

THE NUGGET

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Flynn!!



ENTERTAINMENT EDITORS



WHAT BEER PAIRS WITH YOUR PROGRAM?



NEST WON BEST CAMPUS BAR AGAIN!

LIVIN' THE OOK LIFE!



SPORTS EDITORS
THE NUG CREW
BYE FRANK!!



MOM ♡



ISSUES EDITORS!

Nest is Best Bar None

By YUSUF AHMED

The Nest claims the “Best Campus Bar” title for the third straight year, earning Best Bar None accreditation and People’s Choice Award, which after 2200 votes, the Nest won by 30.

“We are extremely pleased and proud that our hard work and efforts showcase us as industry leaders — we could not be prouder,” said The Nest’s General Manager Michelle Dirksen.

The competition was fierce with all the local campus bars eager to secure the title. Notables included Grant MacEwan’s Towers on Fourth and the U of A’s Dewey’s.

All participants were rated on safety, food, and atmosphere.

Dirksen wishes to congratulate all of their competitors in the category, but she does believe The Nest is a “step above” other campus bars. She states it comes down to her employees having a passion for what they do, and that principle being

reflected in The Nest’s success.

Dirksen believes there is still an issue of people believing heavy regulations for bars is ruining the fun, but The Nest has done a good job navigating this potential issue.

“Safety and surpassing industry standards does not mean no fun...all Best Bar None establishments believe safety equals fun — let’s break the stigma,” said Dirksen.

And the General Manager doesn’t think The Nest is anywhere near finished winning.

“With powerful vision and consistent behaviour, we will continue to win. Our goals are simple; we intend to succeed by giving all of our guests a combination of excellent and trendy food and beverages, in an environment that appeals to all,” said Dirksen. “[The Nest] will focus on maintaining high quality and establishing a strong identity in our community.. [and] create an appealing and entertaining environment with unbeatable quality.”



Server Trinity Hopf poses with the Best Campus Bar award.

Photo by Aaron Wilmot

Leading the Ooks life

By TORA MATYS

NAIT is leading Edmonton’s schools in the future of partytechnics. With weekly game nights at The Nest, pop-up petting zoos and video game tournaments there’s multiple categories of events for all students.

None of these events would be possible without NAITSA and the Campus Activity Board (CAB). CAB is a panel of 12 students that work to keep the activities exciting, new and ensure they cater to everyone.

They fund and organize over 130 events a year. With an average of 15 events a month. The latest events are posted on bulletin boards all over campus and can also be found online at naitsa.ca/events.

NAITSA has been representing the student body for over 50 years, providing student aid and organizing entertainment. NAITSA has recently seen an increase in student turnout to their events. The annual trick-or-treat food drive hosted in October saw 52 students volunteer to collect over 3000 pounds of non-perishables for the NAIT Food Centre.

Event coordinator, Rachelle Eklund, said this is due to a new approach.

“This past year, we have switched up the design of our posters and introduced ‘Ooks Life,’” said Eklund. “I believe that has had a huge positive impact on event turnout and student involvement.”

Eklund explained that the constant new variety of events is due to the Campus Activity Board and the group of students who are the action behind the events. They are

handing out the popcorn at the monthly Pop-up Popcorn events and brainstorming new and exciting free events for students to have fun and relax.

“Our goal is to plan an event that interests every demo-

graphic of the students on campus,” said Eklund.

Every year between May and April the CAB refreshes their team. Check naitsa.ca for more information on how you can be a part of the team and represent the Ooks life.



NAITSA Petting Zoo



NAITSA Puppy Yoga

Photos courtesy of NAITSA

Senators receive pay increase

By JOE LIPOVSKI

For the first time since 2005, the senate has increased their pay per meeting for Senators. A unanimous vote at the Nov. 21 NAITSA Senate meeting resulted in a change from \$50 to \$60 per meeting; raising Senators’ overall pay to \$600 over the entire school year. The increase will take effect in fall 2019.

The senate also voted to remove bylaws introduced in 2003 which granted the Exec-

utive Council lifetime access to athletic facilities.

Senator Claire Sao asked Vice President Student Services, Willow Shelly, if NAITSA has secured funding from NAIT’s Mental Health Grant dedicated for the Peer Support program. Shelly confirmed she will be meeting with Clint Galloway, Director of Student Well-being and Community, to discuss the \$800,000 grant. Shelly has been repeatedly asking NAIT’s Campus Life

department for funds from the grant for the Peer Support Program.

When the grant was first requested from the government in 2017, the Peer Support portion of the grant was for research and had no dollar figure attached. Currently NAIT doesn’t have the funds available for Peer Support. However, now that Peer Support is open, Shelly said NAIT is looking for a way to make funds available from the grant. Shelly hopes to receive \$15,000 and

to have Peer Support open earlier next fall on a more permanent basis.

Senator Essex filled a seat on the Finance subcommittee. A position occupied by former Senator Kyle Prince is now open as the Engineering Tech and Academic Upgrading Senator has left NAIT entirely due to personal matters. Tech. And Academic Upgrading. Prince’s position is expected to be filled in January.

Counselling services increase

By ZACHARY FLYNN

The demand for NAIT's counselling services has roughly doubled over the last two years, yet wait times remain low.

The 2017-18 school year was the busiest year in over a decade but early numbers for the 2018-19 school year suggest that appointment numbers will continue to rise.

Stress and anxiety still remain the number one reason for students seeking counselling says the lead of NAIT's Counselling services, Tanya Spencer. She explains that the lack of an "exam week" at the end of the semester could be a leading contributor.

"People don't have anything to attach their stress to anymore. If it were a week of hellish exams, they would just say 'well I feel terrible because it's exam week'," said Spencer. "When there's no 'exam week' anymore, they tend to blame themselves more and tend to wonder what's wrong with them."

Spencer also says that evidence shows that reading breaks do not reduce appointment numbers for counselling offices.

"A break tends to be built-in recovery time but not necessarily to restore you to your full potential," said Spencer.

Data collected from NAIT's counselling office shows a higher number of appointments booked in March compared to November last year — the time when other post-secondaries in Edmonton have a reading break.

Wait times for NAIT's counselling services range from two to three weeks. Spencer says that they consider anything above three weeks to be "very lengthy."

The Canadian Mental Health Association reports that more than half of Canadians waited anywhere from four weeks to a year for mental health treatment.

Post-secondary institutions across Edmonton have been able to keep wait times relatively low for students seeking counsellors or therapists.

At the Concordia University of Edmonton, wait times can range from one to three weeks, depending on whether you book with their certified counsellor or one of their two practicum students.

At MacEwan University, their team of

15 counsellors have been able to keep wait times to around 2 weeks.

The University of Alberta's team of 20 staff have been able to keep wait times below 3 weeks, but during busy times of the year, wait times to see one of their psychiatrists can reach 6 to 8 weeks.

All four post-secondaries open their doors for students in crisis and they all have walk-in times.

"Because we have walk-in slots throughout the day, I'll often joke that our wait time is 10 minutes," said Spencer.

Spencer says that NAIT's counselling services are seeing an increase in return clients. She says that this is due to the types of difficulties that students are facing when they come in for counselling.

"Typically the presenting problems we see are much more in-depth than you'd expect in a clinic like ours and I think that seems to be the theme across post-secondaries," said Spencer.

She says that they are seeing an increase in students with diagnosable mental conditions like generalized anxiety disorder, depression and bipolar disorder.

"It amazes me every day the kinds of things that our students are carrying around and coping with on a day-to-day basis... And then to add school on top of that," said Spencer.

All of NAIT's counsellors are therapists, with one also being a social worker and another a registered nurse.

"In the [business], counselling has a different connotation than therapy. Counselling is helping people cope with stresses and kind of just getting over the hump," said Spencer, "Whereas in therapy, you're actually looking to instill change and you're typically looking at mental health difficulties that are more serious than just mild depression or mild anxiety."

Spencer says that NAIT's therapists also specialize in a range of areas. She says that



The Counselling Centre is located in W111PB

Twitter

students can receive mental health support in areas like eating disorders, sexual trauma, relationship issues and addictions.

Spencer says the one difficulty her office faces is the lack of psychiatry support available to students. She says that in some cases, they might recommend a student try medication but they must refer them to a family doctor, a psychiatry office or a walk-in clinic.

She says that this can be a barrier for students because of NAIT's busy class schedules.

"Even skipping over to the [Royal Alexandra Hospital] is prohibitive for a lot of our students," said Spencer.

Spencer says that they are currently working to bring psychiatry services to the campus so students do not have to go out of their way to receive the treatment they need.

And with NAITSA's Peer Support program launching in January 2019, Spencer is expecting an increase in appointments booked at the counselling office.

"I see the peer support service being appealing to a different slice of the NAIT population that is a little [hesitant] to talk to us officially," said Spencer.

She believes Peer Support will provide a special type of service for students who find more comfort in speaking to a peer, but she also expects the peer support program to be the source of many referrals to counselling.

Her office is expecting a large spike in March, doubling their numbers from two years ago. Three new counsellors were hired last year. With NAIT's shrinking enrollment numbers, Spencer is unsure whether or not they will be able to hire more 2019.

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

Info clerks needed for student elections

Duration: Feb. 13, 4 p.m.-7 p.m.

Feb. 14, 10 a.m.- 2 p.m.

Compensation: \$16/hour

• Information clerks are needed Feb. 13 and 14 for the NAITSA Executive Council 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 on-line

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.

RADIO & TELEVISION

Program Feature



PATRICK GALENZA

Chair of Radio & Television

By **GEORGE HONG**

Only 25-30% of applicants get into NAIT's Radio & Television program each semester. The 20 television and 14 radio students that are chosen take 3 semesters of courses that cover theory and practical skills. The fourth semester is a four-month work placement within the industry.

While most people think of the talent in front of the camera or behind the microphone, this program prepares students for nearly any position in the media.

Television students learn everything that goes into the medium such as camera work, editing, writing, and of course, anchoring.

Radio is a very diverse field, therefore students are taught everything that goes into radio, focusing primarily on marketing, sales, writing, production, and on-air.

Patrick Galenza, Chair of Radio & Television, helps his students find field placements through industry contacts and alumni of the program. The eight other instructors double as advisors and will assist with the field placement process.

"Students choose where to go for their field placement. We have students right across the country, overseas, and in the United States," said Galenza.

Galenza is a graduate of the Radio & Television Arts program, worked in the industry, returned to instruct, and has been

the Chair for over 18 years.

The media industry changes and evolves at a rapid rate. All programs at NAIT update their curriculum regularly and Galenza's program is preparing for the new courses to start in September 2019.

The program is housed in the V-building, just north of the library. Galenza explains that the building was state of

"WE HAVE
STUDENTS
RIGHT ACROSS
THE COUNTRY,
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IN THE UNITED
STATES."

the art when it was built in 1980. Regular upgrades to technology has kept NAIT at the forefront of the industry.

Some well-known alumni of the program include Daryl McIntyre (CTV News), John Sexsmith (Global News), Bryan Mudryk (TSN), Natasha Staniszewski (TSN anchor), Jason Gregor (TSN 1260), and Yukon Jack (The Bear).

JASMINE KING

Television Program
3rd semester

King has always loved media, especially television broadcasting, so taking NAIT's Radio & Television program was a natural fit. As a child, King loved watching TSN's Jay & Dan show but she's also interested in investigative journalism and entertainment news.

"I always knew that I wanted to get into broadcasting, and sports would probably be the most fun for me," said King.

King took a high school class called 'Television Show', then applied for NAIT. King's application to Radio & Television included making a video about herself. The instructors must have liked her video because she was accepted on her first application.

King will graduate with a two-year diploma once she completes a four-month work placement. King is organizing a move to Lloydminster to intern at Primetime Local News which is owned by Stingray Digital.

"I like being on air and also enjoy shooting and editing, but if I had to choose I'd want to be on air," said King.

King learned so much about the media industry and believes that the Radio & Television program helps prepare students for almost any position at a media organization.



MATT WOZNIAK

Radio Program
3rd semester

Matthew Wozniak enjoys the Radio & Television program because of the friendships created, networking opportunities, and hands-on instruction. He admits the program is challenging and requires commitment. Wozniak has worked late into the evening but believes it's training for the real world.

The Radio & Television program has been modifying the classes to include current media trends including streaming and social media. Wozniak believes that television will always remain important in the industry because of live sports and news. He believes that until the internet gets fast enough to handle issues like lag, connection issues, and streaming quality television

will always be relevant.

At the moment, Wozniak feels more comfortable on the radio but would enjoy television once he has additional training.

"Advanced Radio Production which deals with creating commercials and on-air elements is my favorite class in the program so far," said Wozniak.

Wozniak would like to work within the media industry writing and producing commercials but his long term goals include being on-air.

"I'd be open to be a TV host one day, like Conan O'Brien," said Wozniak.

Neighbourhood business thriving

By NICOLE MURPHY

A business just blocks away from NAIT is doing better than ever going into its 60th year of operation.

Plaza Bowling Co. is a third-generation, five-pin, vintage bowling alley on 118th avenue. When Trevor Stride took over the business from his father about two years ago, he had some thoughts on how to rejuvenate the place.

Some people thought his idea of a vintage bowling alley with handpicked craft beers, and curated music that avoids a top-40 playlist, would not target the “bowling” demographic.

However, Stride listened to his gut and created what he was passionate about. The business has grown from just 3 employees, to 11 staff members, with a full-time manager. Weekend night bowling has become pretty much reservation-only, and there are bowling leagues from Monday to Wednesday with a waiting list to get on them.

Although he has had success, it was not an easy decision to take over Plaza Bowling Co. His last job was Director of Operations at Famoso in Vancouver. There he had a sense of security and comfort that could be seen as a risk to give up, but Stride always wanted to create a place of his own.

“After making the decision, it was months of sleepless nights and hoping we made the right decision, but my wife



DID YOU KNOW?

Fivepin bowling is only played in Canada. The game was invented in 1909 after players complained about the size and weight of tenpin bowling balls.



was a major calming influence in that, and super supportive. She didn’t doubt it for a second. But when you actually make that decision to quit a well-paying job and a good situation — well, it is easier said than done in a lot of ways,” said Stride.

His advice for business owners is to really understand the industry you are working in.

“I think there is an appetite, especially in the western world, to get things really quickly and I took a pretty long

path and worked as a server, a bartender, a shift supervisor and then a general manager,” said Stride.

He believes as a leader it is his responsibility to be clear about the company’s goals and vision, preparing the staff, and then getting out of their way. He places great value on hiring carefully.

This past year, Plaza Bowling Co. helped fundraise \$73,000 for charities, giving around \$10,000 of that dir-

ectly from the business.

“It was something I never had the fortune to experience before, the first time we did a significant donation it was a feeling I didn’t anticipate and it was pretty amazing,” said Stride.

Looking ahead, Trevor Stride’s passion for the hospitality industry has him working on a new business set to open in late 2019.



Photos by Aaron Wilmot

GET ROLLIN’!

The Afternoon Special:
Tuesdays through Friday from 12pm to 5pm, games and craft beer are each \$4.95!

TAP INTO IT!

The alley has regularly rotating taps that feature craft brews from Yellowhead Brewery, Parallel 49, Situation Brewing, Collective Arts, and more!

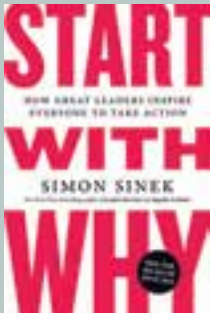
To learn more, or to book a game visit plazabowling.co.ca



Setting the Table by Danny Meyer



Good to Great by Jim Collins



Start With Why by Simon Sinek

SPARING THE DETAILS:

Stride found inspiration and advice about running the business from many sources, including popular business self-help books. These titles especially helped bring Plaza Bowling Co. their current success.

University vs. college



ERYN PINKSEN
Assistant Editor

I once had a negative and prejudiced opinion on polytechnics. I believed that university was the best and only place to further your education.

While I can't speak for every program, after four years at the University of Alberta and less than four months at NAIT, I can already say that I feel more like an Ook than I did a Golden Bear.

I graduated from the U of A with an arts degree in English and every first year class I took had a very large number of students, which makes it easier to feel like more of a student number than a person.

I took 40 classes over four years and

looking back I can say that I still remember information from maybe three or four of them.

This sounds like a disappointing number, but I don't regret going to university first. And don't get me wrong, university has its place and there are valuable programs that are not available anywhere else.

I was able to develop my skills of critically analysing history, novels, and also people. I learned how to stand up for myself to professors who were not showing me any respect or consideration. And I was able to take time to mature before getting further education to pursue the career of my dreams.

Many of the classes I took had me writing the same kind of essays that just had a different subject line. After a while they began to feel meaningless. And I can safely say that I don't remember a single paper I wrote – not even a title stands out.

I once had a professor who refused to talk to me about a poor grade I received when I asked for clarification on his feedback. He replied to my email at two in the morning and told me that since, he believed, I was a poor writer he had nothing he could help me with.

In comparison, at NAIT in the radio

and television program I have already had an entire class devoted to instructor feedback. Every teacher has always been happy to discuss my work with me, provide further understanding of their grading or elaborate on their expectations of assignments and projects.

While this may seem like basic qualities of instruction, I have come to learn that unfortunately that is not always the case.

Another university professor failed an assignment of mine and when I went to speak to him about it, he told me that the assignment actually deserved a B and that he hoped the F would scare me into working harder. This happened at the height of midterm season, when I was already doing the best I could.

While the negative experiences stand out – and I have many more examples – I did have a few memorable moments. I was able to learn more on topics that have always fascinated me like a course I took on the history of the British people and studying political influences in literature. The primary positive outcomes were of self discovery and the friends I made along the way.

Here at NAIT the practical education about the industry and the relevance the instructors provide with their own experi-

ences make all the difference in the quality of education. The instructors simply caring about the knowledge they have to pass along and about their students brings greater meaning to the information and helps students learn more effectively.

Our instructors also get regular feedback from industry professionals so the course is continually being evaluated to meet the needs the industry is looking for. This alone provides students with the best possible means to be prepared once they are entering internships and entry-level positions in their industry.

I used to think that a valuable education meant expanding your mind and while the meaning of a valuable education is entirely relative, my perspective has now shifted. A practical and career-oriented education that tells you about the job you want and how to do it now feels more valuable to me than any 18th century literature course I took.

While I can't speak for any student's experience except my own – and I don't regret a single choice I made – I have learned more and felt more prepared for my future from just one semester at NAIT.

Instead of dreading the upcoming semester after Christmas, like I used to, I am looking forward to it.

JANUARY 21, 2019
9:00AM - 4:00PM
THE GLASS BOX (CAT202)

Est-Elle Academy will be coming to NAIT and cutting students' hair for free. With the career fair and recruitment around the corner, come and get your hair cut or styled to look and feel your best. Polish off your look, while you polish off your education

Head over to naitsa.ca to book your spot!

Embracing change



By **JORY PROFT**
Senior Editor

“The price of doing the same old thing is far higher than the price of change.”
– Bill Clinton.

I’ve always found it difficult to embrace radical changes in my life.

You get comfortable in your situation and when it becomes at risk of change, you defy it and fight to keep the status quo.

I had a mini-breakdown a few weeks ago as I approached a new era in my life. My favorite bar that all my friends and I always went to rebranded (I know, tragic), my relationship had just ended, my time at NAIT was drawing to a close and I was about to begin my career in the field I am hoping to succeed in.

After about a week of putting my life on-hold to try to slow down these impending changes, I hit a new low point I had not seen in years — I was reading *Chicken Soup for the Soul*.

I’ve always laughed at (and still kind of do) those

cheesy books. I thought they were for middle-aged women (and I’m still not convinced they aren’t), so it was only fitting that my mom knew I was going through a tough time and picked me up *Think Act & Be Happy* by Amy Newmark and Dr. Mike Dow.

It focuses on a wide range of topics, but the main ideas were the “seven pitfall thought patterns.” These identify the behaviors we often fall into that negatively affect our lives. The pitfall patterns that I had to address to embrace the changes in my life were polarizing and permanent.

Polarization Pitfall: seeing everything as either black/white, either/or, yes/no.

This often happens when you create expectations of perfection for yourself.

‘I will have this much money saved by _____,’ ‘I will have this job by _____,’ etc.

For me it was creating lofty, black and white goals that lead to disappointment when they don’t go exactly as planned; forcing you to make a change that you didn’t think you would have to.

You can’t predict change, but you should consider the possibility of it happening to avoid making these polarizing plans that may leave you inflexible towards shifting your goals.

Permanence Pitfall: the belief that everything that you’re feeling right now will last forever — both good and bad.

This was by far the pitfall I struggled with the most as I’d often find myself falling in love with just about everything in my life that I enjoy.

I’ll often proclaim ‘I love this house’, ‘she’s the one’, or ‘I’d keep this job forever if I could.’

This behaviour can swing in a negative way as well.

‘I’ll never get over this’, and ‘I want things to go back

to the way they used to be,’ etc.

Permanence relies a lot on memory and emotions; two pretty flawed human systems. It’s the nostalgia of the “good ol’ days”. It’s getting ‘married’ to everything in your life and believing that everything is forever. This is an incredibly dangerous mindset to possess in a world where change is inevitable.

Pat yourself on the back!

The greatest part in attempting to shift your mindset about change is that you’ll recognize just how far you’ve come and all the changes you’ve succeeded under without even noticing.

It took me realizing that in just the last year and a half, I’ve lived in three different places in Edmonton, dated three different girls and had six different jobs.

In that time, I also found my passion for the media industry, truly discovered who I was and found a group of lifelong friends and collaborators. I never expected all this going into the Radio and Television program.

You’re more capable of embracing change than you realize — give yourself some credit for that.

Write down three changes you’ve made that you’re proud of and remember them every time you’re faced with a challenging change:

We provide confidential student-to-student supportive listening. No appointments necessary. For more info, visit naitsa.ca/peer-support

THIS PROJECT WAS MADE POSSIBLE BY PARTIAL FUNDING FROM THE GOVERNMENT OF ALBERTA.

First win of the year

By **ZACHARY FLYNN**

NAIT's women's volleyball team closed out November with their first win of the year. Going into their game on November 30, the women's volleyball team was on a 12-game losing streak.

Friday night they beat the Keyano Huskies 3-1. The next day came with a very close 3-2 loss. Head Coach Benj Heinrichs says that the team's biggest issue this year has been consistency.

"Those games are only close because we're not doing the right things," said Heinrichs. He says the team needs to focus on making simple plays and avoiding mistakes.

Kaleigh Fisk was named "Player of the Game" following their Friday win.

"Usually we're not very good at closing off and finishing in those tight games. We kind of get nervous and play worried and peter out," said Fisk.

"It was really fun this game because we finished at the end and we won the game on those tough points and we really fought for it at the end," Fisk also says that the win came at a perfect time.

"We've wanted it for a long time, we've played for it for a long time and finally getting it... it came at the perfect moment," she said.

The women have most of December off to study for finals and spend time with their families. Fisk says she's looking forward to the break.

"I always come back from Christmas playing way better than I did in the first round," she said.

Coach Heinrichs also says that the break will be good for the team going into 2019. "It's been a really tough semester

for everybody working hard and just not getting anything accomplished and so it's a great time to just reset, refocus, come in

fresh and come out hard," said Heinrichs. "0-0 at the beginning of January and let's just let it rip."



NAIT Athletics

Alberta V-ball player shines

By **CONNER TOFFAN**

About two hours east of Edmonton is the small town of St. Paul Edmonton. St. Paul has a population of just under 6,000 people. To give you some context on how small St. Paul is, NAIT has about 16,000 students in credit programs and 12,000 students in apprenticeship programs. While in 2018, Edmonton had a estimated population of over 835,000. St. Paul, Alberta, however, has gifted us the latest great NAIT athlete, Johnathan Shapka.

Johnathan Shapka is in his first year with the NAIT Oaks men's volleyball team, but he has already shown the leadership that you can't teach. He is one the Oaks starting outside hitters and at 24 years of age, he stands six foot four while weighing 225 pounds. He is from St. Paul, Alberta and may seem like your typical Berta' boy which in this case isn't a bad thing.

Shapka loves to go hunting and fishing, which is something he's been doing for quite some time and two of his passions outside of volleyball. He's never played football or hockey despite having the body for either of the two sports

"My dad turned me away from the high concussion rate sports and I'd accredit my passion for volleyball to my high school coach, Jill Ranger," said Shapka when talk-

ing about playing other sports and why he chose to play volleyball. "She really helped in developing my skill and ultimately helped me become who I am both on and off the court."

Shapka's power and intensity are perfect for the second-ranked NAIT Oaks. He is the perfect fit to what head coach Doug Anton is trying to do. That is why Shapka was excited to come to NAIT. That and because NAIT offered the program he was looking for, which is Denturist Technology.

Along with being a first-year athlete, Shapka is also in his first year of dentistry. It may seem like a weird path for an athlete to take, but for him, it's always been something he was destined to do.

"My dad is a dentist and my uncle is a denturist, so I guess [I'm] just following the family footsteps," said Shapka when talking about taking this career path.

Being away from what home isn't easy for anyone and for Shapka, it's no different. But even with volleyball and school taking up most of his time, he has been able to find new friends that have turned into family. Brandon Eagle, a second-year player from Australia and him have become close on and off the court. Their passion and intensity have been able to power the Oaks team into second-place heading into the holiday break.



NAIT Athletics

Point Counter Point WWE RAW vs. Smackdown

WWE Raw, the professional wrestling TV program, has been airing since January 11, 1993 and on April 29th, 1999 WWE Smackdown began airing. For eighteen years, fans have debated which is the better show. Conner and Peter will try to settle the argument once and for all.



CONNER TOFFAN
Sports Editor

Raw is still the better show. While right now it's admittedly been pretty bad, don't overreact. Over the course of a year a show is bound to hit its peaks and valleys. Raw will deliver bigger stars, higher stakes, more returns and other surprises than Smackdown.

Just think about it, when was the last time Brock Lesnar was on Smackdown? The focus from the WWE has always been to keep Raw as the flagship show. If The Rock returned to wrestling, he would not be going to Smackdown, he'd find himself exclusively on Raw.

The fact that Raw has stood the test of time and aired 1 331 episodes while often competing with the NFL's Monday Night Football is astounding. All you have to do is look at the numbers. Even though last weeks Raw was absolutely hated by fans, being called one of the worst ever, and Smackdown had the return of Becky Lynch, Raw still beat Smackdown in the ratings.

As well, Raw will always produce a more entertaining product when it matters most. In any other sport, I don't care if a player can rack up stats against bad teams in easy games. I care about how they perform against tough competition and in important games. What I'm trying to say, is I don't care about how Smackdown performs in shows like Backlash and Extreme Rules. Raw will deliver when it comes down to the big four pay-per-views, Survivor Series, the Royal Rumble, Summerslam and Wrestlemania are consistently owned by Raw.

Also keep in mind that Smackdown Live has only been around in its current form since 2016. Eventually that show won't be as new and as trendy as it is now.

So while Raw has been performing poorly lately, if you want the biggest stars, the biggest stories and the biggest moments in wrestling you'll be seeing red for Raw.



PETER GO
ASSISTANT SPORT EDITOR

Smackdown has been layth' the smackth' down on Monday Night Raw for quite some time now and it's not even fair anymore. But why has Smackdown become the WWE's number one show? It's actually quite simple, they have follow the K.I.S.S. recipe of success. For those of you who are not familiar with that acronym, that means Smackdown is "keeping it simple, stupid." In addition to their easy recipe for success, they have the roster that feels different to Raw and Smackdown being an hour shorter, the roster doesn't have time to be shitty, they have to come out connect or they will be cast aside. Which makes their product stronger.

Raw is basically as long as a pay-per-view, it's three hours of very little substance and before it went to hard time of 9 P.M. it use to run longer than three hours. While Smackdown is at that sweet spot of two hours. In two hours you get more wrestling and better storylines. You get to see characters actual progression, a story arch and not just some backstage segment that will just be looked at as a joke.

Smackdown's roster is also filled with many veterans, even though they aren't veterans with the WWE, they are veterans within the wrestling industry. With those veterans along with one's groomed within the WWE they are able to have a great work ethic, they know what they are doing already both inside and outside the ring. Guys like AJ Styles and Samoa Joe have been around the ringer that is the wrestling indies. So when they are able to bring their experience to the Smackdown roster, it adds a certain level of respect and confidence to the roster. Not to mention WWE veterans like Randy Orton and the returning Rey Mysterio Jr that can help a growing roster.

All in all, Smackdown is just production wise and talent wise so far above Raw's and it doesn't seem like it's going to change, even if you smell what The Rock is cookin'.



WWE



WWE

eSports sprouts in Edmonton

By TY FERGUSON

As competitive video games, or eSports, become more mainstream every day it's only natural that the industry itself expands and in Edmonton, it is. Two months ago the Spud Farm eSports Centre opened. The Spud Farm provides coaching, organizes events/tournaments and hosts parties.

Providing these contemporary services is not without motivation either. Ayton MacEachern, the owner of the Spud Farm and former NAIT student, explained.

"You can go out with your friends and play volleyball on a Wednesday. I'd like to have something like that for video games."

MacEachern explained that despite the rise of the popularity of eSports, "most people are still pretty skeptical of the whole thing."

Coaching isn't the huge industry a lot of the media makes it out to be, at least in Edmonton right now. "Some of my friends have told me straight up they won't ever take their kids to the Spud Farm," said MacEachern.

The negative stereotypes of playing video games still exist, and MacEachern hopes to prove that "there's a lot more to eSports than just gaming."

The Spud Farm reflects this in their coaching, it's not just gaming. Their coaching can involve up to an hour of dissecting game theory before reviewing a player's skills in gaming or reviewing videos. MacEachern also explained in their training programs they teach the importance of stretches and physical activity to stay healthy while gaming.

MacEachern also mentioned issues with coaching that the Spud Farm is working on. One of these issues is that as of right now a lot of coaching is done online opposed to in person. This is mostly due to the easy accessibility of well-known professional coaches online. Despite the experience of many online coaches, MacEachern believes it's not always the best way to coach. "There is a ton of local talent we'd like to have involved in our programs to help in breaking the barriers of online coaching," he said.

Studies cited on the Spud Farm website explain when done in a constructive way, video games can be a great

opportunity to provide learning that's fun. Teaching valuable life skills for younger players while doing so.

The Spud Farm eSports Centre have also been actively hosting public events to help with their goal to normalize eSports in Edmonton. The Grey Cup Festival provided an opportunity for them that was undoubtedly a huge success. The Spud Farm hosted a three-day tournament at their tent during the festival. Streamed online on Twitch.tv, the tour-

namment featured eight teams that battled it out in the video game League of Legends. First place received 70% of the prize pool of sponsored items while second place received 30%.

With plans to upgrade to a larger place for their operations, it will be interesting to see where the Spud Farm goes in the coming years and how they will continue to pave the way for eSports in Edmonton.



Facebook

Anything but a regular game

By MOIRA BRYAN

On Saturday, December 1st, the NAIT Oaks and MacEwan Griffins squared off in the first ever outdoor ACAC game in Falun, Alberta. As a member of the hockey team, I describe my experience:

The outdoor game is a game I'll remember for the rest of my life.

We pulled up to the rink on the bus and it looked like something out of a storybook. The stands were metal and it was a small rink surrounded by trees.

When I stepped on the ice, it was crisp but soft and it felt like real ice, as if that was the ice hockey was meant to be played on. The game started off a little slower as both teams got a feel for the rink.

The snow was falling and it was picturesque, but that didn't help the players on the ice at all. The snow was blowing into eyes and mouths, making it hard to see and breathe. The snow would collect on the ice and made carrying the puck and passing difficult. There was no hope for stick handling. The ice was cleared halfway through every period as well as between periods. This benefited us more than them because of our smaller roster.

The message to players

before the game put heavy emphasis on having fun, since we always play our best when we're having fun. The coaches kept it light between periods and we were all having the time of our lives despite the score. We played into the night as it got dark and the scoreless game made its way into overtime. The coaches stayed happy the further the game went on, they didn't have all that much to say.

I was starting to feel the nagging need to score because I wanted to win this game. Megan Leblanc must have felt the same way because she finally netted the puck with just 7.1 seconds remaining. We flooded on to the ice to congratulate her under the swirling snow.

I wouldn't have chosen to have the game any other way because it may have changed the outcome, but I know that win or lose, any player on either team will never ever forget this game.



NAIT ATHLETICS

SPORTS UPDATE

Keeping up with the Ooks



HOCKEY

By CONNER TOFFAN

Men

The Ooks have won their last four games heading into the break, two of them being against their arch-rivals, the Grant MacEwan Griffins. They're 10-4 heading into the break, only two points behind Red Deer College for first, but they also have Grant MacEwan, UofA-Augustana and SAIT breathing down their necks, all within two points.

Women

After a tough outdoor game on Dec. 1, battling not only their rivals the MacEwan Griffins, but also snow, wind, and cold, the women managed to win the game 1-0 with just 7.1 seconds left in the game. The score was made by forward Megan Leblanc.



VOLLEYBALL

Men

The mens team had a tough end to the first half of the season, but overall, it was mostly a success. They lost the first game of the year and then responded with ten straight wins. After the last win, where they tied the Keyano Huskies for first place, the Huskies outscored the Ooks 9-2 to send the Ooks into the break on a three game losing streak as they reclaimed their spot at the top.

Women

The women's volleyball team is celebrating their first win after 12-game losing streak this season. The team won against the Keyano Huskies 3-1 in the Nov. 30 game, but are looking forward to starting from 0-0 after the break.



Photos courtesy of NAIT Athletics

BASKETBALL

Men

The mens team has had some big ups and downs this year, but they do head into winter break with a record of 6-6, tied for third in the midst of a 4 team cluster after they split a series with the 7-5 Keyano Huskies a couple of weeks ago. Right now, coach Mike Connolly has been stressing a defence first mentality as the offence comes along.

Women

The women basketball team has had a strong first half, going 8-4 and tying for second place in the North Division. Six out of their twelve games were decided by one possession, and they won four of them. So expect this team to be able to produce in clutch situations down after the break.

Saying goodbye to a champion

By CONNER TOFFAN

With the first half of the basketball season over, one man who the Ooks are going to look towards to lead them is Samson Cleare. The 6'7" big man from the Bahamas is in his fifth and final year as an Ook.

"Man it's been great, I've enjoyed it every year. My first year, I was destined to win a championship with Mike Connolly," said Cleare. That championship from the first year is a goal that Samson wants to return to.

"The only thing is winning championships. We need to leave it out on the court, 110 percent or more," said Cleare.

Cleare is nearly averaging a double-double, with 16.8 points-per-game and 9.8 rebounds-per-game.

Cleare said there is one big difference between basketball in the Bahamas and here in Canada.

"A lot of times for me growing up on the islands it's normally outside. We have main gyms in the city but where I'm from it's straight outside, with concrete floors

but over here everything's inside so it's different."

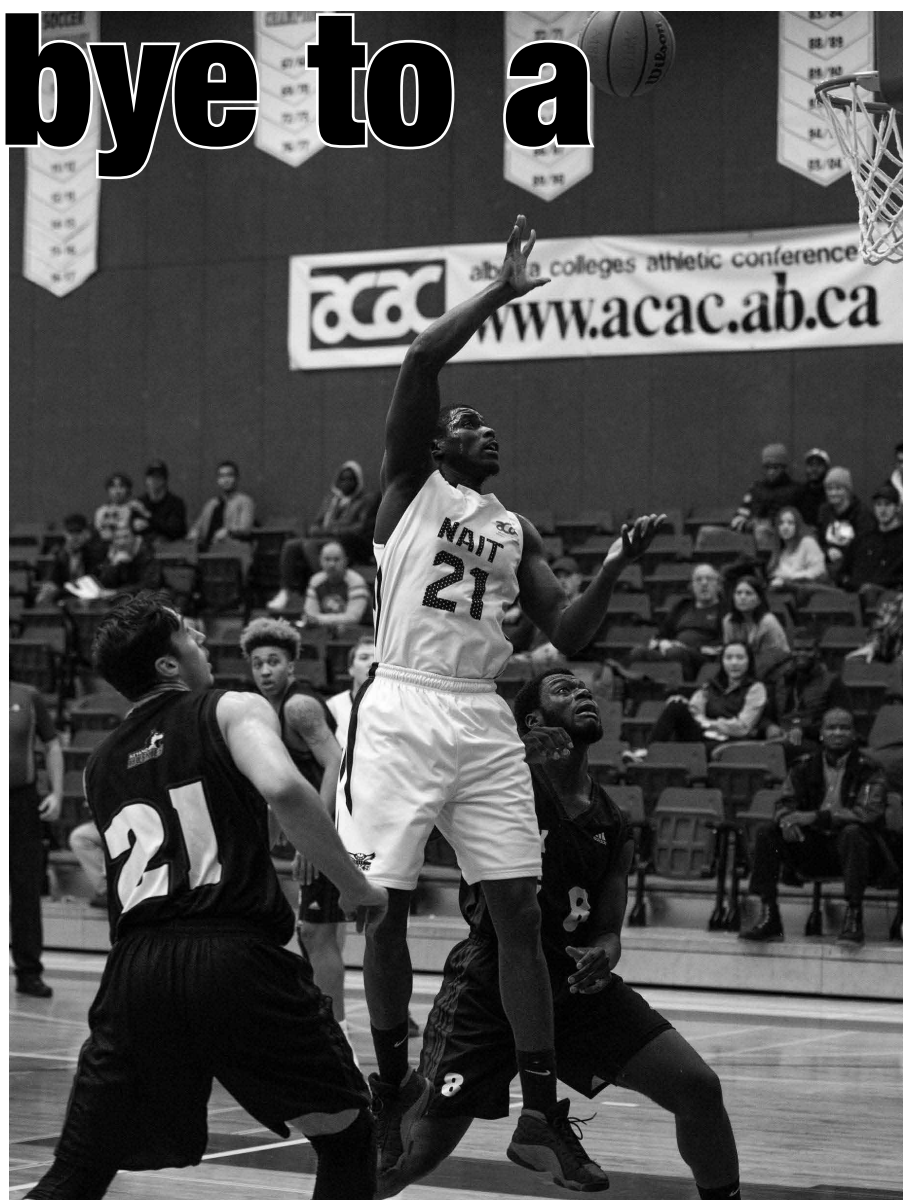
Cleare has a new motivation inspiring him this year.

"My family. I just had a newborn. He's 11 months now. My wife, my friends and my family back home. And my support here. I'm just everyday grindin'. I'm young but I'm the old vet. So I'm just trying to stay motivated, stay positive and keeping level-headed," said Cleare.

As the "old vet", the team looks to Cleare as a leader.

"Just my situation having to go to school, play basketball, take care of my family and work at the same time. They look up to me because of that, just being a leader on and off the court. That's how it was all my life, always lead by example," said Cleare.

For now, Cleare and the team can rest over the break, but when they come back, they'll try to break through the cluster that is the ACAC North Division.



NAIT Athletics

Moving on with life



By **CONNER TOFFAN**
Sports Editor

With only a couple weeks left at NAIT, I realize that there are many people on campus, that I may never see again. There's events, that I will never attend again. There's volleyball and basketball games that I'll be commentating for. I just finished my last NAIT NewsWatch and this article, will be my last for the Nugget. This is my 40th article. I don't even want to count how many I've edited. I've wrote about everything from Lavar Ball, to crazy hockey parents, to my own baseball career, to ferret-legging. What a crazy, stressful, fun time.

I've only recently turned 19 and in six weeks I'll be moving away from home for the first time. It's scary, but more-so exciting. I firmly believe that the most successful people are those that are the most adaptable to change.

Thank goodness I love change because I messed a lot of things up here. I had to change a lot. Coming into the

media industry straight out of high school was a little wild, mostly because I was (and still am) just little myself. My work habits were forced to change, time-management skills were wildly more important and my sleep was desperately deprived. I think I have about three friends left from high school. All this rapid change, during my tired days, I'd never take away.

I never thought coming into school that I would've done a radio show, commentated many volleyball and basketball games, covered stories for TV and the paper, and got a job doing backup stats for CFL on TSN working right alongside the people that I grew up listening to. By the end, while it might seem minor, myself and three of my friends got into the Grey Cup credits. This was maybe my favourite achievement.

But to start my college program off, I didn't think things would take that kind of a turn. I broke up with my girlfriend and saw a guy plummet to his death arms reach away from me. Just a little bit after that, I quit baseball which was still my lifetime passion, due to injury. Overall it was these experiences that, oddly enough, I'd never change. A person's character is built up through their personal experiences. If a person at birth was a canvas, every hit they take, every little piece of shit they have to deal with, is a brush of paint. After enough life experience, if you keep your head high, you'll turn into the Mona Lisa. I think as of now I'm just a rough draft sketched in pencil.

Learning from others was big as well. Not just learning

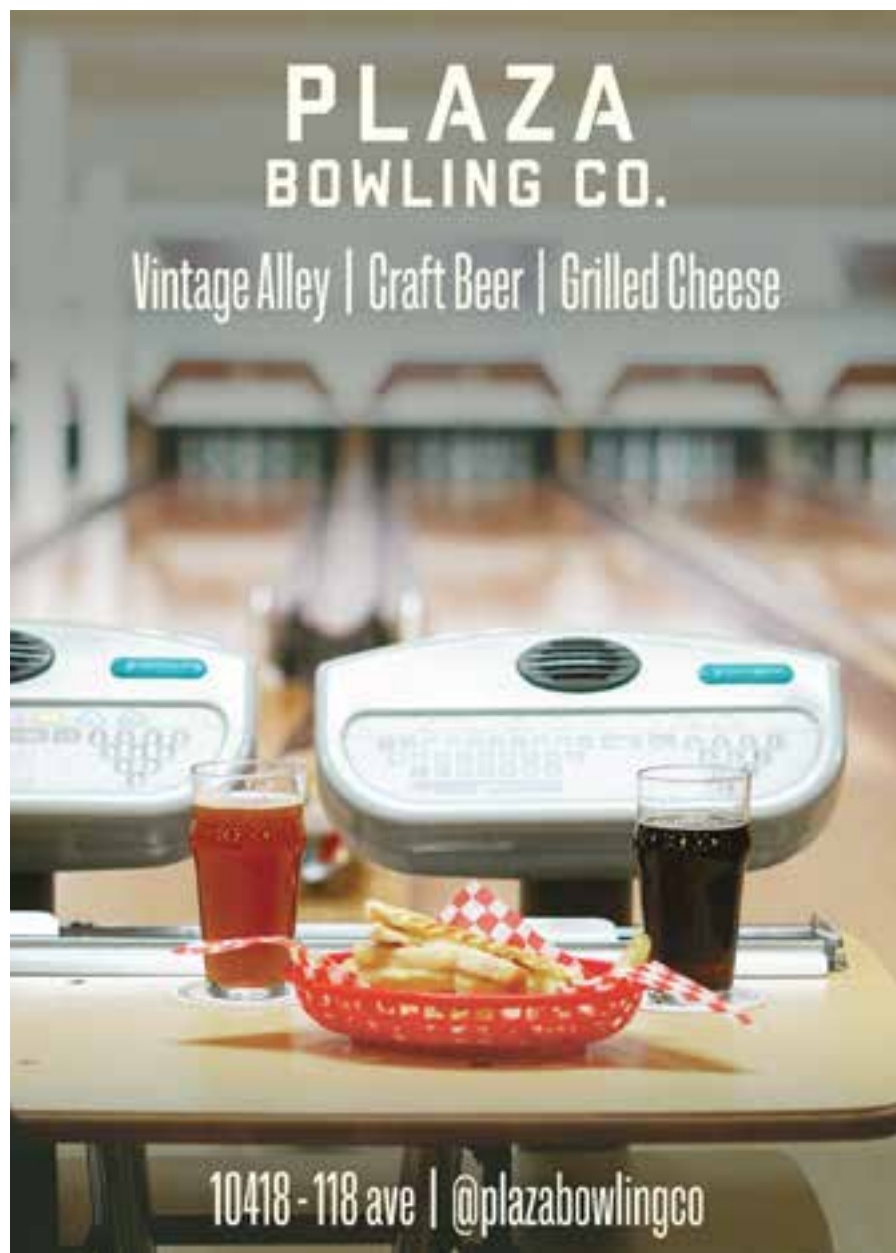
from other people's mistakes and successes, but through listening to them, which is something I had to learn to do. What I had to deal with, wasn't much at all in perspective to what many others were going through.

Even just a couple of weeks ago, I was interviewing people from across the world, who were spending their first Christmas away from home. These little things really put my life into perspective.

I won't miss everything about the school though. I won't miss the Television program, my goal is to be making money doing the same stuff anyways. I won't miss basketball or volleyball. I won't even miss my house once I move out. Hell, I won't miss the Nugget. What I will miss though, is the people. My friends in my course that were strangers just over a year ago, students or instructors, who became my family. Here at the Nugget, all my coworkers and the writers, I'll miss. The basketball and volleyball players that allegedly liked the commentary from Peter and I that became "friends of the show", the janitor that I always scare when I'm leaving after a late night of work and the ladies who know my whole diet at Fresh Express now are the characters that I'll miss the most.

For every student who's leaving with me, I hope you had a good enough time here that you'll miss it like me.

But for now, it's time to get ready to move and to start another whirlwind, all over again. New people, new places, new work, new stories and even though I've done it once, I have no clue what to expect.



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ALBUM FEATURES BY ISAAC DYMOCK

Music and its many emotions

Tired



Deltron 3030
Deltron 3030

Released in the year 2000 as a narrative alternative hip hop album, the self titled Deltron 3030 CD is full of chill beats and smooth tones to listen along to and get lost when feeling drowsy. The story is of one man's musical journey to fight the mega corporations that control the universe in the year 3030.

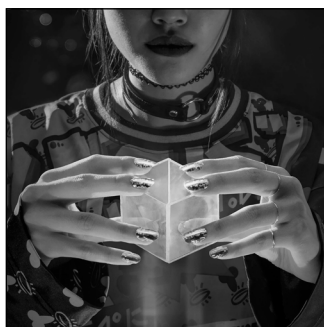
Introspective



Electric Octopus
This Is Our Culture

Electric Octopus doesn't employ complex orchestral tracks with overarching themes or narratives. Instead, each of the three tracks on *This Is Our Culture* are over 20 minutes long each and full of psychedelic stoner jamming. Perfect for zoning out and looking inwards for a self examination.

Excited



Anamanaguchi
Endless Fantasy

This album falls among some of the most upbeat, and happy music I've found lately. Anamanaguchi raises the spirits and the mood of all who listen with happy-go-lucky electronic beats. This track is guaranteed to brighten the day of any EDM fan within earshot.

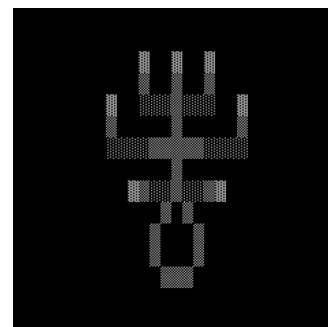
Romantic



Daft Punk
Random Access Memories

I know what you're thinking. Daft Punk? Romance? How? Hear me out, love and romance isn't just all about songs of the same topic. Do you want to share a dance with the one you love to the tunes of a well established French duo that know how to groove? There you go, Daft Punk has you covered.

Angry



KEYGEN CHURCH
■■■■■

Have you ever wanted to shake the earth, fracture the foundations of buildings, and relentlessly deafen anyone nearby just to release some anger? KEYGEN CHURCH is one such outlet for your rage, with tracks built around the use of a pipe organ combined with a fantastic piano soloist, and what could be best described as the angriest disc drives known to mankind.

Happy Holidays

DEC 18 | NAITSA CLOSING AT NOON

DEC 19 - JAN 1 | NAITSA CLOSED

JAN 2 | NAITSA REGULAR HOURS RESUME

FOR YOUR LISTENING PLEASURE ...

The Shuffle

The New Beginnings Playlist



By NIKITA ELENIAK

Endings can be scary; be they sad, like a relationship, a friendship, or more positive, like graduation, or moving to a new job or city. But every ending is also a sign of a new beginning. That sounds super “motivational” and trying too hard to be upbeat, but it’s also the truth. No ending is the end of everything, there is always room to move forward, and start something new.

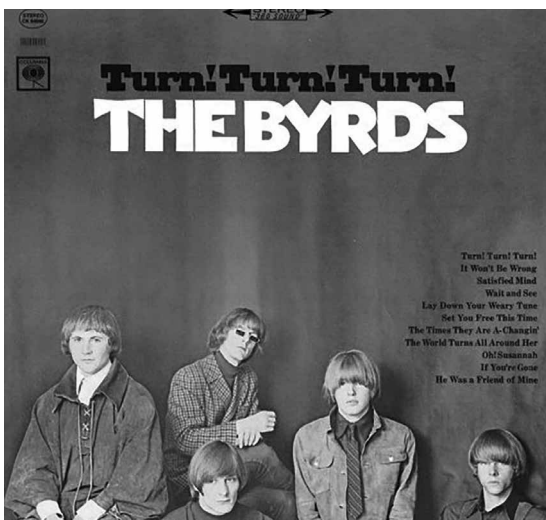
This playlist is a compilation of songs about new beginnings; relationships, friendships, or just overall starting fresh in life. It’s also songs about fighting for what you believe in, fighting for yourself, and moving on from negative pasts.

1. Jimmy Eat World - “The Middle”

The 2001 classic may have been the anthem of your teenage years, but it’s also still relevant now.

Best Lyric:

“It just takes some time,
Little girl, you’re in the middle of the ride,
Everything, everything will be just fine”



Best Ever Albums

2. The Byrds - “Turn! Turn! Turn! (To Everything There is a Season)”

It’s in Forrest Gump, so you know it’s a feel-good classic. Turn! Turn! Turn! is a song about the cyclical nature of life, and how everything has its time.

Best Lyric:

“A time for love, a time for hate,
A time for peace, I swear it’s not too late!”

3. Bright Eyes - “First Day of My Life”

This is a song about starting completely afresh, with someone you love, and starting a new beginning as though it is the first day of your life.

Best Lyric:

“I don’t know where I am,

I don’t know where I’ve been,
But I know where I want to go”

4. The Zombies - “This Will Be Our Year”

The title of this 1968 song makes it’s message fairly self-explanatory and maybe 2019 will be our year?

Best Lyric:

“Now we’re there,
And we’ve only just begun,
This will be our year.”

5. Vampire Weekend - “One (Blake’s Got a New Face)”

A song about putting a new face forward, which some have interpreted as showing a new confidence.

Best Lyric:

“Blake’s got a new face.”

6. Black Lips - “Starting Over”

Again, the title of the song, Starting Over, is fairly explanatory of it’s meaning.

Best Lyric:

“Gotta keep gunnin’, ‘I’m starting over’.”

7. The Walkmen - “In the New Year”

This Walkmen song explores the concept of pulling out of the darkness, and jumping head first into the fire - taking the plunge to change your life for the better.

Best Lyric:

“Out of the darkness,
And into the fire”

8. Van Morrison - “Brand New Day”

This song explores the idea that every day is a new one, and holds a fresh start, and new opportunities.

Best Lyric:

“I see my freedom from across the way,
And it comes right in on time.”

9. R.E.M. - “Begin the Begin”

Count the number of times they sing ‘begin’ in this song. Can you guess that it’s about beginning the beginning? And I’ve written ‘begin’ so many times that the word looks really weird now.

Best Lyric:

“Let’s begin again, begin the begin.”



CD Single

10. David Bowie - “Absolute Beginners”

Every playlist should have a little Bowie. And this song fits so well there’s no way I couldn’t include it. Because we are all beginners at something, at some point in our lives, and it’s scary, but it’s also excited, and holds endless possibilities.

Best Lyric:

“But we’re absolute beginners,
With eyes completely open,
But nervous all the same.”

11. Beck - “Waking Light”

Beck has said that this song is “set in the earliest hours of the morning”, and is about the feeling of uncertainty, but also clarity.

Best Lyric:

“Open your eyes with waking light.”

12. Save Ferris - “The World is New”

We’ve hit a true love song on this list. The World is New is about seeing the world in a new light, because of love.

Best Lyric:

“When I am down and I am blue,
All I have to do,
Is close my eyes and think of you,
And the world is new.”



All Music

13. Oasis - “Don’t Look Back In Anger”

Don’t Look Back in Anger is a song about acceptance, and moving on.

Best Lyric:

“But don’t look back in anger, I heard you say.”

14. Five Finger Death Punch - “Under and Over It”

A big jump from the other songs in the list, both melodically and in meaning, Under and Over It is a song about being... over it, and moving on from something negative.

Best Lyric:

“I’ll take my sanity, you take the fame.
I’m under and over it all.”

15. Blink-182 - “Lemmings”

A song about the loss of friendship, and how things seem to be the same, but in a way are entirely different.

Best Lyric:

“Laughing at the bands we hate, all the spots we used to skate,
They’re still there, but we’ve gone our own ways.”

16. Sting - “Brand New Day”

Sting sings a song about starting over, second chances, and “setting the clock to zero”.

Best Lyric:

“Why don’t we turn the clock to zero honey,
I’ll sell the stock we’ll spend all the money,
We’re starting up a brand new day.”

17. Red Hot Chili Peppers - “Fight Like a Brave”

A song about not giving up, and continuing to fight, from one of the world’s greatest rock bands.

Best Lyric:

“Fight like a brave, Don’t be a slave,
No one can tell you, You’ve got to be afraid.”

PROGRAM PAIRING

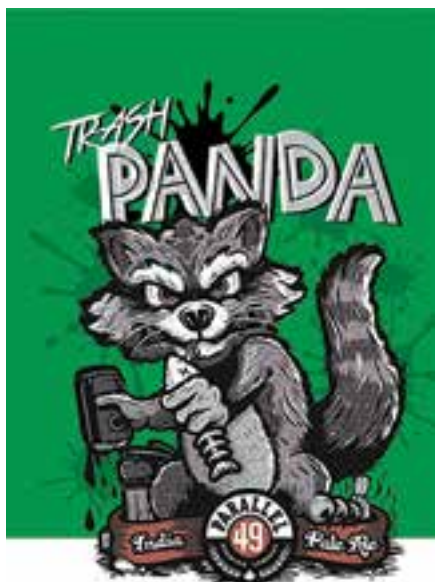
By MYLES MYROON

WHICH PARALLEL 49 BEER
PAIRS WITH YOUR PROGRAM?



JERKFACE 9000 NORTHWEST WHEAT ALE PERSONAL FITNESS TRAINER

Hey you! Yeah... I'm talking to you, buddy! After you crush this super set, I want you to grab a can of this Mosaic hopped wheat beer and cram it down your pie hole! JF9000 and PFTs both appear hard, hoppy and intense on the outside, but they are actually soft, floral and fruity once they hit your pallet. Jerkface is heavily dry hopped (not dry humped you filthy pervert!). Dry hopping is adding hops after the boiling process. This gives the beer lots of aromatics and flavours, but no bitterness. Dry hopping also brings out big aromas of passion-fruit, lychee, citrus and grapefruit. We're never cocky but we are always confident, and if you don't like it, too friggin' bad!



TRASH PANDA HAZY IPA BUSINESS MARKETING

The urban trash panda spends most of its life scrounging through garbage bins for dank, juicy hops and marketing students spend their college careers scrambling last minute on reports and cramming the morning of exams. We also know that just like a Trash Panda, marketing students will always beg for forgiveness rather than ask for permission. This is what we like to call a Northeast Style Hazy IPA. Huge amounts of dry hopping make Trash Panda a Public Relations Dream, giving it complex notes of melon, tropical fruit and Social Media Marketing.

BEER BASICS

What is a Lager?

Lagers are typically smoother, lighter and easier to drink. Lager Yeast is bottom fermenting and ferments at a cooler temperature. This slows down the yeast activity requiring a longer maturation time.

What is an Ale?

Ales are generally fruitier, sweeter, more full-bodied and more complex. An Ale Yeast ferments at the top of the tank and at a warmer temperature. This will help create fruity esters in the beer.

What is a Craft Brewery?

Craft Breweries are small, independent and traditional entities, according to the Brewers Association. "Small" means 6 million barrels of beer or less. "Independent" means less than 25 percent (or equivalent economic interest) of the craft brewery is owned or controlled by an alcoholic beverage industry member that is not itself a craft brewer. "Traditional" means that most of the beer's flavor is derived from traditional or innovative brewing ingredients.

What the 4 traditional ingredients in beer?

Water
Hops
Yeast
Barley

RUBY TEARS NORTHWEST RED ALE CULINARY ARTS

She'll mesmerize you with West Coast hops and strong ruby red charm. Her rich caramel flavours will inspire the Pastry chef in you. Her maltiness is so bold it will stand up to any contemporary cuisine. And you will surely have a hard time menu planning as she seductively restrains her bitterness while leaving you enchanted with her hop flavours and aromas. A ruby red coloured ale with a rich caramel malt flavour that would bring out any charcuterie or cheese board. Using only late hop additions and dry-hopping, the bitterness is as restrained as your labour costs need to be while the hop flavours and aromas are as distinguished as a certified Chef de Cuisine!





CRAFT LAGER BUSINESS ACCOUNTING

Parallel 49 Craft Lager is a beer made for the CPA. Nothing will pair better with the GAAP (Generally Accepted Accounting Principles) than a light, clean lager. During this program you will experience a hint of malt that is twice as exciting as your Stats class and a subtle hop flavour standing tall over your dry Business Law course. It is an iconic beer that is both sessionable, crisp and more refreshing than your giant Taxation textbook. This pale lager might be the most balanced general ledger you will ever come across.

Parallel 49 Craft Lager won the Gold Medal in the Lager category at the Canadian Brewing Awards in 2016 & 2018 and at the BC Brewing Awards in 2015 & 2017.



ROCK THE BELLS CRANBERRY SOUR DENTAL ASSISTING TECHNOLOGY

Sometimes going to the dentist can be a sour experience, and we aim to uphold that tradition with Sour Cranberry Ale. Working all day with oral health can make you tart and crisp, and as refreshing as a clean glass of cranberry juice. We use Brettanomyces which gives the beer a delicious fun funky flavour, it tastes nothing like toothpaste and orange juice!

Rock the Bells Cranberry Sour Ale is a tart and crisp ale, stuffed with cranberry flavour and a slight barnyard character.



FILTHY DIRTY WEST COAST IPA RADIO & TELEVISION

Dave Sawchuk, who rumour has it inspired the label, was once quoted as saying, "Are you sure this isn't just Orange Juice?" Radio and Television seems like its all fun and games but once your elbow deep into your first Journalism course, you will realize its time to get down and dirty! This West Coast IPA is full of fruity and tropical hop characters that make On-Air Performances legendary. Radio and Television is a balanced and clean tasting program with heaps of orange and citrus flavours that might make you enjoy Dramatic Production a little too much.

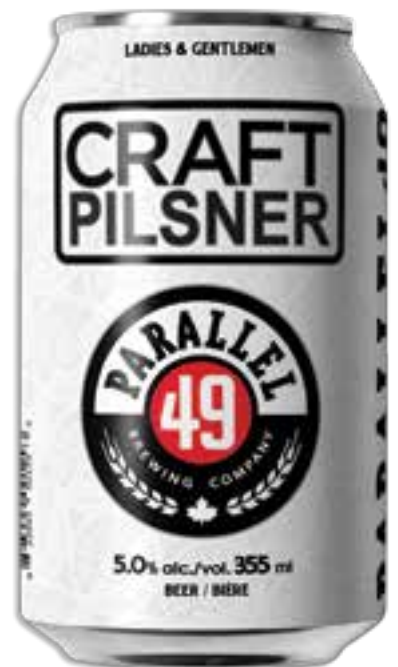
HILLBILLY NINJA HAZY PALE ALE BACHELOR OF APPLIED INFORMATION SYSTEMS TECHNOLOGY

The ever shifty and crafty Hillbilly Ninja is as light on his feet as he is on your pallet. Studying network & information systems all day can make your brain go a little hazy. Bright peach, papaya and orange flavours will help keep you fresh and focused while your seeing too many 11010010001010100. Remember folks, don't go a ninja-in' on some feller that don't need a ninja-in'!



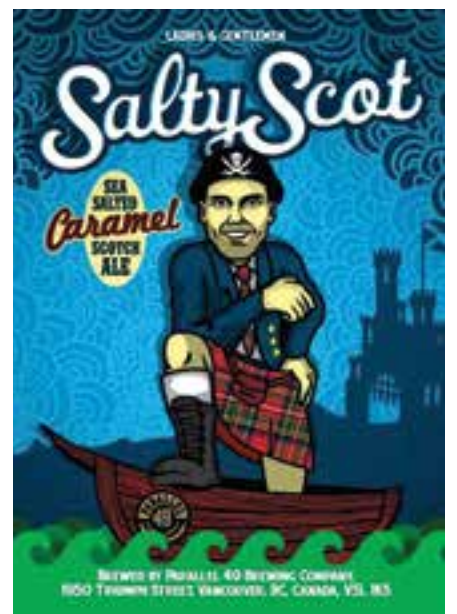
CRAFT PILSNER BUSINESS ADMINISTRATION FINANCE

Our Craft Pilsner is a modern take on a classic style. This Pilsner is clean cut, professional and as detailed as any banker has ever been. Overall, Finance is a fairly crisp and refreshing program. There is a slight bready maltiness that includes a rich and complex Corporate Finance course which is nicely complimented by Credit Management, Investments and a slightly spicy floral hop. When you see a Finance student, you can tell that he or she will likely pour pale gold and have a creamy, long-lasting head.



SALTY SCOT SEA SALTED CARAMEL SCOTCH ALE ELECTRICIAN

We put our kettle on for an extra long boil for this winter seasonal and like most trade students, Salty Scot is only here for 8 weeks each year. Rich caramel complemented by sea salt for a flavour more complex than any circuit board—it's the perfect beer for your time away from the field. Salty is strong in taste and alcohol (7.5% ABV). The Journeyman Electrician and Salty Scot will both start out sweet and remain fairly light to drink. Don't call OH&S if you can't handle this salty bite, we can record it as a slip trip or even a fall. Another??? Aye.



The only place in Alberta you will find Salty Scot Ale is on the rotating winter beer list at Craft Beer Market from December to February.

Looking ahead to 2019

The Nugget staff generally doesn't agree on much, besides the fact that 2019 is lining up to be an incredibly f**king amazing year. Here is what each of our members is most excited about.



JORY PROFT SENIOR EDITOR

I'm super excited for my all-time favourite song "I've Got The Yes! We Have No Bananas Blues" to be put into the public domain in 2019. I've waited since 1923 for this banger to become copyright free so I can put it as the backtrack to my Runescape montage videos.



NIKITA ELENAK ENTERTAINMENT EDITOR

2019 is a teaser year for me. There are so many bands rumoured to have new albums maybe coming out in 2019; like a potential new Distillers album? It's also been announced by NOFX via Instagram that they'll be bringing their Punk in Drublic Craft Beer and Music Festival to Edmonton

in 2019, though there have been no dates released as of yet. And that better be true because my hopes are WAY UP.



EMILY KELLER ASST ENTERTAINMENT EDITOR

I'm really looking forward to the 2nd season of Mindhunter. I would call myself somewhat of a true crime buff, so Mindhunter, a show about the origin of the FBI's Behavioral Science Unit, is perfect for me. The 2nd season plans to delve deeper into the world of murderers and psychopaths while avoiding cheesy shock tactics most other true crime related shows use, and I'm hoping it delivers.



ERYN PINKSEN ASSISTANT EDITOR

The first teaser trailer launched, and I got shivers hearing the Circle of Life. The live-action re-imagining of The Lion King premieres July 19 and the nostalgia is overwhelming. James Earl Jones brings his iconic voice back to Mufasa. He stars alongside Donald Glover as Simba and Beyoncé as

Nala, which only means this childhood-favourite remake will not disappoint.



CONNER TOFFAN SPORTS EDITOR

In 2019, one of my favourite rap duo's, Earthgang is releasing their long awaited album, *Mirrorland*. I expect them to once again bring new sounds into rap that we've never heard before. Just listen to *Up*, their first single from the album.



PETER GO ASST Sports Editor

Declined to comment.



SPENCER SHORTT VIDEO PRODUCER

The new Panasonic S1R Camera. I'm a huge fan of mirrorless cameras and almost crapped my pants when they announced their new full-frame mirrorless camera, capable of 4k at 60 FPS (with 10-bit colour!). Expect a big bump in quality for the Nugget videos in 2019!



GEORGE HONG SALES MANAGER

Lots of good change coming in 2019! My tenth trip to Las Vegas in January will be fun! Any extra money I win will go toward buying a house because we are outgrowing the 1000 sq ft condo! Come visit the Nugget in our new offices sometime in 2019!



SERENA DESCHNER SOCIAL MEDIA EDITOR

One thing I am definitely looking forward to besides going on my practicum in January is the release of Dumbo. It is about a baby elephant named Dumbo who helps save the circus. No, my total lame description of the movie does not do it justice. The trailer is amazing. Give it a look.



So long, Frank!

The NAIT Nugget would like to thank Frank MacKay for over a decade of work helping the paper survive through thick and thin. His official title was Production Designer, however unofficially he was a psychologist, friend and mentor to the many students that walked through the Nugget doors. His words of wisdom and kind demeanour will be missed.

Frank, congratulations on this new chapter in your life! Thank you from the bottom of all of our hearts. The NAIT Nugget and the students that knew you are better because of you. All the best, with much love.

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A bittersweet ending



By **NIKITA ELENIAC**
Entertainment Editor

Endings are a funny thing. You look forward for something to begin for so long, but when the end rolls around, sometimes you're looking forward to that too. Or they can make you nostalgic, and sad.

Both have been my experience over the past two years at NAIT. Coming fresh out of highschool, the only thing I wanted in the world was to start at NAIT, meet new people and finally be able to learn something I'm actually passionate about. And don't get me wrong, all of those things were just as great as I'd hoped. But now, a week away from the end of my time here, I find myself itching to have it be over and done with. To get out into the "real-world"

and actually put that passion to use. And I think this is the case with a lot of people. The end of the semester often brings students mentally "checking out", and I can definitely relate.

Endings can come as a relief; like at the end of a relationship you know just wasn't working, or the end of a job you just couldn't stand. I am endlessly excited to get out of here and work in a job that is my entire life.

But with every positive comes a negative. For me, that means saying goodbye to the Nugget. It's funny how something you perceive as small can become something so important in your life. When I was in my first semester at NAIT, I almost decided against writing for the paper. I was worried I would be too busy (which I was), or not enjoy it (ah, so naive). I knew that music was such a big part of my life that I wanted to write about it, but I didn't know the capacity, or how to even do it. I knew I always loved English classes, but I never considered myself a writer. I thought of myself as someone who could bullshit the hell out of an English paper or a Humanities essay, but never someone who would actually learn to fall in love with writing

and journalism.

Flash backward a year and I'm sitting in that first meeting, terrified, but going for it. My first ever paid piece of writing was The Shuffle. I remember having to rewrite it, because the editor at the time sent it back to me saying I put way too much into it (I had written a paragraph about every. single. song.). Looking back at that first draft now, I definitely have to laugh. But, I rewrote, and just kept coming back until I could start writing things I was really proud of.

Flash forward another year, and I'm sitting in my first meeting as the editor of that same section, writing article after article; profiling bands, concerts, basically anything music that I could convince everyone to let me publish.

The Nugget gave me so many opportunities to do things I never would have done a year ago. From media passes and chats with *Alexisonfire* and *The Cult*, to interviews with bands like *Mt. Joy* at Folk Fest, these are things that would have given me pure fear - though let's be honest, I still have butterflies moshing in my stomach while interviewing. These experiences allowed me to find another passion.

The opportunity to collaborate on this

section and shape its future, even just a tiny bit, has been a privilege. As it has been to work with my partner in crime, Emily. Thank you for putting up with my crazy, and for letting me boss you around sometimes (sorry).

Being an editor this year has presented numerous other challenges, but the thing that stands out for me the most was the chance I had to foster that love and passion for writing in new contributors. I'm so excited for next semester's Assistant Entertainment Editor, Tora, in particular. I am so unbelievably proud of her dedication, and how much she's grown as a writer, and a music journalist. Thank you for letting me push and force you into coming to meetings and bully you into signing up to write articles. I am so happy to be able to pass the torch on to you.

So as I say my goodbyes to NAIT, I am excited, nostalgic, relieved, and a bit sad. They say your college friends are the ones you have for life, and while I'm not too sure if that's true, I do know that my time here will have an everlasting impact on my life. It's a bittersweet ending, but, really aren't they all?

WEEKLY SPECIALS

FOOD		DRINK	
MONDAY \$8.25 I Wish it Were Fry-Day Bowls <i>(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries)</i>	THURSDAY \$7.25 Potato and Cheddar Perogie Poutine	MONDAY \$5.00 OFF Bottle Wine	THURSDAY \$6.00 Flavoured Absolut Vodka
TUESDAY \$8.25 8" Signature Pizza	FRIDAY \$8.25 Daily Soup and 1/2 Wrap	TUESDAY \$2.00 OFF Beer Cocktails	FRIDAY \$1.00 OFF Domestic Bottles
WEDNESDAY \$8.25 Nest of Wings <i>Add dipping sauce \$1.50</i>		WEDNESDAY \$5.00 Lamb's Rum Highballs	DAILY \$5.00 BRO-tini <i>Ask your server for details</i>

BEST BAR NONE

 bestbarnone.ab.ca

naitsa
 NAIT STUDENTS' ASSOCIATION
 naitsa.ca

All specials available while quantities last. All liquor served is 1oz. Must be of legal drinking age to purchase alcohol. Valid ID required, please drink responsibly. For more details about our menu, please visit us online. Specials are dine-in only.

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For current hours, please visit us online at nesttaphousegrill.com

The Style Files



Photo by George Hong

Hannah Belter Bachelor of Business Administration

Hannah Belter likes branded clothing labels but believes everyone can look good without paying a fortune.

"I think that you can dress fashionably without paying lots of money," said Belter. Hannah had a 7 minute presentation for her Business Communications class that's worth 9% of her grade so she decided to dress up with some business slacks from Lululemon and an Aritzia sweater.

Hannah likes neutral clothing, like black, grey, and brown but she likes to wear bright and colorful shoes. Earrings and watches are Hannah's favorite accessories but she doesn't really wear much jewelry in general.

As a student of the Business Administration program Hannah likes to dress business casual but acknowledges that everyone has their own sense of fashion.

"Fashion is a way for people to express themselves and that's why it's so different and I love it," said Belter.

Local film calling NAIT students

By DISHAUN BURAD

In Summer 2019, production is set to begin for the upcoming film from Numera Films, *Gladiatrix: Crescent Moon*. The film will be directed by award-winning filmmaker Sandi Somers whose work has been featured across North America and in festivals worldwide such as The Lesbian International Film Festival in Paris. While most gladiator movies are based on male protagonists, this movie will alter the norm and will be based on female gladiators. Filming will be almost entirely in the badlands of Drumheller and other surrounding spots in Alberta.

The reason for this future production is that Lingerie Fighting Championships (LFC) Films were looking for a story about strong female warriors. One of the league's shareholders, Greg Munsell, happened to approach LFC CEO Shaun Donnelly with Cynthia Vespia's novel about female gladiators. Vespia is Munsell's god-daughter, a Las Vegas author who specializes in fantasy novels with strong female leads.

"Munsell had made a death bed promise to Cynthia's father to do everything he could to see her first novel turned into a movie and it fit LFC's requirements perfectly."

The film hopes to promote the idea that women can be powerful fighters and beautiful at the same time.

When asked why the producers are looking for NAIT grads on the crew, local producer Griffin Cork says that he sees NAIT graduates working on professional and high-profile independent projects in Edmonton as reliable, talented, and well-rounded individuals.

"I have worked with many NAIT Grads as an Actor

and Producer, and I cannot express how much I personally like working with them. I strongly encourage NAIT students to keep an eye on the *Gladiatrix: Crescent Moon* Facebook Page for crew and cast calls."

The film will be a collaborative effort between some of the top filmmakers in the province. This is not a case where an American movie comes to Alberta and hires the locals to do busy work. The director, producers, screenwriter, director of photography, editor, composer and many of the actors will be natives to Alberta.

Gladiatrix will prove that Alberta filmmakers can make Hollywood quality action movies right here in the province and open doors for future projects to be shot here with Albertans in the key creative roles.

Screenwriter Shaun Donnelly is hopeful that the project will provide growth for locals in the film industry. "We also hope it will afford opportunities for Alberta filmmakers to access world class distribution."



Facebook

Stress-less holidays



Photo by Michael Gallo

Humans of NAIT

By ALTHEA ALABAT

FEATURING
Shelvie Fernan

"I actually got pregnant when I was almost done my second year. That's when I finished my diploma in Business Administration. I graduated, attended convocation, and decided then not to pursue my degree because I wanted to work.

But then I realized my dream was to actually finish my degree and go on, because I've always wanted to have my own company, and if I stopped there, I would delay everything."

I took all my classes online for a semester and then went back to school full-time after giving birth. I'm currently completing my BBA degree in the Entrepreneurship stream.

Right now, I'm starting a business with my mom. We make pastries and other baked goods and sell to local coffee shops and other smaller businesses.

I have a dream for me and my little one. I didn't stop because I know this is what's best for our future. It is never easy being both a student and a mother. A lot of people told me that I couldn't do it and that I wouldn't make it to the finish line. I disagreed and worked twice as hard.

My baby is my everything and I dream of giving him the best in this world. I can only do that if I invest in myself first."

By MOIRA BRYAN

The holidays are a wonderful time to be free of school and work and to be spent with family and friends... right? While that is true, as many advertising companies tell us during the last two months of the year, it can bring along many stresses with it. The holidays can actually be detrimental to your mental health, as much fun as they are. Here are a couple of ways to make your holiday season just that much easier.

Make yourself a budget for your gifts. Don't make a general budget for all your gifts, limit yourself to a certain amount of money per person. Spend more time, rather than money, shopping for gifts. It's the thought that counts, so see if you can find gifts that speak more to the person rather than generic gifts that everyone loves. People love it when you think of them specifically when buying a gift, and the thought, rather than the money, that goes in to you getting that present is what speaks louder.

During the holidays, people are pressured to spend time with their friends and family. Spending time with your friends and family is absolutely wonderful, but no human being can be a social butterfly 100% of the time; so take time to yourself. Take the dog for a walk or go on a hike to get some time to spend with yourself. It's very important to your mental health to be alone for a bit and collect your thoughts. As much

as we love our Aunt Maud, we sometimes need a break from all the questions about the future and what we're going to do with our lives.

Many people go home for the holidays every year, whether it be from a different city, or even just a different neighbourhood. A lot of time is spent at home, a different place from where you lead your life today. Although you're spending time in a different house, with different food and a different schedule, it's very important to continue exercising the healthy habits you have while leading your life. Falling out of habits can decrease your sense of health and wellbeing. It can leave you with more time on your hands than you anticipated, which can allow bad habits to creep back in. So continue to go for that run every morning, just find a new route. Drink that extra glass of water you always have with dinner, although the table may be laden with cider and eggnog. Go to bed at your scheduled bed time even though the party may still be going as Aunt Maud announces another round of charades. It will help you stay happier and it'll make the transition of going back home and then again back to where you live just that much easier.

Happy holidays from all of us at the Nugget, we hope you have a wonderful time full of love and laughter and we're excited to see you back again in January, all hopped up on eggnog!

DRESS=FOR=SUCCESS

JANUARY 21, 2019

11:15AM - 12:00PM | CAT200C

We know students are on a budget. How are you supposed to get a job if you can't afford to look professional in an interview? We're here to help you out! We have partnered with Value Village and Nicole Ruth Styles to show you how to look interview ready on a budget. Stop by CAT 200C and make sure you head to our website to sign up for Nicole's How To: Dress for Success seminar for a chance to win a \$100 gift card to Value Village.

Head over to naitsa.ca to book your spot!



WHAT'S GOING ON AROUND CAMPUS

WHAT	WHO	WHEN	WHERE
UPCOMING CLUB EVENTS			
Paskuhan Filipino Buffet w/ Transportation \$10/person (inquire via email or phone)	Philippines Students Association (PSA)	Friday, December 7, 2018 5pm	Manila Grill Restaurant
WEEKLY CLUB MEETINGS			
PSA Weekly Meetings	Philippines Students Association (PSA)	Every Monday 12 - 2pm	NAIT Dow Theatre (CAT 191)

To advertise your event in the Nugget, please see the Activities and Events section of your Clubs Handbook, or see the Campus Clubs staff at E125.



Holiday crowd pleasers

By TORA MATYS

Impress Grandma with these delicious, simple, and festive recipes!

Spiked Eggnog Latte

As soon as holiday season comes around, you have to take advantage of the eggnog surplus. The best thing about this recipe is that if you're having a party you can toss it all in a slow-cooker on low and go out playing in the snow. Then, when you and your buddies come back, you can all warm up to a spiked eggnog latte... with zero effort involved.

Servings: 8-10

4-7 sachets of chai tea

¼ cup brown sugar

1 stick cinnamon

½ tbsp nutmeg

4 liters eggnog

40 oz of your favourite spiced rum

1. Chuck everything in the slow-cooker on a low heat. Heat for at least 1-2 hours.
2. Remove tea bags and cinnamon sticks.
3. Grab your favourite mugs, serve up and enjoy!

French Onion Soup

Winter is soup season! And nothing warms someone up like a nice fresh pot of homemade soup and French Onion Soup is always a winner! A nice herby broth, topped with crispy bread and gooey cheese – you can't go wrong!

Servings: 4-5

6 tbsp butter

4 large yellow onions sliced thinly

1 tsp salt

60 oz chicken broth

6 oz white wine

1 sprig of rosemary

1 sprig of thyme

1 bay leaf

Salt and pepper to taste

For topping:

1 baguette sliced

¼ melted butter

1 clove crushed garlic

1 cup cheese (mozzarella, gruyere, or swiss work best)

1. Start by heating a large pot or dutch oven on medium-low heat with butter. When melted, add onions and salt. Cook until onions are golden and soft; about 35-45 minutes. Stir constantly to prevent burning.
2. Add in chicken broth, wine and herbs. Turn down to low heat and cover. Let simmer for 45 minutes to 1 hour.
3. While the soup is cooking, prepare the bread. Preheat the oven broiler to high. Mix together butter and garlic. Place baguette slices on a baking sheet and butter both sides. Place in broiler for 2-3 minutes, turning halfway through. Remove from heat and set aside. Don't turn off the oven.

4. Pour the soup into an oven-safe bowl. Top with bread slice and cheese. Place in oven for 3-4 minutes until the cheese is lightly browned on top. Enjoy!



Photo by Aaron Wilmot

Christmas Crack

Desserts don't always have to be expensive and time consuming to make. Sometimes the easy-way-out is the way to go! My family refers to this dessert as "Christmas Crack". It's the easiest and quickest dessert you'll ever make! It's also completely customizable and perfect for sharing.

Servings: 1.5 lbs

30-40 saltine crackers

1 cup butter

¾ cup sugar (you can use white or brown both are delicious)

2 cups milk chocolate

Customize Options:

½ cup white chocolate

1 cup Skor bits

½ tsp mint extract

1 cup crushed Oreos

1 cup butterscotch chips

1. Preheat oven to 350 F.
2. Line a baking sheet with tinfoil, and place the crackers in a single layer, covering the whole pan.
3. In a medium saucepan on medium heat, bring butter and sugar to a boil. Simmer uncovered for 5-6 minutes, until the sugar is dissolved and the mixture is thick. Stir often to prevent burning. Pour over crackers and place in oven for 6-8 minutes.
4. Remove from oven, and sprinkle with chocolate chips. Bake for 2-3 more minutes until the chocolate begins to melt.

5. Remove from oven and top with desired toppings. Mix mint extract into melted white chocolate for a mint-chocolate crack. Or try melted butterscotch chips and Skor. Get creative with it!
6. Let cool completely, break into pieces and serve...or keep it all to yourself... we won't tell anyone.



Photo by Tora Matys

LOCAL THEATRE REVIEW

Sex, shame, and birth control

By SHAWNA BANNERMAN

This production set in the 1920's is so gut-wrenching—literally—that multiple audience members have fainted, so moving that many more have shed tears, and yet, simultaneously sprinkled with light-hearted comedy.

Theatre Network's production of "What A Young Wife Ought to Know", written by Hannah Moscovitch and directed by Marianna Copithorne, presents a thoughtful, provoking and accurate portrayal of the shame that surrounds sex, birth control and desire.

The script, which is based on true stories of working class women in the 20th century birth control movement, highlights women's struggle with sexual desire, contraceptive methods and supporting their children.

The characters follow an honest, and sometimes jarring, 'fourth-wall' script littered with unpleasant truths about sex, and underlying tones of darkness. Although logical in sense, the script seemed at times not completely realistic for the time period. Those moments were reflected in the awkwardness of the cast. The simple set requires no changes throughout, allowing all scenes to be accurately reflected in the simple yet functional one-room stage.

The protagonist, Sophie, played by actress Meran Carr-Wiggin, struggles as a middle-class wife, who longs for connection and intimacy with her husband. After birthing five children, she's been warned that her body cannot handle another labour. Birth control methods are illegal, but, desperate for intimacy, Sophie and her husband will try anything to prevent another child.

She is depicted as a 'bright-eyed', naive, and inexperienced young woman, but behind her hopeful exterior is a dark sense of guilt and shame. This leaves Sophie spiteful towards her children, angry with her husband and unafraid of death. Wiggin's portrayal of Sophie is adequate, but not completely genuine, and left me craving an authenticity that was not present.

On the contrary, Bobbi Goddard, who played Sophie's older sister Alma, successfully portrayed a character of shallow desires and passive-aggressive anger problems who, despite her envy, loves her sister dearly. Goddard's passionate commitment to the character of Alma picked up where Wiggin's feel short. She captivated my attention, piqued my emotions and, in a particularly gruesome scene, left me feeling physically ill.

The poor stable boy, Jonny was portrayed by first-time Theatre Network actor Cole Humeny, who crafted a convincing young husband that I couldn't help but pity. Jonny is constantly fighting his natural sexual desire for his wife but repeatedly ends up at the helm of Sophie's anger, sexual frustrations and balancing Sophie's motherly neglect. Humeny's depiction of a young man, labourer, husband and father was sometimes heartwarming, occasionally arousing, and often mournful.

The production presents a narrative from women and about women, through their struggle almost a century ago that echoes of contemporary challenges many women still face today.



Theatre Network



At what age is doing weed less harmful?

A. 18

B. 21

C. 69

D. 25

Correct Answer D
Cannabis has risks at any age. But until age 25, your brain is still developing. Weed can damage that.

What's Your
HIGH Q?

Take the full quiz at:
drugsafe.ca

The poster is divided into three horizontal color bands: orange at the top, green in the middle, and blue at the bottom. Each band features a police officer in uniform holding a white sign. The top officer (white male) holds a sign that says "NAIT Grad". The middle officer (Asian female) holds a sign that says "Studied Accounting". The bottom officer (Asian male) holds a sign that says "Former Machinist".

**INSPIRED BY:
HELPING
PEOPLE**

**INSPIRED BY:
SERVING MY
COMMUNITY**

**INSPIRED BY:
A CAREER
WITH VARIETY**

You don't need a policing background to become a member of the Edmonton Police Service. Every year we hire people from a wide variety of backgrounds, many of them graduates of the NAIT. They all have different educational backgrounds, career paths, and reasons for joining. But the one thing they do have in common is the desire to serve the citizens of Edmonton.

If you're looking for an exciting career full of purpose, variety, and lifelong learning, ask yourself:

WHAT'S YOUR INSPIRATION?

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The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

Canada

Alberta

The good, the bad, the ugly

2018 may not have been some people's year, but it was the year for entertainment. Edmonton has been bustling with concerts, some of the best video games have been released, and the cinema has upped their ante with some of the biggest box office hauls the world has seen.



TORA MATYS

POSITIVES: MUSIC

Edmonton is on a streak! This past year was pumping with concerts and hyping for next year with some killer tour announcements. The best part... it was a super budget friendly year!

Billy Talent hit the stage at KDays, a concert that only cost \$20. Even though the weather was terrible, they brought the thunder. If you kept your eye on Facebook, a few other big names came to town and put on free shows. Aurora Cannabis sponsored The Cult at Union Hall, as well as Alexisonfire at the Ranch. Our Lady Peace also played a free show for HEXO at the brand new Anthem Nightclub.

POSITIVES: MOVIES

It seemed that this year's movie themes were superheroes and nostalgia, and they did not disappoint. 2018 saw some of the biggest box office sales since *Star Wars: The Force Awakens* was released in 2015. *Avengers: Infinity War* (released in April) raked in just over 2-billion USD, and rightfully so - Marvel pulled out all the stops and spared us nothing! It brought action, explosions, a sweet movie soundtrack and Chris Pratt.

Pixar finally blessed us with *The Incredibles 2*, which fans had been waiting 14 years for.

POSITIVES: VIDEO GAMES

2018 has been the best year for video games to date. Earlier this year we saw the release of the new *God Of War*, which won the Golden Joystick Award for best storyline, best video design, best audio design, and PlayStation game of the year.

The gaming world was also blessed with *Red Dead Redemption 2*. Gamers have been waiting 14 years for the second coming of the western-style shooter game, and it did not disappoint. The graphics are impeccable, the open world map keeps you entertained for hours, and the storyline is better than anticipated. In the first week of its release, it sold 125,000 copies.

THROWBACK THURSDAY

Super Smash Bros flashback

By HUNTER MURRAY

Super Smash Bros is a video game franchise about different iconic game characters from different gaming series, all crossed over into a single fighting game. With *Super Smash Bros Ultimate* having just been released, I thought I would talk about how far this series has come. It all started back in 1999. The director of the game, Masahiro Sakurai, wanted to create a fighting game that was different from the traditional fighting games that everybody was used to in the 90s (like *Mortal Kombat* and *Street Fighter*). After a few months of developing and research, Sakurai and his team came up with a game called *Super Smash Bros 64* - a Nintendo fighting game starring not just Mario but also characters from other series that kids love like Link, Pikachu and Kirby.

If you were ever at a friends house to play video games on the Nintendo 64 and one of you owned this game, there's a good chance you would be playing it for hours. Being able to play as 12 different unique characters on 9 stages was mind blowing at the time. The new game, *Super Smash Bros Ultimate*, actually has you start off with those original 12 characters before unlocking the 70 others. It's

pretty nostalgic for fans of the original.

Two years later, Sakurai created a sequel to *Smash 64* for the Gamecube, *Super Smash Bros Melee*. The game starts off with a bang. When you watch the opening credits and get to the main menu you hear the announcer with his booming voice yell "Super! Smash! Brothers... Meleeeeee!". The announcer is actually also the voice of the cameraman from *Bill Nye the Science Guy*, so imagine that voice - but much louder.

This game added more characters and stages and an adventure mode you could play solo. *Melee* also made the gameplay and speed a lot faster. This game was so fast that competitive gamers started to take notice and use the speed of some characters like Fox to change up the game. After a few years of trying new things with this game, it suddenly became one of the most competitive fighting game in the community. It's been 17 years since the game came out and it's still played today in the biggest fighting game tournaments like Evo.

Super Smash Bros 64 and *Melee* were a part of a lot of people's childhood. Some played them for fun with friends, while others played for glory in tournaments. With the ever

expanding character roster involved, this game had a place for everybody. The new game is out now so if you want to get back into *Super Smash Bros*, now is the perfect time.



Go Nintendo



EMMA MORRISON

NEGATIVES: MUSIC

The 2018 concert season was a year of cancelling and rescheduling for a lot of artists coming to Edmonton. Along with cancelling, many musicians didn't live up to their name or performed as well as they could have. The cost of concert tickets has also gone up making it harder for fans to see their favourite artists. The Drake and Migos concert left fans unhappy and unsatisfied, due to how late the Migos were. The legendary Fleetwood Mac had to reschedule, as did Foo Fighters, due to illnesses.

NEGATIVES: MOVIES

This year's movie lineup consisted of unoriginal ideas and storylines. Most of the movies that were released this year were remakes of past movies. *The Grinch* remake didn't live up to the original live action with Jim Carrey in with it.

The Fantastic Beasts: The Crimes of Grindelwald disappointed many of those who watched it. The storyline and some aspects of the books had been changed - including some deaths and many plot holes. The movie was a huge disappointment after all of the hype it has received.

The remake of *Halloween* was a huge disappointment as well. The timeline did not make any sense. The acting and effects didn't match up with the movie at all, and the ending didn't seem fitting for the movie.

NEGATIVES: VIDEO GAMES

2018 has been a huge disappointment for *Fallout* fans! The long-awaited *Fallout 76* has been underwhelming for an \$80 game, receiving only a 5/10 on IGN and a 55% on Metacritic. *Fallout 76* is full of bugs and glitches, causing the game to not flow as it should. *Fallout* is also well known for its beautifully constructed soundtrack. The soundtrack for the new game is disappointing, and it lacks the genius and original creativity of the first couple of soundtracks.



JASPER IN JANUARY

SATURDAY, JANUARY 26
5:45 AM - 10:30 PM
ROUNDTRIP, NAIT TO JASPER
\$85 +TAX FOR NAIT STUDENTS

Online registration opens January 2.
Registration is limited, so grab your spot at naitsa.ca/events
Open to NAIT guests on January 11 at a rate of \$119 +tax
per person, if there are remaining spots available.

CHOOSE FROM

A day skiing or snowboarding at Marmot

*Ski/Snowboard rentals are not included

OR

Maligne Canyon Ice Walk

Lunch provided for both tours!



“What is the best thing about NAIT? What areas can NAIT improve?”

By GEORGE HONG



“I enjoy the program, the instructors, the NEST, and overall NAIT is a great school!”
“I have no complaints personally, the technology and teachers are always up to date.”

Cody Forrest
Electrician – 3rd year



“I like the small classes and that NAIT has a community feel.”
“There’s not much I think NAIT needs to improve but a better variety of food options on campus would be nice.”

Omnia Elbohtimy
Bachelor of Business Administration (BBA)



“Generally NAIT is a nice school compared to other ones I’ve been to.”
“NAIT should provide more student seating areas especially for lunch time.”

Nathan Skyrpan
Heavy Equipment Technician (HET)



“I like how hands-on NAIT is compared to MacEwan. I feel like I’m already doing the job.”
“As an athlete I don’t agree with the budget cuts to the whole sports programs. We started a petition to ask NAIT not to cut the funding.”

Anna Atcheynum
Denturist Technician



“All the instructors are very approachable and smaller classes allows me to discuss and participate.”
“I think NAIT should help students get jobs within their chosen field. Maybe offering more networking opportunities to meet with industry professionals and alumni.”

Raaj Selva
BA in Technology and Technology Management

Photos by George Hong

Certification

IT PAYS TO KNOW

Searching for a Career?

Choose Payroll

Becoming a Payroll Compliance Practitioner (PCP) will ensure you have the compliance knowledge and payroll skills needed for success.

- Employers look for this certification when hiring and pay a 5-10% higher salary to those who have achieved it (Robert Half's 2018 Accounting & Finance Salary Guide).
- Payroll Certification broadens the knowledge base and skill set for Business, HR and Accounting students.
- PCP Certification requires four key courses offered at the Northern Alberta Institute of Technology and online.

The Canadian Payroll Association can guide you on your path, try our online course demo today.

“There is not a day that goes by that I do not use the knowledge and skills I learned while pursuing the Payroll Compliance Practitioner (PCP) certification.”

Sandra B., PCP
Payroll and Benefit Specialist

For more information visit payroll.ca

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



**NOMINATIONS OPEN
JANUARY 3 - JANUARY 28**

NAITSA
**EXECUTIVE
COUNCIL**
ELECTION 2019/2020

**THE NAITSA EXECUTIVE COUNCIL IS COMPRISED
OF 4 STUDENT REPRESENTATIVES AT NAIT:**

- The President
- Vice President Academic
- Vice President External
- Vice President Student Services

**INTERESTED IN BECOMING AN EXECUTIVE?
NOMINATIONS CLOSE AT 4PM, JANUARY 28**

FOR MORE INFORMATION, VISIT [NAITSA.CA/ELECTIONS](https://naitsa.ca/elections)

Perfectionist problems



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

- ☐ Do you set excessively high standards for almost everything you do?
- ☐ Do your accomplishments rarely meet your expectations?
- ☐ Do you try to appear faultless to the outside world, even your close friends?
- ☐ Do you judge yourself based on your accomplishments?
- ☐ Do you consider yourself a failure if you get a 'B'?
- ☐ Do you put things off because you can't get them perfect?
- ☐ Do you avoid giving your opinion for fear of looking dumb?
- ☐ Do you have difficulty in relationships because of your high standards?

If you checked even one of these points, you may be a perfectionist. Perfectionism is a self-defeating cycle where you set unrealistically high standards, fail to live up to

those standards (or exhaust yourself meeting them), feel bad about yourself and then blame yourself for not being good enough or trying hard enough. To offset this, you feel compelled to set more unrealistic goals in order to try and feel better. Perfectionism is not the healthy pursuit of excellence but rather, as Dr. David Burns states in his best-selling book *Feeling Good*, "the compulsive striving towards unrealistic goals".

Perfectionism usually interferes with, rather than contributes to, success. Perfectionists never feel satisfied and even if they get some temporary satisfaction they usually don't accomplish as much as non-perfectionists because they spend so much time trying to get things perfect.

Perfectionists often have problems with relationships because they apply their own unrealistic standards to others and can be critical and demanding.

Perfectionism is also a major cause of procrastination. Fear that they cannot do a task perfectly, or anticipation of the effort involved to achieve perfection, often causes perfectionists to avoid tasks.

Perfectionists are also more prone to anxiety and depression because of the constant pressure they put on themselves.

While it is a good idea to have high standards, setting realistic goals based on what you want rather than on what you perceive others expect of you is a good practice. Healthy achievers take pleasure in pursuing their goals rather than feeling stressed that

they might not achieve perfection.

Perfectionists can change. Check off the perfectionism-busting techniques that you already incorporate, and then choose ONE tip (perfectionists want to do it all right away) that you can realistically incorporate:

- ☐ Look at what you have accomplished in the past and set small, achievable goals based on past performance.
- ☐ Decide on several things that are really important to you and put your effort into those goals. Lower your standards on other tasks.
- ☐ If you are feeling highly stressed, feel like giving up, or find yourself avoiding necessary tasks use, this as a warning signal that you may have unrealistic expectations such as taking on too much or trying to do everything perfectly. Evaluate what it is that you need to change.
- ☐ Remember that people learn by making mistakes. If you're not taking risks because you think you might fail you are probably missing out on a lot of growth and learning.
- ☐ Set limits on how much time you will spend on a project and stick to your allotted time.
- ☐ Judge yourself by who you are, not by what you accomplish.
- ☐ Lighten up by scheduling in free time for fun and relaxation. (This actually makes you more creative and productive).

- ☐ Ask yourself "What is the worst thing that could happen if I don't do this perfectly?" "or if I fail?"
- ☐ Stop chasing the impossible dream. No one is, or ever will be, perfect.

Perfectionists often fear letting go of their high expectations thinking that they will become total slackers. Don't worry – people almost never move from one end of the continuum to the other.

Letting go of perfectionist tendencies requires time, effort and patience (and the willingness to accept that your efforts at change won't be perfect). Healthy goal setting is within your reach and you will probably find yourself enjoying life a lot more.

Counsellors at Student Counselling can help you work towards healthy goal setting or other personal issues that might be interfering with your success.

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 – 4:15 Monday and Friday with extended hours available Tuesday to Thursday.

Souch Campus: Counsellor available Wednesdays and Thursdays from 10 – 4. Book by calling 780-378-6133 or in person in Room Z153.

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

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

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

With the new year upon us, fresh intentions and new goals are top of mind. Below is the main energy surrounding 2019:

Capricorn (Dec. 22-Jan. 19)

Dream big and let your imagination run wild with possibility.

Aquarius (Jan. 20-Feb. 18)

Look for adventure and opportunity to try new things in order to get out of your comfort zone.

Pisces (Feb. 19-March 20)

Celebrate and live in the present, taking in all the hard work you have done.

Aries (March 21-April 19)

Bring balance into your life looking at what is really important to you.

Taurus (April 20-May 20)

There will be certain life events that align for you to achieve elements of your destiny.

Gemini (May 22-June 21)

Ask for greater awareness in situations that you may be playing blind to.

Cancer (June 22-July 22)

Step up and tap into the courage deep within in order to achieve the connection you want.

Leo (July 23-Aug. 22)

Believe anything is possible and that you can manifest all that your heart desires.

Virgo (Aug. 23-Sept. 22)

Live, breathe, and rejoice in abundance, for that brings more abundance.

Libra (Sept. 23-Oct. 22)

Beauty surrounds you and shines out of you and you see it in all things.

Scorpio (Oct. 23-Nov. 21)

Accept that the plan you had may not be the plan that is best.

Sagittarius (Nov. 22-Dec. 21)

Achievement is inevitable this year, make sure to appreciate it.

Creative Corner

They're in the walls...

By ISAAC DYMOCK

"Rings be d-d-damned," Tur K'Cainen swears under his breath as he fumbles and drops his medical syringe, it clatters somewhere near the foot of the barricade he is using as cover. With the lights in the corridor non-functional, he is forced to take another one from his satchel instead of blindly feeling for the one he lost. Hands shaking and sweaty, Tur places the medication bag down and feels for a spot on his arm that wasn't already used as an injection point in the last few hours. With a wave of pain relief he knows he found the right spot as the syringe injects automatically. Tur will be pain free for the next couple of hours.

Nearby a light blinks on inciting a hushed warning about visible light before it's hastily covered. A moment of silence follows as all twenty soldiers in the cramped intersection wait for a sign that the light was spotted. Nothing, no sounds from the metal floors or walls around them nor the large empty hallways in all five directions. A collective sigh of relief follows as a whisper spreads from where the light was. The radio woman got a message.

"Word from Temp HQ, the birds turned off the big

scorch. None left on the surface, radiation is only going to get worse. Evac failed, all ships were shot down as they left the bays. We're all that's left." Whispers of a doomed civilization makes them think, 'What are they fighting to protect anymore?'

A sobering tension falls over assembled troops, the radio woman shuts off the transmission and slumps next to her barrier. Hope is hemorrhaging away from all of them as the news sinks in. The solar laser that was used to burn away all traces of life from the surface, powered by the star that supported them, is done. Leaving the ring-world barren on the inner side and the rest being saturated with the resulting radiation.

Movement from the center of the room tells Tur K'Cainen that someone is getting something out of their own satchel, "I'm going to light a flare, there's nothing left for us but to take as many of the bastards down with us as possible." Silent throats and the soft clicks of weapons being checked for charge greets the voice as a silent approval of the plan. Tur pats down his sides checking if he has any explosives left and finds the forms of two grenades to his left.

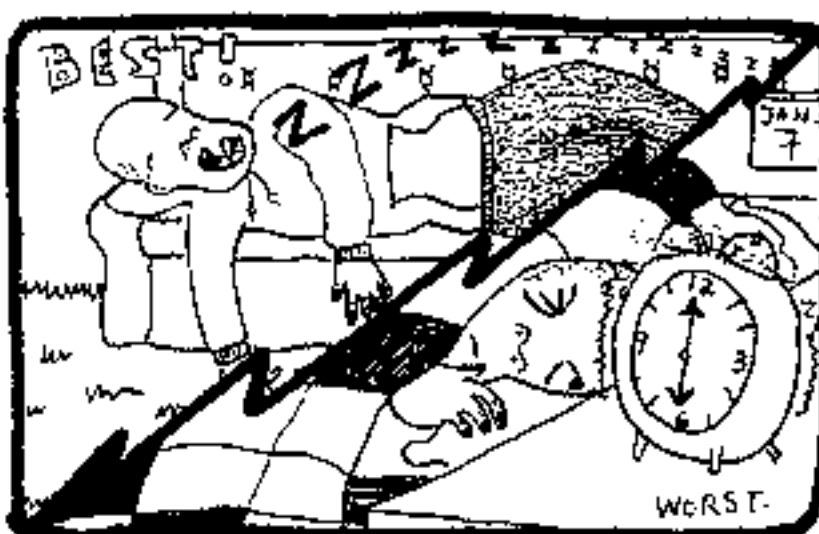
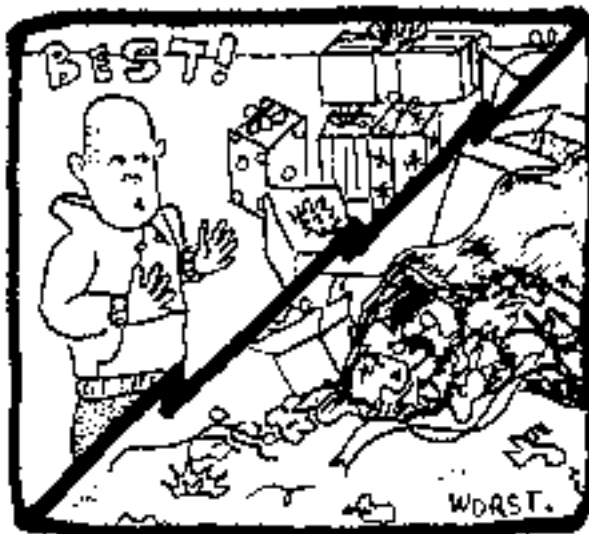
With a soft crack, light fills the intersection showing everyone's helmeted faces for the last time. Colours of different martial houses scuffed and scraped off adorn their armour.

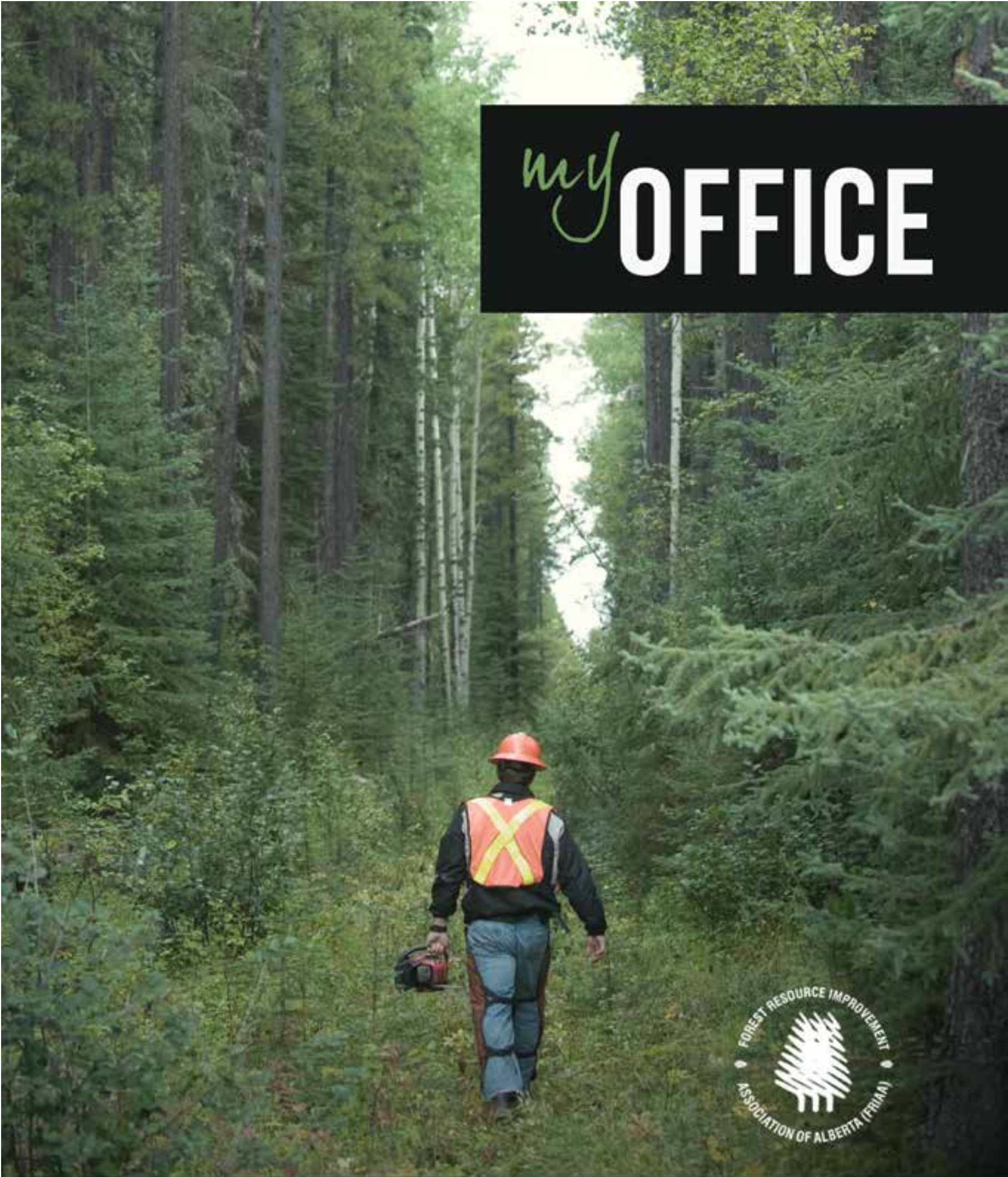
First a shriek comes down the hall immediately in front of Tur, and he levels his rifle at the darkness and thanks his combat helmet for automatic noise dampening. The metal plates around the squadron start to rumble as things move through the spaces between utility cables and pipes.

Suddenly, something breaks through behind him, grabbing the soldier that lit the flare between sharp pincers and slicing him in two. None of that matters to Tur K'Cainen as he aims through his scope. Nothing matters anymore as he sites his first and final target of this hopeless battle. Streaks of hot plasma lance down the hall as he fires at a massive, winged creature with a beak three meters long and carved with menacing images of war and tribal symbolism.

It takes no time for the creature, feathers burning from plasma shots, to sink its claws into his body and tear him limb from limb.

COMIC RELIEF





my OFFICE



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