

NAIT NUGGET

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Volume 55, Issue 1

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The Fresh Batch

sobey's LIQUOR

SAFEWAY  LIQUOR

NEWS & FEATURES

Happiness, then success

By NICOLE MURPHY

If you are reading this as a 'Type A' personality, the words productive and happy may not seem like a match. The stress of needing to get good grades may mean fewer hours sleeping, time away from social events with friends, studying for hours without breaks – all with the belief that "I will be happy in the future when ... FILL IN BLANK HERE." Ironically enough, if you are more of a 'go with the flow' or 'c's get degrees' type student, productivity and happy also may seem like polar opposites. The idea that you could feel happy being tied to a list of 'to do's', might make your skin crawl.

However I am here to offer some evidence that in fact productivity and happiness are strongly connected and share some tips to help you cultivate a more successful life.

I want to start with a couple of definitions. Success: the accomplishment of an aim or purpose. Now, with individuals having many different aims/purposes, the idea of success can get quite muddy, especially when we start comparing our accomplishments with other people. That being said, a common aim is to be ... surprise, surprise, HAPPY! And happy simply means feeling or showing pleasure or contentment.

Recently I read two books by author Shawn Achor called *The Happiness Advantage* and *Before Happiness*. Achor spent 12 years studying happiness at Harvard and has defined it as the joy that we feel striving for our potential. So if we're all trying to be

happy and happiness is feeling joy striving for our potential well, hot damn, you can be successful and happy right now! Before your diploma, before the big job, before the raise, car, house, marriage, kids, etc. ... with a couple of mind shifts, success is here now.

Achor explains that just like we once thought the sun revolved around the earth, we have believed for some time happiness revolved around success, when in fact time after time the opposite proves true. Success revolves around happiness. The happier you are the more energetic and productive you can be. The brain also finds solutions to problems faster when soaked in good old fashion joy, hence productivity sky rockets.

So enough chit chat. Here are some things you can do to help bring on the happy, shift your mind to being joyful in the process of life, and by default be able to accomplish more in a shorter time.

1) Gratitude is the key! It is connected to changing the chemistry of the brain. A simple exercise is to write down three things you are grateful for a day. Anything you want, no rules here, no right and wrong. After 21 days of doing this, Achor's research found previous pessimists were now scoring as low level optimists ... in just 21 days.

Another option I personally subscribe to, is a 4-2-1 journal. I learned about this from personal development author Craig Beck. Every morning you write four things you are grateful for, send love to two people and ask for one thing. Since starting this, I have missed maybe one day and the daily ask is really motivating!



Shawn Achor

2) Sleep, eat and move. This one is probably easy enough to understand but when it comes to watching one more episode of a Netflix series or going to bed, the struggle is real. Also, all bodies are different, so do the research, test your body and see how much sleep, what kind of foods and what style of exercise feel the best! Some general notes are eight hours of sleep, cut out sugar and do some form of activity every day.

3) Focus and then take a break. New research shows that the most productive people work for an allotted time and take breaks often. Some say the best ratio is 52 minutes of work then a 17 minute break. Others say from an hour to 1.5 hours of work, then a break. However, the trick is that you must turn off all distractions and focus your brain fully on the task at hand. This means the phone, Facebook, and all other digital distractions ... as well as potential people distractions must go. Again, test this out,

find what works for you!

4) Small goals that make a big difference. Of course, it is good to have big dreams but one of the common mistakes we make is to try and achieve too much in a short amount of time and end up feeling overwhelmed and defeated. Motivational speaker Tony Robbins once said: "Once you have mastered time, you will understand how true it is that most people overestimate what they can accomplish in a year –and underestimate what they can achieve in a decade!" Despite your thoughts on Robbins, he has had some amazing success. So break down your big tasks into little ones. I make a "To Do" list and try to put even the smallest things you have done like "Write to do list" on it... Then check DONE. The more you start checking off parts of the list, the faster the momentum builds to finishing it.

5) Keep the connections. Over and over in study after study it is revealed that the relationships we have with others, the support systems we feel we have in place and general human connection are the biggest factors for a happy life. So, while in school, remember to take time away from the computer. It may feel draining to socialize and I get that some of the people you used to hang out with will not be as available but forge meaningful interactions with peers and get involved on campus.

For links to Shawn Achor's TED talk, books and more, check out our Facebook page The NAIT Nugget.

Campus ambassador, anyone?

By MICHAEL MENZIES
Senior Editor

The campus ambassador program is in the midst of one of its crucial recruiting sessions and is searching for students who are looking to volunteer for their school in a rewarding way. The program involves students representing NAIT in a variety of functions including program previews, Open House and new student orientation. Their most common duty is running tours of the campus.

"They're [campus ambassadors] involved in a lot of interactions with prospective students," says Campus Visits Coordinator Nicole Blomme.

This means that often times they are the face of NAIT to students as young as 13 or 14, in addition to those in high school or older looking at pursuing post-secondary education. But as campus ambassador Mihnea Gavrilă explains, the job really is so much more than that.

"I've found that the core purpose of being an ambassador is to share the spirit of NAIT and create a welcoming and positive experience for every visitor," says Gavrilă.

Gavrilă is starting his second year in the campus ambassador program and his fifth year at NAIT. The Bachelor of Business Administration student is glad he's joined the program and feels that it's one avenue for students to make themselves more integrated on campus.

"Once in a while, someone would mention something extra-curricular they'd done at NAIT and I would think to myself: 'Well, I haven't done much of anything besides focusing on my studies.' And in the summer of 2016, I decided I should be more involved, with the intention of both being out of my comfort zone and feeling like I was a substantial part of the NAIT community."

Gavrilă volunteered to help run tours dur-

ing new student orientation and, through his volunteering, was encouraged to apply to the campus ambassador program. His decision to finally pursue a more fulfilling student experience was a long time coming.

"One reason I joined was to break out of the isolated bubble I was living in. I wanted to meet new people and grow as an individual and I've found there isn't a more supportive group of ladies and gents."

The benefits Gavrilă has seen don't come just from exchanges with potential new students. It's the collaboration among the ambassadors themselves that also creates a lot of value. One of Gavrilă's fellow ambassadors created a club last winter and a NAIT extension on the website jack.org which engages in positive mental health discussion. Gavrilă says he's fortunate to be a part of the club as VP Finance, a position he would not hold if he hadn't got-

ten involved with the campus ambassador program. It's these instances that make the experience so worthwhile in his eyes.

In just the last two years, the program has increased 10 fold, from four students to 40, proving it's making great leaps. After being accepted, there are two training sessions ambassadors go through, then event notifications are run through e-mail.

"To anyone interested," Gavrilă says, "I would say it's an enriching experience and an opportunity to build your confidence to develop a number of valuable soft skills, interpersonal communication, public speaking, leadership and the ability to adapt to unforeseen circumstances, etc. And of course, to share your NAIT pride. All you need is a willingness to learn."

If you're interested in becoming a student ambassador, fill out the application form at nait.ca/campusambassador.

Since the first issue in January 1964, the NAIT Nugget has been a platform for students to stay informed about the issues important to them, share information, and have a voice on campus and the local community. While the Nugget has grown up over the years, these values have remained at the core of the paper – as have many of the issues facing students! Here are some examples from years gone by:



The Nugget
Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 780-471-8866
www.thenuggetonline.com

Senior Editor
Michael Menzies
studenteditor@nait.ca

Sports Editor
TBA
sports@nait.ca

Entertainment Editor
TBA
entertain@nait.ca

Photo Editor
Tim Potter
photo@nait.ca

Online Editor
TBA
onlineeditor@nait.ca

Media Operations Manager
Nicole Murphy
nmurphy@nait.ca

Production Manager
Frank MacKay
fmackay@nait.ca

Submissions encouraged:
studenteditor@nait.ca

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.

February 1965

Hootenany A Success



Group Rehearsing Before Show

Photo by Tim Johnston

January 1964

*We need
a Name
for our Newspaper
Leave your suggestion
at Room E129*

January 1964

Dear Dazey,
My boyfriend insists on growing a beard! He claims that it brings out the man in him. From the point of appearances it's terrible--but I wouldn't have the heart to tell him. Not only does it look bad but it leaves me with a terrible rash on Sunday mornings to which the members of our church object very highly.

Undecided

Dear Undecided,
I suggest you wear Large Brush Rollers on your next couple of dates, I think this should do the trick.

Sincerely,
Dazey
#####

December 1964

Fashion News & Clues

By Ellery Adams

Girls:!

There is no excuse today for looking like a hundred and one other females parading the streets in search of whistles they obviously do not warrant in view of the fact that they look like part of the scenery. (In Edmonton this is bad.)

Bring a little adventure into your winter wardrobe. Here are a few suggestions:

1. Plaid or patterned long stockings in bright reds and greens.
2. A bright yellow and navy jumper and jersey outfit.
3. XX Imported snowboots from Germany--You can find them on 97th Street in some small shops. Salamanders for one.
4. For evening wear--a sequined sleeveless pop top with two crepe skirts; a long one and a short one. About \$50.00.
5. You don't need to know how to sew to make a wild pancho from a plaid car blanket. Fringe it, or line it with fake fur.

On top of the list of fashion faux pas this issue are:

1. Black, patterned nylons. Definitely not for classes, and rarely anywhere else.
2. Any type of rhinestone jewellery, except for evening wear.
3. Full skirts of any kind. Crinolines went out with bouffant hairdos, and rock and roll music.
4. Kerchiefs! This is the absolute and utter height of peasantry. Get a skier's headband. Warm and attractive too; or tie an oblong around your ears, but not a kerchief.

October 1981

WRITERS WANTED Possible Topics

How to melt old disco records
into ashtrays

Clothes to wear to a
cold war party.

What is magnetism?

Why is NAIT in a
cold climate?

The 'Lizard King' is alive
and living in Montreal

How to steal bicycles

Carcinogenic aspects of beer

Former Nugget editors

By NICOLE MURPHY

Where have all the courageous, truth seekers gone? There was a time when being a journalist meant looking out for the people, it meant bringing down the man, and sharing stories that could open our peer's eyes, making the world a more honest place. Being a part of the school newspaper was a prestigious job that others looked up to. It was for the fearless or, rather, those who overcame fear.

Now, with how much information we have access to it is really hard to decipher the truth from the lies, the corrupt media from authentic media, and in general trust has wavered. However student media is still alive and can be the breeding ground for this passionate journalism again.

On a lighter note, it is also a great place to grow skills, meet people, find your voice and have fun.

I am back to help revive student media at NAIT, after years of being in the media industry. My experience includes working on feature and short films, music videos, documentary series and news, and I can say without a doubt my time working for *The NAIT Nugget* led to my successes. Being able to come back and work at NAIT is just another experience I have strived for since graduating.

I asked some past editors to share how *The Nugget* has contributed to their lives and the time they spent at NAIT. We recognize that *The Nugget* needs more diverse student voices and we would love to hear from you!

Free. Food. Two words that are enough to make any broke college kid wet his pants ... (Disclaimer: No pants were soiled during my time at *The NAIT Nugget*.)



Evan Degenhardt

I was a broke student enrolled in my first semester at NAIT's Radio Broadcasting Program. It was exciting times. Even more exciting was the revelation that this school also supplied its students with free pizza once a week. I was smitten. But this love affair became so much more than just a free slice(s) of pizza every Tuesday.

Within a semester, I was writing sports articles galore, getting paid for my work ... and eating my fill of free pizza, too. Soon enough, I found myself in charge of the entire Sports Section of the paper. (Still not sure why ... but I'll take it. I'm pretty sure my mom still has my first article on a fridge somewhere.)

Looking back on my time, not only did *The Nugget* help me maintain the ever-elusive "Freshmen 15" IE: Pizza ... it also secretly taught me a lot about myself, and life. It made me a better teammate. It helped me reach goals and deadlines. I became a better leader ... a better listener. It shaped how I asked a question, how I listen to people. It taught me to think more critically about our world. Oh, and it paid some bills along the way, too.

The idea behind *The Nugget* is simple. Allow the students who populate its halls to be the voice for NAIT itself. A paper, run entirely for the students, by the students. If you're looking for a new experience or something that will enhance your education while inside these walls at NAIT, seriously look into *The Nugget*. To date, it's one of the best impromptu lunch decisions I've ever made.

It's been a little while since I last wrote for *The Nugget*, though that time I was probably writing about



Chris Figliuzzi

a band or doing a porn review ... and ya, it's exactly what it sounds like. So what the hell am I doing back? Well as a former assistant Entertainment Editor I have been asked to come back and write about how *The Nugget* has helped me in my post NAIT professional life and, well, the short answer is it hasn't ... like at all. It didn't help me get my internship, my first professional job and it has absolutely no bearing whatsoever on my current career path.

All that being said though, I would go back and do it again in a heartbeat. My first time through university I did what most of you are probably doing right now, keeping that head down, focusing on what you need to get done to get that paper and getting the fuck out of dodge. For my efforts, I got an overly expensive piece of paper with

my name printed kinda fancy, though spelled wrong and very little more. Now don't get me wrong, getting that paper is important and is something that you should definitely be working towards but at the end of the day, 10, 15, 20 years down the line, you won't look back on your college career with fond memories of those early morning classes or that essay you spent all week putting off only to pull an all-nighter on. You'll look back on the memories you and your friends have, the dumb shit you got away with and the dumber shit you tried to get away with.

The Nugget helped me find my dumb shit partners, the guys and girls I spent 24 hours awake with trying to pull off ridiculous projects, activities and benders with. *The Nugget* helped me find friends that have lasted the test of time, one of which I had the privilege of standing beside on his wedding day, many of whom were there when I was at the lowest points and all whom I miss spending those days with dearly. So maybe *The Nugget* hasn't helped me in a professional way but it has provided me a wealth beyond anything I ever thought possible in my personal life ... plus it fed me lunch every Tuesday and paid enough to buy a couple of beers every week.

It wasn't until the winter of 2014 when I was interning for the Edmonton Oilers in Digital Media and was on assignment in Calgary for the CHL Top Prospects game that it



Lauren Fink

first hit me the paper had a reach that could benefit my career and impact my life.

Before puck drop I was sitting in the Saddledome's press level making small talk with the reporter beside me who was there covering the game for a hockey magazine. Shortly after we got talking he was joined by another gentleman. The reporter introduced me to the gentleman, who was his publisher. The publisher was adamant my name sounded familiar but at this point I was very new to the industry and couldn't think of any way he would know of who I was – besides my limited experience while in school, this was one of the first major assignments I had as an intern and wasn't yet a "pub-

lished" writer (except for *The Nugget*). Despite my persistence that he likely didn't know who I was he pressed on, "you're a writer? Are you sure you're not published somewhere?" That's when I said, "well I guess only for a campus newspaper in Edmonton." As I said it, I really didn't think he would be familiar with campus newspapers in Edmonton and that maybe he would just acknowledge that I have a familiar sounding name but instead he said, "you're Lauren Fink, from the *NAIT Nugget*! We publish that paper, I've read some of your pieces." I cannot even sum up my emotions in that moment. It was a huge boost to my confidence being new to the industry and ended up being just one of the times where something like this happened to me because of my involvement with *The Nugget*.

Enough good things can be said about the paper, the networking alone is worth writing just one piece. I will say, though, that once you write one article, you'll be hooked! That's what happened to me and I can thank Evan Degenhardt for that. I wrote one athlete profile for Evan then became his assistant sports editor and eventually his successor. I met some of my best friends at *The Nugget* and almost every single one of the other editors and writers included in this article have had an impact on my life or continue to do so. If you have ever wanted to try writing, *The Nugget* is the perfect place to start. You'll gain experience, make money and be able to network with not only other writers but with those other industries as well.

Writing for the *NAIT Nugget* was the first time I saw my name in print.

Years later as I write for other news



Emily Fitzgerald

organizations, I still remember the first time.

If you're in the Radio and Television program at NAIT, writing articles gives you an opportunity to speak to, and interview real life subjects.

It's something I'd recommend to all future journalists, and NAIT students.

Take advantage of the opportunity to get to know your school, and the students in it.

reminisce ...

Good memories and good friendships were formed

Walking into *The Nugget* office during my first week at NAIT was one of the best decisions I've made.

My term at *The Nugget* helped me finesse my skills as an editor and writer, of course but I think the thing I value the most is the community it gave me. Getting involved at *The Nugget* introduced



Danielle Fuechtmann

University Press.

I'm grateful that I can call many of my fellow *Nugget* writers and editors friends; during some of the busiest weeks of my diploma, coming to the office with a cup of coffee, reheating some pizza and simply chatting with them was an integral part of what kept me going when I felt frustrated by a mountain of deadlines. *The Nugget* also led to my board position with CUP, opened doors to opportunities in my industry and friendships across the country.

While I strongly encourage you to give contributing to *The Nugget* a chance, my biggest advice as you start your time at NAIT is to get involved. When you look back on your time here, you'll cherish the connections and opportunities you make through your extracurricular activities.

Growing up, I always assumed I would excel in all leadership roles. In high school, I took on numerous student leader positions and



Carly Robinson

thought it would be a breeze.

Boy, was I wrong. I relied on the qualities I assumed I had and didn't end up putting in the work of managing people that I needed for success in the role.

Now, this may sound like I had a negative experience with the student paper but I'm extremely thankful to have lived this at *The Nugget*. If I

figured those skills would transfer seamlessly into the work force. So when I took on the role of Editor-in-chief at *The Nugget* in my second semester of Radio and Television, I

hadn't learned this at school, you better believe I would have made some costly mistakes in my career.

I know now that I need to put a lot of work into my leadership skills before taking on new roles. The *Nugget* gave me a safe space to explore, push my boundaries and ultimately fail without major consequences.

The Nugget taught me I am not a good leader (yet)

My journey with *The Nugget* started the same as many young, aspiring journalists at NAIT – with a free piece of pizza at *The Nugget's*



Sarah Stilwell

editorial meeting. What I didn't know, or expect, was that I'd volunteer to write three different articles my first meeting. Within weeks, I went places I never thought I'd be willing to go in a million years; from riding ETS buses all afternoon to get the scoop on student safety, to attending modern dance shows in the middle of a blizzard. Around the same time, I discovered a strange love for copy editing.

In retrospect, I feel like the time commitment was nonexistent – in addition to maintaining top marks in my classes, I was still able to work as a bartender part-time, attend concerts every week, and make money writing articles about the shows I went to. It was a pretty great college life.

Upon becoming an editor for the paper, I was privileged to get to travel and make friends and connections across Canada, and interview Canadian media "royalty" in Toronto. Most importantly, I worked with an amazing team at *The Nugget*, many who are great friends and colleagues to this day.

Our team worked together to create new columns, experiment with new concepts – and had a seriously good (and often crazy) time. I owe a lot to my former colleagues who hunted around Toronto with me to find 3 a.m. pizza, who held me on airplanes because I am TERRIFIED OF THEM, and the incredibly talented writers who turned ideas into reality (special shout out to Frank, who kept us all in line and NAITSA, for being accommodating and supportive).

These are the things I remember most when I think about my time at NAIT – a time before the CAT Centre and direct LRT access.

The Nugget is willing to give you as much as you're willing to put in and I'm really excited for the new team behind *The Nugget* to create something spectacular. You should join them for the ride.

NOTE: Come check out our open weekly meetings on Tuesdays from 12-1 in Room E-128.

WHAT'S GOING ON AROUND CAMPUS

UPCOMING CLUB EVENTS

WHO

International Students Club
International Students Club

WHAT

Welcome New Members Party
Orientation Fair Booth

WHEN

September 15, 2017 | 8:30pm-11:45pm
August 29, 2017 | 10:30am-3:00pm

WHERE

Priva Ultra Lounge
CAT 200

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

HEALTH & DENTAL OPT OUT

DEADLINE: SEPTEMBER 29, 2017 @ 4PM, ALL CREDIT STUDENTS



**THERE ARE 3 THINGS
YOU CAN DO BEFORE
THE DEADLINE...**



OPT OUT & WAIVE THE FEE

Already have comparable coverage? You can opt out and waive the fees - just go online at mystudentplan.ca/nait or visit us in E-131 before the September 29 deadline.

OPT BACK IN

Did you previously opt out, and now need to opt back in? No problem - visit us in E-131 before the September 29 deadline to fill out the paperwork and pay the fees.

ADD FAMILY MEMBERS

Do you need to add a spouse/kid(s)? This is your chance! Visit us in E-131 before the September 29 deadline to fill out the paperwork and pay the fees.

NO EXCEPTIONS IF THE 4PM SEPTEMBER 29 DEADLINE IS MISSED!

MORE INFORMATION AT NAITSA SERVICE HUB

780.471.7730 | @naitplan | naitsa.ca
mystudentplan.ca/nait | studentplans@nait.ca



**NAITSA SERVICE
HUB**

OPINION

— Editorial —

The choice is yours



By **MICHAEL MENZIES**
Senior Editor

My Grade 8 teacher, Mr. Whelan, used to repeat the same truism to us students, every day. He would find a way to naturally segue to it after assigning homework or reviewing a test. Whenever a teacher repeats something over and over again, like times tables or the alphabet, it's usually because they believe what they are saying has value. They want it to ooze out of you without you even realizing it. Mr. Whelan's phrase, or warning, is: "What you put into life is what you get out of life."

This quote is attributed to a few different people, or at least versions of it are. But my experience has it linked indefinitely to Mr. Whelan.

Repetition

If you were one of his students, you'd know he liked the effect of repeating himself. In social studies, his passion, he would use six or seven synonyms to articulate the same straightforward idea. Example: "The First Nations people got, acquired, obtained, traded, bartered, dealt and exchanged beaver pelts with the British and French for metal pots ... " He liked instilling that repetition into his students, perhaps in hopes it would broaden their scope.

Mr. Whelan's phrase garnered the desired effect. The phrase does now ooze out of me. Years have passed since hearing it but it's now that I truly understand the meaning. Not that the meaning is hard to understand – it's hard to do. It's hard to act like you know it.

How will I change?

A year ago, I moved out of my parent's house to Edmonton to start school at NAIT. When packing up my belongings, Mr. Whelan's words came to me again, posing me a question. What did I want to get out of this experience at NAIT?

Now, the question becomes unconscious in a way. When I start a project or large task I think about the ways the situation could turn out but also the ways I will change from doing it. I'm really only concerned with the second statement. The ways I will change from going through this experience and giving myself the best chance in the process is the important thing.

The two options are clear. You can give a little bit of effort to the task but less than you know you could've if you really wanted to and receive little value or pleasure from it, or you can make the best of the situation and give

that utmost ability you know you can and, through that sacrifice and struggle, you learn much more valuable things. It's the acquisition of wisdom.

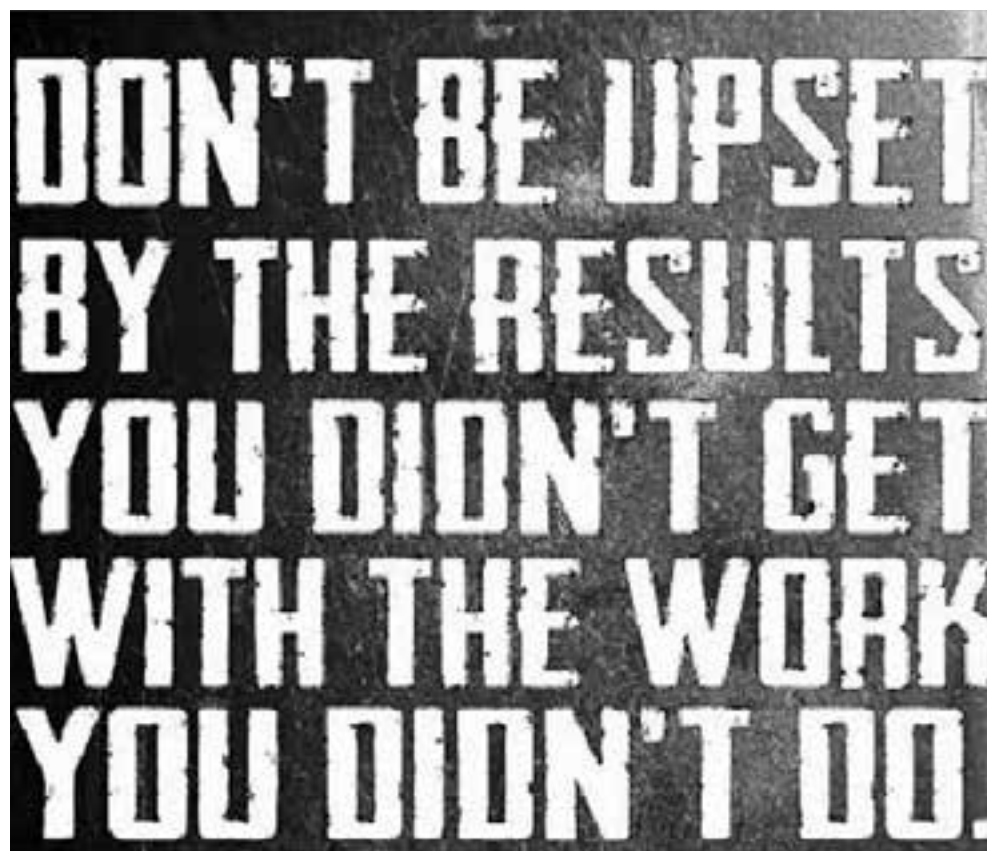
Will you take the simpler, unfulfilling option? Or, the one that you know is the more stoic and ultimately rewarding choice? This isn't easy, however noble or brave I can make it seem.

There's a litany of different types of people about to start a new school year at NAIT. You may be 18 or 48, as I discovered on my first day on campus standing behind a 52-year-old guy in the student help desk, hoping to receive emergency student funding. Your situation might not be as dramatic but it's still just as important.

This column reads like a '50s sitcom with its gooeey,

moral lesson but that doesn't mean it isn't true. You will be kept very busy by your program this school year. Very busy. But if you aren't going to school to be busy, then why are you here?

Your leisure time will be short. Will that preclude you from joining a club you're interested in or from watching your student-athletes perform? Or, from stumbling into the *Nugget* office to ask us what we're about and how you can help? That falls to you. Do the things that you enjoy doing in your spare time. Just actually do them, seek them out here on campus. The days you're busy at school will likely have much more meaning and value for you years down the road if you put forth the effort you're holding back. Luckily, it's your decision.



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SPORTS

New man in town

By **MICHAEL MENZIES**
Senior Editor

The search for a new athletic director is over. John Bower, formerly the associate athletic director for the Concordia University in Montreal, began work Aug. 1. His hiring this July ended a three-month search for Linda Henderson's replacement. Henderson had been the athletic director since 2008. Since his first day, his time has been mainly spent in meetings and becoming acquainted with his staff, not to mention moving from Quebec. The quicker he acclimatizes to NAIT, the quicker he can start putting the gears in motion for the changes he wants to bring.

As part of his interview process, Bower laid out a five-year plan for the direction of Athletics with two goals in mind – he wants to double both student attendance and paid attendance at the games but more important, he envisions integrating the Oaks within the school better than has been done in the past.

Create linkages

"My priority, No. 1, is to create linkages within NAIT to create greater student opportunities with the Oaks because that's the greatest value we can have as we march forward in getting people out to the games ..."

When asked about the program moving forward, Bower says he has similar values as Karen Bennett, associate VP of Campus Life.

The focus now is turned toward "the holistic approach to sport and their student-athletes," Bennett said.

"Our athletes are students first," Bower says. "Bold, underscored, italicized, underlined, highlighted in yellow – followed by athletes. So that's why we need to approach sport differently. It's not about wins and losses, it's about how do we support these athletes in their long-term goals on the field of competition or in the classroom or in starting their professional lives."

While the term "holistic approach to sport" may seem vague, Bower provides clarity to what that may mean in practice for the school. He envisions reaching out to different programs on campus (Radio and Television, Digital Media) tying the Oak brand together more than it currently is. This includes working with marketing and advertising students for promoting games and trades students as well.

"It may not happen," he says. "But at least we're looking at everything that we do to integrate and give those students the opportunity to put something on their resume to show potential employers and, at the same time, enhancing the student and student-athlete experience."

Along with accountability, Bower explained that he likes how NAIT "plays within the rules" and finds ways to innovate and create solutions to their problems within that framework.

NAIT's success, totalling 80 medals in the past decade, makes the Oaks an attractive program to become part of. With that in mind, there is no rebuild in Bower's sights – far from it.

"I'm coming into a fully built house. Now we need to determine what colour to paint the living room – do we want a jacuzzi or an in-ground pool in the back and what type of tree do we want out front?"

His point is clear. It's value added at this point for the program. His performance concerns are focussed on "getting to the next level."

Next level

What is that next level? It would be competing with schools like Humber College on a consistent basis for national championships, NAIT's biggest rival in the CCAA over the last two seasons in women's basketball.

To the question of new athletic facilities, Bower says, through his experiences at Concordia trying to replace two turf fields, the difficulties are great.

"It needs to be – pretty much – a perfect storm for this to occur. Which means the administration views the need for greater athletic facilities, the students need to view it as an enhancement to the entire student body, so they have to get behind it as well. The corporate community needs to be ready to invest, the sport community in the province or region has to be ready to get behind it, and most importantly, the levels of government need to be involved. If you're lacking any of those you are going to have a difficult time getting any type of enhancements for athletic facilities."

Bower is most excited for when his teams hit the pitch, court and ice. He thinks of his grandfather, Hockey Hall of Famer Johnny Bower, who told him as a youngster: "Hard



Photo by Joseph Fletcher

John Bower

work will get you to where you want to go."

In a few weeks, that hard work begins for the Oaks in regular competition.

In other departmental news, Jordan Richey has been promoted as the new athletics manager. In addition to the departure of the athletic director, Gregg Meropoulos, who had been with NAIT for almost 40 years, retired at the end of the school year as athletics manager, leaving two major vacancies to fill over the summer. Athletics decided to look internally to fill the job, promoting Richey from sports information. Richey is a veteran at NAIT and for years was the badminton coach.

Sam Nahrgang will now take over Richey's old job as the go-to person for sports information while still maintaining his position as events and promotions co-ordinator. Recently graduated Sebastien Cava, who just finished playing for the men's basketball team last season, has been hired on as the game day attendant.

Time to do your bit to get fit

By **TRE LOPUSHINSKY**

Last semester, I know for a fact I stacked up the calories. The thing is, NAIT has the facilities to keep you active during the school year, along with intramurals during the year. If you decide to replicate what I did last semester, you can get some activity in, to balance it all out at various facilities around campus.

The arena: NAIT's arena includes a ice rink and a 188-metre indoor track! If you're like me and haven't been skating since you were 12, you don't have to exactly go right into the NHL. Here is some ways you can get your fix of skating and hockey:

From Aug. 28-Sept. 30, Monday and Wednesday from 11 a.m. to 1 p.m. skating only. From 1 p.m. to 4:30 p.m., drop-in hockey

Tuesdays and Thursdays, from 11 a.m. to noon, skating only. From noon to 4:30 p.m., there is drop-in hockey.

On Friday, from 11 a.m. to 1 p.m., skating only, from 1 p.m. to 4 p.m., drop-in hockey.

Fitness Weight Centre: If Arnold Schwarzenegger went to NAIT, he would probably be visiting this facility ... so you probably should, too. Who doesn't want to be Arnold Schwarzenegger? The

centre offers a weight and cardio room, personal training studio, strength and conditioning lab, spin cycle studio, racquetball and squash court. If this piques your interest, the FWC is open from Sept. 5-Dec. 22 on the following days and times:

Monday to Thursday: 5:45 a.m.-9:45 p.m.

Friday: 5:45 a.m. to 8 p.m.

Saturday: 8 a.m. to 4 p.m.

Sunday: 10 a.m. to 4 p.m.

Gymnasium: You don't want to get those huge muscles? You don't want to have the biggest natural arms in the world?

How about some sports to get your blood pumping? The gymnasium has badminton, volleyball and indoor soccer.

Hours of operation: On Mondays, volleyball and basketball from 11 a.m. to 1 p.m. (open) and 3 to 4:30 p.m.

Tuesdays and Thursdays, badminton and basketball from 11 a.m. to 1 p.m., 3 to 4:30 p.m. (open)

Wednesdays basketball from 11 a.m. to 1 p.m. and 3 to 4:30 p.m.

Pool - There will be no racing of sharks in these waters, but here are the pool hours if you want to practise your Michael Phelps-like swimming:

Must-see Ooks games

By **NAIT ATHLETICS and TRE LOPUSHINSKY**

Before the Ooks hockey team gets around to regular season business, some of them will suit up with MacEwan select players to take on the Edmonton Oilers rookies at Rogers Place on Wednesday, Sept. 13 at 7 p.m.

“This game will be a truly memorable experience for the NAIT Ooks,” said Dr. Glenn Feltham, president and CEO, NAIT. “I am thrilled we are able to partner with MacEwan University to showcase the calibre of men’s hockey at both institutions,” Feltham said. “I would also like to thank the Oilers for providing this amazing experience for student-athletes in our city.”

NAIT’s Athletics Director John Bower said the game presents “a tremendous opportunity for the NAIT Ooks to partner with our crosstown rivals from MacEwan University to showcase the calibre of ACAC men’s hockey.” “We thank the Oilers for offering our student-athletes this exceptional experience.”

The NAIT Ooks finished first during the ACAC regular season in 2016-17, accumulating a record of 22-6-2 and also led the ACAC in goals (138). MacEwan finished in second place, three points behind NAIT and led the ACAC in fewest goals allowed (69)

while posting a 21-7-1 record.

“It’s an exciting opportunity for our program and our student-athletes, that will create exposure throughout the hockey community on our brand of hockey,” said NAIT Ooks head coach Tim Fragle. “We hope that this new partnership will become an annual event that the local hockey community can get behind and support.”

Tickets go on sale to the public Thursday, Aug. 24 at 10 a.m. at EdmontonOilers.com. All tickets are general admission and are priced at \$20 each plus applicable fees.

The Oilers training camp opens on Sept. 14.

...

Whatever sport you wish to watch this year, the Ooks’ squads will provide you with entertainment and must-see games. You might even be stuck in a position between these action-packed games and homework ... well, here are the dates you don’t want to miss, so plan accordingly.

Some old and new faces will be donning the wing-spreading owl on their jersey this year, it’s always exciting to see what a new-look team is capable of, especially for the first game of the season. Both the men’s and women’s soccer teams will be facing off against Concordia Thunder on Sept. 23.

This is the first match against each team since Concordia bested NAIT in the ACAC

Championship last fall for bronze. The women will look to throw more salt in the wound against Concordia Thunder as they beat the host ACAC championship series team last year in the semifinals, which led to a championship against GPRC Wolves in the finals. Let’s see if the woman can make this a back-to-back championship season!

Hopefully the summer break didn’t throw that out of the memory of our Ooks, as they look to start of the season how they ended it last year.

After losing in the ACAC Championship finals last year, the men’s hockey team look to redeem themselves, starting with the Augustana Vikings at home Oct. 7 and the women kick off against Grant MacEwan on Oct. 14.

The 2015-2016 season ended with a ACAC Championship for men’s hockey, but the 2016-2017 season ended in a championship finals loss in overtime against the Grant MacEwan Griffins. They face off at home in an exhibition game Sept. 16 before facing off during the regular season at home on Oct. 20 and Jan. 20. A win in the exhibition can carry on momentum for the upcoming season.

Men’s and women’s basketball starts Oct. 13 against Concordia. Seventh and eighth were the ranks of both the men’s and women’s volleyball teams in the ACAC last

year. This year, that looks to change as they start off the season against the Thunder on Oct. 14.

Our men’s basketball team last season were at the position of defending champs, which was not intimidating enough as a loss in the ACAC quarter finals eventually brought us to the ACAC Consolation Finals with a win over the Lakeland Rustlers. The two teams face-off on Oct. 28, as the NAIT Ooks look to get back on top and defeating the Rustlers will help their cause.

The only chance you’ll get to see the badminton team play will be during the third leg of a tournament on Jan. 28.

The team will have home advantage during only the third leg of the tournament. The team is looking to garner wins that will make them back-to-back ACAC team champions.

Unfortunately, the curling team will not be at home this year. They start Fall Regionals in St. Paul at the St. Paul Curling Club on Nov. 24.

If this was a movie, we’d want to make our new director proud:

The NAIT Ooks’ season starts soon and new NAIT Athletic Director John Bower is about to enjoy his new position as this year will be a promising one for Ooks’ sports teams.

Intramural sports for all ...

Round up your classmates and colleagues and join in on some organized fun! League champions will be awarded a sport towel for their hard work, a team photo and, of course, bragging rights. All leagues

available on a first-come basis as space is limited. Register early so you don’t miss out. NAIT student or staff ID are required to participate.

Each team will designate a team captain

who will be responsible for:

- Being the main point of contact for their team.
- Registering the team and getting waivers signed by all team members prior

to the first league game.

- Attend captains meetings if required.

Need a team? No problem. Register as an individual and we’ll find a team for you – it’s the best way to make new friends.

Leagues

Indoor Soccer: Soccer is the world’s most popular sport and our program offers a recreation environment where players from all levels can compete against each other. Join us in this fun filled five vs five sport to earn bragging rights at the school. Monday and Tuesday, from Monday, Sept. 18 to Monday, Oct. 16 from 4:30-6 p.m. in the gymnasium.

Registration deadline: Thursday, Sept.

14, eight teams maximum.

Coed volleyball: This six vs six league offers a chance to play against all levels and see how you match up. A minimum of one person of each gender on the court at all times. Monday, Oct. 16 to Tuesday, Nov. 14, from 4:30-6 p.m. in the gymnasium.

Registration deadline: Thursday, Oct. 12, 16 teams maximum.

Basketball (five on five): Challenge

your friends to a game on the hardwood in the NAIT gymnasium. This high energy sport is the most popular and fastest filling league and is open to all skill levels. Monday and Tuesday from Nov. 20 to Dec. 12, 4:30-6 p.m. in the gymnasium.

Registration deadline: Thursday, Nov. 16, 16 teams maximum.

Ice hockey: This non-contact league is open to everyone who wants to get on the

ice and test their skills. Games are meant to be fun and present a chance to meet new friends as you get a challenging workout. Regular hockey rules apply. This will be a two-week round robin tournament. Monday, Tuesday, Wednesday and Thursday from Nov. 27 to Dec. 7 from 5:30-10 p.m. in the rink.

Registration deadline: Tuesday, Nov. 21, eight teams maximum.

Tournaments

Halloween Dodgeball: This ‘spook-tacular’ one-day tournament is sure to get your heart pumping while you throw, jump, dodge and dive. Participants are encouraged to dress up for this exciting event with prizes awarded for best dressed. On Tuesday, Oct. 31 from 11 a.m.-1 p.m. in the gym.

Registration deadline: Thursday, Oct. 26, eight teams maximum.

Three-on-three basketball tournament: A fun-filled activity matching up your skills with other students and staff. Test your basketball IQ playing half-court games. Monday, Tuesday, Wednesday,

Thursday. Starting Nov. 27 and ending on Nov. 30. From 11:50 a.m.-1 p.m. in the gymnasium.

Registration deadline: Thursday, Nov. 23, eight teams maximum

Futsal tournament: Futsal is played between two teams of five players each

with one goalkeeper. Unlimited substitutions are permitted. Games on Monday, Tuesday, Wednesday, Thursday, from Nov. 13 to Nov. 16 from 11:50 a.m.-1 p.m. in the gymnasium.

Registration deadline: Thursday, Nov. 9, eight teams maximum.

UPass

Universal Transit Pass

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AUG 21-25

SOUTH LOBBY | 8:00AM-4:30PM

AUG 28-SEPT 1

NORTH LOBBY | 7:30AM-5:00PM

SEPT 5-8

NORTH LOBBY | 7:30AM-6:00PM

SEPT 11-15

SOUTH LOBBY | 7:30AM-6:00PM

STARTING SEPTEMBER 18

PICKUP U-PASS FROM THE NAITSA OFFICE (E-131)

**ALL CREDIT STUDENTS AT NAIT ARE ASSESSED U-PASS
EXCEPT 100% ONLINE & APPRENTICE STUDENTS**



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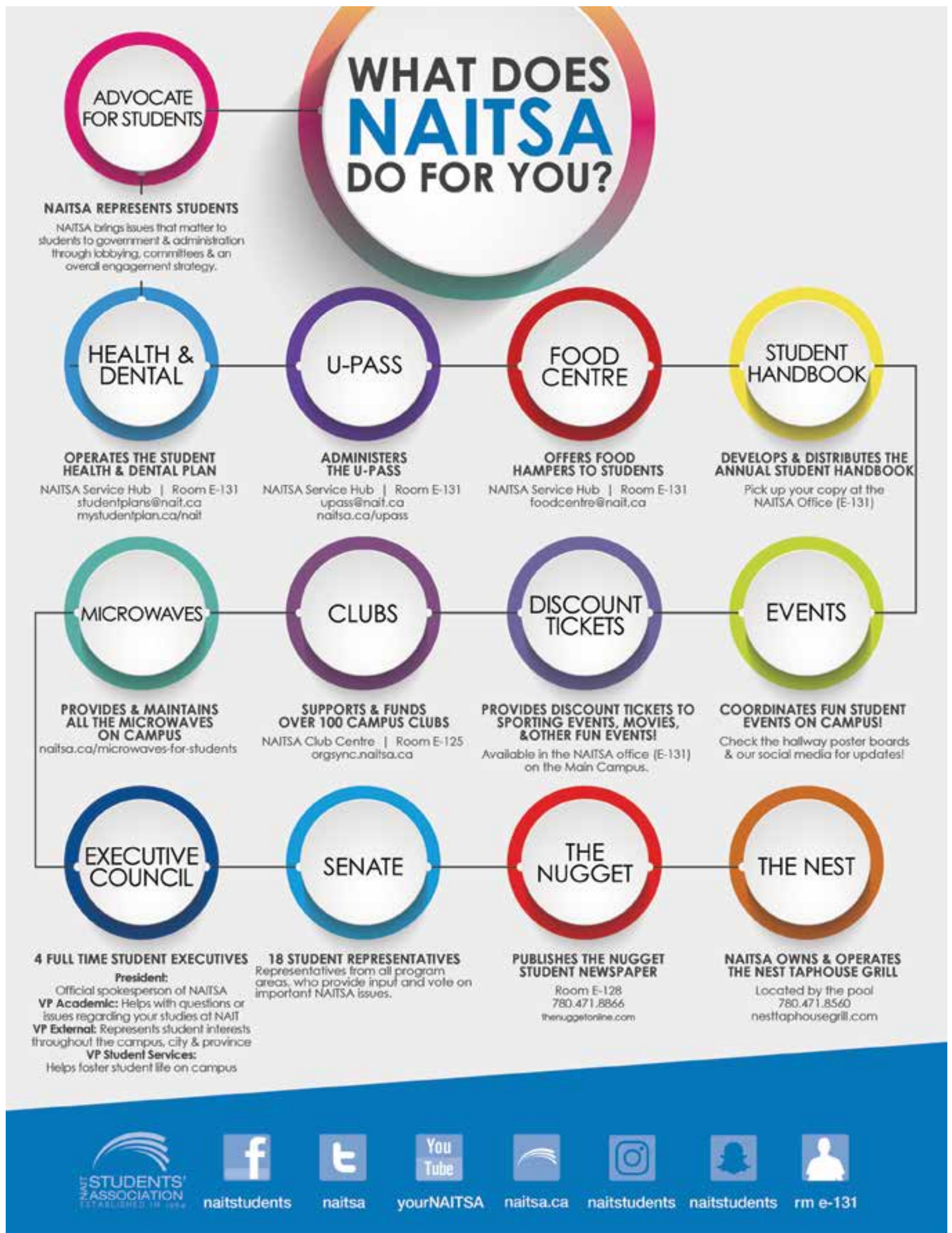
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rm e-131



ENTERTAINMENT

Nest Fest leads the rest

By KAT NYKOLAYCHUK

Nest Fest is back with a punch! This year's one-day Nest Fest will have live music performances with names like Tim Hicks, Royal Tusk, the Boom Booms and the Be Easys, emceed by Randy and Mr. Lahey of *The Trailer Park Boys*. Throughout the night, there will also be motocross demonstrations by none other than Monster sponsored athletes Kris Foster, Billy Kohut and Chad Bauman.

Sounds like a party, looks like a party, it is a party! This year, it's all happening right on the CAT Quad on NAIT's Main Campus, Friday, Sept. 15. Also featured are pizza and a beer gardens, of course.

Last September marked the first Nest Fest at NAIT, with performances over the course of three days by Alberta's own Brett Kissel, with the Wet Secrets and DJ Human Kebab, bringing people to the new turf between the CAT Building and the Spartan Centre.

This year's artists were all hand picked by NAIT students, with music from different genres to cover the diverse tastes here at NAIT. It's an awesome way to meet some

new people or just hang out and listen to some awesome tunes and kick off the new school year. What tops pizza and beer?

Rephrased: Live music emceed by Randy and Mr. Lahey from *The Trailer Park Boys* tops pizza and beer.

Nest Fest's headliner, country singer Tim Hicks, hails from Niagara Falls, Ontario, and has released three studio albums. He's definitely made his mark as a country singer, his *Shake These Walls* tour in 2015 was sold out, and he's had several Top 10 hits on Canadian country radio.

"I am a band guy at heart and I love playing music live," Hicks told CMT. "I'm always asking, 'How will these songs fit into my live show?'"

Royal Tusk, an alternative rock band from Edmonton, birthed from former members of the pop-punk group Ten Second Epic, is also gracing the stage at Nest Fest. Their songs "Shadow of Love" and "Smoke Rings" off their EP, *Mountain*, were played on the radio across Canada, and they played a show in June at the Needle Vinyl Tavern with a few other bands in the Edmonton rock music scene. Influences



Music Express

Tim Hicks

of the band's album *DealBreaker* include Deep Purple, Pink Floyd and Aerosmith.

The Boom Booms are an indie soul band from Vancouver and they've travelled around the world, from Europe to Brazil. They are no strangers to touring and driving around in their yellow school bus to play their music. Their past influen-

ces include Latin music, Al Green and Bill Withers. They also give back to the community, as their annual East Van Summer Jam fundraiser festival raises money for the band's nonprofit, The Music Tree, which has donated money to several Vancouver-based and national charities.

The Be Easys' surf-rock and heavy blues sound graced the Nest at NAITSA's Take The Stage in 2016 and they're here to take the stage again, this time on a bigger scale.

Entrance to the beer gardens will be free from 11 a.m. to 3 p.m. After 3 p.m., Nest Fest is a ticketed event, costing \$25 for students and \$40 for non-students. The live music starts at 4 p.m., and motocross demos will happen throughout the night. Remember, Nest Fest is a one-day event this year, with all the events packed into Sept 15.

Just taking a shot in the dark here, but first-day-of-school team building activities and figuring out who's going to "borrow" all your school supplies are nothing compared to school year kickoff activities like live music, motocross, pizza and Randy and Mr. Lahey. Just a thought.

SEPTEMBER EVENT LIST

AUGUST 21 - SEPTEMBER 15 | U-PASS PICK UP

AUGUST 31-SEPTEMBER 1 | NAIT ORIENTATION

5 | FREE FOOD: SOUCH CAMPUS

6 | PANCAKE SUNDAE BAR

7 | PANCAKE SUNDAE BAR

7 | NEST NIGHT: WE'VE GOT GAME

8 | AMAZING RACE

11 | FREE FOOD: EVENING STUDENTS

12 | FREE FOOD: PATRICIA CAMPUS

14 | NEST NIGHT: TRIVIA

15 | NEST FEST FEATURING TIM HICKS

19 | FREE FOOD: INSULATOR CAMPUS

20 | WELLNESS WEDNESDAY

20 | BLOOD DONOR CLINIC

21 | NEST NIGHT: CARDS AGAINST HUMANITY

23 | SHINERAMA

25 | ART AFTER DARK

26 | HOW TO: CANOE

28 | NEST NIGHT: MUSIC BINGO

SEPTEMBER 30 - OCTOBER 1 | CLUB RETREAT

25 | SENATE NOMINATIONS CLOSE

25 | SENATE CANDIDATE MANDATORY MEETING

29 | HEALTH & DENTAL OPT OUT/IN DEADLINE

29 | U-PASS EXEMPTION DEADLINE

NAITSA CLOSURES

4 | LABOUR DAY

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



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NEST FEST

SEPTEMBER 15

CAT QUAD | 11AM-11PM

\$25 STUDENT | \$40 NON-STUDENT*

TICKETED EVENT AT 3PM | ENTERTAINMENT AT 4PM



TIM HICKS



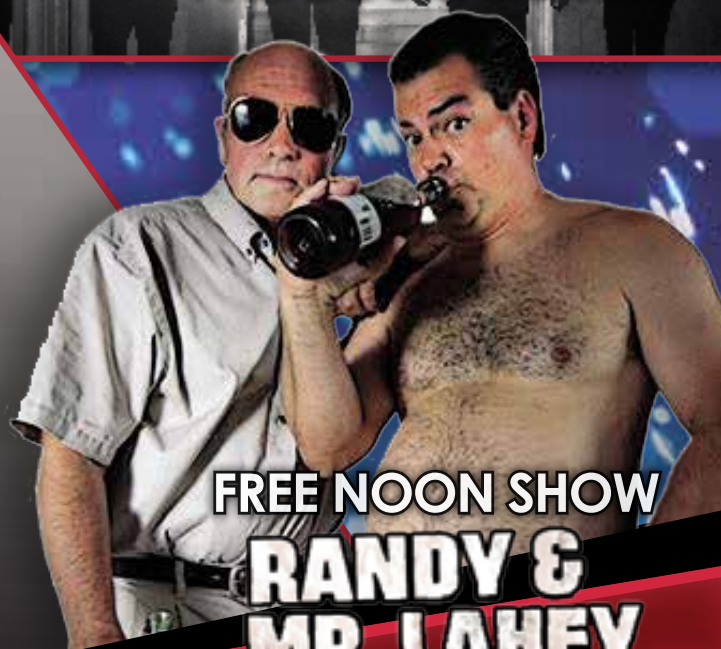
MONSTER ENERGY FMX SHOW
KRIS FOSTER, BILLY KOHUT & CHAD BAUMAN



THE BOOM BOOMS



Royal Tusk



FREE NOON SHOW
RANDY & MR. LAHEY
OF TRAILER PARK BOYS

THE OPENERS AND THE WINNERS OF 2017 TAKE THE STAGE THE BE EASY'S
*OPEN TO NAIT STUDENTS AND THEIR GUESTS | BEER GARDENS ARE 18+



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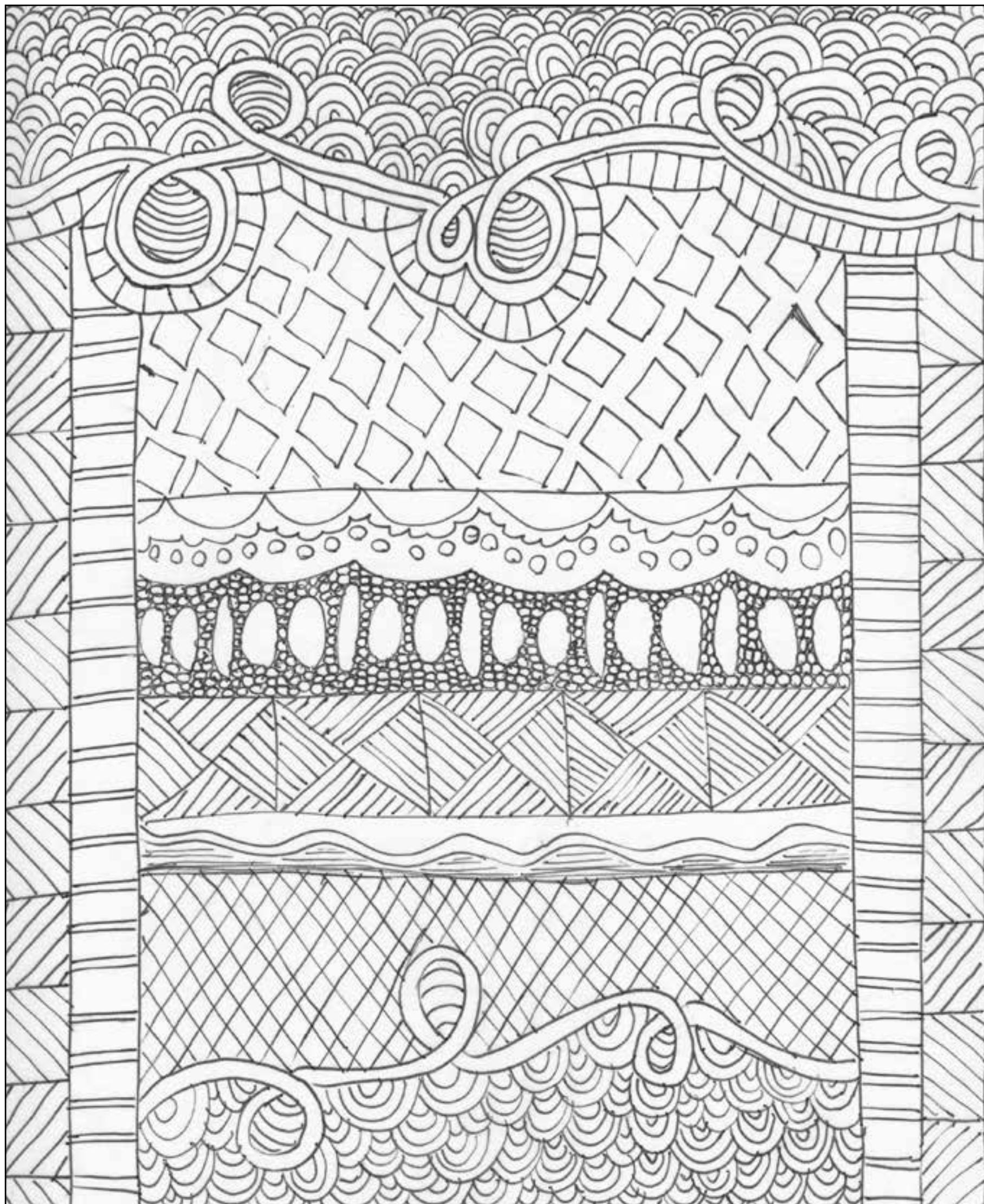


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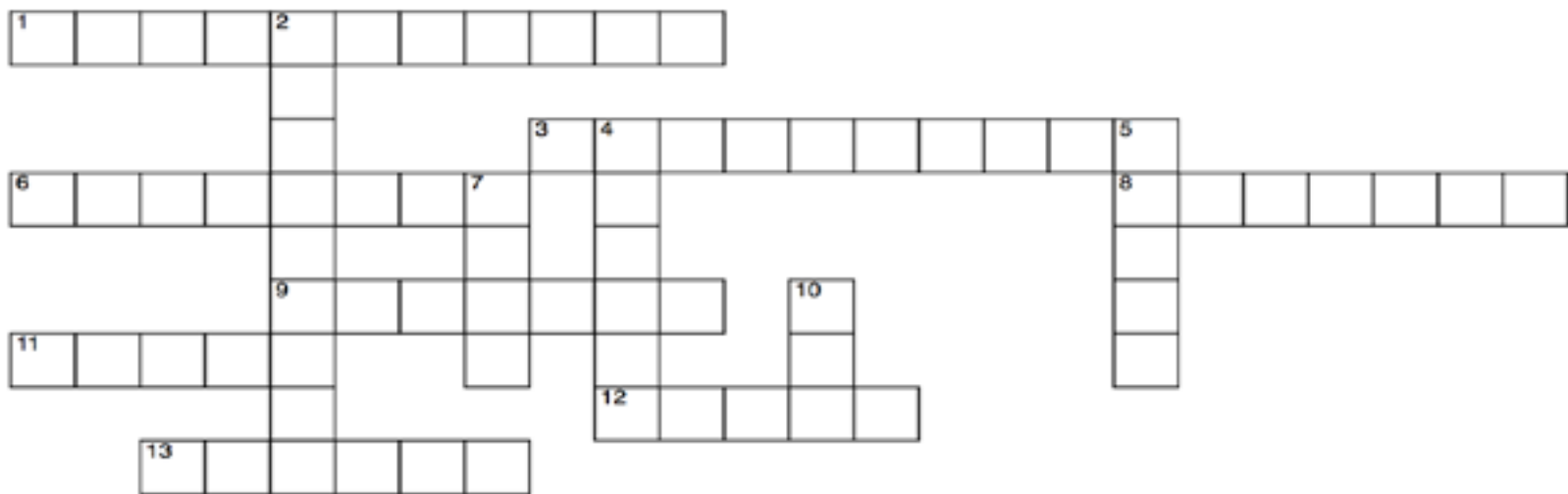


rm e-131

Colouring is the newest trend that has some major positive impacts. It has been found to reduce stress and anxiety, it rests the fear centre of the mind, and teaches us how to focus in this sometimes over stimulating world!
Colour this picture, take a picture, share it with us online and be entered for a prize!



CROSSWORD PUZZLE



ACROSS

- 1 What kind of post-secondary is NAIT?
- 3 This site is a popular spot for students to share their opinion of instructors.
- 6 Form commonly used for multiple choice exams.
- 8 Check out this campus spot for printing services, study spaces, and other resources.
- 9 What is the online hub for NAIT's diverse selection of clubs?
- 11 Name of the slow LRT line with a station on campus.
- 12 Fruit traditionally given to teachers.
- 13 NAIT's business school is named after this Edmonton entrepreneur.

DOWN

- 2 The most expensive reading material you'll buy.
- 4 Journal commonly used for tracking appointments and tasks.
- 5 NAIT's therapy dog
- 7 NAIT's campus bar.
- 10 The Ook, NAIT's mascot, is what kind of animal?

Results on page 18

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THE NUGGET PRESENTS: TAROT-SCOPES

Where astrology meets divination

This week's Tarot-Scopes are informed with the original Rider-Waite deck first issued in 1910 by the Hermetic Order of the Golden Dawn. For best results, read both your Sun and Rising signs.

Our overall energies for the next few weeks are represented by the **Strength** card, an eight in the Major Arcana and represented by the sign Leo, a perfect alignment as we just endured the solar eclipse in that sign.

This is a major life event, where we are calling upon our inner resources to overcome our more animalistic impulses. Find your sign to see which areas you need to apply this energy of patience, compassion and self control.

Aquarius (Jan. 20-Feb. 18)

You've got a brilliant mind and you know it. The **King of Swords** signals that you are in your element, cutting through the BS and teaming with grand ideas. It's time to step into a leadership role and show others the way.

Pisces (Feb. 19-March 20)

You need to make things right. The **Justice** card signals that you know you've had a part in the disharmony around you and your sensitive nature is greatly affected. You know the way to make amends. You'll feel a whole lot better once you do.

Aries (March 21-April 19)

What is going on, Aries? You're

not one to wallow in disappointment over the ways things didn't work out. You're a fire sign, you have the power to make anything happen, but the **4 of Cups** signals that you're a little too focused on yourself and you're not able to notice what's being offered to you. Right in front of your face. Kinda typical. How about you stop that?

Taurus (April 20-May 20)

You are represented by the **Knight of Pentacles**, the slow and steady dude. He's often overlooked as he's not as flashy as some of the other Knights, but what he offers is real and it comes with a warranty. Be in your Earthy element and honour your tender, loyal heart. Someone is bound to notice.

Gemini (May 22-June 21)

The **9 of Wands** is all about being on guard, protecting yourself and often for good reason. But this energy can keep out the good as well as the bad. Boundaries will help you choose who comes into your castle and who gets the hot oil poured all over their head. Remember that you're totally safe. You may not need all the armour you think you do.

Cancer (June 22-July 22)

Well, someone had to get the **Death** card. Don't fret, because it already ended, didn't it? And now you're in the midst of slow moving change that will lead to new connections, opportunities and maybe even romance. Be sure to let go of what no longer suits you so you can have your fresh start.

Leo (July 23-Aug. 22)

You Lions love the spotlight and now you're going to get it. The **Chariot** is a signal of your massive ambitions put into practice. You are on the

prowl for everything you can devour and you're in charge of your own destiny. Harness this energy and take your massive leap forward. Me-ow!

Virgo (Aug. 23-Sept. 22)

I don't know how to tell you this honey, life is going to be tough right now. The **Tower** card is about massive change, unexpected loss and the foundations of your world tumbling down. Remember you are strong enough to endure this and this destruction is necessary. Take care of yourself first and the dust will settle soon.

Libra (Sept. 23-Oct. 22)

You are influenced by **Temperance**, which is the perfect card for Libra, who is all about balancing between extremes. This card is a call for moderation and healing on all fronts. As is often depicted with an Angel holding two cups, you're finding the inner strength to heal the hurt from your past relationships. You will get over it and move on.

Scorpio (Oct. 23-Nov. 21)

Regardless of your gender identity, it's time to tap into your feminine power as the **Queen of Cups** urges

you to delve into the deep waters of your heart. What you seek is also seeking you. Be open to receive. You won't have to search too hard or use your words, it's not really your style anyway.

Sagittarius (Nov. 22-Dec. 21)

You will need to harness your power of discernment as the **7 of Cups** is influencing you right now. Signalling a time of feeling overwhelmed with options, it is also a warning that you need to sort out what is real and what is a mirage. As the cups represent emotions, this could also be a sign that it's time to harness your impulsive drive to jump into a relationship. Slow is real.

Capricorn (Dec. 22-Jan. 19)

Goats are typically the ones to play it safe, yet the **Ace of Wands** is here to breathe new passion, projects and relationships into your life. You have the power to manifest anything you desire. Imagine Harry Potter discovering his wand for the first time. It's that kind of magic.

...

*Want to know more?
Consult Google, the modern oracle,
for an in-depth description of this
week's card.*

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WHERE ARE THE STUDENT MICROWAVES ON CAMPUS?		
BUILDING	ROOM	QUANTITY
CAT - Near the Vending Machines	CAT 130	4
CAT - In the Square	CAT 172	2
CAT - NAITSA Student Lounge	CAT 200	6
CAT - Near the Vending Machines	CAT 266	4
CAT - Near the Vending Machines	CAT 320	4
CAT - Near the Vending Machines	CAT 415	4
F-Wing	FOX 1	1
Centre for Chemical Studies		
2nd Floor Student Lounge	G 204	2
Electronics Wing		
2nd Floor Student Lounge	H 204	2
Heavy Equipment Technology Building	HET 115	5
J-Wing - 2nd Floor Student Lounge	J 204	2
Common Market - Seating Area	O 126	4
North Lobby	O 1X3	6
NAITRIUM Student Lounge	H 104	8
Learning Resources Centre/Fresh Express	U 116	4
Industrial tech Building	V 121	1
HP Centre/Bytes	W 103	4
South Learning Centre	X 224	2
Spartan Centre	Y 1X5	7
Crane & Hoist Campus	CH 103	2
Souch Campus	Z 155	6
Patricia Trades Campus	P 126	5
Insulator Campus	RH 107	1
Parkwest Building 1	RP 1119	6

STUDENT MICROWAVES

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NEST
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WEEKLY SPECIALS

FOOD SPECIALS

MONDAY | \$7.00 I Wish it Were Fry-Day Bowls
(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries*)

TUESDAY | \$1.00 off 8" Signature Pizza

WEDNESDAY* | \$7.00 Nest of Wings (Add Ranch \$1.00)

THURSDAY* | \$7.00 Pepperoni Pizza Bites

FRIDAY | \$7.00 Daily Soup & 1/2 Wrap

***WED/THUR HAPPY HOUR SPECIAL 5-7PM**
\$5.00 "Fusion" Perogies*

DRINK SPECIALS

DAILY \$4.50 BRO-tini

MONDAY | \$5.00 Off Bottle Wine

TUESDAY | \$5.00 1oz Crushed Ice Cocktails

WEDNESDAY | \$4.50 1oz Lamb's Rum Highballs

THURSDAY | \$5.00 Flavoured 1oz Absolut Vodka Highballs or Cocktails

FRIDAY | \$4.50 Domestic Bottles

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U-Pass



Food Centre



Emergency Short Term Loan (ESTL) Program



Health & Dental Plan

EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

Eligible students facing unforeseen financial emergencies may qualify for a short term loan from the NAIT Students' Association. Our ESTL program is for unforeseen financial emergencies; therefore we cannot lend for planned expenses like rent or utilities. We are also not able to lend towards NAIT tuition, fees, textbooks or other foreseen school related expenses. For more information, come in to the NAITSA Service Hub or contact:

e: estl@nait.ca
p: 780.471.7730

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p: 780.491.3966
w: nait.ca/food-centre

CROSSWORD RESULTS

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NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

YOU HAVE THE POWER TO GIVE LIFE

NAIT Blood Donor Clinics
Located in the North Lobby
September 20, 2017, November 23, 2017
January 24, 2018, March 22, 2018
9:00 am - 1:00 pm

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AN EVENING WITH PCL

SHARING YOUR VISION. BUILDING SUCCESS.

Enjoy 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.

Talk careers in the skilled trades; project management; field management; estimating; safety and loss prevention; procurement; engineering technologies; finance and administration; quality; business technology; and administration.

Wednesday, September 20
4:30 – 6:00 p.m.
Dow Theatre (CAT191)

pcl.com/careers

NAIT

PCL CONSTRUCTION

grow your career, join student government

become a

STUDENT SENATE REPRESENTATIVE

nominations open

august 28 - september 25

- 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 nait.ca/elections

 **STUDENT
ELECTIONS**
your voice, your vote



naitstudents



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NAIT Main Campus Map

