

THE

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NAIT NUGGET

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

KICKOFF WITH KISSEL

NAITSA marks school start with a special concert

Country cousin

Alberta's Brett Kissel, newly crowned Canadian Country Music Association male artist of the year, entertains at the Nest Fest on Tuesday. The three-day event, at the east end of the CAT quad, wraps up tonight with DJ Human Kebab.



Photo by Stephanie Cervo

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NEWS & FEATURES

Recognize limitations



NICOLAS BROWN
Issues Editor
@bruchev

As students and aspiring professionals, we are going to face many demands on our time. We are also presented with a number of opportunities that can be beneficial both professionally and personally. Yet it is important to consider our ability to handle what we take on.

I've previously written about following through on commitments and how it can impact your professional brand. In most situations, you will be working with a team, and your actions impact your team's success.

Yet before you get to the point of following through, you have to consider making the commitment in the first place. Of course, in some situations you don't really have a choice; class work and projects at work are not something

you can really opt out of. For those kinds of situations, you need to buckle down and put in the effort.

When you start to look beyond your class work or everyday work, you need to consider what you can handle. For those Type A personalities out there, we certainly believe we can do everything we put our minds to. The truth is though, we can't, nobody can. Instead, it is important to consider your personal limitations, and what you can realistically contribute as a team member.

When it comes to considering a new commitment, whether it is taking on a leadership role or volunteering for a side project, it is important to consider three important things.

First, can you commit to a schedule necessary for the commitment? Extra activities and projects take time, and they're not all on a "when you feel like it" schedule. If there's a regular meeting at a specific time, can you commit to attending it regularly? If you say you'll take on a specific task, can you commit to setting your own deadline, and sticking to it? Like following through, being conscious of how much time you can commit, before you actually commit, can save you from overcommitting or creating unnecessary stress in your life.

When considering a new commitment, consider your potential new team, your existing teams and, most important, yourself.

Secondly, are you going to contribute in a meaningful way to whatever you are signing up for? Everyone wants to help out but life can get in the way or you can simply find yourself too busy to adequately prepare yourself for each new item on the table. This isn't to say you need to be an expert to sign up for something but you do need to be willing to go the extra mile for your teams.

Finally, how will this impact your other commitments? For students, priority number one should be your classes, and taking on too much can have a significant negative impact. Regardless of what you can contribute to a new project or activity, it doesn't benefit you very much if it means sacrificing your ability to contribute to an existing commitment.

I'm not saying don't look for new opportunities or sign up for extra activities. In fact, I encourage you to step out of your comfort zone and be bold, because that is how you grow. Instead, I offer words of caution. When considering a new commitment, consider your potential new team, your existing teams and, most important, yourself. Taking on too much benefits no one, so be mindful of your commitments. After all, we're only human!

Tutoring services expanded

By NICOLAS BROWN
Issues Editor
@bruchev

NAIT students will find accessing tutoring services a bit easier this year after changes to Tutorial Services on NAIT campuses.

Main Campus

With the move to Room U-210A, the Tutor Centre has been brought together with the majority of NAIT's Learning and Teaching Commons services in the U-Wing.

"The recent changes to tutoring have to do with location and the time it is offered," said Alison Lewis, director of LTC.

Tutor Centre hours have been adjusted so evening access is available on Thursdays from 4:15 to 6 p.m. in addition to the regular daytime hours. The location change will also make it more convenient for students to access.

"We moved the tutor centre to be adjacent to the study lounge to be more convenient for students who are studying to be able to access tutoring," explained Lewis, "This also puts the tutor centre in closer proximity to the library, which can be beneficial for students who are using the library as a study space."

Tutoring services were previously

offered out of the A-Wing, which was not located as close to other study areas like the library and old Project Factory (the new study lounge) study spaces.

Other Campuses

Students at NAIT's satellite campuses also get to see a boost to tutoring services this year. Patricia and Souch campuses will now feature full-time tutors available to students.

"Both Pat and Souch will now have tutor centres that allow for study space as well as access to a tutor. Spruce Grove will have tutoring available on Fridays," explained Lewis.

With the first round of students studying at NAIT's new Spruce Grove campus this year, provision of tutoring services is a great example of giving those students access to Main Campus services without having to come to Edmonton.

Off Campus

Students studying off-campus can still access tutoring support through the Tutor Centre as well as eTutor Alberta.

eTutor Alberta functions similarly to

NAIT Tutorial Services, offering study support for writing, math and statistics online. Students can sign up for a free account online at www.etutoralberta.ca and the service typically responds

to online submissions within 48 hours. You can also work with an online tutor live for help with math or statistics (depending on time, of course).

Other Study Options

There are additional support options for NAIT students looking for study help in addition to Tutorial Services. NAIT's Peer Mentor and Supplemental Learning programs continue to support students in certain areas, and the NAIT Peer Tutor Registry allows students to connect and offer tutoring services on their own time.

The Supplemental Learning program is specific to five different courses on campus and features peer-run study sessions and in-class assistance. The Supplemental Learning Leaders are all students who have done well in their supported course and they help

plan and develop the free study sessions for students in those courses.

The Peer Mentor program primarily supports international students out of the International Student Centre (now located in Room W-101 in the HP Building). The peer mentors help students access services on campus as well as planning fun activities for students both on and off campus.

Finally, the Peer Tutor Registry is a simple tutoring resource that allows students to find NAIT students willing to tutor others. Any student can access the Peer Tutor Registry, which allows students who have done well in their classes to tutor students taking those classes now, while making some extra cash. There is no guarantee that a Peer Tutor is available for every course but that means there is always an opportunity for students to start tutoring.

You can find more information about all Tutorial Services at NAIT by visiting www.nait.ca/tutorial or contacting the Learning and Teaching Commons (LTC) at tutor@nait.ca. For the Peer Mentor program, contact the International Student Centre.

Editor's note: Ms. Lewis requested that her name be spelled without capital letters.



alison lewis

Clubs get new rules

By **NICOLAS BROWN**
Issues Editor
@bruchev

Campus clubs offer fantastic opportunities to get involved and have fun on campus with fellow students. With over 80 student clubs at NAIT this year, there are plenty of opportunities. Which clubs can operate on campus is controlled by NAITSA's Campus Clubs office, which develops and enforces rules to ensure clubs are both supported and held accountable.

This past summer, some of those rules were changed and some changes have a significant impact. The major changes revolve around leadership positions and training that are regulated by the clubs office.

Uniform titles

Clubs offer students opportunities to take on leadership roles on campus but how those leadership roles are treated vary. The most important of club leadership roles are the club executive, which are positions that officially run the club and are responsible for co-ordinating with NAITSA and abiding by rules enforced by the clubs office.

This year, in conjunction with the roll-out of an updated positions feature in OrgSync, the clubs office implemented changes. In addition to addressing FOIP and validation concerns within club administration, restrictions have been placed on the naming of leadership positions by the clubs office.

"We compiled a list of all position titles ever created and needed to narrow it down to 16 titles," explained Rose Martin Baumgartner, manager of Campus Clubs.

"Titles were generated that were professional (for transcript purposes) so that a majority of role descriptions from clubs across the spectrum could place their role under the title."

Additional support

These changes will require clubs to conform to uniform position titles in order for club leaders to be recognized on their academic transcripts.

Changes to training requirements, on the other hand, mean clubs have access to a more flexible training environment offered by the clubs office. Training has always been optional for campus clubs but for those clubs interested in applying for grant funding from NAITSA, training was an accountability requirement in order to be eligible. Past eligibility was based on a choice of two major training events that took place over a weekend, as well as a number of short Club Connect meetings throughout the academic year. Attendance at all Club Connect meetings and at least one major training event was required in order to be eligible.

New training changes now make it easier for clubs to meet the eligibility requirements without sacrificing the accountabil-

ity. Primarily, the Club Connect meetings are gone, replaced with online modules and assessments for key executives. Completing those modules make clubs eligible for a new "limited funding" category of \$500 per semester. Eligibility for major funding, now called "Open Funding" still requires club leaders to attend the Campus Clubs Centre organized leadership retreat.

For the most part, club leaders welcome streamlining the rules in order to operate on campus. Yet some club leaders criticize how the clubs office handles changes and communicates with clubs.

"I feel that with all the changes to campus clubs, clubs like enactus that use a lot of external resources are very limited to the impact they can bring on to campus," said Anita Dhahan, former president of enactus NAIT. "I also don't think they have clear guidelines, and rules are changing on a frequent basis."

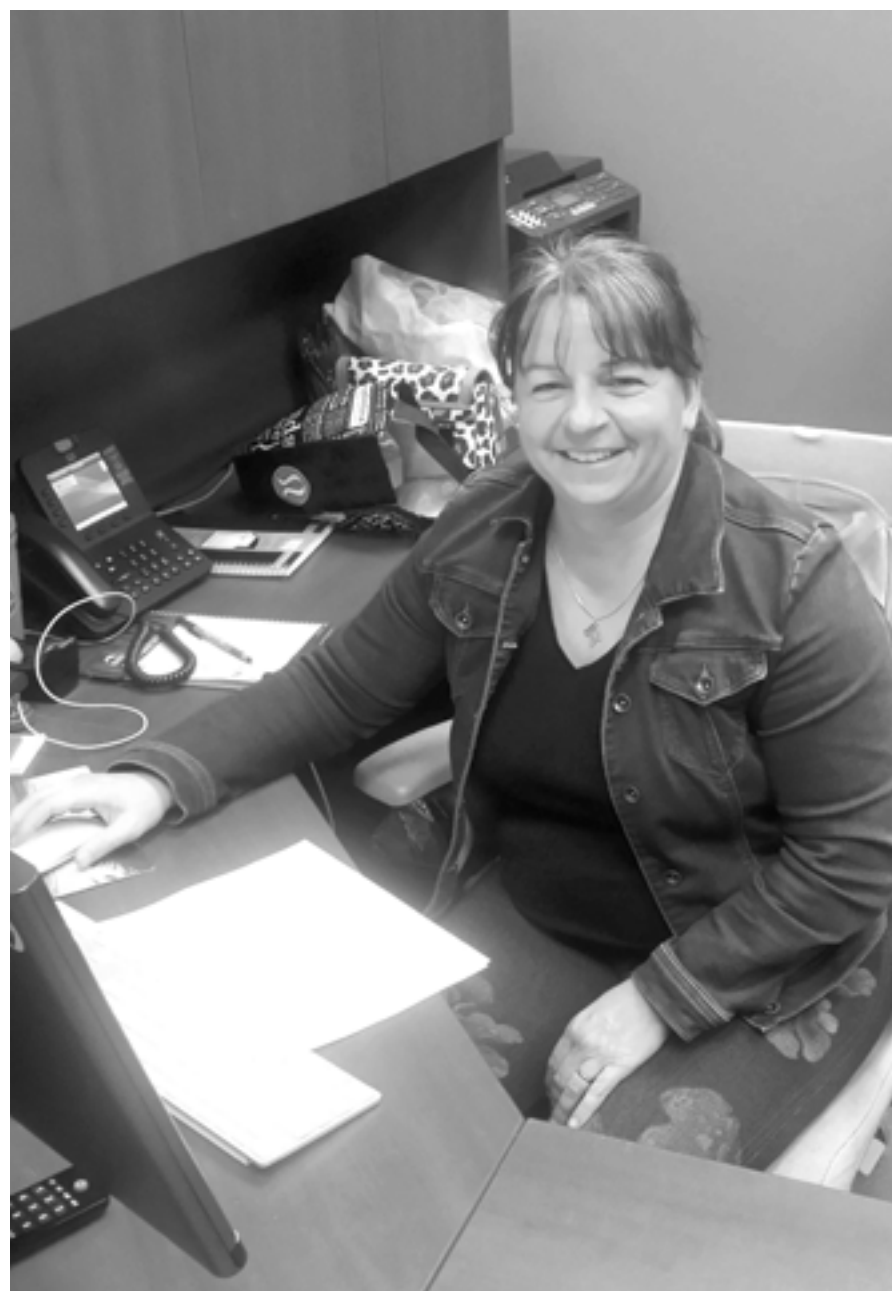
Some past club leaders have been frustrated with the pace of changes in recent years, as clubs have transitioned from strictly in-person collaboration with the

clubs office, to the introduction of OrgSync two years ago and these further changes this academic year.

Martin Baumgartner said efforts are always made to improve "the club experience."

"Through yearly feedback from leaders we identify areas to improve and implement change to evolve the clubs program and reduce the demands on students' time. Through the online platform students are now able to effectively manage their time and involvement rather than being limited to office hours. For communications and feedback we rely on students to stay connected to the OrgSync platform."

Previously, the clubs office consulted with clubs primarily through the Club Connect meetings. With those meetings gone as of last term, the Campus Clubs office will need to build better methods to consult with club leaders if they want to encourage students to take leadership roles on campus. "It's tremendously frustrating," said Paige McKendry, president for IntoNAIT Toastmasters.



Nugget photo

Rose Martin Baumgartner



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

Letters

We want your views

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

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

We need to list your real name.

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

ASK THE EDITORS

Why settle for just one opinion?

What are you most excited about on campus this year that you think students should know about?

•••
Danielle Fuechtmann
Editor-in-Chief

The most exciting thing on campus this year? CAT, obviously. Actually, although I'm excited for the new spaces it provides for students to gather (can we talk about the fun colours and design elements?) and a few more coffee places, I'm more pleased about another year of great resources for students. Whether you're a new or returning student, I encourage you to check out some of the great programs and services available from both NAIT and NAITSA. From counselling to social and networking opportunities, there's some-

thing for everyone!

•••
Brendan Chalifour
Entertainment Editor

This year, I am most excited about our Editors plans to increase student engagement with the Nugget.

Picking up the paper each week is a great way to learn about the different things going on around campus, from news, student politics, Ook sports and entertainment articles written by your fellow students.

Whether you are a new student or not, I invite you to come down to our regular contributors meeting every Tuesday from 11:30 a.m. to 1 p.m. in E-128 for some free lunch and to learn about how you can get involved. You won't regret it!

•••

Nicolas Brown
Issues Editor

I'm actually more excited about the opportunities that open spaces represent on campus. With programs and other campus services finding new homes around campus, other spaces are opening up. For example, the old International Students Centre location is currently vacant, and most services have moved out of the South Lobby. I'm very interested in hearing what those spaces will be used for on campus, as NAIT continues to grow and offer more to students.

The new spaces on campus (like the CAT building) are fantastic in offering new opportunities, but freeing up existing space will also create opportunities for campus use. I'm excited to see how NAIT will use

these spaces to support students and staff as campus evolves.

•••
Connor O'Donovan
Sports Editor

The thing I'm most excited about is happening right now! It's all downhill from here (just kidding). But in all seriousness, you should be checking out the on-campus extravaganza known as Nest Fest, which ends tonight. To create a three day event, free for students, with popular, talented musicians representing multiple genres is no easy task, but the good folks over at NAITSA pulled it off. If you made it out yesterday or Tuesday, I'm sure you agree with me, and if not, head down to the S-Wing tonight and experience Nest Fest yourself!

wellness
 wednesday
 (free 5 minute)
 massages
 (neck and back and shoulders, oh my!)

9:30am - 4:00pm

september 28
 october 26
 november 30
 december 7

january 25
 february 15
 march 29
 april 12



OPINION

— Editorial —

Photos say so much



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

A picture is worth a thousand words, right?

At the *Nugget*, I'm blessed with some pretty straightforward editorial dilemmas but over the last year a subject regularly on my mind is the tug-of-war between publishing and using graphic or controversial images. I'm not talking about an "if it bleeds, it leads" approach to graphic crime photography but rather the images that have the power to shift public perception.

Nick Ut's Pulitzer-winning image "The Terror of War" from 1972. Richard Drew's "The Falling Man" from the 9/11 attacks in 2001. Nilüfer Demir's photograph of drowned Syrian child Aylan Kurdi in 2015. Mahmoud Raslan's photograph of five-year-old Omran Daqneesh sitting on the orange seat of an ambulance after being pulled from the rubble of an airstrike in Aleppo on August 17, 2016.

What do these images have in common? They make viewers really uncomfortable – for good reason – and caused a significant impact on the way the situation was perceived or provide an important historical archive.

Censoring history

A few weeks ago, Norwegian writer Tom Egeland wrote a post on Facebook about photographs that changed the history of war and included Nick Ut's "The Terror of War" as one of his examples. The photograph was removed for violating Facebook's nudity policy and his account was suspended.

Ut's Pulitzer-prize winning image for The Associated Press depicts children, including a naked nine-year-old girl, running from a napalm bombing during the Vietnam War. The image, with its visceral capture of the subjects' fear, is credited as being a factor in changing American attitudes towards the war.

After word of Facebook's treatment of Egeland's post spread, a Norwegian journalism association, other local newspapers and Norway's Prime Minister Erna Solberg posted the image on Facebook in protest, receiving the same treatment. Facebook eventually relented after Solberg's statement that Facebook was putting an unacceptable limit on freedom of speech and that they needed to recognize the difference between editing out child pornography and censoring history.

Facebook eventually relented, saying that they re-examined the application of their community standards, adding it recognized "the history and global importance of this image in documenting a particular moment in time."

This week is the 15th anniversary of the attacks on the World Trade Center on Sept. 11. There are many images that came from that terrible day but I would guess that there are a handful that dominate your visual memory. One image is likely Associated Press photographer Richard Drew's "Falling Man."

The photo was first published in *The New York Times*. It would go on to be published in hundreds of papers worldwide. Most would never reprint the image. Tom Junod told the story of the image in a poignant piece for *Esquire*.

One of the most photographed and videotaped days in history, Junod states, the images of people jumping were the only images that "became, by consensus, taboo – the only images from which Americans were proud to avert their eyes."

'Unimaginable, unbearable'

Junod wrote: "And it was, at last, the sight of the jumpers that provided the corrective to those who insisted on saying that what they were witnessing was 'like a movie,' for this was an ending as unimaginable as it was unbearable: Americans responding to the worst terrorist attack in the history of the world with acts of heroism, with acts of sacrifice, with acts of generosity, with acts of martyrdom, and, by terrible necessity, with one prolonged act of – if these words can be applied to mass murder – mass suicide."

The images were increasingly censored out of the coverage of Sept. 11, "the desire to face the most disturbing aspects of [America's] most disturbing day was somehow ascribed to voyeurism, as though the jumpers' experience, instead of being central to the horror, was tangential to it, a sideshow best forgotten," Junod said.

Photojournalists are tasked with the job of capturing history, with looking at very things we would prefer to look away from.

At first glance, many of the images I mentioned at the beginning of this editorial are less graphic and violent than the films or television we often choose to consume. However, they lack the abstraction that fiction provides; in each of these images, we are confronted by the real suffering of people. There is no happily ever after or "off button" on these stories.

While it can be an easier editorial decision to not publish these images and avoid public outcry, taking the risk can be a powerful choice. The emotional reaction they can cause offer opportunity to inspire a movement and change. Years of photos of Syrian refugees made little impression on the world until *The Wall Street Journal* published Nilüfer Demir's photograph of Aylan Kurdi, causing a sudden shift in the migration debate and a surge in donations to humanitarian aid groups.

Is it easier to avoid looking directly at a problem? Of course. But these images show that the right image can be worth much more than a thousand words.



www.scarymommy.com

Five-year-old Syrian Omran Daqneesh's eyes are glassy with shock recently in an ambulance. He was one of five children injured recently by an air strike in the city of Aleppo.

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SPORTS

For the benefit of all?



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

Chances are you're well aware that Edmonton's most anticipated day of the last three years has all but arrived. That is, the opening of the Katz Group's Ice District crown jewel. The city's news releases have been firing out like Chris Pronger slapshots (throwback), the news cameras have been fired up, and the shiny, red Rogers Place emblem now adorns all corners of the mammoth, metallic complex. Unless you've been living in a sealed oil drum, the

hubbub surrounding the opening of Rogers Place had been pretty much unavoidable. It's not hard to forget that other things exist in that neighbourhood and, though I'm as excited as anyone about the investment, potential and sheer marvel that the arena has brought to our city, it's important to remember the other guys.

There are people and places and businesses that existed long before Daryl Katz and his crew broke out their cheque books to purchase the freshly beleaguered Oilers back in 2008. Some of them have already disappeared, like the Baccarat Casino. It's been replaced by the bigger, more modern Grand Villa Casino, owned by the same group that owned the Baccarat and set to employ more people than the Baccarat did. There was also commercial and residential property in the area with rent much lower than now and the rising prices have already pushed people out of the area, like the artists that occupied the Drawing Room art studio on 97 Street. New downtownians, wallets in hand, will move into the surge of downtown condo towers

built on the confidence the arena project helped create. Other, less-fortunate Edmontonians will feel the need to leave an area defined by a culture they no longer feel a part of.

With projects like Rogers Place, the benefit of many will always come at the loss of a few. The multi-year incubation period of the project did result in some strides taken to ensure the protection of those few – a community advisory committee was established to keep local neighbourhoods in the loop but, according to some neighbourhood representatives, the committee served the purpose of advising without having the power to act on community suggestions and concerns, despite its mandate to “create and maintain community involvement in the downtown arena project.”



A few months ago, the Downtown Community League set a good example, when they worked to oppose the creation of two large-scale bars in the area that had many residents concerned about drunken noise and behaviour. The glamour and hope surrounding the arena are going to attract a lot of attention and interest over the coming years, and it's important that the people and city of Edmonton come together to ensure that the glamour and hope benefit as many people as possible.

SOCCER

Men open with two wins

By **CONNOR O'DONOVAN**

Both NAIT's men's and women's soccer teams exited the first week of ACAC regular season play without a loss. The men earned a pair of wins, outscoring their opponents 11-1 over the two games while the women head into week two with a win and a tie on their schedule.

The men steamrolled the University of Augustana Vikings 7-0 on Saturday night. Midfielder Eseyas Yoannes and forwards Joseph Costouros and Bastian Carasco each scored two goals in the game. Defenceman Matthew McLean also scored. Goalkeepers Tyler Larison and Norbert Janas shared the shutout in Game 1. Larison made four saves in the first half while Janas stopped two shots-on-goal in the second.

In their second game of the weekend, the men's Oaks defeated the Concordia Thunder 4-1. Mid Sebastian Cabrera scored twice. Forward Matthew Zima and Midfielder Rodrigo Guitierrez also scored. Larison and Janas nearly recorded a second shutout against Concordia, with the Thunder's lone marker coming off of Israel Olufuwa's boot in the ninetieth minute.

This week's matchups against Keyano College in Fort McMurray should prove to be a bigger challenge. The

men's Kodiaks went undefeated in Alberta last year, taking home the ACAC title.

Midfielder Kassy Jajczay's hat-trick cemented the women's 4-0 win over the Vikings on Saturday night, and she scored the Oaks'

lone tally in their 1-1 tie with Concordia on Sunday. Those goals put the third-year Emergency Management student in second-place league wide for scoring after week one. Marissa Webb scored the Oaks' fourth goal on Saturday. Kai-

ley Harder recorded the shutout.

The women will also head north to face the Kodiaks this weekend. The female Kodiak's have something to prove after being hammered 13-1 over two games against Grande Prairie last week.



The men's soccer team in action over the weekend.

NAIT photo

Keeping Score

To knee or not to knee

As many have noted, including the President Obama himself, San Francisco quarterback Colin Kaepernick, who stayed on one knee during the national anthem before a recent NFL game, has every right to demonstrate his opinions in a public setting, much like politicians, editorialists and street-preachers. There's a difference though, regardless of how justifiable that difference is, between those people and professional athletes.



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

Sports buffs, historians and those older than 60 will remember another time an athlete's political statement made headlines. Upon completion of the men's 200-metre final at the 1968 Olympics, gold and bronze medal winners, and black Americans, Tommie Smith and John Carlos took to the podium with black-gloved fists raised and shoes removed in a gesture of solidarity with and protest against the conditions facing many Americans during that era. The athletes were booed as they left the stadium, and were eventually suspended by the IOC, a spokesman of which called the act "a deliberate and violent breach of the fundamentals of the Olympic spirit."

Athletes will always have expectations draped about their necks like the black scarf and necklace of beads worn by Smith and Carlos that day. Like Christmas caricatures in a snow-globe, athletes live in their stadiums, captured and contained by expensive glass lenses to do one thing – perform as expected. When they don't, their onlookers make a new sport of examining and analyzing their operational failures. That's why, after every Oilers loss, fans line up in radio queues so that they can pick apart the players' performance, and often their character as well. That's the unavoidable dilemma of professional athletics.

Should professional athletes be able to leverage the influence of their organizations to do things like make political statements? The answer to that question lies in the mind of the beholder. The point is that they're not expected to and, when they do, the fact that they did becomes a bigger story than whatever agenda they were trying to promote. The overwhelming critical response to Kaepernick's actions has not been an examination of the issues he sought to highlight, but a scrutinizing of the irregular methods he used to do so.

Absolutely, Colin Kaepernick should

involve himself in the issues he is passionate about. Unfortunately for him, the reaction of the sports media world laid its emphasis on the difference between what happened and what was expected to happen. This reaction is not Kaepernick's fault, of course, but it is unprecedented. His actions have been effective – other athletes have mirrored his protest – my only criticism is that they could have been more so if executed outside of the sporting arena (even if that only becomes clear in hindsight). It's important to note that Kaepernick has now pledged to donate the first million dollars he makes this season to community organizations.

Crime, poverty, racism affecting black people – they're all deeply rooted problems in the United States. They're problems that can be traced back hundreds of years to slavery, traced along lines of separatism created by things like societal structure, control of land usage and ownership and mortgage and insurance policies – the "police brutality" that Colin Kaepernick has spoken of is the latest knot in a long and tangled racial rope extending back to and beyond the nooses of post-Civil War lynch mobs. Systemic racism in America is an incredibly complex problem that the basic research I've done doesn't begin to properly comprehend.

That's the other problem with Kaepernick making his statement in the public forum of the NFL. Obviously, the United States as a whole hasn't yet fully understood the challenges faced by minorities in the country. We wouldn't be writing this article if they had. Like any problem – in math, science or society – this one can't be solved until all factors are evaluated and considered and, like any problem, trying to solve it without being truly capable of coming up with an answer can serve to complicate the attempt. Look at Chicago, for example, where three gangs allegedly put their differences aside to plot out attacks on law enforcement officers following the shooting of an unarmed black teen in the city. Kaepernick's methods suggest passivity; his ideologies promote action.



MICHAEL MENZIES

I applaud Colin Kaepernick's decision despite the intense professional microscope he is already under. He knows he is inviting more backlash and scrutiny, which

would be difficult to handle for some. There is still a racial unrest in the United States today that is often swept under the rug. If you don't understand where Kaepernick is coming from, you are living in a world where outward racism prolonged by society or government or law enforcement has been solved.

Colin Kaepernick's insistence on sitting/kneeling during the national anthem is a message should be understood and supported – whether he is right or wrong. His protest hurts no one, is not bluster or loud but simple in its understatement. He is not asking for recruitment but letting others with similar views join him.

In the rear view mirror, we still remember Ferguson, Missouri or the dying phrase of Eric Garner two summers ago, "I can't breathe," as he was put in a chokehold and killed by Staten Island police. "I am not going to stand up to show pride in a flag for a country that oppresses black people and people of colour," Kaepernick stated.

A lot of the reason there is opposition to Kaepernick's stance is because he has not been a model citizen during his NFL tenure and has been perceived as a distraction on his team as his prowess on the field has dropped in the past two seasons. This doesn't make him the ideal messenger but it's important to keep this quote by Russell Brand in focus: "When I was poor and complained about inequality they said I was bitter; now that I'm rich and I complain about inequality they say I'm a hypocrite. I'm beginning to think they just don't want to talk about inequality."

Kaepernick's silent protest seems to make people uncomfortable, which is exactly the point! This challenge to the norm in an age where organized peaceful protest is becoming more difficult to enact without police interruption is a great way to take a stand (or a knee) and make other people see how some black people view their America today.

When calling someone unpatriotic – as many people are calling Kaepernick – you don't really understand what the issue is. You are trying to marginalize an unpopular opinion without giving consideration to the message. Being uncomfortable about issues is a feeling we have to accept and try to rationalize when dealing with inequality today.

Kaepernick has the constitutional right to sit or kneel during the anthem. The constitution exists to protect unpopular speech and unpopular opinion. It is not there to marginalize conversation. It protects the views of those least represented. President Obama confirmed this when asked about the quarterback, saying that Kaepernick seems "sincere" in his protest.

The opposition says that Kaepernick's knee disrespects the military service. Yet because of this conversation, there are veterans supporting Kaepernick's plight, which again is the point. Troops defend the country's freedoms to give Colin Kaepernick the right to kneel during the anthem. The military is acting as a vessel so that people who think the country can improve, can voice that opinion. As Ben Franklin pointed out: "Dissent is the highest form of patriotism." Yet, in post-9-11 America it has been normal to call critics of the government unpatriotic.

Even if you don't agree with Colin Kaepernick, you have to understand where he is coming from and respect that he has the ability to voice that opinion freely. It serves no purpose to say Kaepernick is out of line because the issues still exist, regardless if he stands for the anthem or not. We need to put more action behind the words to right any situation. People don't like to feel uncomfortable about the environment they live in, especially on Sunday, when we sit down and watch predominantly black men entertain us with football for a few hours. Instead of talking about proper anthem etiquette, let's spend the same energy on these issues so we don't have to make someone dissent to the anthem to make a point.



bleacherreport.com
Colin Kaepernick

ENTERTAINMENT

Try to go truly wireless



BRENDAN CHALIFOUR
Entertainment Editor

Last Wednesday, Apple made their annual September announcement, which I found to be overall quite ... disappointing. As an avid Apple fan, those who know me best may be shocked to hear this, but it is true. And I assure you, I am not alone. Technology analysts became concerned when Apple's iPhone sales began to decline fiscal quarter after quarter. Some of those who were optimistic that this announcement would bring great new innovative features and technologies to the forefront were also disappointed. The trouble is that our phones are so great now and expecta-

tions are growing faster than these companies can develop new technologies. Could it be that our phones have reached their feature-bloated capacity? Perhaps so, at least for now.

In addition to adding barely any new features to their iPhone, they removed a core: the headphone jack. Now users will need to purchase brand new "Lightning" compatible earphones or purchase brand new wireless ones. Or they can carry around the included adapter to use their old ones. This change was supposed to be on the premise of innovation and simplicity but all it seems to be doing is provoking outrage and adding complexity.

The funniest thing about all of this is that Apple seems to think that they are doing everyone a favour by getting rid of this 100-year-old piece of technology. It's possible that it has been around this long because it is universal and useful. The thing that irks me the most, however, is the price tag of their new wireless AirPods, at \$219. These things are pretty tiny and, if you lose one or it falls out of your ear into a sewer drain while walking down the street, there

goes your hard earned dollars as well.

Apple also announced a newly re-engineered Apple Watch, which is water resistant up to 50 metres. That means that you can be swimming at a depth of 45 metres and still receive a message. But it raises the question: are we getting too connected to our technology? Are we too frustrated with life's simple things like a headphone cord that we need to get rid of them?

My grandma tells me stories about her childhood in the country. They had a single radio in their house and they only turned it on to listen to certain music programs and the news because it ran on a huge battery that had to be replaced periodically. The mere thought of carrying around a "Walkman" that could fit in your hand was an incredible technological advance. How far can we go? Where is the line between a feature and an unnecessary "improvement?" Does abolishing headphone cables remove an inconvenient tether or push users towards an unnecessary change?

My parents tell me stories about the time before people had cellphones. When you went out to run some errands or for

lunch with a friend, there was no way to get a hold of you, no distractions. Today, we live in a time when buzzing phones, notifications to attend to and a continuous "link" to the world's information network is the norm. If you are out for a walk you get instantly notified on your wrist whenever someone "likes" a photo of you or asks you a question. Our lives are constantly disturbed in a way that, for many of us, is the only way we have ever known.

While I do find my iPhone to be helpful at times, with navigation and the ability to download a newly released album in minutes, I admit that I have a fascination with a less connected world in which people would have to think about things because they couldn't just ask Google. It would be a world in which people would actually talk to each other to find out news about them because they wouldn't be able to scroll through an app that seems to have no bottom. I task you with this: "forget" your phone one day and experience a whole new world.

There is nothing more "wireless" than that.

AN EVENING WITH PCL

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Enjoy pizza and refreshments while you investigate future career opportunities with employees from Canada's largest builder. The PCL family of companies employs more than 4,500 full-time professional and administrative salaried staff and more than 10,000 hourly trades people across North America.

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Tuesday, September 20
4:30 – 6:00 p.m.
Shaw Theatre
NAIT Main Campus
11762 106 St.

pcl.com/careers



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By OLIVIA ADAMS

The inspiration for my playlist this week were songs that make me feel energized! Trying to get back into the swing of things at school, I look to feel-good music. All of these songs have given me a pick-me-up at one time or another. Enjoy!

- Closer – The Chainsmokers ft. Halsey
- 7 Years – Lukas Graham
- One Dance – Drake ft. WizKid & Kyla
- Colors – Tritonal ft. Sterling Fox
- Freedom – Beyonce ft. Kendrick Lamar



jusebeats.com



dustyorgan.com



freshnewtracks.com



www.universal-music.de



JOEL BENITEZ

What's the weirdest thing you have in your bag?



"\$140 ... it's for books – actually, \$280. It's all for books."

Angie Barone
Business



"Cue cards, lots and lots of cue cards. And candy. I always have candy."

Calli-Rae Barker



"I have a full size stapler. Tomorrow I'll have a full size hole punch."

Harley Russell
Business



"Vape pen with different juices."

Jessica Brisson
DMIT



"I'll check my bags – hair-spray, wine opener."

Minela Mimi Masic

grow your career, **join student government**

be elected a

STUDENT SENATOR

represent students in your program groups

nominations open

august 29 - september 26

- Discuss and make decisions on issues that concern NAIT students
 - 18 student representatives
- 10 meetings throughout the school year
 - Dinner provided at each meeting
 - Honorarium up to \$500
 - Leadership experience
- Appears on program transcripts

nominations close @ 4pm

for more information visit naitsa.ca/elections

 **STUDENT
ELECTIONS**

your voice, your vote



naitstudents



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naitstudents



rm e-131

Homage to the Captain!

By **GERVAISE BRANCH-ALLEN**

This year marks 75 years of an icon: Captain America. Creators Joe Simon and Jack Kirby felt the need to create a hero who could inspire hope, freedom and liberty during the Second World War. In 1941, the first comic book featuring Captain America was published and the First Avenger was cemented in history.

International incident

Now, 75 years later, Marvel Studios has released the third Captain America film in the Marvel Cinematic Universe titled *Captain America: Civil War*. Following an international incident, governments around the world demand that the Avengers, led by Captain America (Chris Evans), be held accountable for their actions. Tony Stark/Iron Man (Robert Downey Jr.) agrees to this demand, while Captain America believes the Avengers should hold themselves accountable for their actions, leading to a personal confrontation between the two heroes.

Chris Evans nails his portrayal of a determined yet frustrated Captain America who feels the need to help others but doesn't want to be bound by government rules and political agendas. The character of Steve Rogers (Captain America) can be difficult to understand because he can easily become one-dimensional with no goals besides doing the right thing. Fortunately, the film's story expands on his connection to his best friend Bucky Barnes.

Robert Downey Jr. reprises his role as Tony Stark, who feels conflicted following his last battle with the Avengers in which there were numerous casualties. Feeling a need to prevent such an incident from happening again, Stark makes a strong plea to the Avengers to address this concern. Downey Jr. excellently rewards the audience with a new take on his character in a way

that makes him seem more genuine and remorseful than usual.

Black Panther, played by Chadwick Boseman, makes his first live-action appearance during his 50th anniversary. For general viewers unfamiliar with the character, T'Challa, the Black Panther, is the king of the African nation Wakanda with martial arts skills and a brilliant mind to match! His role in the film is seeking vengeance after an attack during a conference.

Black Widow (Scarlett Johansson) addresses the conflict between Stark and Rogers in a unique way. Bucky Barnes (Sebastian Stan) seeks absolution following his crimes as the Winter Soldier. Other heroes like War Machine and Falcon play a role in the story as well. Ant-Man (Paul Rudd), one of the film's most humorous characters, relieves some of *Civil War*'s tension. However, he's not the only witty hero on display.

Spider-Man, played by Tom Holland, appears in the Marvel Cinematic Universe for the first time. Following legal negotiations with rights owner Sony Pictures, Marvel Studios was finally able to use the playful hero in one of their films. He's a fun and interesting addition to an exciting battle between Team Iron Man and Team Captain America.

Compelling story

Overall, directors Joe and Anthony Russo crafted one of the best films of 2016, with a compelling story pitting fellow Avengers, Iron Man and Captain America, against each other. It's not perfect, due to some characters with limited roles and a shared focus on Captain America as well as other heroes. Despite some issues, the film is grounded with emotion and compelling arguments about freedom. *Captain America: Civil War* honours the character's 75th anniversary!



www.pinterest.com

FASHIONISTA OF THE WEEK



Photo by Joel Benitez

Meliss Carvalho

Where do you shop most? I shop at a mix of stores but lately I have been shopping at Dynamite and H&M.

What inspires your fashion? Hmm, I'm not sure. I love Mindy's style from *The Mindy Project*. She adds colour and cuteness to her outfits. Although, I wouldn't wear some of her outfits, I just love the confidence she exudes. She seems to just rock whatever she's wearing.

Married with Children or Friends? That's a tough question! Peg's outfits were so bold and feminine but I relate way more to Rachel's comfortable, chic style.

RESTAURANT REVIEW

The Parlour worth a visit

By VICKI FORMANSKI

I recently visited The Parlour on 103 Avenue and 108 Street. My companion and I received great service and a delicious meal. As it was around five o'clock, we expected a dinner rush but the servers didn't hesitate to make us feel welcome. We sat on the top floor and, with it being patio season, we had a nice light breeze. It was neat having a view of the downstairs where the bar and most of the restaurant buzz was happening. Definitely a place I will be returning to in the future.

Bruschetta Caesar – An interesting twist on a Caesar, this delicious cocktail is something I will have to have again. For Caesar lovers, many can appreciate the saltiness of one that's made to perfection. This particular one completes this with crushed basil, capers, Parmesan and other herbs. A must-try for anyone looking for a salt fix!

Montelvin Pinot Grigio – The smooth taste of this wine was just what I was looking for in a Pinot. It complemented the saltiness of the whole meal with hints of pear and apple.

Calamari – This dish was awesome! The amount you receive on a plate is well worth the money and it came out very quick. It is complemented by a chipotle



exploredmonton.com

aioli and chilies to add a delicious little kick. They were crispy but not overdone.

"The wise guy" pizza – Pizza is the specialty at the Parlour and it was very noticeable. We chose "the wise guy," which is topped with Italian sausage, onion, fennel, pecorino and fresh rosemary. The crust was soft and there was a plentiful amount of cheese.

Garden Gnocchi – Although this dish was very good, it wasn't as flavourful as I was expecting from an Italian place. The bruschetta and spinach were very fresh. The gnocchi itself was very firm as it should be. It makes for a very light dish but I found myself looking for something more.

Some of the specials include \$10 piz-

zas and half off wine to make you feel a little better about indulging. They also do group dinners in a private room for any events that you feel like being catered for. Whether you are going on a date with your significant other or have a party, you need to plan for The Parlour. It's a great atmosphere to dine in!

SEPTEMBER EVENT LIST

1-2 | NAIT ORIENTATION

8 | PANCAKE SUNDAE BAR

8 | RED LIGHT GREEN LIGHT @ NEST

9 | PANCAKE SUNDAE BAR

9 | VOLUNTEER FAIR

13-15 | NEST FEST

17 | ICCP WATER FIGHT

19 | HOWTO: CANOE

19 | SOUCH FOOD EVENT

20 | PATRICIA FOOD EVENT

22 | CARDS AGAINST HUMANITY @ NEST

26 | SENATE NOMINATIONS CLOSE

26 | SENATE CANDIDATE MANDATORY MEETING

28 | WELLNESS WEDNESDAY

29 | COMEDY NIGHT @ NEST: STEPHANIE TOLEV

OCT 6-12 | SENATE VOTING PERIOD (ONLINE)

NAITSA CLOSURES

5 | LABOUR DAY

FOR MORE INFORMATION ABOUT ANY OF THESE
EVENTS, CHECK OUT **NAITSA.CA**



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cm s-131

GAME REVIEW

Like Civilization, only better

By OLIVIA ADAMS

Endless Legend is, at the most basic level, a lot like Civilization. You choose a faction, you advance your technology, you expand across the land, you build armies, you explore. There's diplomacy, strategic resources, a fog of war and an endgame victory you can work towards. But to say it's a lot like Civilization, looking only at those superficial similarities, is to do a disservice to the things about it that are so different and wonderful.

Endless Legend doesn't take place on Earth. Instead, it takes place on the fictional planet Auriga, a place that at first glance is your typical fantasy fare, a land full of monsters and magic. Endless Legend's fantasy roots go deeper than just the story, though, as there's a little RPG to the game as well. You're able to make use of hero units, who can either govern cities or lead armies, and these units become the stars of the game. You can level them up through exploration and combat



store.steampowered.com

(assigning new skills and perks to them), as well as equip them with gear (which can itself be levelled up).

Your heroes aren't just walking buffs, either, they're necessary for the game's quests, small challenges that pop up over the course of the game (or

exploration), and which keep things interesting during quieter moments. These challenges normally involve travelling the map exploring ruins, fighting monsters and helping villages. I'm shocked by how good this game looks. It'd be classy if it had come from a big

studio like Firaxis or Creative Assembly.

For its slick menus and gorgeous 2D art to have come from a small team working under the radar is a fantastic achievement. And what a world map it is! Taking visual cues from the Game of Thrones intro, it divides its hexes into clear, almost cartoon-like terrain and is a joy to look at. I also love the way it slowly changes as you zoom out, bleeding from the closer view (which gives you a look at the terrain and units) to a more strategic map outlining regions, resources, etc.

Endless Legend is a strategy game that you may never have even heard of, let alone played, but if you're into Civilization, I can't recommend it highly enough.

Available on Steam and with the Halloween sale (Oct. 29) right around the corner it's very affordable!

Sonic Boom delivers – again

By BERNIE BERNHARDT

Well, it's that time of year again. We're back to school and that means buying books, registering for classes and the legendary music festival, Sonic Boom!

It's the festival where we are able to have one final hurrah before summer ends. In the cramped spaces of the festival, friendships are born, memories are made and the love of music is so thick in the air you can smell it (Or maybe that's just all the weed). I have been going to Sonic Boom for three years now and consider myself a seasoned veteran. The mosh pits have put hair on my chest, the food has made my mouth water and the music has made me shed a tear (a manly one) once or twice.

This year, our city was home for a night to a wide variety of artists, some having their first experience in Edmonton! The question I'm always asked by my friends who couldn't make it is "How was it then?" Well this article is for me to tell you!

We start off Day 1 with some chilly weather and pop alternative from the Royal Foundry which started as a duo and then became a band based in our lovely city. They made a good first listen to the festival – easy on the ears and entertaining. Not long after came an indie rock band from Toronto, Wildlife! They lived up to their name with their performance, delivering a feeling of having an adventure in the wilderness with a couple of friends



www.thebounce.ca

for a weekend. Highlights from their set included lead vocalist Dean Povinsky's giddy banter and the rocking amp-busting nostalgic sound of "Born to Ruin" and their hit "Lightning Tent." It was a wonderful performance.

The New Zealand quintet The Naked and Famous delivered their beautiful chill sound that they are known for. Highlights include the songs "Punching in a Dream" and "Young Blood."

Now onto July Talk, the Toronto band known for the dichotomy in their songs and wild live performances. Edmonton native Peter Dreimanis's deep guttural yell and Leah Fay's soft loving call make them one of the most unique and interesting bands out there. Their live blues alt-rock performance doubles the experience of listening to the band. Highlights were the lead singers' intense back and forth and songs from their new album like "Pictur-

ing Love" and the surprise singer from the audience who sang Leah's part in "Paper Girl." If you are reading this, please come find me. Your beautiful voice haunts my dreams!

The big headliner that had people eating outside the gates for hours? Twenty One Pilots! They rocked, starting off their set with "Heavydirtysoul," the first track from their latest album *Blurryface*. They brought the house down! At one point, the lead singer, Tyler Joseph, vanished, only to appear seconds later in the sound booth across from the stage. These guys really take performing to a new level, drumming on a kit held up by the crowd and rolling through the audience in a giant hamster ball! They finished with their classic, "Trees," a powerful way to end the night!

Day 2 started with a band called Syd Arthur, whose lead singer looks almost identical to Blake Anderson from *Work-*

aholics. A solid jazzy performance.

Modern Space had an energetic cutting performance despite the hangovers they were rocking from X-fest. BANNERS had wonderful crowd interaction and a hard pop sound that got everyone in the mood for a dance! Jake Bugg made the girls scream and the guys shout! That twangy British style made for a great performance. If you like the Beatles, Johnny Cash and the Arctic Monkeys, you'll love Jake Bugg.

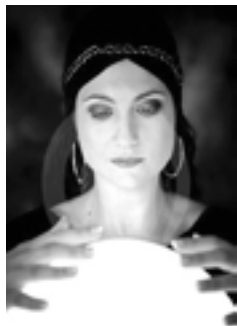
Arkells came in firing with lots of songs from *Morning Report*, their new record. The Hamilton band gave the night the energy it needed! At one point, Max Kerman crowd surfed while singing! Arkells never disappoint!

The last of the night was the legendary Lumineers with their first performance in Edmonton. The crowd was tighter than I have ever felt in any concert, figuratively and literally. To start off their set they played a new song "Sleep on the Floor," followed by Ophelia! The night had everything from playing a Bob Dylan cover on a small side stage to a US election joke in their song "The Big Parade." They changed the lyrics to "vote for her, the candidate!" And singing happy birthday to Neyla the cello player with a voice like honey! They ended the night with "Stubborn Love."

Everyone put their phones away and joined as music lovers in singing the final chorus a beautiful end to a great festival. Until next time, Sonic Boom!

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

September 15-21

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

Virgo (Aug. 23-Sept. 22)

Rushing about will accomplish little in the days ahead. Take your time, breathe and savour these last days of summer. If you take on too much you will only end up letting yourself and those in your circle down. This will only serve to complicate the issue further.

Libra (Sept. 23-Oct. 22)

If you worry yourself to sleep over finances, you won't get either sleep or financial well being. Take care of today

and plan well for tomorrow by setting goals and celebrating milestones. Many bursaries and scholarships are related to grades, so focus and reward yourself when you do better than expected on an assignment or test.

Scorpio (Oct. 23-Nov. 21)

Something trivial will upset you in the next little while and you may feel that you overreact. Be kind to yourself, since it could just be that you were right to get angry. Look beyond the obvious for what caused the reaction and talk to the people involved.

Sagittarius (Nov. 22-Dec. 21)

Things are not necessarily what they appear to be this week. Don't let it fluster you. Instead, rise to the occasion and question everything. What you learn may surprise you so pass it on. Happiness is on its way and your friends are there to share it.

Capricorn (Dec. 22-Jan. 19)

Right now, pushing may seem necessary, however there are times when it is best to let the universe unfold as it will. Pay attention to the small details and let the larger pic-

ture go for the moment. Patience is required at this time and what you do while you wait can often impact the results.

Aquarius (Jan. 20-Feb. 18)

Learn from the cautious Virgo this week, as being impulsive could be counter productive in a big way. And if you forget this at a crucial moment, back up and refrain from jumping in to fix the situation. Take time to assess before taking action.

Pisces (Feb. 19-March 20)

Events over the next week may cause you to realize that you may have made a career related decision on the wrong facts. While it may hurt or seem embarrassing to admit a mistake, perpetuating that mistake has consequences far beyond the length of your friends' memories.

Aries (March 21-April 19)

Beginning a new financial project might be tempting right now. If someone is rushing you into it, a quick decision now may end up a burden later. Think for yourself. You could save yourself and your partners from a good many headaches.

Taurus (April 20-May 20)

There are many who will doubt you in the days ahead, so it will be up to you to have confidence in your ideas and ambitions. If you have faith in yourself you won't even have to say I told you so.

Gemini (May 21-June 21)

What is most important to you? The answer to this question will be at the forefront this week. Take time to truly think about what brings meaning to your life and who in your circle truly supports you. You may be calling on them to help take your life to the next level.

Cancer (June 22-July 22)

Don't try to change the world this week or next. Learn to understand your own passion and how best to share it with your community. In this way, all that you do will have heart and others will naturally give you the help you need.

Leo (July 23-Aug. 22)

Seek quiet places when stress is running high. You will need to get away from the hustle and bustle of friends, family, school and work. Don't feel guilty about the time you take for yourself because when you do, you have more to give others.

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.



EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

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

FOOD CENTRE

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

HEALTH & DENTAL

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

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

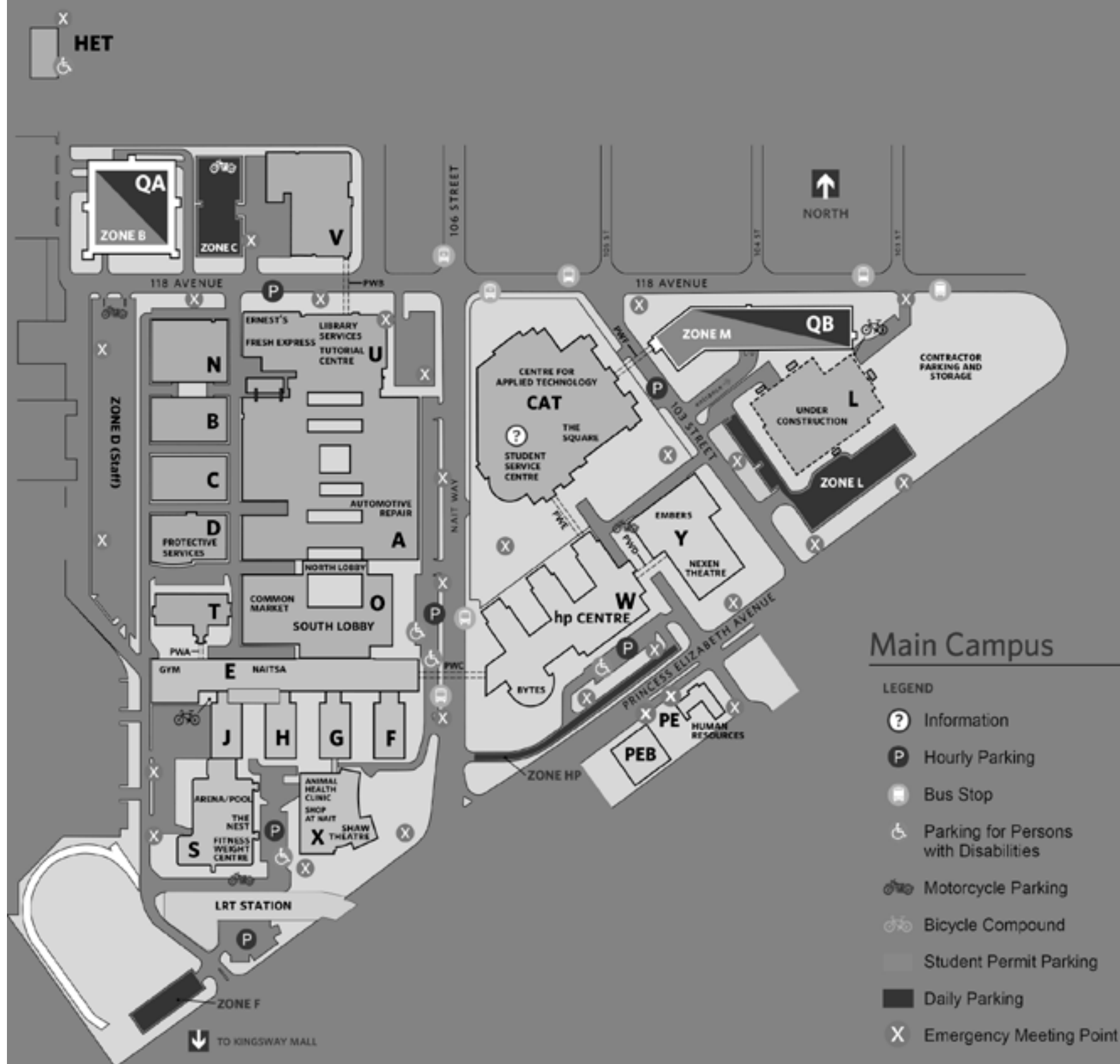
U-PASS

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

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

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

NAIT Main Campus Map



For mature students ...



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Adult students who have been out of school for a few years usually do very well when returning to school, however you do have a different set of challenges to face. Here are some pointers.

Pace yourself

- Dedicate regular blocks of time throughout the week to studying. Mark these times on a calendar and stick to them. If you have family or significant others try to involve them in the scheduling process. Designate

regular blocks of time with family, too.

- Discuss the changes that could occur as a result of going to school. Help your children understand what you are doing, why you are doing it and how long the changes will last.

- Prepare family members well in advance when you have exams or major projects.

- Let significant others in your life know that you appreciate their support.

- Attend Student Success seminars for tips on studying more effectively and efficiently. Try techniques from the *Strategies for Success* study skills manual available free at www.nait.ca/counselling

Create a study area

- Ideally, you should have a separate space that is dedicated only to studying. Psychologically, this space will signal you to study whenever you are in it. Practically, you can have everything you need set up and ready.

- Evaluate your study area to see what you can do to improve it.

- Evaluate studying at home. For some, there may be too many distractions.

Maintain balance and harmony

- When you get too busy you may neglect the most important person in your life – you! Be sure to schedule at least one or two times per week to do something that refreshes or renews you (exercising, meditating, walking, journaling, getting together with friends).

- Be aware of low energy, low morale times and evaluate what you need to change. Do you need to eat more often, eat more healthily, take a break, talk to a friend, laugh, lighten your course load ...

- Set limits. Learn to say “No.” Delegate responsibilities.

- Stay positive. While you may feel you learn more slowly and have to work harder than younger students, you also have many skills the younger students lack, such as direction, organizational skills, a broader perspective, self-knowledge, maturity and less time spent partying!

Celebrate your successes

- Set small goals and reward yourself when you reach them.

Establish support systems

- You may be the only mature adult student in your class and feel like you just don’t connect with the 18-year-old lifestyle. Identify at least one person outside the school environment who can be your cheering squad.

- Try to connect with other adult students who can share your stresses and your successes.

- Get to know and enjoy the younger students.

Anticipate crises and be prepared

- Write down potential crises, especially if

you are a parent, and develop a plan for each. What will you do if your child is sick and can’t go to daycare or school? What if you get sick or the car breaks down? Discuss options with your spouse, relatives, neighbours and friends. Have emergency contact numbers prepared.

- Get the name and phone number or e-mail of at least one student in each class to contact if you have to unavoidably miss a class or if you get stuck on an assignment.

Be here now

- When you are at school, focus on understanding the lecture or study material; if you are spending time with your children focus on them. Work on keeping out thoughts of what else you “should” be doing.

Find ways to de-stress

- Stress interferes with the brain’s ability to learn and remember. Build in some daily and weekly calming and fun activities – they don’t have to take long.

- A positive attitude helps with memory, learning and concentration. If you are feeling overwhelmed and doubting your abilities, ask yourself what needs to change.

Be realistic

- Make sure you are setting challenging but reasonable standards.

Don’t wait to get help

- If you are struggling academically, seek out instructors, classmates, free tutorial services or a hired tutor. Ask family and friends for help when you need it and don’t refuse help when they offer. See a counsellor at Student Counselling, Room W111-PB if you need support or if you just need to talk. Book in person or by calling 780-378-6133.

Poetry Corner

Overthink – Stop to Blink

You live for the nighttime, dawn’s
break a disease.

Content your feet won’t stand, impos-
sible to please.

Sandman, I become the bringer of
dreams.

I want you to believe you’re more than
you may seem.

Missed is the mist longing lost desire.
The wood stokes silently, clouded by
pink fire.

The cauldron’s glowing depths once
basement of belief,
is a memory of past, days from eter-
nal relief.

I’m an honest liar because the words
believe me.

You’re the thing I chase when I turn
blind to see.

The moment is filled with casual glan-

ces and melt-upon-me eyes.

Before I counted time in seconds, now
in joyous cries.

Fill my brain with your ideas the para-
lyze my thought – cast a net around
our madness, see what fish you’ve
caught.

You hold in a still palm the kisses and
the knives.

Release me from original sin and take
all nine lives.

Every mile away is a ruler measuring
hope.

Every notch in the belt slices the
chance to cope.

Your silhouette you don’t want is my
personal pleasure.

Acceptance is the only thing that
everyone can treasure.

By Michael Menzies

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

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tive and self-reliant leader.

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program open to all students enrolled at NAIT. You must apply

to become a member of this
program.

Don’t wait, check this out online
at www.nait.ca/lead and, if you are
interested, apply to be a part of
LEAD.

Submit a completed application
to the Student Engagement Office in
O-117 to Michele Parker. For more
information, please e-mail distinction@nait.ca.

The application deadline is Sept.
30.

Don’t miss out on this opportunity!

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

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
 September 13, 2016 | 4:30pm-6:00pm

WHERE

Stanley A. Milner Library
 Stanley A. Milner Library
 Room X-213
 CAT 140
 CAT 302C
 Nexen Theatre
 CAT 213

CAMPUS CLUBS NEWS

WHO

Events with Alcohol Training Type 2
 Club Social #1
 Grant Deadline #1
 Club Showcase

WHEN

September 19, 2016 | 4:30pm-6:30pm
 September 27, 2016 | 4:00pm-6:00pm
 October 3, 2016 | 5:00pm
 October 5, 2016 | 11:00am-12:30pm

WHERE

CAT Theatre 191
 The Nest
 OrgSync
 CAT Main Street



NAITSA CAMPUS CLUBS CENTRE

**VISIT THE
CAMPUS CLUBS CENTRE**

Room E-125, NAIT Main Campus
 780.471.8457 | 780.471.8871
naitsa.ca/naitsa-clubs

Check out the Clubs Website for other
 upcoming Important Clubs Dates

FROM THE KITCHEN

These cupcakes heaven-sent

By HANA LAVERICK

Starbucks isn't the only one rocking the pumpkin spice fad this season. From lattes to candles, to your kitchen and more, over indulging in the season's most versatile ingredient is always fun and keeps things interesting when you're experimenting in the kitchen!

From a student's perspective, I find it very hard to balance school and meal planning, let alone adulting in general. It seems like I can never make the time for it. One way or another I find myself in the Common Market lineup spending more money than I should and thinking, "I should have packed a lunch the night before." It tastes much better and feels more rewarding if you can say "Hey, I made this! And it wasn't even that difficult."

So, I present to you my favourite pumpkin cupcakes! This recipe can double as a muffin because it has almost the same ingredients as any muffin batter. Light sugar, cinnamon and no mixer required! You can still call it breakfast and get away with it. Even if you have few cooking utensils, this recipe is still doable. All you need is a few key ingredients and you're already on your way to a healthier start to your day!

So start making your little snack today and I promise you that your week is going to be that much spicier!

Ingredients:My favourite pumpkin cupcakes:

- 1¼ cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1½ tsp ground cinnamon
- 1 tsp pumpkin pie spice
- ¾ cup of packed dark brown sugar
- 2 large eggs
- 1 cup of pumpkin puree (not pumpkin pie filling)
- ½ cup melted butter
- ½ cup of milk (2%, skim, almond/soy)
- 1 tsp vanilla

Quick buttercream frosting (optional):

- ½ cup unsalted butter
- 1½ tsp of vanilla extract
- 2 cups of confectioners sugar (sifted)
- 2 tbsp of milk (I used whipping cream)

Directions

Preheat oven to 350°F (177°C)

1) Line a 12-count muffin pan with cupcake liners or spray with nonstick spray.

This recipe will make 12-14 cupcakes to bake in a second batch.

2) In a large bowl, place the flour, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice together until combined. Set aside.

3) In a medium bowl, whisk the brown sugar and eggs together until com-

bined. Whisk in the pumpkin, butter, milk and vanilla until combined. Pour the wet ingredients into the dry and stir until just combined. Do not over mix the batter.

4) Spoon the batter evenly into the muffin pan. Bake for 17-18 minutes or until a toothpick inserted in the centre comes out clean. Allow to cool completely before frosting.



Supplied photo

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 AskNAIT@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

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.

Violence or Potentially Violent Behaviour or Medical Emergency – 911, Security (471-7477) or the police complaint line at 780-423-4567, if appropriate.

International University and Student Travel Expo

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SEPT 25

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www.studyandgoabroad.com

WHAT DOES NAITSA DO FOR YOU?

WE ARE YOUR STUDENT-LED ORGANIZATION, & OUR MISSION IS TO PROVIDE STUDENTS WITH EXCEPTIONAL SERVICE & REPRESENTATION.

WE HAVE 4 FULL TIME STUDENT EXECUTIVES
The VP Student Services is here to help foster student life at NAIT. The President is the official spokesperson of NAITSA. The VP External represents student interests throughout the campus, city and province. And the VP Academic can help you with questions or issues regarding your studies at NAIT.

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

WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS

WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK

WE OWN & OPERATE THE NEST TAPHOUSE GRILL
Located by the pool | 780.471.8560 | nesttaphousegrill.com

WE PUBLISH THE NUGGET STUDENT NEWSPAPER
Room E-129 | 780.471.8564 | thenuggetonline.com

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

WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPERS
foodcentre@naitsa.ca | naitsafood | NAITSA Service Hub Room E-131


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

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

WE PROVIDE DISCOUNTED TICKETS
To sporting events, movies, and other fun events. Available in the NAITSA office (E-131) on the Main Campus or at the bookstores on South & Foothill Campus.

WE SUPPORT & FUND OVER 70 CLUBS
orgs@naitsa.ca | NAITSA Club Centre E-135

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



NAITSA TRADING POST

REGISTER
(AT TRADINGPOST.NAITSA.CA)

WHAT ARE YOU LOOKING FOR?

BOOKS?


POST A BOOK

FIND A BOOK

ROOMMATES?

NEED A ROOMMATE

FIND ROOMMATE





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

FOR CURRENT HOURS PLEASE VISIT US ONLINE
NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. DINE IN ONLY.

REVIEW US ON:  **zomato**  **yelp**



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!



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