

# THE NAIT NUGGET

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

## CUTS TO THE CHASE

### Students cropped before Career Fair, pg 3



Photo by Victoria MacDonald

Business Administration student Alan Chin gets a haircut from Adrienne Longson of Est-Elle Academy during a Cuts for Success session in the CAT Building on Jan. 16. NAITSA sponsored the event, meant to give students a fresh look before the annual Career Fair.

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# NEWS & FEATURES

## Resource politics play out



**A.J. SHEWAN**  
Issues Editor

It is no secret that Alberta's vast oil resources sit landlocked with only a handful of available marketing options. The federal government's pipeline approval came as welcome news to producers and the majority of citizens and politicians across this province that rely on the jobs and royalties provided by that oil resource. Unfortunately the devil is in the details.

To get Alberta oil to market, the newly approved twinning of Kinder Morgan's Trans Mountain pipeline to B.C.'s West Coast had to win the approval of the B.C. government, which put in a long list of conditions before they would approve it. One onerous condition that caught the ire of the Alberta government was that Kinder Morgan pay a royalty of sorts to B.C. for allowing them to ship the crude through that province. The Alberta government balked at the idea but Kinder Morgan wasn't so easily

dissuaded and it now appears that they have agreed to B.C.'s terms and are willing to pay. This amounts to extortion and a chance for B.C.'s political leaders to save face on the tough questions of environmental stewardship as they are facing an election year. Make no mistake, Kinder Morgan will not bear the full cost of this toll. This will directly hurt Albertans through lower resource revenue and Canadians through lower federal tax revenue.

The Canadian Constitution specifically excludes deals of this sort from being made and B.C. may have violated sections of the Constitution, setting the stage for a potential legal battle. Now is the time for the federal government to demand that B.C. fall in line. The consequences of inaction could be much greater interprovincial strife. If the Energy East pipeline, stalled while a new National Energy Board restarts its hearings, suddenly becomes a provincial football, it is no stretch to think that the provinces to the east could also demand similar tolls. By the same logic, it is possible to envision Alberta demanding a tariff on lumber moving from the West Coast to the East. The implications of a move like this being unchallenged are far reaching and damaging to our national unity.

There is another part to this that hasn't yet come to a head. B.C. is in the process of building a monstrous, controversial new



damn called Site C. When completed, it will wipe out hectares of prime farm land in the Peace River country. At current usage rates, experts say B.C. won't actually need the power provided by Site C for decades. In rides Alberta to the rescue. With the push to switch from coal-fired generation plants to renewables ongoing in this province, the B.C. government has seen a lucrative trade taking shape. Buy B.C. power and in turn we will allow construction of the pipelines and the shipment of crude oil from our West Coast ports. On the surface, it seems like a

fair trade but the details sour the deal. B.C. wants Alberta and the feds to build and pay for the transmission lines, billions of dollars worth of infrastructure investment. Alberta has so far been quiet on the deal.

In this new age of greater provincial co-operation, the Western provinces have much to offer one another but cautious optimism remains. One province cannot demand a share of another's resource revenue and then turn around and plead for a more favourable reciprocal resource agreement. It isn't just ethically challenged, it is a constitutional issue.

## Taking care of your flu

By YU KYONG KIM

The common cold and seasonal flu are caused by viruses and some symptoms include sore throat, runny nose, headache, muscle soreness and more. Everybody knows that in cold or flu prevention it is very important to have a healthy life but unfortunately, if you get a cold, what can you do to cure it? I recommend several things based on my experience. These are general ideas but they are very effective at stopping the spread of germs that makes you and others sick.

- Clean your hands

Regular hand washing is the best way to protect you from germs. And of course, if you are sick, washing up will keep you from spreading germs. If you do not have soap and water, use an alcohol-based hand sanitizer. Germs are often spread when a person touches something that is contaminated with germs, so do not touch contaminated things to keep your hands clean.

- Drink hot water or hot tea

Drinking plenty of hot water or hot tea

will prevent dehydration and keep your throat moist. I particularly recommend ginger tea or lemon tea. Ginger has been used for centuries to relieve a sore throat and break up your congestion due to a cold. Also, lemon is full of vitamin C, which can help reduce the duration and severity of symptoms if you already have a cold.

- Take a hot shower

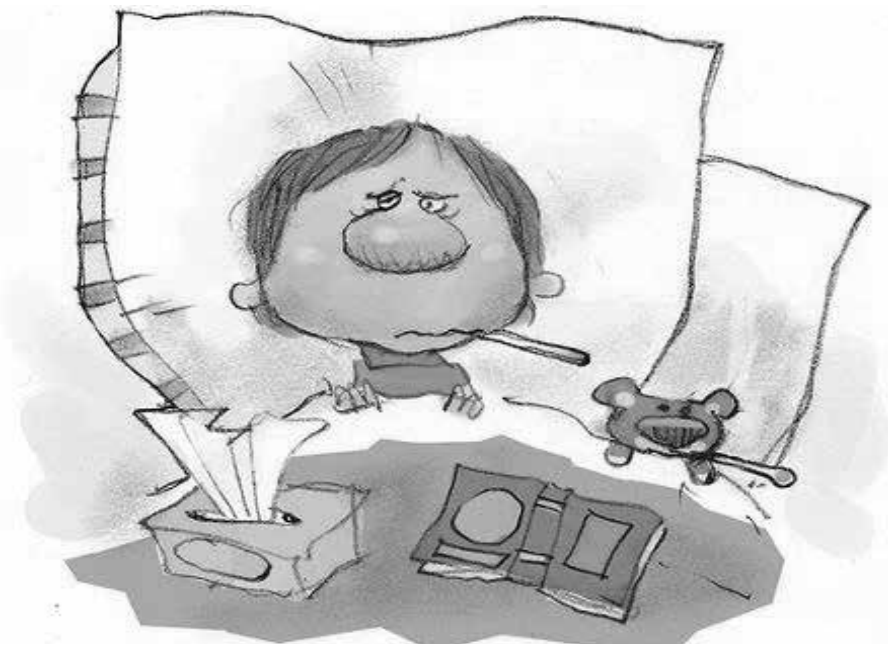
Steamy showers moisturize your nasal passages. It will help open up your sinus passages and promote drainage. If you feel dizzy from the flu, sit on a chair nearby and take a sponge bath during taking a steamy shower.

- Get some rest

Get some rest or stay home from work or school when you get a cold, if possible. Also, you may feel a bit more tired, it is time to go to bed earlier and lie down under a blanket.

- Avoid close contact.

Although you are sick, if you have to go outside or go to the public space, cover your mouth and nose with a tissue paper or face mask. This will help prevent spreading your illness to others. Also, avoid close



contact with sick people and keep your distance from others to protect you from getting sick too.

- Call your doctor

Call your doctor if you have severe

symptoms, such as an extremely high fever, trouble breathing, wheezing develops, and so on. Also, even though taking cold medicine, if symptoms do not go away, see your doctor for more cures.



**Lemual Carbonell, Business Administration Accounting student gets a haircut from Miriam Marifa, instructor with Est-Elle Academy.**



Photo by Victoria MacDonald

# Good hair day at NAIT

By JENNIFER RAE

Making a good impression on prospective employers at the annual Career Fair was a mite less expensive when students took advantage of free haircuts on Monday, Jan. 16, courtesy of Est-Elle Academy. NAITSA set up a temporary salon in the CAT building where students could go for a dry cut on, just in time to look great for the Career Fair the next day.

Est-Elle Academy is a family owned educational salon on Edmonton's south side at 8004 Gateway Blvd. They offer a full list of salon services from pedicures to perms for the general public. Their low prices reflect the fact that the estheticians and stylists are studying and not yet fully qualified. For over 30 years this local company has trained salon professionals, some of whom have come back to pass on their experience and knowledge to future professionals.

Miriam Marifa was the instructor on site at the CAT building. She enjoys guiding students in advanced cuts and supervising the whole hair affair. Marifa has been in the industry for 22 years and is also a happy

mother of three. Her career started in British Columbia and continued after moving to Edmonton in 2003. Always open to learning, she enrolled in Est-Elle Academy shortly after settling into her new home and graduated in 2005. This education helped her take a step into management which she found rewarding. After a seven-year break from the industry, she is very happy to have become an instructor with Est-Elle.

"I felt that if I could give back even to a handful of students who will take information from me, I am giving back into the community ... I have done my job building great hairstylists," reflects Marifa.

The salon's philosophy is to train students not only in the foundations of the art of hairstyling but also to foster individuality and creativity while being mindful of business fundamentals such as listening to and working with the customer. Some tips that Marifa passes on to prospective hair stylists include learning the various terms that are used to describe cuts. Some examples like feathering, which is also called travelling (only backwards) and always fol-

lowing the curve of the head, are essential techniques for successful styling.

Lots of chatting and laughter could be heard spilling out into the CAT hallway as the impromptu hair salon was continually full from 9 a.m. to 4 p.m. Many students were content to wait 10 to 15 minutes for the free styling. Approximately 12 stylists in training were working hard to get NAIT students ahead of the well-groomed curve. While a dry hair cut concerned some, at least one student was more than happy with the results.

"I was desperate to get some kind of style before taking my resume tomorrow, but a dry hair cut? I am used to the whole shampoo thing ... but it turned out great! I actually think I will book there (Est-Elle Academy) next time," reflected a student who wished to remain anonymous.

Est-Elle Academy has worked with NAITSA before, for the 2014 NAITSA's Next Top Model Top Model competition.

More information can be found at [estelle.ab.ca](http://estelle.ab.ca) or on their Facebook page Est-Elle Academy of Hair Design.



## The Nugget

Room E-128B  
11762-106 Street  
Edmonton, Alberta  
T5G 2R1  
Production Office 780-471-8866  
[www.thenuggetonline.com](http://www.thenuggetonline.com)

## Editor-in-Chief

*Danielle Fuechtmann*  
[studenteditor@nait.ca](mailto:studenteditor@nait.ca)

## Issues Editor

*A. J. Shewan*  
[issues@nait.ca](mailto:issues@nait.ca)

## Sports Editor

*Michael Menzies*  
[sports@nait.ca](mailto:sports@nait.ca)

## Entertainment Editor

*Brendan Chalifour*  
[entertain@nait.ca](mailto:entertain@nait.ca)

## Photo Editor

*Tim Potter*  
[photo@nait.ca](mailto:photo@nait.ca)

## Online Editor

*Danielle Fuechtmann*  
[onlineeditor@nait.ca](mailto:onlineeditor@nait.ca)

## Production Manager

*Frank MacKay*  
[fmackay@nait.ca](mailto:fmackay@nait.ca)

**Submissions encouraged:**  
[studenteditor@nait.ca](mailto: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](mailto:studenteditor@nait.ca).

We need to list your real name.

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



Photo by Helvin Nyoliman

Hauling around, and paying for, textbooks may be replaced by a computer accessed resource.

# Looking past textbooks

By A.J. SHEWAN  
Issues Editor

For students, one of the greatest costs, aside from tuition, is textbooks. Prices often reach into the hundreds of dollars for a single subject and taking several subjects a semester can increase those costs exponentially. Those financial obligations often come at a high price for students, many of whom are using NAITSA's food bank.

"It's crazy how much usage we get from that," said Students' Association President John Perozok. "It's great that students are using it but it's sad to see how many students have to use it, so when it comes to another \$250 textbook, why?"

Perozok has been working hard on a project to ease the financial burden for students when it comes to their textbooks. In the recent election for NAITSA president, his platform centred on creating a network of Open Educational Resources, OERs for short, at NAIT.

"The only cost to a student would be printing," remarks Perozok.

"OERs are educational resources that can be videos, quizzes, assignments or full textbooks that are copyrighted under creative commons that makes them foundationally free digital files."

Such a monumental shift is not an easy task but Perozok sees a future free of the debilitating cost of publisher controlled textbooks.

"What I would love to see is that slowly

teachers begin to move away from these McGraw Hill, Pearson Publishing textbooks and start adopting these free resources and full textbooks for their courses as the required textbook," adds Perozok.

"Here at NAIT, what I've been doing a lot of is having conversations with administration. I and a librarian from the Learning and Teaching Commons gave a presentation in academic council (a subcommittee of the board of governors) for Dr. Glenn Feltham, different faculty and staff from across NAIT, about OERs. We received lots of positive feedback from that meeting. It has been a good push."

Perozok admits there are challenges to meeting the goal of adequate OERs as well as ones that are suitable for the NAIT programs.

"Some of the work we've been doing relates to how we currently pick resources, who's involved, how do we ensure it's the best resource, what is the financial model around it. The really important people that need to be involved are at the table. It's a broad group of people that come together to talk about learning resources and I am the student representative on that committee. There

are a core group of people there from different areas that are big supporters of OERs. We want to get that conversation going. It will take time, but in the years to come students will start to see more OERs come."

For Perozok, it is the outside forces working against this movement he finds most frustrating.

"It is the publishers that are making it inaccessible for students when it comes to budgeting and finances.

**"OERs are educational resources that can be videos, quizzes, assignments or full textbooks that are copyrighted under creative commons that makes them foundationally free digital files."**

– NAITSA President  
John Perozok

The prices that they charge are unreal. It's not Shop at NAIT, its Pearson and McGraw Hill. The publishers are making it easy to just stay with the traditional style of textbook."

Perozok has found an ideal partner on campus to help with the fight to lower costs.

"I know Shop at NAIT works really hard at trying to figure out the best way to get textbooks and content to students. They've got the buyback program, the rental program that is brand new. They are doing a lot of awesome things for students."

For Perozok and the OER team, a growing awareness throughout campus has been a big accomplishment.

"There was an Alberta open educational

resource committee that the government launched in 2013 and was given \$2 million for grant funding and research opportunities. The free coffee that we gave away at the CAT building was funded through that committee."

"The majority of people that showed up at the CAT building had no idea that this (OERs) existed. It was a good awareness piece and good to get people talking. We gave out nearly 500 coffee tickets and talked to over 500 students which was, in my opinion, a huge success. It was cool to see people talking."

"I'd love to do a couple more of these coffee talks in the coming weeks. My small goal would be to talk to another 1,000 students by the end of the year to promote it there and continue to promote it to administration and the people that can make the change happen."

"Open education week is coming up in March, I hope to do something myself that week to promote OERs at NAIT."

Perozok encourages students to check out the OER website and get involved.

"We have a web page [naitsa.ca/oer/](http://naitsa.ca/oer/) that we are directing people to. Have a look at the site, there are a bunch of repositories from that page that I would encourage people to search through. Look for a subject that you're taking or going to be taking. If you're in an intro course likely you can find something specifically for your course."

# OPINION

— Editorial —

## Art's in the heart



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

January has been a rough month for me. Between the flu, falling behind on schoolwork and my other responsibilities, and being surrounded by gloomy, angry news headlines, it's been tough to stay motivated and get up in the morning with my usual sassy outlook. While I've been busily experimenting with different iterations of logos and pulling together resources for design projects, I've binged through a lot of horror shows on Netflix – what's a better distraction from my deadline stress and January blahs than a reminder that at least I'm not being chased through the woods by a serial killer?

### Arts matter

What my Netflix binge habits exemplify is the importance of entertainment and the arts in our day to day lives. Whether we prefer to laugh or scream, creative cultural products offer us a valuable window for escape and to reconsider our world, as well as express and communicate our experiences.

All creative products, from movies and music to fine arts and theatre, offer us an opportunity to simultaneously enjoy escaping from our own lives while exploring the conflicts and ideas we have in an abstract environment. Often, enjoying culture for the sake of escapism is looked upon with some scorn, however, pleasure is important! Furthermore, these breaks often give our subconscious an opportunity to parse through the issues that we're experiencing and dealing with. By taking a break, we come back rejuvenated and with a fresh perspective on our experiences.

### Comforting

If you've ever put on some headphones and your favourite music, sought the comfort of a dark movie theatre or pulled out your sketchbook after a hard week, you'll also recognize the comfort that can come from the arts. Neither of us could find the precise quote online but, while discussing this with a friend, he remembered a quote he once saw that said something along the lines of "Without music no one loves me. With music, no one loves me but I am not alone." The arts offer countless opportunities to connect and be reminded that you're not alone and others have experienced similar problems.

Going beyond consuming creative products and creating them provides an expressive outlet to channel what you're experiencing. Whether you want to pursue your cre-

ative field professionally or you just have a private notebook full of work just for yourself, creating any kind of art is a valuable way to process the events and emotions in your life.

Finally, art is also a powerful form of communication and protest. Art provides a venue for commentary and documentation of the world around us in a poignant way. Whether it's capturing the minutiae of daily life or making a bold statement about current events and the state of the world, creative work provides a space for connecting ideas and blending perspectives. This storytelling ability,

regardless of medium, is often underappreciated as a place for protest. While art certainly doesn't need to be political, it is an excellent space to question our world and make a statement; it often also takes advantage of a greater emotional connection to increase the efficacy and spread of its message.

In our tumultuous world, supporting art and entertainment is essential! Whether you're binging on Netflix's new releases or spending an afternoon at the art gallery, you are contributing to and enjoying cultural products that uplift our society.



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# SPORTS

## Mental pitfalls of sport



By **MICHAEL MENZIES**  
Sports Editor

Sports are mental exercises just as much as they are physical tests. How these elements impact a game can vary. Obviously, there are pure exploits of physical dominance that are some sort of combination between talent, practised ability and luck. But the mental part of the game is often understated, even though it impacts every part of the development of an athlete and can often be the difference between an elite player and an average player.

Performance anxiety is an especially pernicious element of sports psychology. There are the what-ifs, looming thoughts of failure, worries about losing an important game and the heartbreak of letting teammates down. Athletes are under mountains of scrutiny and anxiety, which, if untreated, can derail a player's career.

Major League Baseball player J.P. Arencibia announced his retirement on Twitter last week at the age of 31. Sportsnet's feature with Arencibia shed new light on his career. The former Blue Jay was a fan favourite on the budding young team for a couple of seasons before the team

struggled with huge expectations in 2013, which eventually led to his career moving elsewhere. The prevalence of social media interaction was a catalyst for his initial success but when the struggles came, the fans didn't mind letting their displeasure show on Twitter. This had a huge impact on Arencibia's game and contributed to a growing anxiety – something he kept private from nearly everyone around him.

"I knew 100 per cent what it was but I wasn't tough enough in the sense that I didn't want to talk about things and kept it internal," Arencibia told Sportsnet. "At the time, I was dating (future wife) Kimberly and we'd be on the phone and I'd be crying in my apartment in Toronto saying I'm so embarrassed to even go out for dinner. If somebody was looking at me or not looking at me, I was just feeling like I was letting everybody down."

Arencibia describes how the growing anxiety combined with the team's struggles lead to his attack against the media. From there on it appeared that the catcher's future with the team was in jeopardy.

"I'd go home, where my mind would go absolutely berserk. That's where it started. The toughest time for me was when I would get home and there was nothing but time to think. You have nobody around and now all of sudden your brain starts going places and now you can't stop it. Those were the worst times."

Arencibia finally received the help he needed after moving to the Tampa Bay Rays but, despite the increasing knowledge of mental health, he didn't want to talk about his anxiety. This story isn't uncommon of someone keeping their mental health problems to themselves,



Pressure to perform hangs over every athlete's head.

athlete or otherwise. But athletes are supposed to be tough, right? Some of the toughest have humbled themselves by seeking the proper help and now because of their efforts, Bell Let's Talk – a program designed to break the silence around mental illness and support mental health all across Canada – is one of the best initiatives of its kind.

Multiple Olympic medal winner Clara Hughes, actor Howie Mandel and sportscaster Michael Landsberg have spearheaded the Bell Let's Talk campaign. Their efforts have resulted in millions being raised for mental health initiatives and helped reduce

the stigma around depression.

Arencibia's story isn't altogether unique. Golfers like Ian Baker-Finch and David Duval all suffered inexplicable career collapses due to anxiety and confidence loss and NHLer Stephane Richer tried to commit suicide three days after winning the Stanley Cup. But these stories are important to tell. They are the stories to learn from and now listen to when it comes to receiving help.

We expect a lot from professional athletes and one thing we should hope for is that they can get the help they need before it derails their career.

### FITNESS

## It all starts in the kitchen

By **ERYNN HENRY**

It's simply not enough to just go to the gym and work out for an hour or two every day. The effort needs to be made in the kitchen as well but it's not easy for most people. Changing your diet can be a challenge. You shouldn't just dive in with both feet and hope you can swim. It should be planned and assessed often to help ensure a successful healthy lifestyle change.

Starting your day off with a healthy meal can be the difference between a normal day and a great day. To help find out where you are and what changes need to be made, try keeping a food diary for one

month to help assess what should be eliminated and added to your diet. Whether it be handwritten or with the use of an app, tracking meals and meal times will help build a solid foundation for a new and healthy lifestyle.

Once you've tracked your current diet for approximately a month and kept a thorough daily log, begin by easing yourself into simple adjustments like substituting sugary treats and foods for natural sugar filled foods such as fruits and some vegetables. Again, try this for about a month to make transition easier on your body as well as your mind.

"Slipping up," or "falling off the

wagon," so to speak, are bound to happen along the way, so always being prepared can help keep you focused on your goals. Meal planning and prepping is a simple and efficient way to safeguard all the hard work you have put into changing your diet. By preparing meals for the week ahead, you are not only saving yourself from a slip up, but you are also saving time and money.

Now that you've done the hard work in meal preparation, the biggest challenge will be to steer clear from temptations and to stay on track. This is, of course, always easier said than done but remember why you

started and keep that goal in mind. Never skip a meal, as this can lead to uncontrollable eating throughout the day. Also, keep a variety of different foods in your diet to help keep urges at bay.

Healthy eating has many benefits for your mind and body but you also need to stay positive and focused. Instead of beating yourself down and telling yourself what you'd change about your body, focus on what you love about yourself. It will give you a whole new perspective.

Taking one step at a time will help keep you on the right path towards a healthier and happier lifestyle.

## COACH PROFILE



Photo by Rai Hooper

Women's volleyball coach Benj Heinrichs give his charges some tips during a recent break in the action at the NAIT gym.

# Not just a volleyball coach

By ERYNN HENRY

For the last four years, head coach Benj Heinrichs has been a huge part of the women's volleyball team. But, before coming to NAIT, he was a kinesiology instructor and coach of the men's and women's volleyball teams at Medicine Hat College.

Heinrichs grew up just 95 km west of Edmonton in Entwistle playing sports with his brother and parents whenever he had a chance, which built the foundation for his very successful career in volleyball. Heinrichs attended Red Deer College, playing volleyball for two years before transferring to the University of Calgary to play for three seasons. U of C won the national championship in 1993 while he was part of the team. It was this success which allowed him to play for Team Canada for a few seasons. The team competed in the Pan Am Games in Argentina in 1995 and the World Student Games in Italy in 1997.

With such a huge career in the sport under his belt, Heinrich went on to advance his knowledge further in the sports world by studying nutrition and wellness.

"Besides coaching and teaching and trying to create the best possible learning environment, my other passion is wellness," he said.

He spent 10 years at Medicine Hat College teaching fitness, nutrition and wellness.

"I recently became a certified primal

health coach, which basically involves helping people analyse their lifestyle in order to make some changes to improve their holistic wellness."

Heinrichs keeps the team on a tight fitness regimen, practising six to seven hours a week, as well as fitting in a couple of workouts of their own. Since there's a game almost every weekend, the time spent practising during the week is crucial.

## 'Young team'

The team this year has quite a few new players making it as they say a "young team." This hasn't stopped the women from succeeding and the coach is happy with their development.

"We are really pleased with our improvement so far. We have a very young team, with 10 first-years," said Heinrichs.

"We know that our potential is really high but volleyball is a tough game to be consistent at, so it definitely takes time. In addition, our league is the strongest in Canada, so you really have to be ready to play every match to be successful. We are right in the playoff hunt this year, and qualifying for the conference championship (top eight teams) would be a great step in our development as a program."

"My goal is to continue to improve as a coach, teacher and person every day. It's

the same thing we work on with our players," he said.

"Focus on the process, on what you can control and trust that the results will take care of themselves. We want to have an amazing experience and learn to focus on some key values that help make life better. It's not easy, but it's worth it."

And it seems that all the hard work and persistence is paying off. If the season ended today, they would make the playoffs. It's not easy, but it's worth it."

Keeping the team focused on and off the court would seem, to most coaches, a difficult task but Heinrichs says three rules help keep the girls on track:

1. Be ready early, which means paying attention to the little things and doing what's right.

2. Love every challenge. We want players to embrace and even enjoy being in tough situations, learning to be good with making mistakes and working on things you're not good at. That's really the only way to get better.

3. No whining, no complaining, no excuses. We learn to be honest, direct and immediate with our feedback. To take ownership, to reset quickly, and look for ways to continue to improve and be great teammates rather than waste time on excuses and blame. If we get better at these things throughout the year, then we've become better people,

friends and teammates and our year will have been a success. We believe if we do these things right, we will also improve and win our game as quickly as possible and the on-court results will be good, too!

Not only is he a great leader in the sport he is also a great mentor for his team to look up to every day.

Heinrichs believes hard work and healthy competition are what create the drive and dedication in these young women.

## 'A better way?'

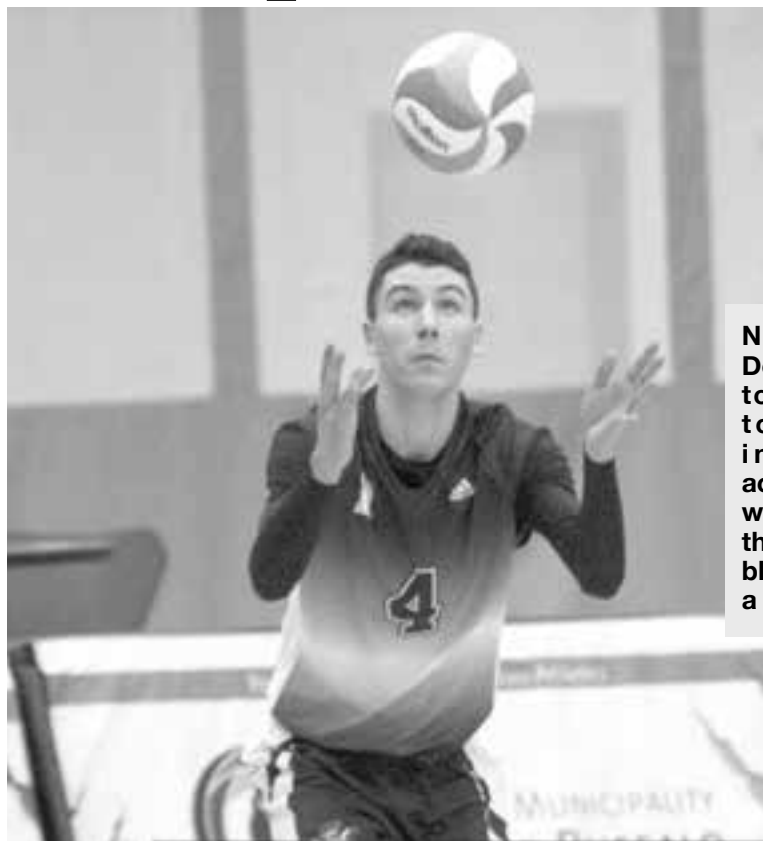
"Every single thing I do as a coach, I ask myself, 'Will this make the team better?' The second question is, 'Is there a better way to do it?' I make mistakes, too but like the players, that's how we learn. We want to create an environment where everyone works really hard, competes constantly and has fun doing it.

"We never do any sort of punishment, and instead we keep score of everything we do and the players who win the most are the ones who get to start on the weekend. The players know it's fair and they also know that the best way to make each other better is to compete like crazy from warm-up to cool-down.

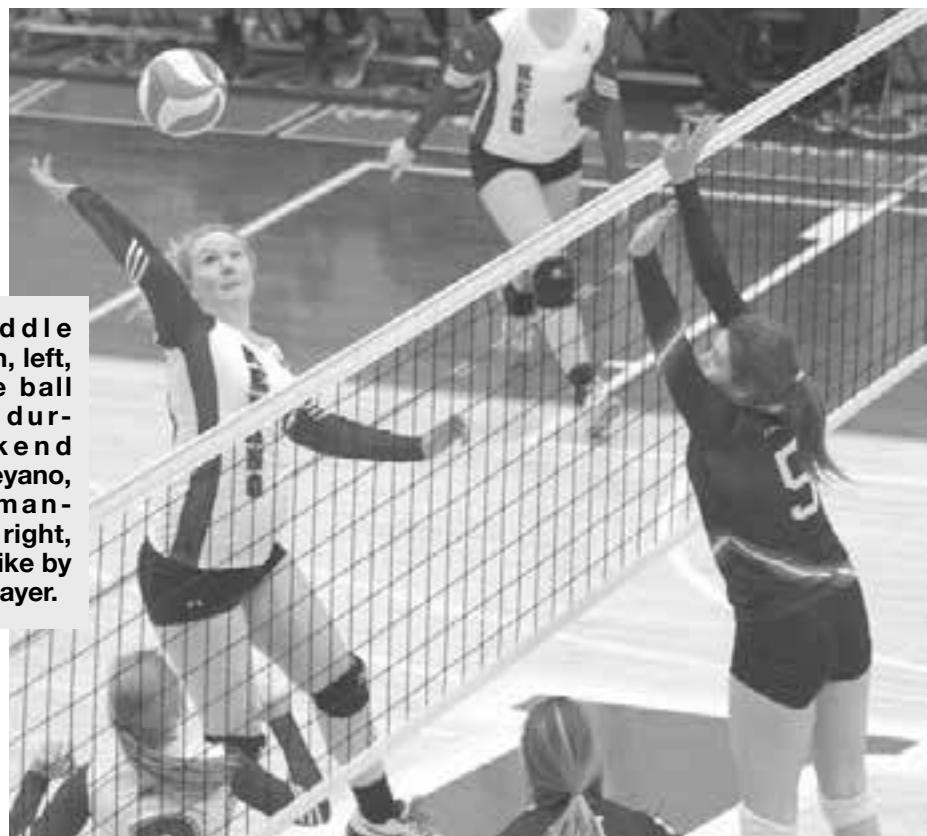
"Most importantly, we have a phenomenal group of young women who are really connected and care about each other. This is more important than anything else."



# Snapshots ...



**NAIT Middle Devon Klein, left, tosses the ball to serve during weekend action at Keyano, while Samantha Dodds, right, blocks a spike by a Keyano player.**



GPRC photo

www.keyano.ca

## By MICHAEL MENZIES Sports Editor

### Basketball Women

The NAIT women's basketball team won 69-45 and 76-53 against Grande Prairie last weekend. The Oaks are currently on a 10-game winning streak and clinched a playoff spot in ACAC Provincials with the W's.

Friday night, coach Todd Warnick gave many players 15-plus minutes and the Oaks controlled the pace of the game. Bench scoring was crucial and the visiting Oaks soundly blanketed the Wolves 36-17 in that category. The team knew Grande Prairie would be competitive for the rubber match, especially since the Wolves have yet to win this season (0-16). Their luck didn't change Saturday as the Oaks hopped out to a quick 21-point quarter, leaving their opponent behind in the process. Torey Hill collected a double-double in 20 minutes and Sydney Hurlburt had a team high 20 points as the Oaks again cruised to the win.

Coming up, the Lakeland College Rustlers are in the thick of the playoff mixture and need every point to secure their hopes of joining the Oaks in the playoffs. Both teams are solid defensively and the Rustlers split with the second place Concordia Thunder two weekends ago; expect a stingy contest Saturday night at 6 p.m.

### Men

After gutting it out against the Keyano Huskies last weekend, the Oaks continued their grind and won a tight game on the road 86-85 over the Grande Prairie Wolves last Friday. After foul trouble gave Jackson Jacob limited minutes last week-

end, he didn't sub out in this affair, playing the entire match and scoring a ridiculous 52 points. Despite 11 different ties and 16 lead changes the tug-of-war finished with a slim Oak win.

Saturday night saw centre Jordan Brown rack up 17 on the glass and 16 points for a cool double-double. The game again was tight throughout and coach Mike Connolly leaned hard on his starters, with three of them playing 35-plus minutes. Despite the tight rotation, the Oaks fell short 79-71.

The Oaks are .500 so far in the winter semester and have slid down a spot to second in the North Division. It doesn't get any easier for NAIT as the Lakeland College Rustlers arrive for a set this weekend within striking distance of the Oaks. NAIT will need to continue their emphasis on the defensive side of the floor in order to stay in these close games. Home tip-off for the match this weekend is 8 p.m. Saturday night at the NAIT gymnasium.

### Volleyball Women

The Oaks women's volleyball team lost a heartbreaker this past weekend to the Keyano Huskies 3-2 Friday night but flipped the script in time for Saturday as they finished on the winning end 3-2. The marathon matches are the longest weekend pair the ladies have played this year and hope to be rested in time for their division foe the Lakeland Rustlers. The Rustlers are four points above the Oaks for third place in the standings. The Oaks boast a 5-3 home record so far this season and they hope that trend continues Friday night at 6 p.m.

### Men

The NAIT men's volleyball team lost

Friday night 3-0 but came back on Saturday, shocking high-flying Keyano 3-1 for their first loss of the year. The full weekend up north allowed the Oaks to collect two more points and sit third in the North Division with 18 points (9-9). The Oaks

will play the Lakeland College Rustlers this weekend. The Oaks' opponents are well rested after their bye week and hope to play spoiler against the favoured Oaks.

Game time is at 8 p.m. Friday night at the NAIT gymnasium.

## Athletes of the week

January 16-22

### Jackson Jacob Men's Basketball



The Oaks men's basketball team travelled to Grande Prairie for two games against the GPRC Wolves. Jackson was on fire in Friday's 86-85 win, scoring an amazing 52 points. He was 22 for 35 from the floor and tallied four rebounds, five assists and four steals. Despite falling 79-71 to the Wolves in Saturday's rematch, Jackson continued his stellar play, adding another 26 points, five rebounds, three assists and three steals. "Friday night, Jackson was on a roll and we ran our offence through him," said NAIT head coach Mike Connolly. "Without Jackson, we would not have won Friday or have been competitive Saturday." Jackson is a second-year Professional Meat Cutting student from Nassau, Bahamas.

### Trace Elson Men's Hockey



Trace led the NAIT Oaks to a two-game weekend sweep over the cross-town rival MacEwan Griffins. He was all over the ice in Friday's 7-4 win on home ice, tallying an assist but it was Saturday in the Oaks 3-2 win at the Downtown Arena that saw Trace shine. He scored the game's opening goal and assisted on both the tying and winning goals in the third period. The two wins vaulted the Oaks to the top of the ACAC standings. "Trace has top-end skill and IQ on the ice," said head coach Tim Fragle. "He makes plays every time he gets the puck and this year we challenged him to be at his best against the best competition thus this weekend was a good example of him of him answering the challenge." Trace is a second-year Open Studies student from St. Albert.



## HOCKEY

# Men sweep MacEwan

By **CLAIRE STANHOPE**

The men's hockey team took both games this weekend with force against Grant MacEwan; Friday's home game ending with a 7-4 win and a 3-2 win on Saturday just around the corner in MacEwan's arena.

Friday's game was arguably the best game of hockey I've seen in the NAIT arena. It started off rough for the Ooks with MacEwan scoring the first two goals in twelve minutes and absolutely dominating NAIT. The Ooks weren't putting much energy into the game until MacEwan scored their second goal which zapped the team with serious energy. The last eight minutes of the first period were played well on both sides and NAIT's Kyler Hehn put the Ooks on the scoreboard with a power play goal.

The second period was a frightening affair; whatever had been said in the locker room during intermission seemed

to have lit a fire under the NAIT team and they fought like their lives depended on it. Wyatt Noskey scored in the first minute of the second period to tie the game and Brayden Harris and Macklin Pichonsky also decided to put NAIT on the map. Noskey scored again later in the second to end the period with 5-2 on the scoreboard. All this was happening while NAIT killed off eight minutes of penalties – though some of that was four-on-four as MacEwan received six penalty minutes. Jordan Abt earned six of those eight penalty minutes in the second and ended the game with two 10-minute misconducts and a game misconduct, meaning he wouldn't play Saturday's game.

Abt managed to score in the third per-

iod (before getting his second misconduct) and Devon McAndrews scored NAIT's seventh goal to end the night. NAIT totalled 44 penalty minutes (this includes the 10-minute misconducts), a testimony to the passion and intensity with which the game was played.

NAIT is currently tied for first with SAIT and plays Portage College next weekend, a bottom-dwelling team. Friday's game is in the NAIT Arena at 7 p.m. Don't miss it.

## Women

The women's team took a win and a loss this weekend, winning their Thursday-night game in Red Deer 2-0 but then losing 2-1 at home on Saturday. Brittney Savard would get NAIT's first and only goal in the first 10 minutes of Saturday's game, but Red Deer

tied the game up with a power play goal at the end of the first. The second period saw no change on the scoreboard but ended up being the roughest. NAIT and Red Deer earned three penalties a piece and it seemed neither team was going down without a serious fight. A game misconduct was given to Hannah Fouillard in the third period for a rough check from behind so she'll miss her next game.

Although they battled to the end and it was looking like overtime was looming, Red Deer scored with little more than two minutes left in the third. NAIT pulled their goalie and fought until the very end but to no avail. Each team took a loss at home this weekend to keep Red Deer and NAIT tied at the top of the league with 25 points each and equal games played.

The women have this weekend off but you can catch their next home game on Saturday Feb. 4 at 7 p.m. in the NAIT Arena against MacEwan.



**Jordan Abt**  
Two misconducts



Photo by Victoria MacDonald

Defenceman Tyler Yaworski (3) clears the front of the net Friday night in a game against MacEwan Griffins in NAIT arena. Defenceman Corey Chorneyko (22) looks on. NAIT won the game 7-4 and the one Saturday night at MacEwan 3-2.

# 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
<b>NAIT</b>	<b>20</b>	<b>16</b>	<b>4</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>92</b>	<b>47</b>	<b>7-1 Won 2 32</b>
MacEwan	22	15	7	12	1	0	93	57	5-3 Lost 2 31
Augustana	20	12	8	11	1	0	72	53	5-4 Won 1 25
Red Deer	18	8	9	8	2	1	54	54	3-4 Lost 2 19
Concordia	22	7	15	6	0	0	65	90	4-6 Lost 1 14
Portage	20	4	15	4	1	1	59	1050-8-1	Tied 110
Briercrest	22	3	17	2	2	2	58	1171-8-1	Tied 110

### Results

#### January 20

**NAIT 7, MacEwan 4**

Briercrest 7, Portage 6

Concordia 4, Augustana 2

#### January 21

**NAIT 3, MacEwan 2**

Portage 4, Briercrest 4 (2OT)

Augustana 3, Concordia 2

## WOMEN'S HOCKEY

Team	GP	W	L	RWOTLT	GF	GA	L10	STRK	Pts
<b>NAIT</b>	<b>18</b>	<b>12</b>	<b>6</b>	<b>11</b>	<b>1</b>	<b>0</b>	<b>54</b>	<b>42</b>	<b>5-5 Lost 1 25</b>
Red Deer	18	11	7	11	3	0	47	33	5-5 Won 1 25
MacEwan	18	11	7	11	0	0	40	29	6-3 Won 1 22
SAIT	18	6	12	4	0	0	40	48	5-5 Lost 1 12
Olds	16	4	12	3	0	0	29	58	3-7 Lost 3 8

### Results

#### January 19

**NAIT 2, Red Deer 0**

#### January 20

SAIT 2, MacEwan 1

#### January 21

**Red Deer 2, NAIT 1**

MacEwan 1, SAIT 0

## MEN'S BASKETBALL

### North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Concordia	16	14	2	28	1262	1081	6-0	Won 12
<b>NAIT</b>	<b>16</b>	<b>13</b>	<b>3</b>	<b>26</b>	<b>1260</b>	<b>1147</b>	<b>6-2</b>	<b>Lost 1</b>
Lakeland	16	10	6	20	1145	1071	5-4	Lost 2
Augustana	14	7	7	14	1030	1096	3-4	Won 2
Grande Prairie	16	5	11	10	1201	1221	3-7	Won 1
Keyano	16	4	12	8	1161	1246	2-6	Lost 2
King's	18	3	15	6	1297	1494	3-7	Lost 3

### South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Red Deer	13	9	4	18	1187	1073	6-4	Won 1
Lethbridge	11	8	3	16	887	726	3-2	Lost 1
SAIT	11	8	3	16	953	901	5-2	Won 1
Medicine Hat	11	8	3	16	775	688	4-1	Lost 1
Briercrest	11	5	6	10	823	869	5-5	Won 2
Olds	11	3	8	6	862	963	3-7	Lost 4
Ambrose	11	3	8	6	857	895	2-8	Won 2
St. Mary's	13	2	11	4	934	1163	2-5	Lost 2

### Results

#### January 20

**NAIT 86, Grande Prairie 85**

Medicine Hat 76, Red Deer 73

Lethbridge 109, SAIT 104

Ambrose 84, Olds 54

Briercrest 85, St. Mary's 67

Augustana 65, King's 62

Concordia 84, Keyano 66

#### January 21

**Grande Prairie 79, NAIT 71**

Concordia 84, Keyano 74

Red Deer 99, Medicine Hat 96

Briercrest 85, St. Mary's 81

Ambrose 90, Olds 79

Augustana 92, King's 82  
SAIT 77, Lethbridge 66

## WOMEN'S BASKETBALL

### North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
NAIT	16	15	1	30	1189	834	8-0	Won 10
Concordia	16	12	4	24	1045	900	6-2	Won 2
Lakeland	16	9	7	18	999	914	4-6	Won 1
Keyano	16	8	8	16	1057	993	2-4	Lost 4
Augustana	14	7	7	14	869	882	6-3	Won 3
King's	18	5	13	10	906	1139	3-7	Lost 2
Gr. Prairie	16	0	16	0	714	1117	0-10	Lost 16

### South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Lethbridge	11	11	0	22	932	540	8-0	Won 11
St. Mary's	13	10	3	20	1074	782	8-2	Won 6
SAIT	11	7	4	14	677	702	5-3	Lost 3
Medicine Hat	11	6	5	12	759	718	5-5	Lost 1
Red Deer	13	5	8	10	856	909	3-6	Won 1
Olds	11	3	8	6	733	820	3-5	Won 1
Briercrest	11	2	9	4	613	913	2-8	Lost 6
Ambrose	11	2	9	4	607	867	2-8	Lost 1

### Results

#### January 20

**NAIT 69, Grande Prairie 45**

St. Mary's 97, BC 58

Lethbridge 76, SAIT 32

Concordia 64, Keyano 57

Augustana 72, King's 62

Ambrose 57, Olds 51

Medicine Hat 68, Red Deer 52

#### January 21

**NAIT 76, Grande Prairie 53**

Red Deer 77, Medicine Hat 66

Concordia 70, Keyano 66

St. Mary's 107, Briercrest 60

Lethbridge 85, SAIT 49

Olds 68, Ambrose 61

Augustana 62, King's 54

## MEN'S VOLLEYBALL

### North Division

Team	MP	MW	ML	SW	SL	L10	STK	PTS
Keyano	18	17	1	52	7	7-1	Lost 1	34
King's	18	13	5	46	23	7-2	Won 4	26
<b>NAIT</b>	<b>18</b>	<b>9</b>	<b>9</b>	<b>34</b>	<b>36</b>	<b>3-2</b>	<b>Won 1</b>	<b>18</b>
Augustana	16	7	9	27	35	2-3	Lost 2	14
Grande Prairie	18	6	12	28	41	1-5	Won 1	12
Lakeland	16	5	11	17	36	3-7	Lost 2	10
Concordia	16	3	13	16	42	1-4	Lost 1	6

### South Division

Team	MP	MW	ML	SW	SL	L10	STK	PTS
Red Deer	18	14	4	48	16	6-2	Lost 2	28
Medicine Hat	16	13	3	43	14	4-0	Won 7	26
SAIT	18	12	6	42	31	7-3	Won 2	24
Briercrest	16	11	5	35	22	5-2	Won 4	22
Lethbridge	16	6	10	30	34	3-7	Lost 4	12
Ambrose	18	4	14	15	43	2-7	Won 2	8
Olds	18	0	18	1	54	0-10	Lost 180	

## Results

### January 20

**Keyano 3, NAIT 0 (25-21, 26-24, 25-18)**

Briercrest 3, Lethbridge 0 (25-18, 25-22, 25-19)

SAIT 3, Red Deer 2

(25-20, 18-25, 31-29, 22-25, 15-12)

Ambrose 3, Olds 0 (25-16, 25-19, 25-22)

King's 3, Augustana 0 (25-13, 25-21, 25-14)

### January 21

**NAIT 3, Keyano 1**

Briercrest 3, Lethbridge 2

(30-28, 24-26, 24-26, 25-10, 15-11)

King's 3 Augustana 2

(25-10, 11-25, 19-25, 25-17, 15-11)

Concordia 3, Grande Prairie 2

(26-24, 23-25, 24-26, 25-23, 13-15)

SAIT 3, Red Deer 2

(28-26, 25-16, 21-25, 22-25, 15-11)

Ambrose 3, Olds 1 (24-26, 25-14, 25-20, 25-18)

### January 22

Grande Prairie 3, Concordia 1

(22-25, 25-22, 25-17, 25-17)

## WOMEN'S VOLLEYBALL

### North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
King's	18	16	2	48	11	4-0	Won 11	32
Gr. Prairie	18	14	4	46	20	7-3	Won 2	28
Lakeland	16	12	4	39	17	7-3	Won 2	24
<b>NAIT</b>	<b>18</b>	<b>10</b>	<b>8</b>	<b>38</b>	<b>29</b>	<b>5-3</b>	<b>Won 1</b>	<b>20</b>
Keyano	18	6	12	23	42	3-7	Lost 1	12
Augustana	16	2	14	13	44	2-8	Lost 8	4
Concordia	16	0	16	4	48	0-4	Lost 16	0

### South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Briercrest	16	15	1	46	11	10-0	Won 10	30
Red Deer	18	15	3	50	19	10-0	Won 10	30
SAIT	18	13	5	45	22	8-2	Lost 2	26
Ambrose	18	7	11	28	42	3-7	Lost 1	14
Olds	18	5	13	19	44	2-8	Won 1	10
Lethbridge	16	4	12	21	40	3-7	Lost 5	8
Medicine Hat	16	1	15	15	46	1-9	Lost 9	2

## Results

### January 20

**Keyano 3, NAIT 2**

**(25-20, 22-25, 25-22, 22-25, 15-12)**

Briercrest 3, Lethbridge 1

(25-15, 23-25, 25-19, 25-21)

Ambrose 3, Olds 1 (25-22, 17-25, 25-17, 26-24)

King's 3, Augustana 0 (25-14, 25-19, 25-22)

Red Deer 3, SAIT 1 (25-22, 21-25, 27-25, 25-16)

### January 21

**NAIT 3, Keyano 2**

Briercrest 3, Lethbridge 0 (25-20, 25-17, 25-19)

Olds 3, Ambrose 2

(25-21, 14-25, 21-25, 25-21, 15-12)

Grande Prairie 3, Concordia 0 (25-15, 25-20, 25-17)

Red Deer 3, SAIT 0 (25-17, 25-15, 25-22)

King's 3, Augustana 0 (25-18, 25-20, 25-14)

### January 22

Grande Prairie 3, Concordia 0

(25-23, 25-14, 25-20)

**Are you feeling pressured and stressed?**



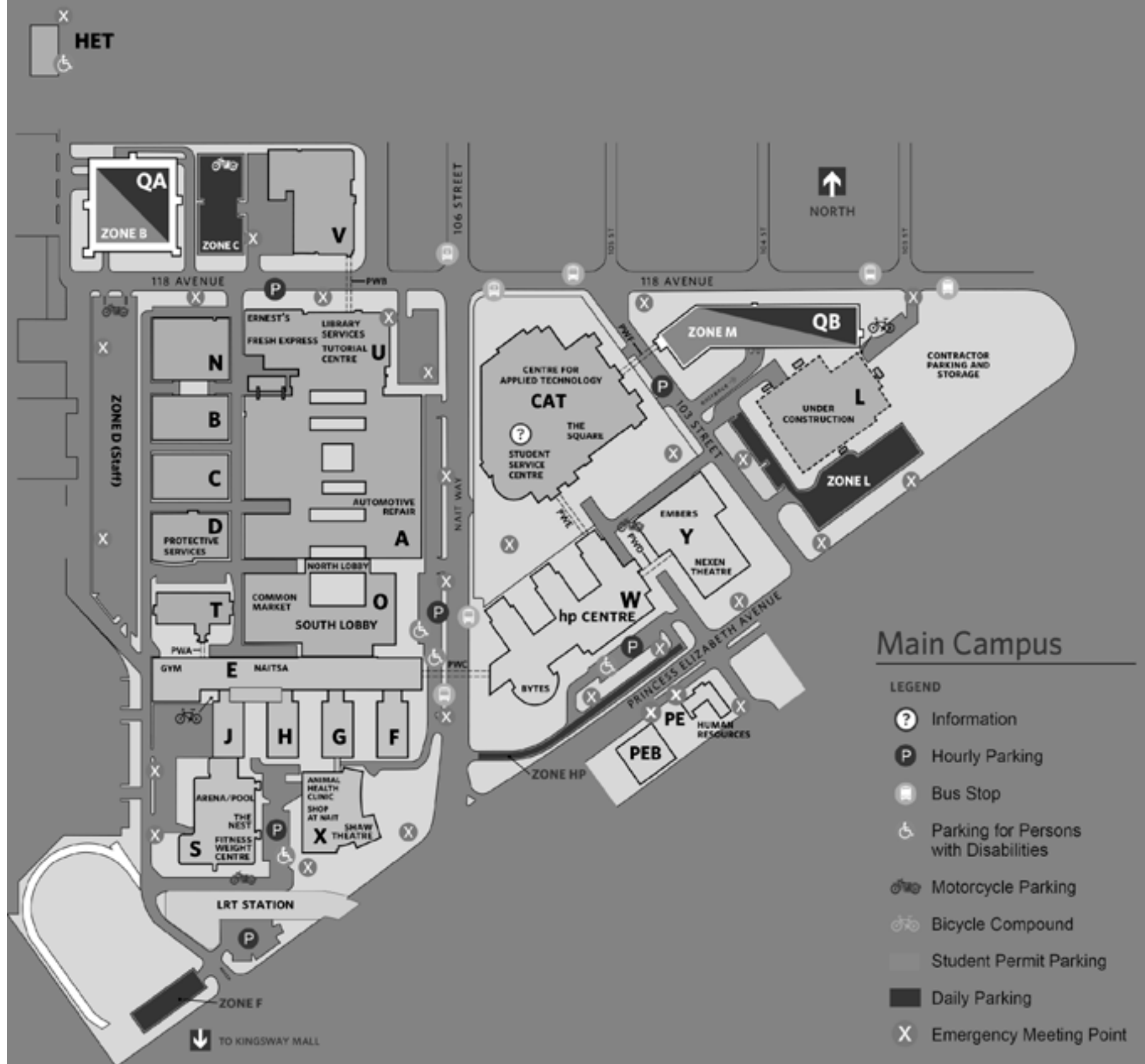
Mindfulness & Meditation for NAIT Students is a free short course that offers skills to decrease your stress and help you find more satisfaction in your daily life. Hosted by NAIT Counselling Centre.

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

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



# NAIT Main Campus Map



## 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 SNAC Time – 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



# We are the Naitisa 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 [naitisa.ca/food-centre](http://naitisa.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 [naitisa.ca/upass](http://naitisa.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) | [naitisa.ca](http://naitisa.ca) | NAITSA Service Hub Room E-131

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

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

### WE ADMINISTER THE U-PASS

[upass@nait.ca](mailto:upass@nait.ca) | [naitisa.ca/upass](http://naitisa.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.naitisa.ca](http://orgsync.naitisa.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

## NAITSA TRADING POST

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

**WHAT ARE YOU  
LOOKING FOR?**

**BOOKS?**

**POST A BOOK**

**FIND A BOOK**

**ROOMMATES?**

**NEED A ROOMMATE**

**FIND ROOMMATE**



[naitstudents](http://naitstudents)

[naitisa](http://naitisa)

[you@NAITSA](http://you@NAITSA)

[naitisa.ca](http://naitisa.ca)

[naitstudents](http://naitstudents)

[rm-e-131](mailto:rm-e-131)

# ENTERTAINMENT

## Clean break for a new year



**BRENDAN CHALIFOUR**  
Entertainment Editor

Let go of things this year (people, material things, attitudes).

People like stuff. And we keep a lot of it around, even though we don't use it anymore. It may be for sentimental reasons or just the result of procrastination because of the work and time it would take to de-clutter. Consider using this new year as an excuse to go out with the old and in with the new.

Last year, I was digging around in my closet and came across a bunch of clothes that I haven't worn in years. I decided that instead of discarding them, I would move them to the front and see if I started to wear them more. This month, I was in my closet again and noticed those same shirts

and sweaters have somehow found their way to the back again and weren't worn. They are perfectly good clothes but either the style doesn't appeal to me anymore or they don't fit well. I accepted the fact that I am not going to wear these clothes but they can serve a purpose elsewhere. I decided to donate them to local charity.

After this experience, I went through the drawers in my bedroom and decided what I want to keep and what I don't want to keep. Things that I haven't used in over a year can go. If I haven't needed it or even thought about it in the past 12 months, odds are I won't need it in the next 12 months.

If you haven't used or worn something in over a year (excusing dress or special occasion clothes), you should seriously ask yourself what you're gaining from keeping it. And remember, getting rid of stuff doesn't mean that you need to create waste. You can sell, donate or pass your things down to family or friends.

It's pretty obvious why we might want to get rid of physical things in our lives. Stuff takes up space, can make it harder to find what's needed and can also make your place look cluttered or messy.

But in addition to physical things,

people and their attitudes play an important role in my life as well. People who constantly have a negative attitude, put me down and don't support me, do not have a place in my life and neither should they in yours. Life is too simple and short to be running around trying to please everyone and making everyone else happy at your own expense. In 2016 I did a lot of that and last month I realized that I didn't need to do it anymore.

Don't guess what's on people's minds because most of the time you will be wrong. Just ask them.

Don't beg someone to do something that they don't want to, because they will be miserable and they will make you miserable, too.

Don't dwell on the past, because what's done is done. Learn from it and move forward.

And last, don't wait, because you never really know how long you may be waiting.

Relish each moment of life, because you never know when it will be your last. As well, you

never know which day will be the beginning of the rest of your life. I believe that each challenge we face, each person we meet, each cry we hear and each mistake we make, happen for a reason. Find the deeper meaning in everything that you are presented in life and you'll be astonished at what you can uncover.



Eco-Style Life Beau Monde

# February event list

**10-16 | EXECUTIVE COUNCIL & U-PASS REFERENDUM VOTING PERIOD**

**2 | SPEED DATING**

**6 | ART AFTER DARK @ NEST**

**7 | FREE FOOD: EVENING STUDENTS**

**8 | HOW TO: TERRARIUM WORKSHOP**

**9 | DIRTY BINGO @ NEST**

**13 | FREE FOOD: PATRICIA**

**14 | FREE FOOD: SOUCH**

**15 | WELLNESS WEDNESDAY**

**16 | COUPLES KARAOKE**

**NAITSA CLOSURES**

**20 | FAMILY DAY**

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



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FOR YOUR LISTENING PLEASURE ...

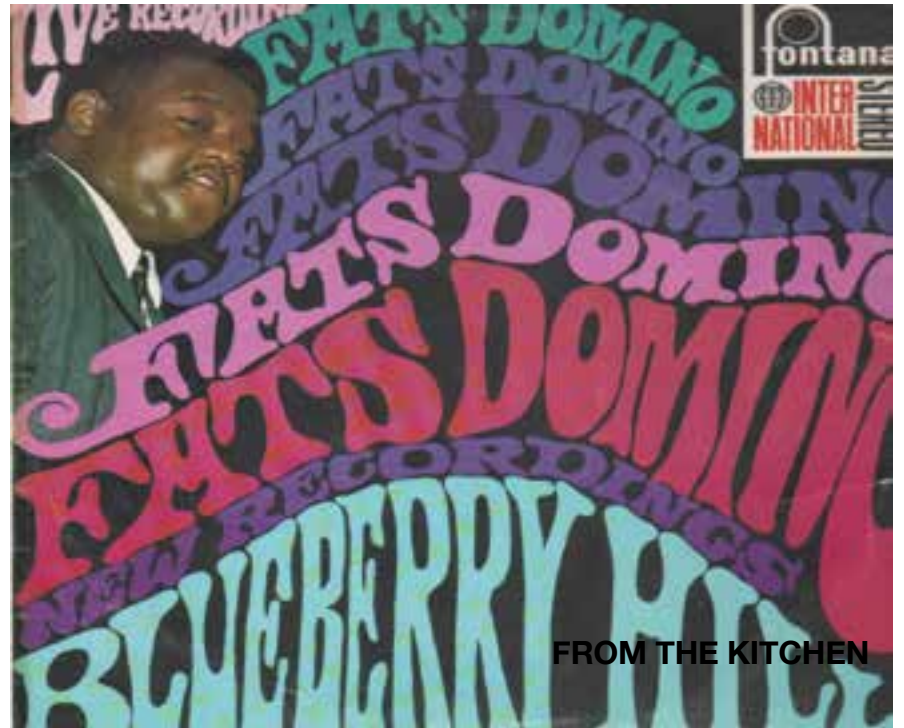
**\$3.99 mixtape ...**

By KAT NYKOLAYCHUK

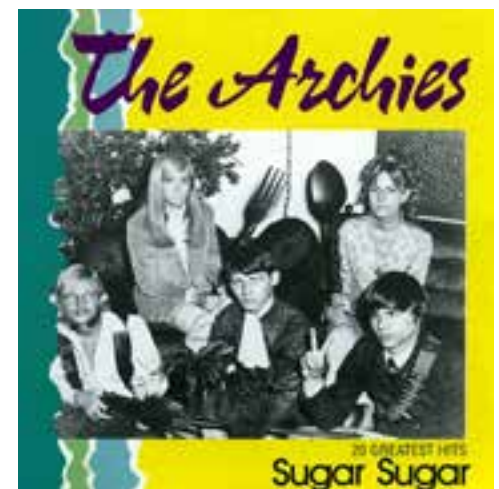
These January jams are a treat but not your grandma's home made. Technically. When you're feeling the January blues, get a taste of this sweet spread of songs, no preservatives added. For you, on Shuffle this week, the theme is jams, pun intended. We've got some juicy tunes, all fruit-themed whether in the title or the name of the artists. These tasty tracks will leave a good taste in your mouth as you venture through the start of the semester in a dark and cold month. Put some colour into your January with these oh-so-sweet jams.

- Blueberry Hill – Fats Domino
- Strange Fruit – Billie Holiday
- Sugar, Sugar – The Archies
- Honey Honey – ABBA
- Raspberry Beret – Prince

- Play That Funky Music – Wild Cherry
- Johnny B. Goode – Chuck Berry
- Strawberry Fields Forever – The Beatles
- Cherry Pie – Warrant
- Fresh Strawberries – Franz Ferdinand
- Daughter – Pearl Jam
- The Lemon Song – Led Zeppelin
- Orange Crush – R. E. M.
- Strawberry Swing – Coldplay
- Apple Blossom – The White Stripes



FROM THE KITCHEN



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YEAR!**

金雞報春



  
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# Korean and Chinese traditions

By YU KYONG KIM

Many countries in the world, including Canada, use the solar calendar, so the official New Year's Day is on Jan. 1. Other countries, such as China, Korea and Vietnam, use the lunar calendar. As many people know, a lunar calendar is based on the cycles of the moon, so the date of Lunar New Year is different every year. This year it is on Saturday, Jan. 28. I am familiar with Lunar New Year, so I would like to introduce Chinese and Korean Lunar New Year.

Actually, Koreans celebrate both the Solar and Lunar New Year, but the latter is traditionally more important. The Korean Lunar New Year is known as "Seollal," and the holiday of Lunar New Year lasts five to 10 days. Every Seollal, the whole family gets together and has a party. Usually, many people wear the unique traditional costume, which is the "Hanbok." The traditional women's Hanbok consists

of a blouse and a long skirt and the men's Hanbok consists of a shirt and pants. The most representative food of "Seollal" is "Tteokguk," which is made with beef soup and slices of white rice cakes. In the morning, younger generations bow to older generations. After that, older generations give some good advice with money to the younger generations. Families also find time to play "Yutnori," a traditional Korean board game.

Chinese New Year is called "Spring Festival," and it is the most traditional holiday in China. Some of my family members live in different places and they try to come back home before the holidays. Spring Festival is usually 15 days and it is the longest holiday in China. During the festival season, there are a variety of foods, such as spring roll, dumplings, moon cake and fish, and the symbolic meaning of those foods is good luck. Also, the traditional Chinese clothes are represented by "Qipao," and

새해 복 많이  
Sae/Hae Bohg Man/Nee  
받으세요  
Ba/Der/Sae/Yo  
Happy New Year!  
freshkorean.com

"Tang Sui." The Tang Sui costume is the formal clothing for men and the Qipao is dress for women. However, recently only the elderly and children wear the traditional costume. In addition, many Chinese go to the temple to have a ceremony for their ancestor worship by offering fruits, food and money. There are a variety of activ-

ities – firecrackers, dragon dances and fireworks. Those activities are designed to make loud sounds to drive away bad luck and the monster.

There are many Asian markets and Asian communities in Edmonton where one can get an indirect experience of Asian food.

## DINING OUT

# O'Byrnes on Whyte hits the spot

By JENNIFER RAE

Whether for music, with friends or something to celebrate, O'Byrne's Irish Pub at 10616 Whyte Ave. is an established location with the right space that ensures fun is had by all. Recently, it provided me a chaotic evening with a lot of college students crammed into a space designed more for sitting over a pint than mingling the night away. The crowd did not faze the servers nor the kitchen staff.

I ordered fish and chips after a short discussion with the helpful, knowledgeable waitress. The pints were on special already and I knew I wanted to try the fish and chips but that is a lot of carbs, which I



figured would have me in the mood to sleep rather than socialize. Substitute a salad for \$2 more? Not on my student budget. In fact, I was hoping to pay less (and eat less) by asking for a half order. This simple request can put wait staff into confusion mode but at O'Byrne's, the waitress instantly offered the lunch version (it was close to 9 p.m. when I joined the party) which was one piece of fish, still with fries and coleslaw.

The beer arrived quickly and was soon followed by the hot fish and chips so that I was in no danger of drinking an entire pint on an empty stomach. So long as I have eaten before I start drinking, my personal

theory is, I am less likely to suffer the morning-after malady. The fries arrived crispy and free from excess oil so they didn't "need" ketchup but the condiments and cutlery were on the table before the meal arrived. Despite having 20 or more customers in the front two rooms, my waitress had been to my table fully three times within the first 20 minutes of my arriving.

The fish itself was a little dark looking and the presentation just what it should be, fish and chips on the traditional sheet of newsprint. It has been a while since I have ordered this classic because I have seen a trend of very thick batters that, for me, end up absorbing way too much grease and the fish

gets lost even when the thick batter has been cooked through.

O'Byrne's has clearly not embraced such a method, for the batter is thick enough to cover the fish and stick to it but not

so heavy as to take too long to cook. There is a lot of flakey and moist fish and the tartar sauce has just enough tang. Coleslaw is one of the reasons I order this dish and, while this coleslaw is crunchy, colourful and has a little less creaminess than some styles, surely the serving could be larger.

O'Byrne's was established in 1998 on Whyte Avenue. The décor is traditional pub with lots of wood, a fireplace or are there two fireplaces? I can't quite recall. A musician

plays in the front window and there is a table right in front of the active fireplace very close to the musician and yet, on the evening of the party, the music managed to support the gathering instead of overwhelming it.

For more details on the menu and the beer, which you can actually customize. Customize beer? Uh huh, you'll have to head over or check out Obyrnes.com to figure out what that looks like! Cheers!

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NETFLIX

# Unfortunate Events – bland

By KATARYNA NYKOLAYCHUK

Netflix has churned out a plethora of original series within the past few years. Plethora is a word which here means: too many to list all at once. Among these Netflix originals comes a new series of unfortunate events, happily named: *A Series of Unfortunate Events*.

Loads of fans of the series, both young and old, waited patiently for the highly anticipated release of a more in-depth adaptation of the beloved children's book series.

The plot surrounds the three orphaned Baudelaire children, Violet (Malina Weissman), Klaus (Louis Hynes) and Sunny (Presley Smith), sent first to the scheming Count Olaf (Neil Patrick Harris) after the mysterious fiery death of their parents at the Baudelaire Mansion. The children continually fight Count Olaf's attempts at getting his hands on the Baudelaire fortune, left to them by their parents. While narrowly dodging these attempts, the children also uncover small clues relating to their parents' old friends and a secret organization.

Since the film adaptation only came out 13 years ago (well played Netflix, well played) it only seems natural to compare both versions. As a child, I loved the books, although the 2004 film was a slightly disappointing adaptation with a shuffled storyline and, though still cohesive, it only covered the first three books of a 13-book series, consequently leaving out a great amount of information.

The series splits each segment into two parts, the first season covering the first four books with eight episodes. Without major time restrictions, the series can properly delve into the multi-faceted story without making cuts.

Neil Patrick Harris was slightly disappointing as a campy Count Olaf. He missed some darker qualities you would expect from the main antagonist in a series based on misfortune. There isn't much character development for the Baudelaire children, and they seem flat and immature



YouTube

## The Orphans

despite the seriousness of their situations.

Patrick Warburton is great as Lemony Snicket, maintaining the meta-narration of the books. His sarcastic and melancholic delivery fit the story and his omniscient asides addressing the story are quirky and always clever.

Pop culture references are sprinkled throughout the dialogue, which can sometimes feel out of place paired with sets and costumes made with mid-20th century design in mind. The humour can sometimes seem forced and unnatural but it does have its clever moments, bringing a modern twist which relates to a 2017 audience.

Costumes are a hit-and-miss. Count Olaf's theatre troupe are wonderfully weird, however, the children's costumes are bland and lose the dark and quirky qualities expected from the books. The sets, however, are absolutely beautiful, both CGI and practical and fit the general theme of the show.

Overall, I think the mood of the books wasn't captured spectacularly and some of the most interesting characters in the book came across as flat but I wouldn't dismiss the show as a whole. The story is compelling enough by itself that I think it cancels out any low points.

## THROWBACK THURSDAY

# Hair accessories over time

By CLARRISSA TOONE

Let's start with something small, like butterfly clips. They are a total '90s trend, you google these things and '90s are referenced all over the page. From famous female artists wearing them, to TV characters with butterflies in their hair; even the famous *Harry Potter Series* (based during the '90s) references butterfly clips in the fourth installment of the series. I do not know about you but my family and I still have a bunch floating around. When I went back home for Christmas, I found some hidden in my jewelry box never mind that I haven't worn one since maybe middle school. I have since seen people now wearing more elaborate and life-like butterflies, so maybe the butterfly clip fad is coming back in style. Now if that is a good or bad thing, only time can tell.

Scrunchies! The colorful fabric covered hair bands. They were an '80s and '90s



thing, though you still see them here and there today too, but the fad has petered out comparably. I know I have a couple floating around that I wear. They are definitely something you see in larger volumes for an '80s or '90s theme

dance. Something about them just screams those two decades. Maybe it was the big hair and the side-ponytails that made these hair bands so prominent. I do not think scrunchies will ever really disappear from fashion simply because they are so varied and different, you can legit pair them with anything.

Hair sticks were a popular '90s or early '00s hair accessory trend with the famous. They are far older than that however, there are theories it was people's first accessory! Hair sticks can be found in many other cultures both ancient and modern. They were common throughout all the financial classes, the rich of course had the more decorative and expensive ones. While

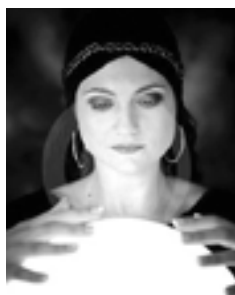


the poor had simple woods ones. They have never really gone out of style but rather became less prominent in mainstream media. It is interesting how much history such an unassuming hair accessory has.

Something a little more prominent in today's fashion is flower crowns. Now here is a hair accessory steep in history. Many cultures and pagan religions used them to honour their gods, some cultures used them during marriage ceremonies. During the hippie movement in the late 1960s flower crowns came back prominently in the hippie subculture and even in mainstream they became quite popular for weddings. They recently resurfaced in today's fashion world, in many different forms, to being a meme, to popular with wedding and joyous ceremonies like such. Goes to show that some styles always resurface again.

THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

**Jan. 26-Feb. 1**

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

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

Family dynamics are in the spotlight which means discussions and interactions will go smoothly. This might be the time to address some

awkward or difficult issues. Trust your instincts in matters of the heart.

**Pisces (Feb. 19-March 20)**

If financial investments have been too risky or perhaps just confusing in the past, dig a little deeper over the next few days. The planets are favourably aligned for success so don't let previous mistakes hold you back. That idea you put on the backburner is potentially a good one.

**Aries (March 21-April 19)**

The creative juices are flowing! This will be a productive week for you and one of inspiration. An ideal time to relook at some of the projects that have been stalled because the next step has been obscured.

**Taurus (April 20-May 20)**

Woot ...the days are getting

longer as the sun returns from hibernation and this gives you more energy and if you take that energy and apply it to your finances, your income could be enhanced. You may well find yourself buying a beautiful present for a loved one.

**Gemini (May 21-June 21)**

Interactions this week will be positive and maybe a wee bit competitive which is all for the best as your friends will be challenging you to new heights. Remember, they wouldn't be putting it out there if they didn't think you had it in you to achieve the goal.

**Cancer (June 22-July 22)**

Warm fuzzies all around. It might be the colder temperatures or maybe leftover Christmas cuddles but hugs and other demonstrations of affection rule right now. Give as good as you get and pass it on to the people in your life that have the winter blahs.

**Leo (July 23-Aug. 22)**

The energy in your workplace is becoming downright optimistic. Refreshing and surprising as this may be, find ways to make it last as productivity will also rise and that means higher profits will be the result.

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

Jupiter's position is highlighting communications. Take advantage of how easy it is to get your point across. You have a magnetic personality and will be able to easily

persuade others to help in achieving objectives.

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

You may be weary of all the demands on your time right now, and so a little solitude is in order. The people in your life don't need to understand, it is up to you to walk away and have a nap, read a book or simply take a leisurely stroll down a tree lined street.

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

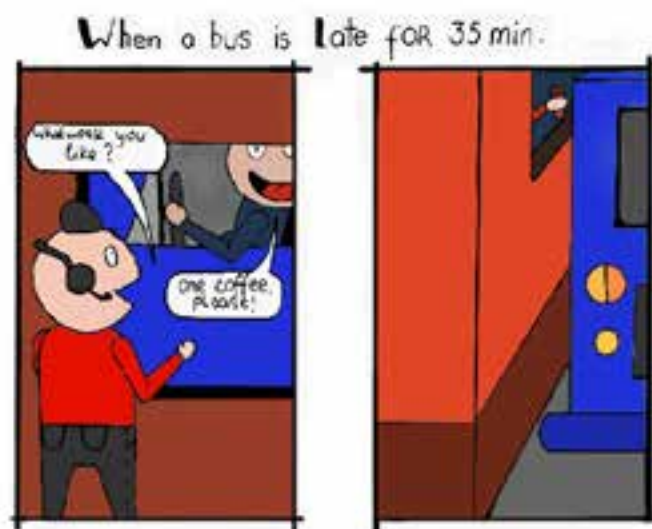
Routine gives stability but the flip side is it can also get boring. Travel is indicated by the position of Mars in relation to Saturn, so ditch the winter blues and plan to meet new people and see new sights.

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

The powers that be will be impressed with your industry and integrity when you practice following through. Not just meeting the deadline but exceeding quality expectations as well. So ignore people that tell you to 'do it later' since doing it now will give you the time to look it over and fine tune the results.

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

Your friends will appreciate your enthusiasm over the next few weeks. The planets in your sign are dancing with an energy that will be driving a confident attitude and an ability to get the job done no matter the perceived obstacles. The results will astonish even you.



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## Poetry Corner

## Insomnia

The late night multi-shaped companion

We always see the late night 4,  
never the early morning 5,  
We always want to sleep more,  
But it's late at night we come alive.

Our limbs and brains escape us,  
a glitch in our memory logs,  
Memories become coated in sand-  
man's dust,  
left with slurred and skipped  
dialogue.

Insomnia is a many shaped beast,  
It rears it's head whenever it wants,  
Only leaving once the sun rises east,  
Yet we find it returns to its old  
haunts.

— By Clarrissa Toone



## VIDEO GAME

# Worthy Pokemon addition

By GERVASE BRANCH-ALLEN

The newest main entry in the Pokémon video game series, *Sun and Moon*, became a phenomenal success during the franchise's 20th anniversary. Set in the Alola region (inspired by Hawaii), *Sun and Moon* tasks players with discovering the island, meeting the Aether Foundation and stopping the villainous Team Skull.

As usual, the game starts off with the protagonist waking up and meeting mom downstairs. From there, the youngster meets Professor Kukui, picks a starter Pokémon and works to become the best Pokémon trainer.

In previous Pokémon games, the trainer would battle throughout Pokémon gyms, beat the gym leader and advance. In *Sun and Moon*, players embark in Island Challenges instead, replacing the gyms. The four Trial Captains replace the gym leaders and add some variety and fresh changes to the Pokémon formula.

The starter Pokémon in *Sun and Moon* are the grass/flying type Rowlet, fire type Litten and water type Popplio. As underrated as it is, I still chose Popplio as my starter over the more popular Rowlet, because I prefer water types and Popplio is a very delightful and endearing Pokémon!

A slew of new Pokémon have also been introduced in the game, such as Bewear, Comfey, Mimikyu, Gumshoos and Wishiwashi. Some of my favourite new Pokémon include the adorable Rockruff, a puppy Pokémon and Bounsweet, a fruit Pokémon.

Some Pokémon from the first generation return in this game with special Alolan forms, which grant them new abilities. Older fans might recognize updated versions of



VG247.com

Raichu, Vulpix, Meowth and Diglett.

Z-moves are a new ability players can use with their Pokémon once during battle. Many other aspects of the game include Poke Finder, which allows you to take pictures; Festival Plaza, an online communication hub and Battle Royal, a four-player battle arena. Sun takes place at the same time you play the game while Moon takes place 12 hours later. You can even get Ash-Greninja in the game from the Pokémon XYZ anime by connecting to the special demo of the game.

The villains, Team Skull, are absolutely hilarious. The gang of wannabe thugs menace citizens by trying to steal their Pokémon. Led by the boss Guzma with administra-

tor Plumeria by his side, this group of ruffians can actually be a serious threat. Otherwise, the low-level thugs, with their humorous motions and gestures, simply made me laugh. The team's theme music fits perfectly. "Uh, uh, Team Skull. Get down!"

I've had fun catching Pokémon, exploring the towns and locations on the islands, and levelling up my Pokémon during battles. My team still has a long way to go, so I'm trying out different Pokémon to see who works best on my team, while looking for more to recruit. Cleaning them in Pokémon Refresh is pretty satisfying.

Some of my favourite characters are the fun and enthusiastic Hau or the mysterious and sweet Lillie. Both have already left an

impression on me early on in the game. Other characters, like Professor Kukui or the first Trial Captain, are pretty fun as well. I find the story to be engaging, yet open, to let you catch Pokémon and battle if you want.

Overall, *Pokémon Sun and Moon* is one of the best 3DS games of 2016, which featured major competition from games like *Fire Emblem Fates* and *Kirby Planet Robobot*, so that's saying a lot! The amount of changes to the gameplay refreshes the series for older fans while inviting new players. I definitely recommend this game if you just started getting into Pokémon with the mobile phenomenon Pokémon GO. *Pokémon Sun and Moon* is a fun and engaging experience worth venturing through. Alola!

## FROM THE KITCHEN

# Healthy burger – with taste

By HANA LAVERICK

@hanalaverick

This burger may be vegan but it is sure to please even the most committed of carnivores. Packed with quinoa, sweet potato, spinach and ginger, which are my favourite items to cook with (and eat) in many types of meals! A lot of these ingredients are simple, yet versatile when cooking in the kitchen and they almost always complement other main dishes as well. With sweet potato as a binder and quinoa for protein, this veggie burger beats anything in the frozen food aisle!

## Ingredients:

- 10 servings
- 3/4 cups of sweet potato
- 6 tablespoons olive oil
- Salt and pepper to taste
- 2 cups spinach
- 1/2 cup of canned black beans
- 1 small shallot, finely chopped
- 1/4 teaspoon crushed red pepper flakes

- 1 cup cooked quinoa (from about 1/2 uncooked)
- 3/4 cup dried bread crumbs
- 1 1/2 teaspoons fresh lemon juice
- 1/2 tbsp minced fresh ginger

## Directions:

1. Preheat oven to 350°. Peel sweet potato, and cut into large cubes. Boil for 20-30 minutes (until soft). Mash with a potato masher. Set aside.

2. Place measured quinoa into a pot with 1/2 cup of water. Bring to a boil, let simmer until fluffy, around 15 minutes.

3. Finely dice shallot and ginger. Heat oil in a medium skillet over low. Cook shallot, ginger, and red pepper flakes, stirring often, until mixture is soft, about 2 minutes. Add black beans and

spinach and cook, stirring occasionally, until spinach is thoroughly wilted, about two minutes. Transfer to a large bowl; mix in quinoa and season with salt and pepper. Let cool.

4. Add bread crumbs, lemon juice and about 3/4 cup reserved mashed sweet potato to quinoa mixture and mix well. Taste and adjust seasoning with salt and pepper if needed.

5. Divide mixture into 10 portions (a little less than 1/2 cup each) and form into patties, pressing firmly together with your hands. Heat oil in a skillet over medium and cook patties until golden brown, about 2 minutes per side; season with salt and pepper.

6. Build burgers with patties. I used toasted English muffins, guacamole, mustard, spicy mayo, cucumber and sprouts. Feel free to dress it how you want!



Photo by Hana Laverick



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

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# Memory and learning



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

It is near the beginning of the term, which is a great time to evaluate how your study techniques worked last semester and whether it is time to make some changes. Look at the list below and incorporate one or two new techniques that are realistic for you.

☐ I know which subjects I need to focus the most effort on and I am aware of the study techniques that will be most effective for me in those subjects. The on-line Strategies for Success Manual under 'On-Line Resources' at [www.nait.ca/counselling](http://www.nait.ca/counselling) has a variety of proven study techniques.

☐ I review regularly, daily and at the end of the week if possible. This prevents the need to cram. Cramming for exams is a poor way to get material into long-term memory. The more times material is reviewed the easier it is to access, and to attach new material to.

☐ I schedule shorter study sessions and

spread these out over several days. This is more effective than marathon study sessions.

☐ I study my most difficult or most important material first when my brain is most alert. I do not spend time studying what I already know.

☐ I maintain a positive attitude towards the course material. This improves concentration and enhances ability to remember. (While it is unrealistic that you will love every course you take, trying to find something relevant or useful, and thinking about ways in which it can actually apply it to your life will enhance your ability to learn and remember material).

☐ I study in an environment that is similar to the exam setting (e.g. a desk or table away from as many distractions as possible), knowing that this enhances learning and ability to recall information.

☐ I study actively. Passive reading is not enough for most people to commit something to memory. Instead, I:

– skim chapter and note headings and course objectives, making them into questions and setting the goal of being able to answer these questions at the end of the study session

– read a short section and then close the book and either write out or recite the major points in my own words

– visualize what I am reading. For major points it may help to make diagrams or pictures to cue my memory.

– group major ideas or do something to organize points

– read material out loud, or while walking around, for variety

– jot down major points

– explain the material to someone else

☐ I have methods to improve my concentration, such as:

– setting a study goal and a time limit

– scheduling study sessions that are realistic in length (45 to 50 minutes)

– studying when I am most alert

– changing the study subject each hour

– taking regular breaks

– choosing a quiet study area

☐ I memorize a few definitions or points every day. Flashcards work well.

☐ I use memory tricks – devices made up to cue my memory. For example the acronym HOMES is a way to cue the names of the Great Lakes (Huron, Ontario, Michigan, Erie, Superior) and the acronym "Please excuse my dear Aunt Sally" can cue order of mathematical operations (parentheses, exponentials, multiplication and division, addition and subtraction).

☐ I test myself frequently by making mock exams from old homework assignments or end-of-chapter/module questions. I set a timer so that I need to work quickly, as I will have to on a real exam.

☐ Right after studying I do something relaxing or have a nap. This gives the brain time to work on material and to organize

it. New information, such as television or magazine articles, may interfere or compete with information that has just been learned.

☐ If I am having difficulty with a concept, I review it right before I go to bed. (When you wake up you may find that you have a better understanding of the concept).

☐ I get enough sleep, eat properly and exercise regularly knowing that these factors are key for memory and concentration.

☐ I have learned some quick relaxation techniques to increase the brain's ability to get material into and to retrieve material from long-term memory. Talking about exam material (or reading over notes) right before the exam only increases anxiety. However, being unprepared for an exam will likely lead to anxiety regardless of what relaxation techniques are used.

Counsellors at Student Counselling can help you with personal or academic concerns that may be interfering with your success. 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.

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

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

# 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)

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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)

 **STUDENT  
ELECTIONS**

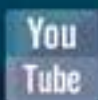
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