

# NAIT NUGGET

Thursday, September 21, 2017  
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Excellent instructors - 5

Oilers rookies tamed - 10

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## IT'S MUTUAL!

Country music star Tim Hicks performs for a fired-up crowd at the NAIT Students' Association's annual Nest Fest celebration on Friday, Sept. 15.



Photo by Tim Potter

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# NEWS & FEATURES

## Money for mental health

By MICHAEL MENZIES

The provincial government announced last week that NAIT is being allocated \$495,000 annually for the next three years to enhance their mental health initiatives. In preparation for the application NAIT sent last Friday, a mental health focus group commenced Sept. 12 at the Dow Theatre gauging student feedback on the areas NAIT's mental health strategies were lacking. NAIT used that feedback to create an effective application which stipulated what initiatives they're going to use that money for.

### Some strings

Clint Galloway, director for Student Well-Being and Community, says the money has some strings attached, but nothing you wouldn't expect from a specific grant like this one.

"It has to be directed toward mental health initiatives towards students on campus. The things we can't spend it on is stuff not related to the mental health funding grants."

The focus group was open to students with the purpose of gauging feedback about where NAIT's mental health facilities and programs are lacking. While the meeting was sparsely attended, many concerns still came to fruition as NAIT poured over more than 3,000 responses from student surveys done last school year.

### Counsellors to reach out

One of the main concerns is what Galloway and NAITSA executive Callie-Rae Barker call the "gaps in communication" between students and counselling services. Many students aren't aware of counselling services or are reluctant to be the first to speak up. In the future, counsellors could make semesterly trips to classrooms as a soft introduction to students, in hopes of making students feel less reluctant and more willing to book an appointment if they need one.

Another chief issue is getting trades

**A government grant has helped increase the scope of NAIT's involvement in student mental health.**



Photo by Tim Potter

programs on board. In Canada, trades such as carpenters, electricians, and construction have the second highest suicide rate per profession behind agriculture. Combine that with the stress of being a student, NAIT wants to create a better environment for their trades students.

Both NAIT and NAITSA agree the Mental Health First Aid program is successful, but NAIT is exploring options to streamline the process. The program started in 2014 and trains students and staff to recognize and understand symptoms of mental health problems. NAIT is interested in shortening the program's length after feedback the two-day weekend – which the course spans – is difficult for students to schedule for. NAIT could explore expand-

ing to an online program which could be done over the course of a couple of weeks allowing students who missed the program the chance to do it. Another suggestion was giving transcript recognition for completing the Mental Health First Aid program, but that remains unlikely.

Also discussed was a well-being checklist reminding students about self-care and wellness, free fitness classes, a petting zoo, and digital outlets through the new NAIT app.

Clint Galloway says the conversations had from the focus group and the ones he's been a part of already reflect many of these points. Once the application comes back, they can begin the work.

"In eight weeks we should know and then we can spend money on what we've

requested to spend it on," Galloway said.

The application process breaks down to two phases.

– Phase one is from Aug. 1 2017 to March 31, 2019 and is a \$825,000 grant.

– Phase two is from April 1 2019-March 31 2020 at the remainder sum of \$660,000.

NAIT will have to reapply before April 2019 to receive their allocated amount for Phase two. Afterwards, applications become yearly at undetermined amounts.

NAIT was allocated the second highest amount among post-secondary schools that the government announced last week. The University of Alberta was allocated the most at \$1 million over the course of three years.

## Biz students opinions sought

By DREW MEDVE

Business students looking to have their voices and suggestions heard for the betterment of their program are now being encouraged to attend ongoing focus group meetings that began last week at NAIT.

The Business Focus Group held its first meeting Sept. 12 with the purpose to hear both positive feedback from stu-

dents as well as what could be improved going forward. Led by Associate Dean Academic in the School of Business Gina Jackson and VP Academic Brenda Needham, agenda items are created based on the content brought to the meetings by students attending school full time, part-time and those completing online courses.

Word of mouth successfully gener-

ated enough interest for the first meeting, with future discussions scheduled approximately once a month in the CAT Building, Room 200C. In an effort to accommodate all students' schedules, the sessions will take place from 4-6 p.m., with the next focus group booked Oct. 11. Subsequent meetings will run Nov. 8, Dec. 6, Jan. 10, Feb. 14 and a tentative final meet date of March 14, 2018 before

the academic calendar ends.

All information collected during the gatherings is confidential unless issues or concerns require further attention from appropriate officials.

A distribution list for upcoming meetings has been made and students looking to receive e-mails regarding future talks are asked to e-mail Brenda Needham at BrendaN@na.it.ca

# Student government

By **DANIELLE S. FUECHTMANN**

Two levels of student governance represent the student body at NAIT – the Executive Council and the Student Senate. Both groups are elected annually to represent their peers to NAIT administration and relevant local, provincial and federal groups.

Each fall, two students from nine program groups within NAIT are elected to sit on the Senate, the governing body of NAITSA. Their responsibilities include approving NAITSA's annual operating and capital budgets, bylaws and any general governance issues that fall outside of the NAITSA Executive Council's scope.

While Senate elections occur early in the first term, NAITSA Executive Director Chris Chelmick says students shouldn't feel intimidated; "You just need to be a person who is willing to commit to being interested in what's going on in the Students' Association."

One of the benefits of participating in NAIT's Student Senate, states Chelmick, is the opportunity to work with Becky Kallal, an esteemed parliamentarian.

"I can't think of a better person to learn board governance from because it's not really a sexy topic but she makes it incredibly interesting and intriguing," he says. The experience is tailored for students at any level of experience and they are able to

learn governance skills as they go through the year.

The student executive is comprised of four student leaders elected each February, the president, vice-president Academic, vice-president External and vice-president Student Services. Eligibility requirements include that candidates must be a full-time or part-time student registered in a regular day program and be in good academic standing.

Working full time, each member of the executive has a unique portfolio of responsibilities that includes organizing services and events for students, gathering feedback from the student body, lobbying and representing NAIT students to the public.

Doris Car, NAITSA president, says that one of the most rewarding parts is helping develop better services and community for NAIT students, "I'm actually happy here to be able to help students to be able to build community and improve and make services better."

Often, she says, students are facing similar problems and NAITSA is able to use what they hear from the student body to develop their directives and initiatives. Facing a challenge as a student? You're probably not alone!

Executive roles are demanding, but Chelmick says that they work hard to pre-

pare candidates right from the moment they pick a nomination package.

"We take a lot more time in preparing those students for those roles before they even submit their nomination forms; we need them to understand how dedicated they need to be to be in those roles. It's a solid commitment for a one year period. But it is an incredible experience that is I would say is universally life changing for everyone that goes on that executive council."

Whether you're interested in running for Senate this fall or thinking ahead to executive elections in the new year, Chelmick encourages students to give it a shot, the roles are designed for interested students to excel in, regardless of their experience.

"It's critical to add some extracurricular stuff to your resume. When you leave NAIT and all you did was get a piece of paper, you're going to be kicking yourself when you're writing your resume to get your first job" he said.

"There are so many opportunities on campus to get involved, whether it be Senate or a governance position, writing for the *Nugget*, being on a sports team or being part of a club. Just do something that shows that you were involved while you were going to school," said Chelmick.

## It's time to Shine!

By **ALAN HOLMES**

What makes you shine?

Every morning, when you walk outside to begin your commute, it can be easy to take that first breath of fresh air for granted. After all, you're busy; you have places to be, things to do, people to see. But for some, that first breath isn't something to be taken lightly. The amount of days that the sun will shine down first thing in the morning, are numbered.

So, what is it that makes you shine?

It is that very question that Shinerama is essentially all about. It's an opportunity for you to spread light into people's lives and to help shed light on a genetic disease, that is (for now) without a cure.

Cystic Fibrosis (CF) is a fatal, inherited disorder affecting children and young adults all across the country. CF has various effects on the body, mainly affecting the lungs and digestive system. Essentially, mucus clogs the small bronchial tubes in the lungs, making it difficult to breathe. The severity of CF varies from person to person but most living with the disorder often succumb to the ongoing infection in their lungs at a young age. According to Cystic Fibrosis Canada, "it is estimated that one in every 3,600 children born in Canada has CF."

Shinerama is intended to combat the disease. In support of Cystic Fibrosis Canada, Shinerama is the largest post-secondary fundraiser across the country, with over 35,000 student volunteers from 50 separate Canadian colleges and universities participating annually.

NAIT students have been participating in the yearly Shinerama fundraiser since 1968. Shinerama activities can include everything from car washes to shoe shining throughout Edmonton.

This year, Shine Day will be taking place on Saturday Sept. 23 from 8 a.m. until 5 p.m. NAITSA is looking for 20 leaders that can recruit nine friends to join Shine Day. All team leaders will receive recognition from Cystic Fibrosis Canada in

Edmonton and NAITSA for their leadership during the fundraiser. As a leader, you will oversee your team to sign up waivers, make sure your team follows the day's schedule, control the funds collected, and most importantly keep your team motivated! NAITSA will recognize the top teams for both online fundraising and cash fundraising.

To register, attend the Shine Leaders meeting on Sept. 20 at 5 p.m., in the CAT Glass Box located on the second floor. This meeting is for Shine Leaders to get to know how the dynamics of Shine Day will work, what their responsibilities will be, as well as locations for the day of.

Get ready to shine! Visit: <https://naitsa.ca/shinerama> for more information.



### The Nugget

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

## Letters

### We want your views

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

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

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

## TECH TALK

# 4K: Behind the pixels ...

By BRYN LIPINSKI

## What Is 4K?

You may have heard the term before, but if you haven't it's pretty simple: 4K literally means 4,000, which comes from the approximately 4,000 pixels across 4K footage. 4K has a pixel count four times the current resolution you're likely familiar with, Full HD. (sometimes called 1080 or HD).

In total, 4K has 8.3 million pixels in each frame. That's a lot of pixels! The only question is, would you use them? In plain video, no. If you're watching 4K video just because it's a higher resolution you will never see every single pixel unless you have a 4K monitor or TV; you may be surprised however, that isn't the most practical approach to 4K recording.

But while the uncompressed video-- which takes up an ungodly amount of space-- is usually useless, there are many more reasons to use 4K. Firstly, greenscreening and special effects function much better in 4K. Secondly, no shot is worthless: if you need to zoom or reduce shakiness in a shot, HD can't be modified without looking pixelated. 4K on the other hand can be modified 4 times as much as 1080, and still look sharp on an HD display. What does that mean in the end? It means content creators can be much more versatile in their shooting methods, because 4K recording allows anybody to make an in-camera shot into something different.

There's one thing you may not have heard yet, and I'd like to mention it before going on: you can own a ready-to-shoot camera capable of recording 4K for under \$600. However, it wasn't always that way.

Ever since early 2003, when the DALSA Cor-

poration redefined the digital cinema world by releasing the first 4K camera, it has been one of the most in-demand facets of film and video production.

Back then, it was the only 4K camera available. It weighed about 40 pounds and the rental cost was \$3,000/day. The camera was not a prototype, it could shoot 4K but the lenses and accessories increased the cost to over \$3,000. I think you see the simple question here: do you really need 4K that badly?

Probably not.

Heck, you could rent out a professional non-4K camera setup for less than \$3,000/day. The simple answer is, it just wasn't worth it. Back in 2003, the support for a digital output was weak.

Now, over a decade later, 4K is much cheaper and widely available. You can outright buy a 4K camera that produces a surprisingly good image, weighs under 500 grams, fully kit it out, and you'd be lucky if you got over \$3000.

Arthur Mah of Alpacalypse Productions was kind enough to answer a few questions. Here's what he thinks of 4K:

**Q: 8K is out now. How do you think that affects 4K and its market?**

A: In my opinion, 8K got released way too quickly, sort of right after 4K was still very new, so I don't foresee the 4K market being that heavily affected, many editors are still acclimatizing to 4K and 8K is just too much right now.

**Q: What do you think the top reason is to use 4K?**

A: It's for image fidelity and maintaining a high dynamic range. If you're planning to display it on a large screen or if it's becoming a serialized series like on Netflix, then obviously you want 4K. As far as a consumer format, most of the time you just need HD, but if you're planning on shooting indie or commercial, or colour grading or modifying many of your shots, definitely 4K has



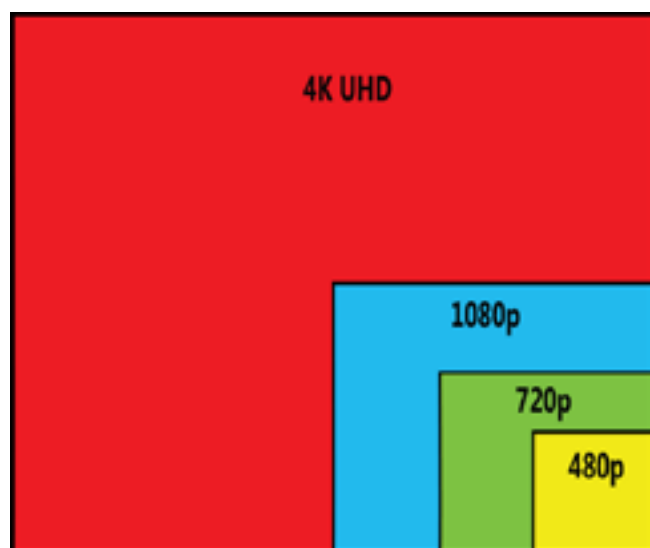
a purpose.

**Q: What is the one thing you think 4K consumers need to know?**

A: I think consumers need to understand how to ingest 4K, so they need to know what specs they need if they're planning on editing and storing 4K. They're like, 'yeah, 4K is great, and it's a higher quality,' but at the same time they usually don't realize that it literally takes up four times the memory.

While lots of improvements have been made in a very short time frame, 4K bring on a big problem – and for many of us starting out it is possibly the biggest trap in the entire industry. People too often misplace the purpose of 4K; they replace camera operator skill and expertise with more megapixels. They substitute truly good filmmaking techniques and in-camera shot value for a higher pixel count. To get ahead of the game, here's a tip: if you're just starting out in the videographer world, don't get caught up in the higher resolutions. Concentrate on production value – how much it looks like you spent – but most of all, concentrate on getting the shot in-camera. That way you will avoid unending work in post production and editing. Ask any videographer: the less post production, the better.

This then leaves creators with one of the biggest unanswered questions in the industry: "How much farther can we go?"



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because space is limited.

Submit a completed application to the Student Engagement Office in O-117 to Michele Parker.

For more information, please e-mail [distinction@nait.ca](mailto:distinction@nait.ca).

The application deadline is Sept. 30.

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# NAIT gives nod to its best

By **BRENDAN COLLINGE**

If you've ever had an instructor or colleague who went above and beyond for their students you'll be happy to know that NAIT recognizes the talent and service of its faculty. The institution promotes the growth of outstanding and excellent instruction through special honours like the Instructional Excellence Award. This annual award is granted to nominated instructors who qualify by demonstrating a few key practices and attitudes when teaching. If you think it sounds like a simple and straightforward process, you couldn't be further from the truth.

## Special committee

The winners of this award are decided by a special committee who evaluate the nominees and send recommendations to the Academic Council. The recommendations are then approved by the council and officially become award winners. It is then the President and CEO of NAIT, or a designate, who announces the winners. Every NAIT instructor is eligible to win and nominations can be made by students, colleagues and by instructors for themselves. What qualifies an instructor to win is no walk in the park. Conditions are different depending on how the instructor is nominated.

## Students involved

Instructors nominated by students must prove to be responsive to individual student learning needs, promote a quality learning environment, show appropriate and innovative teaching methods, demonstrate a thorough knowledge of their subject and model an overall professional attitude. Nominations by peer evaluations must feature a superb reliability, be open to new challenges and show they are co-operative and positive, with a professional behaviour. Self-nominations must hold up to standards of encouraging timeliness, stu-



Supplied photo

**This year's Instructional Excellence Award winners are: top row left to right are Douglas Parsons, Joan MacMillan, Andre Glaser, David Weppeler, Adam Cave, Danny Koretz, Collin Elm. Bottom row left to right: Sue Fitzsimmons (NAIT's Vice-President Academic), Paula McKinley, Michael Weiss, Nicole Forsen, Kevin Shufflebotham (NAIT's Provost).**

dent-faculty contact, co-operation amongst students and active learning. They must show respect for diverse talents and ways of learning, give prompt feedback and communicate high expectations.

Adam Cave is one instructor who proved himself up to these standards. He began teaching at NAIT in January 2016 and now instructs International Business, Selected Topics in Business, Supply Chain Management and Introduction to Marketing. Prior to that, he spent 15 years in South Korea teaching international business and international marketing. He did a PhD in international business, in the city of Busan. Originally from Ottawa, he found himself in Edmonton once back in Canada. He sees the apparent need to engage with students and keep them involved.

"The one thing that kept coming through was the idea of respect.

For me it's fundamental, listening and getting involved and making sure students know what they have to say is valuable," said Cave.

He also showed a deep understanding of what makes an excellent instructor.

"Passion, energy, lots and lots of energy. Really a true respect for the fundamental aspect of what education is which is the journey, the path. It's not the raw memory or repeating the answer to me. It's discovering, looking at things differently and then rediscovering."

He professes a true enthusiasm for the effort and work put into educating. Seeing the impact on his students and seeing them go all the way to submit a nomination for him gave him a truly unique and pleasant feeling.

Douglas Parsons, a self-described recovering junior high teacher, taught overseas for a

number of years and realized his passion was English as a second language. As an advocate for ESL students, he helped teach and run a program that allowed Chinese teachers to be at NAIT for six months to learn English, and Canadian culture. He was brought over to the ESL department to build an English business for strong English speakers who are still not as strong against a Canadian born student.

"We take a look at business words, business idioms, business case studies, teach them how to write a case study. I've been building this program since 2012," Parsons said. "The amount of talent in those students is amazing and all they need is the English language."

He was shocked to receive news of being nominated, yet it validated his practices and gave the

sense that what he's doing is right.

"An excellent instructor is the person who puts the students first. The person who tears up that perfect lesson plan and teaches what the students need at that moment. They're flexible enough to do that and willing to take a risk," he said.

"Because my students are ESL and some of them new to Canada, life, culture and anything can be a teachable moment. If I'm so focused on a preconceived notion on what a class should be like then I miss out on those moments."

If you are interested in nominating an instructor for the Instructional Excellence Award, you can submit nominations online through your MyNAIT student portal, under Student Services. If you have any questions about the award or the nomination process, you can submit questions by e-mailing [instructor.excellence@nait.ca](mailto:instructor.excellence@nait.ca)

# Info clerks needed for student elections

**Duration:** Oct. 10, 4 p.m.-7 p.m.

Oct. 11, 10 a.m.- 2 p.m.

**Compensation:** \$15/hour

• Information clerks are needed Oct. 10 and 11 for the NAITSA student senate election.

• Information clerks must have a strong command of English and have a complete and clear understanding of the democratic election process.

• Info clerks must have a complete understanding of the online

voting process and must be comfortable in providing guidance to students.

• Apply in person at the NAIT Students' Association office, Room E-131 from 8 a.m.-3 p.m.

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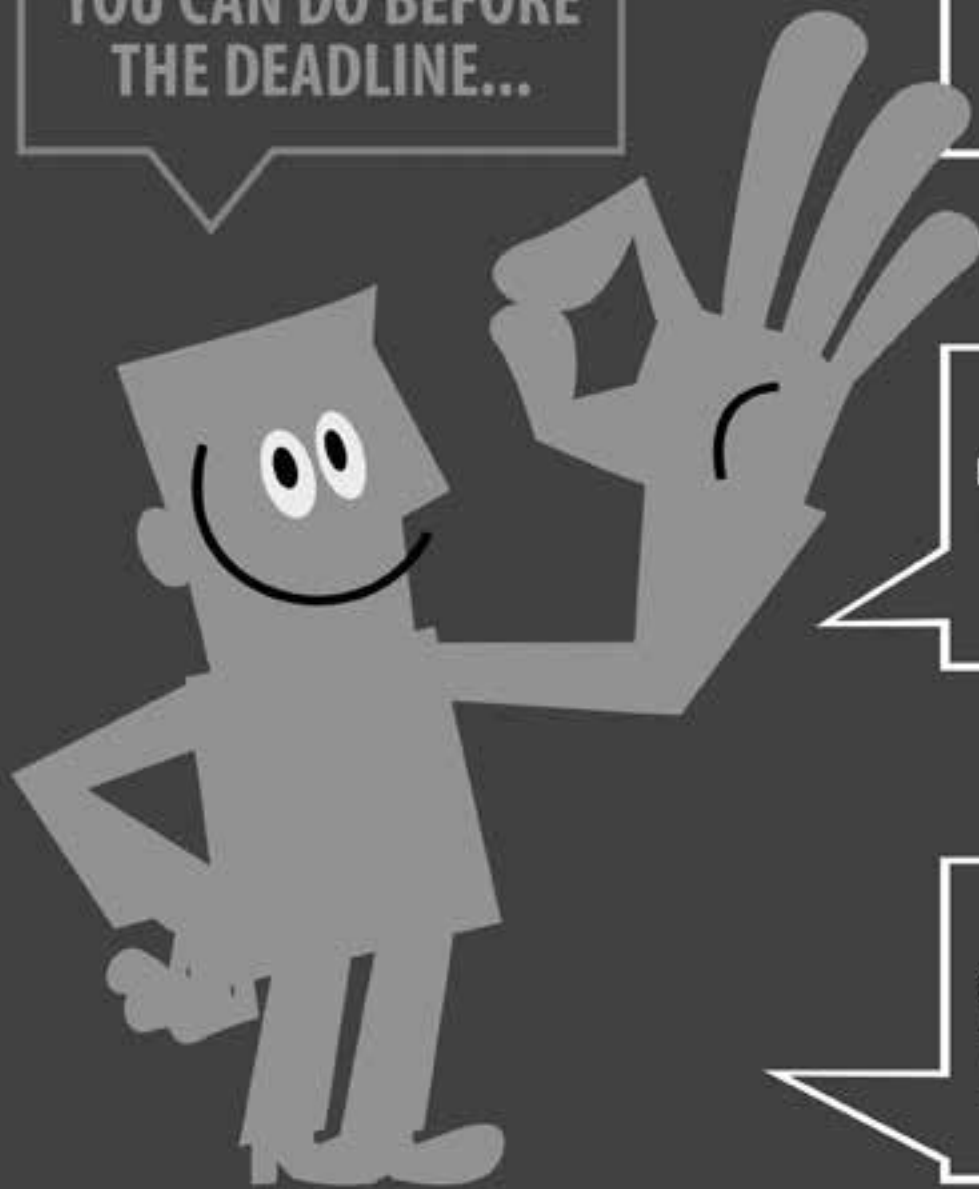
Already have comparable coverage? You can opt out and waive the fees - just go online at [mystudentplan.ca/nait](http://mystudentplan.ca/nait) or visit us in E-131 before the September 29 deadline.

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

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



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

**MORE INFORMATION AT NAITSA SERVICE HUB**

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# OPINION

— Editorial —

## Hillary's not helping



By **MICHAEL MENZIES**  
Senior Editor

The divide between left and right in the political landscape is dangerously wide. A proxy battle rages between the voices that shout loudest and meanest, and not the voices that reflect the average individual. It's the alt-right and the now alt-left. The race inspired clash in Charlottesville, Virginia this summer and the Antifa rallies on U.S. campuses weeks later don't begin to illustrate the atmosphere. It doesn't begin to summarize the vitriol.

### 10 months

It's been 10 months since the United States federal election and it's no coincidence ABC started a new version of *The Gong Show* this summer to level out the news coming from the White House. So in these tumultuous times, nothing would help guide the collective consciousness to reason more than a level-headed voice. Someone to bridge the gap between the radicals on both right and left. However, that voice isn't Hillary Clinton's.

Clinton's book *What Happened* hit shelves last Tuesday to lukewarm coverage. Although I haven't read it, nor want to, *What Happened* has been called everything from a 'hubristic memoir' to 'cautiously diaristic' in *The Guardian* and *The Atlantic*. The book appears to be ground zero for Clinton's post-election crusade alleging that she was robbed of the presidency. It was her presidency and it was taken from her.

### Many to blame

Hillary has made it quite clear who's to blame. Donald Trump, James Comey, Vladimir Putin, Wikileaks, the electoral system, Bernie Sanders, the right-wing media, mainstream media, the Democratic Party, Facebook, women, twitterbots, Netflix and her plain old honesty. This isn't a joke. The *Daily Wire* collected many of these quotes back in June laying out the near 40 scapegoats Clinton has used since November. Her book touches on many of these conspirators, including many statements about how fellow progressive Bernie Sanders hurt her campaign by lumping her in with the Wall Street politicians. It's almost like Sanders was running against her or something.

Comedy aside, someone as smart as Hillary Clinton should be, should recognize that maybe the reason she didn't win the presidency was because she isn't very likeable or trustworthy. It's a similar problem she had in 2008 during the Democratic primary and one that's grown since

her time as First Lady. Clinton was not an unknown person before the election. Norm MacDonald was doing jokes about her character and habitual lying on *Weekend Update* back in the '90s. The public has known her for two decades and probably didn't want to do deal with her anymore.

Not surprisingly, Trump hasn't been a good president. However, Clinton is not the voice Americans or those emotionally invested in Canada need to hear. That's the problem: the Democratic Party is not resonating with many people. Clinton points to this during an interview on CBS *This Morning* two weeks ago. She feels it was a mistake not playing to the anger and emotions of supposedly pissed off white people, which may be true to some extent. Maybe she should've appealed to the "White Anger" as it's been called if she just wanted to win. But what many people are finding caustic about Trump is the constant blame he passes out for errors — a clear sign of poor leadership. Why his base tolerates it and even enjoys it is because many on the left are doing the same — blaming people for other people's problems. That blame game is too popular and stops positive growth.

Those in the middle trying to make sense of the political mess have nowhere to pivot when Clinton makes these statements in the same vein as Trump. This type of scapegoating is what turns many people away from liberals when looking to escape Trump hysteria. It's an us versus them mentality at all costs. Nowhere is it worse than in Clinton's criticism of white women for not standing in solidarity like they did in the women's marches. The assumption seems that because Clinton is a woman she should've cleaned up the female vote. Truthfully, people act as individuals more than they act as part of a collective identity.

I'm not suggesting, like others are, that Hillary should go off quietly into the night but taking responsibility for one's actions and reconciling with them is the only way out of this mess. In the grand scheme, Clinton's book and publicity is self-serving and nothing more. Worse, it's the type of rhetoric Americans are sick of hearing and could help Trump become re-elected in 2020.

The cycle of spite grows deeper and deeper. The only way out now is truth and responsibility, otherwise the left and right will pull farther and farther apart.



CNN.com

Hillary Clinton during her concession speech.

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# SPORTS

## SOCCER

The NAIT Oaks women's soccer team works out at practice recently.



Photo by Tim Potter

# Women, men start well

By MATT WOZNIAK

School is back in session at NAIT, which also means that another season of Oaks soccer has dawned once more. Big things are in store for both the men's and women's teams as they look to secure championships after strong campaigns last year.

The women got off to a good start with wins over Augustana (7-0) on Sept. 9 and King's (6-0) on Sept. 16.

The main focus for the women is simple – work hard and the results will come.

“Expectations are that we are going to work hard every game,” said head coach Carole Holt. “We set some goals at the beginning of the season, the coaching staff did, in terms of what we want to achieve and we were pretty specific in terms of effort, which is something we are not going to negotiate. It's going to be 100 per cent effort at all times. Players have to be prepared to make mistakes and we're OK with that as long as they're working hard and trying new things,” she said.

“I think we're just going to be good teammates and, if we do those things, the

results will look after themselves.”

Star keeper Kailey Harder will be missing from the team this year but the coaching staff hopes to have her back next year.

Meanwhile, it's up to newcomers Renee Chattargoan and Ashley Chaput to hold the fort.

“We have two new goalies that have done really well so far,” said Holt.

“I think they're just going to be fine for us. We don't know who's No. 1 or No. 2 just yet. We'll just have to wait and see.”

After having such a strong season last year, the women look to take the next step and secure a national championship after falling just short in the previous campaign.

Going undefeated in the conference is no easy feat and the ladies were able to achieve it with a 9-0-1 record.

“If we're fit and able to work hard we'll be able to compete in every game,” said Holt.

One of the more interesting stats from last season was the fact the Oaks only allowed five goals. If the defence can be rock solid again, they'll be contending for

a national championship.

On the men's side, things are a little different, considering they've added 15 new recruits. Despite that, they managed to win their first two matches, 4-1 over Augustana on Sept. 9 and 2-0 over King's on Sept. 16.

Head coach Charles O'Toole is waiting to see how the newcomers will stack up over the season.

“We have 15 newcomers and they all bring individual talents. It's just a matter of blending that talent with the chemistry of the team and hopefully that pans out over the nine remaining games,” O'Toole said.

It's important to note that the squad only has five returning players. O'Toole believes their experience can influence the rookies.

“We're getting five returning players, so their experience with being with us for one, possibly two years already and bringing in our talented new rookies we expect to at least finish in the top two.”

The coach is confident in his roster and expects a high finish from his boys

“Obviously, [the aim is] to finish in the

top two, three if we have to, and get back to the national championships and hopefully with a provincial title behind us.”

It'll be very exciting to see how much of an impact the new rookies can have and how fast they can gel. Chemistry will have to be one of the major factors this season, especially with all of the new faces on the roster.

Last season, the men finished strong in the conference with an 8-2-0 record – only three points behind King's College which finished first in the conference.

It should be an exciting season ahead for both the women and men as they both look to achieve a spot at nationals. If each team manages to make it to the national championships that would also mean at least two provincial titles from both squads.

NAIT is known for having excellent and successful soccer teams and this season should be no different. With hard work and consistency, we can definitely expect a strong campaign from both squads. The belief is there and now it's just a matter of applying it.



## WOMEN'S BASKETBALL

# An example for all

By PETER GO

When I first arrived at NAIT, I, like most had no idea what an Ook was. I ended up asking around, doing some research and coming to the conclusion that an Ook was short for Ookpik.

An Ookpik is a “snowy owl” or an “arctic owl,” so I looked up characteristics of owls to see how they would translate to our own athletes. What I found was that owls, in general, are confident, fearless, have a calm intensity, tremendous vision, specialize in long distance hunting and they are silent killers.

When you first read that list, you’re probably saying, “OK, what’s your point?” My point is that those are also characteristics of NAIT Ooks’ five-foot-six basketball guard, Leah Vandenboogaard.

Leah is from Edmonton and has been on the Ooks roster since 2015 when she won the Marci Cooper Rookie of the year award. Since her rookie campaign, Leah has grown as a player by building more confidence on the court and is fearless,

especially when she drives to the bucket. Leah has excellent vision on the court and that is one of the reasons why she is one of the best guards in the ACAC. She is also very capable of making a three-point shot. Her range has improved dramatically since she first started. She has become a specialist from long distance, shooting 46.3 per cent from beyond the arc. Leaving her open from beyond the arc is not the best idea.

Leah has a calm intensity about her when it’s game time, something she attributes to her older sister Jenna. Leah would not be the player she is today if it weren’t for Jenna, and probably wouldn’t even be a basketball player. If Leah had not watched Jenna play basketball when they were younger, she would never have been introduced to the game that she still loves. Now she is a silent killer and she thanks her sister for that.

When I asked former Ooks player and newly graduated Torey Hill about Leah she said, “Leah is a great leader on and off the court. She listens to her

teammates and what they have to say, but if you ever need someone off the court just to talk to, she is also there to listen.”

That says a lot coming from a former teammate and it only cements Leah’s status as a leader. Leah was once a rookie, she knows how it feels. It is intimidating, and she knows that a responsibility of being a leader is making everyone feel comfortable so they can play to their full potential. That is exactly what Leah does. She is demanding but fair and aggressive when she needs to be. She constantly motivates and inspires her teammates to gain the most out of the situation, whether it be on the court or off.

This is the type of leader that Leah is, and it is that leadership that the team hopes will bring the Ooks back to the playoffs, where they barely missed out on back to back Nationals bronze medals.

Off the court, Leah is just like any other student. She likes summer, candy and ice caps. She enjoys movies more than TV shows, loves dogs and would



Leah Vandenboogaard

rather have a puppy sized elephant than an elephant-sized puppy (sorry Clifford). She also is a firm believer in the deletion of pineapple on pizza.

Vandenboogaard is fun, confident, motivated, fearless and is overall an awesome person. She is a great representative for what an Ook should be.



Leah Vandenboogaard in a game last year.

Photo by NAIT Athletics

## Athletes of the week

September 11-17

### Alana Mawhinney Women's Soccer



The NAIT Ooks women’s soccer team won their second game of the season against The Kings University Eagles in their only game this past weekend. Alana Mawhinney was dominant, scoring a hat-trick in a 6-0 victory. “Alana has come into this season very determined to win a starting position,” said head coach Carole Holt “Her work ethic is unreal and the three goals she scored this past weekend came from three very different plays, which demonstrates her versatility.” Alana is a second-year Biological Science student from Edmonton.

### Julian Gonzalez Men's Soccer



The NAIT Ooks men’s soccer team won their second game of the season with a 2-0 victory over The King’s University Eagles in their only game this past weekend. Julian Gonzalez was a key factor in his team’s success, showing his experience and playing outstanding on both ends of the field. “Julian had a great performance against King’s on Saturday,” said head coach Charles O’Toole. “He showed his ability to neutralize their offence threat and limited King’s ability to produce any offence through his hard work and well timed tackles.” Julian is a fifth-year Power Engineering student from Ardrossan.

## EXHIBITION HOCKEY

# ACAC shows its stuff

By JAKE WOODS

The Oilers rookies – a team of Edmonton Oilers draft picks, free agents recently signed by the Oilers or their minor league affiliate the Bakersfield Condors, and other top prospects – have been an equation.

An equation that similar teams filled with the top prospects from the Calgary Flames, Vancouver Canucks, and Winnipeg Jets, couldn't solve. This has been established as a common occurrence at the annual Young Stars Classic held in Penticton, B.C., where the Oilers rookies are 10-0-2 over the past four years.

When you factor in the Oilers rookies' three straight wins over the University of Alberta Golden Bears men's hockey team in their yearly classic, it's been four years and 15 games since an incarnation of the Oilers rookies have lost a game in regulation. However, the equation that the NHL prospects and CIS champions couldn't crack was finally solved by an all-star team of the top men's hockey players from the NAIT Oaks and MacEwan Griffins in a game on Sept. 13 at Rogers Place which they won 2-0.

This ACAC all-star team, referred to online as the GrifOoks, was only months removed from an emotional championship game in which the MacEwan Griffins defeated the first-place NAIT Oaks 4-3 in over-

time to become ACAC champions.

When asked about this, NAIT player Thomas Foster said: "It's a new season and that's over with ... There wasn't any tension and we came together as a group pretty fast."

The game began slowly as both teams looked to feel each other out and choose a pace for the game. The GrifOoks attacked first, taking an early lead in shots before NAIT centre Foster scored on a solo effort after beating an Oil rookies defenceman wide with his speed and chipping the puck past goalie Dylan Wells almost 10 minutes into the first.

From there on, it was all Oilers Rookies on the attack. Sensational play from MacEwan goalie Marc-Olivier Daigle, including a massive save on Young Stars Classic leading point scorer Chad Butcher with 0:38 remaining in the first period. This kept the GrifOoks ahead 1-0 until the midpoint of the game when both teams switched out their starting goaltenders for their

closers.

For the NAIT/MacEwan allstars, this meant putting in Ook Nathan Park, who only started two games for NAIT last season. Park was nothing less than the star of the show, stopping 30 shots over his 30 minutes in net, including several sprawling saves to keep the Oil rookies off the scoresheet.

NAIT forward Jarid Hauptman finished off a two-on-one to extend the GrifOoks lead to two with only

2:31 left on the clock. For the final 151 seconds of the game, Park stood tall to complete the shutout for the NAIT/MacEwan all-stars despite the Oilers rookies outshooting them 49-19.

When asked about his thoughts post-game, Oilers

2015 fourth-round draft pick Caleb Jones had this to say: "I thought we played well, we ran into a couple of hot goaltenders ... that whole team worked hard. It was a tough night, we tried to bear down there in the third but it just didn't happen."

His thoughts were echoed by goaltender Dylan Wells.

"Those guys came ready to work. They were grinding and stuck to their game plan"

From here the Oilers rookies either moved to the Oilers main roster camp or were released from their tryouts to return to their junior teams or seek a contract elsewhere. The NAIT/

MacEwan all-stars will set their new found friendships aside and return to competition against each other in pursuit of the 2017/18 ACAC championship.

When asked if he saw this game as a statement to the rest of the ACAC, Foster replied, "It's a new season. There's plenty of great players in the ACAC who would've loved to play in that game too... we're just excited to get the season going"



**Ook goalie Nathan Park**



**Oiler rookie Caleb Jones**



The Oilers rookies and the NAIT Oaks-MacEwan Griffins all-stars pose for a picture before their game at Rogers Place.

Supplied photo



## COACH PROFILE

# Looking ahead with optimism

By TRE LOPUSHINSKY

Hockey season is right around the corner and men's hockey coach Tim Fragle is gearing up for his second season at the helm of the club.

In his first season as head coach, Fragle received an ACAC head coach of the year honour, a first ranked team coming out of the regular season and a silver medal in the 2016 ACAC championships.

This isn't Fragle's first run at leading a hockey squad with veteran experience. His background includes eight years as both GM and head coach of the AJHL Sherwood Park Crusaders, 13 years as associate director of Vimy Ridge Academy and also, in 2015, head coach of Team Canada West, which won a gold medal Junior A championship. This coach knows what he's doing.

Fragle is a NAIT alumnus who graduated with a Business Management diploma. While attending NAIT, he captained the Oaks for two seasons.

"The difference in coaching between when I played and now is communication," Fragle said recently.

He and his staff communicate with players not only about hockey but education and help give them the resources to succeed. Players get individual sessions with the coaching staff to hear feedback on their positives and negatives on the ice. This opens up opportunities for them to get better.

This season mimics last season as the Oaks have a bunch of new faces – 12 returning and 14 new players.

"The turnover is huge," says Fragle with a laugh. "Now we add more depth to

the team."

After such a successful first season with the Oaks, what else does coach Fragle look to accomplish? Redemption against the MacEwan Griffins?

"When you don't win, it's for a reason. You have to go back to the drawing board and fix what went wrong with the team," he said with a zen approach.

Fragle started his first season with a whole new roster of Oaks players. At the start of the year, the playoffs were not a part of the picture, yet with talented players and a veteran coach, this team turned into a powerhouse in the ACAC.

Even with such achievements and a relaxed approach, the coach wants to win and so does his team.

"Those overtime losses in the finals sucked," he said. "Those games could have gone either way. That was the toughest loss of my career." With the sting of not grabbing that brass ring (or gold) it looks like Fragle and the Oaks will be looking to add another banner to the rafters at NAIT.

The Oaks regular season starts away on Oct. 6 against the Augustana Vikings. Sept. 13 saw the Oaks pause in their preparation for the regular season as 10 of their best players joined forces with 10 members of the rival MacEwan squad to face off against the Oilers rookies in an exhibition game. The game ended in a 2-0 upset victory for the Edmonton post-secondary all-stars. Those two goals were scored by NAIT's Thomas Foster and Jarid Hauptman.

"This helped the program build relationships for years to come," stated Fragle.



Photo by Tim Potter

Tim Fragle

The hockey program is moving in a positive direction with an experienced hockey veteran as the head coach.

If you have never seen a NAIT Oaks game, make sure you don't miss the action this year.

## MMA

# Ground and pound on calories

By TRE LOPUSHINSKY

I can't be the only person at NAIT that is still jonesing after Edmonton's first UFC event a couple weeks ago? I can't be the only one fantasizing about walking to the octagon to your favourite Metallica song, minutes before pummeling some person for competition? Well, maybe not the last one but I know there are some people out there that have always wanted to try their hands at MMA training. This may not even be to compete. It may just be a way of doing something you enjoy to stay healthy or lose weight. Well if you're one of those people, here are some health benefits to training MMA.



123RF.com

## Health Benefits:

**Total body workout:** Now this isn't like your normal workout. We aren't just hitting the dumbbells here.

You get a cardio and strength training workout, all in one. MMA is a high intensity workout that can benefit you greatly over time. Take that treadmill!

**Co-ordination:** MMA is sport that uses every facet of the body. When fighting an opponent, you will use a mixture of jabs, kicks, punches and other movements that all need to come together on a target nicely to do any damage (even if it's just a punching bag). Using your body well, including judging things like timing and distance to deal and dodge blows, is hard when you don't have co-ordination to start with. Now,

imagine what you can achieve after training like that!

**Flexibility:** Grappling is a major part of MMA. When training your grappling skills, it may help you more with your passive flexibility. Active training, like stretching in general, can help you make sure you don't pull muscles, sustain fractures or create any other mobility issues.

**Happier you:** As generic as it is to say staying active will make you feel better about yourself, it's true. Imagine after a certain amount of time training MMA, you see your body changing, your eating habits change, you can move around life better and you just learned one of the most popular sports in the world.

If you would like to feel some of these health benefits, there are places in Edmonton that train in MMA. Kamikaze Punishment Foundation, Frank Lee's Muay Thai Kickboxing, Edmonton MMA and UFC Gym are some. This is a sport where it doesn't matter about your age, health or sex; it's about doing something fun and reaping the rewards from that. I mean, why not let off some steam from all the book work or maybe you just want to punch some stuff after watching UFC 215.

# ENTERTAINMENT

## Nest Fest 2017 a blast

By **SETH HENNIG**

If you have been paying attention around campus for the last few weeks, you will know that Nest Fest happened last Friday night. The event ran for 12 hours and finished on a high note with an incredible performance from Tim Hicks. Whether you like motocross, comedy or live music, there was something for everyone.

When I arrived at Nest Fest I could tell exactly what kind of day it was going to be. The energy was high as the sound checks rang from the stage speakers. A group of students had set up on the grass close to the stage with lawn chairs and inflatable loungers. The beer gardens were alive as students and friends enjoyed drinks while waiting for their turn on the inflatable games.

Before I was able to exchange my first drink ticket I was taken aback by a high flying Monster Energy FMX rider soaring through the air. I knew that the riders were going to be doing

demonstrations during the day but I was not prepared for the level of showmanship they were producing. Giant ramps and jumps lined the south-east part of the CAT quad where the riders were showing off their moves. Between the riders and the free energy drinks, Monster had a huge part in making Nest Fest a success.

The music for the day was an exciting lineup. With The Be Easy's set to play first, followed by The Boom Booms, Royal Tusk and Tim Hicks, I was able to talk to a few of the members of the Edmonton based Royal Tusk about their

music. I asked the band what the band has changed since their first album, *Mountain*, was released.

"A lot of personnel changes," said Sandy Mackinnon, the band's bassist. "We have actually solidified a lineup now that is Royal Tusk and with that the sound has changed." Sandy and the drummer Calen Stuckel told me the band was in the final stages of writing a new album, and should be releasing a new single by the end of the year.

All of the performances throughout the day were incredible. The music sounded great, and our special guest

emcees were a personal favourite. John Dunsworth and Patrick Roach, better known as Mr. Lahey and Randy from the Canadian comedy show *The Trailer Park Boys* put on a charismatic and hilarious show. Keeping the crowds entertained between acts, and even putting on a few of their own.

Headliner Tim Hicks was the highlight of the night for many. The ones that stayed all day were rewarded with an unforgettable performance from the Ontario-born country star. High energy country music mixed with an audience interaction-heavy show made the cold September night a little warmer. The cherry on top was when Tim pulled the NAIT Ook on stage and took a selfie with him and the audience.

With hundreds of student and friends showing up to have a good time, Nest Fest was a qualified success. The only real drawback from an event as fun as this is the knowledge that we will have to wait another year to see it again.



**Tim Hicks**

## SEPTEMBER EVENT LIST

**AUGUST 21 - SEPTEMBER 15 | U-PASS PICK UP**

**AUGUST 31-SEPTEMBER 1 | NAIT ORIENTATION**

**5 | FREE FOOD: SOUCH CAMPUS**

**6 | PANCAKE SUNDAE BAR**

**7 | PANCAKE SUNDAE BAR**

**7 | NEST NIGHT: WE'VE GOT GAME**

**8 | AMAZING RACE**

**11 | FREE FOOD: EVENING STUDENTS**

**12 | FREE FOOD: PATRICIA CAMPUS**

**14 | NEST NIGHT: TRIVIA**

**15 | NEST FEST FEATURING TIM HICKS**

**19 | FREE FOOD: INSULATOR CAMPUS**

**20 | WELLNESS WEDNESDAY**

**20 | BLOOD DONOR CLINIC**

**21 | NEST NIGHT: CARDS AGAINST HUMANITY**

**23 | SHINERAMA**

**25 | ART AFTER DARK**

**26 | HOW TO: CANOE**

**28 | NEST NIGHT: MUSIC BINGO**

**SEPTEMBER 30 - OCTOBER 1 | CLUB RETREAT**

**25 | SENATE NOMINATIONS CLOSE**

**25 | SENATE CANDIDATE MANDATORY MEETING**

**29 | HEALTH & DENTAL OPT OUT/IN DEADLINE**

**29 | U-PASS EXEMPTION DEADLINE**

**NAITSA CLOSURES**

**4 | LABOUR DAY**

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



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FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By NIKITA ELENIKAK

This playlist highlights some of Canada's most influential bands, as well as some lesser known Canadian music. Some of the songs in this list touch on more serious issues, specifically mental illness, which is fitting as we lead into mental health awareness week.

Music provides a great platform for artists to bring awareness to both current events and mental health. "Juliette," by Hollerado, provides insight into optimism in the face of death. JPNSGRRLS' "Brandon," memorializes Brandon Teena, a transgender man who was murdered. "Flawed Design,"

by Stabulo, talks about the flaws of humanity and depression.

These specific songs are examples of Canadian bands using their platform and notoriety to bring awareness to serious issues. While other songs on this list are included solely for enjoyment and entertainment, they still present a case for the continuation of the support of Canadian music.

The Tragically Hip started as a tiny band in Kingston, Ontario and became the super group they are today. July Talk met in a dingy hole-in-the-wall bar in Toronto and continued on to open for the likes of Red Hot Chili Peppers, Against Me! and Spoon. Billy Talent began as a band for a high school talent contest in Mississauga, Ontario. All of these bands began in small markets and, if they had no support, they wouldn't have been able to develop into the well known and loved bands of today. So, give it a try. Go out of your way to find bands that are Canadian or even from local communities, such as the Edmonton band Royal Tusk. Check out local music venues like



Duncan Rawlinson

the Needle Vinyl Tavern, the Starlite Room and the Sewing Machine Factory. This playlist features an eclectic mix of genres, from pop to rock to alternative – presenting an example of Canadian music for everyone to enjoy. Press play on some great Canadian bands.

1. Juliette – Hollerado
2. Brandon – JPNSGRRLS
3. Smoke Rings – Royal Tusk
4. Flawed Design – Stabulo
5. You Oughta Know

- Alanis Morissette
6. In Too Deep – Sum 41
7. Line & Sinkers – Billy Talent
8. I'm An Adult Now  
– The Pursuit of Happiness
9. Underwhelmed – Sloan
10. New Orleans Is Sinking  
– The Tragically Hip
11. Paper Girl – July Talk
12. Leather Jacket – The Arkells
13. One Week  
– Barenaked Ladies
14. Miniskirt – Braids

## NEST TAPHOUSE GRILL

# WEEKLY SPECIALS

### FOOD SPECIALS

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

**TUESDAY** | \$1.00 off 8" Signature Pizza

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

**THURSDAY\*** | \$7.00 Pepperoni Pizza Bites

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

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

### DRINK SPECIALS

DAILY \$4.50 BRO-tini

**MONDAY** | \$5.00 Off Bottle Wine

**TUESDAY** | \$5.00 1oz Crushed Ice Cocktails

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

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

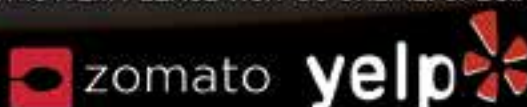
**FRIDAY** | \$4.50 Domestic Bottles

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

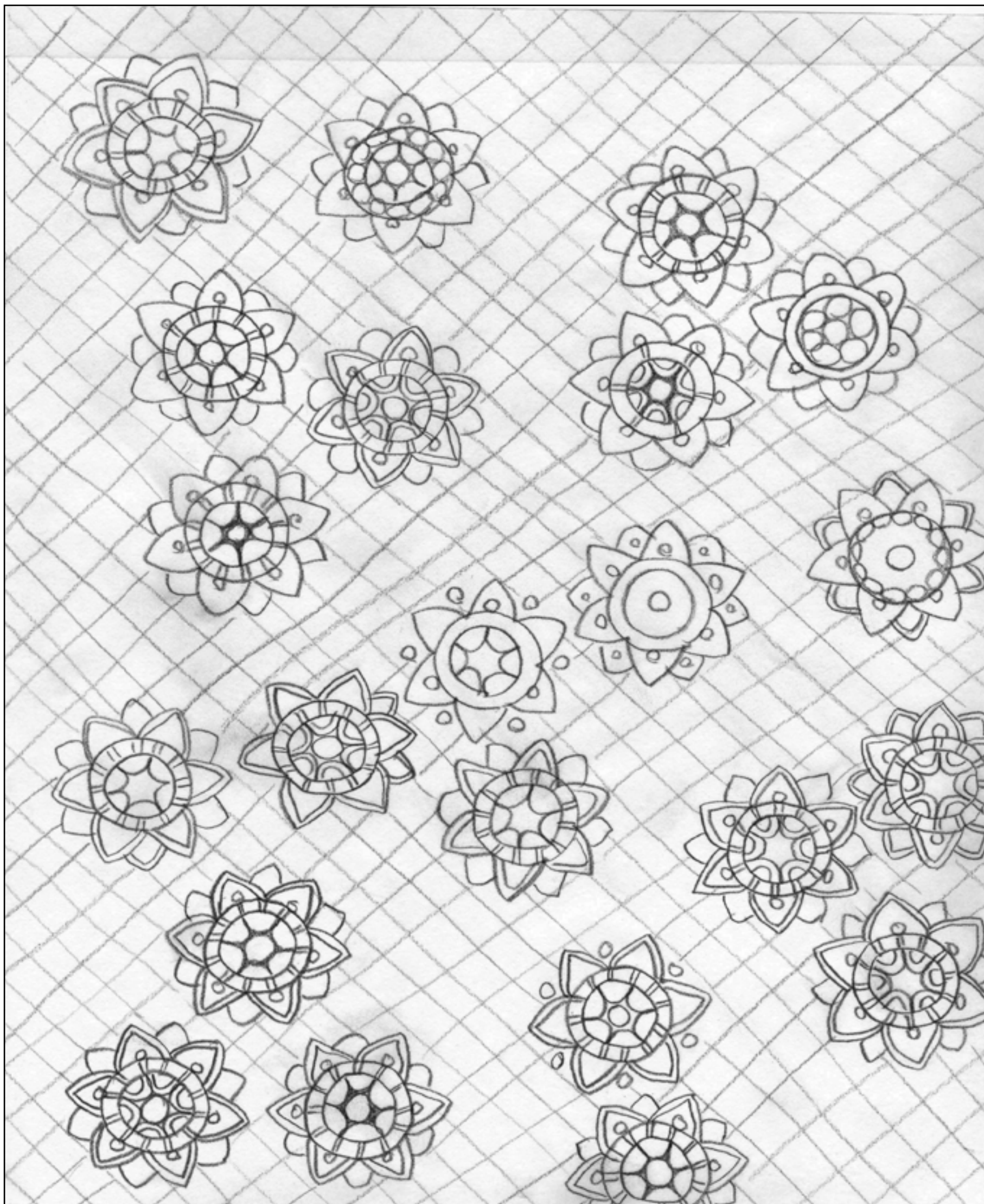


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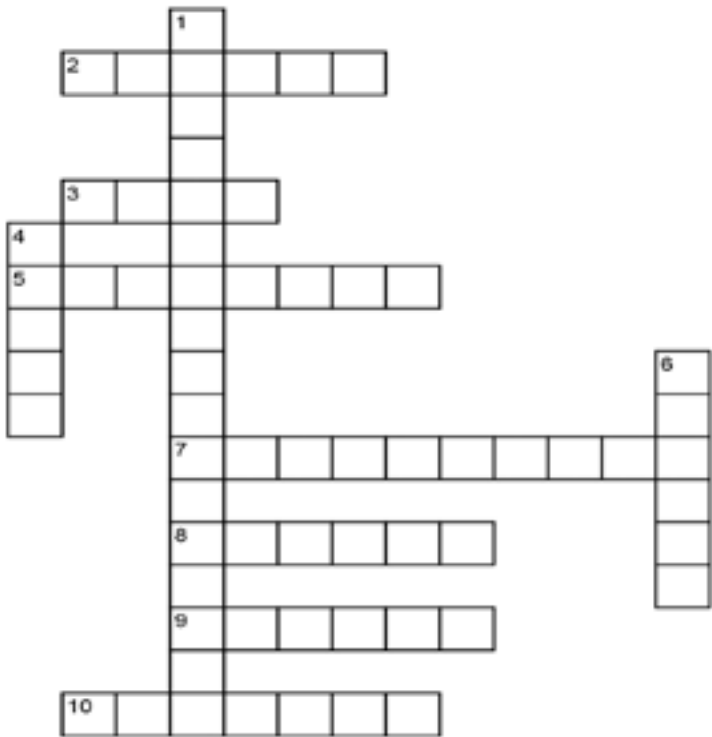


*Colouring is the newest trend that has some major positive impacts. It has been found to reduce stress and anxiety, it rests the fear centre of the mind, and teaches us how to focus in this sometimes over stimulating world!*  
*Colour this picture, take a picture, share it with us online and be entered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





CROSSWORD PUZZLE



Across

- 2 Butternut, acorn, spaghetti, zucchini, game played with raquets
- 3 Tool commonly used during the season
- 5 Corny place to get lost
- 7 Horn of plenty
- 8 You'll start wearing more of these
- 9 Upcoming holiday bird
- 10 Canadian football championship game

Down

- 1 Drink that typically launches September 1
- 4 Your grandma might knit you one
- 6 Things that crunch underfoot

Results on page 26

A film tribute to Semenko

By JORY PROFT

On Tuesday, Sept. 12 the Rec Room in South Common played host to a screening of the acclaimed documentary *Ice Guardians*. While the film paid tribute to many of hockey’s great enforcers, this event was held in honour of one particular player – the late Dave Semenko. As the film featured interviews from Semenko himself, producer Adam Scorgie believed that holding this screening was well deserved for the enforcer and his Edmonton fans. When asked about his inspiration for hosting the function, Scorgie stated: “I had just spent some quality time with Dave doing a screening in St. Louis and we flew home together [before his death].”

Originally, the producer had planned to donate the

proceeds of the Edmonton event to the Oilers alumni but after Semenko’s passing, Scorgie aimed to donate it to his family. Later, the parties came to a consensus to award the proceeds to the Edmonton Inner City Kids program instead.

With both an excellent film and cause to support, hockey fans and film lovers alike showed up to celebrate Semenko’s career. Also in attendance was ex-Oiler Ron Low and current left winger Milan Lucic. Following the viewing, Low and Lucic were featured as guests for a Q&A session. Questions ranged from the specifics of the film to the players’ hockey careers to hot button issues in today’s NHL.

Representing Semenko’s family at the event was his son, Jason.

“I am so proud of my dad ... And [we just have] a love for the city and how they treat him and respect him,” he said.

These were just a few of the comments Jason Semenko made about what the event meant to his family. Although he had already watched the film, Jason had nothing but positive remarks about *Ice Guardians* and the event. Similar to the film, Jason Semenko shared his belief that enforcers have not been fairly portrayed in the media.

“The media blows them out of proportion,” he said.

Moving forward, Jason hopes that this film can create a more positive view of hockey enforcers. He also “hopes to open up a lot of eyes and make them see what actually goes on and say ‘hey they got a point’.” The biggest component that Jason wished more people realized about Dave was how dedicated to the fans and how generous he was. Jason recalled when they would be out as a family and his father would always take time out to sign autographs and deal with fans.

Producer Scorgie also felt that the screening went exceptionally well.

“Semenko was what made me love the game,” he said.

This statement by Scorgie was on full display on Tuesday as the film and viewing party paid great tribute to Semenko. The idea for this documentary was largely influenced by the passion and commitment that players like Semenko had for the game.

At one point, this event may have never happened because Semenko almost did not participate in the interviews to begin with.

“Dave had no regrets about his career,” Scorgie said. “The reason he was hesitant about doing interviews, like many other guys, was because the other times that they had gone to the media, the media had really ridiculed them and said that they ‘don’t belong and were dummies and were ruining the game’.”

Once the word had gotten out about how respectful and unbiased the interviewers were – Semenko agreed.

The consensus at the event was that everyone was extremely proud of the film and the way enforcers were portrayed. Keep your eyes out for *Ice Guardians* on iTunes, Amazon Video and Netflix in the near future.



Fans gather for the screening of *Ice Guardians*.

Photo by Tim Potter

# NEST FEST



Two energetic competitors, left, take a stab at the bungee run at Nest Fest. From top right, the CAT crew on the lawn in the CAT quarter, bottom left, take in the sights, which include music, cross acrobatics and more. Daniel Carriere, lower right.

Photo by Tim Potter



Photo by Tim Potter





Photo by Vincent Lau

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Photo by Tim Potter

# The Style Files



Photo by Kara Crest

## Regan McCann Business Administration, Marketing

*I first spotted Regan in the CAT Building, relaxing after a big presentation in her marketing class. I was drawn in by her elegance and high fashion look. Head to toe tailored in what I could consider fashion business attire that she had purchased just the day before.*

**Tell us about your outfit today:** I am wearing a loose fitting, yet high waisted pant, with a tight fitting long sleeve shirt that has a V-neck neckline and a pair of classic pearl earrings that are encircled with crystals.

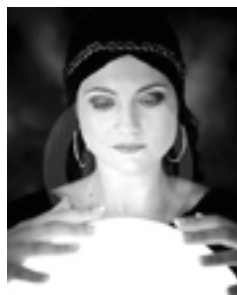
**Tell us about your style:** I don't really wear leggings a lot. I will usually wear a big sweater dress with tights and a pair of high boots. This is also my go-to outfit that I always feel good in. I also wear a big sweater and have my pants a little bit tighter so everything is not too big and then boots, a lot of boots, since winter is coming.

**Where can other students find outfits like yours?:** I love shopping at Aritzia, as it is where almost everything I'm wearing is from today. Zara's is another really good go-to. I would also suggest H&M if you're looking for the classics but mostly Aritzia.

**What does your style mean to you?:** I am a super organized person, so I would say I dress pretty tailored so that I can leave every morning and feel good and confident in what I'm wearing. I believe that your style represents who you are and what you wish to reflect to the people who are meeting you every day.

THE NUGGET PRESENTS:

# HOROSCOPES



## MADAME O

### Sept. 21-Oct. 4

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

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

You may feel a strong attachment to the past, but don't allow that to prevent you from moving forward.

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

This is a good week for you to play it safe, avoid risks and

temptations.

### Aries (March 21-April 19)

This is your lucky week. Follow your heart and be prepared to take an extra risk!

### Taurus (April 20-May 20)

This week you may feel more confident than usual. Embrace it and be direct in all of your encounters!

### Gemini (May 22-June 21)

Let your humour and positive personality carry you this week, it will get you through any lows you're having and possibly make you a new friend.

### Cancer (June 22-July 22)

You've either recently been betrayed by a close friend... or you're about to be! Keep a watchful eye on those closest to you!

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

This is a good week for you to

pursue matters of the heart. Consider taking relationships to the next level.

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

You can expect some mood swings this week. It's best to avoid making major decisions about your career or love life this week.

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

You must first be who you really are, then take the necessary actions in order to have what you really want.

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

This may be a hectic week for you, taking time to allow things to calm down before attempting to straighten them out will help you in the long run.

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

There will be many obstacles and challenges in your way this week but worry not because your positive attitude will break all barriers.

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

RUN! FAST! NOW!

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## THROWBACK THURSDAY

# Chillin' through the decades



By SHEENA DUKEWICH

At NAIT, students have always been great at balancing academics and social life. With the creation of the new CAT Building and the renovated study pods, you can always spot a number of students in the area having a good time. From watching YouTube videos, taking snapchats or just good old fashioned laughing, NAIT students seem to have a good handle at relaxing and unwinding from the hard work of classes.

Before the CAT Building, there was the Nest. The Nest is still very popular, in fact, it's sometimes hard to find a table during lunch. The Nest, with the number of events and activities sponsored by NAITSA, is still a very busy and loved place. But what about before? What did NAIT students do before all the great free WiFi in the CAT Building? Or the amazing food and drinks at the Nest?

Where did our parents relax? Where did the original Ooks party? Well, in 1976, the best place to be at NAIT was the Games Room! This room was located on the basement floor and included a jukebox, a pool table, video games and yes, even a bowling alley. That's right! In this Throwback Thursday we are looking back at pre-Nest, pre-WiFi fun at the NAIT Games Room.

In an interview with a NAIT 1976 graduate, they said there were really only two places to hang out on campus. The hottest places to be were the eighth floor in the Business Tower or the basement Games Room. Often, there was a number of students up on the eighth floor, along with a jukebox and even a foosball table. Students often hung out, played cards and relaxed. According to our 1976 graduate, "the cool kids would be in the Games Room." However, no student would ever be turned away. As

long as you had your NAIT ID, you were welcome.

The NAIT games room had two five-pin bowling lanes and a number of video games, including the all-time favourite, pinball. There was a number of tables to play pool or snooker on and, by the looks of the smiling faces in the 1976 "Northern Torch," – NAIT's yearbook – everyone seemed to have a blast. With the JR Shaw School of Business leaving the towers and moving over to CAT, perhaps it's time to go back to storage and find those old bowling alleys and bring back some good times. Maybe it's time to put down the devices, grab a couple of friends and see who can be the new pinball wizard! In this Throwback Thursday, we are looking back and tipping our hats to the wholesome fun of the 1970's NAIT Games Room!

## SHORT STORY

# An experiment gone wrong

By ISAAC DYMOCK

X-3F24

"...\*sszzzzshhh-- KZZZSHHH-HZZZZT\* -as been \*krrrrct\* -andatory evac- \*kssst\*..."

Blinking pain. Ears ringing. Unstable footing. Blurred vision. X-3F24 stumbles and coughs, reaching out to stabilize himself against a wall. It gives away beneath his grasping hand; cloth, it was a cloth curtain. A moment of free fall, stumble to regain footing. X-3F24 shakes his head trying to clear his mind, to focus; he could have sworn there had been an iron bulkhead there.

"... \*k s s h h h h h \* - - s a l i t y b r e a c h e d ... \*k z z z t\* b e e n i s h- i s h- i s h- i s h- \*z z z z z z z t\*..."

Focus. Focus. Concentrate and keep moving. One foot in front of the other. Think. Get out. X-3F24 looks around, attempting to gain his bearings. A cloth curtain in one hand, behind it is the iron wall he had thought was there, he tries to focus his eyes on a sign. Engineering, left. Bridge, right. Docking bay, ahead. Dropping the curtain X-3F24 stumbles forward keeping an arm out to catch himself if he falls or hits something. He makes his way straight ahead.

"...ffffsszzzT\* manda- \*sssssh-hhh\* proceed to \*krrrrct\*..."

Static. Broken speech. Automated? His foot catches on something, X-3F24 doesn't have time to see what it is before he hits the soft, moist dirt of the floor. Softened impact. No pain. A pause. Wasn't he walking on metal plating? Picking himself up X-3F24 looks back at what he tripped on. A child. Bile. Rising. Burning. Liquid splatters on the

soil, it contains the last meal he remembers eating. Not giving himself time to think or to inspect the body further X-3F24 climbs back to his feet. He needs to keep moving.

"Exp- \*ssst\* esca- sca- sca- sca- sca- \*KZZZT\* ... breeched. Man- \*ffzzzzt\*..."

Door ahead. Security. Automated. Another way. X-3F24 leans to look around a corner, but pulls back as quick as he can in his pained state when shots ricochet off the bulkhead he takes cover behind. He can't go any further without suffering serious injury. Look. Grate. Below. On his knees X-3F24 lifts an old wooden hatch. Wasn't that a metal grate before? Below the hatch is a service tunnel. Ahead. Docking bay.

"... t- t- t- t- t- \*SShhzT\* ... pods."

Red. Yellow. Red. Yellow. Bright. Flashing. Blinding pain. Eyes. Avert. X-3F24 moves blindly on his hands and knees with his only sense of direction being that forward is not the way he came. Occasionally a blinding flash of light erupts all around him, a last remnant of the power systems trying to keep the tunnel lit. Not far. Keep moving. A thud, lights behind his eyelids and a bruised head, X-3F24 recoils from a solid bulkhead in pain. With another flash of red light he can see that the tunnel he was following has reached a dead end. No way forward, except back. No escape.

"... \*fzzt\* ...scpd... pds... \*kssshht\* xthrtf...cslt... \*ZzzzTT\*..."

No escape. There is no way out. No escape. Nothing but a solid metal bulkhead. No escape. X-3F24 coils up his body in defeat. No going back, he can't go back now while

being so close to escaping. Out of desperation, hopelessness, and anger he slams his arms against the wall. It shatters like glass.

Falling. He is falling. Falling. Landing. Blinding pain. Broken bones. Blood.

Something breaks beneath X-3F24 as he hits solid metal after less than a second of freefall. He recoils, pulling his body into a fetal position while pain runs all the way from his feet to his head. He landed face first, there must be some broken bones now. X-3F24 can feel a warm trickle of blood coming from his nose. Free.

"...mandatory evacuation issued. Proceed to the escape pods."

Light. Steady. Sound. Clear. Look. X-3F24 looks up from where he landed and sees that he rests within a crater of impacted metal in the middle of a bay full of shuttles getting ready to lift off and leave. Engines are sputtering, lights flashing with the intensity of an emergency. Move. He made it. Run. But, before he can get up, a dull thump signals something landing next to him. NOW.

"...xthrtf scpd. csly brchd..."

Blinded. Bleeding. Keep moving. X-3F24 doesn't know what hit him, all he knows is that something impacted the ground beside him and the next thing that comes to mind is a corona of white light, blinding pain, and darkness. Ears ringing. Move. A dull roar is all he can hear now. X-3F24 lifts himself off the shattered wooden planks of the floor he'd landed on and looks up again. Most of the shuttles are gone, except one. The lights have changed, now flashing yellow and red in the emergency pattern. Figures are moving

in the background, getting into the last flight out. Get up. Keep moving.

"...vctn thrzd. Pred t th..."

Ears ringing. Vision blurry. Bleeding. Stumbling to his feet X-3F24 starts walking, limping towards the final shuttle. Keep moving. So close now, he can see the doors of the shuttle, still open and letting people in. Trying to get their attention X-3F24 calls out. No. An explosion behind him interrupts his cries for help and throws X-3F24 to the floor. Shards of glass and hot metal rain down around him while he tries to get up again. Keep moving. X-3F24 calls out again to the shuttle, but the doors are already closed.

"...andatory evacuation issued. Proceed to the escape pods."

Close. So close now. X-3F24 can feel heat from the shuttle's engines as they fire up and get ready to lift off. They can't seriously be leaving him behind. Close. He is close enough now to touch the back of the shuttle and starts to bang on it. He starts yelling to let him in, get him out of here. In between a flash of yellow and a flash of red the back of the shuttle disappears revealing its passengers to X-3F24. Women, men, and androids stare out at him in stunned silence. Get on. Two of the men shake themselves from their stupor and raise weapons in his direction, they are saying something but X-3F24 can't hear them. Keep going.

"Experiment X-3F24 has escaped. Causality has been breached. Mandatory evacuation issued. Proceed to the escape pods."

# Clubbing on campus

By STEVEN SMITH

It is a brand new school year and starting at a new campus can be a bit intimidating. Luckily, NAIT has over a hundred clubs to help you make some friends and have some fun.

There are two types of clubs at NAIT. Interest clubs are hobby based and cater to a wide range of interests, such as anime, table tennis and Super Smash Brothers. Interest clubs are open to all students.

Program clubs are based on programs at NAIT. These are clubs like Civil Engineering Technology or the Dental Assistants Club. In program clubs you have to be part of the program to join up. They're also a great way to help introduce you to students in other semesters in your desired industry.

## Every club holds events

Clubs usually meet up in afternoons and evenings and happen throughout the week. The Muslim Student Association meets up once a week on Friday for prayer. The Dungeons and Dragons Club is every Wednesday and Friday. Every club holds events and many of them volunteer and fundraise.

Erick Estrada is the current president of the International Students Club, which is one of the longest running clubs at NAIT. This interest club started in 2002 with the mission to help international students adjust to life in Canada. Over the last 15 years and after many graduating students, it continues to grow and has over 350 members. Erick says that when he started, he "thought that it would be amazing to go to all the parties know everyone and make lots of friends." He also says that it is a lot of work, since the group volunteers and holds over 80 events over the year. Last year the International Club made almost \$6000 in support for a community in Somalia.

Erick is now part of NAITSA's Campus Activity Board. On this board he works with the NAITSA Campus Club Centre and gets help plan school events such as Nest Fest. The Campus Club Centre located in room E125 and is run by three people who help every single club. One of those people is Rose Martin Baumgartner, who is the Campus Clubs Manager. She says that they help clubs get grants, permits and assist with fundraising.

## From music to baking

The way that you join a club is to go to [orgsync.naitsa.ca](http://orgsync.naitsa.ca), sign in with your NAIT username and password and update your profile. Then check over the hundred clubs to see if any pique your interest. If you do not see any clubs you can make your own with three quick steps.

- 1) Find three members with similar interests.
- 2) Register a new organization
- 3) Go out and have fun

With interests like music to baking, investments to LGBTQ+ issues it is not hard to find a club to join. They help bring students together with shared interests and make the campus a community. So make sure you check them out as NAITSA's clubs are sure to help make your semesters a whole lot of fun.



Photo by Jenna Winterburn

## Evan Armstrong, 20 Radio

Evan Armstrong is a Cancer with quite the funny bone. In his spare time, he enjoys playing drums and air guitar. Family is important to him and he is always there for a friend. His favourite food is sandwiches but pizza is a close second. He's currently pursuing a career in radio. His ideal first date is April 25th because it's not too cold. All he would need is a light jacket.





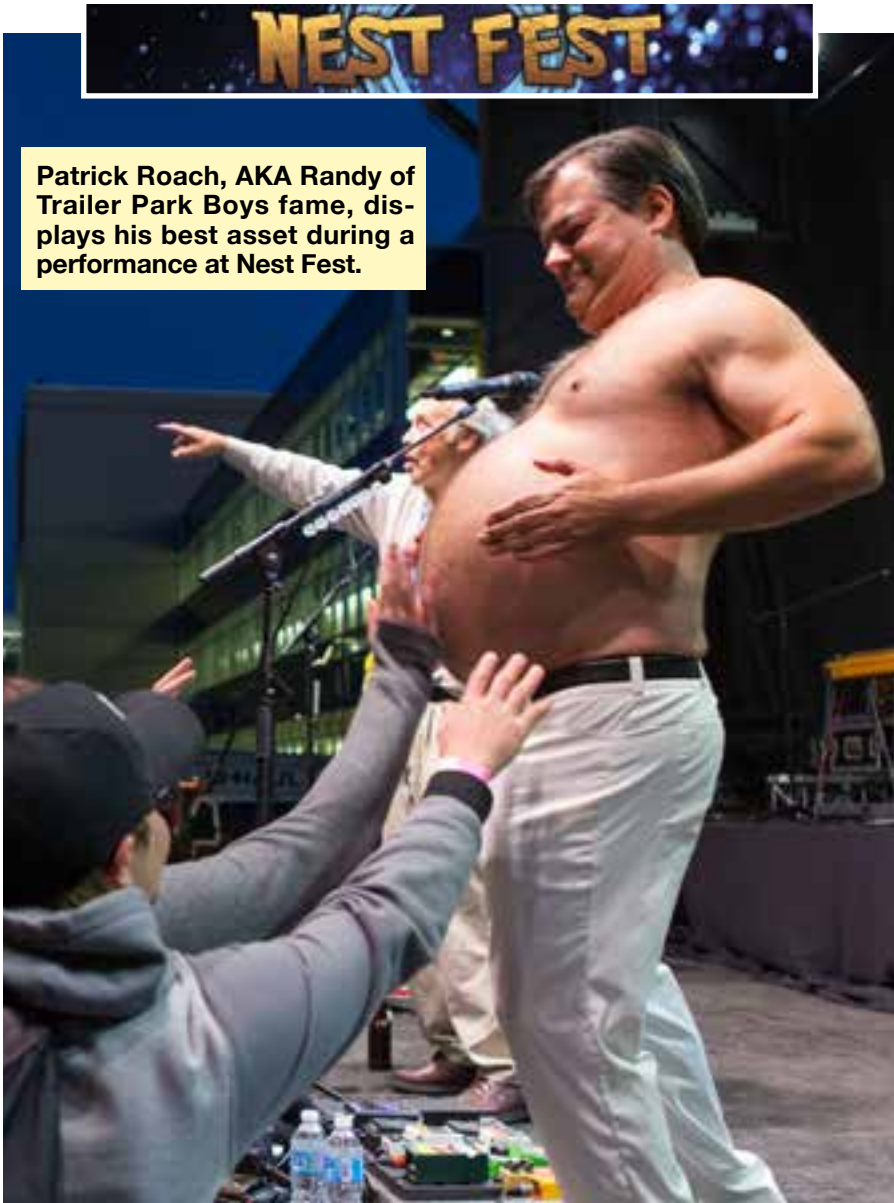




Photo by Tim Potter

## 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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# Songs from the heart

By LEBENE MAWUU

Selassie Drah's authentic lyrics and distinctive sound serves as a means to connect him with his audience. Drah is a 21-year-old Ghanaian-Canadian songwriter and hip-hop recording artist. Currently in his final year at MacEwan University, Selassie is pursuing a Bachelor's degree in Sociology and minoring in Political Science.

**What is your earliest memory of desiring to be an artist?** I started to develop an interest in creating music at the age of 11.

**When did people first respond to your music?** In high school, where I met my good friend, musician and



Dami Adeniyi

Selassie Drah

producer Alain. I recorded my first few songs with him at the age of 16. Most of my peers were surprised. They didn't know that I could rap.

**How would you describe your music?** I believe my music is sincere. Hip-hop is very competitive and there is always the inclination to engage in competition with your "opponents." It's a friendly competition that keeps everyone on their toes but it can be very unproductive when artists don't use their talent and skill for a greater cause. That sincerity I've cultivated is a tool I use to attain my greater purpose, which is to inspire and positively impact my listeners.

**Who inspires your music and song telling?** Definitely my Ghanaian roots, my friends and my family. Edmonton has also heavily influenced my music and that can be heard in one of my songs called "Late Night Vibez." Popular Ghanaian duo R2bees and the award-winning rapper Sarkodie really inspired me when I was young because I got to witness their growth from the underground scene in Tema (a city in Ghana) to the mainstream. Drake also gave me the confidence to fuse emceeing and singing.

**What is your dream collaboration?** Andre 3000 would have to be my top artist. He is one out of a few artists who has an unconventional style. He is the epitome of a true artist who isn't afraid to express himself freely. I would also like to collaborate with E.L. I really connect with him as an artist because of his love for the hip-hop culture and his goal to merge that with his Ghanaian origins.

**How do you go about merging your Ghanaian roots with your new found Canadian identity?** I make sure to pay homage to my roots. An example is my song "Fly High" which speaks about the plight of black women and I present that theme by telling a story about a woman who reminded me of women I knew from Ghana. It's about the

beauty she possessed and the struggle of owning the beauty when the world doesn't value it. "Late Night Vibez" shows my love for Edmonton and my experiences here so far.

**What are your most popular hits so far?** *Late Night Vibez*, *Deep In Your Heart*, *Fly High*, *All My Life*.

**What is your biggest success so far?** The release of my EP *Recluse* will have to be my biggest success so far. I was always hesitant to put out a project because I felt I couldn't create music at this stage in my career that will meet "higher standards." I recorded, mixed, and mastered *Recluse* all by myself and it was received very well.

**What should we be looking out for from you in the next few months?** Certainly more promotion for my EP *Recluse*. A new song as well as a music video for it. I also have a performance on Dec. 15 at the Needle Tavern.

**What is the biggest challenge you face being an artist in YEG?** There is an absence of unity within Edmonton hip-hop scene. As well as a lack of appreciation of musicians in Edmonton.

**Where do you see yourself in five years?** I aspire to travel the world doing music. My aim is to tour every country on the continent of Africa. I would like to build a platform for struggling artists in Ghana. Furthermore, I wish to build my own charity to provide education to Ghanaian students (and hopefully other African students) who most need it. Essentially I would love to be the echo for the voice of the voiceless through my music.

Social Media Links:

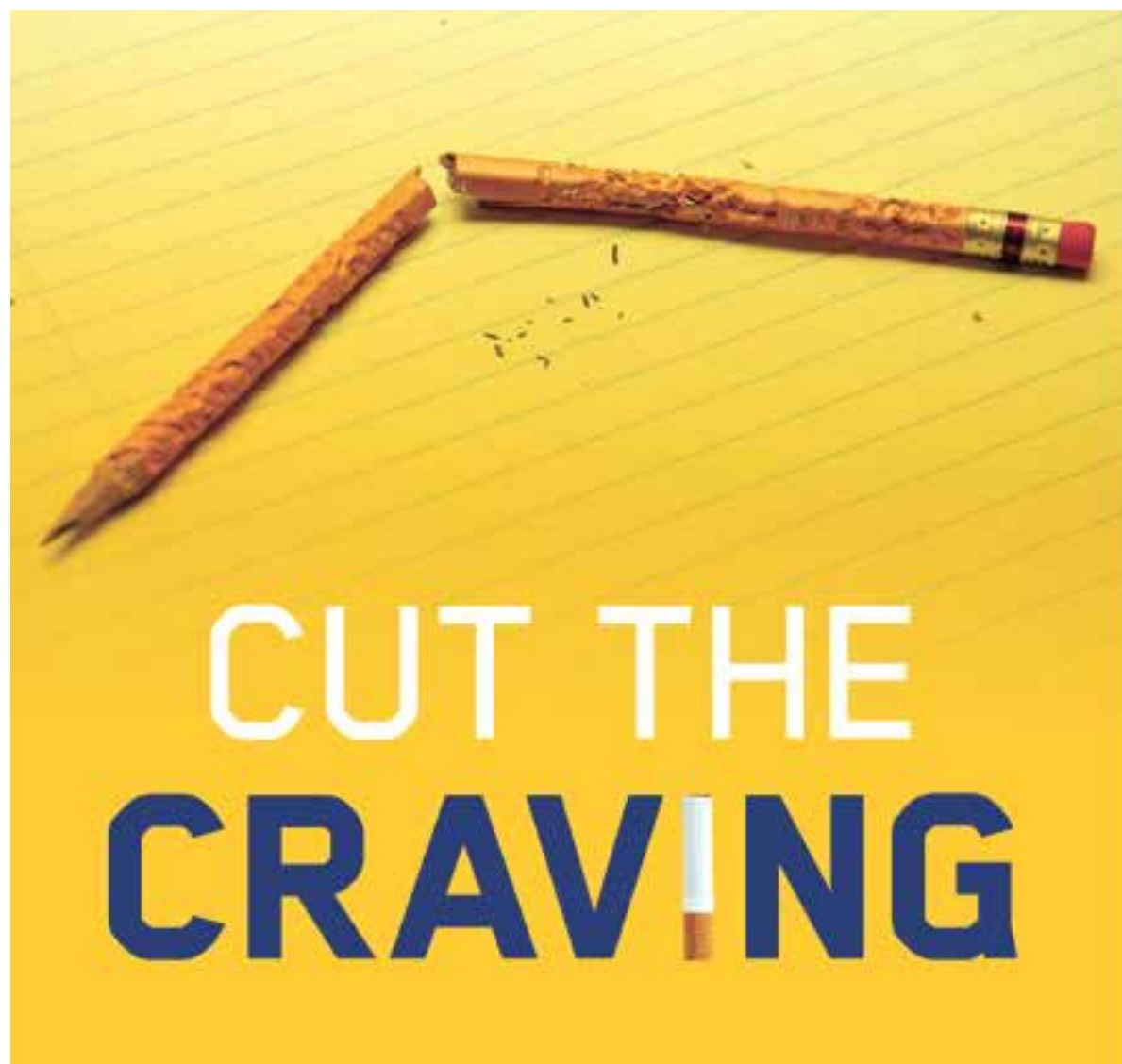
<https://selassiedrah.com/>

<https://soundcloud.com/selassiedrah>

<https://www.instagram.com/selassiedrah>

<https://twitter.com/selassiedrah>

Drah's debut EP *Recluse* is available on all platforms. A link to it is <https://selassiedrah.com/recluse/>



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## FOOD

# Do you have an eye for pie?

By SARAH FOX

This weekend I was faced with a problem. I was in the mood for some dessert, but I had no interest in baking anything. My solution? Googling places to go get dessert. After searching for a while, I found a place called Vi's for Pies.

My initial impression wasn't great. They had no official website, just had a Facebook page with little to no information about the actual restaurant. All that was there was an address and a few reviews. I almost chose not to go there but since the reviews were positive and I had heard about this restaurant a couple of times from friends, I thought I would give it a try.

The first thing I saw when I arrived was a large case filled with delicious looking desserts. They had everything from tarts to pies to cheesecakes. They even had gluten free options. The presentation of the desserts was great. Along with the desserts, they had a good selection of hot drinks like coffee, chai tea, hot chocolate and other specialty lattes. My one complaint was that the menu was impossible to find. To order I had to look at the case and go off what I saw there.

Other than that, everything was good. Once I decided on what I was going to eat, I was told to seat myself wherever I



Yelp

wanted, and they would bring my food out to me. The servers there were very friendly and efficient. They had everything out within minutes of sitting down, which was great, and not once did they make me feel rushed. They were more than happy to have me sit and hang out as long as I wanted.

I ordered pecan pie and it was very good. The filling was sweet and the crust was flaky and delicious. The portion sizes were perfect. It was large enough that I left feeling full. I wasn't wishing they had given me more,

which was great. Now, one issue with them is that certain things there could be a little pricey depending on what you order. For my pie and drink it was \$7, which wasn't bad considering the amount of food.

After finishing, I decided to chat with some other customers about their opinions of Vi's for Pies.

"It's my favourite place to head out and get a treat," one lady told me.

Another said: "I'm here all the time! I'm surprised they don't know my

name yet. I love it so much, I'm pretty sure this place is the reason I've gained weight!" Almost everyone I spoke to had something positive to say about the place.

Interested in trying it out for yourself? Vi's for Pies is located on 13408 Stony Plain Road NW. They are open 9 a.m.-10 p.m. Tuesday to Thursday, 9 a.m.-11 p.m. Fridays, 10 a.m.-11 p.m. Saturdays and they are closed Sunday and Monday. I would highly recommend you head on out and give them a try.

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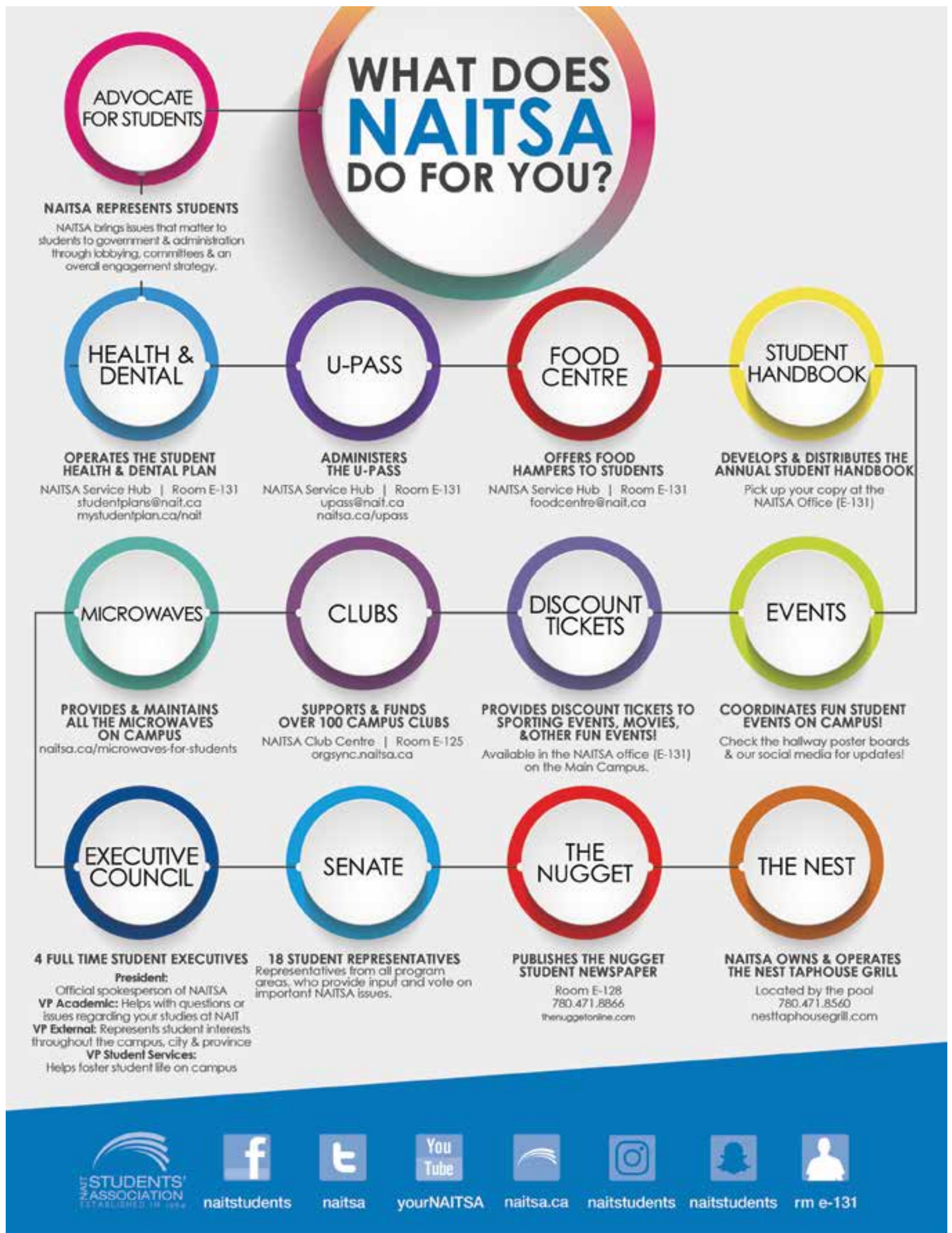
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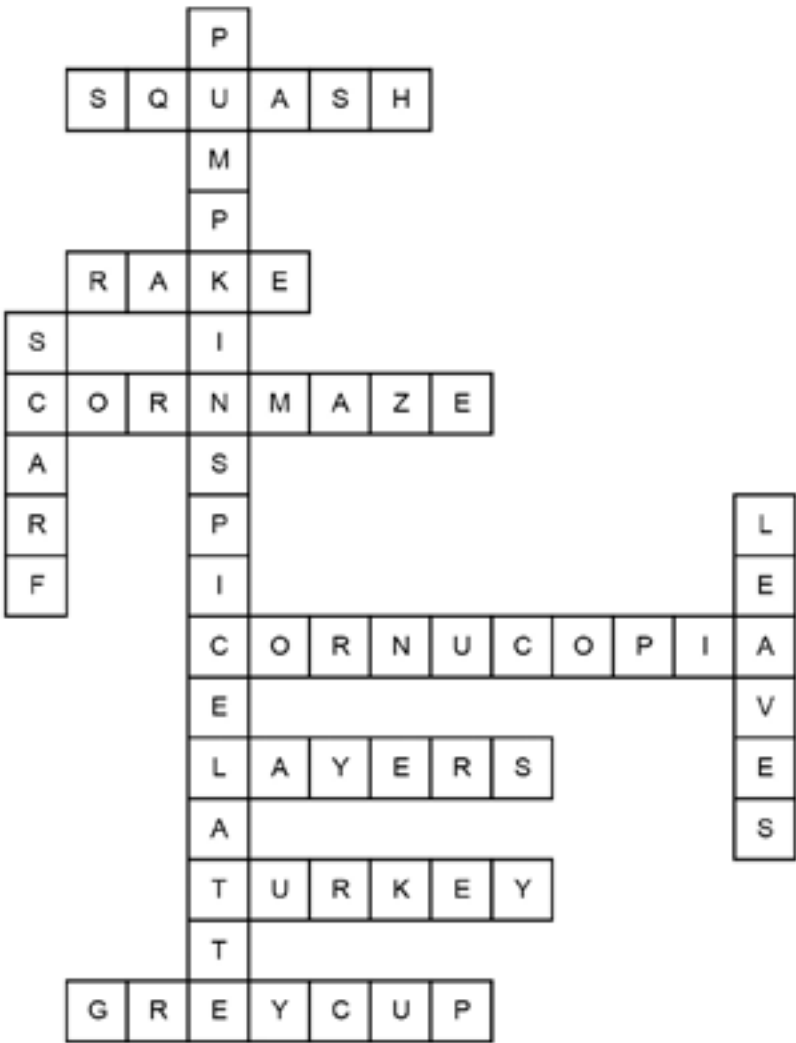
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Poetry Corner

The Rain in My Lungs

Start

The last chapter ended  
So I read the steps that I take as I write  
Even if I do nothing  
Nothing in itself is a choice  
And time will still write itself  
I ride the wave the best I can  
And try to scribble my own words  
Into the book I'm swimming in  
— Candace Valentine

Part I:  
I fall in love too easily.  
With myself.  
With my friends,  
With the world around me,  
With the air I breathe into my lungs  
I fall.  
I fell very fast into my own chest,  
And I got stuck there.  
And I couldn't breathe.  
And I wanted to die.  
But there was no air to be had,  
and no death to take my hand.  
"Tomorrow is not the bane of your  
existence."  
I tried telling myself that every day,  
I don't know what I was waiting for  
But it never came,  
I don't know what I was running from  
But it never caught up,  
My legs were too tired to run anymore...  
I am scared and alone,  
Weak and fragile,  
Powerful, beautiful.  
Pathetic and lonely  
Terrified and brave,  
And I don't understand what it is that I  
am trying to save ...  
Is it myself from myself?  
Is it a slimy rock from the eroding tides  
of the shapeless ocean?  
Is it a friend from the wrath that burns  
inside of me?  
Is it a lover that doesn't exist,  
never standing beside ... ?  
I don't want to hurt people. And I  
don't want them to devour me.  
I just want to be wanted by  
someone, so badly, so deeply  
So desperately.  
— Alan Holmes

**NAIT Student Counselling**  
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# Getting used to NAIT life



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

If you are feeling like you don't fit in or that everyone else is adjusting to NAIT better than you are, you are not alone. It is one of the most common concerns new students have.

Starting your education at NAIT is a major life change. It may be your first educational experience away from familiar faces, the first time you have attended school in years or your first experience living away from home for an extended period of time. Although it is exciting to be pursuing higher education, some of the most common feelings in the first weeks at NAIT are stress, loneliness and feeling out of place and disoriented. Here are some tips for coping with those first few weeks of life at NAIT:

#### Personally:

- You may find that NAIT provides more of a feeling of freedom than your high school environment. The increased personal freedom can feel both exhilarating and frightening. Accept that emotional fluctuations are normal and to be expected, and that they will pass in time.

- Take time during these first weeks to take care of yourself. Try and include some fun activities, some relaxing activities and some time with family or old friends. If you are new to Edmonton, keep in touch with friends and family from your home town.

- Use positive self-talk and give yourself credit for the risks you are taking and the situations you are handling well.

- Instead of berating yourself for things you should have said or done, use these situations as learning experiences to put in place the next time something similar arises.

#### Socially:

- You may feel isolated the first few weeks at NAIT. You may be concerned about forming friendships or it may seem like everyone else is self-confident and socially successful. The reality is that many students are having the same concerns, and that finding your social niche will take a few weeks.

- There are many ways to meet people.

Consider getting involved and being where other students are. Here are some common ways that NAIT students meet each other:

- At beginning of semester activities
- Before and after classes
- Doing extracurricular activities such as clubs or classes (watch The Nugget newsletter, social media and the bulletin board for announcements)

- Volunteering - volunteer at events or fundraisers; check at the NAITSA office for volunteer opportunities, or put your writing skills to work for The Nugget student newspaper.

- At adjoining lockers
- In bookstore or food stall line-ups
- In eating areas
- In common study areas
- In intramural sports programs or at the gym

- At the "Nest"
- At program special events such as pub crawls or dances

- Meaningful, new relationships develop over time. Remember to be yourself, and to send friendly, outgoing signals to others. Smiling, making eye contact and nodding when someone is speaking, and sending body language signals such as uncrossing your arms and leaning slightly forward are ways to signal to others that

you are interested in them.

- Some people have a tendency to get into intimate relationships too quickly when feeling lonely. Take time to stand back and assess why you are in the relationship and whether it is healthy and supportive for you.

- Look at balance in your life. While you need to prioritize class attendance, homework and studying it is also important that you include time for self-care, social activities, and health and fitness.

- If you are experiencing any personal concerns (e.g. depression, anxiety, loneliness, difficulties adjusting to NAIT, relationship problems, ...) see one of the professional counselling staff at NAIT Student Counselling.

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

Main Campus, Room W111-PB in the HP Centre: Counsellors are available from 8-4:30 Monday to Friday. 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.

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# STUDENT SENATE REPRESENTATIVE

nominations open

**august 28 - september 25**

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

nominations close @ 4pm

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

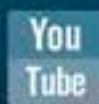
 **STUDENT  
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rm e-131



get your **vote** on!

# VOTE FOR YOUR STUDENT SENATE

representative

online voting using your NAIT student portal  
**october 5 - october 11 @ 4pm**

info stations

**october 10 @ 4pm - 7pm**

NAITSA office (E-131) | South Lobby Kiosk (Main Campus)  
HP Centre (1st Floor) | CAT Building

info stations

**october 11 @ 10am - 2pm**

NAITSA office (E-131) | South Lobby Kiosk (Main Campus)  
HP Centre | CAT Building

North Cafeteria/Fresh Express (Main Campus)  
South Learning Centre/X Wing (Main Campus)  
South Campus | Patricia Campus

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

 **STUDENT  
ELECTIONS**

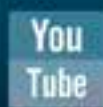
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# Yakuza, redone and better

By TRUMANN TU

In 2005, SEGA released a game known as *Ryu Ga Gotoku (Like A Dragon)* in Japan on the PlayStation 2. About a year later, this game would come to the Western gaming world as *Yakuza*. While this game would create a flourishing franchise within its home country, it unfortunately faded into obscurity and became a cult classic game series in the West. That was up until 2017, where the release of *Yakuza 0*, and the follow up game, *Yakuza Kiwami*, made its impact to new fans in the West.

*Yakuza Kiwami* in particular was released on Aug. 29 worldwide and is a remake of the very first game in the series. This remake however isn't a simple graphical upgrade or updated re-release of the PlayStation 2 game. It's a fully redone game, with new graphics, more familiar gameplay, all packaged together into a love letter of its roots.

To start, the game does not hesitate to throw the player into action. Battles are introduced very early on and are easy to understand. Movement feels smooth and each blow that the player inflicts on their enemies feels powerful. It's even better with the multiple ways that the player is given to overcome the challenge. If the player wishes to use a more invasive and fast fighting style, the game will provide



Wccftech

that option. These abilities can be enhanced further, with an upgrades menu. The best part of combat however, is the "Heat Actions." These are special moves that can be activated by attacking the enemy in a specific state of vulnerability. The result is to watch a short, yet amazing cinematic as the enemy is hurt in a rather amusing way. For example, getting smashed by a bicycle, or having an entire kettle of boiling tea poured all over the opponent. They never fail to give me a smile.

But the combat is not the only part

of the game. The other part is exploring the fictional red light district of Japan, Kamurocho. Within its very expansive city are a multitude of things that you can enjoy. This includes side-quests, which are separate from the main story, but also a variety of mini-games and extras the player can dabble in. My favourite would have to be Karaoke.

The story, while being retreaded, feels brand-new. It's an old plot from 2005 but, with upgraded graphics, the cast's stellar voice work, and multiple set pieces, it's

engaging to say the least. To sum the plot up: Kiryu Kazuma, former Yakuza member, must protect a little girl from his previous clan, now led by his former friend, as she possibly holds secrets to a missing fortune.

If you're wanting to get into the Yakuza series and need a starting point, look no further than this game. I give it a 9/10, for its wonderful faithfulness to the original game but also for giving it more modern tweaks into its combat system. You will feel like a dragon stepping into these streets of Japan.

The Service Hub also provides...



## EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

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

e: [estl@nait.ca](mailto:estl@nait.ca)  
p: 780.471.7730

## FOOD CENTRE

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

Contact us for more information:

e: [foodcentre@nait.ca](mailto:foodcentre@nait.ca)  
p: 780.491.3966  
w: [nait.ca/food-centre](http://nait.ca/food-centre)



## WHAT'S GOING ON AROUND CAMPUS

### UPCOMING CLUB EVENTS

#### WHO

Chinese Bible Study Fellowship  
Super Smash Bros. Club

#### WHAT

Chinese Bible Study  
Smash Club Weeklies

#### WHEN

Every Friday from Sept 8-Dec 22 | 5:30pm-8:00pm

Sept 21, 2017 | 4:00pm-10:15pm

Sept 28, 2017 | 4:00pm-10:15pm

Oct 5, 2017 | 4:00pm-10:15pm

Oct 12, 2017 | 4:00pm-10:15pm

Oct 19, 2017 | 4:00pm-10:15pm

Oct 26, 2017 | 4:00pm-10:15pm

Nov 2, 2017 | 4:00pm-10:15pm

Nov 9, 2017 | 4:00pm-10:15pm

Nov 16, 2017 | 4:00pm-10:15pm

Nov 23, 2017 | 4:00pm-10:15pm

Nov 30, 2017 | 4:00pm-10:15pm

Dec 7, 2017 | 4:00pm-10:15pm

Dec 14, 2017 | 4:00pm-10:15pm

Dec 21, 2017 | 4:00pm-10:15pm

Sept 11, 2017 | 5:00pm-8:00pm

Sept 18, 2017 | 5:00pm-8:00pm

Sept 25, 2017 | 5:00pm-8:00pm

Oct 2, 2017 | 5:00pm-8:00pm

Oct 9, 2017 | 5:00pm-8:00pm

Oct 16, 2017 | 5:00pm-8:00pm

Oct 23, 2017 | 5:00pm-8:00pm

Oct 30, 2017 | 5:00pm-8:00pm

Nov 6, 2017 | 5:00pm-8:00pm

Nov 13, 2017 | 5:00pm-8:00pm

Nov 20, 2017 | 5:00pm-8:00pm

Nov 27, 2017 | 5:00pm-8:00pm

Dec 4, 2017 | 5:00pm-8:00pm

Dec 11, 2017 | 5:00pm-8:00pm

Dec 18, 2017 | 5:00pm-8:00pm

#### WHERE

Room E-201

CAT 102

CAT 102

CAT Theatre

CAT Theatre

CAT Theatre

CAT 102

CAT Theatre

CAT Theatre

CAT Theatre

CAT Theatre

CAT Theatre

CAT Theatre

CAT Theatre

CAT Theatre

CAT Crossing

Shaw Theatre Lobby

CAT Crossing

CAT Crossing

Shaw Theatre Lobby

CAT Crossing

CAT Crossing

CAT Crossing

CAT Crossing

CAT Crossing

CAT Crossing

CAT Crossing

Shaw Theatre Lobby

Shaw Theatre Lobby

Shaw Theatre Lobby

Juggling Club at NAIT

Weekly Juggling Jam



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

# NAIT Main Campus Map

