

THE

NAIT NUGGET

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

FEDS 'PIC' NAIT

\$35 million awarded for new centre, page 2



DECISIONS, DECISIONS

Prospective students check out the program displays on the main floor of the CAT Building. The annual event was held Oct. 14 and 15.

Photo by Po-Jen Hsiao

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NEWS & FEATURES

Know your labour rights



NICOLAS BROWN
Issues Editor
@bruchev

I've heard from a number of close friends this year, telling me tales of terrible working conditions and downright job loss. Sure, things aren't looking too shiny with the economic downturn but students have faced similar problems regardless of boom and bust. But why are students and younger employees faced with what appears to be more frequent workplace issues?

The simple answer is desperation. Everyone knows the old complaint, "can't get a job without experience, can't get experience without a job." Despite very

real alternatives for gaining experience, like volunteering, some employers only consider paid work experience valid. On top of that, many students rely on part-time or summer jobs to cover living expenses or to pay off student loans post-graduation.

This all adds up to the fact that students need jobs. Whether to pay bills or gain experience, we really don't have an option, and that leaves the door open to unscrupulous employers.

Let's ignore the infamous unpaid internship this time – many arguments can be made over the worth, effectiveness and legality of unpaid internships across industries and jurisdictions. Even without unpaid positions, students aren't necessarily getting the best treatment.

By no means am I qualified to outline labour regulations or standards – and I don't suggest that students and other employees rely solely on their own interpretation of the regulations after reading them once. If you have concerns, contact someone. In Alberta, you can address any questions to the Alberta Employment Standards office for information and guidance. However, there are some generic items that

you can watch out for.

The main offence you'll find in shady workplace environments is abuse of overtime hours. Unless you work in a very specific role (and most students don't!), you are entitled to overtime pay, and pay for the hours you do work. Yet there is a frequent expectation for employees to work late, skip breaks and show up for short shifts without the required pay. Many times, employers get away with it because younger employees either aren't aware of what they are entitled to or they aren't willing to risk their jobs to fight for it.

As long as you're working a real job (and not a cash under the table deal), you should be protected and entitled to minimum wage. For those working cash jobs, you have very little protection under legislation. However, outside of the minimum wage, students and young workers are often legally exploited in a different way – chronic undervaluation.

See those jobs advertised in online job boards? If you're lucky, they have a salary range posted, so you at least have an idea of what they'll pay – unfortunately

for you, as a student or new grad, dimes to dollars you'll be getting that number on the low-end of the range (or even less!). Not all companies post a position's salary range, though, and for those positions, you can expect a significant gap between what you are offered and what your experienced competitor is offered.

Sure, this could mean you have a cost-advantage for being hired. Lots of people also consider it to be "paying your dues" during school or after graduation. Yet, along with the phenomenon of three to five years experience required for entry-level positions, pay gaps can increase significantly when a student or new graduate is considered.

The only real way to combat this is to be aware of your rights and confident in your worth. No, we're not worth \$70,000 a year right out of school but we certainly shouldn't be expected to take what I call the "pity wage" as students. It will take some growing pains – like I said, students need jobs – but if it means the difference between long hours for little pay and getting paid for your actual work, I think the choice is obvious.

Applied research gets boost

By NICOLAS BROWN
Issues Editor
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The NAIT campus is slated to get a little bigger once again. Hot on the heels of the institution's new Centre for Applied Technologies (CAT), the proposal for its Productivity and Innovation Centre (or PIC) got a kick start with the announcement of \$34.98 million in funding from the federal government.

The funding is part of the federal government's new Post-Secondary Institutions Strategic Investment Fund (SIF), which has allocated up to \$2 billion to support post-secondary institutions, enhance research and training infrastructure and generate local economic activity. The SIF is intended to provide funding for up to 50 per cent of eligible costs for qualifying projects from institutions.

The proposed centre had to fit into at least one category under the SIF program – improve the scale or quality of facilities for research and innovation, including spaces for the commercialization of research, 'improve the scale or quality of facilities for specialized training at colleges focused on industry needs and improve the environmental sustainability of research, innova-

tion-related and training infrastructure at post-secondary institutions.

The new Centre is positioned well to tick-off most of those needs, far beyond the one category requirement. According to Mave Dhariwal, director of NAIT's Shell Manufacturing Centre, the Centre will have three focuses: Leadership development, staff development and systems technology adoption.

"First, we will help organizations develop exceptionally good leadership that is very supportive of their staff. We will help companies develop principle-centred leadership – leadership that leads by example ...," explained Dhariwal.

"Second, we will help business and industry develop their staff. When we are talking about developing staff, we develop staff in all major areas ... which could range from project management to ... mechatronics.

Third, we will encourage organizations to adopt new innovative technology. The technology adoption area will include

innovative applied research, prototype development and acceleration and commercialization of new technology."

Currently, some of these services are already offered in various locations around NAIT. The new Centre will allow these services to be co-located and expanded in pursuit of the Centre's mission statement – to help organizations become globally competitive.

"The Productivity and Innovation Centre will be a great addition to NAIT. I am proud to be a part of a government that supports the creation of innovative learning spaces like this and I look forward to seeing the great

things that are achieved once the Centre is open," said Amarjeet Sohi, minister of Infrastructure and Communities and MP for Edmonton Millwoods, in an e-mailed statement.

"The Northern Alberta Institute of Technology is one of our city's great post-secondary institutions. Thousands of stu-

dents every year are enriched by the diverse offerings at the school and our city is better for having these students and the associated faculty as residents."

The new PIC building will serve as an expansion for the current Shell Manufacturing Centre, while also centralizing applied research functions from across NAIT in one facility, comprised of two wings. Industry professionals, NAIT researchers and student capstone teams will all be able to utilize the facility in some form once it opens, with access to applied research labs, break out rooms and various specialty facilities.

"This funding was crucial [for the Centre], because it's almost \$39 million in federal funding. The overall project will cost around \$80 million and NAIT is going to make up the difference. This is a substantial project and this Centre will be one of the only Centres of its kind world-wide, where we have productivity enhancement and innovation in the same space," said Dhariwal.

The Shell Manufacturing Centre currently occupies B-Building, the second oldest building on campus and serves over 550 managers and staff from 50-60 organizations per year.





Photo by Jenny Lau

FRESHLY MINTED

The NAIT Students' Association newly elected senators get together Wednesday night before their regular meeting. They are, left to right, Juan Hidalgo, Rebekah Perozok, Rueben Wilson, Daniel Inkpen, Tristan Moon-Keca, Dean Maidens, Anna Borodyuk, Linda Long, Cassandra Henderson, Donovan Germain, Dean Mah, Taylor Oliwa, Maureen Bosire and Taariq Kudoos. The Senate is the "governing body" of NAITSA and is responsible for the bylaws, the approval of the annual operating and capital budgets and general governance outside the purview of the Executive Council. It is comprised of elected students representing program areas across NAIT.

ALUMNI CORNER – PREPARING FOR TOMORROW

Follow your dreams

By NAHREMAN ISSA

"In one year's time, half of you will not be in the industry."

That's how I was introduced to the Radio & Television program in 2007.

Nine years later and I'm still in TV.

I joined the RTA program in the fall of 2007. I was 24, so not some fresh faced kid out of high school. Having spent five years working at a law firm, I was excited to be going back to school. In high school, I wanted to either be a lawyer or a sports reporter. But after getting a gig at a law firm working the front desk, I realized law wasn't for me. I wanted to be reporting people in the news, not defending or prosecuting them.

Fast forward to the fall of 2007 ... one of our teachers was letting us know early on that this career path isn't for everyone. I loved that he wasn't sugar-coating anything. Having spent many years in TV, he realized just how hard it was to break into a bigger market or have to put in the work in a smaller market.

And I'm so grateful for that.

Working in media is not for the faint of heart. It's not for the weak and it's not for the lazy.

You move away from home, you work long hours, you constantly fight against the clock, get vilified by some ... and all of this, at first, for peanuts.

But I wouldn't trade it for anything. You just know when you're destined for something.

I started working at CTV Edmonton after just my first year of schooling. My teacher referred me for a news writing position.

She picked me. How amazing was that, I thought.

That changed my life ... I started working at CTV in 2008. Talk about hands on learning. I was taught things I hadn't yet learned in school, so heading back for third semester was so much easier when it came to writing stories.

From there, I wrote for newscasts and their website. I produced smaller news segments and eventually helped launch the morning show, *CTV Morning Live*.

But I always wanted to be on camera, reporting and anchoring. Writing was fun but that wasn't the goal.

So along came an opening for a weekend anchor/weekday reporter at Newcap Television in Lloydminster.

I sent the news director a demo of my reporting but I had nothing for anchoring. So I drove to Lloydminster and did a read for her live. Yep, I drove four hours total, just to read for 15 minutes. I wanted this job, and I didn't care.

I went, read for 15 minutes and met with

her for almost two hours afterwards. The next day, she called me and offered me the job.

Remember, this job is not for the lazy!

Just like that, I was headed down Highway 16, looking to start my new life in the Border City. From there, I moved up the ranks quite quickly, eventually becoming the senior news anchor. I worked out a deal where I would anchor the main newscast but also anchor late night sports. I gave myself more work to do and gave up my nights but it was something I wanted to do to get into sports. Eventually a full time sports gig opened up there and I got it.

I sent a demo of my work to the sports director at CTV Edmonton asking for constructive criticism. He called me back, offering me casual sports shifts anchoring.

Wow, I was one step closer to reaching my goal and this summer, I returned to Edmonton and started working with CTV again. While I'm not a full time reporter or anchor, I have done several positions with them. I am versatile, which in this ever changing industry, is necessary.

I still have so much more to give to this industry and I'm not planning on slowing down.

So to any RTA students reading this (or those in other programs), the path ahead of you is going to be tough, it's going to be rocky and it's going to make you cry. But no matter what, if you're passionate about what you're doing, you will make it.

Next year will mark 10 years since my TV journey began ... and if you're wondering, in a class of 18, as far as I know, only four of us are still kicking around; two on-air personalities, an editor and a cameraman.

Thanks for reading ... now go support local television and newspapers!



Supplied photo

Nahreman Issa



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Letters

We want your views

Is something bugging you about NAIT or the world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

We need to list your real name.

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

New campus gets high marks

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

This September, NAIT's new Crane and Hoisting campus in Spruce Grove opened after a whirlwind of construction. The facility has many benefits over the old Nisku and Souch Campus locations.

All of the classrooms are included at the new campus, whereas before they were split between the Souch Campus and the Nisku location. The 10 developed acres of the 135 available have improved drainage, better surface conditions in the yard for the cranes to move around and LED lot lighting. Steven Gaudet, acting academic chair for the Crane and Hoisting Program, explained that there is much more room for expansion at the Spruce Grove campus. Gaudet noted that land prices were a major draw in selecting Spruce Grove as the new location. NAIT looked at land in

the area of the existing main campus, however because of the new Blatchford development, prices were not as attractive as the site selected in Spruce Grove.

The new campus provides four different types of mobile cranes and three boom trucks for students to hone their skills. These will soon be accompanied by three brand new state-of-the-art simulators designed with five multi-view screens giving students a truly hands on experience. The simulators will have high spec controls identical to their real life counterparts and can take into account deflection and other real world conditions.

The program is highly competitive and has

a tight student to teacher ratio, giving students a unique experience, properly preparing them for the job market. NAIT's Crane and Hoisting

program is the biggest in Northern Alberta and it is continually looking for new pathways to expose students to employers. Currently they offer a one-year boom truck and three-year mobile crane program.

Journeyman Megan Pacholuk recently graduated from the crane and hoisting program. She described becoming a crane operator as a life-long passion. Pacholuk's father is a heavy equipment operator and her brother is also a crane operator. She started with the nursing attendant program at NAIT upon graduating from

high school, but NAIT's reputation as the best technical trainer in Alberta brought her back to attend the crane and hoisting program. She really enjoyed the new campus in Spruce Grove and having everything at one site was a major selling point for her.

There are other benefits as well. The Nisku location had a height restriction because of its proximity to the Edmonton International Airport. The new Spruce Grove location doesn't face those height restrictions, allowing for additional training opportunities.

The instructors "will do anything for you to make sure you succeed," Pacholuk said.

"If it means coming in at 6:30 to help you with math or staying late to show you something on the machine, they're there to make you succeed. They want you to pass. It's not just a job for them, they care about their students," she said.



Volunteers jam (for free) in YEG

By **JOEL BENITEZ**

Want to go to a free concert? Are you involved in your community through volunteering? If so, keep reading. If not, keep reading anyway. NextGen, an initiative created by the City of Edmonton, is hosting a free concert to celebrate volunteerism in YEG called City Jam.

NextGen wants your time, not your money. They want to reward community leaders and builders of Edmonton that give their hearts and time. If you've donated 10-plus hours since August to the end of October, this is your lucky chance to party

for free. With three bands and more entertainment, it's one of the best things you can do for 10 hours of volunteer time.

You might be wondering what NextGen is about. NextGen began in 2005 and is made up of a group of volunteers working to retain and attract the next generation of thought leaders, creators and engaged citizens. Their focus is on the 18-40 demographic and consists of over 50 volunteers working with a variety of projects. One of these projects includes communicating generational needs to the City of Edmonton.

You may have heard of Pecha Kucha Nights? They are an interesting concept originating out of Japan. The idea is that people present on a topic, delivering content with slides at a rate of 20 images for 20 seconds each. The slides flow automatically while the speakers gives their presentation. The event can make for interesting learning. My favourite presentations have been on donairs, graffiti and I can't forget the night ATB CEO Dave Mowat re-launched the idea for lighting up the bridge.

Another event is MEAET. It's a self-

funded micro-funding forum. What's that mean? It means, guests pay for a ticket, they get a dinner and listen to pitches from entrepreneurs and innovators from the community. At the end of the evening a vote is cast and the winner walks away with the money raised from the ticket sales.

The NextGen team wants input from Edmonton's next generation. But they also appreciate all the work volunteers do. If you are, like most students with more time than money and a big heart, this makes for an awesome trade.

ASK THE EDITORS

Why settle for just one opinion?

What is one of the biggest lessons you've learned so far this term that isn't coursework?

...

Danielle Fuechtmann
Editor-in-Chief

Your work speaks volumes about you. Sure, we all have assignments that we struggle with but it's also pretty obvious when people don't care about what they're doing. Depending on your program, your assignments and coursework might be quite visible to your peers (I'm in Visual Communications and most of our assignments are handed in and critiqued in a group setting). Consistently working hard and being reliable is something I watch for in my peers. I know they're the people I want to team up with during my time at NAIT and collaborate with after I graduate.

Brendan Chalifour
Entertainment Editor

Everybody has a story.

When you're running with a full course load and entering classrooms full of students every day, it's hard to build a relationship with everyone, I mean, with all of your studying, assignments, family, friends, and work, it's even hard to keep track of yourself sometimes!

This semester, I met a mature student that has returned to school at the age of 61. Returning to school after being a student, yes, but also returning to school after being a professor as well. Hearing from new people and learning about their life journeys is always a treat!

So, keep in mind, next time you look up into the classroom full of blurry faces, try creating a new connection ... you never know what you'll learn or who you'll meet.

Nicolas Brown
Issues Editor

When you're doing teamwork, regardless of the purpose, talk to your team! Even if you've set up a plan and you all know what parts you're responsible for, communicating throughout the project ensures everyone knows what's going on and where everyone stands. It's the best way to prevent last minute panic when someone couldn't complete their part or a similar emergency pops up.

It's also a great opportunity to support your teammates. Maybe someone's thought of a new idea that could change your project completely or maybe a teammate is having trouble with something in their part. Communicating with your team can make your project not only successful, but also less stressful.

Connor O'Donovan
Sports Editor

I'm currently taking just one course (yes, it is nice) and it's made me realize the importance of studying something that actually interests you. As an Open Studies student, I had the luxury of enrolling in a class that genuinely interests me. I sit in that class with fewer and fewer people each week and watch as the numbers that do show up slowly decline as class proceeds. All of those people paid almost \$700 to sit in that room and, for a lot of them, that money is going down the toilet. If you find yourself on campus less and less as the semester rolls on, maybe you should ask yourself whether or not your studies are really worth your time and money.

OPINION

— Editorial —

Ballot design matters



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

I'll acknowledge right away that as someone studying design, I'm pretty biased on that note. However, if you start to pay closer attention to the world around you – or listen to a couple episodes of the 99 per cent Invisible podcast – you'll start to notice some of the many ways design guides the way we interact with the world.

You've likely heard a little bit about a tiny popularity contest happening on the other side of the 49th parallel. Sarcasm aside, the election is an important event. I made a commitment to myself at the beginning of the term that I wasn't going to write about the American election because I didn't feel it was necessary to add my voice to an already cacophonous roar.

Graphic design and politics

Where am I going with this? Graphic design and politics have a fascinating relationship, from propaganda and communications to ballot design.

Yes, ballot design.

I cherish my voting rights and look forward to lawn signs, early mornings to submit my vote and late night results coverage with popcorn and cocktails. The one thing that makes me nervous every time? Making sure I mark my ballot properly. I'll admit that I'm just a wee bit of a worrier. In Canada, we're actually pretty lucky with our ballot designs.

Unlike many countries, where ballots are designed nationally, in the United States, ballots are designed by local jurisdictions in order to meet each state's individual mandates. Some of these rules are a bit kooky to put it best, such as the New York state's requirement that ballots have a pointing hand at the beginning of column or row containing candidates names.

County officials become designers

The other part of the problem is surprising – these ballots aren't necessarily designed by designers but rather by county officials and outside vendors.

AIGA, the professional association for design, states that some of the factors leading to the wide range of designs include the range of media used for recent ballots (including paper for hand counting, lever machines, punch-card paper for machine counting, optical scan paper for machine counting and electronic ballots), and proprietary voting systems from outside vendors. Plus, ballots need to accommodate national, state, county, and hyper-local content.

Jessie Scanlon points at state election codes as being another issue with American ballot design in an article for *Slate*.

"... state election codes generally were drawn up by people who had no idea how to use graphic design to convey information," he says.

For example, the California Election Code "stipulates the use of specific typefaces, minimum and maximum point sizes and margins and other specifications – but these requirements aren't based on any accepted design principles."

Not a big issue? Deviating from alphabetical order to a randomly chosen alphabet, inconsistent typography choices and illogical use of space leads to user frustration and confusion.

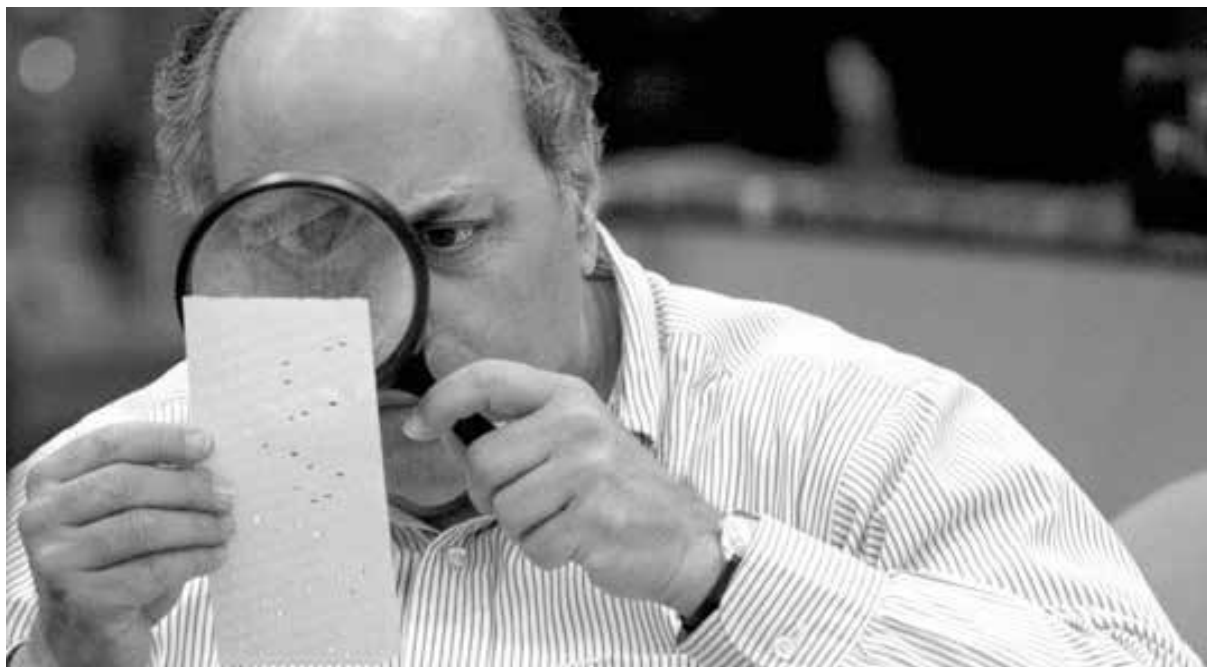
One of the most famous examples of ballot design complicating American election results was the 2000 presidential election between Al Gore and George W. Bush. While we know how it turned out, when voters woke up on Nov. 8, they weren't sure who had won. Florida's polls had reported anomalies and their electoral votes would decide the election.

The problem, explained by the podcast 99 per cent Invisible, was that the "butterfly ballots at the heart of the controversy featured two rows of names set to the left and right of a central spine. Voters cast their votes by punching out holes down the center, which corresponded to their choice of candidate on either side of the spine.

"While the option for George W. Bush was clear (the first hole), the option for Al Gore (the third hole) was not as obvious to voters, many of whom assumed the second name on the left would correspond to the second hole. Moreover, machines counting the votes were unable to read ballots with "hanging chads," a byproduct of incompletely-punched holes."

While there were other issues that contributed to the Florida election being unfair, the design flaws of the butterfly ballot made a significant impact. Many Democrat voters discovered that due to the confusing placement of the holes, they may have erroneously punched a vote for Patrick Buchanan, the conservative Reform Party candidate.

Ballot design: pretty important after all.



Badly designed ballots can be difficult to read.

US News

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SPORTS

Baseball's random ways



By **MICHAEL MENZIES**
Assistant Sports Editor

The baseball playoffs are largely random. Well, sports in general I suppose is random, too. In fact, all of life could be summed up as random as well. But putting aside existential ideas, it is true. The MLB postseason is as random as it gets as far as sports goes. Top flight basketball teams can routinely win 72 per cent of their regular season games and win the championship. In the MLB, no team has won 72 per cent of its games since the Second World War. It's hard to win 72 per cent of your 162 baseball games. Teams go wild if they can muster a winning percentage of around 60. That's roughly 97 games – and only one team this year surpassed it (Chicago Cubs).

Yet tied for second in win percentage for the season was the Texas Rangers, a team that won the pennant early. Last year as well, due to the ruthless playoff format, the 98-win Pittsburgh Pirates were forced to play the 97-win Chicago Cubs in the wild card game. Even though they were top four in baseball when it came to wins, they were second and third in their division. Unfortunately, the Pir-

ates were sent home early after a fantastic season. One hundred and sixty-two games over in one single winner-takes-all contest.

The Texas Rangers are a similar story. The only thing they did wrong this year was get a little cold at the wrong time and even then, they ran into a Jays lineup which looked possessed for runs. It seems in baseball, more than the other professional sports, that the best teams do not win the championships and all 32 franchises are slaves to randomness.

This could sound strange, because like I said earlier, all sports in essence are random. But in the NHL more than half the league makes the playoffs and, even then, it is always a best-of-seven where you can have much more say in the outcome. Basketball is the friendliest to its great teams as far as titles go, and the NFL, which has 37.5 per cent of its teams make the playoffs, is a little kinder by nature to its great teams with home field advantage and a bye. The MLB doesn't mind randomness at all, despite its culture and attitude to always protect the sanctity of the game.

The fact is, the numbers support this idea. A study by the Harvard Sports Analysts Collective confirmed this in their findings in 2013. They even went so far as to say: "If you chose the eight best regular season teams or even eight of the top 10 because you require four from each league and then just asked each team to draw straws to determine the World Series, the average winning team would be better determined than by the current system. Only three times has the best team from the regular season ended up winning the World Series."

That is positively astounding! You would have better



Davis Enterprise

San Francisco Giants pitcher Madison Bumgarner holds the 2014 World Series trophy

odds drawing straws then playing it out – even if you were the best team in baseball for the first 162 games. If only we could play the games on a computer instead, then our friends down south would have a more accurate pastime on their hands.

Mics a live issue for Eskimos



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

In case you missed it, the Eskimos officially made the playoffs on the weekend. They didn't even have to win a game, in fact it was their bye week but losses by both the Toronto Argonauts and Montreal Alouettes ensured that they'll at least have a crossover postseason position in the East (if the fourth-place team in one division has a better regular season record than the third-place team in the opposing division they can qualify for the playoffs in the

third-place team's place).

The playoff berth gained this week serves as a nice bit of news for a team stained with a bit of a scandal in the previous. (I'm calling it Microgate.)

Earlier this season, TSN debuted a "groundbreaking" new feature for their CFL broadcasts, slapping microphones on players and coaches in-game in an attempt to deliver a more immersive experience to their viewers. After first introducing the mics in a single game in August, TSN and the CFL decided to mic up three games on Thanksgiving weekend and, for the most part, the promotion went smoothly. Between commentary from play-by-play and colour announcers, fans were treated to unique audio of coaching calls, quarterback commands and opponents' banter. Eskimo head coach Jason Maas and quarterback Mike Reilly, however, refused to wear their microphones and the defiant decision resulted in \$20,000 fines for the Eskimos and \$15,000 for Maas personally, kicking off a debate over whether the league was

right to deliver such penalties.

Maas and the Eskimos have remained mum on the incident since the fine, though after the game on Thanksgiving day he was quoted as saying, "they can't hold a gun to our head to make you do it so we just decided not to do it."

In a statement released last week, CFL commissioner Jeffrey Orridge announced and defended his decision to fine Maas. "Should Maas again be directed to wear a live microphone again and again he refuses," Orridge warned, "he will be immediately subjected to the maximum fine allowable and he will be suspended for his team's next game, even if that next game is a playoff or championship game."

So it looks like they can draw that gun, coach and they should.

Professional sports leagues, like the CFL, depend heavily on television networks, like TSN, both for income and promotion. The networks depend on ratings for their own income. CFL television ratings are actually

up this year over last but had been on the decline for a few years prior, and, with media competition for Canadians' attention growing greater by the minute, it seems natural that the league should be dynamic with the coverage and entertainment they offer.

I've heard mixed feedback about the live-mic feature from fans but that's beside the point. Not every broadcast presentation feature can be successful (RIP Fox glow puck). The live-mic broadcasts were developed by the CFL to keep its product fresh, exciting and relevant. Micing the quarterback and coach was a policy doomed to some push back from the start in a sport that gives the secrecy of its strategies such high importance. Nobody else had a problem with it, though, including Wally Buono, who happens to be the CFL's all-time winningest coach.

Jason Maas should have followed Buono and the rest of his counterparts' lead and supported the CFL's ambitions because ultimately, it isn't just his own job that he's putting on the line.

Keeping Score

Special showdowns

What is the best rivalry in the NHL?



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

I'm going to go with an absolute classic of a rivalry that is still alive today, the Toronto Maple Leafs versus the Montreal Canadiens.

The battle of the 401 has to be the oldest in hockey, in fact, it's about to turn 100. It can even be argued that this historic duel has roots stretching back centuries, far beyond the Leafs' and Habs' first NHL final matchup in 1918.

Ever since Jimmy Wolfe drove the metaphorical and literal musket through the heart of Louis Montcalm on the Plains of Abraham in 1759, there's been a bit of tension between Canadian Anglo and Francophones. Referendums aside, competition between the Leafs and Habs has long been Canada's nationally-syndicated manifestation symbolizing the, let's say, differing views amongst Canada's multi-ethnic forefathers.

Fast-forward from that first NHL final to 2016 and we have a rivalry that's lasted through two world wars, a flu epidemic, three lockouts and one strike. (Interesting fact: before 1927, the Stanley Cup was competed for by the top teams in the NHL and the Pacific Coast Hockey Association. Toronto, whose

team was nicknamed the Blueshirts at the time, beat Montreal and then defeated the PCHA's Vancouver Millionaires to become the first ever NHL team to hoist Lord Stanley's bowl.) They've faced each other 15 times in the playoffs, five times in the Stanley Cup Finals and faced off a grand total of 803 times. Some of the game's greatest players have participated. Names like Maurice Richard, Jean Beliveau, Guy Lafleur and Patrick Roy have adorned the backs of Montreal jerseys, while stars like Dave Keon, Tim Horton, Wendel Clark and Mats Sundin have dazzled in blue.

It can be argued that the intensity of this rivalry has fizzled since the early days. In its defence, Toronto had most of Western Canada supporting it until the '70s but make no mistake, the rivalry's legendary history is rooted in the imaginations of hockey fans everywhere.

Each matchup between the teams still garners league-wide attention. The two teams are, without a doubt, two of the most popular in hockey and, although a 2012 *Maclean's* poll ranked the Habs as Canada's favourite team and the Leafs as its most hated, the fact remains that everyone has an opinion on these two squads.

This rivalry consistently transcends the success and skill levels of the teams involved and it's poised for another golden era with Toronto's addition of Auston Matthews and Carey Price's rise to the top of the goaltending stratosphere.

It's the reason young French children dread receiving a Maple Leafs sweater in the mail – the Leafs-Habs rivalry is the ultimate hockey matchup.



By **MICHAEL MENZIES**
Assistant Sports Editor

The Los Angeles Kings and San Jose Sharks are the best rivalry in the NHL today. California since the swing of the 2010's has been the meat grinder state as far as hockey teams are concerned. Los Angeles, San Jose, and the Anaheim Ducks all put fear into their opposition, who often roll through these cities on a compacted road trip, with little rest and plenty of bruises. These three teams are known for their heavy brand of hockey. Tough checking, top possession numbers and structured systems all explain why nobody in the league has wanted to play these hockey teams for these past few seasons.

But the last few years we've seen the Sharks (often playoff allergic) and the Kings (playoff warriors) battle in tough, beautiful hockey games, which has been a spring treat for us all to watch – not only because they share very similar geography but because their teams are so darn good.

Look no further than Edmonton and Calgary, the best rivalry in the NHL 25 years ago. It used to be roller derby on ice when these two Goli-

aths met but now the rivalry is largely manufactured and doesn't compare to the new bubbling rivalries anymore.

Six division games a season plus the now often playoff matchups make the Kings-Sharks a constantly interesting matchup. Last season, the Sharks finally seemed to figure out the postseason Kings puzzle and, after years of playoff disappointment, went on to the Stanley Cup Final.

The culmination of this rivalry two seasons ago, when the Kings did the impossible and came back from 0-3 down, was one of the great hockey moments in years. Weeks later, the Kings were hoisting the Cup over their heads, while the Sharks were playing golf, disappointed and angry.

This rivalry is the best because it features some of the best players in the game today, playing the most competitive hockey of their lives. Anze Kopitar versus Joe Thornton as premier centremen. Jeff Carter versus Joe Pavelski. Drew Doughty versus Brent Burns. Martin Jones, formerly the Kings backup, now is the Sharks goaltender, which adds another element of hate.

The NHL knows this rivalry is tops because on the season's puck drop, on the flagship NBC Rivalry Night Season Opener, the Kings battled the Sharks. The league is thrilled because finally, it seems the NHL has a non-traditional rivalry to cling its hopes to. Unless of course, Sid (Sidney Crosby) and Ovie Alexander Ovechkin) have 120 points and meet in their division again.



www.youtube.com



Gamblers Palace

MEN'S VOLLEYBALL

A 'big, tall, young' team

By MICHAEL MENZIES

There is optimism in the air as the men's volleyball season kicks off Friday for the Oaks against Concordia. Coach Doug Anton's roster of 12 players has nine first years ready to make an impact.

"We're only getting three veterans back from last year and only one was a starter," Anton said.

Anton also brought up the height factor for his Oaks, as the past couple seasons, NAIT has been the tallest team in the North Division.

"We have a big, tall, young group, though, with great potential," he said.

Passing for any team, especially a young one, is something which takes time and practice. The Oaks hope their only returning starter, libero Isaiah Stime, will be the anchor on the back end that they need to succeed in the division.

"He is much better physically and he was good last season," said Anton. Ball control will be a key factor this year.

The main reason for optimism are the Aussies. Hamish Hazelden, Simon Coat and Mitch Lewington, three Australian newcomers who trained at the Australian Institute of Sport, all look to provide versatility and skill this season. Lewington will likely be the starting setter Friday and has the potential to put the ACAC on notice. His hands are quick and effortless and



Hamish Hazelden

his ability to push the ball to the right location seems natural. Hazelden and Coat have impressed, too, as Coat looks to be able to pass the ball consistently and Hazelden's hulking six-foot-nine-inch frame is tough to hit around.

The veteran, a third year, is Oliver McSwain, who coach Anton praises.

"He'll be an impact player for us this year and provide key leadership," he said.

"In fact, I think Oliver is the best player I've seen from the far north in the last 15 years." As the team's longest serving member, he'll look to take a leadership role this season.



Simon Coat

With any young team, especially one that hasn't played together very long, there will be bumps along the way. "We could have some early-season lessons to learn," the coach concluded. "But we certainly have promise. We'll be better as the season goes on."

As long as that remains the case, there should be no reason why NAIT couldn't qualify for the postseason again. Especially in a division where you only need to be top four of seven to make it to Provincials in February.

Several teams are in the same spot as NAIT as far as youth is concerned. Grande



Mitch Lewington

Prairie and Augustana will lean heavily on their first and second years, while Concordia and Lakeland have been terribly inconsistent for the past few seasons. Expect Keyano, who won in their opener against another young, but talented King's University squad, to be one of the playoff teams this February.

The ACAC's North Division will be fun and competitive throughout the season, and it all kicks off Friday night at 9 p.m. for the Oaks against Concordia. A great early season test against a team they should beat.

— With files from NAIT Athletics online

Athletes of the week

October 10-16

Livia Lucova
Womens hockey



The NAIT Oaks women's hockey team remained unbeaten after a two-game sweep of the SAIT Trojans this past weekend. Livia was instrumental in the Oaks' 5-4 win Friday night in Calgary as she scored the opening goal just 27 seconds into the contest. The following day, the Oaks defeated the Trojans at NAIT arena 3-1, with Livia scoring two of NAIT's goals, giving her three goals on the weekend. "Livia is buying in to being an Oak," said NAIT head coach Deanna Martin. "She has been a standout practice player, with purpose and compete." Livia is a third-year Open Studies student from Bardejov, Slovakia.

Tanner Dunkle
Mens hockey



What a weekend it was for Tanner and the NAIT Oaks men's hockey team. Friday at NAIT arena, Tanner had two second-period goals to pace the Oaks to a 3-1 win on home ice over the SAIT Trojans. Saturday saw the two teams play again, this time in Calgary. Tanner had a hat trick, scoring a goal in each period as the Oaks took the contest 4-3 in double overtime. "Tanner is a versatile forward that plays with energy and physicality," said head coach Tim Fragle. "He goes to the tough areas to score and possesses an excellent shot." Tanner is a third-year Civil Engineering student from Red Deer.

Player profile



Player: Torey Hill
Sport: Womens basketball
Program: Bachelor of Technology

By MIA SIMON

1. What made you start playing basketball? I loved every sport and play all kinds of sports. Basketball was just one that I truly liked.

2. What is something people don't know about you? I am deathly afraid of clowns and birds.

3. What three things can you not live without? My family, Netflix and candy.

4. What is your favourite movie? All the old batman movies.

5. What type of music do you enjoy? Dance/electronic and hip-hop/pop

6. What are your hobbies in your spare time? Napping and baking.

7. What is your dream oasis? Somewhere warm and private, where there are

free drinks and food that is never ending.

8. Who is your childhood idol? Larry Bird.

9. Which sports do you like to play besides basketball? Soccer and football.

10. Do you have a pre-game meal? No pre-game meal. I love food and will eat anything.

11. Who inspires you the most? My sister, she means the world to me.

12. What is the best advice you've been given so far? It's not who you are underneath but what you do that defines who you are.

13. What do you want to say to your team? My teammates are amazingly "RELENTLESS." Shout out to Todd, I may not be able to say the word but I can spell it.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO

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

WHEN

Wednesdays, Sept 6, 2016-April 12, 2017 | 6:30pm-8:00pm
Fridays, Sept 8, 2016-April 7, 2017 | 2:00pm-4:00pm
Thursdays, Sept 8-Dec 1, 2016 | 5:00pm-10:00pm
Fridays, Sept 9-Dec 16, 2016 | 4:30pm-8:45pm
Thursdays, Sept 8-Nov 17, 2016 | 2:30pm-3:30pm
Mon & Thurs, Sept 12-Dec 15, 2016 | 5:00pm-10:00pm
Tuesdays, Sept 13-Dec 6, 2016 | 4:30pm-6:00pm
Mondays, Sept 12-Dec 19, 2016 | 4:45pm-6:00pm
Mondays, Sept 19-Dec 19, 2016 | 5:00pm-7:45pm
Thursdays, Jan 5-April 13, 2017 | 5:00pm-10:00pm
Fridays, Oct 7-Dec 16, 2016 | 10:00am-12:00pm

WHERE

Stanley A. Milner Library
Stanley A. Milner Library
Room X-213
CAT 140
CAT 302C
Nexen Theatre
CAT 213
Room X-203
Shaw Theatre
CAT 191
Room 309D

UPCOMING CLUB EVENTS

WHO

DAT2017
ICON
Super Smash Bros
Exercise is Medicine

WHAT

Chocolate Sale
Finance Movie Night ft: The Big Short
Halloween Tournament
Haunted House of Health

WHEN

Oct 3-Oct 31, 2016 | All Day
Oct 21, 2016 | 5:30pm-7:45pm
Oct 29, 2016 | 10:00am-11:00pm
Oct 31, 2016 | 12:5pm-1:15pm

WHERE

NAIT
Shaw Theatre
CAT Theatre
J-wing Ramp

CAMPUS CLUBS NEWS

WHO

Grant Intake #2

WHEN

November 7, 2016 | 5:00pm

WHERE

OrgSync



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Check out the Clubs Website for other
upcoming Important Clubs Dates

ENTERTAINMENT

Take control of your life



BRENDAN CHALIFOUR
Entertainment Editor

Over the last five years, I have worked on a number of projects and initiatives for mental health awareness and acceptance. My work with Alberta Health Services has trained me for all kinds of circumstances, including working with people who are suffering from abuse, depression and showing suicidal behaviour. Through my work, I have been asked countless times how I manage to be so cheerful and happy “all the time,” as they put it. When I was first asked this question a few years

ago, I was caught off guard. Nowadays though, I am used to it. First of all, when people include “all the time” in their question, it makes me feel inauthentic. I start off by telling them that I am not happy all the time. Even though I appear to lead a life of confidence and optimism, it goes without

saying that I have bad days, too. Happiness isn’t something I am given or can buy, it is a lifestyle, a conscious choice I make every day when I wake up in the morning.

Nonetheless, I’d like to take this opportunity to share with you two easy choices you can make, that may result in a happier you.

Be kind

This is a great one to live by. Kindness of any form will enhance that person’s life and your own. There is no measurement of kindness. Anything, no matter how small, will make an impact. Every encounter you have with a person is an opportunity to show compassion and courtesy.

Challenge yourself: For an entire day, try to meet each moment with kindness. Say good morning, hold the door open, offer a lost person directions even though you are in a rush, offer someone your seat on a bus, bring your instructor coffee.

Take risks

I have found that most people’s first response to anything, is “no.” It’s not

usually because people are closed-minded or lazy, it’s simply because “no” is the easier answer – “no because x, y and z.” On the other hand, “yes” requires more work and more thought. I find myself routinely saying “yes” to more opportunities and experiences, even though I may be stepping out of my comfort zone. Saying “yes” to something unknown or unpredictable is more work and risky, however, the outcomes are usually far more memorable and meaningful. I am sure that you will not regret saying “yes” or taking a risk, nearly as much as you will regret all the times you said “no” and missed an opportunity.

Challenge yourself: Next time a new opportunity finds its way to your doorstep, have faith that you have been presented this choice for a reason, and find a way to say “yes, because a, b, and c.”

Try taking a step back from life, from all that is expected and demanded of you and think about what you need to start demanding from yourself. Become the CEO of your life.



Gidy

WEEKLY SPECIALS

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

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OILERS GAME TIME FEATURE

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By JOEL BENITEZ

Yass, the powers that be let me write this piece again. This week's shuffle has deep roots in hip hop and requires you to raise the bass.

I - Kendrick Lamar – All about Lamar's struggle coming up and knocking out all obstacles. Listen to it, live it. You got this, we got this and remember, love yourself.

Evil Twin - Krrum – I think this is about being with that one person that understands you. But who cares. This is a sick beat and killer vocals. Turn it up.

That's Life - Frank Sinatra – Alright, you bombed that paper, that guy never called back and you might be failing intro to Financial Accounting. That's OK, pick yourself up and get back in there. It's all perspective. That's Life.

Silk Sexy - Jessie J – Heard this recently at a burlesque show and, hot damn, could not be more fitting. If you're home with your plus one and need to something hot to play for that Cialis moment. Here you go, you're welcome.

BLKKK SKKKN HEAD - Kanye West – Certainly created to stir up conversation with a lot of creative thought pouring into this artfully crafted video. It starts with accelerated drumming, before moving onto heavy breathing and an aboriginal background chant. Really cool and provocative.

I FINK U FREEKY - DIE ANT-WOORD – The previous Kanye song is what reminded me of this. These guys are out of South Africa. They definitely have their own style, and a broad range. Check them out.

Sweatpants ft. Problem - Childish Gambino – You've been killin' it on your assignment and exams. This won't keep your ego in check. Who cares, no need to be modest when you're working hard on you.

Perfect Circle Homework Edit - Nujabes – Pure instrumentals no vocals to distract. You'll be done writing that business paper or calculating how much weight a bridge can support before you notice it.



TFS Lifestyle



CLP Nation



YouTube

American Boy - Estelle – Look to your left, look to your right. Anybody there? No/yes? Dance anyways. Get up, and feel this song work it's way though you and move them hips.

Where Is My Mind - The Pixies – Losing your shit with school, work, girlfriend/boyfriend, volunteering, and still being a good human? A story about swimming with fishies will help you chill and dream for a bit.

Pure unforgettable – again

By OLIVIA ADAMS

Every October, Edmonton based promoter Boodang hosts an electric event called Pure. Known as, "the white clothing party," 5,000-plus electronic dance music lovers gather to see the world's top DJs perform. This is the seventh year that Pure has been hosted at the Shaw Conference Centre and

this was my fourth year in a row attending. It's always fun to have my group of friends get together and dress up in all white clothing. Electronic shows are famous for the interesting outfit choices people make, which is also something cool to get into.

Tickets tend to be on the pricey side, starting at \$80 but you do get over eight

hours of concerts. The doors opened at 9 p.m. this year and ran all the way to 6 a.m.! The venue was split into two stages. The Synergy stage, with trance style electronic music and the Bass stage, with bass style electronic music (obviously!). Cosmic Gate, Dash Berlin, Tritonal and Wildstylez were the four big names on the Synergy stage. Slushii, Brillz, Zomboy and Bad Royle were the four other big names on the Bass stage. Personally, I am more of a trance fan because the style uses repetitive melodic phrases and uses that traditional tension to build up before the beat drops. If you like house style, then you'd like trance style. Cosmic Gate has been around for years and I've seen them perform a number of times. What I liked about their set this time was that they mixed a lot of their older music with the new. Usually it's one or the other with them, so I liked seeing that spectrum. Dash Berlin is quite the performer. From his musical set choices to the light show that played behind him, it did not disappoint. What I like about him is that he takes the time to come off the

stage and interact with the crowd a little bit. You don't get to see that as much at electronic shows as compared to rock shows, for example. I had never seen Tritonal perform and I'm still blown away by their set.

At this point in the early morning, I was exhausted so I went to sit in the bleachers with my friends. Tritonal played all my favourites and even some new music as well! Sitting in the bleachers is a different way to enjoy an EDM show as you get to see the entire stage setup, the light show and the crowd of people dancing. You see a bigger picture and it's more enjoyable than being in the crowd dancing by yourself. During Cosmic Gate and Dash Berlin, I popped over to the Bass stage to check out parts of Slushii's and Zomboy's sets. Both had hard bass, making your face melt, which I can only take in small doses. They were great but this girl likes to keep her cool with her trance. Overall, Pure is one electronic show that I look forward to every year and it's definitely worth checking out at least once. The atmosphere, production and the music all intertwine to bring you an experience you won't forget!



Photo by Olivia Adams

FROM THE KITCHEN

Healthy muffins

By HANA LAVERICK

There are a million things I look forward to each October: Crisp air, crunchy leaves, Halloween, late night jogs, pumpkin spice everything, and of course a whole lot of baking. Like any other baking addict, it is the peaceful moments before the rest of the world is awake that I enjoy my “me time”. Most of the time, being in the kitchen and bringing ingredients back to life are some of my few favorite early morning rituals! I decided since the last recipe I posted was full of sugar and butter, maybe I would give all of the readers a healthier alternative this time especially since we are all probably still digesting from our thanksgiving dinners amirite?!

I had a couple of perfectly ripe frozen bananas in my freezer and some carrots that needed to be used so I thought to myself, “Why not get creative and make carrot banana muffins!” Yum, yum, yum. While searching on my go-to website—Pinterest (everyone’s secret pleasure I am sure)—for a lovely recipe, I stumbled upon “Healthy Carrot Banana Muffins”. I almost always change a few ingredients around because I use what I have in the kitchen, and that gives me the opportunity to get creative. You will really notice that the ripeness of the banana, the moisture from the carrots and the molasses bring the softness of these muffins to the next level! I also added orange zest and juice to the muffin mixture so they are full of flavour and super healthy! One last thing, if you love banana bread and carrot cake you are going to love these carrot banana muffins, so maybe make a double batch, just in case!

Healthy Carrot Banana Orange Muffins**Dry Ingredients**

- 1 cup of quinoa flour
- 1 cup of gluten free rolled oats
- ½ tbsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1½ tsp cinnamon
- 1/3 cup of toasted coconut
- 2 tbsp of poppy seeds

Wet Ingredients

- 2 flax eggs (2 tbsp ground flax meal and 6 tbsp water)
- ½ heaping cup of mashed banana
- ½ tbsp vanilla extract
- ½ cup maple syrup
- ¾ tbsp molasses
- 1 ½ cups of finely grated carrots
- Zest of one orange

Method

1. Preheat oven to 390°F/200°C. Prepare a muffin pan with muffin cups, coconut oil, or nonstick spray.

2. Add ground flax meal and water to a bowl, mix together and leave to thicken up while preparing the rest of the ingredients.

3. In a medium sized bowl, add the quinoa flour and orange zest. Mix thoroughly (this gives the muffins an orange aroma and flavour). Then add the rest of the dry ingredients.

4. When the flax has reached its egg-like consistency, add the rest of the wet ingredients. Make sure the ingredients are well combined.

5. Fold in the dry ingredients to the wet until just combined, do not over-mix the muffin batter.

6. Scoop the batter into the muffin pan using a ¼ cup-measuring cup. Bake for 4 minutes and then turn the oven down to 355°F/180°C. Bake until an inserted toothpick comes out clear. The amount of time your muffins will take depend on your oven – mine took 20 minutes.

7. Remove from oven and let them cool in the pan for 5 minutes before eating them.

Notes

- Replace the quinoa flour and the rolled oats with regular or whole wheat flour (2 cups) if you do not have either.

- Flax meal is used as an egg replacement so if you do not have this you can just use two whole eggs.

- I used toasted coconut but feel free to use any nut of your choice or even opt out of this ingredient.

- Poppy seeds and orange zest are optional as well.



Photo by Hana Laverick

The Style Files



Photo by Erika Acorda

Niño, 19**Business Administration, Finance**

Niño is incredibly funny and energetic, something evident during the interview for this section. With a huge permanent smile on his face, he is easily approachable and incredibly easy to talk to. In his spare time, he likes to play badminton.

Tell me about your outfit today. I’m wearing an olive parka jacket from Jack & Jones with my favourite infinity scarf from American Apparel and I’m also wearing a crew neck underneath the jacket. I’m wearing my khaki jogger pants from Urban Outfitters and my Tim’s from Champs.

How would you describe your style in three words? Comfy, hip-hop street style.

What is your biggest fashion regret? To be honest, I’m not fashionably inclined. When I was younger in junior high, I wore leggings and I didn’t know you can’t wear leggings as a guy! I wore it to school and I was so embarrassed because it was so tight and stuff!

What is the most expensive thing in your closet? Do shoes count? My Tim’s then! It was on sale, I got it for \$120 ‘cause I’m cheap.

What are your closet essentials? 1) Scarves. Right now, I have like 14 different scarves! Blanket scarves, infinity scarves, whatever you wanna call it! 2) I really love cardigans! Those are my closet essentials.

You have five minutes to get ready for school, what do you grab from your closet? I grab sweatpants and a hoodie, that’s it! I’d honestly grab whatever I see first. It doesn’t matter what colour it is, I’ll put it on!

What’s your favourite thing about fashion? I like that you can express yourself in the style that you like and be comfortable to pull it off.

Do you have any fashion tips for our readers? I’m not a fashionista myself but you don’t have to wear expensive clothes to look good. I love thrifting. I love going to Value Village. I love going to Goodwill, I have a lot of my clothes from there. Just be confident, be yourself and express yourself the way you want to express yourself through your clothing!

Thanks so much, Niño! Stay tuned next week to see some stylish people here NAIT!

OCTOBER EVENT LIST

1-2 | CLUBS RETREAT
 3 | HOW TO: BLOG WITH WORDPRESS
 4 | HOW TO: PUBLIC SPEAK
 6 | TOGA MIXER @ NEST
OCT 6-12 | SENATE VOTING PERIOD (ONLINE)
 13 | SALSA NIGHT @ NEST
 17 | HOW TO: POTTERY
 18 | FREE FOOD: EVENING STUDENTS @ HP COMPUTER COM-
 MONS
 20 | MINUTE TO WIN IT @ NEST
 21 | NEST CONCERT
 24 | HOW TO: 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

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 EVENTS LISTED, CHECK OUT **NAITSA.CA**



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Winter

Winter begins
Snow falls
Needle and pins
Snowballs

Cold chills
Grey sky
Warm swills
Sun nullify

Blizzards fall
Thick clothes
Long haul
Wind squalls

— By Clarrissa Toone

Poetry Corner

Winter's Woman By Bernie Bernhardt

Lost between the shades of white
Solace alone keep my comfort tonight
Why hasn't the blood on your knuckles dried?

Were your hands bludgeoned
between a thousand lies?

And how cold, how cold, how cold
have you grown?

Through the freeway exits with your
dress torn and thrown.

When dark falls, your feelings like pine

grew
the blood runs red and wild wolves
surround you.

Now these complications cover my
head

I'd gladly die beneath the covers of
your bed

though we are familiar with this
absence we mend

you still let your jade eyes rip and
rend.

And how heavy, how heavy, how
heavy is your heart?

Did you ever pick up the pieces when
it fell apart?

When dark falls, your feelings like pine
grew

the blood runs red and wild wolves
surround you.

In this black this cold heavy heart
There remains an ember that grows in
the dark.

Are you feeling pressured and stressed?



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Nov. 8, 15, 22 & 29

11:15 to 12:05

To register:

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WE HAVE THE STUDENT SENATE

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Think you've got style?

By ERIKA ACORDA

Style is something that is very transformative for people. It offers the opportunity to express yourself without saying actual words. In a society where first impressions make a difference on how you are perceived, (which shouldn't be the case, but unfortunately is) finding something to wear that describes one's true nature is indelibly daunting.

Being alive for two decades and some odd years has helped me to hone my style. I've had plenty of fashion missteps that have been immortalized by way of photographs or videos but with those unfortunate memories, you gained a plethora of knowledge about how to dress myself better. Here, I share some of my tips to finding a style that most fittingly describes me as an individual.

Find inspiration: Peruse through Pinterest, magazines, Tumblr, Instagram and various websites to find outfits from people who have an aesthetic you admire. If you're noticing that you've saved a lot of images involving red pants, for example, maybe you need to go shopping and try some on in real life to see if that would be a great addition to your closet. Being able to scour through images helps you see what kinds of pieces you're gravitating towards, and will give you an overall idea on how to style these certain pieces.

Missing something?

Accessorizing details: Ever felt like your outfit was missing something? Adding accessories are a great way to alleviate that problem! Accessories also help personalize your outfit and help it stand out amongst others. Some things to think about are the size, shape, colour, finish, material, and textures of your accessory and how it relates to the already existing pieces of your outfit. A question I like to ask myself is "will this piece take away or add to my outfit?"

Have versatile pieces in your closet: When I am contemplating purchasing a clothing item, I imagine it paired with seven different outfits from existing clothing items from my closet. If I can only think of two ways to style it, I don't purchase it. Being able to play this mind game with myself helps me to keep track of clothing I already own and helps me to streamline my closet and fill it with items I love.

The size on the tag is just a suggestion: If you know you wear a certain size in one store and think you would be the same size in another store; eight times out of 10, you're mistaken. Throw any preconceived notions you have about your size and try a range of sizes close to your size in another store to get your desired

fit. Personally, I have to do this when buying pants from different stores because each store manufactures their pieces differently. This tip has saved me money and time because I haven't had to go back to the store again to exchange sizes.

Shop in different departments than what you're used to: Being a five-foot tall woman, I have the great advantage of being able to shop in the kid's department; their pants fit me lengthwise perfectly. I wouldn't have known that if I kept shopping in the women's department. Certain things like basic cotton tees and toques are abundant in the men's department and usually come in better cuts and colours. When I want to get a graphic tee, I usually check

the men's department first as they usually have better prints and, when bought oversized, add a nice edge to an outfit. Being able to be androgynous in your clothing choices helps to separate you from others as it adds an unexpected twist in your style.

Check out your local thrift stores to try a trend: When high-waisted jeans first came into style, I was quick to laugh at the notion of people wearing camel-toe inducing pants. Oh, how naïve I was! I bought a pair of high-waisted mom jeans from the thrift store for \$3.00 and fell in love! If you are hesitant to follow a trend, check the thrift stores for an inexpensive version of that trend and rock it. If you love it, great! If not, you can find a way

to repurpose that item or give it away to someone who might appreciate it.

DIY to personalize your clothes: Speaking of repurposing, adding DIY touches to some of my clothing pieces help set apart my clothes and better suit my style. I've added rips to jeans, chopped sleeves out of shirts, and even changed buttons out of clothes because I didn't like it the way that it was but I saw potential in the clothing piece. If there is a certain clothing item you own that seems like a deviation from your style, try and see if you can DIY an element of it in anyway.

Don't be afraid to wear clothing items a non-conventional way: On Instagram, there is a trend of taking polo shirts and turtlenecks and twisting the sleeves or collars to create an off the shoulder type of shirt. Doing little tweaks like this to your clothes help broaden the horizon in your clothing choices and expand your closet for free. I've worn long skirts as dresses, worn shirts backwards because I liked the neckline better, and tied knots on the bottom of really long shirts to crop it. The possibilities are endless!

Make them last

Take care of your clothing: The tags sewn onto the inside of your clothing are not just fun diagrams to look at; they are there to help you prolong the longevity of your clothing. Paying attention to how an item should be washed saves you money (and heartbreak). I can't tell you how many times I've shrunk a favourite sweater. Also, protecting and cleaning your shoes isn't a bad idea. I've been able to keep salt off my boots because I took the time to protect it, and I've been able to wear them for many seasons without any damage. If you take the added step in maintaining your clothes, you can make those pieces that you've spent your hard earned cash on last a little longer.

Don't let the clothes wear you: I remember reading in a magazine that because I was short, I shouldn't wear maxi dresses. I love maxi dresses though, so I just did me and didn't bother paying attention to that. It's a different story all together for women though. I say put all those rules aside and wear whatever kind of clothing you like! The most important tip I can leave with you is to be confident in whatever you wear. The lack of this vital element is the only thing keeping you from having an awesome outfit. You do you, boo boo!

Good luck in your foray into future stylish outfits! Remember – have fun, be confident and be courageous in your fashion choices!



By Reese Blutstein



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*THE CONTEST IS OPEN TO ALL CURRENT NAT 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 BY BEING AT THE NEST TAPHOUSE GRILL DURING AN EDMONTON OILER GAME FOR ONE VERIFICATION (DAILY ENTRY). SUBMIT YOUR ENTRY FORM ONLINE AT NESTTAPHOUSEGRILL.COM WITH YOUR NAME, THE NEST TAPHOUSE GRILL RECEIPT/CHECK NUMBER AND EMAIL. A VALID NAT STUDENT ID WILL BE REQUIRED TO CLAIM PRIZE.



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by the pool



Special edition this month

By CLARRISSA TOONE

I do not know about you, but I am excited about Skyrim's special edition release that's expected the Oct. 28. For those that do not know, Bethesda, the developer and publisher is releasing a special edition for the fifth installment of the *Elder Scroll* series. It will have updated graphics and compatibility with the newer systems that have popped up since the original 2011 release date like the Xbox One and PlayStation 4. For those unfamiliar with Skyrim, it is an open world RPG game. It is an M-rated, open-world, role-playing game that supports nine different languages, including English. Skyrim lets you make your own choices

There are many unique and creative quests, including one that starts as a drinking contest.

Bethesda is also the creator of the *Fallout* franchise and *Dishonored* franchise, so if you have played any other game by them, you may like Skyrim.

For PC gamers, it is essentially an upgrade in effects and graphics and an expansion of the story. Console players on top of the upgrades will finally be able to add and use mods for their gameplay, giving them the same adaptable and expandable story PC player has.

If you own Skyrim and all its DLC on steam or the *Legendary Edition*, on Oct. 28 you will receive a special edition for free. Before you con-



sole owners get too excited, though, it is only for PCs, which seems unfair but the trade off is that console players can now mod and play on the newer platforms. There is a hefty price tag attached for the new edition at \$59.99. So if you don't have the money or find that to be an absurd amount and can still live with the Skyrim edition you do have, wait for sales or Boxing Day. By that time, people will have developed a strong opinion on it and will have decided whether it lives up to the hype.

PC system requirements for Special Edition:

Minimum:

- OS: Windows 7/8.1/10 (64-bit Version)
- Processor: Intel i5-750/AMD Phenom II X4-945
- Memory: 8 GB RAM
- Graphics: NVIDIA GTX 470 1GB / AMD HD 7870 2GB

Recommended:

- OS: Windows 7/8.1/10 (64-bit

Version)

- Processor: Intel i5-2400/AMD FX-8320
- Memory: 8 GB RAM
- Graphics: NVIDIA GTX 780 3GB / AMD R9 290 4GB

- Storage: 12 GB available space
- For console user's the system requirements are:

PS4:

- 20 GB

Xbox One

- 17 GB

Note 7 has Samsung reeling

By OLIVIA ADAMS

If you have a Galaxy Note 7, turn it off now and go right to your mobility provider! Unless you live under a rock, you are probably already aware that Samsung is recalling all Galaxy Note 7 smartphones (even the replacements) as the phones are heating up and catching fire! As an encouragement to have people turn in their phones, Samsung is offering a \$100 credit at "carrier and retail outlets" that started last Thursday (Oct. 13). The offer comes after Samsung and the US Consumer Product Safety Commission once again issued a recall for the Galaxy Note 7 – including the replacement units. Two days earlier, Samsung confirmed that it had killed off the Note 7 and warned consumers to power down and turn in their phones.

In early September, Samsung recalled its new Galaxy Note 7 smartphone after reports of overheating and even exploding. The company said it "conducted a thorough investigation and found a battery cell issue."

The new Note 7s that replaced these malfunctioning ones were said not to have this battery issue but here we are again. According to cnet.com, "The second recall marks the latest chapter in the nightmare saga that is the exploding Galaxy Note 7. Samsung moved quickly to recall the first batch of Note 7 phones, only to encounter incidents in which the supposedly safer replacement phones began to catch fire as well.

The company has already estimated that the debacle will cost \$2.3 billion in lost operating profits but the bigger damage will be to its brand and credibility. To date, according to the CPSC, Samsung has received 96 reports of Galaxy Note 7 phones overheating in the US – 23 more than it had since the original recall on Sept. 15 – including 13 reports of burns and 47 reports of property damage."

With two recalls done in a matter of months, one can only wonder how Samsung will come back from this. Each

smartphone has their own group of super fans and the Galaxy series is no exception. Although, with Samsung having to do two recalls and Apple with their mixed reviews on the iPhone 7, which smartphone will power through to become the new top choice? It's hard to say at this point but

the Samsung Galaxy S7 Edge is a decent phone and may help people forget about the disaster of the Note 7. Companies like Google and LG are right behind Samsung and Apple when it comes to leading edge smartphones, so it'll be interesting to see what 2017 brings!



ExtremeTech

A burned-out Note 7

Managing depression



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

It looks like it may be a long winter. While shorter days and grayer weather tend to make most of us feel less energetic if you are prone to depression the impact can be greater. Knowing the early warning signs and taking action can help significantly. Are you feeling worthless, helpless, hopeless and fatigued? Occasionally feeling sad, lonely or down is a normal part of living, however if your symptoms last for more than two weeks, and are not due to a significant loss, there is a chance that you are suffering from depression. The National Institute of Mental Health lists these symptoms of depression:

- difficulty concentrating, remembering details, and making decisions
- fatigue and decreased energy
- feelings of guilt, worthlessness, and/or helplessness
- feelings of hopelessness and/or pessimism
- insomnia, early-morning wakefulness, or excessive sleeping
- irritability, restlessness
- loss of interest in activities or hobbies once pleasurable, including sex
- overeating or appetite loss
- persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- persistent sad, anxious, or “empty” feelings
- thoughts of suicide, suicide attempts

Be aware, though, that symptoms of depression can be similar to symptoms of other disorders such as iron or other nutritional deficiencies, thyroid dysfunction, anxiety, sleep disorders or eating disorders. See your doctor to rule out other causes of fatigue, low energy and mood swings, and if your symptoms are severe. Some areas that help with depression include:

► **Develop a routine.** When you are depressed it is difficult to make yourself do things, however inaction makes depression worse. It is important to pick small goals and work on one or two of them. It is often easier to take action when you have a routine for things such as homework, exercise, relaxation, eating and sleeping.

► **Seek supportive relationships.**

Most people with depression feel like withdrawing from people and activities. However, isolation and loneliness make depression worse. It is important to reach out. While you might not want to burden others with your problems, people who are close to you will generally want to help. Find at least one person you trust to ask for help and support. If there is no one you feel you can reach out to you might want to consider joining a support group. Try to keep attending social activities even though they might not seem as pleasurable as they did in the past. Whenever possible surround yourself with people who have a positive outlook on life.

► **Challenge negative thinking.** Depression colors our thinking, emotions, self-esteem, behaviours and relationships with others. People with depression often see themselves, their current situation and their future in a very negative way. Recognize that, while you are depressed, you see things as if you are looking through dark lenses. Thinking patterns for people who are depressed include exaggerating negatives, minimizing positives, overgeneralizing, black and white, all-or-nothing thinking and taking things too personally. Self talk has a big impact on how we are feeling. Be aware of your negative thoughts and ask yourself if you would talk to your best friend the same way you talk to yourself. If not, practise using gentler and more supportive messages to yourself. It is often helpful to keep a journal of negative thoughts and what triggered them, and then to look back at the thoughts and try to find more balanced, realistic and positive messages to replace the negative ones. For example, “My best friend doesn’t like me anymore because I am no fun. She hasn’t called me this week” could be replaced with “I know my best friend is having a really busy week and she does not know how low I have been feeling. I will call her and see if she wants to get together

after she is finished her project.”

► **Do things you enjoy, or used to enjoy, doing.** While you may not get the same pleasure out of previously enjoyable activities, it is important to include these in your day. Make a list of activities you used to enjoy such as going for a walk, playing with your cat, window shopping, listening to music, watching a favorite movie or reading, and set the goal of doing something on your list each day.

► **Take care of yourself.** While you may feel like you just don’t care what you look like or how you are eating, taking care of yourself can make you feel just that little bit better – and feeling a little bit better can give you the energy to accomplish another small goal.

– Sleep, exercise and proper nutrition all have an impact on our mood. People generally need at least seven hours of sleep each night but it is not healthy to get more than 10 hours. Studies indicate that regular exercise can be as effective as taking an antidepressant for increasing energy and decreasing the fatigue associated with depression. To get the most impact, aim for 30 minutes a day, but if that seems overwhelming start with 10 minutes – walking, dancing, stationary biking or yoga – as long as you are moving it doesn’t matter what exercise you do. Be aware that overtraining can also be a cause of depression. Eating regularly and making sure you have a balance of carbohydrates, proteins and fats in your diet is also important. Certain nutritional deficiencies can exacerbate depression or cause symptoms that mimic depression. Sugary snacks can cause mood and energy crashes.

► **Manage stress.** Quite often people with depression are perfectionists and/or tend to overextend themselves. If stress could be a factor in your depression identify possible stressors (setting unrealistic standards, work overload, taking on too much, unsupportive relationships) and

determine what changes you can realistically make. Challenge your unrealistic standards and set realistic goals. Plan ahead for stressful times such as mid-terms and finals. Learn to say “no” and to ask for help. Build at least a few minutes of relaxation into your daily routine.

► **Understand that you are not your depression.** Depression is a set of symptoms that cause you to think, feel and act differently than you normally do. Once you get the resources and skills to manage depression you will think, feel and act differently.

► **Be prepared to educate others.** Understand that people who have not had depression will not understand what you are going through, and will not understand that “snapping out of it” is not something you can do. Letting friends and family members know what is helpful (and what isn’t) will benefit them and you.

► **Get informed.** There are many good books and manuals on depression. *Feeling Good* by Dr. David Burns or *The Depression Workbook* by Mary Ellen Copeland are excellent resources. You can also print out a self help manual, The Antidepressant Skills Workbook at <http://www.comh.ca/antidepressant-skills/adult/>. Another way to get informed is to get to know yourself. Observe which people, situations or things trigger your mood to deteriorate and which tend to uplift you. Be on the lookout for things you can do that make you feel better about yourself. If you get repeated depressions make yourself aware of the early warning signs. Depression is easier to resolve if you catch it early.

► **Seek professional help.** Depression can be difficult to self-diagnose let alone resolve on your own. Don’t lose hope. Feeling better takes time but through making positive choices, working on your thinking patterns and asking for support from others the majority of people can overcome depression. If you are making changes and you don’t seem to be getting better, or if you are feeling too blue to make changes, it is time to seek professional help. Staff at student counselling are all qualified professionals experienced in working with depression and other personal or academic areas. 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.

Souch 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.

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2nd Session Scheduled for:
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4:15 to 6:15pm.

Learn Cognitive Behavioral Techniques to

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- 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

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2016/2017

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HP Centre (1st Floor) | CAT Building

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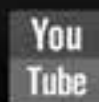
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october 13 - october 26 @ 4pm

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for more information visit naitsa.ca/elections

 **STUDENT
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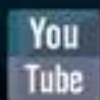
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