

NAIT NUGGET

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Photo by Dominic Manea

\$1 MILLION DONATION

Mawji Centre benefactor Ashif Mawji discusses the new facility which bears his name with moderator Karen Unland during opening ceremonies in the CAT Building on Nov. 14. Story page 3.

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NEWS & FEATURES

#MeToo not working



SHAWNA BANNERMAN
Assistant Editor

You have probably noticed the #MeToo hashtag that was spread on social media by millions of women worldwide in late October. The 2017 wave began when celebrity Alyssa Milano posted a tweet, suggesting use of the hashtag as a way to “give people a sense of the magnitude of the problem,” in reference to the sexual assault claims against film producer Harvey Weinstein. The hashtag took off immediately; in less than 24 hours after the trend began, Facebook reported 4.7 million participating in the online conversation. Now, only a few weeks after the movement began, the use of the #metoo hashtag has been reduced significantly. The social media tsunami is settling and can we honestly claim that any significant social changes have been made?

Began in 2007

While you might believe the #MeToo movement is brand new, it was launched in 2007 by activist Tarana Black. Black founded the campaign Just Be Inc., with the catchphrase “Me Too,” in an effort to reach those who’d been affected by sexual assault in communities of colour. Despite its decade long existence, Me Too did not take off until privileged celebrity Milano tweeted it.

We’ve seen similar online movements in the past decade, due to the convenience and easy access to social media. People demonstrate support for a cause by posting a photo or sharing a hashtag but how many actually take something away from the campaign? How many actually attempt to raise money for the cause? Sharing a hashtag makes little difference outside of the social media hole.

Stigma must change

The #MeToo hashtag has been used predominantly by women online to show that they have been affected and offer their support to others. It’s been reported that 54 per cent of women in America have experienced sexual harassment or assault, while a shocking 95 per cent of men get off scot free. We already know that sexual assault is a problem; this is not new information. What needs to be changed is the stigma that

surrounds assault and the measures taken to hold those responsible accountable for their actions. In order to do this, a movement against sexual harassment needs to involve men as well as women.

While I absolutely agree that no woman is ever at fault for being assaulted, I think the battle language used in the campaign runs the risk of disempowering women. Terms like “survivor” and “victim” are used to describe those who’ve experienced sexual assault, suggesting that women are powerless and defenceless. This excludes men from the act, creating the idea that it is the responsibility of women alone to stop sexual harassment and assault, when in reality the core of the problem is broken male ideology surrounding women. In order to reduce and terminate sexual crimes against women, reverting traditional gender roles is necessary. A simple hashtag is not going to teach men the appropriate behaviour towards women. It is simply not enough to change the male rhetoric on the



CBC.ca

perspective and treatment of women.

Stereotypes surrounding women’s bodies are frustratingly persistent in media. Women’s bodies are often used to market unhealthy foods, yet women are constantly pressured to lose weight with the latest fad diet or supplement. Despite commonly representing women as sexual beings in popular media, television and films, women

are taught from a young age to feel shameful about their sexuality. While men are celebrated for their sexual experiences, words like slut and whore are thrown at women that society deems too promiscuous. The “boys will be boys” slogan still exists and variations of it are uttered by women of all ages to dismiss inappropriate male behaviour. Despite our progressive society, gender stereotypes are rampant, and the problem of sexual assault will not cease until these stereotypes are amended.

In 2014, numerous women came forward with sexual assault allegations against popular CBC host Jian Ghomeshi. Two years later, charges against Ghomeshi were withdrawn in exchange for a signed peace bond (essentially a slap on the wrist). In 2016, wealthy American college student Brock Turner spent just three months in prison for raping an unconscious female. In the same year, now President Trump made headlines bragging about his power over women with the catchphrase “just grab them by the pussy.”

Power and entitlement

It’s clear that society supports the notion that the more power a man possesses, the more entitled he has become. It’s unlikely that any powerful men who have been guilty of sexual harassment or worse over the years would reconsider their actions because of the brief #MeToo trend.

I did not participate in the online campaign. I have been the receiver of inappropriate sexual comments, had men whistle at me, arrogantly believing they were doing me a favour and had male co-workers talk to my chest instead of my face. But will sharing and retweeting #MeToo change any of that? While I recognize and agree that sexual harassment and assault are prevalent problems in society, it’s going to take a lot more than a five-letter short lived social media hashtag to solve a problem that’s been carved in society for thousands of years.



Business for students

By **SHAWNA BANNERMAN**
Assistant Editor

A \$1 million donation has been made by Ashif Mawji towards establishing the new Mawji Centre, which will be home to the New Venture and Student Entrepreneurship resources.

The centre will be dedicated to helping NAIT students in all fields of academia learn, explore and develop entrepreneurial skills. On Nov. 14, the centre hosted a grand opening in CAT crossing, where Mawji spoke on the importance of the centre in an institute like NAIT.

In addition, the first lunchtime panels were held from Nov. 14-16, which featured young entrepreneurs, sharing their experiences with students.

Mawji graduated from the Computer Systems Technology program at NAIT in 1992. After graduating, he developed his own company called Upside Software which he sold in 2012. He has since began another startup called Trust Science to help individuals gauge the trustworthiness of people and companies.

The Mawji Centre will hold regular mobile information sessions in

various departments, ranging from lunchtime panels to weekend classes. The objective is to educate young adults of all interests on the practical skills to manage a business including how to register a business, write a business plan, learn where revenue is generated, connect with futurepreneurs, entrepreneurs and work collaboratively with other NAIT students as well as other post secondaries.

"We will be offering free programs and free panels and educational opportunities, mentoring for anybody, all the time, year round," said Max Frank, the director of the centre.

Frank emphasizes the current push for entrepreneurship in Edmonton.

"Everybody is thinking about entrepreneurship, everybody wants to provide some

service, so what we've decided is, let's not replicate what everybody does. Let's connect people," she said. As a result, information sessions will feature young entrepreneurs, many of whom are NAIT grads. They have established their own startups and will share their successes and struggles to connect with current NAIT students. "We want them [industry professionals] to present their experiences, their knowledge, tell us their story, what makes them passionate about being an entrepreneur," said Frank.

A mentorship program is also in the works to pair students with current industry professionals to provide one-on-one guidance on everything related to owning a business.

Given his entrepreneurial spirit, Mawji is a huge advocate for providing young adults with the knowledge and tools to succeed on their own. Frank explains why Mawji's personal interest in entrepreneurship has been so important to it's

development. "He's extremely passionate about youth ... and young people learning how to do financial literacy ... he grew a business and he wants to provide that opportunity and those learn-

ings for everyone," said Frank.

Randy Seccafien is a second-year student in the Mechanical Engineering program and was a member of the New Venture and Student Leader program during the 2016-17 school year.

"While there's lots of different startup efforts in Edmonton and while New Venture was one of those efforts, it's not really an efficient use of resources because it doesn't necessarily produce businesses any more than anything else would," Seccafien said.

He is excited about the improvements made to the facilities this year and plans to utilize the resources for his own business plan. "I like the direction that they're going this year. I think it's very smart; I think it's



Photo by Dominic Manea

Dr. Glenn Feltham

very pragmatic. I'm really excited to see what the future will be like because I really do feel that by reaching out to all the different students and different programs at NAIT, there's a really great potential to produce results from this and actual businesses and really help students not just start a business ... it's about giving them the skills and the tools to be able to be successful in the long term."

The centre intends to establish a centralized database where students can find connections to partners, funding and resources. To date, this resource has not been established but Alyssa Nider, digital marketing and communications specialist at NAIT, explains a temporary resource for students to utilize.

"In the meantime, we've set up a Moodle site that students can self enroll and connect and use the forums, and stay abreast with all the different events that we're doing and eventually it'll roll out bigger," Nider said.

"We are investing in people to give them skills, give them training and give them resources so they that can grow up their businesses," said Frank.

"Getting them all in the same place, getting them all to start talking is what's really key, that's how the Mawji Centre's going to be and that's how we'll meet Ashif's goal."

The Mawji Centre will be dedicated to helping NAIT students in all fields of academia learn, explore and develop entrepreneurial skills.

Kidnapping scheme alert

By **MICHAEL MENZIES**
Senior Editor

The Edmonton Police Service have issued a warning to NAIT students about a virtual kidnapping scheme impacting the Chinese community in British Columbia.

In July of this year, RCMP in lower mainland British Columbia became aware of a fraud trend involving Chinese foreign nationals. Now, Edmonton post-secondary students are being asked to keep an eye out, in fears it will come to Alberta.

"While no incidents have been reported in Edmonton to date, we are concerned that these alleged kidnappings could be or are already occurring here," said Sgt. Kevin

Harrison with the EPS Crisis Negotiator Unit. "We want the Chinese community to know that they can contact police and that we are able to help."

Targeting primarily young, female students, the suspects pose as Chinese government officials or Chinese law enforcement and reportedly contact their victims via phone to advise them that they have been implicated in crimes in China.

The suspects then threaten harm to the victim's family unless the victim goes into hiding, convincing them that contacting Canadian law enforcement will result in deportation. Once in hiding, the suspects allegedly contact the victim's family, informing them that a family

member is being held against their will and demanding money for their safe release.

The EPS has connected with the Consulate General of the People's Republic of China in Calgary which reminds all Chinese nationals that anyone involved in a criminal investigation in China will not be contacted by phone and will not be asked to provide personal information.

Anyone who has been impacted by this type of crime is encouraged to contact the EPS at 780-423-4567 or #377 from a mobile phone. Anonymous information can also be submitted to Crime Stoppers at 1-800-222-8477 or online at www.tipsubmit.com/start.htm.



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Letters

We want your views

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

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

We need to list your real name. Getting something off your chest is downright therapeutic. Write us.

— Opinion —

Technology – isn't it great?



By **KENNEDY LANE**

The Northern Alberta Institute of Technology is referred to as a leading polytechnic. I have never been more proud than when I have to watch my computer screen buffer for five minutes trying to open one application. Seeing the lag and constant freezing while editing a school project in Adobe Premiere and unable to sync the audio and video – nothing is better. This state-of-the-art trade school, with its smart-board that will not respond to the smart-marker, no matter how much persistence my instructor has, is so charming.

I often go to the CAT Building and use the Star Trek style hand sensors to open the doors, only to be immediately scolded for using the handicap exit. Trudging through the 10-minute walk from the LRT to my building at the other end of campus, I wonder why they haven't installed a gondola or one of those airplane conveyor belts for people like me with little to no patience and a long way to walk.

I've lately wondered why renting out equipment for my program of Radio and Television has become so complicated. It was once a simple scan of the ID card and a printed pink return slip. Now it's e-mail them, be invited to a Google spreadsheet, book a time, go to item stores, have your barcode scanned and sign a full page return slip. I keep using my smartphone to get radio interviews rather than go through the marathon for signing out recording equipment.

The highlight this semester was being waist deep in an audio project when the program stopped responding for a good 20 minutes. I nearly had a mental breakdown. Finally, I had no choice but to reboot and

hope that it would all still be there. I lost about five per cent of the files that I needed and couldn't remake them, so I lost marks on my assignment. Thank you, technology.

Then there is the version of Windows that's not up to par with the latest computer programs or the spreadsheets I haven't used in five years. That Coke machine that gave you a free can when you hugged it was pretty cool, but did it really benefit us? While the CAT Building looks like an impressive structure straight from the pages of a sci-fi novel, it's a lot of empty space. They have the smart glass on the second floor but no one outside that program sees the cool stuff they can do. I can only imagine it looks like all the holographic stuff that Iron Man does in his lab. I've gone days at a time just using data on my phone because the Wi-Fi, which I need to use for one of my courses, is unresponsive or too slow.

In my first semester, I had planned to get work done in the library where it would be quieter. Not only is it not so silent but the computers move like snails. I know

they have a 3D printer in the LTC (Learning and Teaching Commons) but I've yet to find a reason to go and see it for myself. I'm assuming I'm allowed to 3D print anything but I do know it takes hours to make stuff. Hours that I don't have as a full-time student. Again, it's a cool thing but is it making my experience as a student any easier? It's another case of something showy that isn't very practical for trade school students, technological or otherwise.

It's easy to complain about modern day technology woes but I've been around long enough to remember when you couldn't use the Internet because someone was using the land-line phone. I remember the terrible hums and twangs as the dial-up turned on. We've come a long way, even in the last 12 years. With only just over a decade under humanity's belt, it will continue to advance. The future will have things that we'll still complain about, I'm sure. But I am curious to know what states the other polytechnics are in if NAIT is in the lead.

Industry comes to NAIT

By **COLIN JORDAN**

NAIT is paving the way for Alberta's competitiveness on several hot-button issues. On Nov. 2, NAIT held its second annual Research Symposium at the Shaw Theatre, focusing on a wide variety of issues, including future energy, digital economy and natural resources. The full day event was planned by NAIT's applied research, innovation and industrial services teams. The symposium used an informal panel discussion format to promote interactivity between panelists and the audience.

According to NAIT President and CEO Dr. Glenn Feltham, NAIT is "a partner to industry ... [which] responds to the needs of Alberta." He promoted the event as an opportunity for NAIT and industry to collaborate and share business solutions that contribute to the success of Alberta's industries.

Topics included future energy systems, the digital economy, diversification of natural resource and more. By holding the event on site, Dr. Feltham said it was also an opportunity to "bring industry to NAIT and see its facilities."

Unlike many other energy or technical symposiums and conferences, registration for the NAIT event was free as part of an effort to be more accessible.

Dr. Feltham said the impact for students is very positive. "The event brings research and development to NAIT, which benefits all."

For attendees such as Dr. Lauren Mercier, research and innovation specialist at NAIT, the event provided a good opportunity to "interact with industry ... learn about current challenges and [perhaps preview the latest] state of the art solutions."

Dr. Mercier, whose role partially involves securing funding for various projects, stated the Applied Research Group always "works closely with industry collaboration" and is "focused on collaborative work."



Photo by Stephanie Cameron

According to Amanda Stadel, NAIT Marketing and Communication specialist, the "event was full capacity" with attendance by trade members, academics, government, as well as NAIT staff and students. With approximately 180 guests, industry representatives included Stantec (an international organization in engineering, design, and consulting), C-FER Technologies (large scale research and development in hydrocarbon), Siemens Canada (automation and digitization experts) and many more. Tim Cartmell, Edmonton City councillor for Ward 9, also spoke at the event.

Students can become involved in projects undertaken by NAIT's applied research team through work terms,

summer jobs and, of course, capstone projects. Capstone projects are sponsored by industries and give student teams the chance to develop solutions to real world problems, typically during a six-month timeline.

Dr. Feltham stated that next year, the symposium will coincide with the opening of the NAIT Productivity and Innovation Centre (PIC). Dr. Feltham said the PIC will be the "symbolic front door to NAIT" with the state-of-the-art facility being a hub for applied research and development. The PIC is considered to be one of the largest facilities of its kind in Alberta. Construction is still underway on 118 Avenue.

OPINION

— Editorial —

Fall break not owed



By **MICHAEL MENZIES**
Senior Editor

Fall reading week has been the topic du jour of Canadian post-secondary student senate meetings and newspapers this past month and NAIT is no exception. A little under a month ago, the University of Calgary announced they're adding a fall reading break next year. Mount Royal University had its first fall mini break this October and the U of A and MacEwan have both had one for years.

The mood is much more urgent and dramatic in some schools without it. An Oct. 24 commentary from the *McGill Tribune* argues that "McGill students need a fall reading week to maintain mental health." *The Ubyyssey* (UBC) agrees, arguing on Nov. 16 last year that "UBC owes students a fall reading week." That's right: owes.

NAIT next?

NAIT could be next to install the break, which would fall in line with the suggested timeline of two years that NAITSA President, Doris Car, ran on last semester and confirmed in *The Nugget* on March 9.

NAIT's curriculum makes for a difficult workload as students juggle high scholastic demands with part-time jobs and other commitments. This isn't a struggle unique to NAIT. NAIT's course work in most programs is condensed and very demanding, however, the tuition is lower than many institutions.

But has fall reading break really turned into a necessity for students? I'm not convinced. It's the term "need" I disagree with. Adding a reading break has valid points but suggesting it's necessary is only telling half the story.

Fall reading week would allow students time to catch up on assignments but that doesn't necessarily mean students will use it to contact a counsellor or "de-stress."

Is it a solution?

The underlying theme of the fall reading week argument is that it's a must for students' mental health. NAIT could be feeling more corporate pressure to include the break, too, especially after a public incident with a student in the CAT Building earlier this year. While I'm onboard for mental health solutions 100 per cent, are we sure this will do what we think it will?

Adding a fall reading break doesn't tackle the biggest issue: that more and more students are requesting counselling services in the first place. While it gives students time off, it doesn't put a long-term strategy in place for dealing

with high stress situations.

Also, it's easy to fall into a trap when arguing for the break that school is solely to blame for mental health problems, as *The Ubyyssey* did last year stating: "We all know what the problem is. We all know how to fix it or at least try to. If the administration really wants to prove that they are committed to genuinely dealing with this problem in a meaningful way, they need to get off their asses and just do it – and soon."

While *The Ubyyssey* is right in pointing out that mental health problems are escalating at an alarming rate, the conclusion that fall reading break is "a necessity that is owed to us, not a luxury that you [UBC] can organize at your leisure," isn't clearly supported.

There are a number of factors that contribute to mental health problems in students – not just school.

More importantly, taking a break in the middle of the semester, when afterwards the workload will return to similar heights, isn't the best solution long term to handling adverse workloads for the rest of your life.

UCLA took it one step further in a 2010 paper published by Mark D. Seery et al stating that "we found evidence consistent with people actually benefiting from the experience of some adversity."

"Our results suggest that previous research does

not paint a complete picture of adversity's role in building resilience and, more broadly, mental health and well-being," the study said.

"Ultimately, a richer understanding of how adversity contributes to positive mental health and well-being and resilience may suggest ways to promote them."

This isn't so cut and dried.

School is stressful, difficult, frustrating. But we shouldn't disregard the fact that, despite various pressures, school is a benchmark of accomplishment, especially in adversity; a chance to grow confident in your abilities to manage stress and work.

Fall reading break might have good intentions but it doesn't solve problems on its own. It minimizes opportunities to work through stress and saying your post-secondary owes you a break paints an unnecessarily resentful picture of your school.

While I fully agree that institutions like NAIT should implement more counselling services to meet demand, the implication that fall reading week is a long-term answer isn't clear and doesn't strike at the heart of what's causing the issues in the first place. Knowing how important adversity can be for strengthening mental health should be made clear to everyone who thinks they're owed a break.



The Bull & Bear

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SPORTS

Fantasy sports are real



TRE LOPUSHINSKY
Sports Co-Editor

I have given in to an addiction that many sports fans have in North America. As I sit in front of my computer writing this, I have a Toronto Raptors game on my TV, an Oklahoma City Thunder game on my computer minimized in the bottom right corner and a live stats feed of the Edmonton Oilers game on my phone.

Fantasy sports have taken over my life.

I love sports but have very eclectic tastes. I have other hobbies. I play video games, I read, I write and I also eat, a lot. Throughout my 25 years, I've watched a lot of sports and I've kept up with them on my phone or through highlights. I never thought I would become so heavily drawn to the stats of a player in my life. I sit in

class studying players through league websites and that entices me to watch more live games. Instead of checking my Facebook or Instagram constantly, I check my fantasy matchup to see if my players are performing well during games.

By the end of the NBA and NHL seasons, I will have spent more time checking my stats than I have watching *Wild Wild West* with Will Smith (an underrated movie). A lot of diehards dislike this influx of fans through fantasy sports, because they fell in love with sports without this element. To that I say: suck it up peeps, fantasy sports are growing.

There has been a huge growth in fantasy sports over the years and now it's at an all-time high. According to the Fantasy Sports Trade Association in 2015, there are others that have the same sports bug as me. More than 56 million people played fantasy sports that year, a significant jump from 2014 when there were 41 million. This year, 59.3 million people are playing fan-

tasy sports in the USA and Canada. Teens comprise 34 per cent and 21 per cent in the USA and Canada respectively. Sixty six per cent of players are male and 34 per cent are female. The average fantasy player spends \$556 a year on their leagues. I spent \$40; that's a lot of Raman for the average student. With other sources of putting money

on the line for sports teams such as Pro-Line and Draft kings, that number makes sense. I'm personally going to stay away from that until I'm making the big bucks (hopefully).

Loyalty is big amongst fans. Most sports fans will stick to their home team or a single team that they've been keen on since they were young.

Fantasy sports take you out of that element. You may follow a new team or player through the fantasy leagues. This may change weekly as you find different players producing better than others. My favourite sport to follow is the NBA. I am discovering the ongoing stellar productions of names like

Jeremy Lamb, Bojan Bogdanovic and Spencer Dinwiddie. This is because of my lack of a backup point guard, not because I really like their last names, which some casual fans might enjoy. Yet I am following them like a fricken hawk. Daily. As a lifelong Boston Celtics fan, I used to keep a blind eye to other teams outside of the NBA Brass and my team. Now I have new knowledge that will help me turn that \$40 I drove into my NBA fantasy into \$400 ... hopefully. Fantasy leagues can enhance your knowledge of a sport that you already enjoy.

Another great thing about fantasy leagues is they provide a way to connect with friends. I am currently in an NHL league that helps me keep in touch with friends spread out through the country.

I don't plan to drop \$556 on fantasy sports anytime soon. However, fantasy leagues continue to grow as they bring in new, old and current fans. The camaraderie and competition help me develop both as a sports fan and as a sports editor. I still think I have an addiction but it's not a problem. My problem is that I love *Wild Wild West* too much.



WOMEN'S HOCKEY

First addition for next year

The Ook women's hockey team has announced its first addition to next year's roster. Brandy Steinman will bear the Ook on her jersey while taking the Dental Assisting program. Steinman comes from the Red Deer Sutter Fund Chiefs Midget AAA program.

During her time with the Chiefs last season, Steinman recorded two goals and three assists during 27 games played.

"Brandy will be a great fit for our team," said current Ook and former Chief Tyra Coutts, when being asked about her former teammate.

Like many players of her calibre, Steinman has been playing hockey for many years. She says she was begging to go to the rink and loved to skate since she was four years old. She started her hockey career with the boys and transitioned to the female game in bantam. At that time, she wore a St. Albert Slash jersey, before moving to Red Deer to play her midget hockey with the Chiefs.

She welcomed the opportunity to thank

her family – mom, dad and two sisters, for supporting her in her hockey endeavours and added a "special thanks to uncle Ron."

She says she chose NAIT because she believes "in a strong dressing room, meaning the team as a family."

She found NAIT felt like family and home right away and is excited about the support she will receive both on and off the ice from teammates and the coaching staff.

"The hard-working group of girls are great role models to me as a player and a student and I can't wait to be a part of the Oaks," she said.

Coach Deanna Martin indicated that she is just as excited to have Brandy join the Oaks next season. Steinman attended the Oaks spring camp in 2017 and since then it has "just felt right," for both her and the Oaks.

"I believe Brandy will be a great Ook. She is hard working and has the potential to add to our offence," stated Martin.

– NAIT Athletics



Brandy Steinman

NAIT Athletics photo

MEN'S BASKETBALL

Friends on, off the court

By JORY PROFT

Talent is not always enough to achieve greatness in sports. As much as it takes depth in a team's lineup to succeed, a pair of players can often be complete game-changers. Zubeir Hussein and Machot Magok of NAIT's men's basketball team are beginning to look like surefire prospects to help the Oaks in the future.

The players' friendship began at the Stadium rec centre where they frequently played against each other and developed a friendly rivalry. But, it was truly at Ross Sheppard high school where the two became best friends. Hussein and Magok trained, hung out and eventually became city champions together when Ross Sheppard claimed the title in 2015.

"That was the best team I ever played on," said Magok.

It is no coincidence that the duo are currently both playing at NAIT. Armed with academic and athletic goals, Magok and Hussein talked to NAIT coach Mike Connolly about trying out for the team.

"I knew these kids from their high school playing days," said Connolly. "They are good young local players."

When asked about his choice in taking Magok and Hussein onto the team this season, Connolly stated, "They both had good coaches in high school so I knew they would be better prepared to make the jump to the next level. These kids had to work for their spots on the team and are still working to earn minutes in our rotations."

The two are currently the only rookies on the men's basketball squad this season.

Magok and Hussein fully identify their on-court relationship as a dynamic duo. "Machot here is a shooter and I consider

myself more of a facilitator so I can see him open and I know he will make it, so I trust him with the ball," Hussein said.

Their established co-dependence and trust seems to be a fundamental part of their combined basketball growth.

When asked to compare themselves to a famous duo in basketball, the pair chose Damian Lillard and CJ McCollum of the Portland Trail Blazers. Lillard and McCollum are known for their friendship that translates into incredible on-court play. Magok and Hussein hope they can display similar abilities on the court as they gain more experience in college basketball.

Even when asked about a comparable celebrity 'bromance' to theirs, the pair were able to answer perfectly in synchronization. "There's no bromance. No bromance," they laughingly replied.

Connolly believes the relationship between the duo is not as important for their on-court play as it is for them to thrive as student-athletes.

"It will be difficult for them this year in their growth and development and confidence. Their friendship will help them through this," he said.

In the coming years, Connolly hopes for the pair to discover and recognize the amount of training and preparation it takes to compete at NAIT's level.

"We just want them to improve and learn this year, so in years to come they will be able to step in and take over when we graduate our senior players," said Connolly.

Moving forward, the duo hopes their high school basketball success will translate over into their NAIT career.



Photo by Stephanie Cameron

Zubeir Hussein and Machot Magok

Athletes of the week

November 6-12

Verca Kuzelova Women's Hockey



The NAIT Oaks women's hockey team swept the SAIT Trojans on the Nov. 10-11 weekend. Verca Kuzelova had an excellent week of practice leading up to the weekend's games. She had an assist in the 7-4 win on Friday and a shorthanded goal in the 4-1 victory on Saturday. "She was dominant this weekend offensively bringing speed, puck control, and a great overall effort," says head coach Deanna Martin. Verca is a fourth-year Open Studies student from Prague, Nuzle, Czech Republic.

Cole Burkart Men's Volleyball



The NAIT Oaks men's volleyball team swept the King's Eagle this past weekend. Cole Burkart led the way as he earned a total of 47 points (23 on Friday and 24 on Saturday) in two key 3-2 wins over The King's University Eagles. Those were game highs both nights. "Cole's consistent offence and clutch serving were key in both our wins this weekend," said head coach Doug Anton. "He's also worked very hard to improve his defensive performance over the past couple of weeks and that improvement was also very evident on the weekend. Cole is a third-year Business Administration student from Spruce Grove.

Athletes of the week

October 30-November 5

Kika Greenlee Women's Basketball



The NAIT Oaks women's basketball team swept the GPRC Wolves on the Oct. 28-29 weekend. Kika Greenlee led the charge, putting up back-to-back solid performances. In the first game, Kika had 22 points and 10 rebounds and followed it up with 11 points and four rebounds the following night. "Kika's outstanding defence anchored this week. On a tough road trip, her pressure on the ball and hard work on the glass helped set the tone," said head coach Todd Warnick. Kika is a fifth-year Business Administration student from Minneapolis, Minnesota.

Mitch Lewington Men's Volleyball



The NAIT Oaks men's volleyball team swept the GPRC Wolves on the Oct. 28-29 weekend. Mitch Lewington had two outstanding performances quarterbacking the offence. Friday night, he collected 19 assists in an impressive 3-0 win versus the North Division's second-ranked team. On Saturday afternoon, he collected 22 assists and four digs in another 3-0 win. "We had no offensive stars and that is a credit to the way Mitch runs our offence," said head coach Doug Anton. "He made sure our attack was balanced, very efficient and that all players contributed. When Mitch sets like this, we are an extremely difficult team to stop offensively." Lewington is a second-year Millwork and Carpentry student from Perth, Australia.

SOCCER NATIONALS

Women fourth, men sixth

By MATTHEW WOZNIAK

After successful seasons by the men's and women's NAIT soccer teams, both teams managed to make the national championships. The women played in Halifax while the men were in Nanaimo.

Unfortunately, the women just missed out on a medal, settling for fourth for the second straight year after a 3-1 defeat against Algonquin Thunder. The men lost to the Durham Lords in a rematch of their first round meeting for sixth place.

On Wednesday, Nov. 8, the men kicked off with a 4-0 win over No. 1 seed Durham. Ali Mussi scored a natural hat trick in the win.

Minutes before the first half was over that captain Zach Kaiser scored the first goal of the

game. The Oaks kept on rolling in the second half. Mussi, chosen player of the game, scored one of the goals on a penalty kick.

For the women, things did not start off so well. The ladies lost 1-0 to the Douglas College Royals. The first half wasn't that great offensively for either team as it was 0-0 going into the second. Ooka Alana Mawhinney made her presence known in the first, though, with strong positioning and quick movements. Early on in the second, Kayleigh Moan and Kassy Jajczay almost scored for the Oaks but couldn't finish some great chances. Marissa Webb was named NAIT's player of the game.

With the loss, the women were put into a bronze qualifier. NAIT registered a smashing 9-0 win over the Dalhousie AC Rams, provid-

ing more than enough confidence going forward. The ladies booked a ticket to the bronze semifinal with the win.

The men, however, lost 6-1 to the VIU Mariners. Due to a bad case of food poisoning for the Oaks, the players were not at their sharpest against the Mariners. Some players were not in the game at all.

On the final day of play, Nov. 11, the hometown VIU Mariners claimed the 2017 CCAA Men's Soccer National Championship with a narrow 1-0 victory over the Douglas Royals. In the bronze medal game, the Holland Hurricanes downed the Keyano Huskies 1-0.

On the women's side, the Élans de Garneau won a record fourth consecutive national title with a 1-0 win over conference rivals, the

Champlain Saint-Lambert Cavaliers. It also marks their 10th national title in women's soccer, more than any other CCAA institution.

The bronze medal women's game, between NAIT and Algonquin, was an intense, speedy and high tempo affair. Algonquin's Melissa Gilligan scored the first goal of the game but NAIT was not fazed, bouncing back quickly with a good scoring opportunity for Kaily Mohn. However the score at half-time remained 1-0.

In the second half, Mohn tied the match up for NAIT but Algonquin answered moments later with a strike from Darby Perry, giving the Thunder a 2-1 advantage. The Oaks continued to push but a penalty kick by Maddie Kelly put Algonquin up 3-1 for the win.

MLB is all homered out



CONNER TOFFAN
Sports Co-Editor

Over the past few years, baseball has turned into one long, massively boring snooze-fest. Ever since Babe Ruth broke out with the Yankees all the way back in 1920, the home run has been an integral part of Major League Baseball.

Recently, teams have been stacking themselves full of power hitters. In 2014, the average MLB team hit 140 home runs over the course of a season. This year, the average MLB team hit 204 home runs, an astro-

nomical amount. Watching balls fly 400-plus feet after being crushed by monstrous power hitters has ruined baseball.

Along with power hitting usually come strikeouts and walks. In 2014, a team struck out 1,248 times and walked 467 times on average in a season. Since then, these numbers have grown steadily. In 2017, teams averaged 1,337 strikeouts and 528 walks. Since walks and strikeouts take a long time to develop, the average MLB game time rose to well over three hours. Watching a baseball game this year was like watching paint dry.

Gone are the days of consistently good at-bats. Gone are the days when pitchers, fielders, hitters and baserunners scratched and clawed for every inch. Now, it's sitting and waiting for strikeouts and home runs. Stolen base numbers are down, along with hit and runs. Fly balls are being hit more and bunts are harder to find than Bigfoot. Gone are the days of entertaining small ball. These days, there are clumps of innings where nothing

happens, followed by a quick 10-second burst of excitement.

It used to be amazing to watch. The 2015 Toronto Blue Jays were a marvel to behold. Bonafide home run hitters such as Josh Donaldson, Jose Bautista, Troy Tulowitzki and Edwin Encarnacion were all playing at the top of their game. It was special. Once every team turns into home run hitting strikeout machines though, the game gets boring. After three seasons of this same format, I realize how much I miss old school baseball, where teams would fight for the majority of their runs.

An infield single with a close play, followed by a stolen base and a good at bat to advance the runner to third, all capped off by a suicide squeeze play to score a run is more exciting than just one lonely home run, likely followed by a triplet of strikeouts.

Back when the home run was more of a rarity, we were gifted with plays like Joe Carter's walk-off home run to win the Blue

Jays their second World Series in 1993. It will never be forgotten. Kirk Gibson's game winner back in the 1988 World Series is one of the most iconic moments in baseball. Any big fan will never forget the picture of a broken Gibson hobbling along the base paths, barely being able to move with the most excited look on his face you'll ever see. The more home runs hit, the less special each one is.

Going forward, I only see it getting worse. Young pitchers are starting to throw 100 m.p.h., with electric breaking balls. Super-bullpens are now a common occurrence, with relievers who come in for an inning or two at a time to completely shut down another team. Young hitters like Cody Bellinger and Aaron Judge (who set records by hitting 52 home runs but also struck out at least once in 37 straight games) are prime examples of where baseball is headed. In terms of excitement, the long ball falls short.

COLLEGE BASEBALL

Locals to play on the coast

By CONNER TOFFAN

Baseball in Edmonton is the strongest it's been in years. The 2018 season will likely feature three AAA baseball teams.

With programs offering elite coaching, great facilities and great learning opportunities, Edmonton has seen many players sent to colleges across North America. After strong campaigns in the 2017 season, Gavin Turinek and Julius Robinson have gone to Vancouver Island to play for the Vancouver Island University Mariners.

Growing up playing baseball in Edmonton, infielder and pitcher Gavin Turinek appreciates the fact that he "got to learn from great coaches, as well as play

with amazing teammates who can become lifelong friends. It was overall just a great atmosphere to be in."

As one of the top players on the 2017 South Jasper Place Blue Jays, Turinek led the team on and off the field with his hard work, which he looks to bring to the Mariners this upcoming season.

Teaming up with catcher Julius Robinson, they look to build upon an already strong friendship as they take on the other college teams in Western Canada.

"College ball really puts things into perspective, playing college ball while going to school is kind of like having two full-time jobs," Robinson said.

"A lot of people back home gave me the necessary fundamentals to be able to handle everything and anything on and off the field."

Robinson looks to continue to be a solid defensive catcher and a game changing vocal leader on his new team at VIU.

One person who helped the two players was Matty McGee, who attended NAIT for four years. He achieved his Bachelor of Business degree last year, which helped him "learn the importance of chemistry, to learn how to handle business one on one and gain knowledge of the outside world. Life is about much more than baseball."

McGee believes that VIU is a great fit for the two players and, and believe it or



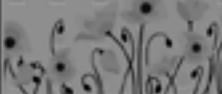
not, college ball in Canada is as good, if not better than junior college in the States."

Robinson and Turinek are loving it at VIU. They're "outside in shorts and a T-shirt until mid-November," said Robinson. Turinek said he "has a passion for the criminology program he's enrolled in."

As baseball continues to grow in Edmonton, there are hopes that more players will be sent out to good colleges. The coaches and new facilities are going to help the players move on to a college lifestyle.

"The first week was a lot of running and conditioning to show who really wanted to be there ... we've been full-go since the moment I got here," said Robinson.

UPCOMING CAMPUS CLUB EVENTS OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	3	4 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	5 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	6 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	7
8	9 WEEKLY JUGGLING JAM 5:00pm-8:00pm, Shaw Theatre Lobby  HAPPY THANKSGIVING	10	11 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112 CLUBS SOCIAL #1 4:00pm-6:00pm, Location TBD	12 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	13 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	14
15	16 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	17	18 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112 CLUBS SHOWCASE 11:00am-1:00pm, CAT Mainstreet	19 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	20 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	21
22	23 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	24	25 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	26 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT 102 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	27 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	28 MOVIE NIGHT 6:00pm, Shaw Theatre X-123 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C
29 HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	30 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C	31 HAPPY HALLOWEEN! HAUNTED HOUSE 12:00pm-2:00pm & 4:00pm-6:00pm, CAT 200C 	1 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	2 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	3 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	4
5	6 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	7	8 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	9 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	10 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112 SNAC CLUB ROOM 4:30pm-8:30pm, CAT 274	11 Remembrance Day 

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ENTERTAINMENT

A step away from memorable



By **STEVEN SMITH**
Entertainment Co-Editor

Nazis are in control of America and it's up to you to start a revolution. That is the premise of *Wolfenstein 2: The New Colossus*. In this sequel to MachineGames 2014 game *Wolfenstein: The New Order*, the Nazis won the Second World War on their prowess and advanced machinery. It follows the story of one William Joseph Blazkowicz and his goal to put every Nazi in the dirt. *The New Order* was well-paced, fun and, at times, absolutely crazy. *The New Colossus* has its moments but does not feel as good as the first.

The New Order balanced sneaking with a standard shoot-'em-up. Some missions could be done with patience and stealth so that no alarms would be set off. Its guns felt

good, the AR Marksman could double as a sniper rifle and a battery powered plasma rifle. It showed the versatility of gameplay with just one gun. *The New Colossus* does not do so well with its gameplay. The guns feel like they're by the numbers. By the time that the game comes to a close, you feel like you have gone more Rambo than skillful assassin. Not that there is anything wrong with a little Rambo but after spending hours with *The New Order* sneaking around and surprising fascists with a knife, it feels like an unwelcome change of pace.

The levels feel less thought out this time around and there are fewer places to hide and sneak around enemies. This could be because I chose the wrong power-up at the mid-game but even before then every room felt condensed. Streets are closed in, whole levels take place in corridors where there is no other option than forward. *The New Order* was full of alternating routes that could lead to your destination. *The New Colossus* gives you one route and that route will almost guarantee a firefight.

However, *The New Colossus* does have many moments where it shines. World building is the greatest selling point of the game. It's the '60s and the Nazis have taken charge of the United States.



YouTube

Culture as we know it has gone German, with The Beatles being renamed "Die Kafer." The world is almost exactly as it was in the '60s, with black revolutionaries, the drug culture and the musical tastes. It is hard not to admire the thought that was put into the alternate reality. Little notes dot the landscape telling the story of how the Axis forces conquered the free world. The very beginning of the game lays out the framework for white nationalists – purity and racism. It tries something a little different than the other Wolfenstein games before it, which was just fighting

Nazis. It attempts to sprinkle some hard hitting facts and tries to go in a different direction, which is commendable.

The New Colossus attempts to upgrade its world and bring new life to this 36-year-old franchise. There have been worse games on that list and this one places high. But compared to *The New Order*, its pacing is rushed and could be a little more stealthy. With the first DLC of the *The Freedom Chronicles* recently published, one hopes that MachineGames can learn from their design mistakes and make a truly memorable adventure.

The Service Hub also provides...



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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By COURTNEY SHUTTER

NAIT's campus radio station, NR92, will be bringing a special new feature to the air, one week only, called the *Coffee House Hour* for the Naughty and Nice promotion. Every morning from Nov. 27 to Dec. 1 at 8 a.m., they'll be playing an hour of the best smooth, acoustic jams for you to enjoy with your morning coffee. Get grooving in the morning while you transit, study or work your heart out; this daily playlist will start your day off right. Featuring a variety of artists, with an assortment of inspiring, sad and love songs. NR92 will be the cream and sugar needed to make your bitter morning a little better. Go to NR92.com to learn more about free coffee stands and the chance to win a drinkable advent calendar! NR92's Naughty and Nice, every

morning from Nov. 27 to Dec. 1 at 8 a.m.

Some of the featured tracks on NR92's Coffee House Hour will be:

- Better Together – Jack Johnson
- Home – Edward Sharpe and the Magnetic Zeros
- Landslide – The Dixie Chicks
- Too Good at Goodbyes – Sam Smith
- Come On Get Higher – Matt Nathanson
- Collide – Howie Day
- Here Comes the Sun – The Beatles
- Waiting on the World to Change – John Mayer
- Fast Car – Tracy Chapman
- You're Beautiful – James Blunt



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Literary Corner

Once in a Leviathan

By ISAAC DYMOCK

Dulcet tones of a soft ambient song weave their way through the empty corridors of a frigate painting the walls with notes and tones reminiscent of lazy mornings at home. Dormant lights flicker on as the song moves from speaker to speaker as if it is waking up the ship itself. Eventually the lights and music reach a nearly deserted mess hall in the core of the vessel, though unlike the corridors before is already lit and has the music playing already. A lone figure moves busily about in the kitchen swaying to the tune and dancing off hand as he prepares for the day ahead.

The sound of an authentic Earth grinder penetrates the dull throb of bass tones and dilutes into the electronic synthetics to fill the mess hall with the smell of fresh ground coffee beans. Smiling to himself, Captain Kupilka scoops a sizable cup of the ground beans and pours them into a filter followed swiftly by freshly boiled water. Soon the fresh smell of coffee, a delicacy out here in the outer reaches of the galaxy, fills his nostrils and uplifts his mind with a crescendo in the music.

"Perfection, exquisite."

Kupilka turns away from the steeping coffee and brings up an holographic console before him. A blinking light greets his gaze, a blinking light that tells him that it is time to wake up his crew and get them ready. Ready to see a once in a lifetime event. Without skipping a step he enters a

designation and password while also turning around and pouring some coffee into a cup. There will be enough left over for his officer staff to enjoy when they wake up. After he closes the console and takes a long, indulgent sip of his piping hot coffee and sighs. Time to get to work, to set up the bridge before everyone else gets ready.

Somewhere else deep in the ship twenty cryogenic sleep pods buzz to life with defrosting processes and medical checks. It will take the crew around ten to twenty minutes to fully wake up and get ready to see the fruits of their labour for the first time. All the while, while pods extend and open letting out their stiff and sore charges, the ambient music flies through the empty spaces from custom mounted speakers to beat of the ship's machinery.

This process gives Captain Kupilka enough time to sit on the bridge of the frigate and activate each station's console remotely. While he is busy with making sure everything is ready someone enters the bridge ahead of everyone else, just as Kupilka expected. "Good morning, CET-40. I trust you had a good recharge?"

A centaur shaped construct slides through the automatic doors behind the captain as he speaks and chirps away in it's races machine language, "Good morn. Captain. Charge good. Rest well?"

"I had a wonderful sleep, thanks CET-40. Are you ready for what we are going to do today?"

"Unsure. Apprehensive."

"I am too, 40, and I am sure the rest of the crew are as well." Kupilka doesn't turn away from his seats console as he talks and keys away at different ship systems, making sure everything's running smoothly. "Could you be a dear and make sure the reactor hasn't skipped a beat while we were asleep? I would rather not have this be a false alarm."

With a sing song note of compliance the centaur trots over to their designated post and starts interfacing with the system. Kupilka muses to himself that everything should be fine, but can never be too careful. Finishing up his duties he lets the cup of coffee rest in a holder on the side of his chair and waits for the rest of his crew to appear.

Slowly over the course of several minutes they filter in, all the officers carrying a mug of the same coffee blend that Kupilka brewed. He waits for them to get to their stations and do their own systems checks, watching the indicators change from yellow to green as each check comes in positive before standing up. He walks to the front of the bridge and positions himself before the console that deactivates the shielding in front of the main view port.

Once all the officers have finished what they are doing he addresses the crew through the ship's intercoms, though never stopping the music only talking over it, "I hope you have all slept as well these last hundred years as I have. We've spent a long

time away from home on this mission, and I'm sure you're all eager to finish it and go home to your families and friends.

"Well, I'm sure you're all aware that I am addressing you all now because we have succeeded. We've managed to detect an entity entering this solar system and track its trajectory to one of the planets at the outer edge," Kupilka depresses a key on the shutter control unit and keeps talking as the view port raises "We've done it; we've tracked down one of the Leviathans from early legends. Behold."

The captain turns to see what he and his crew have been tracking and scanning for the last one hundred years. Outside of the frigate is a stunning, awe inspiring view. Two planets; one a barren ball of ice and the other a grey rock with a fractured surface and something else. The rocky planet is disintegrating and leaving behind it a trail of dust, rock and mantle crust similar to the tail of a comet. Below massive fractures in its surface something is moving. A cephalopod, octopus as named by the scientists of Earth, of planetary scale resides below the outer crust of the planet and uses it as a shield. Its tentacles come out the backside of the world presumably to propel the gargantuan beast through space while it feeds on the energy of the planet's molten core. They've found one, a Leviathan of the spatial ecosystem that travels from solar system to solar system feeding on the cores of dead worlds.

FOOD

Return visit planned – soon

By CANDACE VALENTINE

BUCO Pizzeria + Vino has a wide range of unique pizza toppings, including charred lemon, clams, egg and goat cheese. I had the Pollo Pizza, which has chicken, sun-dried tomato aioli, goat cheese and fior di latte. For those who are not familiar with Italian cuisine, the terms aioli and fior di latte might be confusing. Aioli is a sauce made of garlic and olive oil, and fior di latte is mozzarella cheese made from cows' milk.

It is very easy to overcook chicken on a pizza, especially when using a wood fired oven like the one at BUCO. However, the chicken was cooked to perfection – not too dry but not undercooked, either. The pizza had an interesting contrast between a sweet and tangy taste; the sweet coming from the sun-dried tomato aioli and the tangy coming from the goat cheese. The two opposing elements served to enhance the other perfectly.

It's no surprise that the pizza was flawless; Matteo Cesarotto, the Food Service Supervisor at BUCO, was honoured as Chef of the Year at the Canadian Pizza Show on October 1st, 2017. He earned the award with his impressive Mush 'n Boar pizza at the finale.

Aside from the food, the most interesting feature of the restaurant is the fact that there are two chairs mounted onto the wall at a very high height. I'm not sure why that design choice was made, but it gives a bit of contrast against the otherwise fancy atmosphere. Light-bulbs hang from the ceiling, suspended by wires only. The bowls and plates are rectangular, with gently sloping, rounded edges, adding to the unique ambience.

I can highly recommend BUCO Pizzeria for its unique take on pizza and the polite waitstaff. I'll go back to BUCO Pizzeria + Vino very soon.



ACROSS

3

Name of Taylor Swift's new album.

6

The evil twin to Santa's 'Nice' list.

8

A poison. Some guys just can't hold it.

9

Plays 'The Flash' in new Justice League movie.

11

Internet slang for man's best friend.

12

The end of the world.

13

A popular Edmonton, musical, holiday tradition.

17

Cucumbers' mutated cousin.

18

State of being, without clothing.

DOWN

1

Popular Netflix series set in the eighties.

2

A frozen form of rain that Edmontonians must shovel.

4

Technical term used to describe the act of sex.

5

Danica Roem is Virginia's first, openly _____ elected official.

7

A tentacled, aquatic creature.

10

The name of the paper you're holding.

14

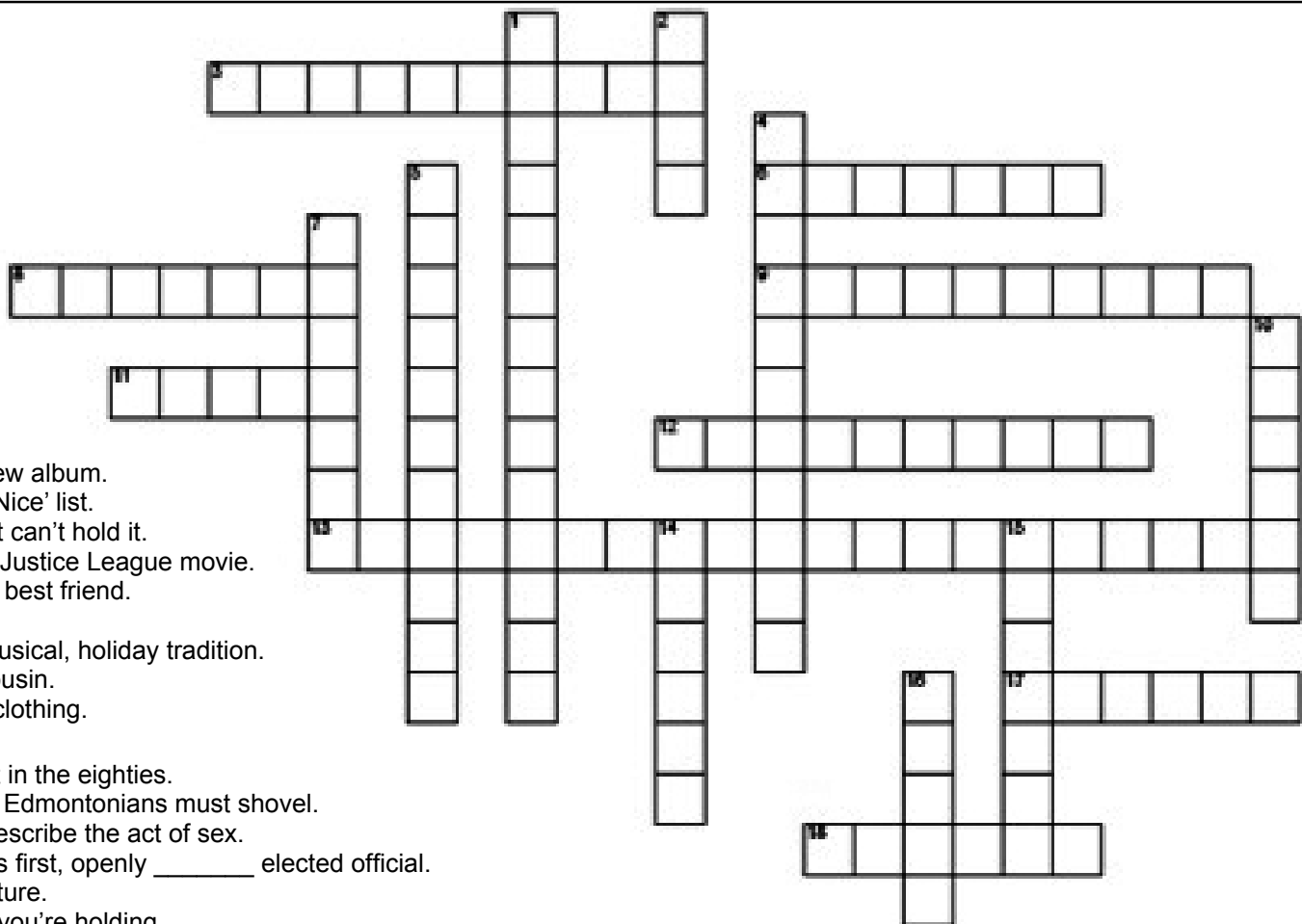
A Southwestern-style restaurant chain, largely closed across Alberta last month.

15

The 'hub' for airplanes.

16

Namesake of Nintendo's popular fantasy, action-adventure series of video games.



Results on page 19

Flynn – have fun, will travel

By FLYNN

Being a working dog can be rough, especially when you're as famous as me; I'm Flynn the NAIT therapy dog. I started at NAIT four years ago and boy, are my days hard.

I wake up in the morning and need to be brushed by Linda, my owner. After she is done getting me ready, it's time to get to work! Sometimes I need to lay in front of the door so Linda doesn't leave me behind!

When I get to NAIT, Linda checks my schedule to see who has booked an appointment to see me. On occasion students just come to the office to visit me; I'm always willing to drop whatever I'm doing to help them out! It is very hard work helping these people. I have to let them cuddle and play with me all day but someone needs to do it.

Some days I get to wander around NAIT campus to check out what's going on. I go to popular studying and hang out areas to see if anyone needs my help. I like to do this, especially around exam time, because of how stressed the students get. I really help them to relax. I'm so cute that it's hard to stay stressed out when I'm around!

I do get days off from NAIT sometimes but even on those days off I'm still working hard! I volunteer at the Stollery Children's Hospital. Those kids are so excited

to see me that it makes it worth getting up early. When I'm not volunteering, one of my absolute favourite things to do is play with my ball! I love my ball so much. I love to chase it, chew it and hide it from Linda. It takes her so long to find that it seems like she's not even looking. But I am just a very good hider.

Sometimes I wonder why people love me so much. I think it's because I have my own unique personality. I'm a quiet, chill dog and I'm a little bit of a mind reader. I know what students want from me; I know whether they want cuddles, to play or even if they're nervous to be around me. But, to be honest, I think people love me because I'm very cute. I mean, have you seen my beautiful curly brown fur?

My days at NAIT are also fun because I get to visit with my best friend Lola. I have known Lola since she was a puppy and she's a sweetheart. I love to play with her and cuddle her. When she was a puppy, I used her to play a joke on Linda. I would put her head in my mouth – but not close it – and put my paw over her, but not put any weight on her. Linda was so scared I was going to hurt her. It was so funny! But I would never hurt Lola. NAIT students don't seem to know as much about her as they do about me but I'm sure one day she may be even as popular as me. Maybe.

Being a therapy dog is very demanding, busy work. But I love seeing the students' faces light up when they see me. It makes this hard work worth it. If you are interested in meeting me, look me up on the NAIT website! I'd love to meet you!



Flynn, right, and best friend Lola.

Photo by Loreena Jans

NAIT, plus the sound of music

By BRYN LIPINSKI

A number of years ago, James Seabrook was a student at NAIT's Radio program. Now, 20 years later, he owns and operates his own recording studio right here in Edmonton. Recently expanded into two mixing studios, as well as a recording area for podcasts and voice-work, his team works full time with a list of over 130 clients. In 2008, Seabrook was working in the radio profession when the economic depression hit. He was laid off but soon found a course provided by Employment Insurance Canada on starting and running a small business. That was the moment Two Bodies of Water Productions started.

"I had already opened a studio and I was in a band that was right on the verge of success but also right on the verge of falling apart," says Seabrook. "So I decided I could probably achieve some sort of success with both by diving head first into the music recording business. This time I had an extra decade of life experience, and felt more motivated than ever to finally do what I've always wanted to do, which is work with music and sound in a studio environment. I just had to make it myself."

Following the small business course, Seabrook found a team of investors and built the studio from the ground up inside an old bus garage. Doors opened on Oct. 13, 2010.

Today, Two Bodies of Water Productions is over seven years old and the studio is busy all the time, open seven days a week.

Bringing it back to NAIT, Seabrook's training in audio engineering, music production and recording technology flourished during his time in the Radio and Television Arts program. Looking back on the decision about 22 years later, he explains what led him to choose the two-year diploma course: "The schooling – NAIT [specifically] – helped me realize that my dream could be a reality. I went to NAIT wanting to work in a studio with music anyway –



James Seabrook at work

Photo by Alana Smears

that was my motivation for applying to the radio program – and it was NAIT that helped make sense of why I loved it and why I was so excited and focused on it."

With a wide supply and diverse lineup of recording equipment and a collection of musical instruments available to all clients, Two Bodies of Water has everything a

musician needs to master any type of track. From planning and preparation to recording, editing, mixing and mastering, Two Bodies of Water is ready for any artist, new or experienced, with affordable rates and professional-grade production. You can find them online at twobodiesofwater.com for all the information you need to get started.

WEEKLY SPECIALS

<h3 style="margin: 0;">FOOD SPECIALS</h3> <p>MONDAY \$7.00 I Wish it Were Fry-Day Bowls (Mexi, Veggie Supreme or Chicken Bacon Ranch Fries*)</p> <p>TUESDAY \$1.00 off 8" Signature Pizza</p> <p>WEDNESDAY* \$7.00 Nest of Wings (Add Ranch \$1.00)</p> <p>THURSDAY* \$7.00 Pepperoni Pizza Bites</p> <p>FRIDAY \$7.00 Daily Soup & 1/2 Wrap</p> <p>*WED/THUR HAPPY HOUR SPECIAL 5-7PM \$5.00 "Fusion" Perogies*</p>	<h3 style="margin: 0;">DRINK SPECIALS</h3> <p>DAILY \$4.50 BRO-tini</p> <p>MONDAY \$5.00 Off Bottle Wine</p> <p>TUESDAY \$5.00 1oz Crushed Ice Cocktails</p> <p>WEDNESDAY \$4.50 1oz Lamb's Rum Highballs</p> <p>THURSDAY \$5.00 Flavoured 1oz Absolut Vodka Highballs or Cocktails</p> <p>FRIDAY \$4.50 Domestic Bottles</p>
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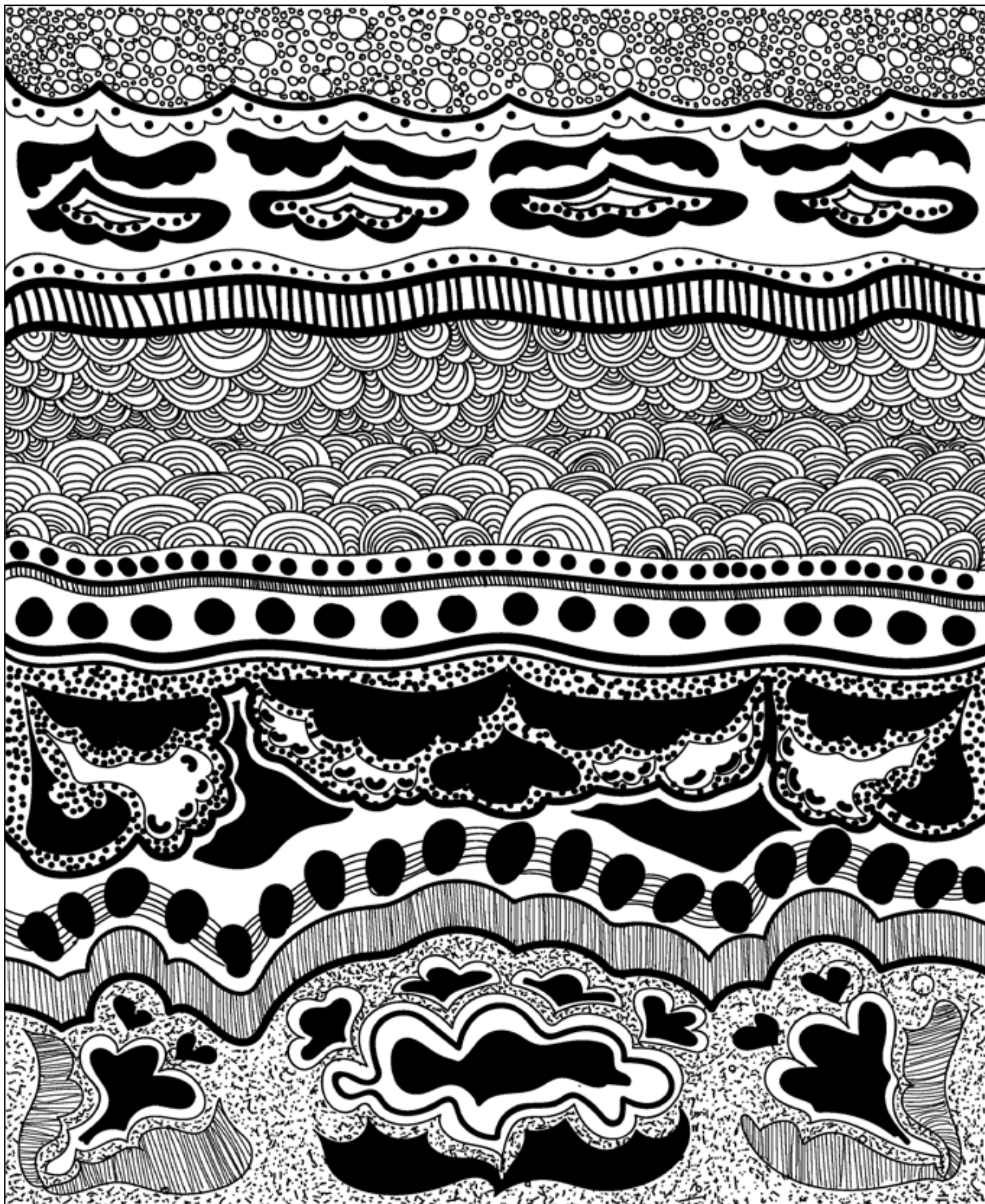
FOR CURRENT HOURS PLEASE VISIT US ONLINE AT NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. MUST BE OF LEGAL DRINKING AGE TO PURCHASE ALCOHOL. VALID ID REQUIRED. PLEASE DRINK RESPONSIBLY. *FOR MORE DETAIL ABOUT THIS ITEM PLEASE VISIT US ONLINE. SPECIALS ARE DINE IN ONLY.

BEST BAR NONE

REVIEW US ON:

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



NAIT Main Campus Map



THE 'NUGGET' PRESENTS: TAROT-SCOPES

Where astrology meets divination

Our overall energies for the next few weeks are represented by the Ace of Cups. The first energy in the suit associated with the heart, which can translate to the entrance of new romance, new passions and spiritual journey. The message is to trust your feelings and what they are showing you. Find your sign to see which areas you need to apply this energy of love, intuition and attraction.

Aquarius (Jan. 20-Feb. 18)

The King of Cups is your clarifier, which speaks to a connection with a older male, often a Cancer, Pisces or Scorpio as the King rules the deep waters of the heart. This is the energy of a loving father, a soulmate, a spiritual mentor or inspirational guide. Whoever shows up for you, this personal will be instrumental in helping you discover your true purpose.

Pisces (Feb. 19-March 20)

You've been through a lot of mental anguish lately. The upside of the struggle? You have a better sense of who you are and what you want. The Eight of Cups signals the night journey of the heart and soul, it's about leaving all the hopes and expectation of the past behind and venturing into the unknown. Perhaps you're turning

your back on an offer for something more fulfilling long term. Listen to the call of your heart - something magnificent is calling out for you.

Aries (March 21-April 19)

The Ace of Pentacles is your clarifier, meaning you're holding a lucky hand. Prepare to quickly manifest your heart's desire into the real world, as Pentacles symbolize bringing the spiritual impulse into the Earthly realm. Pay attention to the new people coming into your life and what they offer you - a lot of exciting things are coming your way!

Taurus (April 20-May 20)

You've been laying low, perhaps feeling a little isolated or overwhelmed and are taking a much needed time out. You're in the meantime, in the spaces between. Hopefully you've used this time wisely to regenerate your resources, because inspiration is about to wake you from your slumber. Time to resurrect!

Gemini (May 22-June 21)

The Three of Pentacles is a very clear indication that you will be inspired through collaborating with groups. Time to find your tribe and bring your creative dreams into fruition. This is the perfect time to build your foundation for the future - now who are you going to do that with? Choose wisely.

Cancer (June 22-July 22)

Man are you #Blessed. The Ace of Cups with The Star is the most beautiful combination. As The Star is often called "the wish" card, you are entering deeply spiritual time where you are aligning with your divine des-

tiny. Whatever and whoever enters your life at this time will have a major impact on your life's purpose. Bask in the starlight shining upon you now and be open to receiving all the gifts coming your way!

Leo (July 23-Aug. 22)

The Two of Pentacles is all about finding that balance between what you want to do and what you gotta do. Inspiration abounds, but you need to find your centre. An expert juggler is soft in their movement and their feet are firmly grounded to the Earth. If you don't want to spill all the good shit from your cups, bend your knees and stay low.

Virgo (Aug. 23-Sept. 22)

You are at the end of one cycle of your life - represented by the Ten of Pentacles - and are about to begin a new one. Currently your family life, friends and community have been your focus. You've established a lot of support and are enjoying the abundance in all areas. Now, it's time to step forward once again and feel that passion, feel that tremendous jolt of excitement that will pull you to the next phase. Do you feel it?

Libra (Sept. 23-Oct. 22)

You've been through some uncomfortable shit - the pain and the sorrow, the trouble and the strife. For the sign that's all about justice, life circumstances and the characters around you have been pretty unfair. But from that, The Strength card. You have been fortified and forged through the fire. You are the Lady who has tamed the Beast through kindness, gentleness and class. Now

is the time to love from this more empowered place of knowing who you really are. Be brave and open.

Scorpio (Oct. 23-Nov. 21)

Are you playing it too safe Scorpio? Have you built up a comfortable fortress around you and find yourself frankly bored with all the certainty and stability? The Nine of Wands can be a message of being too guarded. Boundaries are essential, but if the Ace of Cups is offered, will you be able to receive it? Be open to the new coming in that may derail your current structure. It's time to feel and honour the call of your heart.

Sagittarius (Nov. 22-Dec. 21)

You're in quite the predicament aren't you? The Two of Swords with the Ace of Cups signals a stalemate in a relationship, where you aren't sure to move forward or to step away. Perhaps what is being offered to you doesn't look as you expected - but it still moves you, doesn't it? You need to make a decision and be warned - closing your eyes, denying and stalling or refusing acknowledge the situation is also making a decision. Don't leave it up to fate to force your hand.

Capricorn (Dec. 22-Jan. 19)

The Page of Pentacles is a younger Earth Sign, a messenger that offers you something real and tangible. Money, a job, an opportunity... or perhaps something more. Whatever it is, consider them holding the Ace of Cups as well, a powerful cocktail to shake you out of your routine and enter the realm of the heart. It's time for you to be inspired and take the lead!

LOCAL SOUNDWAVE

Stars in her eyes ...

By JAKE WOODS

The YEG music scene introduces dozens of local stars to the world every year. One of the brightest up-and-coming stars in Edmonton is Posy Jay. A graduate of Victoria School of the Visual and Performing Arts, Posy jumped right into her career as a musician upon graduating. Only 19, this young songwriter has spent the last year performing across Edmonton, everywhere from The Needle Vinyl Tavern to Big Valley Jamboree.

"I took a singing lesson when I was five years old and ever since then I knew that this is what I wanted to do," she said.

When asked to describe her music, Posy laughed and struggled to give an answer. "I really don't know ... that's a hard question. Well, I'm a songwriter and I guess indie-pop would be how most would classify my music."

Why should you take the time to check out Posy Jay? "I feel like what makes me stand out the most is I write all my own

songs and I really believe that what I write is relatable - does that make me sound cocky?"

Her defining trait, besides the child-like smile that rarely leaves her face, is an unwavering belief in herself. When asked where she sees herself in 10 years, Posy described her dream of not only becoming a recognized performer but also a songwriter for other performing artists, as well as for television and movies.

"The hardest part right now is because I'm young and new to the scene, I'm just getting my name out there and building up a fan base."

Posy's first EP, currently untitled, is expected to be released next year but until then you can keep up to date on her public performances by following her YouTube channel, Posy Jay and her Instagram: @Some_Girl_Named_Posy.

She recommends listening to her single "Roast Me," which can be found on her YouTube channel.



Photo by Jake Woods

Posy Jay

THROWBACK THURSDAY

Tamagotchi time – 1990s

By KENNEDY LANE

Everything from the '90s is in style again – velvet T-shirts, dark lipstick, sports branded attire. As someone who grew up during that time, I always thought of the fashion as pretty basic and bland. But I was also a small girl who wore Disney sweats and Please Mum corduroys. I was more interested in movies, my teal Game Boy colour and the *piece de resistance*: my sparkling silver Tamagotchi. I was living in a small town at the age of nine. There wasn't much to do aside from the swing set and riding my bike around a 10-block radius. The Tamagotchi was small, addictive and came on a key-chain ring. I could hook it on my jeans and go anywhere.

It was the simple game of an alien egg that winds up in your care. It hatches into a small creature and you feed it. It will grow and change according to how often you give it food and take care of it. But like any pet it will die if you forget to feed it. It gave you a sense of achievement because it would track the days it stayed alive. The highest I ever got was 22 days. I went through so many watch batteries, which were not cheap. My mom was not happy about that. But I loved my little egg shaped toy and I didn't want it to turn into an ugly creep thing, because it was always my fault.

At recess, I would gather with whoever else on the playground had their Tamagotchi. We'd compare high scores

and share tips and tricks. The most satisfying part was to get your little guy (or girl) to full growth and it would hop into a spaceship and leave for its home planet. Your little foster creature leaves the nest, the game restarts – as it does whatever the outcome – rebooting back to an egg, ready to hatch.

I'm happy that Tamagotchi has made its way back into pop culture. Games and toys like that haven't really gone out of style. Apps like Pokémon Go, Angry Birds, Flappy Bird and Candy Crush; simple games that don't take a lot of effort or brain power, but give a small sense of achievement and instant gratification. Even a few years after the Tamagotchi, my little brother had a similar device. A Digimon Digi-vice but you fought with your little 16-bit Digimon rather than taking care of it. It was also larger than most kids' hands. More impressive than the two-inch key-chain Tamagotchi.

I still have mine tucked away in my bag of gaming stuff. Which is probably why I haven't bought one of the newer, more colourful models. It probably still works. I would definitely have to replace the two watch batteries it needs. Maybe it's one of those things I tend to do when I finish something; I leave it alone. I got my little dude to 22 days and it built itself a flying saucer and left me behind. So it seems fitting that I leave it behind as well.



The Style Files

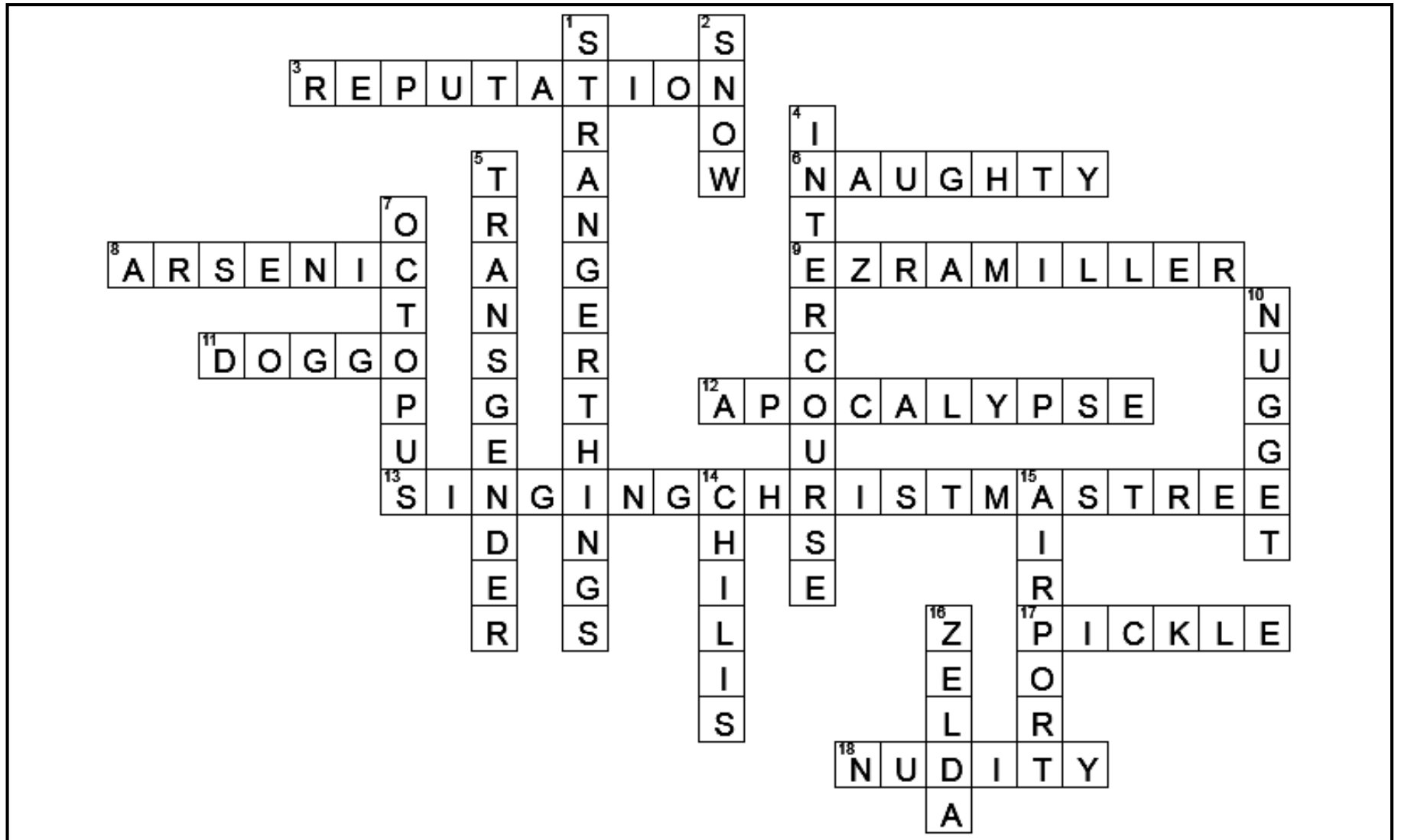


Photo by Nikita Eleniak

Zachary Robertshaw

Who says fashion can't also be comfortable? Certainly not NAIT Electrical Engineering Technology student Zachary Robertshaw, pictured here in one of his classic, comfy-casual outfits. He wears a black Aeropostale T-shirt, layered under a grey American Apparel zip-up sweater from the U of A's Peer Support Centre, paired with dark-blue-washed jeans from American Eagle Outfitters. Zach portrays a casual style that is perfect for the college classroom, late night study sessions, all the way to game nights at the Nest. It's a look that is simple, easy to replicate and presents a clean, effortless appearance. Being a student is a full-time job, so finding uncomplicated outfits and still looking put-together is a real treat. Luckily, Zach has it down to a science, with a fail-proof formula of classic blue jeans and layered tops. And, with every piece costing less than \$100, this outfit is affordable and easy to put together.

CROSSWORD RESULTS

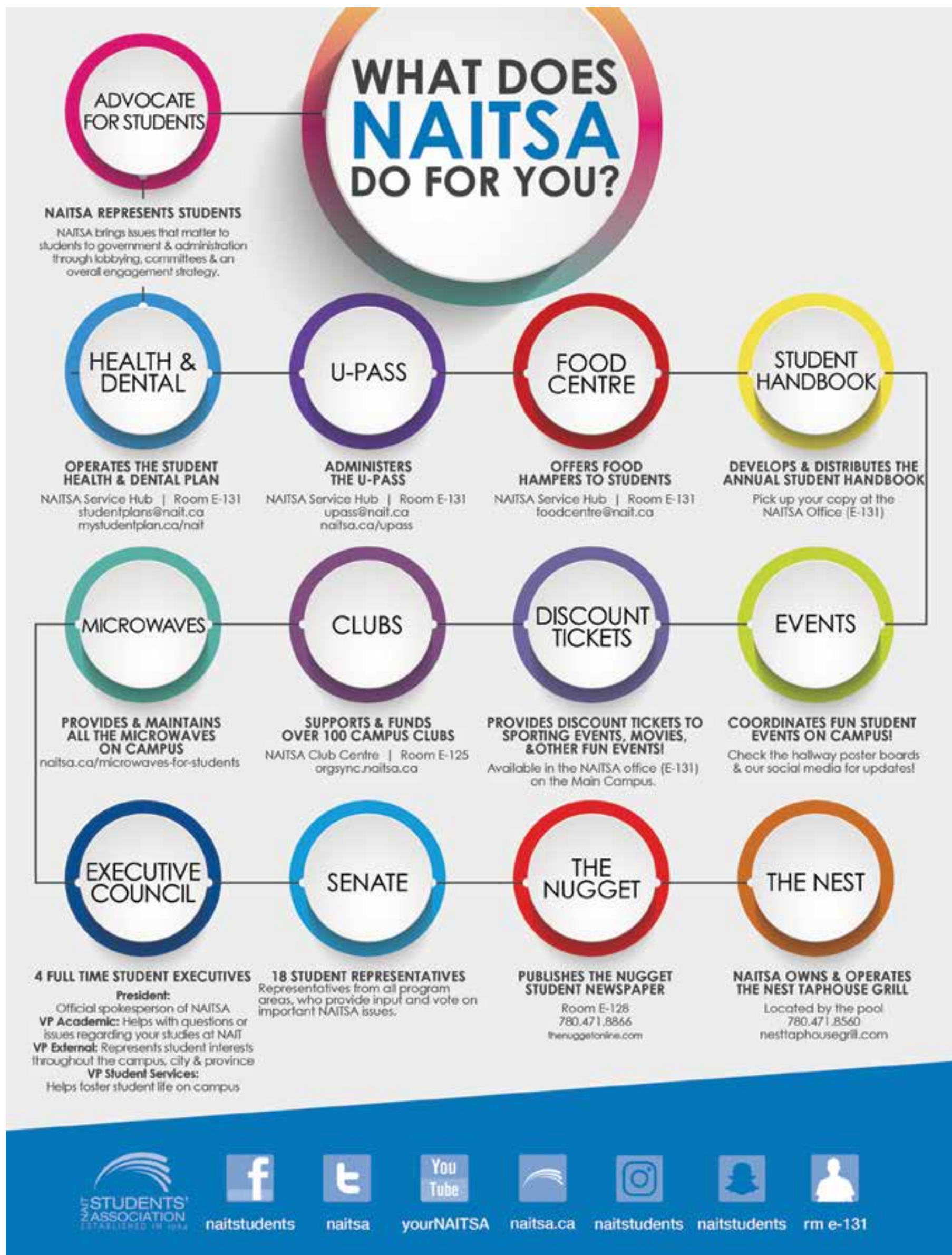


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HOT

'N' SINGLE



Supplied photo

Cody Lei

Perfect first date spots: At a nice McDonald's drive-in.
Perfect marriage proposal: Proposing on my birthday so I don't forget when our anniversary is.
How would you impress her friends: Tag them in funny memes.
Profession: Professional laser tagger.
If you could travel anywhere in the world, where?: Barcelona, Spain
What do you look for in a woman: Someone who is trustworthy, has a good personality and is willing to go on mysterious adventures.
Pet peeve: Women who don't like laser tag or memes.
Best trait about yourself: I am at my peak in *Battlegrounds* and in my gym routine.
Least desirable trait about yourself: How much I enjoy laser tag and memes.

WHERE ARE THE STUDENT MICROWAVES ON CAMPUS?

BUILDING	ROOM	QUANTITY
CAT - Near the Vending Machines	CAT 130	4
CAT - In the Square	CAT 172	2
CAT - NAITSA Student Lounge	CAT 200	6
CAT - Near the Vending Machines	CAT 266	4
CAT - Near the Vending Machines	CAT 320	4
CAT - Near the Vending Machines	CAT 415	4
F-Wing - 2nd Floor Student Lounge	FOX 1	1
G-Wing - 2nd Floor Student Lounge	G 204	2
H-Wing - 2nd Floor Student Lounge	H 204	2
Heavy Equipment Technology Building	HET 115	5
J-Wing - 2nd Floor Student Lounge	J 204	2
Common Market - Seating Area	O 126	4
North Lobby	O 1X3	6
NAITrium Student Lounge	H 104/J 104	14
Learning Resources Centre/Fresh Express	U 116	4
Industrial tech Building	V 121	1
HP Centre/Bytes	W 103	4
South Learning Centre	X 224	2
Spartan Centre - Embers	Y 1X5	7
Crane & Hoist Campus	CH 103	2
Souch Campus	Z 155	6
Patricia Campus	P 126	5
Insulator Campus	RH 107	1
Parkwest Building 1	RP 1119	6

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Self-care – how to improve



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Evaluate – where am I now? Do I feel energized and vibrant or stressed and drained? Change starts with self-awareness.

Decide – what is one realistic change I could make this week.

Incorporate – one strategy that would enhance your energy and decrease stress.

Eliminate or minimize – unnecessary tasks, relationships or external stressors that are creating stress.

Re-evaluate – on an ongoing basis.

1. Sleep

- I sleep long enough to feel rested (7 to 9 hours per night for most people).
- I have a regular sleep schedule, going to bed and waking up at approximately the same time every day.
- I do something relaxing before bed.
- I turn off my computer and cell phone at least an hour before bed; alternatively, wearing blue blocking glasses can prevent the blue light that disrupts sleep/circadian rhythms.
- My bedroom is dark, quiet and not too warm.

2. Eat

- I eat a balanced, nutritious diet with lots of whole, unprocessed foods.
- I eat 3 meals a day and snacks if

needed.

- I limit intake of caffeine and alcohol/intoxicants.

3. Exercise

- I get at least 20 minutes of exercise three to six times a week.
- I train smart by exercising the right amount of time and intensity for me.

4. Rejuvenate

- I do something for myself every day, even if it is only for a few minutes.
- I plan a fun activity at least once a week.
- I have some regular activities which I use to keep my stress levels down (e.g. walking, talking, organizing, writing/journaling, physical exertion, meditation, yoga, hobby, hot bath, music, thinking about things I am grateful for ...).
- I have some quick relaxation techniques to use in stressful situations such as: slow, deep abdominal breathing; deep muscle tensing and relaxing; visualization; humour.
- I set realistic goals and avoid aiming for perfection.
- I make sure I have at least some

balance in my life.

5. Time Management – the most important stress prevention tool

- As much as possible I have a regular (but not too rigid) routine.
- I use my day timer or another method of writing down all my assignments, exams, appointments, social activities ...
- I make a daily to-do list including all tasks I need to get done.
- I prioritize the to-do list and work on my most important tasks first.
- I work on one task at a time and control distractions. (This was rated as one of the most important stress relievers).
- I have learned to use small chunks of time effectively. I plan study/homework tasks that I can do in short spans of time and I save my longer study times for more concentrated homework projects and studying. Flashcards can be great for learning and memorizing info in short periods of time.
- I am on top of procrastination - I do not let myself make excuses for postponing important tasks.

- I am able to say 'No' to external requests that are going to add stress.

6. Space Management

- My study space, living area, and lockers are organized.
- I take the time to de-clutter.
- I am aware of the negative situations and people in my life and, as much as possible, avoid or eliminate these.

7. Positive Attitude

- I reinforce positive self-statements (I can do it, I am a good student ...)
- I visualize success.
- I let go of mistakes and I do not replay failures.
- I focus on my good qualities and accomplishments.
- I avoid comparison and competition with classmates.

8. Seek Help

- I talk to a classmate or instructor if I am confused about course material.
- I have people in my life I can talk to if I am feeling down or worried.
- I seek professional help if I am feeling depressed, anxious, having relationship problems or am going through any issues that impact my mental health or academic success.

Personal counselling is free, confidential and available to all currently registered NAIT students.

Main Campus, Room W-111PB in the HP Centre: Counsellors are available from 8-4:30 with extended hours for apprentices. Book in person or by phoning 780-378-6133.

Southern Campus: Counsellor available Thursdays from 10-4. Book by calling 780-378-6133 or in person in Room Z-153.

Patricia Campus: Counsellor available Tuesdays from 10-4. Book by calling 780-378-6133.

Feeling Overwhelmed?

- Stand back, take some deep breaths and schedule in 30-60 minutes to come up with a plan for listing tasks and identifying priorities.
- Make a written schedule so that you can see when you will fit in school and other tasks, and what time boundaries you will need to set on each project, assignment or exam study time.
- Set realistic goals. You want to do well but you don't need to be perfect.
- Work on one important thing. Do not try to multi-task.
- Don't futurize or use self-defeating thoughts like "I'll never handle all this." Instead, stay in the present and look at how you can be the most productive for the next hour.
- Remember, that this situation is temporary.
- No matter how much you have to do, it is important to take some "energy renewal" breaks. Pushing harder and longer without a break only depletes your resources further and makes you less efficient.

**COME FOR HELP WITH RESEARCH,
CITATIONS AND PRINTING –
STAY FOR COFFEE AND TREATS!**

FRIDAY, DECEMBER 1 | 3:00 PM - 9:00 PM
LIBRARY SERVICES (U310)

NAIT.CA/LONGDAY

Morning Joe?

By ALAN HOLMES

We could all use a pick-me-up sometimes. As we head into the holiday season, it's understandable if the stress of the ongoing semester is starting to grind you down. NAIT's on-campus radio station – NR92.com has you covered with *Naughty and Nice*. They know you're a nice person, and they want to help you stay that way by warming your soul; during the last week of November (Nov. 27 through Dec. 1), they'll be giving away free coffee from 8-9 a.m. every morning. The only thing you have to do is show up ready for the good stuff.

However, light and shadow are two sides of the same coin. Where you may need the coffee to be a bit nicer in the morning, you may need something else for when you're feeling a bit naughtier at night. You're in luck; when you show up for your free coffee, you can enter your name into a

drop box for the chance to win a drinkable advent calendar.

Simultaneously, during that hour, a special blend of chill, acoustic-style music will be played over the airwaves to make your morning complete. *The Coffee House Hour* will be played on NR92.com, easily accessed through the NR92.com Facebook page.

To find out where you can find NR92's free coffee stand, simply visit them on Facebook at NR92.com. Information on the free coffee's whereabouts will be updated regularly. During that week (Nov. 27 through Dec. 1) you'll also find an image of a devil enjoying his morning

cup of Joe, pinned to the top of the NR92.com Facebook page. By simply liking or commenting on this image, you'll be entered for a second chance to win the grand prize. NR92.com: bringing you all the cheer, no matter what list Santa has you on.



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AUGUST 21 - SEPTEMBER 15 | U-PASS PICK UP

AUGUST 31 - SEPTEMBER 1 | NAIT ORIENTATION

5 | FREE FOOD: SOUCH CAMPUS

6 | PANCAKE SUNDAE BAR

7 | PANCAKE SUNDAE BAR

7 | NEST NIGHT: WE'VE GOT GAME

8 | AMAZING RACE

11 | FREE FOOD: EVENING STUDENTS

12 | FREE FOOD: PATRICIA CAMPUS

14 | NEST NIGHT: TRIVIA

15 | NEST FEST FEATURING TIM HICKS

19 | FREE FOOD: INSULATOR CAMPUS

20 | WELLNESS WEDNESDAY

20 | BLOOD DONOR CLINIC

21 | NEST NIGHT: CARDS AGAINST HUMANITY

23 | SHINERAMA

25 | ART AFTER DARK

26 | HOWTO: CANOE

28 | NEST NIGHT: MUSIC BINGO

SEPTEMBER 30 - OCTOBER 1 | CLUB RETREAT

25 | SENATE NOMINATIONS CLOSE

25 | SENATE CANDIDATE MANDATORY MEETING

29 | HEALTH & DENTAL OPT OUT/IN DEADLINE

29 | U-PASS EXEMPTION DEADLINE

NAITSA CLOSURES

11 | REMEMBRANCE DAY

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



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