

# THE NAIT NUGGET

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

## GIVE US A BREAK!

### NAIT fall reading week gains traction, page 2



Photo by Dominic Manea

A student gets some information about NAIT's annual Career Fair that was held on Tuesday Jan. 17 in the gym. More than 100 companies sent representatives to the annual event that typically attracts about 5,000 students who are either looking for jobs or are curious about what's available.

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Construction Group Ltd.

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Time: 4:30-6:00pm

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# NEWS & FEATURES

## Oil industry on the cusp



**A.J. SHEWAN**  
Issues Editor

The furor caused by Prime Minister Justin Trudeau's comment, referencing the eventual phasing out of Alberta's oilsands developments, hit a feverish pitch the likes of which has not been seen since his father introduced the National Energy Policy decades ago.

Some reactions from political opponents suggested that every Albertan should feel personally slighted by the current prime minister's comments. These reactions are rather ironic considering that Stephen Harper said essentially the same thing in 2015. It was at a conference in Germany when Harper vowed to end Canada's dependence on fossil fuels by 2100. This furor does, however, precipitate an interesting discussion on the future of Alberta's energy sector and resource development.

It is no secret that Alberta's oilsands developments are big costly projects consuming much of a company's capital in building facilities to extract the oil and extensive networks to transport it to market.

The latter had been a particularly troublesome hurdle to overcome until the recent approval of some new pipelines. All this can be contrasted with the relatively low cost, by comparison, of conventional drilling and the advancements in that technology. These have led to the development of more traditional oil and gas plays around the province, especially closer to the Rocky Mountains and the B.C. border.

This has become even more apparent when Adam Waterous, investment banker and global head of investment banking for Scotiabank, announced that he would be leaving the firm to launch his own private equity firm. The newly formed Waterous Energy is said to be interested in investing in more traditional oil and gas extraction and Waterous believes the unconventional energy business, such as horizontal drilling and hydraulic fracturing, will replace the oilsands as the next big driver of growth. The ease with which companies can extract

these traditional plays and the abundance of easily (through today's modern unconventional methods) accessible reserves, gives merit to the idea of an oilsands industry sunset. Perhaps Alberta is on the cusp of an oil and gas boom that will change the face of resource development in this province.

Tough questions remain when the topic of hydraulic fracturing or fracking, as its better known, comes up. The residents of

Fox Creek, a town of just over 2,000 people northwest of Edmonton, know of the stomach ache that can accompany fracking operations. In 2015, two 4.4 magnitude earthquakes

occurred that shook the community's faith in the operations in the surrounding hills. These were the strongest recorded anywhere in the world linked with the extraction method. For residents, this had never happened before with this magnitude. The earthquakes resulted in the Alberta Energy Regulator issuing a stop order based on seismic activity, leading area companies to look into the causes behind the increased seismic activities.

Other questions remain about the effect that fracking and other unconventional extraction methods can have on

surrounding ecosystems. The Supreme Court of Canada last week, in a 5-4 ruling, told an Alberta resident that she cannot sue Alberta's energy regulator as part of her claim that fracking ruined her water so badly that she can set it aflame. Jessica Ernst from Rosebud, a tiny hamlet northeast of Calgary, alleges that fracking on her land released dangerous amounts of methane and other chemicals into her well and that her concerns were not properly investigated. Ernst says she complained to the energy regulator from November 2005 until March 2007 but her complaints were largely ignored and communication was cut off entirely when she started speaking publicly about the issues. The regulator told her she must raise her concerns only with them and not through the media or other outlets. Ernst maintained that infringed her charter right to free speech and effectively punished her for speaking out publicly.

The future of Alberta's energy sector is far from over, despite what multiple vocal critics would have you believe is the narrative. There do remain cautionary tales about which path should be followed. We must not lose sight of the golden road that will lead to prosperity while bringing with it a sustainable future of which we can all be proud.

**The future of Alberta's energy sector is far from over, despite what multiple vocal critics would have you believe is the narrative.**

## A pause to refresh

By **ERIN SPILLER**

Ah, autumn. It's a magical time of year when brilliant gold and crimson leaves are gently carried away with a breeze.

It's also a time when students are cramming for their midterms and struggling to keep up with their assignments – a time when a fall reading week would be gratefully welcomed. Students are constantly under pressure. They must work to pay off loans, study to maintain good grades, socialize to make friends, participate in school activities to have fun, get enough sleep to concentrate in class, visit family, and relax. Unfortunately, doing all those things is a lot harder than it seems.

"I think a fall reading week would be beneficial to all NAIT students," said NAIT student Ashley Wilkie. "Not only would it ease the stress for new students coming to post-secondary, it would help those long-term students stay focused on their studies."

The idea has already taken route in other institutions, she said.

"Several universities have already

incorporated a fall reading week because they understand that students may become overwhelmed with assignments, midterms and projects and may require the time to catch up on such items."

Wilkie is in her second program at NAIT and having been a student for nearly four years, she finds it appealing to having extra time to visit family or work more hours to pay off tuition, in addition to having more time to study.

She was quick to exclaim that she would "most definitely lobby for fall reading week," if an opportunity arose, even though she is in her final semester of Construction Engineering Technology.

Mental health also plays a role in students' reasoning for wanting time off.

"School can get very stressful," says Jenna Chadi, a Geological Technology student in her fourth semester. "It would be nice

to have a week off to relax from all the work."

Second year Business Administration student Tara Nickelychuk agrees, adding that "many would also use the week to catch up on assignments and get ahead of their class."

Whether the break is used for work or not, both agree that it would be beneficial in the long run.

Katie Spencer, NAIT Students' Association VP External, urges students and instructors alike to contact her with their opinions.

"Instructor requests are also very persuasive," she says. "We have had a few instructors contact NAITSA and ask us to lobby for a fall reading week for the benefit of their students. Considering MacEwan and U of A's recent switch to a fall reading week, I believe it's not a matter of if but a matter of when NAIT decides to implement one."

NAIT plans its academic schedules

years in advance but Spencer is cautiously optimistic that a fall reading week could happen as early as 2018 or 2019. For that to happen, NAITSA needs more feedback from students and instructors before they can formally lobby the administration. This topic will be included in NAITSA's annual survey.

As a business student, Spencer does get time off for midterm week but for many students in more intensive programs, that is not an option. If fall reading week is instituted, class time would have to be made up either at the beginning or end of the semester.

"Like any student, I would love an additional week off," she says, adding that as a NAITSA representative, she is constantly thinking about what would be best for the most students. So, when it comes to fall reading week, mental health once again becomes a powerful factor. Spencer emphasizes that "If this change were to help even one student through a challenging situation, then absolutely it is worth it."



**Katie Spencer**  
Wants feedback





A student uses the crosswalk to CAT with its newly installed signalling system.

Photo by Hannah Alimonti

# CAT crosswalk safer

By A.J. SHEWAN  
Issues Editor

No doubt many students have noticed the bright flashing lights and solar panel installation at the crosswalk to the CAT building on 106 Street. The crosswalk had been a vocal topic around campus for much of the fall semester. There were many close calls between students and vehicles and it appeared to be just a matter of time before a serious incident occurred. Something had to be done. With winter fast approaching and with it shorter daylight hours, a collaboration of parties came to a meaningful resolution.

The recent addition of the new safety features is a result of serious lobbying from NAIT Students' Association representatives that led to a meeting with the City of Edmonton and Coun. Bev Esslinger.

"The installation of upgraded safety devices on 106 Street at the NAIT campus is a great example of how open channels of communications between organizations and efficient process can provide rapid results," said Doug Jones, deputy city manager.

The meeting to review traffic and pedestrian safety around the NAIT campus took place in mid-October. One of the items raised was the concern students had using a marked crosswalk on 106 Street in order to access the newly constructed CAT building.

"We had a few meetings with Coun. Bev Esslinger, one in which she involved transportation authorities," said Katie Spencer, NAITSA VP External. "This was very helpful as we were able to directly communicate our concerns with them. We also mentioned the issues to NAIT administration."

The city quickly reviewed pedestrian activity at this location. Based on those observations, the location was an ideal candidate for the installation of one of the city's newer solar powered rectangular rapid flashing beacons (RRFB), which can be installed quickly and at a relatively low cost compared to more traditional crosswalk amber flashers. The city worked quickly to ensure the work was completed before the end of 2016.

The swift response was a welcome surprise for the NAITSA staff.

"They connected me with Doug Jones," said Spencer. "Within a few weeks of speaking with him, the flashing crosswalk light was installed."

"We are very pleased with their promptness, as we were expecting a much slower process."

For Spencer, she was glad to have the safety issue addressed.

"The crosswalk was extremely dangerous but fortunately there were no accidents

or injuries that acted as a catalyst."

The new setup is a welcome change for students, staff and anyone else using the busy crosswalk. A setup like this, while cheaper than the full crossing lights like those near the pedway, comes at a cost. Thankfully this was not a financial burden borne by NAIT.

"As the street is city property, the city was responsible for the cost," said Spencer.

Student response has been overwhelmingly positive.

"I think that it (new crosswalk safety lights) is a huge benefit for students to safely cross the street. It was very dangerous before and I was often wary about crossing at that crosswalk," said student Christina Gold.

That danger has been addressed but problems still linger around pedestrian safety. Recently there have been some near misses with people crossing against the light at the bigger crosswalk within sight of the pedway and crossing the middle of 106 Street in random spots, hopping over the pile of snow and risking their safety with a fall or worse.

With all of the options and added safety features available to students, staff and others, the risk by not using the proper crosswalks or walking with the light seems foolish at best, fatal at worst.



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

## Letters

### We want your views

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

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

We need to list your real name.

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



# How to succeed in Math



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

Post secondary math courses generally go at about twice the pace of high school courses so you are expected to absorb new material much more quickly.

Math is learned mostly by doing problems, not by memorizing. Therefore, most of your math study time should be spent on working through problems. Many students need to spend more than an hour of study time for every hour of math class. The good news is that, by regularly doing problems, you won't have to study extensively for math exams. To be most effective, try following these tips:

- Attend class every day and take complete step-by-step notes.
- New material builds on what you have already learned. Take responsibility for studying and recognizing what you do and don't know. Get help with concepts

you don't fully understand.

- Study math before your other subjects, especially if it is a weakness – you are most alert when you first start to study.

- Understand, don't just memorize, formulas. Be clear about when and how to use each formula you learn (i.e. What type of problem is it used for? What type of wording should you watch for? What are the steps to solve the formula?).

- If you have a lot of formulas to memorize, use flashcards with the formula on one side and when to use it, how to use it and a step-by-step example on the other side. Review these through the semester.

- Use your homework assignments as practice tests. Go through your notes and then set the timer and work through your homework without referring back to your notes. When you are finished, go back and use your notes to complete the questions you didn't get. Mark questions that you didn't answer correctly and redo them later. You do not know the material well enough to succeed on an exam if you have to constantly refer to your notes while doing your homework.

- The best way to learn a topic is to teach someone else. If you can explain a concept to a classmate, you know you really understand it.

- Apply Pólya's four-step process to problem solving:

1. **Understand the problem.** Read through the problem to get an overview.

Reread it to identify exactly which quantity the problem is asking you to find a solution for. It sometimes helps to underline key parts. It is always a good idea to guesstimate an answer.

2. **Devise a plan** – Convert word problems into mathematics (i.e., find equations which describe relationships among the variables and describe the goal of the problem). Use one or more of the following:

- Think of every formula or definition that might be relevant to the problem
- Work backwards; ask “What do I need to know in order to get the answer?”
- Look for a pattern
- Draw and label a picture, diagram, or table
- Solve a simpler related problem
- Guess and test
- Relate the problem to similar examples in your notes or text

– As you progress in your course, many problems will require several steps. Break these problems down into smaller pieces and solve each piece

### 3. Carry out the plan

- When you work on homework problems write out complete solutions as if you were writing a test answer
- Try to do your homework without looking at your notes. Referring to your notes only if you get stuck will make test taking easier.
- If your answer is wrong, rework the complete problem. Don't just convince your-

self that you know where you went wrong.

### 4. Look back. Always check that your solution:

- looks “reasonable,” according to your guesstimate
- is in the proper form
- is answering the question you were asked to answer

### If you're having trouble, get help asap:

- Set up an appointment with your instructor.
- Form a study group – brainstorm solutions to difficult questions together.
- Use the free professional tutor services (U-210A), drop-in learning strategy sessions (V-228), get help you're your instructor or a competent classmate, or hire a tutor (nait.ca/tutorregistry).

Counsellors at Student Counselling are available to help you with any personal or academic concerns that may be interfering with your success at NAIT. All counselling is free and confidential.

**Main Campus:** Counsellors are available from 8-4:30 Monday to Friday, with extended hours, 7:15-5:15, on Thursdays. Call 780.378.6133 or come in person to Room W-111PB, HP Centre

**Souh Campus:** A counsellor is available on Thursdays. Book by calling 780.378.6133 or in person in Room Z-153

**Patricia Campus:** A counsellor is available Tuesdays. Book by calling 780.378.6133

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# OPINION

— Editorial —

## Time to take a stand



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

I am an unapologetic feminist.

Too often, however, that statement will be charged with images of bra-burning (which is a myth, the famous protest at the 1968 Miss America Pageant never included bra burning) and sanctimonious tirades. But I am a feminist. And I am angry.

As an intersectional feminist, I believe that women—and all people—experience different levels of oppression based on their identification with different groups. Patterns of oppression are interrelated and influenced by factors like race, gender, sexuality, class, ability and ethnicity. When I look at the world around me, it's impossible not to recognize that oppression still very much exists; I don't believe there's a way to identify systems of oppression and not be angry that they still exist.

### Walking the talk

Over the last year, I've spent a lot more time thinking about the importance of actually walking the talk. As I have been contemplating a world that is showing itself to be increasingly negative, I have been thinking about how essential it is to remember that taking a stand for issues you believe in requires more than topical posts on social media, no matter how eloquently you express your point.

I realized that, despite wishing otherwise, I currently don't have adequate time to offer to the organizations and causes I so deeply want to support.

And yet I have every minute of my life for my activism.

You see, you can be an activist without signs and marches, without taking radical stances and without committing to regularly scheduled hours at your organization of choice. These can be important expressions of activism. Activism itself, however, is a series of actions, decisions, conversations and considerations that you make every single day.

### Step forward

I've realized that the hardest time to be an activist is in the quiet moments. It's often easier to stand up for what you believe in when it's emotionally charged (or when you have a sassy comeback for that comment on the Internet). It's stepping forward when you see injustice that's easier to ignore or speaking up when the language around you is hurtful to others; it's standing up for these things even when it's not a stranger you'll never see again. It can be so much harder to push back against people you know and love.

I am an upper-middle class, university-educated, cis, straight, caucasian woman – I have a lot of privilege in our

society. As Editor-in-Chief of *The Nugget*, I have a unique platform to guide stories. This is both an opportunity and a responsibility. As EIC, I have the chance to create space for important issues and stories – topics that are often downplayed and silenced – but I still need to ensure that our news pieces strive for balanced and fair reporting.

The sad reality is that we still live in a world with incredibly unfair patterns of inequality. We try to ignore it but women live with a constant threat of violence, in their homes, their communities and workplaces and online. (When seasoned female journalists I admire make jokes about how many rape and death threats they'll receive for an article as a way to cope, it's an uncomfortable example of how scary it can be.) Issues of racism and class discrimination haven't disappeared, they've only become quieter, more insidiously subtle.

I think one of the things that the international political climate, particularly displayed by Brexit and the election of Donald Trump, has proven is that we often neglect to listen to and engage in genuine conversation with opinions that differ from our own. Ignoring different opinions or simply saying they're wrong doesn't erase them or change them, it only pushes them away. It is essential, particularly in a world increasingly segmented thanks to online communities, that we take the time to engage with opposing opinions. We cannot move forward as a peaceful society by simply silencing opinions we dislike, regardless of if it is a common opinion or an extremist one.

Sure, you may want to debate with me that "political correctness has gone too far" or "trigger warnings are coddling our youth" but I ask that you consider where people with those views are coming from. Language is fucking important. I recently read a beautiful analogy that compared not respecting someone's chosen pronouns to Chinese water torture; each

single drop of water can be ignored but, together, the many drops become cruel and psychologically degrading. If trigger warnings feel unnecessary to you, compare the tiny inconvenience of taking a moment to acknowledge possibly upsetting content to the emotional drain of remembering and revisiting a traumatic experience. Taking a few moments to create an inclusive safe space, respecting people's pronouns and considering what privilege you have are examples of actions that are small but mighty.

While I'd love to leave it there and say that all we have left to do is respect pronouns, not belittle trigger warnings, and listen to each other but many people are experiencing violent oppression every day. So, while we don't all need picket signs, we all need to be mindful of our actions, decisions, conversations and considerations. Figure out what you care about and think about how you can align your daily actions with those beliefs.



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# SPORTS

## What's in a logo? Lots!



By **MICHAEL MENZIES**  
Sports Editor

RIP San Diego Chargers. The long time AFL and NFL franchise met its inevitable end in San Diego last week, a place they've called home since 1961. We're talking decades, kids.

The Chargers' attendance has been a subject of debate over the last few years as the team has one of the worst home-field advantages in the league. Not to mention that NFL Commissioner Roger Goodell, unlike other commissioners, doesn't give a rat's behind if a team relocates. With the stadium boom erupting a couple of hours away in Los Angeles, the NFL has returned to the conglomerate of all western hedonism and excess.

The abrupt move happened almost as quickly as it was announced. The team packed up and moved down the road. The Chargers were as good as gone. Comparatively, relocating franchises in the NHL is like trying to find a seat on the bus that you feel good about. It's hard

to do. Toronto doesn't even have two hockey teams and the marketing potential is massive.

A big part of "rebranding" a team is the logo. What do you want people to think about when they hear Los Angeles Chargers? The relocation's tight time frame caused the people in charge to think 'let's throw together a logo to launch the new team.' And by 'throw together a logo' I mean exactly that.

Logos are a sensitive thing. They are sacred to millions and the most minuscule detail can make all the difference to an entire fan base. The Chargers received tons of backlash in the week since the new logo launched and then, mercifully, adopted it twice afterward. Lakers and Clippers fans booed it like the ruthless big city kids they are and the NFL deleted its original tweet unveiling the image. Everyone saw the side-by-side comparison between the Los Angeles Dodgers and Tampa Bay Lightning logos and laughed. It wasn't great PR. But the changes the creative department have done after are, frankly, not that bad. They just need a bit of work.

The classic powder blue and yellow look is



Dreamstime.com

unmistakably classic Chargers colours. This should have been the original angle instead of twisting the letters of the Dodgers logo. Luckily, on the third try, you can see they are nearing a powder blue-ish feel. But why neglect that on the first go around? The creative team took a little nap at the wheel there.

After these adaptations, the third and, so far, final logo looks like a professional sports emblem. Fans love nostalgia more than they should. If you would have announced this logo first, all of the bad publicity and social media pressure would have evaporated. Remind people of the past – a "simpler, better time" and they will eat that stuff up like ice cream on a humid Los Angeles evening.

The outward negativity towards the logos is largely due to the move itself. People are tired of hearing about LA football relocation talk, not just with the Chargers but also last year with the Rams and still with the Oakland (as of this moment) Raiders to Las Vegas.

The Chargers did call Los Angeles home for their inaugural season but some fans, many from smaller market teams, see this as a minor threat to their franchise. They don't like seeing the Colts packing up overnight and moving to Indianapolis or Cleveland losing their beloved Browns to Baltimore. People like rooting for the underdog and, because San Diego lost their team of 56 years, logos became the forum to voice this displeasure. The underdog San Diego lost their team to the big kid on the block, Los Angeles. The most important fact about the story isn't the logo. It's that the people of Los Angeles don't even care about getting a new franchise.

### FITNESS

## Water, water everywhere ...

By **ERYNN HENRY**

It's already two weeks into the new year and your well-intentioned plans for a "New Year, New Me!" have begun to fall short. Admit it, this happens every year. The typical excuses are "I already have too many assignments," "I don't have the money" or "I'll start tomorrow," which never ends up being the case. Face it. You've had these excuses ready from Day 1 just waiting in the back of your mind but it doesn't have to be that way. It's time to make a change.

They say it takes 21 days to break a habit. So, start there! Starting small can help in developing a solid foundation for a healthier lifestyle. That is, after all, how you need to look at your new beginning, as a lifestyle. None of this quick-fix dieting nonsense.

Water: It's one of the most natural ways to detox your body, yet some people still struggle to drink the minimum amount of suggested daily intake. Drinking just three to four litres a day can help with the simplest of issues that many might spend hundreds of dollars on trying to fix such as weight loss or skin complexion. Other great benefits include increased energy, regular digestion, increased immune system, headache prevention, lubrication of the joints, prevention of cramps, and best of all saves you money! As students, many of these things can help keep you less stressed throughout the winter semester.

A properly hydrated body and mind makes for happier, less stressful days and paves the way for more wonderful, healthy lifestyle changes to come. So, start small! Just start!

Try some of these tips to help make water a habit:

1. Begin by having a glass of water with every meal, including snacks.
2. Try adding lemon to your water to give it flavour. There are plenty of different fruit and vegetable combinations out there to experiment with.
3. While you are at school or out running errands, carry a water bottle with you.
4. Get a reusable bottle to help keep that extra change in your wallet. NAIT has plenty of fountains around its campus.
5. When you feel like snacking, try having a glass of water first. Water can also help control random cravings. You might just be thirsty.
6. Caffeine may seem like the best way to kick start your day but substituting your coffee, energy drinks or soft-drinks with water is a healthier alternative and a great way to help you feel refreshed in the morning and during the day.
7. Keep track of how many litres of water you consume throughout the day by using a water tracking app or by writing it down in a notebook.

Your New Year's resolution doesn't have to be over

already. It's never too late to start. Try making these small changes to your daily routine and keep track of how you feel after each day for the next 21 days by writing it down in a fitness journal. The result may just be enough to kick start you into the next healthy step in your "new year, new me" resolution.



Dreamstime.com



## VOLLEYBALL

# NAIT sweeps Concordia

By **MICHAEL MENZIES**  
Sports Editor

The women's volleyball team wanted to keep the Concordia Thunder's losing streak alive heading into last weekend's set, while the Thunder would do anything to break it. By the final whistle Saturday night the Oaks accomplished their goal and swept the winless Thunder 3-0 in back-to-back contests.

The second semester and home stretch kicked off on a special Thursday night and the Oaks flexed their muscles early on. Samantha Dodds, and first-year student Julia Donnelly each led the team with seven kills and Victoria Johnson read the attackers all night to the tune of 15 digs, a sound and tidy performance culminating in a 25-17, 25-22, 25-16 victory on home floor.

With a rare Friday night off, action resumed on Saturday evening on Concordia campus. The Oaks didn't allow their opponent past the 20 point mark, soundly beating them again 25-16, 25-19, 25-14. The wins cushioned their hold on the last playoff spot by eight points over the Keyano Huskies – who they will face next weekend.

The 9-7 women can all but secure a playoff spot with a pair of victories in Fort McMurray but Keyano will be as keen as ever for the matches in the next couple of days, knowing their chances of going to Provincials hang in the balance. Both games will be out of town, so you will not be able to catch them live. Go to [www.nait.ca/athletics/schedule](http://www.nait.ca/athletics/schedule) and click 'watch game live' to see this battle in the ACAC North Division.

## Men

The men's volleyball team started the semester in style with a pair of victories, also against the Concordia Thunder, 3-1 and 3-0. Thursday night's match started with a tightly contested set but Concordia won the race to 25 and edged out the men 25-23. From there on, NAIT's size advantage started to take over as the trees were a terror for the Thunder attackers, doubling the team totals 15-7 in the blocks category. Hamish Hazelden was back in the Oaks lineup after being injured for the last few matches heading into semester break and, while his hitting timing still needs to be tested, his long frame cashed in on seven blocks. The Oaks ended the match on a three-set streak, finishing 23-25, 25-20, 25-18, 25-19 thanks to Spencer Fisher's astounding 19 kills.

Saturday night was a similar script but with three scrappy sets (25-21, 26-24, 25-23). Setter Mitch Lewington led in both assists and digs, an unusual feat for a setter, as the Oaks collected two more important points. Trevor Zemlak made a splash collecting 20-plus kills and valuable court experience.

The Oaks are now back at .500 (8-8)



Photo by Rai Hooper

**NAIT Oaks setter Jamie Bain (20) jousts at the net during a volleyball game with the Concordia Thunder Thursday Jan. 12 at NAIT gym. NAIT won that contest 3-0 enroute to a second shutout Saturday at Concordia.**

and storming up the North Division standings, leapfrogging the Augustana Vikings for third spot.

An upcoming road trip will show coach Doug Anton where his team is at this point of the season, as the Oaks travel for a pair of road games against the undefeated Keyano Huskies. The Huskies are the darlings

of the ACAC volleyball season, only dropping four sets along the way. Keyano's roster is one of the few that can compete with NAIT's size-wise which makes their net play difficult to manage.

Heading into the winter slate, Keyano coach said he didn't care so much about going undefeated as long as his roster fin-

ished with first.

The Oaks will look to give the Huskies their first digit in the loss column Friday and Saturday in Fort McMurray. Go to the NAIT Athletics web address [www.nait.ca/athletics/schedule](http://www.nait.ca/athletics/schedule) and click 'watch game live' to see this battle in the ACAC North Division.



## WOMEN'S BASKETBALL

# All eyes on the nationals

By **MICHAEL MENZIES**  
Sports Editor

The women's basketball team knows that nationals are at NAIT in March and because of that it's important that they improve each game. A pair of wins against the Keyano Huskies did just that. Friday night ended 89-56 for the Oaks but the game had its fair share of ups and downs. Play began at a frenetic pace, including a 11-0 run by the Huskies. Keyano forward Danielle MacLellan was finding good looks and the Huskies looked poised.

## Quick timeout

A quick timeout from NAIT head coach Todd Warnick seemed to calm the team down a bit but the breakneck pace continued. The Oaks in transition obliterated from beyond the arc, hitting seven of 11 from downtown and sharing the ball, breaking down the zone defence in the process.

The Oaks' relentless ball pressure led to several turnovers down the stretch and, as the second quarter progressed, the Oaks started to seize the game. The women have an uncanny ability to find the open player on the floor and, when they do, they are difficult to stop. After a tight first quarter, the scoreboard at halftime read 49-32, thanks to a 31-point quarter.

"Keyano came out and played their game early," said coach Warnick. "They hit

some shots and we were a little bit flat to open the game and Keyano took advantage of that.

"Once we settled in, our perimeter shooting really helped us and stretched the floor. Then we could attack the basket and get the ball inside to Torey [Hill]. Our defence is pretty consistent most of the time and once we cleaned it up a bit after the first quarter, we were able to create offence out of our defence."

Torey Hill was a load for the opposition to handle down the stretch and as the second half wore on, she was able to work on the offensive glass with easy put-back opportunities and trips to the free throw line. But the most telling statistic from the game? An astounding 19 team assists, ridiculously higher than Keyano's three. Not to mention shooting 43.7 per cent from the floor, including 63.2 per cent in the decisive second quarter. Although the result seemed easy, Warnick knew they had work to do on Saturday afternoon.

"We gotta make sure our matchups stay solid and just finding those advantage opportunities. There were times when we were put a little bit out of rhythm offensively and they are physical," he said after Friday's game. "We're going to have to make sure we are early to the spots."

They were early to the spots again Sat-

urday and, after creating 21 turnovers Friday, they beat their mark on Saturday with 25 forced TOs en route to a 73-58 win. The game was never comfortable for the women, as the Huskies again started the game strong. Back and forth like a tug-of-war, the game was filled with early fouls as both teams reached the bonus early into the quarters. As soon as the Oaks built a six-point cushion, the Huskies scored two huge baskets, including Danielle MacLellan's scoop shot from her hips to make it 32-29 Oaks at the half.

NAIT's Torey Hill wreaked havoc on the offensive boards to the tune of 13, 18 overall. Combined with 18 points, it was the second-chance opportunities that provided the Oaks the time to build their lead. Katie Waring earned player of the game honours as the point guard, filling in for the missing Leah Vandenboogaard, who did not play. Waring's big three-point shots were daggers in Keyano's comeback attempts. Simply put, the Oaks' aggressive defence was too much for the Huskies to handle. And, since the Huskies are not an outside-shooting team, it didn't work out in their favour. Coach Warnick was glad that the slow start didn't cost them.

"They battled harder and they were physical with us early," he said. "They are very conditioned to this 6 p.m. and 1 p.m. time frame because they are a travelling

team, so that's their commonality as far as starts go. It's a harder thing for us because we don't do it as frequently."

Warnick makes a strong point. Since Keyano College is in Fort McMurray, there aren't home-and-homes for them and, because of the travel time, the league schedules matinees so they don't get back home too late.

## 'Never quit'

"To Keyano's credit, they never quit," said Warnick. "They are well coached, disciplined and they battle right to the end and you have to fight them for 40 minutes to take a win. I was pleased that we had kids step up. We showed veteran poise and extended the lead down the stretch."

The Oaks remain undefeated on home floor and just have one loss as they head to Grande Prairie next weekend.

"We have a bar we're setting for our ability to perform. We are preparing for Nationals as we will be the hosts, so that is our target. Every time our goal is to get better each weekend, so there's some things we need to clean up from this weekend."

"We will continue to step forward ultimately towards that first Thursday in March when we get a chance to compete for a national championship."



Photo by Rai Hooper

Oaks forward Cassidy Taal gets ready to take a foul shot during a game against the Keyano Huskies on the weekend. NAIT won both contests by scores of 89-56 and 73-58.

## Athletes of the week

January 9-15

### Torey Hill Women's Basketball



After a successful New Year's non-conference tournament, the Oaks women's basketball team continued to roll as they swept the Keyano Huskies this past weekend at NAIT. Friday saw the Oaks defeat the Huskies 89-56 with Torey collecting 19 points and eight rebounds. In the rematch Saturday, Torey led her team to a 73-58 win while adding 18 points and 18 rebounds, 13 of which were offensive. "Torey's dominance inside on the glass and around the basket were key parts of our sweep this weekend," said NAIT head coach Todd Warnick. "Her willingness to battle and create second chances for us both nights gave us a great lift." Torey is a fifth-year Business Administration student from Viking.

### Spencer Fisher Men's Volleyball



The NAIT Oaks men's volleyball team returned to action this past weekend and earned a sweep of the Concordia Thunder. Thursday night at NAIT saw the Oaks post a 3-1 win at home and Spencer had 15 kills, five digs, and three service aces. NAIT then defeated the Thunder once again Saturday at Concordia by a score of 3-0, with Spencer adding another 10 kills, five digs and three blocks. "Spencer was our top producer both nights," said head coach Doug Anton. "He did a good job this weekend with error control as well and is now one of top attackers in the league." Spencer is a second-year Business Administration student from Barrhead.



## MEN'S BASKETBALL

# Ooks win one, lose one

By **MICHAEL MENZIES**  
Sports Editor

A struggle in many ways perfectly describes the week and pair of games for the men's basketball team. A hard-nosed 77-72 victory lifted their spirits on Friday night but the tide turned in under 24 hours. The Keyano Huskies bided their time and finished the Saturday matinee with a 85-73 win – just their fourth all season. In a lot of ways, the Ooks will take the result, especially considering the team's health at this point of the year.

"We gutted it out. We are all sick, we only had one practice with everybody there. We are fighting this flu, even me. I missed my first practice in 25 years on Tuesday night," said head coach Mike Connolly. "We just wanted to struggle through it. Our offensive execution wasn't very good, defense was OK, at times good but at times we let up."

## Frenetic action

Much like the women's game Friday night, it was frenetic action up and down the court. Usual suspect, guard Jackson Jacob, was right in the middle of it to start, drawing fouls with his circus-freak pirouettes and twists underneath the hoop and Wyatt Beaver provided a spark at both ends of the floor. Beaver's uncanny ability to find sharp passing angles and willingness as a thin six-foot-one guard to take charges against players twice his size proves invaluable for the Ooks. This, despite fighting a bad flu bug and not practising at all during the week leading up to the game.

At halftime, the Ooks led 41-33 but Jacob was left in player purgatory, stapled to the bench because of early foul trouble. This took away some of his rhythm down the stretch but, by the end of the contest, his stats looked eerily similar to games of old.

"That takes away his flow. The kid still put up 18 points in a little bit of time and I think that affected him, but others stepped up," said Connolly. "Sebastian Cava had a great game."

## Cava vs. Michel

Cava's team-high 22 points earned the guard player-of-the-game honours, while his check, Jonathas Michel, was Keyano's choice. Throughout the weekend they battled each other in the most interesting individual matchup on the floor. Neither of them could take a possession off and they kept each other honest for 40 minutes.

And as struggle was the name of Friday night's game, Saturday's could best be called tiring. The Ooks seemed properly adjusted for the 3 p.m. start, one that Keyano is accustomed to playing, and got out to a hot 22-12 start, including Jacob finding Beaver after a steal for an insane wrap-around pace on the fast-break, causing Keyano Huskies coach Lunzaya Nlandu to scream at his players from the bench after a



Photo by Rai Hooper

**Guard Wyatt Beaver gets some air to make a pass in a game against the Keyano Huskies in NAIT gym. The Ooks split the weekend series with the Huskies, winning the first game 77-72 and losing the second 85-73.**

timeout. His hollering quickly turned into motivation as once again the Huskies were able to draw fouls against Jacob, who again had three by half time. By the start of the third quarter, the Ooks were up by eight but the lead did not feel comfortable.

Jacob took his fourth personal foul and Beaver momentarily left the game after falling awkwardly in the key during a Huskies' three-point attempt. Also, Keyano made timely in-game adjustments. They switched to an aggressive two-three zone and dialed up a press that, with the additional ball carrier out for the Ooks, created more problems than they would have liked. After eight or nine forced turnovers, Keyano had their first lead and the game's momentum had completely shifted. Before long Key-

ano led 66-57. The Ooks were able to break down the zone effectively but did not make the open shots they earned in space and the Huskies transitioned well, including throwing down an alley-oop jam to stretch the lead to 13. NAIT continued to push but Keyano made their free-throws and the final scoreboard read 85-73 for the visitors.

Connolly knows that this stretch is testing the mettle of his team. The flu, the long lay-off and injuries, including veteran fifth-year forward Chris Mooney being lost for the season with a concussion, have all been providing adversity for the first-place club. Heading into next weekend with a pair of road games against Grande Prairie, the Ooks know every contest from here on in will be a struggle.

"We just need to get back in this second

term. It's hard when you've been off for seven weeks. The gym's repaired but the gym was also closed. We've just got to get through this and then next week we'll have a solid week of practice, get this flu bug out of us. We are still in a good position overall and, as long as we continue to defend, it will keep us in games. We're still out of sync but we're starting to reunite. I think we'll be OK," said Connolly.

He made similar comments after last weekend, but heading into the next games, his message remains clear.

"We gotta come out and defend. The offence will take care of itself as we get going, but now it's about defence and getting that intensity and grinding it out. We gotta play our tough Ooks basketball."



# ACAC Standings

### MEN'S HOCKEY

Team	GP	W	L	RWOTLT	GF	GA	L10	STRK	Pts
SAIT	20	15	5	13	2	0	80	50	9-1 Won 1 32
MacEwan	20	15	5	12	1	0	87	47	7-1 Won 4 31
<b>NAIT</b>	<b>18</b>	<b>14</b>	<b>4</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>82</b>	<b>41</b>	<b>7-1 Lost 1 28</b>
Augustana	18	11	7	10	1	0	67	47	5-4 Won 4 23
Red Deer	18	8	9	8	2	1	54	54	3-4 Lost 2 19
Concordia	20	6	14	5	0	0	59	85	3-7 Won 2 12
Portage	18	4	14	4	0	0	49	94	0-9 Lost 13 8
Briercrest	20	2	17	2	2	1	47	107	1-9 Lost 9 7

#### Results

January 13

NAIT 4, SAIT 1

MacEwan 9, Briercrest 0

Concordia 7, Portage 4

January 14

SAIT 6, NAIT 0

MacEwan 8, Briercrest 5

Augustana 4, Red Deer 1

Concordia 8, Portage 0

### WOMEN'S HOCKEY

Team	GP	W	L	RWOTLT	GFGA	L10	STRK	Pts
NAIT	16	11	5	10	1	0	51 40	6-4 Won 1 23
Red Deer	16	10	6	10	3	0	45 30	6-4 Won 1 23
MacEwan	16	10	6	10	0	0	38 27	6-3 Won 2 20
SAIT	16	5	11	3	0	0	38 46	5-5 Lost 1 10
Olds	16	4	12	3	0	0	29 58	3-7 Lost 3 8

#### Results

January 12

MacEwan 3, Olds 0

January 13

SAIT 5, NAIT 4

January 14

NAIT 5, SAIT 2

MacEwan 6, Olds 1

### MEN'S BASKETBALL

#### North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
<b>NAIT</b>	<b>14</b>	<b>12</b>	<b>2</b>	<b>24</b>	<b>1103</b>	<b>983</b>	<b>6-2</b>	<b>Lost 1</b>
Concordia	14	12	2	24	1094	941	6-0	Won 10
Lakeland	16	10	6	20	1145	1071	5-5	Lost 2
Augustana	12	5	7	10	872	952	4-4	Lost 4
Gr. Prairie	14	4	10	8	1037	1064	2-8	Won 1
Keyano	14	4	10	8	1021	1077	2-6	Won 1
King's	16	3	13	6	1153	1337	3-7	Lost 1

#### South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Red Deer	11	8	3	16	1015	901	7-3	Lost 2
Lethbridge	9	7	2	14	712	545	4-1	Won 2
SAIT	9	7	2	14	772	726	5-2	Won 2
Medicine Hat	9	7	2	14	603	516	5-0	Won 7
Olds	9	3	6	6	729	789	3-6	Lost 2
Briercrest	9	3	6	6	653	721	3-6	Lost 2
St. Mary's	11	2	9	4	786	993	2-5	Won 2
Ambrose	9	1	8	2	683	762	1-8	Lost 8

#### Results

January 13

NAIT 77, Keyano 72

Medicine Hat 90, Briercrest 77

Lethbridge 90, Ambrose 64

SAIT 89, Red Deer 79

Concordia 84, Lakeland 71

King's 78, Grande Prairie 75

St. Mary's 77, Olds 46

January 14

Keyano 85, NAIT 73

Medicine Hat 97, Briercrest 68

SAIT 91, Red Deer 87

Grande Prairie 97, King's 69

Lethbridge 89, Ambrose 72

Concordia 79, Lakeland 73

St. Mary's 80, Olds 74

### WOMEN'S BASKETBALL

#### North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
<b>NAIT</b>	<b>14</b>	<b>13</b>	<b>1</b>	<b>26</b>	<b>1044</b>	<b>736</b>	<b>8-0</b>	<b>Won 8</b>
Concordia	14	10	4	20	911	777	6-2	Lost 1
Lakeland	16	9	7	18	999	914	4-6	Won 1
Keyano	13	7	6	14	861	817	4-2	Lost 2
Augustana	12	5	7	10	735	766	5-4	Won 1
King's	16	5	11	10	790	1005	3-7	Won 3
Gr. Prairie	13	0	13	0	574	899	0-10	Lost 13

#### South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Lethbridge	9	9	0	18	771	459	8-0	Won 9
St. Mary's	11	8	3	16	870	664	7-3	Won 4
SAIT	9	7	2	14	596	541	6-2	Lost 1
Medicine Hat	9	5	4	10	625	589	5-4	Won 2
Red Deer	11	4	7	8	727	775	3-6	Won 1
Olds	9	2	7	4	614	702	2-6	Lost 4
Briercrest	9	2	7	4	495	709	2-7	Lost 4
Ambrose	9	1	8	2	489	748	1-8	Lost 2

#### Results

January 13

NAIT 89, Keyano 56

Medicine Hat 65, Briercrest 52

Lethbridge 88, Ambrose 36

King's 57, Grande Prairie 47

Concordia 58, Lakeland 49

SAIT 74, Red Deer 65

St. Mary's 76, Olds 57

January 14

NAIT 73, Keyano 58

Medicine Hat 68, Briercrest 41

King's 69, Grande Prairie 53

Red Deer 80, SAIT 49

Lakeland 63, Concordia 52

St. Mary's 97, Olds 60

Lethbridge 96, Ambrose 41

### MEN'S VOLLEYBALL

#### North Division

Team	MP	MW	ML	SW	SL	L10	STK	PTS
Keyano	16	16	0	48	4	8-0	W16	32
King's	16	11	5	40	21	7-2	W2	22
<b>NAIT</b>	<b>16</b>	<b>8</b>	<b>8</b>	<b>31</b>	<b>32</b>	<b>3-2</b>	<b>W2</b>	<b>16</b>
Augustana	14	7	7	25	29	2-3	W1	14
Lakeland	16	5	11	17	36	3-7	L2	10
Grande Prairie	16	5	11	23	37	0-4	L4	10
Concordia	14	2	12	12	37	0-5	L9	4

#### South Division

Team	MP	MW	ML	SW	SL	L10	STK	PTS
Red Deer	16	14	2	44	10	8-0	W9	28

Medicine Hat	16	13	3	43	14	4-0	W7	26
SAIT	16	10	6	36	27	7-3	L2	20
Briercrest	14	9	5	29	20	4-3	W2	18
Lethbridge	14	6	8	28	28	5-5	L2	12
Ambrose	16	2	14	9	42	0-9	L14	4
Olds	16	0	16	0	48	0-10	L16	0

#### Results

January 12

NAIT 3, Concordia 1

23-25, 25-20, 25-18, 25-19

January 13

Briercrest 3, Olds 0 (25-12, 25-17, 25-11)

Keyano 3, Lakeland 0 (25-14, 25-14, 25-21)

King's 3, Grande Prairie 2

24-25, 25-21, 21-25, 25-22, 15-9

Red Deer 3, Ambrose 0 (25-22, 25-16, 25-12)

Medicine Hat 3, SAIT 2

27-25, 26-24, 23-25, 23-25, 15-13

January 14

NAIT 3, Concordia 0 (25-21, 26-24, 25-23)

Keyano 3, Lakeland 0 (25-19, 25-19, 25-18)

King's 3, Grande Prairie 0 (25-20 25-16 25-13)

Briercrest 3, Olds 0 (25-14, 25-17, 25-13)

Medicine Hat 3, SAIT 2

21-25, 25-23, 28-26, 18-25, 18-16

Red Deer 3, Ambrose 0 (25-15, 25-19, 25-21)

### WOMEN'S VOLLEYBALL

#### North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
King's	16	14	2	42	11	2-0	Won 9	28
Gr. Prairie	16	12	4	40	20	7-3	Lost 2	24
Lakeland	16	12	4	39	17	7-3	Won 2	24
<b>NAIT</b>	<b>16</b>	<b>9</b>	<b>7</b>	<b>33</b>	<b>24</b>	<b>6-2</b>	<b>Won 4</b>	<b>18</b>
Keyano	16	5	11	18	37	3-7	Lost 4	10
Augustana	14	2	12	13	38	2-8	Lost 6	4
Concordia	14	0	14	4	42	0-3	Lost 14	0

#### South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Briercrest	14	13	1	40	10	9-1	Won 8	26
Red Deer	16	13	3	44	18	8-2	Won 8	26
SAIT	15	12	3	41	16	10-0	Won 12	24
Ambrose	16	6	10	23	38	3-7	Lost 2	12
Olds	16	4	12	15	39	1-9	Lost 4	8
Lethbridge	14	4	10	20	34	3-7	Lost 3	8
Medicine Hat	15	1	14	15	43	1-9	Lost 8	2

#### Results

January 12

NAIT 3, Concordia 0 (25-17, 25-22, 25-16)

January 13

Briercrest 3, Olds 0 (25-17, 25-20, 25-14)

Red Deer 3, Ambrose 2

25-16, 23-25, 20-25, 25-22, 15-10

Lakeland 3, Keyano 0 (25-18, 25-21, 25-16)

SAIT 3, Medicine Hat 1

22-25, 25-16, 25-14, 25-16

King's 3, Grande Prairie 1

21-25, 25-16, 25-19, 25-21

January 14

NAIT 3, Concordia 0 (25-16, 25-19, 25-14)

Briercrest 3, Olds 0 (25-18, 25-23, 25-14)

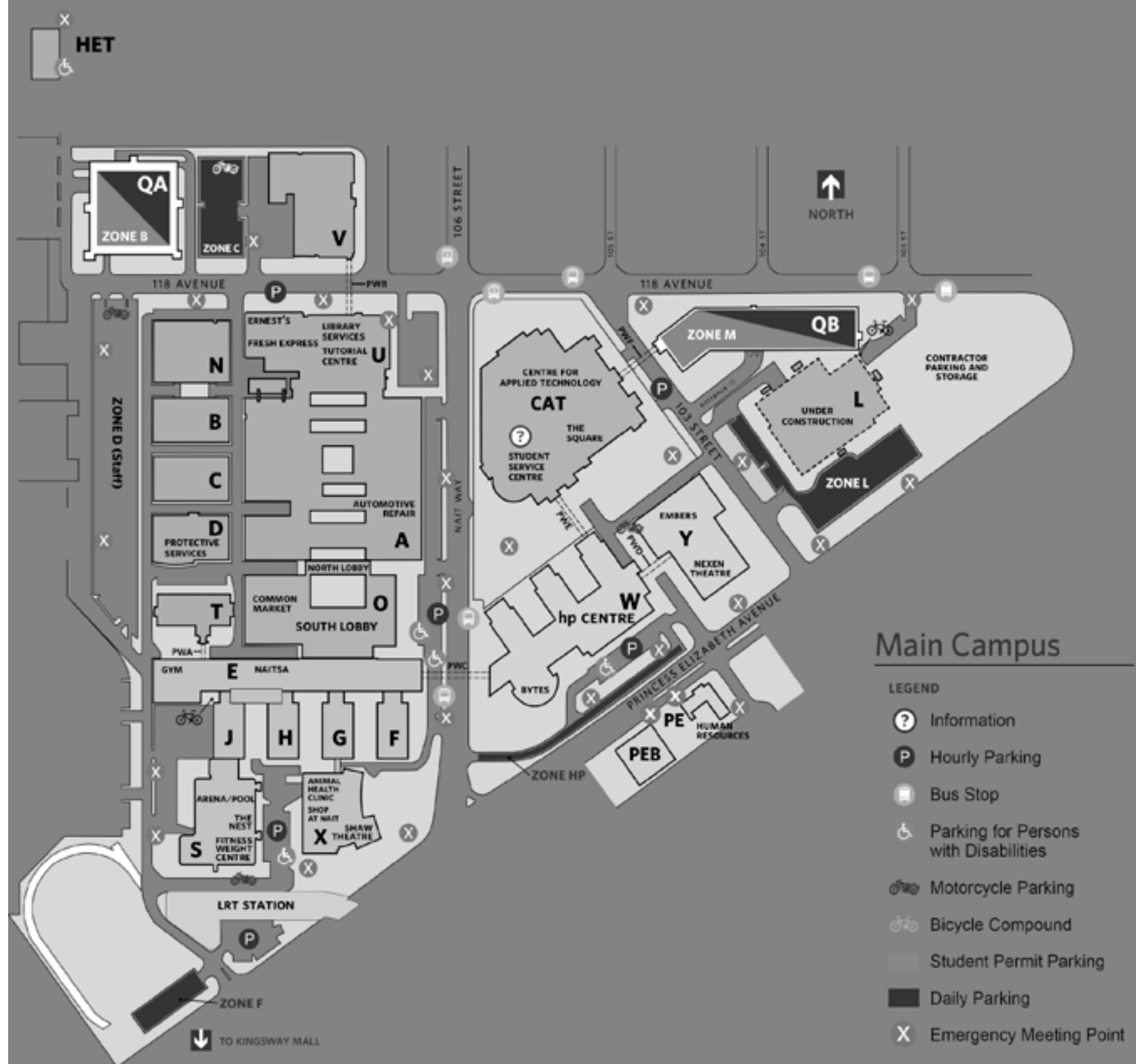
Lakeland 3, Keyano 0 (25-18, 25-18, 25-11)

King's 3, Grande Prairie 0 (25-20, 25-22, 25-16)

Red Deer 3, Ambrose 0 (25-16, 25-14, 25-20)



# NAIT Main Campus Map





# ENTERTAINMENT

## Things to learn this year



**BRENDAN CHALIFOUR**  
Entertainment Editor

As students, we're constantly learning new things, studying and practising, being assessed ... then repeat! It's a continuous cycle and, while I love learn-

ing things in my field of study, personal growth, and learning about the things that I am interested in outside of school is important to me too. The beginning of the year is always a good time to set goals (think New Year's resolutions), because it's easy to remember when you set them and when they should be achieved by (usually the end of the year).

But as I mentioned last week, January is not the only time you can make changes. You are in control of your own life, and can decide when and how to improve it. The month of January may be a reason or excuse to make a change, but don't believe that it is the only time to do so.

In addition to changing habits (such as being more active, spending less or spend-

ing more time with family and friends), another good way to improve your life this year, is to learn something new! Whether it's taking on a new hobby or learning something new entirely, a step into NEW can be good for YOU!

**Language:** Why not learn a new language? French is a good choice for many reasons. If you can only speak English in Canada, you are only half Canadian, however, if you can speak French as well, you'll be unlocking your full Canadian potential! Whatever language you want to pursue learning, it will complement your resume and make you a more attractive candidate in your job search. Plus, there are numerous brain and mental health benefits that come along with

learning a new language.

**Instrument:** Learning a new instrument has similar benefits with learning a new language. Your brain and mental health will thank you dearly! Learning a new instrument opens many doors as well. Once you've learned it, when bored, you can learn and practise new songs, which can then be shared and played for family and friends. It's a skill that you can continuously improve.

**Art: Artist or not** You can start simple with drawing, painting or photography. And if you are already artistic, why not branch out from your routine and experiment with something new such as printmaking or sculptures?

**Kingsway**  
11436 - 106 Street NW  
780.477.3707  
Mon - Thurs: 10am - 10pm  
Fri - Sat: 10am - midnight  
Sun: 10am - 8pm

**MIX & MATCH**

Buy any 6 bottles of wine and get an additional **10% OFF\***

\*Does not include GST and Bottle Deposits

**MIX6**

Mix your favourite craft, import and domestic beers to create your own 6 pack and get **10% OFF\***

\*Does not include GST and Bottle Deposits

# JANUARY EVENT LIST

3-26 | NNTM APPLICATIONS OPEN

3-30 | EXECUTIVE COUNCIL GENERAL ELECTION NOMINATIONS OPEN

4 | NEST OPENS

4 | WELCOME BACK BREAKFAST

5 | HAWAIIAN LUAU MIXER @ NEST

9 | FREE FOOD: EVENING STUDENTS

12 | HARRY POTTER KARAOKE @ NEST

16 | CUTS FOR SUCCESS

17 | HOW TO: APPLY MAKEUP

19 | CARDS AGAINST HUMANITY @ NEST

21 | JASPER IN JANUARY

24 | HOW TO: HEALTHY LIVING

25 | WELLNESS WEDNESDAY

26 | ENTERTAINMENT NIGHT @ NEST

26 | BLOOD DONOR CLINIC

28 | NNTM MODELING WORKSHOP

30 | HOW TO: HIP HOP DANCE

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

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FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By CLARRISSA TOONE

With school starting up again, some of us will need a song to boost our confidence, to give us the strut of purpose and some iron in our spines.

**Ain't No Rest for the Wicked – Cage The Elephant (2:55)**

This is a song that you can't help but to tap your foot and smirk along with. It is a song that you can't help but understand the lyrics, "We got bills to pay/we got mouths to feed/ain't nothing in this world for free," is something we all understand. The beat is also something you can get lost in and dance along to or air drum along with.

**All My Life – Foo Fighters (4:23)**

If you don't understand the song's meaning, your mind is not dirty enough. I personally will never be able to listen to this song the same after some research so if you blush easily don't go looking because you will blush every time you hear the song. It has good beat to shake the nerves out to and head bang too.

**I Don't Care – Fall Out Boy (3:34)**

We all have days where all we want to do is throw our hands up and say we don't care about your superficial problem and that is what this song is all about. It's something to pump yourself up to take on the day and give you the boost to stick to your guns.

**Raise Your Glass – P!NK [Explicit] (3:32)**

Now this is an anthem to all the underdogs or "unpopular kids". It is a song to sing along to and dance to when you are feeling hopeless or oppressed. It will light a fire in your heart and it will make you give a smirk of pride about yourself. You are you and I raise a drink

to your own personal brand of awesomeness.

**Hall of Fame – The Script (3:23)**

This song is all about following your heart and not letting perceived limitation stop you. It is a slower song compared to the previous ones listed but the message is important and still a song you can belt out to get ready for the day, too. Remember, anything is only impossible until it is believed to be possible.

**Confident – Demi Lovato Explicit (3:26)**

The song name says it all, it's all about being confident. It has a beat to dance to and lyrics to sing along to. It will give you the edge you need if you listen to it before an interview or an oral presentation. Don't let anyone underestimate you and surprise them when they do.

**We Will Rock You – Queen (2:20)**

You must admit when this song comes on you start clapping and stomping. It is beyond catchy and seems to always make you ready

for anything. This song will always be blood pumping and confident boosting.



**ATTENTION ALL NEW CREDIT STUDENTS BEGINNING IN JANUARY**

## STUDENT HEALTH & DENTAL BENEFITS

The **deadline** to **OPT OUT**  
or **ADD FAMILY** is  
**JANUARY 27<sup>TH</sup>, 2017 @ 4PM**

After this date you are **required** to pay the fees, no exceptions.

You may opt out online at [mystudentplan.ca/nait](http://mystudentplan.ca/nait)  
or come to the **NAITSA Service Hub**  
in room **E-131** for more information.

**\*Fall intake students:** If you missed the September opt out deadline, you **CANNOT** opt out in January.

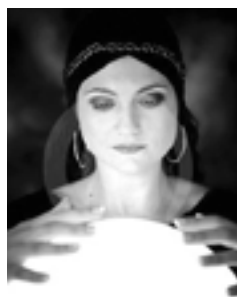
Phone 780.471.7730 | Email [studentplans@nait.ca](mailto:studentplans@nait.ca) | Room E-131  
Information [mystudentplan.ca/nait](http://mystudentplan.ca/nait) | Twitter @naitplan | [naitsa.ca](http://naitsa.ca)





THE NUGGET PRESENTS:

## HOROSCOPES



## MADAME O

## January 19-25

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

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

Not many take joy in budgeting and sticking to it but now is the time to find the fun in non-spending. Give your debit and credit cards a break and you will find that in a few weeks you will be able to get that new piece of technology.

## Pisces (Feb. 19-March 20)

The planets align to bring clarity and remove smoke screens. Indeed, you may find out that someone close to you is playing tricks. Follow your instincts and you can perhaps turn the trick on them.

## Aries (March 21-April 19)

The position of the moon indicates that now is ideal for con-

fronting an issue that has been undermining your self-confidence. It may seem insignificant but anything that has you off balance is going to add stress. Deal with it and move on. Peace of mind is a beautiful thing.

## Taurus (April 20-May 20)

Stand up for yourself and let detractors know that you are not to be trifled with. A sense of humour will help to do this in such a way that they can neither argue nor insinuate – in fact, you can turn the tables on them and leave them laughing.

## Gemini (May 21-June 21)

Taking action in practical ways will attract attention and impress those important people in your career. Step outside your comfort zone with a new take on your resumé or, better yet, get into a new outfit that shows some professional personality.

## Cancer (June 22-July 22)

The planets indicate now is the time to step back and enjoy being alone. The fast pace of life these days can get in the way of reflection, which is needed to take your life to the next level. Friends will understand but acquaintances may need to be informed that now is not the time for interruptions.

## Leo (July 23-Aug. 22)

Habits are hard to break and

denying them can sometimes increase their power. Too much of a good thing can sometimes create lifelong avoidance, so use your good sense to figure out if this is one of those that can be quit by overindulging.

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

Turning points in relationships are always tough, especially when they indicate it is time to step away and let go. Alternatively, perhaps it is time to take it to the next level. So don't stress when you feel things changing. Be open to what is around the corner.

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

It is time to focus on the big picture and leave the details to others. Communication will be key in the transition from follower to leader. Keep it simple and look for signals that you are being heard. They could take the form of relevant questions or body language that signals a release of tension.

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

Plug into your relaxed devil-may-care side for a few days and see where it takes you! Throwing caution to the wind won't be a good idea but kicking back and letting your guard down at the right moment could open up doors.

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

The sun indicates a personally painful situation that requires resolution. It may take shielding your heart to get it done, so steel yourself and take the necessary steps to clear out the old and move forward in your life.

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

People in your life may be playing games. Remember, that is more a reflection of them and you do not need to follow along. It can be difficult to say no to the game, especially if they are close friends or family. Just say no and repeat, if necessary.

## NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: [www.nait.ca/counselling](http://www.nait.ca/counselling)

## FROM THE KITCHEN

## Super healthy berry smoothie

By HANA LAVERICK

Let's face it. We are all currently suffering from a cold-induced, sun-deficiency-influenced bout of seasonal affective disorder. Luckily, this meal is packed with super foods that will ensure that you are maintaining your health throughout the remainder of the winter. And you also know that it's not early enough to give up your #newyearnewme resolutions, so give this quick little smoothie a try – I swear you'll be happy about the health benefits of this nutritional snack.

## Ingredients:

1 cup mixed berries (frozen/fresh)  
1/2 a banana  
1 1/2 cup of milk of your choice  
1 large handful of kale/spinach  
1 tbsp of flax meal  
1 tbsp of chia seeds  
1/4 tsp of cinnamon  
1/4 tsp of turmeric  
1 scoop of protein powder of your choice (optional); I used Vega One one protein powder.

## Instructions:

Blend until smooth.

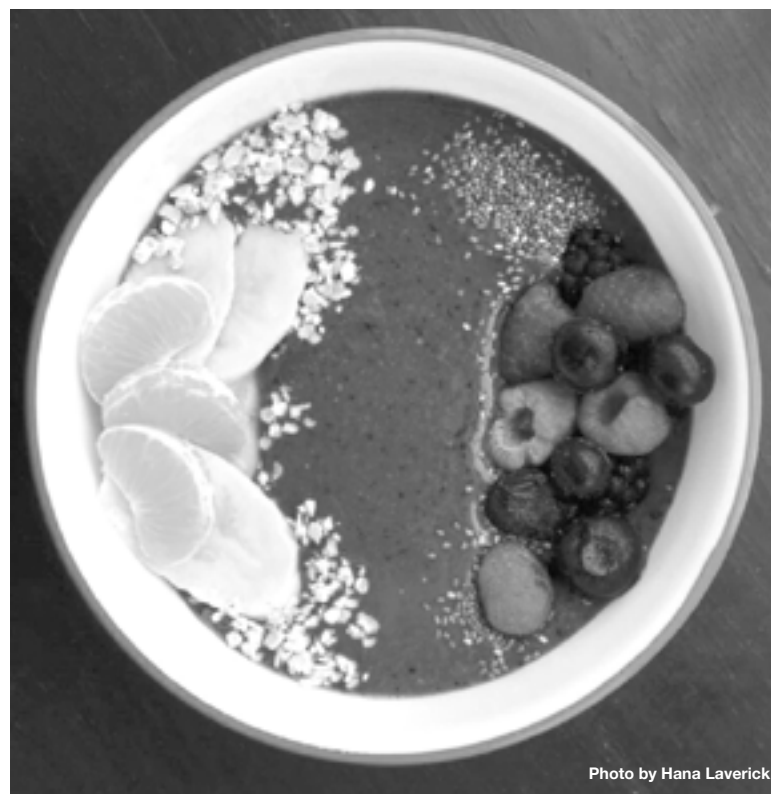


Photo by Hana Laverick



## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

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

WHO	WHEN	WHERE
International Club Film Series: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017   2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, Dec 8, 2016-April 30, 2017   5:00pm-10:00pm	Room X-105
NSC Super Smash Bros Meetups	Thursdays, Jan 5-April 13, 2017   5:00pm-10:00pm	CAT 191
Civil Club Meeting	Tuesdays, January 3-April 18, 2017   4:00pm-6:00pm	CAT 316
Anime Club SNACTime – Weekly Hangout	Fridays, January 13-April 14, 2017   4:30pm-8:45pm	CAT 276

### UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
EDSS	James Richards Workshop	Fri, Jan 13, 2017   4:00pm-7:00pm	Room X-111
Crafting Club	Craft-A-Thon	Fri-Sun, Feb 24-26, 2017   All Day	17421 94 Avenue NW
Caribbean Club	Bake Sale	Jan 19-20, 2017   11:00am-1:00pm	HP 2nd Floor
Caribbean Club	Bake Sale	Jan 19-20, 2017   10:00am-1:00pm	CAT Main Street
BTech	Project Management Institute Seminar	Jan 24, 2017   4:30pm-6:00pm	CAT191



**NAITSA** **CAMPUS CLUBS**  
**CENTRE**

**VISIT THE  
CAMPUS CLUBS CENTRE**

Room E-125, NAIT Main Campus  
780.471.8457 | 780.471.8871  
[naitsa.ca/naitsa-clubs](http://naitsa.ca/naitsa-clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates



## ON THE SCREEN



# Just about picture perfect

By HARLEY MYHOVICH

Sit back in a leather-bound chair next to a fireplace and start up that dusty old Blu-ray player of yours so that it can soak you in the majesty and pageantry of the latest release from the Criterion Collection.

*Punch Drunk Love*, by esteemed filmmaker Paul Thomas Anderson, is a film that grabs hold of your attention and never ceases to let go, even in the duller moments. Created in 2002, this film was released to mixed reviews, mostly due to fans expecting to see Adam Sandler in another blockbuster comedy.

Adam Sandler plays the lead, an eccentric, anger-ridden man looking for love and a desire to take advantage of a loophole. His want for love comes proverbially right to his doorstep as he is introduced to a woman who is already attracted to him. The only problem is he mistakenly gave his information to an illegal

phone service and, to make a long, captivating story short, is in the process of being extorted for money by a mattress store owner played by Phillip Seymour Hoffman.

Hoffman's villain provides an exact foil to the character played by Sandler. The only difference between the two men boils down to a matter of good and evil. This movie has a handful of elements which, when put together, classify it as a thrilling romance drama. I would say it has a hint of comedy, but that might just be the way Sandler carries himself throughout this movie.

Imagine Sandler in *Happy Gilmore* if Happy had not played hockey or golf and instead owned a plumbing supply warehouse. Add a little more depth, anger and emotional issues to that equation and you have the character that Sandler plays in *Punch Drunk Love*. There are even rumours online that this movie secretly depicts an alter-

nate origin story of Superman and Lois Lane. I'll let you watch the film in its entirety so you can decide about that for yourself.

Anderson is notorious for getting superb acting performances from his cast, especially in a few of his other films, including *There Will Be Blood* (2007), *Magnolia* (1999), and *Boogie Nights* (1997). *Punch Drunk Love* is the only collaboration between Sandler and Anderson so far – it is hard to say if anything is up next for the two.

As much as I want more of this finely crafted film, a sequel would not be necessary as the ending was already as close to perfect as it could get, leaving me with just enough curiosity and just enough delight.

I give *Punch Drunk Love* a deserved 10-out-of-10 rating. Find the newly released special Criterion Collection edition in a movie store or website near you!

## Are you feeling pressured and stressed?



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



For details, visit:  
[mindfulness.atspace.cc](http://mindfulness.atspace.cc)

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



# U-Pass

*Universal Transit Pass*

WINTER TERM U-PASS AVAILABLE WEEKDAYS  
**DECEMBER 5-15 & JANUARY 3-13**  
 AT SOUTH LOBBY KIOSK

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

**STARTING JANUARY 16**  
 PICKUP U-PASS FROM THE NAITSA OFFICE (E-131)

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



## NEST TAPHOUSE GRILL

### WEEKLY SPECIALS

#### \$7 FOOD SPECIALS

**MONDAY**  
Nest of Wings

**TUESDAY**  
Taco Trio

**WEDNESDAY**  
Classic Poutine

**THURSDAY**  
Pepperoni Pizza Bites

**FRIDAY**  
Daily Soup Cup & Garden Salad

#### \$4.50 DRINK SPECIALS

\*All liquor served is 1 oz

**MONDAY**  
Fireball Shot

**TUESDAY**  
Crushed Ice Margarita

**WEDNESDAY**  
Lamb's Rum Hiballs

**THURSDAY**  
Flavoured Absolut Vodka

**FRIDAY**  
Bottle Pilsner

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

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. DINE IN ONLY.

REVIEW US ON: zomato yelp

**NEST TAPHOUSE GRILL**

**OILERS GAME TIME FEATURE**

**\$4.50 PINTS (16OZ)**  
**MOLSON CANADIAN**

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

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

**CANADIAN**



## DINING OUT

# A tofu stew for everyone

By YU KYONG KIM

Are you familiar with Korean restaurants or Korean food? There are many Korean restaurants in Edmonton, such as B-Bim-Baab Restaurant, Bul Go Gi House, Lee House Restaurant and so forth. Most of the ones I have been to offered a variety of traditional Korean food. People often ask me about Korean restaurants or the food. Many of them were already aware of Korean foods, such as bulgogi, kimchi, and Korean BBQ. Also, I am often asked which restaurant I like best.

So, I would like to introduce to you one of my favourite Korean foods, called tofu stew. It is very popular in Korea but many in this country do not know about it. I have tried it at other restaurants but I think tofu stew at Tofu House is the best in Edmonton.

This restaurant is located on the south side, at 5020 97 St. The interior isn't very stylish but the atmosphere feels welcoming. Also, there are booths for groups and many tables and chairs for a large number of family members. Of course takeout is regularly available. Basically, Korean traditional food has various side dishes.

When you order the regular meal, three or four side dishes composed of various vegetables are served.

Although there are a variety of foods in this restaurant, usually I recommend tofu stew to my friends. As you may already know, tofu is made by coagulating soy milk and then pressing the resulting curds into soft white blocks, so it is a perfect texture and very healthy for the body. The main speciality of this restaurant is tofu stews and there are a variety – kimchi tofu stews, beef tofu stews, seafood tofu stews and so on. Also, customers can choose spicy or mild seasoning. A raw egg is put in the stew just before eating (optional), and this menu is typically eaten with a bowl of cooked purple rice and several side dishes. The purple rice, which is put in a large hot stone bowl, has a texture that is a little chewy, moist and soft.



Photo by Yu Kyong Kim

Overall, this is a hot food, especially good for the winter season. Would you like to have a variety of tofu stew with your family and friends this

weekend? You can enjoy real Korean style food in this restaurant. I hope everybody will enjoy the tofu stew as much as I did.

## DINING OUT

# Comfort food – at the mall

By JENNIFER RAE

Comfort food in every culture shares some of the same basic ingredients, like fried dough. One of my favourite examples, not fried and even a little bit healthy, I can get it at the Kingsway Mall food court. Shumka is a Ukrainian counter that serves delicious traditional borscht soup and perogies among other items such as kubasa.

For under \$10, you can get four perogies, a small bowl of the beet soup and a nice little kubasa garlic sausage. This is filling and flavourful and the perogies come with sour cream. Perogies are the ultimate comfort food because they don't have to be fried and they are more than dough. Shumka boils up four different varieties, potato and cottage cheese, potato and cheddar, potato and onion and, on Thursday, Fridays and Saturdays, potato and sauerkraut (pickled cabbage is a treat, I guess). Have you figured out yet that I qualify potatoes as health food?

The beautiful red borscht is full of beta carotene and the beet root that forms the backbone of the recipe has a lot of good fibre. This soup can help detoxify the blood, lower blood pressure and cleanse and protect the liver. Some of my friends think it is weird that I consider beets a comfort food but many a summer afternoon after helping my grandmother cook beets, a hot beet with butter and salt was the reward for my efforts.

Potatoes are soft and carbohydrate rich and create guilty feelings whenever I think about them baked with sour cream and butter, mashed with butter and cheese, cut into sticks and fried with cheese and gravy (yes ... poutine). They are, however, a great source of vitamins C and B6 as well as iron and potassium. So really, if a person can

hold the butter, gravy, cheese or sour cream to a minimum, a hot potato is a great way to satisfy that comfort craving and stay on track diet-wise.

So much for justifying stuffing myself with perogies and borscht and other great things at the food court, like Cookies by George. After indulging in some grocery

store cookies, I stopped by CbG for an M&M cookie and the difference is amazing. Not too sweet, not too dry ... cooked to perfection with just the right amount of soft chewiness. It is definitely worth the two and a quarter (yes it has gone up in price, darn).

Kingsway Mall food court is worth a visit as much because of the variety of offerings as for the large windows that let in sunshine – ideal for basking even on a cold winter day.



Photo by Jennifer Rae

## Poetry Corner

### Memories

In the attic lies a table  
Clothed in tattered creamy cotton  
And upon it are some flowers  
Left to die, to be forgotten  
'Tween the dust motes sunlight  
beams  
Filtered through the dusty panes  
Of the window in the attic  
Left unopened and rust-stained  
The daisies on the table  
Are smaller now, and old  
But the love that lies within them  
Makes them bigger by tenfold  
See, they taste like summer picnics  
And they smell like orchard trees  
And they feel like special moments  
They're simple, sacred memories

– By Erin Spiller



# 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](mailto:estl@nait.ca)

### FOOD CENTRE

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

### HEALTH & DENTAL

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

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

### U-PASS

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

# 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](http://nesttaphousegrill.com)

### WE PUBLISH THE NUGGET STUDENT NEWSPAPER

Room E-129 | 780.471.8866 | [thenuggetonline.com](http://thenuggetonline.com)

### WE OPERATE THE STUDENT HEALTH & DENTAL PLAN

[studentplans@nait.ca](mailto:studentplans@nait.ca) | [mystudentplan.ca/nait](http://mystudentplan.ca/nait)  
NAITSA Service Hub Room E-131

### WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPERS

[foodcentre@nait.ca](mailto:foodcentre@nait.ca) | [nait.ca/food-centre](http://nait.ca/food-centre) | NAITSA Service Hub Room E-131

### WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

[estl@nait.ca](mailto:estl@nait.ca) | [nait.ca](http://nait.ca) | NAITSA Service Hub Room E-131

### WE ADMINISTER THE U-PASS

[upass@nait.ca](mailto:upass@nait.ca) | [nait.ca/upass](http://nait.ca/upass) | NAITSA Service Hub Room E-131

### WE PROVIDE DISCOUNTED TICKETS

To sporting events, movies, and other fun events! Available in the NAITSA office (E-131) on the Main Campus or at the bookstores on South & Patricia Campus.

### WE SUPPORT & FUND OVER 70 CLUBS

[orgsync.nait.ca](http://orgsync.nait.ca) | NAITSA Club Centre E-125

### WE COORDINATE FUN STUDENT EVENTS ON CAMPUS

Check the boards and our social media for updates!



# N 2.0

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(AT [TRADINGPOST.NAITSA.CA](http://TRADINGPOST.NAITSA.CA))

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LOOKING FOR?**

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# EXECUTIVE COUNCIL

member

nominations open

**january 3 - january 30 @ 4pm**

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

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

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ELECTIONS**

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