scapegoated by the powers-that-be. Will Ron MacLean be enough to return those eyeballs? I hope so. But did George create a 16 per cent ratings drop in two consecutive years? Not likely and, in the unlikely scenario another year passes with no Canadian playoff teams – who will pay this time before Rogers Media falls on its sword?



# Keeping Score

## Oilers playoff-bound?

*It's officially been a decade of playoff-less hockey for Edmonton Oiler fans. That's ten whole years of reluctantly skimming through playoff brackets to select a consolation team. Relatively speaking, though, that's not that long of a drought. The Chicago Cubs, also hoping to snap a dirty streak this year, haven't won a World Series title since 1908. Albeit they've made the playoffs and have played in the Series in that span but generations of Cubs fans have been born and died without tasting the glory that gives eternal worth to being a sports fan. So, will Oiler Nation inch closer to a skid that's really worth crying about, or will this be the year Edmonton returns to its playoff mantle? These amateurs think they have the answer ...*



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

Seeing as hockey, like sports in general, has become a numbers game, let's start with a look at the Oilers' performance last year.

In 2015-16, while playing at even strength, the 29th-place Oilers scored 133 goals and allowed 167 for an even strength "goals for percentage" of 44. League wide, they're ranked 24th in that category. However, Ryan Nugent-Hopkins and Oscar Klefbom were both injured at the time Connor McDavid came back, so we can predict that having all three of those key players healthy at the same time will improve the Oilers' goal differentials and overall point performance.

### Need lots more scoring

Only eight teams make the playoffs in each conference, though, and the bottom line is that the Oilers need to score a lot more this year if they want to be in that top eight. The actions GM Peter Chiarelli has taken in the offseason might improve the team enough to put them in the wild card race, but they won't be enough to guarantee the Oilers a playoff spot.

Let's start with the infamous Hall-Larsson trade that rocked the Oiler fanbase in late June. That trade lost the Oil their best performer in the fashionable Corsi category (shots on net plus shots missing net plus shots blocked) and gained them an unproven defenceman with a Corsi score less than any of the other five defencemen that will likely make up the Oilers top six. Larsson is a big boy and fits in amongst a family of wide waistlines on the Oilers back end but size doesn't mean a whole lot when it doesn't result in shots on goal.

Edmonton was lucky enough to draft Swedish forward Jesse Puljujarvi, named MVP of the 2016 World Junior Championships after leading all skaters with 12 assists and 17 points. Moving to the NHL will be a big step for Puljujarvi and though he should

round out into a high-output player in the near future, it's unlikely his impact will be significant this season.

The best received of Chiarelli's blockbuster offseason transactions was the signing of left-winger Milan Lucic. Remember when it was reported he was touring Rogers Place? Oh, the delight! The signing made Hall-for-Larsson look more like Hall-for-Lucic (the Oilers will pay Larsson \$2 million less than they would have paid Hall) which was nice for fans and Lucic's size and force should result in more offensive opportunities for McDavid and Jordan Eberle, his likely linemates. He'll struggle to replace Hall's output though, let alone exceed it.

Finally, we had the recent dealing of our ill-fated Nail Yakupov to St. Louis for next to nothing. As talented and enthusiastic as that steely-eyed Russian might be (he actually ranked second on the Oilers in shots per 60 minutes played), he had trouble contributing to plays that put pucks in the net. This could be seen as a good move but Yakupov's shot output suggests he is capable of higher output than he has produced. Chiarelli also signed defenceman Kris Russell recently. Russell will help block shots and kill penalties but, again, the difference on the Oilers stat sheet over 82 games will barely be noticeable.

### Losing the talent race

Like I said, these moves won't put the Oilers in a playoff position, especially since the remaining players on the team will have trouble keeping up with overall talent inflation in the Western Conference and Pacific Division. The teams the Oilers would be competing against in a wildcard race – Calgary Flames, Chicago Blackhawks, Winnipeg Jets – are full of improving talent. Sean Monahan and Johnny Gaudreau will light the lamp in Calgary. Artemi Panarin is looking prime to complement the stoic output of Chicago's established stalwarts. Mark Scheifele, Patrik Laine and Nikolaj Ehlers will all help the Jets improve. Even if McDavid, say, can increase the Oilers' 2016-17 output by 30 goals, the team will only still be hovering around the midpoint in goals for percentage.

So, are the Oilers going to make the playoffs this year? Some people are genuinely convinced that they will (Michael Menzies) but that's one bandwagon I won't jump on. The Oil will circle the promised land like Anthony Henday enthusiasts, but they'll fail to take the exit towards the NHL's creamy nougat centre.



By **MICHAEL MENZIES**

This is the year the Oilers make the leap.

I was seven when the Edmonton Oilers last made the playoffs.

Seven. Years. Old.

I have vague recollections of Oiler playoff hockey, Fernando Pisani going top cheddar on Cam Ward shorthanded in overtime in Game 5 of the Stanley Cup Final. Blurs and foggy memories cloud my brain so much that I can't be sure it even happened. For the most part, I have lived an Oiler-free playoff existence. My years of biggest fandom, wasted on a rebuild with too many unanswered questions, led many to wonder in the first place – why do we even care this much about the team anymore? Oiler fans care more than they should and, finally, I'm ready to declare the Edmonton Oilers ready to earn a berth into the playoffs.

### Can compete

The Oilers roster finally has a makeup you can envision competing night in, night out for 82 games. They have the most skilled skater in the NHL – ready to prove he is that – Connor McDavid, who, if healthy, could receive both Art Ross and Hart Trophy votes. An experienced NHL first line of Lucic-McDavid-Eberle followed up with skilled centres Leon Draisitl and Ryan Nugent-Hopkins, the forward core has not been the issue for many years. Plus, they finally have the appropriate size to compete in the heaviest division in the league. Milan Lucic, Patrick Maroon, Zach Kassian, Leon Draisitl, Adam Larsson, Benoit Pouliot and newly drafted Jesse Puljujarvi all top over six foot two and 215 pounds.

With the work they've done ending the Nail Yakupov debacle and using

that new cap space to sign a proven pro defenceman, Kris Russell, the Edmonton Oilers have the pieces in place to jump start a playoff push and, more important, the consistent work ethic needed to compete in the NHL on a night by night basis.

The defence still needs a bit of work, but they got their right shot D-man and, for now, it looks serviceable for the season. Questions remain about Oscar Klefbom's ability to stay healthy and Darnell Nurse's development to be the top pair rearguard he was scouted as.

A lot also weighs on the shoulders of the most important player in a game – the goaltender. Cam Talbot was decent for his first full year of starting NHL contests. Is there potential for even more growth? Perhaps there is if the defence is stouter but if he puts up similar numbers and finds a way to stop the Charmin-soft goal from going in every now and again, the Oiler brass will be happy.

### California teams weak

The California teams haven't been this weak for years, which is another reason for optimism. Now, the San Jose Sharks are coming off a Final visit but the Los Angeles Kings were exposed last year as a lethargic, slower team than the one of old. Their defensive corps isn't as solid as before and once past the anchors of Drew Doughty and Jake Muzzin, the names become pedestrian. And despite the Ducks appearing to be chock-full of talent, the tension seems high already for a consistently underachieving playoff team. Couple that with a new (old) coach Randy Carlyle, who replaces the canned Bruce Boudreau, excitement is tepid for a team that is also dangerously close to the salary cap limit.

As all major pro sports go, the teams that stay the healthiest often end up doing the best. Hockey is, of course, no exception. If there are injuries, the Oilers are more equipped to deal with them than in the past. The general manager in his second season wants to make this team succeed just as much as the loyal (for the Oil) fans. I say with a stroke of luck and a largely healthy year down the stretch, the Oilers will end an 11-year playoff drought this spring and finish third in the Pacific Division.



## FITNESS

# Staying warm in winter

By JOEL BENITEZ

For those of us who were active through the summer and want to keep active into the winter, here's a brief guide on how to stay warm and happy. We'll cover you from head to toe in gear knowledge and some overall truths when it comes to spending time in inclement weather.

The first few centimetres of fresh snow have already accumulated on my deck. I have dug out my winter clothing supplies and laid them out to refresh my memory.

Before we get started, most of the information provided will depend on how active you are going to be. Waiting for the bus will be different than spending the day cross country skiing on a sunny winter afternoon. Going for a run will require completely different attire than shovelling your driveway and your 100-year-old neighbour's sidewalks. You get the idea.

Let's start with your head. It's one of the most important parts and easiest to keep warm. I tend to think less is more. No matter what you're doing, carry a headband with you. It'll keep your ears and forehead protected. For those colder harsher winds, I throw on a toque. If you have the room, pack a face mask. They can be a lifesaver when conditions get more aggressive.

The upper body is where it really depends on what you're planning to do. For being outdoors, layers are where it's at. You'll want to start with a long sleeved base layer, something close to the skin. This will help wick moisture off your body and keep you dry. Next, is the mid-layer. This can be a thin and comfy fleece, wool or a polyester top. Then we want to retain the heat with an insu-

lated jacket with a hood. The last layer is mostly for protection from the wind but you'll want it to be waterproof and breathable. When shopping for your outer layer, I recommend that you buy a size up or bring your other layers to ensure a solid fit. Additionally, look for a jacket with pit zips, it's surprising how much they help regulate your temperature.

I find the lower body the easiest part. I recommend long johns and pants to match the activity. That can be shorts for a warm run or wind and waterproof pants for a more adventurous outing.

Footwear is always the hardest. Everyone hates having cold or damp feet in the winter. Of all the gear you'll buy, footwear may be one of the pricier pieces but it's worth it. You will definitely want your winter kicks to have a waterproof and breathable membrane. They come in varying heights but if they go past your ankles, you should be covered. Don't forget about insulation. Some people prefer to wear heavier weight socks, to be more in control while others opt for well insulated boots to keep their toes warm.

As you can see, dressing for winter is a very personal decision and various factors come into play, such as activity level, and if you are generally a warm or cold person. Remember, layers are your friend. Layers with



University of Alaska Fairbanks

## Dress for the weather.

zippers are even better. Get outside, test your gear and get to know how it works.

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Photo by Railene Hooper

NAIT Ook forward Wyatt Noskey, right, gets set to pass the puck to forward Trace Elson during a game against the MacEwan Griffins on Oct. 8 at NAIT arena. The Ooks lost that contest and another the night before by identical 4-2 scores, ending the team's 36-game unbeaten streak from last year.

## Athletes of the week

### October 3-9

#### Kaitlyn Whaley Hockey



The NAIT Ooks women's hockey team opened their season with a two-game sweep of the ACAC defending champion Red Deer College Queens. NAIT's Kaitlyn Whaley was a force all weekend long as she added an assist in Thursday's 3-2 road win and was all over the ice in the Ooks 2-1 home-opener victory Friday. "Kaitlyn is a veteran defenceman who will once again be an integral part of the team's leadership group," said head coach Deanna Martin. "Her solid play in both games this past weekend saw her playing with determination over and above everyone else." Kaitlyn is a fourth-year Combined Lab and X-Ray student from Douglas, MB.

#### Tyler Yaworski Hockey



Despite the NAIT men's hockey team losing their first two games in the past calendar year last weekend to the MacEwan Griffins, Tyler's stellar play did not go unnoticed. He had a goal in each of the Ooks' 4-2 losses on the weekend and tallied five shots on goal in the process. "Ty is an important leader for our team," said NAIT head coach Tim Fragle. "He has valuable championship experience in the ACAC. He plays a lot of minutes on a nightly basis in all situations and has a strong presence on the ice." Tyler is a third-year Civil Engineering student from Sherwood Park.



Photo by Railene Hooper

Ook forward Alica Mihalikova takes the puck up ice against the Red Deer Queens on Friday night at NAIT arena. The women won that game 2-1 and one a night earlier in Red Deer by a score of 3-2.



# ENTERTAINMENT

## Rogers Place nice, not wow



**BRENDAN CHALIFOUR**  
Entertainment Editor

This past weekend, my family and I went to the Edmonton Oilers' last preseason game, played in the brand new Rogers Place. In the third period, with just 2:34 left on the clock, Vancouver's Markus Granlund broke the tie, bringing the score to 3-2 for the Canucks. It was a great game, despite the fact that I witnessed the Oilers' first defeat in their new place.

All of the hype and energy circling around the new arena over the past few months really brought up my expectations. I was excited to

finally get a look inside the glorified structure. We entered through the Ford Hall South entrance. With some long lines that ended up moving relatively quickly, we then found ourselves inside the futuristic building. At first glance, it's an obvious upgrade from what Edmontonians are used to with Rexall Place.

We did experience some kinks, though, including 20-minute lineups for beer and long lineups for the bathroom. We could also hear some kind of hissing or static noise from where we were sitting in the fourth row that appeared to be coming from above. Maybe poor acoustics or sound engineering? The escalator that takes you to the upper concourse is quite frightening as well, with a sloped length of 140 feet. It is so high that you may think you've taken a puck to the face and are on your way up to heaven. It seems to never end and once you get to the top, don't look down!

There has been a lot of talk about its location and the fact that the City may simply be suppressing our homeless issues by placing a giant shiny building in the middle of our inner city problems. But I do believe that this build-



Photo by Brendan Chalifour

ing will make Edmonton's downtown a much more attractive destination for all of us living in the suburbs. All of the new traffic will surely keep the restaurants and bars in the area in business. And with new residences scheduled

to open in the coming years, this area will be thriving in no time.


Rogers Place is a nice building, but I wasn't really dazzled. I wish that I could say I was, but I wasn't ... at least not yet.

# We are the Naitsa 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](mailto: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 [naitsa.ca/food-centre](http://naitsa.ca/food-centre). Contact [foodcentre@nait.ca](mailto: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](http://mystudentplan.ca/nait) or contact [studentplans@nait.ca](mailto: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](http://naitsa.ca/upass) or email [upass@nait.ca](mailto:upass@nait.ca)

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

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FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By CLARRISSA TOONE

It is October, a time for treats, tricks, parties, exams and many different play-lists. Being a penny-pinching student means I prefer listening to the radio or YouTube than trying to decide what music I like enough to buy, so most of my songs come from downloading from my family's account or the wonders of YouTube. Here are what I recommend for this week's Mixtape, may you find something you like:

• **Monster Mash – Sweet**

It's October, so it's almost a requirement to have this song on the list. If it comes on, you are probably singing along and getting into the Halloween vibe.

• **Enter Sandman – Metallica**

Everyone needs to listen to this song at least once in their life, it's a classic head banger song and great air guitar to but it is also something to belt out when you

get frustrated with school or work or life in general.

• **Come With Me Now – KONGOS**

If you want something that gets you in the mood for a hockey game, this is your song. Its chorus is something you can belt out.

• **Thriller – Michael Jackson**

This is another requirement for October. When I think of Halloween songs, it is one of the first I think of and we all know parts of the iconic dance. It's a great song to get into a partying mood.

• **Highway to Hell – AD/DC**

This song makes you either get in the mood for a good night on the town or try to understand your feelings as you enter your midterm week. Look no further, rock out to this classic.

• **Raise Your Glass – P!NK**

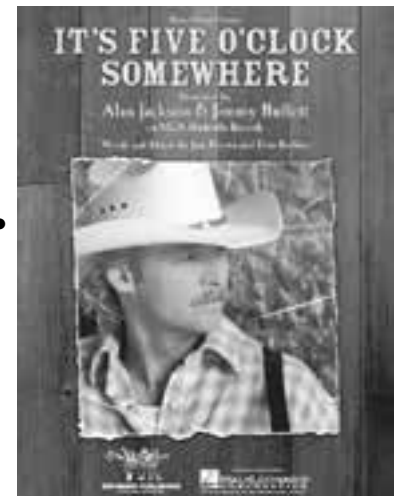
If you just want to party and forget whatever embarrassing thing you did or some rude slur thrown your way, P!NK has got your back with this loud song, playing while raising a glass.

• **It's Five O'Clock Somewhere – Alan Jackson**

We have all said this title, heard it at some point or maybe even just felt the sentiment of wanting not be somewhere. Maybe you're near the point of flipping a table and walking out but will settle for a drink even if it's still before lunch.



cdalameda.com



Sheet Music Plus



ZeroLevels - DeviantArt

• **Hall of Fame – Script (ft. will.i.am)**

This is the song you should listen to if you are panicking over your exams or just need some energy to get your project done or push your run just a little farther. You got this.

**Margaritaville – Jimmy Buffett**

With snow and the early winter, if you wish you were at some far away place, turn on this song, close your eyes and pretend you are sitting at Margaritaville.

## OCTOBER EVENT LIST

1-2 | CLUBS RETREAT

3 | HOWTO: BLOG WITH WORDPRESS

4 | HOWTO: PUBLIC SPEAK

6 | TOGA MIXER @ NEST

OCT 6-12 | SENATE VOTING PERIOD (ONLINE)

13 | SALSA NIGHT @ NEST

17 | HOWTO: POTTERY

18 | FREE FOOD: EVENING STUDENTS @ HP COMPUTER COMMONS

20 | MINUTE TO WIN IT @ NEST

21 | NEST CONCERT

24 | HOWTO: COOK ITALIAN

24 | SOUCH CAMPUS FOOD EVENT

25 | PATRICIA CAMPUS FOOD EVENT

26 | WELLNESS WEDNESDAY

27 | SCARYOKE @ NEST

31 | HALLOWEEN TRICK-OR-EAT

NAITSA CLOSURES

10 | THANKSGIVING

FOR MORE INFORMATION ABOUT ANY OF THE EVENTS LISTED, CHECK OUT [NAITSA.CA](http://NAITSA.CA)



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DIY

# Ninja Turtles for Halloween

By SALINA HUA

Do you have a group of friends and you all want to dress up as a group?

Here is a suggestion for this year's Halloween.

## Ninja Turtles costumes

1. You're going to need some lime green fabric (one metre).

2. Fold the fabric in half (to save time) and cut a rectangle out of a cardboard (your preference on the size of rectangle it will be for your turtle belly/abs).

3. Cut around the edges to soften them up and make them round.

4. Find an old green shirt that you don't wear anymore or purchase an inexpensive one.

5. Place cardboard underneath the green shirt for support as you hot glue or fabric glue the turtle belly/abs down onto the shirt.

6. For pants, there are a few options such as black or green leggings, black jeans, etc.

7. For the belt part, you will need a hard circle surface such as a wooden disc (can be found at any craft store) then you're going to paint it brown.

8. You're going to find letters repre-

senting the ninja turtle's names and paint them green.

9. Glue the letters onto the brown disc.

10. Grab some brown fabric and cut them into strips that aren't too thin or wide, but the right length so the brown disc will be able to stay on.

11. After centring the brown disc and gluing it onto the brown strip of fabric, you will now need a foil pan (what you use to bake) making sure the bottom of it has a texture that looks like a turtle's shell.

12. Then you can either spray paint the foil pan or paint it green, blending the brown into some parts of the green to enhance the colours and effect.

13. Hot glue the extra brown fabric onto the tin foil to turn it into a backpack.

14. For the mask, you will need to cut a coloured fabric matching the appropriate turtle and cut eye holes (make sure they are wider than your eyes).

There you go – an idea for a group Halloween costume for 2016!

Thanks to Tess Christine for her awesome tutorial!



Photo by Tess Christine

## The Style Files



Photo by Carrie Humbke

### Magy Lolofi Business Administration - Marketing

**Magy loves fashion and is ready to share her business casual style with us today! For her presentation today, Magy spent some time going through her closet trying to find a "business casual style" outfit. Magy has a trendy style, which ties well with this year's "back to the '90s" look.**

**Tell us about your outfit today.** I'm wearing a white essential blouse from RW & Co, black trouser and tacky green bomber jacket from Zara, a pair of low-mid heels and turquoise green bomber jacket from Zara, a pair of black tied up low-mid heels from Winners and a fancy watch from Guess.

**Tell us about your style.** I am working on my own company called TheEssentialism, a local online magazine design store. My partners are all fashion bloggers. We are trying to create a fashion city and fashion is what our company is about. For work, I love to have business casual/formal clothes to match up with my business, mainly focused on denim and style with confidence. If anyone is interested, you can also follow us on Instagram @the\_essentialism. For school, denim only! I love everything that's simple and trended and basically no colours. High-waist jeans, white T-shirt is my classic look, and simple is my style.

**Where can other students find outfits like yours?** I love to buy jackets and outwears from Zara, bodysuits and trousers from Topshop. I like to support local business, so I often buy my business casual clothing from WORKHALL, they have some neat stuff for work. I also shop online a lot. ASOS is an online UK store. I bought most of my denims there. Zara always has good deals and average prices and Topshop gives 10 per cent off for students as long as you bring your student ID with you.



## ON THE SCREEN

# Moving success story

By GERVAISE BRANCH-ALLEN

Inspired by a true story, *Queen of Katwe* is a wonderful, heartfelt film with an inspiring message and a charismatic cast. It is based on the story of Phiona Mutesi, a chess prodigy. Her struggles through life and her journey to becoming an inspirational chess champion are depicted in this film, with newcomer Madina Nalwanga portraying her.

In the late 2000s, Phiona was selling corn with her brother in the slums of Kampala, Uganda. Living in a small house with her family, Phiona only knew about life's hardships. Meanwhile, Robert Katende, a missionary looking for work, coached soccer and taught local kids how to play chess in his free time. When Phiona saw her brother sneak away from selling corn one day, she followed him and found Robert and the kids playing chess. Curious to learn about the game, she became fascinated and wanted to learn more. Unfortunately, her mother did not like her daughter and son playing the game, believing they should work and make money to support the family.

David Oyelowo portrays Robert Katende as a kind hearted, sympathetic man trying to do God's work. His compassion and commitment to helping Phiona and the other children play chess is admirable. Despite his own struggles growing up and the roadblocks in the way of his goals for the children to play in chess championships, he continued to work towards his goals with the hope that he was doing the right thing.

Lupita Nyong'o portrays Harriet Mutesi, Phiona's mother, as a loving but conflicted parent struggling to take care of her children in a poor environment. As a single par-



www.indiewire.com

**Chess prodigy Phiona Mutesi, played by Madina Nalwanga and Lupita Nyong'o as her mother, Harriet Mutesi.**

ent with four children, she struggled to provide for her family. Lupita is excellent in the role, displaying determination, love, anger and grief throughout the film. She clearly is a mother who wants what's best for her child and resists letting her children do what they want out of love, not spite.

One of the most notable aspects of the film was the predominantly black cast. Throughout *Queen of Katwe*, the audience is treated to a film without a white character intent on "saving" the characters from their depressing state. Instead, the characters must overcome their own hardships and rely on one another to escape the poverty and adversity they face.

*Queen of Katwe* also features an excit-

ing array of music, thanks to the film's composer, Alex Heffes, and a lineup of songs including "#1 Spice" by Young Cardamom and HAB, as well as Alicia Keys' "Back to Life." I strongly recommend listening to the soundtrack from Walt Disney Records. The songs are an exceptional and a compelling representation of African culture that I found very relatable. "#1 Spice" was a particularly memorable song with a fun beat and African flair.

This film has many interesting aspects to it, despite a few flaws. When the film was shot in Katwe, many of the people in the background were not actors but just ordinary people who didn't know a movie was even being filmed! It's based on a book by Tim

Crothers chronicling Phiona's journey and it was even mentioned in the film. Though it starts slowly and feels a little long, those are minimal issues for the movie.

*Queen of Katwe* is warm, sweet and inspiring in a way that feels genuine, not shoehorned in to make the story seem more relatable. Director Mira Nair and writer William Wheeler should be commended for bringing this story to life on screen. The credits were also uniquely done in a way I've never seen before in a film based on a true story.

I am more than glad that Walt Disney Studios and ESPN Films had the boldness to release this with a wide release in theatres. This film deserves to be seen.

## STUFF TO CATCH

## Things to do on a budget

By CLARRISSA TOONE

With exams and tests looming ahead, some of us need some time out of the house, so here are some neat events happening around Edmonton!

**(\$)** = Budget friendly

**(\$\$)** = Not-so budget friendly

**Comedy (\$):** If you want a night of laughs, check out Empress Ale House at 9912-82 Ave. Apparently the best stand up Edmonton has to offer. It also has a new headliner every week. It is every Sunday and it's free.

**Games (\$):** For those D&D enthusiasts or those curious about Dungeon and Dragons, visit Hexagon Board Game Café at 10123 Whyte Ave. every Tuesday at 7 p.m. and join in for just \$5. Their website is thehexcafe.ca and their number is 780.757.3105.

**A Night Out (\$\$):** If you need a night of tea, pastries and classical melodies and have little extra money, check out Upper Crust Café at 10909 86 Ave. where Opera Nuova presents Tea Muse. It is on Oct. 18 from 7-8 p.m. for \$40. You can get tickets online at operanuova.ca/tea-muse-2 or over phone at 780-487-4844

**A Great Weekend Idea (\$):** For \$7, you can visit the Pop Culture fair at the Alberta Aviation Museum, 11410 Kingway, on Oct. 16 from 10 a.m. to 4:30 p.m. and if you have time to create a costume of your favourite pop culture character, you can get in free. For more information, check out their website popculturefair.com.

**Edmonton Clubs (\$):** Are you interested in film photography and want to

share this interest with other people, check out the Edmonton Photographic Historical Society. It meets every third Wednesday at 7:30 at Highlands Library and it is all free. Their number is 780-436-3878.

**Gardening (\$):** Dig In, St. Albert's Horticultural Festival is something to check out, if you want to get into urban gardening, and how to prepare and preserve your own produce. It is from Oct. 14 to 15 at Hole's Greenhouses, the Enjoy Centre. The website to check out diginAlbert.ca.

**Sports (\$-\$\$):** If playing sports is more your thing and you either missed the intramurals deadline or prefer a different time, check out teamedmonton.ca. They offer things like Dodgeball which is at the Royal Alexandra Hospital Gymnasium every Sun-

day from 5-7 p.m. There are many others so check if you want to get into a new sport or old sport.

**LGBT (\$):** If you are new to Edmonton and looking for support from the LGBTQ+ community look toward the Pride Centre at 10608 105 Ave. Their phone number is 780.488.3234. Their drop in hours are Mondays and Wednesday from 4-7 p.m. and Friday 6-9 p.m. They offer many programs and meeting groups. If you simply want to know more, the community there is the Queer Lens group which weekly education and discussion group runs every Wednesday from 7-8:30 p.m., and is open to everybody. There is also a movies and games night every other Friday from 6-9 p.m.



## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

To get involved please visit [www.naitsa.ca/clubs/current-clubs/](http://www.naitsa.ca/clubs/current-clubs/)

WHO	WHEN	WHERE
International Club Film Series: Cinema the the Theatre	Wednesdays, Sept 6, 2016-April 12, 2017   6:30pm-8:00pm	Stanley A. Milner Library
International Club Film Series: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017   2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, Sept 8-Dec 1, 2016   5:00pm-10:00pm	Room X-213
Super NAITSA Anime Club Weekly Meetings	Fridays, Sept 9-Dec 16, 2016   4:30pm-8:45pm	CAT 140
Civil Club Meetings	Thursdays, Sept 8-Nov 17, 2016   2:30pm-3:30pm	CAT 302C
Super Smash Bros Club Meetups	Mon & Thurs, Sept 12-Dec 15, 2016   5:00pm-10:00pm	Nexen Theatre
Investment Club Weekly Meetings	Tuesdays, Sept 13-Dec 6, 2016   4:30pm-6:00pm	CAT 213
IntoNAIT Toastmasters General Meetings	Mondays, Sept 12-Dec 19, 2016   4:45pm-6:00pm	Room X-203
Juggling Club Weekly Juggling Jam	Mondays, Sept 19-Dec 19, 2016   5:00pm-7:45pm	Shaw Theatre
NSC Super Smash Bros Meetups	Thursdays, Jan 5-April 13, 2017   5:00pm-10:00pm	CAT 191
Civil Club Study Sessions	Fridays, Oct 7-Dec 16, 2016   10:00am-12:00pm	Room 309D

### UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
BCX	Business Mixer	Nov 10, 2016   5:30pm-9:00pm	Nest Taphouse Grill
BCX	Fall Bake Sale	Oct 14, 2016   10:00AM-4:00PM	Outside NAITSA
DAT2017	Chocolate Sale	Oct 3-Oct 31, 2016   All Day	NAIT
ICON	Finance Movie Night ft: The Big Short	Oct 21, 2016   5:30pm-7:45pm	Shaw Theatre
Super Smash Bros	Halloween Tournament	Oct 29, 2016   10:00am-11:00pm	CAT Theatre

### CAMPUS CLUBS NEWS

WHO	WHEN	WHERE
Grant Intake #2	November 7, 2016   5:00pm	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](http://naitsa.ca/naitsa-clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates



# Meditation a useful tool

By OLIVIA ADAMS

It's that time of the semester when heavily weighted labs are due, midterms are worth 30 per cent of your final grade and group projects are being done with individuals who take a free ride while you do all the work. Stress and anxiety are all too familiar and you're wondering how you're going to survive until December.

Before you decide to go all Britney Spears and shave your head, you might want to consider meditation. Meditation is relaxation. It's not about concentrating on one thing but actually about letting your mind go. It will help you calm your mind, improve your concentration,

have better clarity and improve your communication skills. Overall, your body and mind will feel relaxed and rejuvenated.

On a physical level, meditation also has many benefits! Daily practice of meditation can lower high blood pressure and levels of blood lactate. This helps in reducing anxiety attacks. It will also assist in decreasing any tension-related pain, such as tension headaches, ulcers, insomnia and muscle and joint problems. Meditation will increase serotonin production, which improves your mood and overall behaviour. Your immune system will greatly improve, much needed in a school environment where everyone is

always sick with colds! You will see an increased energy level as you gain an inner source of energy.

With all the physical benefits of meditation, there are also many mental benefits that come along, too! In addition to a decrease in anxiety, you will also gain an improved level of emotional stability. Creativity and happiness will be improved while problems will seem smaller, which will help you in those group projects!

"Meditation sharpens the mind by gaining focus and expands through relaxation," according to [artofliving.org](http://artofliving.org)

A sharp mind without expansion causes tension, anger and frustration. The balance of a sharp mind and an expanded con-

sciousness brings perfection. Meditation makes you aware that your inner attitude determines your happiness," according to [artofliving.org](http://artofliving.org).

Gain clarity and peace of mind so you can complete your semester with your best self (and your best grades) yet!

Not sure how to get started with your meditation routine and schedule? Don't fret, NAIT has got your back! Free meditation sessions are offered Mondays, Tuesdays and Thursdays from 11:30 a.m. to noon in the CAT Reflection Room (Room 406). Post-secondary can be difficult, so do what you can to keep your head above water. Take care of yourself and the rest will follow.

## 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.

Nov. 8, 15, 22 & 29

11:15 to 12:05

To register:

[sandrad@nait.ca](mailto:sandrad@nait.ca)

**NEST TAPHOUSE GRILL**

## WEEKLY SPECIALS

\$7 FOOD SPECIALS	\$4.50 DRINK SPECIALS <small>*All liquor served is 1 oz</small>
<b>MONDAY</b> Nest of Wings	<b>MONDAY</b> Fireball Shot
<b>TUESDAY</b> Taco Trio	<b>TUESDAY</b> Crushed Ice Margarita
<b>WEDNESDAY</b> Classic Poutine	<b>WEDNESDAY</b> Lamb's Rum Hiballs
<b>THURSDAY</b> Pepperoni Pizza Bites	<b>THURSDAY</b> Flavoured Absolut Vodka
<b>FRIDAY</b> Daily Soup Cup & Garden Salad	<b>FRIDAY</b> Bottle Pilsner

FOR CURRENT HOURS PLEASE VISIT US ONLINE  
[NESTTAPHOUSEGRILL.COM](http://NESTTAPHOUSEGRILL.COM)

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. DINE IN ONLY.

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## OILERS GAME TIME FEATURE

**\$4.50 PINTS (160Z)**  
**MOLSON CANADIAN**

**ENTER FOR YOUR CHANCE TO WIN TICKETS IN OUR BI-WEEKLY DRAW!**

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



## SOUND WAVES

# Biz student a music man

By ERIKA ACORDA

According to Dictionary.com, a centrifuge is “an apparatus that rotates at high speed and ... separates substances of different densities ...”

This week, the word ‘centrifuge’ gains a new meaning. *Centrifuge* is the first full-length electronic instrumental album of Danny Pines; the moniker of second year J.R. Shaw School of Business, Marketing student Dan Van Veelen. Aptly named, this new album separates varying experiences and emotions out of the many millions of milestones in life. With the magic of Danny Pines’ electronic mastering and a dash of nostalgia, reinvents them and provides the listener with a personalized soundtrack fitting for any moment. No words are included, or needed, within the tracks (with the exception of “Prologue”). To help encapsulate feelings, the remixing, original sounds and beats alone take the listener there.

*You know how when you’re listening to a song, you think that would be a perfect song for ‘blank’ scene in a movie? The point of the album was to give people a space where they could make their own moments with the music. I want people to really invest themselves into the music, you know. I want people to make their own ‘movie scenes’ with their life...and have this as their album, you know what I mean?*

No, this was not from an intimate inter-

view with Van Veelen but actually a sound bite in the first track of *Centrifuge*, “Prologue.” With the background of a bustling coffee shop and birds chirping, an informal but cosy atmosphere for a personal conversation between himself and the listener, who it seems he hasn’t seen in awhile, is created. Van Veelen opens up about his inspirations in creating this album within this track to the listener, adding just the right amount of personalization to help the listener step into the rest of the album with a sense of familiarity and awareness.

Immediately, the listener is teleported to the out-of-this-world ambiance track that is “Under the Stars.” Listening to this track may make someone feel like they are floating in outer space or lying on their back on a hill looking up at the vastness of space with millions of tiny lights as stars staring back. This track captures that sense of wonderment and stupefaction that one would feel upon stargazing. With stellar sounds that if it comes down to it, had to be described through existing songs, “Under the

Stars” would be a distant relative of M83’s Intro. Van Veelen’s talent in creating new sounds and mixing them into various combinations is evident in this track and incredibly consistent throughout the rest of the album.

With an intricate fusion of sounds and beats, “Friday Night” fittingly describes the exhilarating and indefinite characteristics

anyone’s Friday night is bound to have. A flurry of activity, voice warping and satisfying beats transform and add to the ambience of a ‘LIT’ Friday night. I’ll take one of those please.

Stating that Mountaintops is the climax of

*Centrifuge*, is a bold, yet rational move. This track maintains a sense of serenity that one would find in nature (like the background audio layer of birds’ wings flapping in the distance or the sounds of a hawk around 4:19) carefully fused to an energetic electronic/synth sound.

The track that made the strongest impression on me, however, was Track 8 “The Kiss.” Van Veelen captures that

charged moment full of anticipation, magical sparks and numerous possibilities between two people. Listeners will inwardly gasp as they identify and connect this track with all those intimate moments they’ve shared with a special someone. With the ambience created by the masterful mixing of Van Veelen, one is left to wonder why all intimate kisses between two people aren’t as magical and enthralling as he made it seem like.

If Mountaintops was the climax, then the final track Bittersweet is evidently the denouement of this eleven track album. With a melancholic piano solo, eventually backed by beats and other warped sounds, an impending end of the album is fast approaching and it comes far too fast. While the silence preceding the end of the track is close, one can feel a sense of possibilities and strong emotions that while Bittersweet is the end of *Centrifuge*, it leaves a feeling of more to come.

With enthralling ambient electronic sounds, to aptly named song titles, to that touch of personalization in the way of Prologue, *Centrifuge* definitely will not be the last album to be heard from Danny Pines.

Danny’s soundcloud is <https://soundcloud.com/dannypines>

To buy the album, which has a pay as you want option:

<https://dannypines.bandcamp.com/>



## SOUND WAVES

# Life's natural progression

By BERNIE BERNHARDT

Bon Iver – the name strikes a chord in the hearts of fans whenever they hear it. The name a variant on the French phrase “Bon Hiver” which means “Good Winter.”

This perfectly sums up the feeling of finding hope in the middle of a cold winter that this band gives off. This project began when Justin Vernon, the lead singer (and the man who put the band together), had just broken up with his previous band, ended a relationship and contracted mono. He retreated back to his hometown and, while in the solitude of his family’s cabin, the idea came for the first songs of the 2007 classic album *For Emma, Forever Ago*. To this day, people cherish this album and for good reason. The beautiful sadness in Justin Vernon’s voice is like the sun melting through the ice on a frosty morning. The follow up to *For Emma, Forever Ago* was the Grammy winning album “Bon Iver, Bon Iver,” which refined the sadness of the first album and gave it a more existential feel. The progression in their sound was definitely notable but that album was released in 2011. Five years later, on the Sept. 30, 2016, *A Million* was released – a

very different album from the band’s previous releases. It includes samples of electronic elements. While this album departs from what the band has made before, it is by no means less touching or heart felt.

“22 (OVER S000N),” the haunting opening to the album is “It might be over soon” with a ringing falsetto that we had been missing for so many years. This song deals with Justin’s insecurities and doubts that persist even though he has become successful in achieving his original goal. It also deals with his experiences through the years performing and travelling, as he tries to find himself.

The second track “10 d E A T h b R E a s T” shows Justin fighting to love someone. It’s about his fears and struggles in a relationship and overcoming them. A heavy jarring electronic beat opens up this song to convey the ferocity of this relationship. It’s a powerful song that shows you this record is willing to be very different from anything you’ve heard from Bon Iver in the past.

“715 - CRΞΞKS” is a heavily layered purely signing track, a soulful ballad with the feeling of being stuck in one place whether it be in religious or in a romantic sense.

“33 “GOD”” is a playful piano track that plays into the religious aspects of the album. This song is an amalgamation of love and feeling of abandonment. The sampled backbeat and subtle uplifting banjo make for an engaging listening experience.

“29 #Strafford APTS” is the song that most resembles Bon Iver songs from the past. This song is about being lost and having conflicting ideas and emotions about someone.

“666 ↓” Is a song that relates to the dark side of the music industry and how fame, like love, can tear you apart or raise you up.

“21 MOON WATER” “And we definitely said to....” the opening line to this track interestingly played in reverse. A calming and easy listen from this album that deals with the numerical theme of 22, *A Million*.

“8 (circle)” This track has to do with love and loss and feeling like you can’t get out of your cycle. It’s a spiritual experience to listen to this song.

“— 45 —” is another song with parallel lyrics and sound. This song is about a panic attack that Justin Vernon had while



Pitchfork

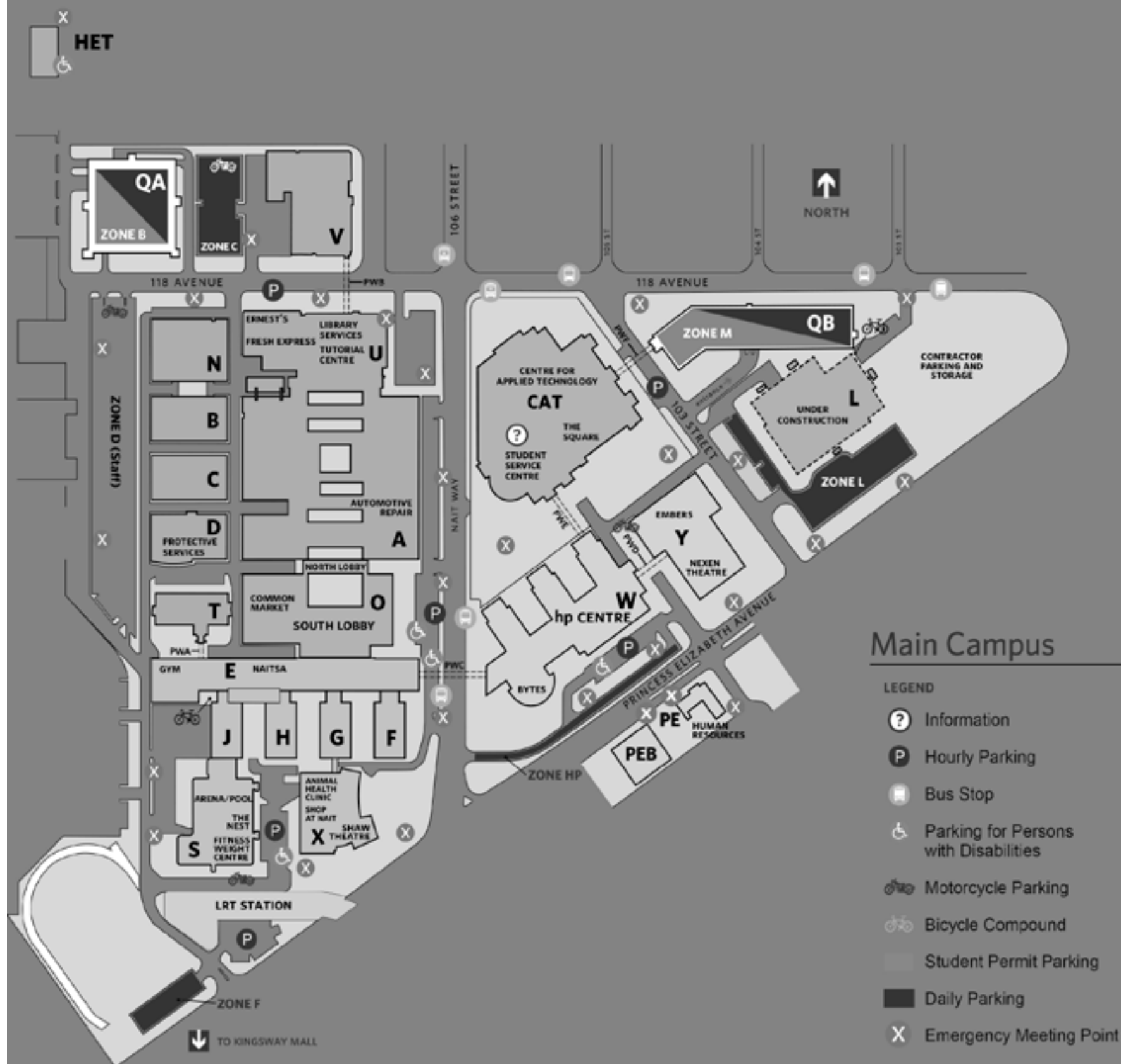
alone in Greece. It’s about being alone when you’re in a time of need and facing a terrifying situation that seems to never end.

“00000 Million” This song wraps up the album in a beautiful man that feels like an appropriate conclusion. Overall, this album is about personal strife in all aspects of Justin’s life. While it isn’t *For Emma*, it doesn’t try to be. It’s a natural progression in a human being’s life and there is something breathtaking about that.

If you haven’t already, I definitely recommend you check out Bon Iver.



# NAIT Main Campus Map







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](http://NESTTAPHOUSEGRILL.COM). GOOD LUCK!

VISIT THE NEST OR [NESTTAPHOUSEGRILL.COM](http://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 MOELSON CANADA NEST PINT AND RECEIVE A RECEIPT/CHECK FROM THE NEST TAPHOUSE GRILL. ENTER TO WIN AT [THENESTTAPHOUSEGRILL.COM](http://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](http://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.



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780.474.0121



by the pool





THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

## October 13-19

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

## Libra (Sept. 23-Oct. 22)

This week you will face many challenges, but you will overcome your greatest hurdles. Make time

for yourself and those important to you.

## Scorpio (Oct. 23-Nov. 21)

This week you'll continue to explore your options with someone new. As you do, remember to allow yourself to open up, you'll be surprised to know that they are feeling the same.

## Sagittarius (Nov. 22-Dec. 21)

You are naturally calm and collected. Be vigilant, as this week is destined to bring you surprises.

## Capricorn (Dec. 22-Jan. 19)

You are still unsure of what you're doing with your career, personal and emotional life. You've been working hard, but are finding it hard to keep motivated. This next week as Mars aligns with Venus new opportunities will expose themselves to you.

## Aquarius (Jan. 20-Feb. 18)

Being strong and independent is a wonderful quality of yours. This week, you may find that people in your life will need your strength.

## Pisces (Feb. 19-March 20)

As a guarded person you tend to wait for others to show their true colors before opening up. This week, make an effort to put yourself out there.

## Aries (March 21-April 19)

This week, you will find many distractions. Keep your mind on the goal. You know why you're here today.

## Taurus (April 20-May 20)

You may encounter a moment that has the potential to change your life. Grab the bull by the horns and ride it, baby.

## Gemini (May 21-June 21)

Don't just sit there, you've had ideas percolating in your mind for a while. Do what you know you have to do. Things are in your favor this week, capitalize on them.

## Cancer (June 22-July 22)

As a happy go lucky person you may start to realize you are being drained. Be cautious of those using your energy. Pull back and assess your priorities.

## Leo (July 23-Aug. 22)

You're the quintessential ferocious Lioness or Lion. This week roar at every obstacle. Find the power within you to be prosperous.

## Virgo (Aug. 23-Sept. 22)

You're awesome and kicking butt this term. Haters gonna hate, players gonna play, fakers gonna fake. But you do you.

## FROM THE KITCHEN

## Simple but delicious!

By HANA LAVERICK

During my first semester at NAIT, one of the many interesting classes I got to take was the study of soups and vegetables! I got really excited because that was one of the things I felt passionate about but also something I could learn more about as a young chef.

Needless to say, this class taught me many things about cooking. Not only was it specific to soups and vegetables, it also got me to understand and follow the correct procedures in cooking recipes, in judging the quality of cooked food based on the product we were using and overall food quality! It definitely was one of my favourite classes, for sure.

Since it is still fall – well, kind of, because Edmonton's weather is quite wonky – I am going to talk about one of the many favourite dishes we made in this class – baked acorn squash with brown sugar. Saying this literally makes my mouth water. I don't know why, but this dish reminds me of a sweet dessert ... coated in brown sugar and melted butter.

I don't know about you but anything caramelized with brown sugar and butter sounds like heaven to me, probably followed by diabetes but, hey! We can worry about that later. Also the great thing about this winter squash is that it is full of vitamins A and C (yay, because that means you should eat more of it) and, in addition, can be cooked in mul-



Photo by Hana Laverick

tiple ways whether it is being baked, steamed or puréed for a soup.

For this recipe, you will just need three ingredients! The acorn, butter and brown sugar! I hope you enjoy this as much as I do!

### Baked Acorn Squash with Brown Sugar

#### Ingredients:

Acorn squash – 4

Butter, melted – as needed

Brown sugar – ¼ cup

#### Procedure:

1. Wash and cut the squash in half – lengthwise. Scrape out the seeds and set them aside (If you like roasted seeds, you can bake them).

2. Brush the cavity of the squash with melted butter and place the pieces

close together, cut side down on a baking sheet.

3. Bake at 350 F (175 C) until almost tender, for 30-40 minutes.

4. Turn the squash cut-side up and brush with melted butter and sprinkle with brown sugar.

5. Bake for 10-15 minutes more until surface is glazed.



# Test-taking strategies



## TIMELY TIPS

**MARGARET MAREAN**  
NAIT Student Counselling

**Be prepared.** This, of course, is the most important strategy for exam success.

- While studying test yourself on an ongoing basis to make sure you really know and understand the material. Just reading and re-reading is the least effective way to learn. The Strategies for Success manual (downloadable at [www.nait.ca/counselling](http://www.nait.ca/counselling)) outlines many effective study techniques.

- Doing mock exams not only assesses your knowledge, it also helps to decrease exam anxiety. You can make these up from past quizzes, questions at the end of chapters or modules, or mixing up cue cards you have made from studying. Try to put yourself under some time pressure for mock exams as working under time pressure can be a major cause of anxiety in real exams.

### Use your time effectively.

- Skim the entire exam first to get a feel for the length and weighting of questions.

- Budget your time and check periodically to make sure that you are on track, but don't get obsessed with the clock.

- Don't be disturbed about other students finishing before you do. Take the time you need to put in your best effort.

- Use any extra time to review your answers. When you review them more slowly you may eliminate careless errors or find that there is a better answer. When you complete a test you tend to relax a bit and you may find that some material you had forgotten comes back to you.

### Don't get hung up on difficult questions

- If you are unable to work out a question, go on to the next one and come back to it later if time permits. Don't waste time, or build up stress, struggling on one question.

- When you come back to the question brainstorm everything you can think of about the subject. Often, by doing this, creative solutions will pop into your head.

- Try to write something down for every question.

### Manage your anxiety before and during the test.

- If possible, go for a brisk 5 to 10 minute walk right before the exam.

- Arrive early enough to be organized and ready instead of in a panic, but not so early that you have a lot of time to sit and worry.

- Don't talk about the test with classmates immediately beforehand. This usually raises

anxiety levels.

- Find some questions you know well to start with in order to increase your confidence.

- Regard a lapse of memory as perfectly normal; do not let it throw you into a panic. If you block on answering one question, leave it for a while and return to it later.

- Use relaxation techniques such as deep-breathing, visualization or tensing and releasing exercises before and/or during the exam. Counsellors can help you learn effective use of these, and other, techniques.

### Make sure you are answering the question.

- Read each question carefully and completely before marking or writing your answer. Re-read the question if you are not totally clear on the meaning.

- Try not to read more into the question than is there, or to expect trick questions.

- Ask your instructor for help in interpreting a test question that is unclear or ambiguous. S/he will probably want to clear up the misunderstanding for everybody if the question really is confusing or misleading.

### For problem/formula questions:

- Write down hard-to-remember formulas, equations and rules before you actually begin working on the test problems.

- Identify the type of problem to be solved.

- Think about the process needed to solve the problem and outline your method.

- Underline key facts and then plug them into the process.

- Cross out facts once you have used them.

- Do your calculations carefully.

- Check to see that you have answered the question that was asked, and that you have used the correct units.

- Make sure to show all the steps in your work; you may get partial marks even if your answer is not correct.

- Take the time to write legibly and make your corrections, if any, as neatly as possible. Most instructors react subjectively to the appearance of papers to be graded, so let neatness work for you rather than against you.

### For short answer/essay questions:

- Read the question twice to make sure you are clear on what the examiner is asking.

- Underline key words to make sure you interpret the question correctly.

- Outline your answer, considering all points.

- Develop each point as it refers to the answer.

- Keep the weighting of the question in mind so that you can spend more time on the questions worth the most marks.

### For multiple choice questions:

- Anticipate answers before you look at the multiple choice selections.

- Read over your options and choose the best.

- If you must guess, keep in mind the following tips:

- Eliminate highly implausible answers.

- Quite often lengthy or highly specific answers will be the correct choice.

- Be aware of extreme words like *always*, *never*, *only*, *must*, *all*, *none* and *completely*.

These are often the wrong answers since there are many exceptions to rules. Answers including the words *seldom*, *generally*, *most*, *tend*

*to*, *usually*, and *probably* are often correct, but never change an answer based just on these tips.

### Change multiple choice answers only if you are sure your original choice is wrong.

The popular belief that "your first hunch is your best hunch" is not correct. Research has shown that changes from wrong answers to right answers are at least equal, and probably improve your test scores. However don't change your answer unless you have a convincing reason to do so. And if you know that you have changed a lot of your initial answers to wrong answers in the past, stick with your original answer.

### Remember to give yourself a pat on the back for a job well done.

You have likely put in long hours and pushed yourself to the limit. Physically and mentally you will need some time to unwind and recuperate. Plan something to look forward to when mid-terms or major exams are over.

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.

**Souh 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

# MOOD

## Free 4-Week Seminar

PLEASE REGISTER BY SENDING AN EMAIL TO [COUNSELLING@NAIT.CA](mailto: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

\*\*\*PLEASE NOTE THIS SERIES IS FOR NAIT STUDENTS\*\*\*



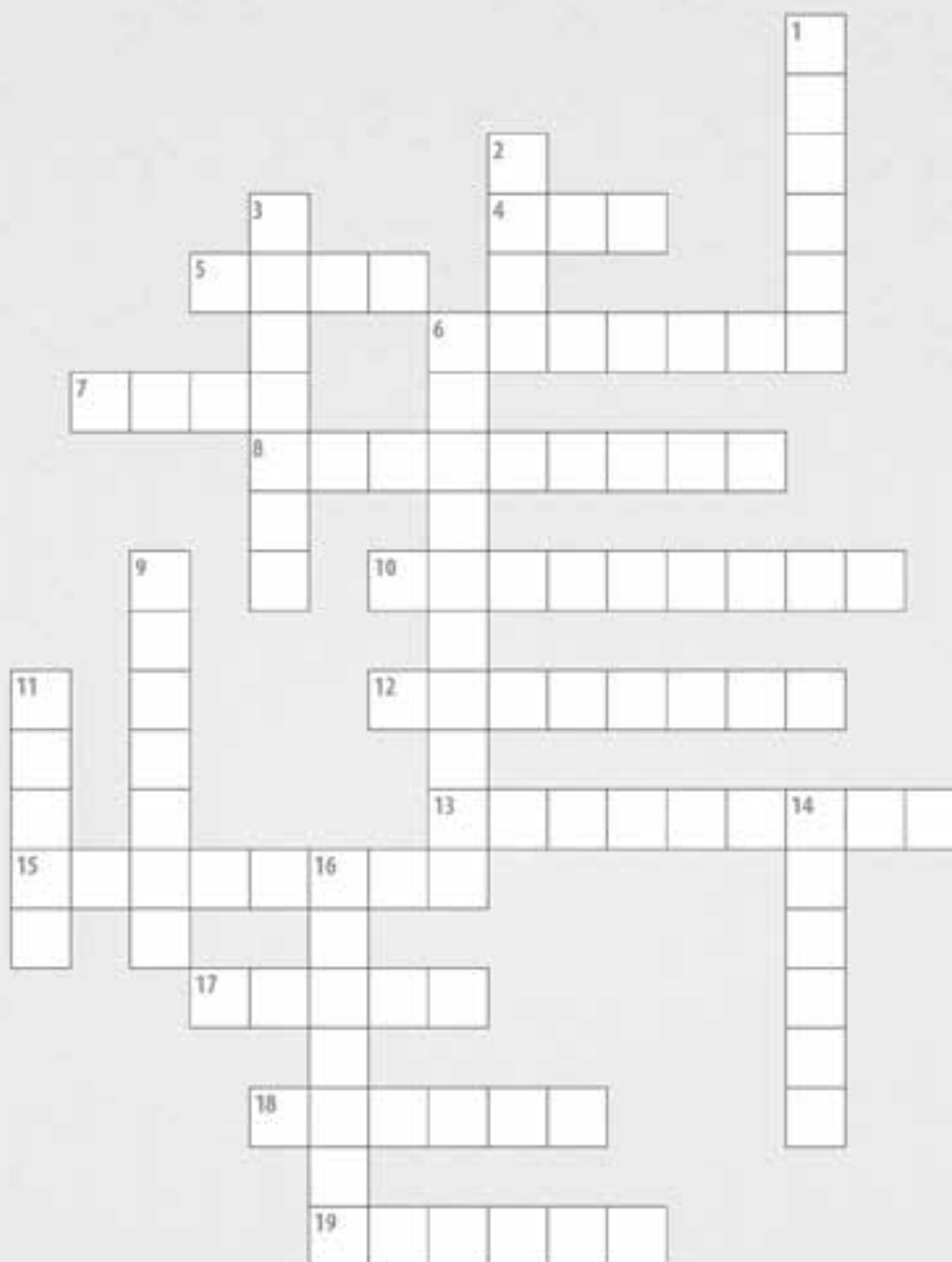
# NAITSA CROSSWORD CONTEST

Visit our website at [naitsa.ca](http://naitsa.ca) or follow us on our social media to discover the answers.

**Submit the complete crossword by Wednesday, October 19** for a chance to win Cineplex movie tickets or Nest gift cards!

## SUBMISSION METHODS:

Stop by our NAITSA office at E-131 or email us your answers with a photo to [jenny.lau@nait.ca](mailto:jenny.lau@nait.ca)



## CLUES

### ACROSS

1. Our student \_\_\_\_\_ is made up of 18 elected representatives from all the different program areas.
2. \_\_\_\_\_ is the name of NAITSA's resident mini version of Flynn, NAIT's therapy dog.
3. On October 17, NAITSA is offering a "How to \_\_\_\_\_" event free for students to learn.
6. We provide and maintain all the \_\_\_\_\_ on campus for student to heat up food.
9. The \_\_\_\_\_ post is our online website for students to trade used textbooks and find roommates.
11. We support and fund over 80 campus \_\_\_\_\_ that can be interest, sports, or program based.
14. Acronym for NAIT Students' Association.
16. On October 24, NAITSA is offering a cooking series that will teach you how to cook \_\_\_\_\_.

### DOWN

4. The name of our campus mascot is called the \_\_\_\_\_.
5. We have a \_\_\_\_\_ Centre that offers food hampers.
6. NAITSA offers free 5 minute \_\_\_\_\_ on Wellness Wednesdays.
7. The \_\_\_\_\_ Taphouse Grill is your campus bar.
8. There are four Student \_\_\_\_\_ Council positions that are elected each year.
10. Join our "\_\_\_\_\_ Initiative Program (V.I.P)" to help others in need.
12. The student \_\_\_\_\_ is a free day planner that also has useful information about your campus.
13. We offer the \_\_\_\_\_ Short Term Loan (ESTL) to students.
15. Health & dental coverage are part of your student \_\_\_\_\_.
17. Acronym for Universal Transit Pass.
18. We provide discounted \_\_\_\_\_ to sporting events, movies and other fun activities.
19. The \_\_\_\_\_ is your student/campus newspaper.



[naitstudiosite](http://naitstudiosite)

[naitsa](http://naitsa)

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become a naitsa student

**EXECUTIVE  
COUNCIL**  
member

# BY ELECTION FOR PRESIDENT

nominations open

**october 13 - october 26 @ 4pm**

The NAITSA Executive Council is comprised of 4 student representatives at NAIT. The President, Vice President Academic, Vice President External & Vice President Student Services.

for more information visit [naitsa.ca/elections](http://naitsa.ca/elections)

 **STUDENT  
ELECTIONS**

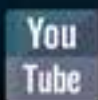
your voice, your vote



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