

THE

NAIT NUGGET

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

COOKING IN ERNEST

Student-staffed restaurant places in Top 100, page 3



Photo by A.J. Shewan

Culinary students, who helped make Ernest's one of the Top 100 restaurants in Canada, gather recently for a group photo. The restaurant received news of the award earlier this month.

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NEWS & FEATURES

What's the beef with beef?



NICOLAS BROWN
Issues Editor
@bruchev

Three feedlots in southern Alberta are set to shut down. Apparently it's a big deal, especially as the company, Western Feedlots, identified economic and political pressures as the reason for it shutting down its feedlot operations in the province. I say apparently and here's why.

Who's blaming what

I'm not an economist or a cattle rancher, so I can't comment on the feasibility of certain things like Bill 6, the proposed carbon tax or the minimum wage increase to much degree. Yet at least two of those are being blamed for this shutdown, another cry against so-called NDP bureaucracy and socialism by the opposition. Claims that the NDP are ruining Alberta continue to circulate on social media – and I'm certain that many students at NAIT might agree with them.

Let's look at the numbers for a moment. Sure, three feedlots and 85 jobs lost is certainly not desirable. Those are livelihoods (and tax dollars) disappearing into thin air. Having a large company like Western Feedlots make this move must be a sign of poor government, right?

3 operations only

Except it's not. The Alberta Cattle Feeders Association says there are 151 feedlots in Alberta, producing a whopping 69 per cent of Canada's fed cattle. Three operations by a single company, even the largest, does not constitute the majority of that production. It's not a signal of economic restrictions impacting the cattle industry, either.

It doesn't indicate new restrictions

impacting the industry by the NDP (as some claim) for the simple reason that there's no mass shutdown in the industry. If there were onerous burdens being placed on an industry, wouldn't you expect there to be a mass exodus? The oil and gas industry has proven that, with low oil prices, it has shed a huge number of jobs in Alberta in less time than it takes the Wildrose to blame it on the NDP. Yet I've seen no sign of the other 148 feedlots suddenly shutting down.

Think of this – a large company suddenly shuts down and it's big news. What about the smaller players, though? I haven't heard about a number of small feedlots suddenly shutting down and

they're the most likely to have little wiggle room to deal with increased costs and regulatory requirements, certainly far less than a large company like Western Feedlots.

What is far more likely? Some factors within Western Feedlots' operations have made maintaining operations too risky or simply not profitable enough to continue. With the current price of feed cattle versus commercial beef prices, the cattle feeding industry is certainly not booming. Of course, this is all conjecture without some good solid analysis.

But can we just stop for a minute? It's all fun to jump on the "blame someone else" train but that is hardly pro-

ductive. I'm certainly no supporter of the NDP but the vitriol and partisanship that has cropped up in our provincial politics since May 5 has been astonishing. Any excuse to rail against the "socialists" does nothing for working together to build a strong Alberta. Politics shouldn't be about what colour you wear or the slogan you shout at events – it's supposed to be working together to represent the views of Albertans while making the best decisions possible for the province's future. It's not about ideology, it's about objective facts.

If you keep making the beef about politics, you'll end up with a mad cow.



STRESS RELIEF

A student takes advantage of a free massage outside the NAITSA office on Wednesday. The service is offered one Wednesday each month for any student who wants to relax with an over-the-clothes neck and back massage.



Nugget photo

Recently lauded Ernest's Restaurant, ready for another round of satisfied diners.

Honour for NAIT

By **NICOLAS BROWN**
Issues Editor
@bruchev

NAIT's five-star restaurant, Ernest's, gained a new accolade this year, making it onto the list of Top 100 restaurants for foodies in Canada by OpenTable Canada. This newest accolade puts Ernest's on the map with established restaurants like The Prune in Stratford, Ontario (celebrating its 40th year in business). It brings focus to the changes in culinary culture across Canada, as trends like local foods or sustainably-sourced ingredients.

"This list serves as a guide for locals looking to venture beyond their usual fare and travellers wanting to indulge in one of the many eateries defining Canada as a global dining destination," said Ziv Shierau, Head of National Accounts for OpenTable Canada.

What's the process to make OpenTable's list? In order to take one of the top spots, restaurants have to snag good reviews by diners using OpenTable's reservation tool. This usually constitutes a minimum "overall" score, but also looks at qualifying reviews to impact the rankings. For this particular ranking, over 300,000 reviews from across Canada between August 2015 and July 2016 were gathered

from verified OpenTable diners. The restaurants that met the basic threshold were then scored and sorted by how many diners selected "fit for foodies" as one of the special review features.

How were restaurants considered "fit for foodies?" Although certainly subjective among reviewers, it seems the key is stepping outside of the box.

"From locally sourced ingredients, artisanal cocktails, unconventional cooking methods, to an eclectic fusion of international cuisines, restaurants across the country are setting themselves apart by offering up new and unique dining experiences that are hitting the mark with self-proclaimed foodies," said Shierau.

A unique dining experience is certainly what you'll find at Ernest's. With a variety of haute cuisine offered on its lunch, dinner, and event menus, coupled with a carefully cultivated dining room experience, Ernest's is sure to impress.

"Ernest's has been chosen by OpenTable diners for offering a gastronomic experience that stands out among thousands of restaurants from coast to coast," said Shierau.

Snagging the list spot seems to reaffirm the commitment to excellence at the Hokanson Centre for Culinary

Arts "crown jewel."

"We are ecstatic and over the moon," said Brent Murton, dining room supervisor at Ernest's. "We are so pleased to be recognized with such worthy restaurants across the country. This ranks our culinary program in the same league with some of the greatest restaurants in Canada."

This newest award recognizes the impact that the hands-on learning NAIT provides has on students both during the learning process and after graduation.

"We're ecstatic to hear that Ernest's is in the Top 100 list, although I'm not surprised," explained Allannah Wrobel, NAITSA President.

"I have spent a lot of time there both as a server and as a customer and I truly believe that it is yet another example of how wonderful and relevant our institution is."

Ernest's has been an essential part of NAIT's Culinary Arts program for over 50 years. Starting in 1963, the dining room has provided students hands-on experience in a fine-dining environment while offering Edmontonians a unique culinary experience. Every aspect of the Ernest's experience integrates student learning, from second-year Culinary Arts students in the kitchen to Hospitality Management students serving in the dining room.



The Nugget

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

Letters

We want your views

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

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

We need to list your real name.

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

CORRECTION

In last week's Nugget (Sept 22 issue) there was a picture of NAIT's therapy dog, Flynn, with a woman identified as his handler, Linda Shaw. The person in the photograph was actually Olivia Adams, the author of the accompanying story. The Nugget regrets the error.

ALUMNI CORNER – PREPARING FOR TOMORROW

My journey began at NAIT



By **CORY SUTTON**
B.Mgt, CPA CA, CFE

I was truly honoured when a good friend of mine asked if I would write a quick letter to the current students of NAIT. NAIT was my first big step into post-secondary and today it is still the one place I consider to have prepared me to launch my career at the break-neck speed I did. Much of my success can be attributed to the things I learned and the experiences I had in the same halls you walk today.

I want to share with you how I became a forensic accountant (before 25), how I became a double designated professional and how I landed a job working in Business Information Intelligence and leading a project to transform the way we do business, working for a multi-national company.

Started at NAIT

It all started at NAIT.

I was constantly inspired by the practical hand-on approach that NAIT takes to transferring knowledge from textbooks and professionals to the students. I can recall many conversations with instructors who were always able to share real life experience on the subject matter. As I furthered my education at universities and other programs, this was something I under-appreciated during my time at NAIT. These experiences and opportunities were simply not the same at every other place I went to – so don't be too shy to use the connections you have today because they may not be available for your next step.

Started day at the Nest

I was a business student, going for the accounting stream. My goal was to learn as much as possible, as fast as possible, so that I could move on to more complex challenges. This involved starting my day with breakfast and coffee at the Nest.

Next, I would go up to the eighth floor of the Business Tower. It's got a great view of Edmonton and I found when I needed a break from studying, just staring off through the windows, pondering my future and gazing out at the city I was setting out to conquer,

was a great way to stay motivated.

In one of my classes, my professor told me a story of a young motivated person who got hired by a firm and began an accelerated career. This became my goal. From that day forward I've always set two-year career plans for myself, just to ensure I stay aligned with where I'm trying to go. Life changes fast, so I felt two years was just the right amount of time for me to refocus for the next challenge.

Long shot

Obviously, the two-year diploma at NAIT fit right into this. As I was approaching the end of my program, I was keeping an eye on how I could position myself for early success. On a long shot, I interviewed with firms which were typically looking for fourth-year accounting students, not second year. This is where some good grades from my routine studying paid off – big time.

I got hired by a small firm, knowing that I would need to continue to pursue my education in order to finish the accounting journey I set out on.

The next two-year plan was basically to pad my resume with work experience, while taking night classes at university. I know this isn't for everyone but, for me, two years of work all day and study all night was what I needed to do for this part of the plan. The objective here was that when I finished the last two years of my degree at university, my resume would also include two years of work experience, surely giving me an edge on other graduating students.

Already there

As fate would have it, my small firm merged with a larger firm during this time and I found myself already at the place I was trying to get to. Time for the next plan.

As an aspiring accountant, the next part of the plan was to get a professional designation. At this time we had three of them in Canada and I came from a family of accountants. So just for lolz and to keep Christmas dinner entertaining, I decided to go for the one that no one else in my family had.

Typically, this was a 2.5 to three-year process. However, (although not recommended) it was possible to complete the entire program in 18 months if

you didn't take a break. With an academic discipline instilled at NAIT and a drive for personal achievement, I went for it. As a result of the study habits I had developed and the extra boost of work experience I got from my previous plan, I breezed through the program and completed it within my timeline.

After a break, I was ready to get back in to it, refocus and figure out the next part of the plan.

As far as accountants go, forensic accountants are considered a special breed. It is a niche area and focuses on uncovering fraud schemes conducted by people who do not want you to figure it out. I decided to see if I could earn this role before I turned 25. It just happened to coincide with my two-year plans, plus it just sounds cool!

Match passion with skills

Of the thousands of people that worked at this firm, the entire forensic team was less than 100 people. So I knew I needed to be able to do something different to get them to notice me. This is where matching your passion with your skills is key.

I've always had a passion for technology. I grew up using a computer back in the days of DOS, if anyone even remembers that anymore. I felt that if my career was to be defined using a computer as my primary tool, then I needed to learn how to use that tool well.

I was learning how to write programs to solve problems. This skill allowed me to sift through large volumes of data very quickly and accurately. When one of the forensic accountants needed some "junior" help to sift through large volumes of data quickly and accurately, I was chosen in our Edmonton office. Within three months I was asked to join their team permanently. Another two-year plan completed.

During my forensic investigation days I found that in order to solve more cases faster I was writing more and more programs to do the work for me. I was given an opportunity to write a program for our firms audit team.

As we were finishing the prototype, I got an offer from a client from my early accounting days. They were trying to take their large business and streamline operations.

They made me an offer to help them on the project I'm working on today. Today we are entering our final phase of testing with a goal to launch in the next couple of months. Then it's on to the next plan.

For me, it all started at NAIT and I absolutely love this school for how it prepared me for this fast paced career path I'm on.

If you have any questions or want to reach out, just brush off those investigation skills and find me on LinkedIn. I've always got time to talk to students just getting started on their journey.

NAIT Student Counselling
Room W-111PB, HP Centre, Main Campus
Telephone: 780-378-6133
Website: www.nait.ca/counselling

Info clerks needed for student elections

Duration: Oct. 11, 4 p.m.-7 p.m.

Oct. 12, 10 a.m.- 2 p.m.

Compensation: \$15/hour

• Information clerks are needed

Oct. 11 and 12 for the NAITSA student senate election.

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

• Info clerks must have a complete understanding of the online

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

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

ASK THE EDITORS

Why settle for just one opinion?

What is your productive weekend tip? How do you keep yourself productive on the weekends and resist the siren song of yet another Netflix binge?

•••

Danielle Fuechtmann
Editor-in-Chief

I find the thing that best keeps me on track is writing out a to-do list and keeping it on my desk. While I keep a running digital to-do list, I find writing out the tasks and grouping them by priority and topic is a huge help in keeping me accountable. Being able to see a pretty visual reference of the things I need to get done makes it easy for me to see what I've accomplished

(or not) when I'm deciding how to use the rest of my time.

•••

Brendan Chalifour
Entertainment Editor

Figure out what you want to get out of this weekend first.

If you have been partying it up all week, it might be a good idea to figure out what you need to do, create a good environment (quiet, distraction free), and get it done!

Or, if you have been working like a dog all week long, then allow yourself to take it easy this weekend. Recharging and refocusing is often forgotten about, but so important!

I personally like to hang out with a friend, try making a new home cooked dish, or catch up on my fitness routine.

•••

Nicolas Brown
Issues Editor

My best advice for a productive weekend (that I should really follow more often) is set some goals. I'm not saying be overly ambitious and convince yourself you'll do "ALL the things". Be reasonable, and set some productivity goals.

More important, remember to set some personal goals as well. I get it, we're all busy. Make sure you take some personal time to recuperate over the weekend -

schedule it in!

Read a book, take up a hobby, cuddle up with your loved one and/or pet. By setting these kinds of goals, you'll make sure you get those important weekend tasks done while still taking a much needed break after a long week.

•••

Connor O'Donovan
Sports Editor

Cancel your Netflix membership, abandon social media, replace your ID with a fake that says you're under 18, order three large pizzas, snip your debit card, lose your phone charger, shutter your windows, lock your doors and get your productivity on.

No need to fear derivatives

By LOGAN PHILLIPS
President, Investment Club of NAIT

This semester marks another year of NAIT participating in the Montreal Exchange Options Trading Simulation. This educational trading simulator is open to all NAIT students and offers a great chance to learn about trading stocks and derivatives. Specifically, this competition teaches students the basics of trading stocks and options from a profit maximization and risk management standpoint. I thought with the competition kicking off again, this would be a perfect time to discuss the use of options in a personal portfolio.

Options trading has the potential for extreme risk and all strategies should be fully understood before an individual engages in options trading. There are many options strategies, however, that mitigate risk or generate income, these strategies will be the focus of this article.

The most popular options trade is the covered call strategy. This strategy involves writing call options on shares that are already owned. This strategy is very intuitive and consistently profitable.

To execute this options strategy, simply sell call options for each 100 shares of a company that you own. For example, if you own 500 shares of a company, you would want to sell five contracts since each contract is equivalent to 100 shares. By selling call options that are out of the money (above the current stock price), you generate income. The goal here is that the calls will expire worthless, you keep your

shares and then you can continue to write additional call options in future months. On the downside, this strategy will not protect you from losses but your losses will be better than if you just held the shares alone because the premium from the call writing will offset some of the loss.

The short summary of the covered call strategy is that on the upside you should earn around six to seven per cent but your gains will be capped, whereas your losses are potentially 100 per cent but this is no different than if you held shares alone.

The second strategy that is often used by investors is a protective put. The protective put strategy involves buying put options to protect from losses with shares that you own. Just like with calls, make sure to match up one put for each 100 shares. If you are a long term holder of a company and are afraid of some potential downside coming up, instead of selling out of your shares you can buy puts. If the stock price does begin to fall, the put contracts will cap your losses and protect from you from further volatility. If the stock price doesn't fall, you get to keep your shares and have only lost the premium cost of the put options. This is a perfect strategy for long term oriented investors (which most of us should be) who are concerned about idiosyncratic stock risk or market-wide beta risk.

Commissions on options have continued to come down in recent years but remain substantially more expensive than stock commissions.

Please do not enter into any trades without understanding potential maximize gains and losses, and always please

consult with a financial advisor if you are not confident in your investing skills.

This article in no way promotes any stocks, and the author of this article is

not liable for any losses from personal portfolio transactions of the readers of this article. The Investment Club of NAIT meets every Tuesday and Thursday at 4:30 in CAT-213.



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The HP Centre at night, shot from outside the CAT Building.



OPINION

— Editorial —

Betrayed by the press



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

In 2013, Edward Snowden leaked documents containing information about secret U.S. National Security Agency programs that have and, continue to, collect and store personal communications in the United States and internationally. The documents were gradually released to journalists at media outlets including *The Guardian*, the *Washington Post*, the *New York Times* and others (this coverage earned the 2014 Pulitzer Prize for Public Service for both *The Guardian* and the *Washington Post*). The coverage spurred international discussions about surveillance and increased development of encryption standards.

Turned on source

Snowden was charged by the United States government with theft and two charges under the 1917 Espionage Act and while he currently has asylum in Russia, the US is actively seeking extradition.

Say what you will about Snowden and whether he should have leaked those documents or if you think he should be prosecuted. Last week, however, the story took a new turn as the *Washington Post* made history and became the first American paper to explicitly editorialize for the criminal prosecution of its own source.

Unlike *The Guardian*, the *New York Times* and *The Intercept*, who called for the U.S. government to allow Snowden to return with no charges in tandem with a campaign led by Amnesty International, the American Civil Liberties Union (ACLU) and Human Rights Watch, the *Washington Post* demanded that he stand trial for espionage.

Huge benefit to Post

So, why is this a problem? As Glenn Greenwald neatly explained in *The Intercept*, when news organizations receive materials and information from a source and use them, they are implicitly supporting their source and establishing that their information is in the public's interest and should be available.

What makes this explicit denial of support even more appalling is that not only did the *Post's* editorial board decide that the information deserved publication, they benefitted hugely from the awards they received from this coverage — particularly their 2014 Pulitzer Prize for Public Service.

The *Post* defended its statement with the argument that, while some of the material Snowden leaked was valuable, some of it was not. The newspaper is now arguing that the information leaked about the PRISM program, an overseas NSA Internet-monitoring program, was “both clearly legal

and not clearly threatening to privacy” and that the program should not have been publicized. However, it was this program that their Pulitzer-winning stories covered! Greenwald points out that if the *Post's* editorial board members genuinely feel that PRISM was legitimate and should not have been exposed, they should be attacking their own news editors, apologizing to the public and returning their Pulitzer. If the editorial board “had any intellectual honesty at all,” he says, they would be “accepting institutional responsibility for what they apparently regard as a grievous error that endangered the public — rather than pretending that it was all the doing of their source as a means of advocating for his criminal prosecution.”

After all, while Snowden was the source of the information, it was the news editors at the *Washington Post* who decided the information deserved to be published and made publicly available.

“Snowden himself played no role in deciding which of these programs would be exposed (beyond providing the materials to newspapers in the first place),” Greenwald said. “He did not trust himself to make those journalistic determinations and so he left it to the newspapers

to decide which revelations would and would not serve the public interest. If a program ended up being revealed ... the ultimate responsibility lies with the editors of the paper that made the choice to reveal it, presumably because they concluded that the public interest was served by doing so.”

In addition to being a shocking ethical blunder, this turn of events will have negative implications for the *Post*. Mathew Ingram wrote in *Fortune* magazine that there are two fundamental issues: that future “Snowdens [will] think twice or even three times about going to the newspaper with a leak or a classified tip” and that it publicly highlighted the divide between the editors responsible for the editorial page and the section editors responsible for news pages.

In a time where long-standing media sources are struggling to maintain their audience, creating an environment where the organization appears to be fundamentally divided will only leave readers less trusting. As Ingram states, “all that outside observers are likely to see at this point is a newspaper at war with itself, a media company that is happy to take the leaks and win prizes for them and then just as happy to throw its source under a bus.”

The Washington Post

Washington Post • Monday, June 10, 2013

Man who leaked NSA secrets steps forward

A REPORTER'S ACCOUNT

To leaker, personal risks were clear

BY BARTON GELLMAN

He called me BRASSBANNER, a code name in the double-barreled style of the National Security Agency, where he worked in the signals intelligence directorate.

Vera was the name he chose for himself, “truth teller” in Latin. I asked him early on, without reply, whether he intended to hint at the alternative that lay before him.

Two British dissenters had used the pseudonym. Clement Walker, a 17th-century detractor of Parliament, died in the brutal conflict of the Tower of London. “His execution later, awful article

and an honorary degree.

Edward Joseph Snowden, 29, knew full well the risks he had undertaken and the awesome powers that would soon be arrayed to hunt for him. Pseudonyms were the least of his precautions as we corresponded from afar. Snowden was spilling some of the most sensitive secrets of a surveillance apparatus he had grown to distrust. By late last month, he believed he was already “on the X” — exposure imminent.

“I understand that I will be made to suffer for my actions, and that the return of this information to the public marks my end,” he wrote in one May, before we



Before the world knew his name, tech specialist Edward Snowden, 29, now in Hong Kong, drafted a note of explanation. STORY BY

EDWARD SNOWDEN: ‘I’M NOT GOING TO HIDE’

Booz Allen consultant could face prosecution

BY BARTON GELLMAN, AARON BLAKE AND GREG MILLER

A 29-year-old man who says he is a former undercover CIA employee said Sunday that he was the principal source of recent disclosures about top-secret National Security Agency programs, exposing himself to possible prosecution in an acknowledgment that had little if any precedent in the long history of U.S. intelligence leaks.

Edward Snowden, a tech specialist who has contracted for the NSA and works for the consulting firm Booz Allen Hamilton, said

surveillance programs. He said he disclosed secret documents in response to what he described as the systematic surveillance of innocent citizens.

In an interview Sunday, Snowden said he is willing to face the consequences of exposure. “I’m not going to hide,” Snowden told *The Post* from Hong Kong, where he has been staying. “Following the U.S. government to intimidate its people with threats of retaliation for revealing wrongdoing is contrary to the public interest.”

Asked whether he believes that his disclosures will change anything, he said: “I think that it

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SPORTS

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By **CONNOR O'DONOVAN**
Sports Editor
@oadsy

On the soaring upper terrace of Ford Hall, those people sipping pre-game bevies look down on the tiny dots crossing Ford's byzantine floor like eagles perched on the edge of the arena's highest plateau. Beneath the lofty cantina lies cavernous beauty and potential.

Ford Hall – the name for the Rogers Place grand atrium arena entrance – is seemingly interstellar in its scope. It's the type of space a colony of determined humans might construct on Mars. Its towering walls shelter its inhabitants from the harsh elements, stretching along engineered curves to distant ceilings bathed in soft LED light. The architecture flows with hardly a single square corner in sight. It's the type of place where the Jetsons might go to catch a hockey game, where the action takes place a world apart from the cold clime outside.

And from the top of its entry staircase, while standing at the foot of its grandeur, its epicness, it isn't hard to dream about what it might one day hold. New Year's Eve festivities, perhaps, or JUNO concerts. Its massive video screens might one day broadcast the final victorious moments of an Oilers cup run to fans unable to secure a seat inside the arena.

There is no denying its magnificence. One would have to be a giant to find it unimpressive. Still, some have been irked by Ford Hall, not by the building itself, but by its name.



Ford Hall

edmontonjournal.com

"Ford Hall? Meh," declared *Metro* editorialist Danielle Paradis upon the Oiler Entertainment Group's announcement regarding the naming. She claimed the name conjures no image of the building it labels. The *Edmonton Journal's* Paula Simons suggested renaming the entire arena facility "Ironfoot Place" in respect for a colourful mosaic of the same name that gilds the centre of Ford Hall's floor.

The name is a far cry from the building's original moniker, the Wintergarden. That's the name that symbolizes a space for community to thrive downtown no matter what the season throws at us. It would have gelled well with Edmonton's strategy to deem itself the "Winter City,"

despite the hall's purpose of removing us from the cold.

Alas, the corporate branding of such a space was inevitable from the start and, like a baby-boomer telling his hipster son he can't name the new baby "Infinity," the unique Wintergarden title was shot down. It's Ford Hall we're stuck with. If I'm being honest, I kind of like it.

It's blessed with an ease of pronunciation similar to a well-crafted stage name. It's terse, so terse that if not for the giant F-350 display occupying a large portion of the floor, one might overlook the brand presence altogether.

It's far from the greatest name in the world, but we're stuck with it so we might as well embrace it.

FITNESS

NAIT's boulders to climb

By **JOEL BENITEZ**

It's just after 2 p.m. on a Saturday and the gym is nearly empty. I am greeted by Samantha Marcotte, NAIT's Fitness Weight Centre monitor and personal trainer.

We met last year, and she has a wealth of wisdom to offer students and staff if you have questions about your workout. After a tour of the gym and some background on the maintenance that was done over the summer, we get to the exciting stuff – the Bouldering Wall.

It was not what I expected at all, it's actually pretty cool. This isn't Donald Trump's ratchet dream wall to keep out a bunch of fruit pickers. This is a well thought out and well executed idea to bring users a quality facility to train.

If you don't believe me or the NAIT recreation staff, ask the guys at Vertically Inclined. They run the top indoor climbing spot in town, and were consulted with the design and build. I spent some time talking with Sam.

Why did Recreation build this wall?

We noticed the tread wall and the pool climbing area were getting a lot of use, which got the team thinking. Additionally, both climbing features could only be used by a single person at a time. We considered this an opportunity for growth. After some consultation and research, the project was greenlit.

What are some of the features?

It's being constructed to have a variety of routes for the beginner, intermediate and

advanced climber. It's also going to be a colourful space to increase your climbing technique and get creative with an overhanging wall.

Is there going to be any classes or training?

At the moment no, but if we see a demand it will be something we will strongly consider. On the plus side, there will be free shoe rentals.

How long until we can start using the wall?

A few more weeks.

Do we need to use or bring any safety equipment?

Nope, there will be three layers of padding in the climbing area. No dead people.

An indoor climbing wall is a excel-

lent place to build strength, practise climbing manoeuvres and meet cool people before heading to the mountains. It's also a killer workout. If you haven't climbed, try it and wait a few days. You'll see what I am talking about. It essentially works everything a traditional workout can. Your head, shoulders, knees and core will all build some solid muscle. Might be something to consider if you're looking to get back in shape or in a funk about your current routine.

If you're feeling energetic, check out the great wall of NAIT. For hours and information, check out nait.ca/recreation or walk down the spiral staircase to explore all the services NAIT Recreation offers.

Keeping Score

Play me or don't trade me

No-trade deals in the NHL – a good idea?



By **CONNOR O'DONOVAN**
Sports Editor
@oadsy

The negotiation of no-trade clauses (NTC) can afford athletes a lot of control over their career prospects and are easily justified from the player's perspective. NTCs give players a say over where they and their families will be living throughout the duration of their contract. They help assure that a player doesn't become a simple bargaining chip. But professional sports franchises are businesses, after all, and from a team management perspective, giving away an NTC is a big risk.

Productivity varies

One of the biggest concerns regarding no-trade clauses is the unpredictability of athletic performance. A player's productivity can dip significantly year to year. Shawn Horcoff is a great example. He went from a 40-point season in '03-'04, to scoring 73 points in '05-'06, to putting up just 36 in '09-'10. The 36-point year came right after the Oilers dumped \$33 million into a six-year contract with Horcs. That signing didn't involve a no-trade clause, thankfully, and the Oilers were eventually able to dump him on Dallas but you see the risk involved with fluctuating productivity.

Trades a tool

Additionally, even if a player who has negotiated a NTC maintains his predicted level of worth, that doesn't mean that the players around him will. General managers work extensively to acquire the players they think they need to build a successful franchise but things don't always go as planned. In the case of a midyear revamp or tweak, trades become one of the most valuable actions

a team can take because they can be executed at any time (pre-deadline, of course). A team can sacrifice major flexibility by granting a NTC.

NTCs can make a team even more vulnerable if the player decides to waive the clause. In that case, the player can theoretically choose the team he wishes to be traded to, limiting the trade's return selection and lowering the bargaining power of the player's team.

Partial NTCs

NTCs are often partial, meaning that during negotiations the player can specify a list of teams that he's willing to be traded to and a larger list of teams that he won't allow his organization to approach. A problem with partial NTCs was highlighted in articles published by Craig Custance of ESPN. For the past two years, Custance has asked 10 agents about what cities players most frequently request to be kept away from. Before you read my next sentence, take a wild guess at the top (or should I say bottom) cities on the list. No. 1 starts with an E and No. 2 starts with a W.

By their nature, the most talented players have the most power at the negotiation table and NTCs can contribute to skill disparity amongst league franchises. For instance, look at the Canadian teams on the no-go list – Edmonton, Winnipeg, Calgary, Toronto and Montreal. The last five years have seen just 10 players from these teams finish in the Top 20 in league scoring. Only one was traded there. (We get it guys, the weather is bad up here. I'm sure you all can afford a Canada Goose parka.)

At the end of the day, no-trade clauses are great for players, but they take a little too much power away from the team and result in certain markets being ignored.



By **MICHAEL MENZIES**

The social development of NHL players has evolved from the roaring 1920s of working summer jobs to the '50s, when any murmur of a player's union could kill a career in an instant. Eventually, the idea that hockey players should have contract options became an unquestioned, foregone conclusion. Today, its most flexible and, some would argue, pernicious form, is the no-trade clause – bargained for by players and agents for the extra security blanket.

A lot of fans dislike the freedom a player gets from this. However, the NTC is an important and necessary incentive for a player in the modern-day NHL.

Adds a layer

The NTC (no-trade clause) adds an interesting layer to general managing. As an added security for the top players in the league, it allows them to perform to the best of their ability. It's an extra benefit which can give a player a safety blanket and let him be more comfortable in his environment.

While no-trade clauses can make trade negotiations more difficult – because in most cases the player can give a short list of the teams they can negotiate with – it

also makes the idea of signing a player more exciting. There are many more extenuating circumstances with each individual player and, because of the hectic world the NHL is, that seems like a fair assessment.

Imagine you were any professional in any other discipline, let's say a computer programmer or a leading entrepreneur. It would seem unfair, almost unjustified if you were unable to have some say in the transition to the company where you were going to be working for the next however many years. Especially if you had the offers to match. Only in the world of sports do we hold athletes to a standard where they are supposed to be company men all of the time, sacrificing dollars and personal job satisfaction for the sake of the fans or the community. I'm not saying that to be negative, nor am I saying that players should get absolute freedom to switch to whatever franchise they please when they are under contract but they should have the ability, if a team is looking to move them, to have a say in where they end up. The NTC allows that wrinkle in a chaotic job market, to give the top percentage of players (deemed skilled enough by the general managers to agree to a no-trade clause) some say in what company is going to employ them. That freedom seems reasonable.

More common

I would agree that NTC deals are becoming more common than we as fans would like to see them. The idea gets more redundant with the repetition. But signing this type of deal creates more incentive for a player to perform to earn this security. Why do we have a difficult time accepting job security?

Obviously, because we are all fans who believe players are ours to control. Their job is to entertain and provide a service 82 games a season. It's hard to bridge the gap in your mind. These are people just like us with families to provide for and look after. Partially, that's what the players sign up for in the chaotic world of the NHL, but can't we understand where the players come from in these cases?

It's also interesting to point out that many players negotiate for these contracts so they don't get moved by the team because they enjoy living in that city or playing for that team. They want guaranteed loyalty back because they've bought into the franchise and that reassurance and mutual acceptance can enhance the understanding between player and management as well. This makes fan favorites legends in many cases.



SOCCER

Men, women weekend winners

By **CONNOR O'DONOVAN**
Sports Editor

NAIT's women's soccer team is sitting undefeated at the top of ACAC standings after another pair of victories on the weekend. The Oaks defeated the King's University Eagles 4-1 on Friday before recreating that score against the Grande Prairie Wolves a day later.

The men (4-2-0) also recorded a pair of wins on the weekend, beating King's (1-3-0) and Grand Prairie (0-6-0) both by a score of 4-0. The victories stand in contrast to the Oaks' two-loss performance last weekend against the 2015 provincial champion Keyano Huskies (6-0-0).

"(Last week) we did face some stiff competition. The Huskies are a pretty good team, they know how to play. We now know the bar we can get up to," said head coach Charles O'Toole. "The boys have their confidence back a little bit now."

Sebastian Cabrera wore the magic boots on Friday night, scoring first in the 20th minute, again in the 80th assisted by Sadi Jalali and unassisted in the 90th to complete the hat-trick. He currently leads the Oaks and sits second in the league in goal scoring with six. The fourth tally of Friday's game came off of Joseph Costouros' foot, assisted by Sadi Jalali, in the game's 85th minute. Keeper Tyler Yarison stopped four shots in



NAIT photo by Railene Hooper

NAIT male athlete of the week Sebastian Cabrera dribbles upfield during a game last Saturday at NAIT against the Grande Prairie Wolves. NAIT won 4-1.

his shutout of the weekend.

Matthew Zima scored first in Saturday's game against Grand Prairie. Cabrera scored in the 55th, Costouros in the 69th,

and Kyle Cummings in the 76th.

"Once we got our bearings a little bit, and had the wind behind our back we were able to take the pressure to them for the rest of the

game," O'Toole said of Saturday's victory.

Up next for the Oaks: the Augustana Vikings (1-3-0). That game kicks off in Camrose next Saturday at 6 p.m.

Athletes of the week

September 19-25

Kennedy Ballam
Women's soccer



Kennedy helped lead the NAIT Oaks women's soccer team to a pair of wins over the King's Eagles and the Grande Prairie Regional College Wolves this past weekend. She scored in Friday's 4-1 win over King's and in Saturday's 4-1 win over GPRC and was a steady contributor on defence. "Kennedy has been solid for us in the midfield," said head coach Carole Holt. "She is extremely hard working and continues to improve with every session and game. She scored two very important goals over the weekend for us, so in addition to contributing defensively, she is establishing herself on the attacking side as well, which is obviously very good for us." Kennedy is a first-year Personal Fitness Training student from Sherwood Park.

Sebastian Cabrera
Men's soccer



The Oaks men's soccer team earned two important victories this past weekend and captain Sebastian Cabrera was a major factor. Coming off a tough road trip last weekend where the team lost a pair of games to Keyano, Sebastian showed his leadership by scoring three goals on four shots in Friday's 4-0 home win over the King's Eagles and followed that up by adding a goal and an assist in Saturday's 4-0 win over the visiting GPRC Wolves. "As a second-year player, Sebastian has been building on his success from last year when he was named ACAC Rookie of the Year," said NAIT head coach Charles O'Toole. Sebastian is second-year Open Studies student from Edmonton.

Athletes of the week

September 12-18

Marissa Webb
Women's soccer



The NAIT Oaks women's soccer team remained unbeaten with a 3-0-1 record following a two game sweep of Keyano this past weekend in Fort McMurray. NAIT's Marissa Webb led the way with two goals and an assist in Saturday's 8-0 win over the Huskies and followed that up with another two-goal performance in Sunday's 5-1 victory. "She was very involved in both games and played in a couple of different positions, which shows her versatility and value to our team," said head coach Carole Holt. "She is working hard offensively and defensively for us and she is a great team player." Marissa is a second-year Bachelor of Business Administration student from St. Albert.

Sean O'Toole
Men's soccer



Despite NAIT dropping a pair of games to the Keyano Huskies this past weekend, Sean provided the team with optimism with his fine play. In the Oaks 3-1 loss on Saturday, Sean's defensive awareness kept the team in the contest right up to the end. His leadership continued to show Sunday when he scored the team's lone goal in a 4-1 defeat to the Huskies in the rematch. "Sean played every minute of both games, making some important tackles," said head coach Charles O'Toole. He prevented numerous scoring opportunities while contributing with his first ever ACAC goal." Sean is a second-year Bachelor of Business Administration student from Sherwood Park.



New Ooks hockey coach, Tim Fragle, addresses the team during a recent practice at NAIT arena.

Photo by Katie Parent

New year, new coach

By **CONNOR O'DONOVAN**
Sports Editor

The confetti may have been swept away but tastes of perfection have a way of lingering. Heading into the opening weekend of men's ACAC hockey, the NAIT Ooks' remarkably perfect 2015-2016 season is sure to be on a lot of people's minds.

For just the second time in 50 years, The Ooks won every single game in their regular season, 32 to be exact and four more in the post-season. The last time the team was perfect was in 1985 and under the direction of ACAC hall-of-famer and current NHL coach Perry Pearn. Last year, it was Mike Gabinet at the helm of a team that had won two more championships in the previous four years.

Rebuild year

When the first puck drops in Red Deer this Friday, though, Gabinet will be far away coaching the University of Nebraska. Last year's assistant coach has stepped away from the program too, as well as the training staff and 14 of last year's players have either graduated or moved on, including league leading scorer John Dunbar and top goalie Ken Cameron. New head coach Tim Fragle, taken under the Ooks' wings in early June, doesn't hesitate to call this a rebuild year.

"I was talking with Mike and the way they won last year was by design. Serge (Lajoie) built that team for five years and all of our seniors last year, those four- or five-year guys, really paid dividends," he said. "Now it's almost a new cycle of players coming in."

Fragle, born and raised in Edmonton, spent the last eight years in the Alberta Junior Hockey League (AJHL) as the coach and GM of the Sherwood Park Crusaders. He's also had coaching experience with Hockey Canada and the Canada West U19 team as well as with local minor associations.

Earlier this year, Fragle was considering a coaching role in Trail, BC, where he played four years of junior hockey himself but was "extremely interested" as soon as he saw the job posting. After all, he also wore an Ooks jersey in his playing days.

"Being an alumnus, seeing how well the team's done the last number of years and having worn the jersey made

the position appealing," he said.

The position is even more fitting now after the acquisition of Shawn Belle, who was chosen from almost 50 applicants to be the Ooks' new assistant coach. This will be Belle's second year of coaching. He spent his first with Fragle in Sherwood Park last year. Belle played professionally for 10 years in North America and Europe, including a stint with the Oilers in 2010, before retiring in 2015.

His transition to coaching, though, has been a long time coming. He first met Fragle while working with the Vimy Ridge Hockey Academy 12 years ago and has worked with the Academy since then, which has helped him to bring an experienced mix to his coaching dynamic.

"With playing, you just kind of punch in the clock. You go there, you do your work and then you leave. With coaching, you have to look after the whole team. You have to make sure that everyone's on their game. You have to manage 25 egos instead of just one," said Belle.

'Character-type players'

Player management with the Ooks will be a different experience for Fragle, too, as he now has to help make sure his team performs well in class as well as on the ice. The challenge, he says, complements the Ooks' recruitment philosophy.

"(Serge) did a good job of recruiting hard-working, honest, character-type players," Fragle said. "We want guys that play with courage, that are committed to playing the game the right way and contribute to that team character atmosphere."

That philosophy will be put to the test in this weekend's home-and-home series against the Red Deer Kings. The Kings will be out for blood after being outscored 20-8 over the teams' four meetings last year. However, Fragle says that he'll take real measure of his young team later on in the season.

"Our number one goal is to get better throughout the year," he said. "I still feel that we have a roster that can push for a championship at this level, albeit with freshmen. That's the challenge we have in front of us. We feel we still have a group that can push to be in the upper echelons of this league despite the turnover with team players and staff."



Photo by Katie Parent

Tim Fragle

ENTERTAINMENT

How to ... canoe



BRENDAN CHALIFOUR
Entertainment Editor

Canoeing has never been something on my list of things to do over the summer. This is for no reason other than the fact that I've never really thought about it, until recently. Earlier this year I saw a photo online of someone canoeing on Moraine Lake. As soon as I saw that photo, I decided that it was something I'd like to try because it looked both fun and beautiful.

I was quite busy over the summer, traveling, visiting family, etc., and when I was getting ready to go back to school last month, I

thought about how I wanted to try canoeing. About a week later, I saw a bulletin from the NAIT Students' Association advertising their upcoming How to series and the one kicking off the new semester was How to: Canoe. Just my luck! I immediately signed up and looked forward to the date.

We met in the NAITSA office, signed our waivers and headed out to Elk Island National Park. On our way there, we drove through a bit of rain and we were worried that it might start pouring on us once we hit the water. Luckily it cleared up and when we arrived we were looking into a beautiful, clear, setting sun. My friend Salina and I were paired in a canoe. We hit the calm waters and were soon cruising. Between racing the other canoers and splashing water with our paddles, the company and canoes made for a great evening.

This year, I have been actively trying to spend more time outside. I know a lot of people say that they'd like to do the same, but it really is difficult. With the amount of TV shows available to us instantly and an

endless supply of status updates and photo from friends and family, it demands a lot of our attention. I envy those who spend most of their summer days on the trails, biking, running or walking their dogs. There is so much to see and do and our river valley certainly makes it easy to get around and explore.

Whenever I hang out with my friends, coffee or lunch is usually my go-to. However, this summer I tried some new things and they seemed to work quite well. Even though summer is coming to a close, these tips should still be good for a few more weeks:

- Invite friends to go for a bike ride or walk through the trails.
- Have them over for a BBQ.
- Find a nice park and set up some hammocks.
- Co-ordinate a picnic and invite the dogs.
- Attempt to paint the Edmonton skyline from a high hill.

I encourage you to try something new and break out of your habits because after all, you never know what you're missing out on until you try.



Photo by Salina Hua

Eager novices anxious to get started.

Comedy night

at the Nest

Thursday, September 29
4:30PM-6:30PM | The Nest | Free
\$7 Pepperoni Pizza Bites | \$4.50 Flavoured Absolut Vodka

featuring
Stephanie Tolev

NEST
TAPHOUSE GRILL

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By MITCHELL TSAI

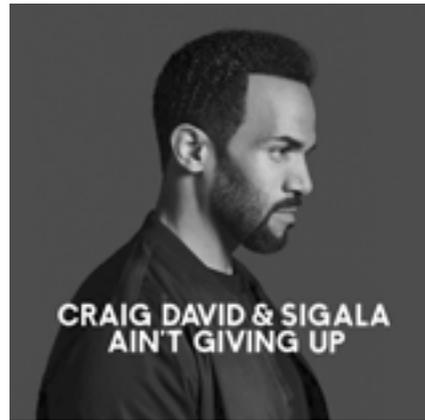
It has been almost a month since school started. Hopefully, you do not feel tired yet! This week's Shuffle will keep you strong until Christmas. I have to admit that I could not stop thinking of this coming holiday, although it is three months away. Personally, I think going to school is interesting because I can learn lots every day. However, there are also tons of assignments, which can sometimes kill my vibe.

While working on homework, I always listen to songs loudly to

stay in a good mood.

The playlist this week includes various music styles so that everyone can pick their favourites. Those songs will help you through this semester of countless exams and assignments.

- Ain't Giving Up
– Craig David & Sigala
- Surviving
– Sondr ft. Joe Cleere
- Thinking About it
– Nathan Goshen
- Spin the World – Eric Zayne
- Bang My Head
– David Guetta
Sia, Fetty Wap
- Reach Out and Grab It
– Tommy Reeve
- 'Till I Collapse
– Eminem, Nate Dogg
- Still Breathing
– Green Day
- Go Big or Go Home
– American Authors
- Born to Win
– Five for Fighting



www.josepvinaixa.com



www.tr7music.net



www.youtube.com

OCTOBER EVENT LIST

- 1-2 | CLUBS RETREAT
- 3 | HOW TO: BLOG WITH WORDPRESS
- 4 | HOW TO: PUBLIC SPEAK
- 6 | TOGA MIXER @ NEST
- OCT 6-12 | SENATE VOTING PERIOD (ONLINE)
- 13 | SALSA NIGHT @ NEST
- 17 | HOW TO: POTTERY
- 18 | FREE FOOD: EVENING STUDENTS @ HP COMPUTER COMMONS
- 20 | MINUTE TO WIN IT @ NEST
- 21 | NEST CONCERT
- 24 | HOW TO: COOK ITALIAN

- 24 | SOUCH CAMPUS FOOD EVENT
- 25 | PATRICIA CAMPUS FOOD EVENT
- 26 | WELLNESS WEDNESDAY
- 27 | SCARYOKE @ NEST
- 31 | HALLOWEEN TRICK-OR-EAT

NAITSA CLOSURES
10 | THANKSGIVING

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

ON THE TUBE

Ahh, the '80s and the horror

By **MICHAEL MacCOMB**

TL:DR: *Stranger Things* is what *Twin Peaks* would look like today and it's amazing.

For those of you looking for a longer review, to quote their blurb, *Stranger Things*, a science fiction-horror TV series, is "A love letter to the '80s classics ... a young boy vanishes into thin air. As friends, family and local police search for answers, they are drawn into an extraordinary mystery involving top-secret government experiments, terrifying supernatural forces and one very strange little girl."

Film delivers

Those are the promises that the show makes to you and boy, does it deliver. The directors, Ross and Matt Duffer, threw themselves whole hog into making sure all the little things are correct for the timeline. Larger ones, like kids being able to bike around on their own, heading out into the woods to play and their parents not batting an eye, to the number of people casually smoking in restaurants, police stations, schools are also realistic.

The '80s were a different time, when a boy gone missing was cause for a quick gathering of people with flashlights to search the woods and not a statewide amber alert.

The story that the Duffers are setting up in this time-machine of a location, Hawkins, Indiana, is the product of modern advances. There are at least three stories being told here. The boys, looking for their friend that has gone missing and dealing with a new friend that has powers that amaze them. The teenagers are trying to connect with one another, internally fighting with the people that their friends say they are. The adults are trying to deal with the horror that is a missing child, and then there is the soulless presence of a faceless government agency.

Stories woven together

These three main stories are woven together in a delightful way. Each of the groups can't solve the problems that are in front of them, because they only have one part of the answer. Once they start to work together, to put together the puzzle pieces that they have, the answer kicks off the rising climax of the eight-episode season. The horror builds quickly, from almost none in the first episode until the last, which I am not going to spoil.

The characters themselves also grow from episode to episode. Almost all of them start out exactly as you would expect from a trope-filled '80s show but change, defying expectations.

For example, Nancy, who starts out worrying about her chemistry exam and dating the cute boy she likes, ends the sea-

son going back to fight the monster, putting herself directly into the trap as bait, ready to sacrifice herself, if need be, to stop any

more of her friends from dying.

Like I said earlier, it's only eight episodes. The whole show will only take you

an evening to watch. But if you enjoyed any movies that came out of the '80s, you won't be disappointed.



Winona Ryder in *Stranger Things*

www.vulture.com

Poetry Corner

Continuous Construction

*Non-stop construction
Walking along the black broad way
It is an everlasting sea of pot holes
Confusion runs high in a season of non-stop
construction
Construction season never stops in Edmonton
When the breath of the wind is as cold as death
Sound of drills drilling down
Non-stop construction
Slipping sliding as the traffic lights change
Dodging in and out around road work
Road signs bombarding eyes causing chaos along
the streets
Non stop crashing
This season of non stop noise needs to cease
Just for a moment
To live in a world where there is a break from
construction
Non stop construction*

– By Salina Hua

In the Parquet Lot

*Pavement's slow whisper relaxes
As the snow melts
Its sight blind*

*Casually gawked and crowed
In blankets of powder
Its whimper grows louder
Until the dusk's icy wind
Chases our dance away
Asking Qu'est-ce c'est?
Mon ami
Set me free
Disregard the cool air structure
Numb to the warm's pulse
With invisible course
Show me the way
Designed by the fray
Of one million drops of snow
Taking the form of a man
Cold and hungry
Looking lost
In the charcoal distance
With little resistance
At the sun's son
Fathering another star's daughter
Starring families of comets
Reached by fiery rockets
To a destination where
The atmosphere isn't relaxed
Its whisper quicker
Its mind harder than pavement
Softer than snow*

– By Michael Menzies

STUFF TO CATCH

Beer, beer, beer

By JOEL BENITEZ

I thought I would listen to Macklemore's Thrift Shop to help channel my cheaper side when writing this piece and look for fun events for students that are free or a bargain. Here are five events going on in the next little while that I'd like to check out.

•••

1. Can't fly to Munich?

Celebrate Oktoberfest in Edmonton. The YEG take on the 200-plus year tradition incorporates local breweries and restaurants as well as German foods and brews.

When: Sept 30, 4 p.m.-10 p.m. and Oct. 1, 2 p.m.-9 p.m.

Where: Expo Centre at Northlands

Cost: \$30

Sample vouchers are \$1 each, sold in blocks of 10.

•••

2. Interested in community, government and grassroots movements?

YEGsters host some of Edmonton's most influential organizations. They want to share what is happening in their field, they want your input and help. This is a great opportunity to network, create strong community ties, and have a pint.

When: Sept 29, 5:30-8 p.m.

Where: thelocalgood.ca

Cost: \$10 at the door, \$15 in advance.

•••

3. You want chuckles and beer?

NAITSA is having a comedy night with

Steph Tolev. She brings her unique brand of absurd and personal comedy. As a stand-up, Steph has done the prestigious Just For Laughs Comedy Festival in Montreal and was featured in her first TV Gala taping this past summer as well being part of the Homegrown competition in 2014.

When: Sept 29, 5:30-8 p.m.

Where: The Nest

Cost: Free

•••

4. Pajama Jam DJ Dance Party

Dance the evening away in your pajamas. This is an inclusive event that supports local artists. There is a cereal bar, pizza bar, arts and crafts, silent auction and all around fun pajama party. Bring your own pillow, and join the bed head competition.

When: Sept 29, 5:30-8 p.m.

Where: Latitude 53 www.cripsie.ca

Cost: \$10 donation

•••

5. Alley Kat Beer Tasting Evening

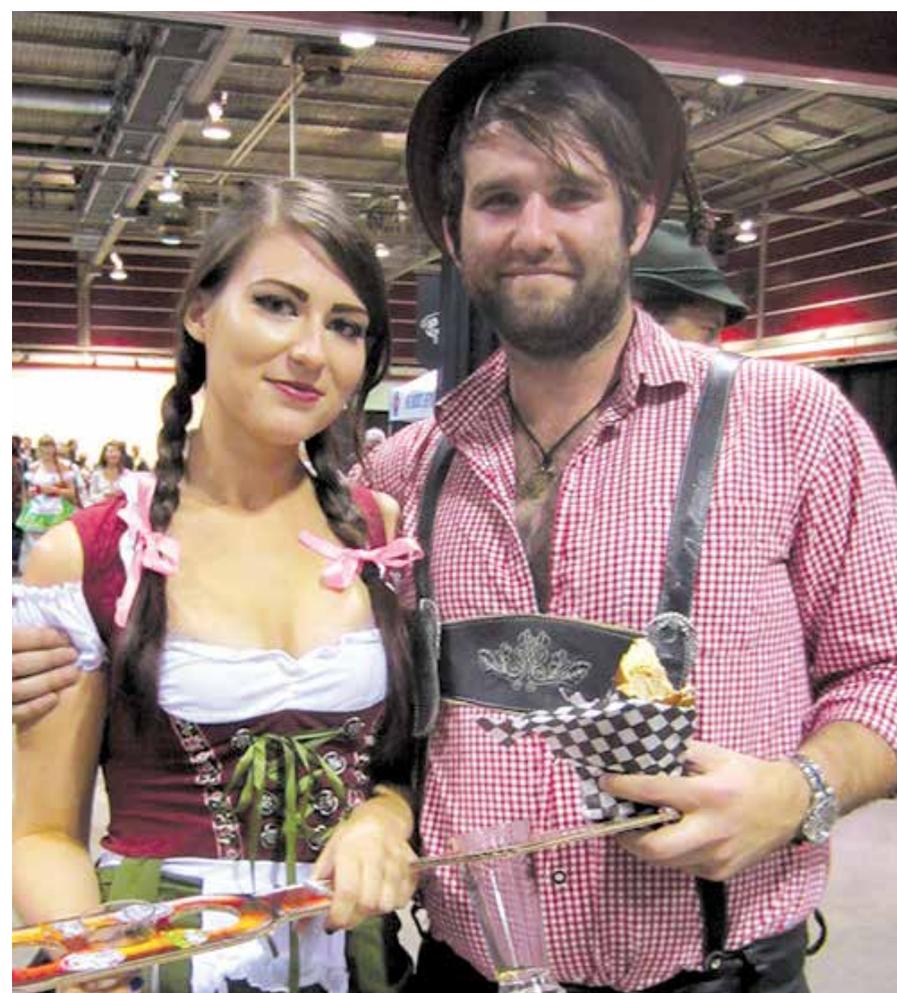
This one is pricier. But if you have a hot date to impress, it makes you look classy. Enjoy an evening with an Alley Kat Beer Tasting Evening, featuring Scona Gold, Amber, Aprikat, Pumpkin Pie and Dragon Series-Cerulean pairings with culinary students inspired tasting stations.

When: Sept 29, 5:30-8 p.m.

Where: Ernest's Dining Room

Cost: \$50/person all-inclusive.

Call Tanya 780-471-8685 or e-mail twright@nait.ca to pre-purchase tickets.



albertabeerfestivals.com

The Style Files



Photo by Erika Acorda

Curtis Business Administration

Curtis is a second year student, majoring in accounting. When he's not busy killing the school game (he's a 4.0 student), he likes to golf, play basketball and many more sports.

Tell me about your outfit today. This V-neck sweater is from Golftown, pants are from Urban Outfitters, socks are from the Bay and my watch is from Fossil.

How would you describe your style in three words? Simple, relaxed, erratic. I'll wear everything from a full-on suit to lululemons to school.

What are your closet essentials? 1) Freshly ironed dress shirts – I hate wrinkles! 2) Clean white and a black V-necks 3) A comfy knit hoodie 4) A fresh pair of Jordans.

What was the thing you most regret wearing? I'd have to say [grey] sweats that were really tight in the legs, but the ass was really saggy, it went all the way down to my knees. They were pretty hideous. I bought it without trying it on.

You have five minutes to get ready for school, what do you grab? My computer, my calculator and a cup of coffee.

Outfit wise! Oh, um, I'd grab a pair Jordan's, a nice dark pair of jeans, and a V-neck.

Do you have any fashion tips for our readers? This is my opportunity to reach out to the younger generation! This is a lot of pressure! I don't know ... collared shirts are never out of style, I feel. But if you're gonna wear a collared shirt, do not wear ripped jeans! That should go without saying. And you can't go wrong with a pair of brown dress shoes.

Where do you shop for your clothes? RW & Co., Simon's, Golftown, and Jack and Jones.

Stay tuned next week to see some stylish people at NAIT!

Tweak your study skills



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

You can't change your IQ or the course content that you have to learn but you do have control over your study habits. Forming consistent, effective study habits early in the semester is the most important thing you can do to improve your marks as well as your long-term retention and understanding of the course material. Commit to incorporating at least one new technique that will enhance your chance of success.

1. Find your best place to study. It should be:

- a consistent study area or areas (one at home and one at school) where you do most of your homework and studying. Your brain is more efficient if you study in the same place most of the time.
- ideally used only for homework and studying.
- free of distractions such as noise, pictures of your girlfriend/boyfriend and interruptions from family, friends, phone calls,
- well-lit and well-ventilated.
- big enough to spread out your papers, books, etc.

2. Find the best time for you to study:

- Know when your peak time of day is and use that time to do your most important study/homework tasks
- Try to study at the same time each day
- Determine how long to study before you lose concentration and become less effective (usually between 30 to 50 minutes). Then take a five to 10 minute break before continuing.
- For difficult material, use SECS (Short

Effective Concentration Sessions of 10 to 20 minutes) before taking a break.

- Stop studying when you are exhausted or really hungry.
- Space out studying for major exams over four to seven days.

3. Determine how you best remember material:

- Review important new material within 24 hours of the class.
- Do a weekly review of all new material, or at least the highlights.
- Start your study session with a specific study goal in mind. This will help you focus.
- Break material into small, manageable chunks and work on one chunk at a time.
- Do you learn best by making cue cards, re-writing/re-organizing notes, doing charts, diagrams or mind maps? Most students do best using a variety of study tools. See the NAIT *Strategies for Success* study skills manual at www.nait.ca/counselling
- A study partner or study group can be a great way to learn new perspectives and to get help or to learn through teaching others (as long as the focus is on homework and studying, not socializing)

4. Get organized

- Make a list each day of what you want to accomplish.
 - Prioritize tasks and always work on the most important or most difficult projects first.
 - Use a daytimer or digital calendar to note down all exams and homework assignments.
 - Control procrastination (e.g. Leaving assignments and studying until the last minute increases stress and decreases performance).
 - Setting up a study schedule works well for many students. Allot more time for difficult subjects.
 - Organize your work space so that all the necessary study materials are easily available.
 - Start working on assignments as soon as they are given out
- #### 5. Determine what to study:
- Use your course outline as a guide for what to focus on.

• Watch what the instructor emphasizes in class, on PowerPoints/Moodle and with assignments.

- Check with instructors to see what will be covered on exams.
- Look over practice exams and end of chapter questions.
- Start with your most difficult or important subject. Your brain is most effective at the beginning of your study time.

6. Note taking helps you remember:

- Sit near the front of the class.
- Print Moodle/course notes beforehand if available and add to them in class.
- Take notes in point form.
- Look notes over and edit/revise them making sure to clarify anything you are unclear on.
- Diagrams, pictures or mind mapping can help with understanding and memory.
- Use a separate binder or notebook for each subject.

7. Reading effectively:

- Skim the chapter or section heading, all bold headings, and the introduction and summary, before you read in detail. This helps the brain to organize material.
- Turn headings or course objectives into a question and read to find the answer in order to keep your brain focused and active.
- Recite or jot down main points after reading a section (40 to 50 per cent of what we read is forgotten in about 15 minutes; immediate recitation helps with retention).
- Make notes in the margins of textbooks/note packets.
- Try to visualize what you have just read.
- Use a highlighter but highlight only main points or significant details.
- Add important points to your class notes.

8. School-related skills:

- Set the goal of attending all classes unless you are critically ill or have a personal crisis.
- Set achievement goals that are realistic.
- Start or join a study group.
- Have the name of at least one classmate in each class who you can contact to clarify

material.

- At the end of the week do an assessment of how your week went. Ask yourself what you did well and what you could improve on next week.

9. Lifestyle skills:

- Aim for balance in your life – while your focus will be on school work some time for socializing, relaxation and exercise will contribute to optimal learning.
- Eat nutritious food and regular meals and snacks including breakfast.
- Get enough sleep each night.
- If you are working, monitor whether your hours are realistic. Many students get burned out during the semester from trying to juggle too many responsibilities.

10. Don't wait to get help:

- If you have a personal or academic issue that is interfering with your success make an appointment with a counsellor at Student Counselling. Counselling is free and confidential.
- Meet with your instructor or a classmate to get help if you are struggling with material. Use the free tutoring, learning strategy sessions and other supports through the Learning and Teaching Centre. See www.nait.ca/ssd for details. Staff at the Learning and Teaching Centre can also help set up a plan for overcoming barriers to success caused by learning or mental health concerns.

For more tips see the *Strategies For Success Study Skills Manual* on-line at www.nait.ca/counselling

If you would like further assistance with academic or personal concerns, contact NAIT Student Counselling.

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

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

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

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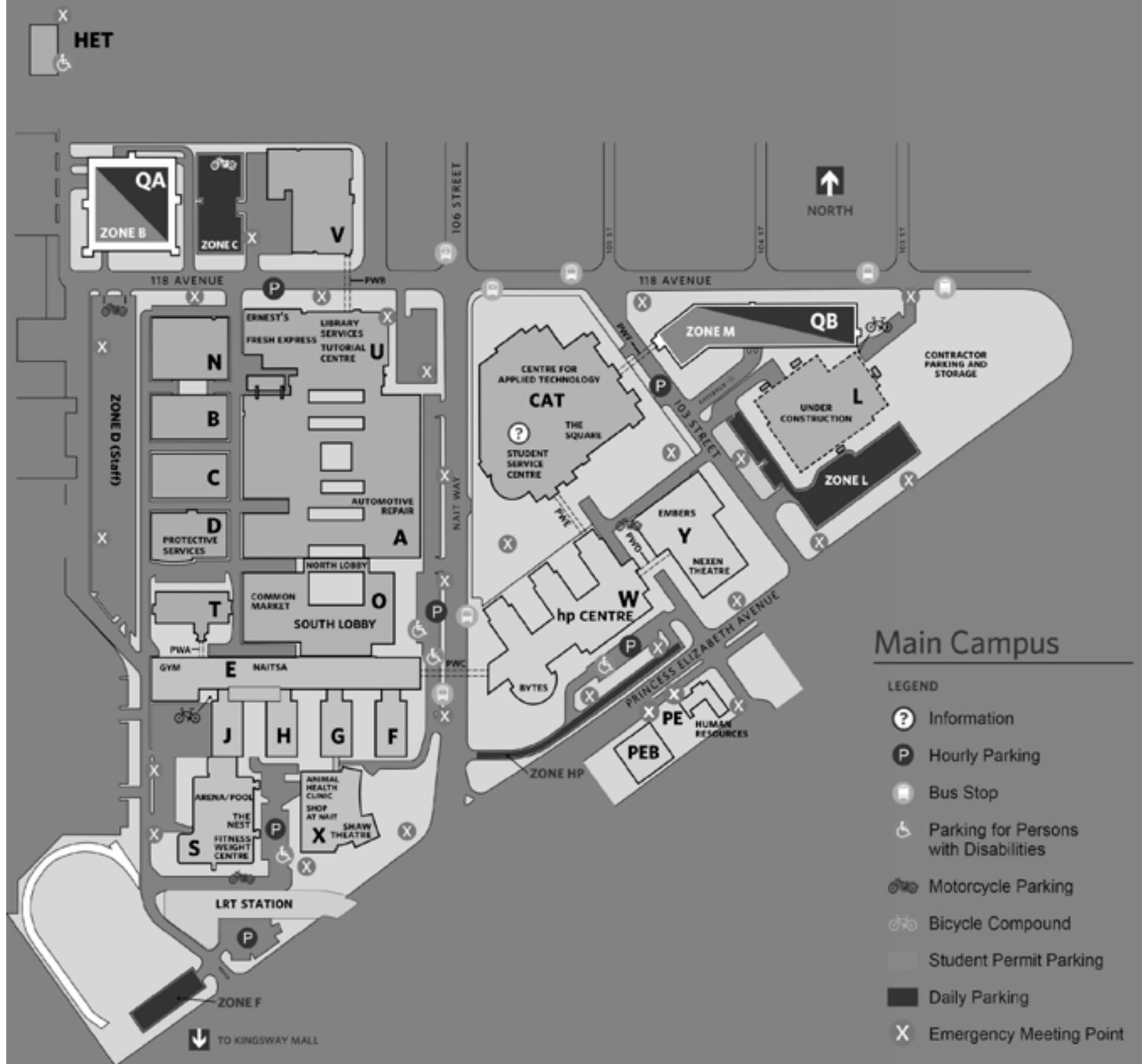
Don't wait, check this out online at www.nait.ca/lead and, if you are interested, apply to be a part of LEAD.

Submit a completed application to the Student Engagement Office in O-117 to Michele Parker. For more information, please e-mail distinction@nait.ca.

The application deadline is Sept. 30.

Don't miss out on this opportunity!

NAIT Main Campus Map



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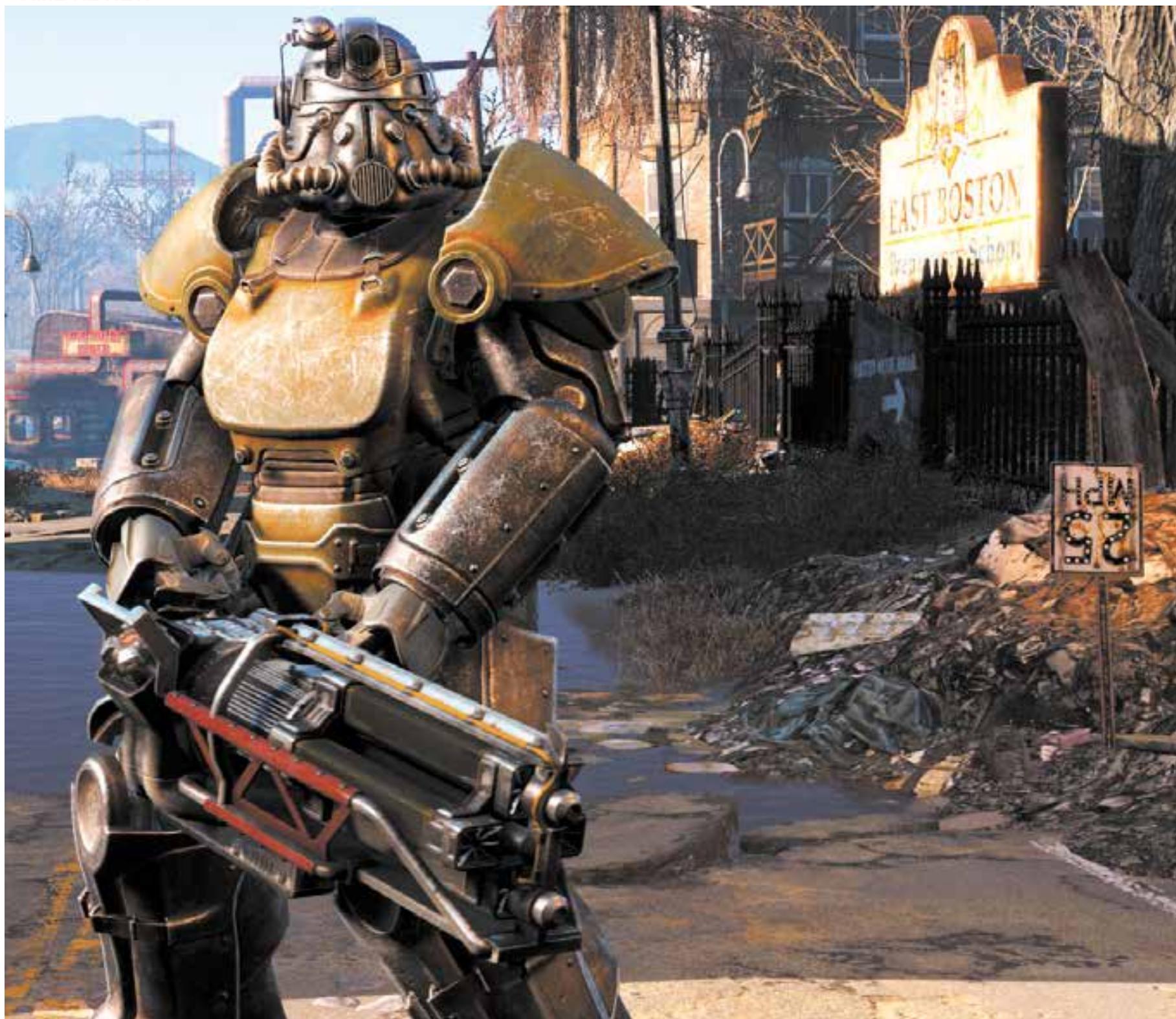
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GAME REVIEW



news.softpedia.com

Post-apocalyptic bliss

By **MICHAEL MacCOMB**

“War. War never changes.”

The opening preamble to the *Fallout* series is a simple statement that, no matter the changes to the weapons and tactics used, or the people involved, war is, and always will be, brutal on its participants. This post-apocalyptic role playing series, like the war it references, has changed considerably over the years, starting out as a top down, isometric turn based game, shifting in the last few years to being a first person shooter, and in the latest installment removing the skill points that were so central to the idea of the game, but at the end of the day, *Fallout* hasn't changed.

This can be both a blessing, and a

curse. The easiest way to determine if you'll like *Fallout 4* is to ask yourself if you enjoyed *Skyrim*. Both are built on the same engine, have the same sort of quests, have the same bugs. Yes, one has swords and magic, exploring deep caves and wilderness, while the other has power armor and gauss rifles, exploring abandoned malls and nuclear wastelands, but really, at the enjoyment level, they are pretty much the same. In grand circular fashion, in the previous offering, the best way to know if you would like *Fallout 3* was if you liked *Oblivion*.

For me, this is a blessing. I loved *Skyrim* and, so far, I love *Fallout 4*. I'm about 80 hours into the game, having

completed the main questline. The settlements that I help protect and the choices that I've made that have real repercussions upon the people of the greater Boston area have made me think about what sort of person I'm controlling and what he believes in. Especially as, and I'll try to make this as spoiler free as possible, the main story has everything to do with the hard-hitting question of “What is it that makes us human?”

I'm not blind to the problems, though. I've had numerous game crashes but the autosaves are generous. Textures sometimes don't load until I'm right up on top of them. Conversations with NPCs have been trimmed down in order to run more

smoothly on consoles, and sometimes the companion AI will do absolutely everything it can to get in your way.

Also on the negative list is that half of the DLC packs for the game feel like they add nothing. The three workshop DLCs basically are slightly higher end mod sets of extra workshop items. The other three add considerable amounts of playtime and exploration time but the cost of the bundle has blossomed from \$20 at launch to \$50.

But overall, these are quibbles. It's the difference between a 9.5/10, and an 8/10. Is *Fallout 4* the best *Fallout* it could be? I don't know. But I've been having a great time in Boston and I think you might as well.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Sept. 29-Oct. 5
(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Virgo (Aug. 23-Sept. 22)
It is natural to doubt yourself and your views from time to time. Refrain from arguing with people whose ideas and opinions you do not agree with. Instead, take time for yourself, maybe a walk in the fall sunshine. It will clear your mind and help you to be in the present.

Libra (Sept. 23-Oct. 22)
The planets are in disarray and

you will find family issues to be at the fore. Changes both large and small will be happening and it is critical that you remain true to your heart. You will be seen as a leader and harmony will prevail if you trust your intuition.

Scorpio (Oct. 23-Nov. 21)
Finances are in the stars for you over the next few weeks. A matter of great importance will be discussed, which will open up opportunities. You have done the research and now is the time to act.

Sagittarius (Nov. 22-Dec. 21)
Be ready to deal with your emotions. This is a good thing if you remember to take a deep breath before taking action. Your emotions act like a weather vane. They tell you when things are fine and they tell you when something is wrong. Just what is going right or what is going wrong could be deeper than the event that triggered the feeling. Now is the time for a little soul searching!

Capricorn (Dec. 22-Jan. 19)
The position of the moon indi-

cates that whatever is going on behind the scenes is working to your benefit. Keep thinking positive thoughts and be patient, as the results may not show up for several weeks.

Aquarius (Jan. 20-Feb. 18)
High standards are good to aim for, please don't get discouraged if your current projects aren't meeting a personal standard. Destroying the work you have already done will only cause you grief in the near future.

Pisces (Feb. 19-March 20)
Finding common ground will try your patience. It will have benefits in the long run, so go to the gym and take out some frustration on a punching bag. This will help save a relationship that you had thought was on its way out.

Aries (March 21-April 19)
It may seem futile but action has to be taken at this time. You may not like it but it is necessary to your next step and your success depends on your completing the task to the best of your ability.

Taurus (April 20-May 20)
Taking your love life to the next level calls for original thinking. Be brave and assertive and the object of your affection will become a true friend and lover.

Gemini (May 21-June 21)
Fall festivals, new friendships and a busy social calendar will have you travelling all over town. Remember to travel safely. When you are in unfamiliar parts of the city, keep focused on your surroundings and keep your head, no matter how distracting the activities.

Cancer (June 22-July 22)
The planets are aligning in the investment sector and some decisions will need to be made regarding delayed gratification. Put off that major purchase and put your money into something that will pay you dividends later in the year.

Leo (July 23-Aug. 22)
Repeating mistakes is not really encouraged, however, if you think fast you can avoid a disastrous result. Simply remember what happened last time and take different steps. It could simply mean changing a scowl to a smile or just stepping up and taking ownership.

We are the Naitisa Service Hub!

WHAT DO WE OFFER?

The NAITSA Service Hub is here to make your time as a NAIT student easier. Come to us with all your questions about the Health & Dental Plan, U-Pass, Food Centre or Emergency Short Term Loans.

U-Pass

Food Centre

Emergency Short Term Loan Program (ESTL)

Health & Dental

EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

Eligible credit students facing unforeseen financial emergencies may qualify for a small 30 day loan from the NAIT Students' Association. For more information, come in to the NAITSA Service Hub or email estl@nait.ca

HEALTH & DENTAL

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

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

FOOD CENTRE

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

U-PASS

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

U-PASS IS AVAILABLE IN THE SOUTH LOBBY KIOSK AUGUST 22-SEPTEMBER 16

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

FROM THE KITCHEN

Honey balsamic chicken

By HANA LAVERICK

It's officially fall. The cold weather has obviously got you dreaming of a sunny vacation in the idyllic Italian countryside. But chances are you're a student and you don't have time or money for that but at least you can whip up some balsamic chicken and dream of sunny evenings on the Mediterranean.

Let the medley of rosemary and thyme bring you into the warmth of your nonna's kitchen (if you're actually Italian that is). And to top it all off, I've added cherry tomatoes for some extra vitamin C to increase your chances of surviving this coming flu season. All in all, this quick meal is great for everything from fancy dinners, to next day heat-ups at school.

I hope you enjoy it!

Ingredients:

- ¼ cup balsamic vinegar
- 6 tbsp. honey
- 2 to 3 tbsp. olive oil, divided
- 2 cloves garlic, minced
- 1 tsp. dried thyme
- ¾ tsp. dried rosemary
- ½ tsp. red chili flakes
- ¾ tsp. kosher salt
- ¼ tsp. black pepper
- 2 pounds chicken breasts (four each), trimmed
- 2 cups of cherry tomatoes

- 1 cup of sliced peppers
- 1 cup of sliced carrots

Directions:

1. Preheat the oven to 425 F (175 C).
2. In a medium bowl, combine the balsamic vinegar, honey, a tablespoon of olive oil, garlic, thyme, rosemary, chili flakes, salt and pepper. Stir well to mix.
3. Place the chicken breasts in a resealable plastic bag and pour the marinade over the top. Seal and toss the chicken to evenly coat. Marinate for at least 30 minutes.
4. While the chicken marinates, place the peppers, carrots and cherry tomatoes on a sheet pan. Drizzle with the remaining olive oil, season with salt and pepper and stir to coat. Bake for 25 minutes.
5. Remove the marinated chicken breasts from the plastic bag, reserving the remaining marinade in the bag. Place the marinated chicken, evenly spaced, on top of the vegetables. Pour the marinade from the bag over the top of the chicken and vegetables.
6. Return the sheet pan to the oven. Bake for 30 to 40 minutes, periodically basting the chicken breasts with the pan juices, until the internal temperature of the chicken reaches 165 F (74 C).
7. Allow the chicken to rest for five to 10 minutes. Spoon the pan juices over the top of each chicken breast before serving.



Photo by Hana Laverick

NEST TAPHOUSE GRILL

WEEKLY SPECIALS

<p>\$7 FOOD SPECIALS</p> <p>MONDAY Nest of Wings</p> <p>TUESDAY Taco Trio</p> <p>WEDNESDAY Classic Poutine</p> <p>THURSDAY Pepperoni Pizza Bites</p> <p>FRIDAY Daily Soup Cup & Garden Salad</p>	<p>\$4.50 DRINK SPECIALS *All liquor served is 1 oz</p> <p>MONDAY Fireball Shot</p> <p>TUESDAY Crushed Ice Margarita</p> <p>WEDNESDAY Lamb's Rum Hiballs</p> <p>THURSDAY Flavoured Absolut Vodka</p> <p>FRIDAY Bottle Pilsner</p>
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*Nest Taphouse Grill is here to serve the NAIT community!

Geeking out for a fun day

By OLIVIA ADAMS

One of my favourite events that is run here in Edmonton is the Comic and Entertainment Expo. It gathers all types of people to geek out and have a day of fun! For those of you who have never been, there are lots of activities to do and places to go when you arrive.

I'll start with the beginning of my day, which involved getting dressed in my Dark Knight-inspired Catwoman costume. Meeting up with my friends, who were dressed as Nightwing and Batgirl, we made our way to the Edmonton Expo Centre. What I really like about this event is that you don't need to be a fan of comics alone to enjoy yourself. There are many different genres that are also involved, like cartoons, sci-fi, fantasy and adventure.

There are different halls you can visit for different attractions. One hall, called the Vendor Hall, is filled with booths that feature different artists with originals and collectables. Give yourself a few hours to go through this hall as there is a lot to look at!

Each artist has their own story, which makes their booth unique from the others nearby. I personally picked up a print of Khal Drogo (*Game of Thrones*) that looked extremely badass! Along our way through the Vendor Hall, we were stopped multiple

times and asked to have our photos taken. It's always nice to have the hard work that you put into your costume appreciated!

There were many costumes this year that ranged from DC Comics to He-Man to Rick and Morty and everything in between. The number of Harley Quinn costumes was a little ridiculous (all of them were very well done) but wasn't surprising in the least.

There was another hall in which autographs were signed by actors who from many different shows and movies. Christian Slater (*True Romance*), Carrie Fisher (*Star Wars*), John de Lancie (*Breaking Bad*), Natalia Dyer (*Stranger Things*) and Wallace Shawn (*The Princess Bride*) were there, to name a few.

If you're willing to shell out at least \$50 to stand in line, get an autograph and speak with them for a moment, then this hall is meant for you. Personally, I think it's super expensive for what you get but if you're a diehard fan, then you're able to overlook this. I did wait to meet Peter Dinklage (*Game of Thrones*) this way a few years ago at the Calgary Expo and it was worth it.

A cool event that you can attend at any



Supplied photo

Nugget contributor Olivia Adams, left, with friends at the Comic and Entertainment Expo, held at the Edmonton Expo Centre on Sept. 23-25.

expo is the panels. The last thing we did on Saturday was sit in on Carrie Fisher's panel. The panels consist of an actor coming out on stage, being interviewed and answering questions from fans in the audience. Carrie Fisher is truly an extraordinary and hilarious woman! She brought her

French bulldog, Gary, on stage with her as well, which stole the show for me.

I left the expo with a bittersweet feeling. It's always a fun day and being able to dress up as well makes it that much better. Heading off into reality again, I cannot wait for next year!

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WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit www.naitsa.ca/clubs/current-clubs/

WHO	WHEN	WHERE
International Club Film Series: Cinema the the Theatre	Wednesdays, Sept 6, 2016-April 12, 2017 6:30pm-8:00pm	Stanley A. Milner Library
International Club Film Series: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017 2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, Sept 8-Dec 1, 2016 5:00pm-10:00pm	Room X-213
Super NAITSA Anime Club Weekly Meetings	Fridays, Sept 9-Dec 16, 2016 4:30pm-8:45pm	CAT 140
Civil Club Meetings	Thursdays, Sept 8-Nov 17, 2016 2:30pm-3:30pm	CAT 302C
Super Smash Bros Club Meetups	Mon & Thurs, Sept 12-Dec 15, 2016 5:00pm-10:00pm	Nexen Theatre
Investment Club Weekly Meetings	September 13, 2016 4:30pm-6:00pm	CAT 213
IntoNAITion Toastmasters General Meetings	Mondays, Sept 12-Dec 19, 2016 4:45pm-6:00pm	Room X-203
Juggling Club Weekly Juggling Jam	Mondays, Sept 19-Dec 19, 2016 5:00pm-7:45pm	Shaw Theatre

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Caribbean Student Club	Reggae/Soca Lipsync Battle	Oct 6, 2016 4:30pm-6:30pm	Shaw Theatre
BCX	Dress for Success	October 12, 2016 4:00pm-6:00pm	Nexen Theatre
BCX	Business Mixer	November 10, 2016 5:30pm-9:00pm	Nest Taphouse Grill

CAMPUS CLUBS NEWS

WHO	WHEN	WHERE
Club Fall Retreat	October 1-2, 2016 All Day	TBD
Grant Deadline #1	October 3, 2016 5:00pm	OrgSync
Club Showcase	October 5, 2016 11:00am-12:30pm	CAT Main Street

NAITSA **CAMPUS CLUBS**
CENTRE

VISIT THE
CAMPUS CLUBS CENTRE

Room E-125, NAIT Main Campus
780.471.8457 | 780.471.8871
naitsa.ca/naitsa-clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates

JUST THE TIP

For your own protection

By **MICHAEL MacCOMB**

Hey, everybody! I know it's not exactly the most fun way to start off what I hope to be a regular series but today we are going to talk about protection.

I'm sure by now that you've seen or heard the ads about the rise in gonorrhea and syphilis in Alberta. The numbers are in and it does not look pretty. In one year, the reported cases of gonorrhea went from 2,000 to 3,400 and the cases of syphilis more than doubled, going from 150 to 350. Edmonton, in particular, had one of the most dramatic spikes, with syphilis rates more than tripling in the city.

The cause of this increase? Well, the Alberta health system is basically blaming Tinder. Not specifically but Dr. Karen Grimsrud, chief medical officer of health for the province said at a news conference: "We believe this is due to use of social media to set up sexual encounters."

That is a bit of a downer for those of us looking to meet and/or "date" people that we've met online but it is a reminder that if you don't have one regular partner, then your safest bet is to use condoms or dental dams for any sexual contact. For the purpose of this column, I'm going to define sexual contact as any genital contact, oral or anal. Most of the time you are going to be OK kissing.

Most of you should be familiar with condoms but information about dental dams might be a bit more rare. A dental dam is basically a bit of latex (or similar material, for those of you allergic) that you put down before oral sex to remove any chance of fluid contact. You can get them at most sex shops, or in a pinch you can unroll a condom, cut it lengthwise, and

roll it out to produce a rectangle. You are going to want to go with unlubricated though, otherwise you will get a delightful mouth full of the stuff.

But what if you only have one partner and don't want to use condoms anymore? Before going barrier free, it is vitally important to make sure both yourself and your partner get tested, just to be on the safe side. STI testing in Alberta is free and anonymous so, even if you do learn

you have an infection, most of them can be treated and cured.

If you are looking for more information about STIs or about getting yourself tested, Alberta Health Services has a great website up at sexgerms.com. It's a great way to learn about all the things you wish your sex ed class had taught you.

That's all for this week. I hope that you all are having safe, sane and consensual fun!



www.netdoctor.co.uk

WHAT DOES NAITSA DO FOR YOU?

WE ARE YOUR STUDENT-LED ORGANIZATION, & OUR MISSION IS TO PROVIDE STUDENTS WITH EXCEPTIONAL SERVICE & REPRESENTATION.

WE HAVE 4 FULL TIME STUDENT EXECUTIVES
The VP Student Services is here to help foster student life at nait. The President is the official spokesperson of NAITSA. The VP External represents student interests throughout the campus, city and province. And the VP Academic can help you with questions or issues regarding your studies at nait.

WE HAVE THE STUDENT SENATE
The senate is made up of 18 student representatives from all program areas, who provide input and vote on important NAITSA issues.

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Room E-128 | 780.471.8866 | thenuggetonline.com

WE OPERATE THE STUDENT HEALTH & DENTAL PLAN
studentplan@nait.ca | mystudentplan.ca/nait
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WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPERS
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WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM
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WE PROVIDE DISCOUNTED TICKETS
To sporting events, movies, and other fun events! Available in the NAITSA office (E-131) on the Main Campus or at the bookstores on South & Patricia Campus.

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WE COORDINATE FUN STUDENT EVENTS ON CAMPUS
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representative

online voting using your NAIT student portal
october 6 - october 12 @ 4pm

info stations

october 11 @ 4pm - 7pm

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HP Centre (1st Floor) | CAT Building

info stations

october 12 @ 10am - 2pm

NAITSA office (E-131) | South Lobby Kiosk (Main Campus)
HP Centre | CAT Building
North Cafeteria/Fresh Express (Main Campus)
South Learning Centre/X Wing (Main Campus)
Souch Campus | Patricia Campus



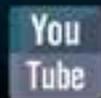
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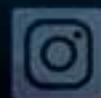
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