

THE

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PRESIDENT PEROZOK

NAIT students have a new leader, page 4

John Perozok shows his sparkling personality as he takes the reins of the NAIT Students' Association.



Photo by Tim Potter

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NEWS & FEATURES

The future beckons



NICOLAS BROWN
Issues Editor
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This week I get to chuckle because I'm taking a page from a Metro columnist. A few weeks ago, there was a column in the Metro talking about what happens when a columnist runs out of ideas to write about. Well, I feel like I reached that point this week, but unlike that Metro columnist I won't be writing about political correctness – I'll write about student life.

Facing change

More appropriately, a major challenge many of us will inevitably face – upheaving our cosy lives and facing change. Many students have already had to face this once; Universities Canada (2012) shows 10 per cent of students move to a different province to attend post-secondary but there are no real numbers on how many students have to move out of their parents' house, or away from their hometown, to pursue post-secondary. Yet given the popularity of university residences and student rentals, I think it's safe to assume it's the majority.

Lifestyle cushion

However, usually this transition is cushioned by our student lifestyle. Student loans, scholarships, and the good ol' bank of Mom & Dad cover living expenses and part-time jobs bring in spending money, leaving students' only worries: studying and partying. Of course, that's the idyllic image of student life and it certainly isn't true for everyone. Yet for many students, at least part of this

scenario is true and it creates a bubble that we continue to live in during our student existence.

For many, that bubble will pop at graduation. For some, it may gently dissipate as they transition to a career in the same city where they completed their degree. Lifestyle changes may be minimal as they transition to struggling graduate instead of struggling student. Others take the transition well, bursting through the bubble and taking their life in hand. But for many students, the bubble popping is a rude awakening into reality.

Find a job, find a new home, leave your friends behind, pay your bills. Sure,

you may have been exposed to that if you moved away for post-secondary, but now, things are different. Student loans aren't coming IN to your bank account anymore, they're going OUT. The bank of Mom & Dad has stopped offering free money as the owners either have a new client (hello younger siblings) or have closed up shop to go into retirement. And suddenly there isn't a safety net of advisors and other students to help you find your way around. If you're moving away from where you received your degree, you're losing your entire support network (for some of us, AGAIN!).

This can be an incredibly tough tran-

sition. It's one thing to find a new apartment while you're still a student – find someone looking for a roommate, or search your well-known local rental companies for vacancies. In Edmonton, it's ridiculously easy to figure out how to find a new place. When you're moving to a new city, you don't know the first place to look.

Then there's the lifestyle change. It may seem easy to just substitute work for classes and studying but it's not that simple. When you're moving, it's not just about a small change in schedule. All your activities, the connections you've made with fellow students, neighbours, and in your community will be changed by this massive upheaval.

A springboard?

It all sounds pretty terrifying, right? The thing is, this kind of transition is almost necessary. It's not enough to simply graduate from your program. There are many reasons why this bubble pops, rather than simply dissipating. Not enough jobs in your city, changing life circumstances, maybe even your own goals; these can be the impetus for this major post-graduation change. Yet this change can also be the springboard to your future success.

Time for adventure

For many students, regardless of our student debt, we are in the best positions in our lives to be flexible and adventurous. Post-graduation is when you can be mobile in your career and in your life. Want to live in London for a year? Want to take that job with a non-profit in Africa to boost your resume? Now's the time; before you have a mortgage or kids to support. Take that crazy job offer up in Nunavut – just because you're no longer a student doesn't mean you have to stop learning.

Yes, graduation is a huge, terrifying transition. If you aren't careful, reality can come crashing down before you realize it. But if you are willing to take charge, pop your own bubble, you'll be able to hit the ground running. Or at least tuck and roll!



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Privacy – an illusion



A.J. SHEWAN
Assistant Issues Editor

It is no secret we live in a digital age. Almost every facet of our lives is reliant on technology. Students can often be seen glued to their devices like mindless drones traversing the halls from class to class. Few of us are immune from this practice. I make a concerted effort to pull myself away from my device as much as I can but often fall victim to the draw of “who posted what” or “that new email that must be answered immediately.” This marriage to technology is not just limited to personal devices but creeps into everyday life without giving the privacy implications a second thought.

As an example of this technological intrusion, the City of Edmonton’s new parking machines require your licence plate

number as well as the zone in which you park. This is being done under the guise of going paperless and making lives easier for things like adding time to a purchase. But what is done with the data once it has been collected? A quick scan of the City’s EPark website reveals little information about their data collection policy. On the surface it seems harmless. However, the notion of secondary uses doesn’t require much imagination. They now hold a record of where you have parked and theoretically what your movements are throughout the city.

While EPark is a relatively harmless example of this technological intrusion, there remain other more concerning issues. Who else has access to the GPS data on mobile devices? For those occasions when we head to a movie or dinner and the Google search page prompts with exact restaurants in the area or options for what movies are playing at the cinema. I prefer a more cautious approach by leaving the GPS off but even that isn’t fool proof. Almost every app downloaded comes with permission requests for call records, wireless data, and contact lists, among other things. There are very few ways to protect against this other than not having a mobile device or using it strictly for phone calls.

The loss of privacy is not just limited to devices. Think back to the last time an application was made for a merchant’s new points card or when a purchase was made and the clerk innocently asks for a postal code or home phone number. Rarely is a second thought given when offering this private information and when questioned, the clerk responds as if some curse word has been spoken. What happens to all of that data? Most companies use it for market research and to advertise to targeted clientele. Where should the line be drawn? How is it that solicitations are now being made via text message from random numbers to participate in this survey or click on that website link?

So what is the take away from all of this? Be careful when providing a phone number or postal code. Question the need for this information sweep. Ask the clerk why they need information provided on private personal details to buy lumber and some hardware supplies. Read the permissions of that app before jumping in with both feet. Take the time to keep private life private. While it is true that total avoidance of data collection is impossible, there are many ways in which we can shield ourselves from the more onerous invasions.

Tuition stays frozen

By NAVJEET KILAY

The provincial government quietly announced an extension to something sure to be popular with students recently. Alberta Advanced Education announced the tuition freeze extension on October 19, 2016 which will extend the existing tuition freeze into the 2017-2018 academic year. Tuition fees have ostensibly been frozen since the NDP formed government in the 2015 provincial election.

“We know that access to high quality education and training is the cornerstone to success in a changing economy. Our students and post-secondary stakeholders are in the best position to help shape what Alberta needs for the future. This review will ensure a long-term solution to keep education accessible for Albertans,” said Marlin Schmidt, Minister of Advanced Education.

This tuition freeze extension is part of a government program named “Future Ready”, which is intended to help individuals afford post-secondary tuition.

Many students rely on student loans and other funding to pay their tuition and related fees. Post-secondary tuition is the primary factor in student debt, so this tuition freeze is likely to be a boon for new and returning students when it comes to budgeting, and ultimately paying off their student debt.

“The actual impact on NAIT, we are not fully aware, we will continue to work with

government to determine [the] full impact,” stated Kevin Shufflebotham, NAIT Acting Provost.

The tuition freeze will make [post-secondary] more affordable for students. That is a good thing,” John Perozok, NAITSA President, said in an emailed statement.

“The government decision to freeze [tuition] for another year will allow [NAIT] and other stakeholders to consult with government in developing an attractive tuition model,” added Katie Spencer, NAITSA VP External.

“NAITSA and the Alberta Student Executive Council (ASEC) will both be in contact with the government during the upcoming academic year in hopes of developing an affordable, yet predictable tuition model. This year allows for more thorough consultation.”

This will benefit NAIT students. “The student will be paying the same tuition fees as they are this year,” said Shufflebotham.

“When factoring in inflation, the tuition freeze poses as a tuition cut. It also allows for consultation between students and the government when developing a tuition model, rather than rushing to implement an unfavorable tuition policy” stated Spencer.

This extension may have a significant impact on how post-secondary institutions fund their programs. However, it’s not immediately clear if it will impact

NAIT to a large extent.

“At this point we’re not aware of any funding shortfalls,” said Frank Landry, NAIT Acting Provost’s Communications Lead. Tuition is “dependent on [a] number of factors, including program, whether they are full time, part time, etc.”

In the original tuition freeze, the province committed to stable funding for post-secondary institutions by increasing the institution’s public funding in lieu of student tuition payments. They replaced that funding by “back-filing” which “in the past, when there’s been a tuition freeze, the provincial government has increased its funding to NAIT to make up the difference.”

Whether the province will follow the same approach with this extension is yet to be seen.

“It’s still very early in the process and we cannot speculate on how the government may choose to fund post secondaries in the coming year. However, as you know, NAIT has a strong record of financial stewardship, and our focus will continue to be hands-on, technology-based programs that produce career-ready grads,” replied Landry.

Those who want to get involved with the public consultation can go to www.tuition-review.alberta.ca, where an online survey and written submissions are open until Nov. 30.



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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?

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Your new student prez ...

By **NICOLAS BROWN**
Issues Editor
(@bruchev)

With the completion of the whirlwind byelection to replace NAITSA's President Allannah Wrobel, who stepped down for personal reasons, students voted to fill her shoes with one of her team members. NAITSA VP Academic John Perozok won the early November byelection to take on the role of NAITSA president, after serving as the interim president following Wrobel's resignation.

Voter turnout for the byelection was 11.2 per cent, a decrease of nearly nine per cent compared to last term's general executive council election. However, the difference was dismissed by Perozok.

"Voter turnout was awesome actually, in my opinion, because usually from what I've seen voter turnout is very, very low. [In the 2014-2015 election] turnout was somewhere around 4 per cent, give or take," explained Perozok, "Last year it went up quite a bit, over 20 per cent. [But] we had a referendum, and we had a lot of candidates running for the four positions so there was a lot more word getting out. In my opinion, 11.2 per cent for a presidential byelection for just one position is actually amazing."

Doris Car, one of Perozok's opponents in the byelection, agreed that the voter turnout was good for a byelection, something which is unusual for NAITSA.

"I'm very happy with the 11 per cent because there were only four candidates for the byelection and we made more than half [the voter turnout] of what they got for the regular election," explained Car, "That's the thing, the regular [executive council] election, a lot of people have that in their calendars, so they know about it in advance, and they know what's coming up. There's usually also something involved around [the election], like something happening on campus, and there are [usually] more candidates campaigning, reaching out to more people."

However, Car also expressed some disappointment in the level of engagement seen during the campaign.

"I would have wanted more people involved in that [vote] but we made the ten per cent, which is nice. For the next election, I hope more people will get involved because it is their money they pay to NAITSA, so they should actually go and vote to pick who will represent their needs," commented Car.

The mid-term transition will likely be smoother given Perozok's experience on executive council as well.

"The transition will be a little different because I have some experience now. I would expect it will be a little more informal, as opposed to if someone newer were to come into the position. Likely I will be meeting with our past president, Allannah, and maybe other past presidents that I have contact with for some experience, as well as meeting with our executive director and general training with other members of the NAITSA [executive council]," Perozok explained.

Our new NAITSA president already has some goals in mind for the remainder of his short term, especially regarding open educational resources (or OERs). However, before students can learn more about his next steps, there's a more important item on the agenda—filling Perozok's former position on the executive council. That's right, another byelection.

"There will be a byelection for the Vice-President Academic role. I'm hoping that we will get some great candidates. I believe the nomination period should be opening right away, if it isn't open already," explained Perozok, "I would love to see as many [candidates] as we can, I'd love to see three or four people running for that role. It's a tough role but it's a very fulfilling role, having done it. The things you get to learn from that role are incredible."

There is some concern over voter fatigue though. Although Car recognized the need for the byelection, emphasizing the importance of keeping executive council roles separate, she was concerned about student interest.

"For the students it's another election. It's easy, it takes less than a minute to vote, but it's work and it's not a regular election, it's a byelection, it's additional to the regular election that will happen [in the winter term]," explained Car, "So now [almost] each month we have an election, and I think students lose interest because it's too much."

NAITSA, and candidates for the role of Vice-President Academic, may have their work cut out for them in the new byelection. However, for the byelection that students just completed, it appeared to be a fairly amicable contest. Car, who ran in both the byelection and the Senate elections earlier this term, was positive about the election experience.

"I'm happy, it was a really nice experience," said Car. This was echoed by Perozok in his closing remarks.

"It's always great to see when students come and have their voice heard."

More information about running in the VP Academic byelection, or for a NAITSA leadership role in general, can be found at the NAITSA office, Room E-131 in the E-Wing.



John Perozok
NAITSA's new president

Photo by Tim Potter

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STUDENT ASSOCIATION NAIT

OPINION

— Editorial —

Take time to change



DANIELLE S. FUECHTMANN
Editor-in-Chief
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Everywhere I turn, I see and hear about the American election. On Facebook. On news sites. Walking to class. In class. While taking a cab. I'm thrilled to see how many people care – as they should – and that they're engaged and talking about it.

I just hope everyone keeps caring.

Right now, caring is easy – emotions are fresh, people are scared or elated and there are countless think pieces analyzing the results that are great at stirring up debate. These are all great things. In the interest of full disclosure, I was definitely rooting for a Democrat win on Tuesday. I spent Tuesday night and Wednesday stress-eating pizza with my friends, worrying about what the election might mean for the people and things I care about.

Finished

I'm glad that people are taking advantage of their rights to free speech and protest and publicly sharing their opinions, news and resources online and in person. I hope that these voices – in the United States, in Canada, in the international community – stay active and make tangible efforts to support what they're saying in the coming months (and future)!

Why am I done sitting with my friends and worrying? I remembered that the collective actions of many people within a community are far more significant than a single leader, no matter how powerful they are.

Make a difference

Not happy with an election? Not happy with the status quo? Get involved and make a difference in your community. Get offline and support the causes you believe in. Stand up for people when you see discrimination. Sharing things on social media and "spreading awareness" is great but only if you're backing it up with actual actions. It might sound cynical but no number of Facebook shares or likes on Instagram are going to make a big difference.

Does that sound hard or scary? It's not, I promise. Start small and pick something! Join your community league and make a difference really close to home. Get involved in student governance here at NAIT. Pick one of the amazing organizations or non-profits in Edmonton (or beyond) and make some waves. Be brave. Embrace clichés and be the change you wish to see in the world (Gandhi was onto something there).

One of the things that the American election showed, particularly through the discrepancy between polling and

the results, was that there is a large number of people who felt that they weren't being heard or represented and were being silenced.

When I was in high school, my favourite teacher had a poster with the quote, "I disapprove of what you say but I will defend to the death your right to say it." (often attributed to Voltaire, it is actually a summary of his beliefs by English writer Beatrice Evelyn Hall under the pseudonym S. G. Tallentyre) posted on his door. This train of thought has stuck with me for a few reasons but mainly because change happens through open discourse. We cannot make progress as a society if unpopular beliefs are simply shamed into silence. Not hearing them doesn't make them disappear. It's impossible to change someone's mind by telling them they're wrong. Remember the last time someone dismissed you by telling you were wrong without listening to you? I'll guess you probably reacted by feeling pretty angry and clinging tighter to your opinion – most people would!

Through embracing difficult conversations and

engaging in peaceful, open discourse we can learn so much from others. By talking to people with more conservative/right-leaning views from my own, I've learned more about that perspective, been challenged to think critically about the beliefs and values I hold and consider a different approach. As a result, while my stance on most issues has remained the same, my opinions are much more nuanced than before.

I recognize that as an upper-middle class, university-educated, cis, straight, Caucasian woman, I'm quite privileged. Sure, I bump up against misogyny and glass ceilings more often than I'd like. I acknowledge that for me these charged conversations don't come with the same emotional weight as they can for some.

Still, I challenge you: be open to the hard conversations and be willing to consider opposing opinions. Listen at least as much as you speak. Most importantly, put action behind your words and support the things you believe in, whether you start on campus or beyond.



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SPORTS

NFL playing head games



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

If someone asks you to invest in a startup, what types of companies come to mind? I think apps and software, of ride-sharing, room-sharing and social media. It's not surprising, when one digs a little deeper, to find a wealth of like-minded startups determined to capitalize on the multi-billion dollar sports industry.

Skimming through sports-startup aggregator sportstechie.com I came across what you might expect to see from 21st century sports startups – social media platforms for young athletes, virtual and augmented reality services, online gambling websites. It makes sense to dive into the ever-expanding digital industry to pioneer sports-specific services. Eventually I came across a startup attempting to tap into a market more established in where they get their products.

Vicis is a Seattle based group (label-

ling themselves a “technology company”) attempting to re-invent the football helmet and, if their web-copy is to be believed, it looks like they're on the right track. Their flagship product, the “Zero1” football helmet has been tested to reduce force of impact from 20 to 50 per cent compared to helmets from leading brands Riddell and Shutt. Taking a decades-old leaf from the book of the automotive industry, Vicis has designed the outer layer of their helmet to crumple upon impact, reducing the acceleration component of a collision

and thereby reducing the force of a collision. The result is similar to the way a vehicle's bumper deforms when impacted, redistributing force throughout the bumper's structure and reducing the force felt by the inhabitants of the vehicle. Before Vicis came along, the football helmet had remained largely unchanged since the 1970s when manufacturers first incorporated energy-absorbing foam into their designs to help mitigate the forces that the helmets' hard outer shells couldn't.

Though the flash and pizzazz of the multi-media juggernaut that is the NFL might give no indication, the sport of football is desperately in need of the kind of innovation that Vicis is bringing to the table.

USA Football data shows that youth football participation rates have declined more than 25 per cent from three million in 2010 to just over 2.1 in 2015. Although it's hard to determine exactly what catalyzed the participation decline, it's hard to disregard the fact that it began just after the NFL first admitted their awareness of the relationship between concussions and mental illness in 2009. Furthermore, a 2015 poll conducted by NBC and the *Wall Street Journal* showed that 37 per cent of Americans don't support their children playing football because of concussion-related concerns.

The NFL's documented concealment of the long-term risk of concussions is partly to blame for the lack of innovation in football collision safety. Prior to the NFL's acknowledgement of concussions' long-term effects, the league frequently denied the seriousness of concussions as injuries. Most concern circling around head injuries focused on skull fractures, which are more easily diagnosable and were essentially eliminated with the advent of contemporary helmets.

The established giants of the helmet industry, namely Riddell and Shutt, likely aren't too keen to see somebody come in and scoop up a share of their market either. For example, Riddell's patent-infringe-

ment claims against Rawlings put a damper on their foray into football helmet creation. Competition drives innovation and the helmet industry lacks it.

Ultimately though, the biggest inhibitor to such innovation has to do with the rigid mentality many people still apply to sports and no sport is more resistant to change its ego and attitude than football. For a long time, football has prized and rewarded fast, unpredictable, spectacular collisions as much as it does skillful plays and it shows little signs of progression. I work part-time shooting coaching film for high school football teams and hear it all from coaches, players and fans. “Are we gonna pull our heads out of our asses, go out there and hit somebody,” coaches scream to their players at half-time. “Yeah!” the players respond in roaring, thoughtless unison after being told their coach “can't hear” them. The sentiment is echoed by the players' own parents from the bleachers – “Get him, hit him, kill him!” In practice, coaches preach the benefits of proper tackling, of hitting low with the shoulder, wrapping arms around legs, driving forward and keeping the head as far away from the equation as possible. Not once, though, have I heard a coach scream “hit him but only if you can do it safely!” Not until the leading people and organizations of football (including the media) truly put safety at the forefront of the game will they be able to sustain the future of the sport.



SportTechie

Teams paid to honour troops



By **MICHAEL MENZIES**
Assistant Sports Editor

Remembrance Day in Canada and Veterans' Day in the U.S. came and went last Friday with sombre and respective tones. There isn't anyone who doesn't respect or acknowledge the commitment made by a soldier or an armed forces member for the sacrifices they make when serving their country. One of the

most public showings of our admiration is when we gather at sporting events and take a moment of silence and applaud a veteran. Many teams have military appreciation night as well where tickets are handed out, so that some select members can enjoy a fun evening out celebrating sport.

We assume, as the general public, that professional sports teams (NFL, MLB, NHL, etc) do these things out of the kindness of their hearts but the truth is much more startling. The fact is, revealed last year by Arizona Sen. Jeff Flake, the U.S. Department of Defense and organizations that represent the armed forces pay these teams for the opportunity to be honoured at these games.

You read that correctly. The armed forces reach out to pro sports teams to the tune of millions of dollars. At the height of the transactions, the top earn-

ing franchise from 2011-2014 was the NFL's Atlanta Falcons, who took home a cool \$1,049,500. The Top 10 franchises all earned between \$1 million and \$500,000 in that time frame, which boggles the mind and these dollars come from the taxpayer's pocket.

This revelation shed light on the untold secrecy involved in just why sports teams and the military are often linked together holding each other's hands. The (U.S.) National Guard “defended” the expenditures by saying essentially that money was for advertising purposes and not for specifically honouring veterans. A stunning defence if ever there was one.

People were understandably upset by the news. Obviously, the general public believed that teams were not profiting hundreds of thousands of dollars off the military services and doing it for more

altruistic reasons. But not only that, then you realize that you are standing clapping for a veteran paid for with your money, not for the purpose of honouring them, but for the purpose of increasing enlistment numbers and bodies entering the service.

These deals run even deeper than you might expect, as the National Guard held transactions all the way down to the high school level.

Since the report was released, the NFL has sent some of the money back but there is no telling what may go in the future with tax dollars, and how sports franchises promote the military moving forward. But it does make you sick that not only were tax dollars being squandered secretly, they were directly going into the giant pocket of sports teams, who only care about making buck.

Keeping Score

What will they be?

Las Vegas about to name its NHL team



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

So, this coming Tuesday the Las Vegas Expansion Team will finally unveil their actual nickname. At this point, it sounds like they've narrowed it down to three incredibly diverse options - the Silver Knights, the Golden Knights and the Desert Knights. I'll withhold my opinion on those titles for now, and propose a few other, possibly more fitting, monikers.

Gamblers?

The Las Vegas Gamblers – With a static population of just over 600,000, Vegas is one of the biggest markets in the USA without a pro sports franchise, so the potential for a large fan base is there. Still, the NHL and Vegas team owner Bill Foley are making a pretty big gamble by diving into Sin City. The NHL's other squad trying to make a go of it in the desert filed for bankruptcy in 2009, and hockey seems to be a tough sell in the American south in general (with the exception of California). Arizona, Carolina, Florida and Columbus make up 80 per cent of the league's 5 lowest-attended franchises. At the same time, there aren't really any traditional hockey markets left in the States, and the Las Vegas team has already sold over 10,000 season seats, so there's obviously some interest. The question now is whether or not that interest will be sustainable, especially if other professional sports leagues come knocking.

The Las Vegas ... – You knew this was coming, because what happens in Vegas ... (is probably the greatest marketing slogan of all time.) But in all seriousness, it isn't hard to imagine the kind of trouble a bunch of young, highly-paid men will get themselves into in a city like Las Vegas. There will be secrets to be kept.

The Las Vegas Lost Wages – If there's any city where people are willing to throw money away as quickly as it arrives in their pockets, Las Vegas is it. While Vegas is a city with proof of its ability to get people spending on entertainment, the NHL as a lot of competition. Casinos, shows, restaurants, malls, roller coasters, indoor sky-diving, gun ranges, luxury car rentals, strip clubs - the list goes on and on.

Dessert anyone?

The Las Vegas Dessert Knights – My god, the dessert options in this city are tremendous. I must have gained 10 pounds in the four days I was there. One restaurant sells a gold-plated, \$1,000 sundae! Oh, the things people do with their money in Vegas.

The Las Vegas Golden/Silver/Desert Knights – Personally, I'm not really a fan of any of these names. The naming scheme actually relates to Foley's history at the United States Military Academy, whose athletics teams play under the name "The Black Knights." The names just don't seem to suit the wonderfully eclectic, glamorous, one-of-a-kind experience that Vegas offers.



By **MICHAEL MENZIES**
Assistant Sports Editor

Ah, the thriving nightlife and future hockey hotbed of Las Vegas, Nevada. What to christen this brand new franchise without using a lame cliché? Owner Bill Foley revealed this fall "Knights" will be somewhere in the name, which is a solid sports nickname. I like the idea of legitimizing the team by borrowing from one of the premier junior franchises (the London Knights). But now we'll get specific. What type of knights will these Vegas cowboys be?

Wait, Cowboys. The Las Vegas Cowboys. I'll start printing the T-shirts. Or what about the Wranglers? I can see the blue jean cross-promotion unfolding before my eyes. Hi, I'm Brett Favre and I love my Wranglers. Now let's get those pucks in deep!

I've put dozens of minutes in determining what the name of the franchise will be. The math is finished, numbers crunched, the Dow Jones looks stable ... here's my research.

Thriving nightlife plus Las Vegas Knights equals Las Vegas Night Knights!

A solid selection which points the fin-

ger directly at some of the ridiculousness a Las Vegas sports franchise entails. But c'mon, let's get serious.

The assumption is the adjective defining what exactly these knights are – will be a colour. But as I pointed out earlier, why limit ourselves to those options? Let's explore and talk about the time in which we do our knight duties. And we can, because hey, we saved the hour. We're worth it.

Morning, moonlight?

The Morning Knights? Considering most of the locals work in the evening, it's not terribly accurate.

The Moonlight Knights? Now, we're getting somewhere. It rhymes, it's fun, it's spooky and mysterious – the Las Vegas Moonlight Knights are everything rolled into one VLT.

The worst part of the one-team expansion (sorry Quebecers) will be all the terrible Vegas-related jokes you'll hear for who-knows-how-long afterward.

The Moonlight Knights better look at exposing the slots if they want success. The Knights coach is really rolling the dice with this decision. It appears Las Vegas is all-in for the third period. It's a full house tonight in the arena for this tilt. The top line for Vegas is certainly three-of-a-kind this evening.

Prepare yourself

These will be standard practice puns the average fan can expect to hear on every broadcast for at least the first half of the season. They're funny for seven seconds, and then they will get old and only have charm if Gene Principe says them. All I'm saying is prepare yourself.

The announcement is Nov. 22 and many fans have their popcorn ready for the announcement. Despite the fervor, a small part of me wants the ultimate anti-climactic result. All the lights and cameras pointed squarely on the 31st NHL team, and Bill Foley announces the team is ... **the Las Vegas Knights**. Just the Knights. Thanks for the free trip to Vegas though to cover the event.

Most important, the league hopes (in the still of the night) somebody from the town comes to watch the Knights or the Moonlight Knights instead of Celine Dion. Otherwise, the NHL will fall heavily on their swords on the public stage.



What the Las Vegas NHL team might look like as the Black Knights.

Las Vegas Review-Journal

WOMEN'S SOCCER NATIONALS

NAIT keeper Kailey Harder corrals the ball during the Ooks' first match at the nationals on Nov. 9 in Montreal, which they lost 2-1 to Douglas College Royals. Ooks Kassy Jajczay, named CCAA Women's Soccer Player of the Year and All-Canadian a day earlier, was selected as player of the game.



Supplied photo

Fourth-place finish at Nats

By CONNOR O'DONOVAN
Sports Editor

Rallying back from a first game loss at the CCAA championships at Ahuntsic College in Montreal, NAIT's women's soccer Ooks fell just a few shots short of winning a medal. By dropping the bronze medal game 2-1 to the Douglas College Royals in penalty kicks on Saturday, the Ooks finished the tournament in fourth place.

"We needed to score in the run of play. I honestly believe that we were the better team during the game. We put on a lot of pressure in the second half," head coach Carole Holt said on Monday. "They cleared one off the line, we put one off the crossbar," Holt said. "We had

another couple of opportunities in and around the 18-yard box and we had a number of set pieces but we just couldn't convert. When it came to penalties it can go either way and it obviously didn't go our way."

Due to the tournament format, the Ooks could compete only for bronze after dropping their first game of the tournament. That loss also came against Douglas College, 2-1 on Wednesday. Following that defeat, the Ooks rallied to beat the Vancouver Island University Mariners 2-1 on Thursday and the Algonquin College Thunder 3-0 on Friday to earn their bronze-medal game berth against the Royals.

The Ooks fell behind 1-0 in the 25th minute of the bronze medal game and didn't

tie things up until the 73rd when Kaily Mohn scored off a scrambled play. Neither team could gain an advantage through 30 minutes of extra time, sending the game to penalties. The Douglas College keeper stopped the Ooks' first three shots, securing the win for the Royals. Quebec City's Cégep Garneau won the national title for the third straight year, defeating Montreal's Collège Ahuntsic 3-1. Ooks Sidney Doblanko and Kaily Mohn were NAIT's CCAA all-tournament selections.

It's easy to see the silver lining in the Ooks' fourth-place finish. The Ooks started the season fielding 12 first-year players and all indications pointed to 2016 being a rebuild year following the Ooks' undefeated regular season and

second-place finish at nationals last year. As it turned out, the Ooks put together their second straight undefeated season in the ACAC, going 9-0-1 and outscoring their opponents 41-5. They then stormed past Concordia and Grande Prairie to capture provincial gold.

"It was meant to be a rebuilding year for us," said Holt. "Taking that into consideration where we started and where we finished – I think we did really well."

At this point, Holt is unsure of exactly how her team will look next year. With 12 first years on the roster, and no players playing their fifth and final year of CCAA eligibility this year, 2017's squad could look very similar to this one.

Weekend snapshots ...

By MICHAEL MENZIES
Assistant Sports Editor

The NAIT men's hockey team finished the first half of their season off with a bang, sweeping Briercrest on the weekend at home.

Brendan Jensen stopped all 24 shots Friday night en route to a 4-0 shutout and things only got worse for Briercrest from there as the Saturday matinee rematch saw NAIT win 12-3. The scoring began midway through the first period and didn't let up, with five first-period tallies, four in the second frame and three to close out the contest. NAIT owed the large victory to a perfect powerplay, which cashed in five for five on the man advantage. This is the last game of the first semester for the men, who solidified their top spot in the ACAC. Next up is Red Deer on Jan. 6.

Women's Hockey

The ladies won their only game of the weekend, outlasting Red Deer College 5-4 in a shootout. Despite having the lead heading into the third period, it was quickly taken away by an early shorthanded marker to set up the shootout. The victory puts the

Ooks four points clear of second place with a game in hand on Grant MacEwan. The ladies face the Griffins with a lot on the line for a pair on Nov. 25 and Nov. 26.

Men's Volleyball

Saturday night, the King's University Eagles and NAIT Ooks squared off in a two-and-a-half-hour marathon that finally finished in the fifth set with the Ooks victorious (25-23, 24-26, 26-24, 22-25, 17-15). The win was key for the boys after being swept the night before. With lingering injuries to their starters, splitting with the Eagles means the Ooks sit comfortably in third spot in the North Division with two games in hand to catch up with King's.

Women's Volleyball

The ladies Ooks faced a better King's team and dropped both matches 3-0 and 3-1 (18-25, 22-25, 16-25 and 13-25, 17-25, 26-24, 19-25). The wins launched King's into a tie for first spot in the North, while NAIT currently sits tied for fourth with six points. The next test for Ooks volleyball lies in Camrose against Augustana on Nov. 18 and 19.

Athletes of the week

November 7-13

Leah Vandenboogaard
Women's Basketball



Leah helped the NAIT Ooks women's basketball team pick up two important victories this past weekend against the Lakeland College Rustlers. In Friday's home 84-49 win, Leah was a defensive force while contributing nine points. On Saturday, Leah shone in NAIT's 75-58 road win over the Rustlers. She had 17 points shooting 50 per cent from the field, went three for three from the line and added five rebounds. "Saturday, Leah was instrumental in helping us secure the win in a tough gym," said NAIT head Coach Todd Warnick. "Her 17 points marks a career high for her as an Ooks and her tireless effort and energy on defence was contagious." Leah is a third-year Personal Fitness Trainer student from Edmonton.

Macklin Pichonsky
Men's Hockey



The NAIT Ooks men's hockey team picked up a pair of wins over the visiting Briercrest Clippers this past weekend. In Friday's 4-0 shutout over the Clippers, NAIT defenceman Macklin Pichonsky was a calming presence on the back end. On Saturday, the Ooks offense exploded as they posted a 12-3 win over Briercrest. Macklin contributed with five points, two goals and three assists. "Macklin is an impact defenceman that plays in all situations as a first year student athlete," said head coach Tim Fragle. "He is a very intelligent player with a high compete level that is difficult to play against." Macklin is a first-year Power Engineering student from Leduc.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	RWOTL	T	GF	GA	L10	STRK	Pts
NAIT	14	11	3	10	0	71	33	9-1	Won 4	22
SAIT	12	8	4	7	2	0	43	32	7-3	Won 2 18
MacEwan	12	8	4	5	1	0	42	33	7-3	Won 1 17
Augustana	11	7	4	6	1	0	42	29	6-4	Won 1 15
Red Deer	12	5	6	5	2	1	41	40	4-5	Lost 1 13
Portage	11	4	7	4	0	0	37	51	3-7	Lost 6 8
Concordia	12	3	9	2	0	0	34	54	2-8	Lost 2 6
Briercrest	14	2	11	2	1	1	34	72	2-8	Lost 3 6

Results

November 11

NAIT 4, Briercrest 0

SAIT 5, Portage 3

Red Deer 4 Augustana 1

Results

November 12

NAIT 12, BC 3

SAIT 4, Portage 3

Augustana 5, Red Deer 3

WOMEN'S HOCKEY

Team	GP	W	L	RW	OTL	T	GF	GA	L10	STRK	Pts
NAIT	9	8	1	8	0	0	30	17	8-1	Won 3	16
MacEwan	10	6	4	6	0	0	22	19	6-4	Won 2 12	
Red Deer	9	6	3	6	0	0	22	16	6-3	Lost 1 12	
Olds	8	2	6	2	0	0	14	25	2-6	Won 1 4	
SAIT	10	1	9	1	0	0	16	27	1-9	Lost 3 2	

Results

November 11

MacEwan 4, SAIT 2

Results

November 12

NAIT 5, Red Deer 4

MacEwan 3, SAIT 1

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Concordia	10	8	2	16	820	729	8-2	Won 6
NAIT	8	7	1	14	600	541	7-1	Lost 1
Lakeland	8	6	2	12	610	542	6-2	Won 1
Augustana	8	5	3	10	613	634	5-3	Won 5
Keyano	8	2	6	4	565	612	2-6	Lost 5
Grande Prairie	10	2	8	4	715	775	2-8	Lost 8
King's	8	0	8	0	560	650	0-8	Lost 8

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Red Deer	5	5	0	10	508	408	5-0	Won 5
MHC	3	3	0	6	274	193	3-0	Won 3
SAIT	4	3	1	6	374	353	3-1	Won 1
Ambrose	3	1	2	2	249	228	1-2	Lost 2
Olds	3	1	2	2	272	272	1-2	Lost 1
Lethbridge	3	1	2	2	239	237	1-2	Won 1
Briercrest	4	1	3	2	268	355	1-3	Lost 1
St. Mary's	5	0	5	0	362	500	0-5	Lost 5

Results

November 11

NAIT 76, Lakeland 68

Red Deer 104, SAIT 96

Augustana 81, Grande Prairie 78 (OT)

Briercrest 87, Ambrose 80

King's 63, Concordia 74

Olds 90, St. Mary's 77

November 12

NAIT 72, Lakeland 88

Augustana 79, Grande Prairie 77

Lethbridge 91, Briercrest 44

SAIT 97, Olds 92

Concordia 90, King's 80

Ambrose 65, Medicine Hat 78

Red Deer 94, St. Mary's 59

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Concordia	10	8	2	16	675	545	8-2	Won 6
NAIT	8	7	1	14	597	406	7-1	Won 2
Lakeland	8	5	3	10	527	477	5-3	Lost 2
Keyano	8	4	4	8	517	528	4-4	Won 1
Augustana	8	4	4	8	491	470	4-4	Won 4
King's	8	2	6	4	410	513	2-6	Lost 6
Grande Prairie	10	0	10	0	428	706	0-10	Lost 10

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
St. Mary's	5	4	1	8	413	305	4-1	Won 2
Lethbridge	3	3	0	6	243	156	3-0	Won 3
SAIT	4	3	1	6	262	237	3-1	Won 2
Red Deer	5	2	3	4	324	378	2-3	Lost 2
Medicine Hat	3	2	1	4	226	191	2-1	Won 1
Briercrest	4	1	3	2	239	346	1-3	Lost 1
Olds	3	0	3	0	191	219	0-3	Lost 3
Ambrose	3	0	3	0	184	250	0-3	Lost 3

Results

November 11

NAIT 84, Lakeland 49

BC 71, Ambrose 70

SAIT 67, Red Deer 62

Concordia 75, King's 56

Augustana 50, Grande Prairie 44

St. Mary's 80, Olds 66

November 12

NAIT 75, Lakeland 58

Augustana 59, Grande Prairie 57

Lethbridge 105, Briercrest 48

Ambrose 55, Medicine Hat 85

Concordia 58, King's 44

SAIT 57, Olds 53 (OT)

St. Mary's 103, Red Deer 61

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Keyano	8	8	0	24	4	8-0	Won 8	16
King's	10	6	4	23	16	6-4	Lost 1	12
NAIT	8	4	4	14	17	4-4	Won 1	8
Augustana	8	4	4	14	16	4-4	Won 2	8
Lakeland	8	3	5	11	16	3-5	Won 1	6
Grande Prairie	10	3	7	15	24	3-7	Lost 1	6
Concordia	8	2	6	11	19	2-6	Lost 3	4

South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Red Deer	10	8	2	26	10	8-2	Won 3	16
Medicine Hat	8	6	2	22	7	6-2	Won 3	12
Briercrest	8	5	3	17	14	5-3	Lost 1	10
SAIT	8	5	3	17	13	5-3	Won 4	10
Lethbridge	10	4	6	18	22	4-6	Lost 3	8
Ambrose	8	2	6	8	18	2-6	Lost 6	4
Olds	8	0	8	0	24	0-8	Lost 8	0

Results

November 11

King's 3, NAIT 0 (25-21, 25-11, 25-15)

Grande Prairie 3, Lakeland 1

(22-25, 25-19, 25-23, 25-17)

Augustana 3, Concordia 2

(23-25, 27-25, 21-25, 25-16, 16-14)

SAIT 3, Lethbridge 1 (28-30, 29-27, 25-22, 26-24)

Medicine Hat 3, Ambrose 0 (25-19, 25-22, 25-18)

Red Deer 3, Olds 0 (25-8, 25-12, 25-15)

Results

November 12

NAIT 3, King's 2 (23-25, 26-24, 24-26, 25-22, 15-17)

Lakeland 3, Grande Prairie 0 (25-18, 26-24, 25-19)

Augustana 3, Concordia 0 (25-15, 25-14, 25-16)

Red Deer 3, Olds 0 (25-12, 25-11, 25-17)

Medicine Hat 3, Ambrose 0 (27-25, 25-17, 25-20)

SAIT 3, Lethbridge 2

(20-25, 20-25, 25-20, 25-18, 11-15)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Grande Prairie	10	8	2	27	10	8-2	Won 1	16
King's	10	8	2	24	9	8-2	Won 3	16
Lakeland	8	6	2	20	9	6-2	Lost 1	12
NAIT	8	3	5	12	18	3-5	Lost 2	6
Keyano	8	3	5	10	19	3-5	Lost 1	6
Augustana	8	2	6	12	20	2-6	Won 2	4
Concordia	8	0	8	4	24	0-8	Lost 8	0

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Briercrest	8	7	1	22	7	7-1	Won 2	14
Red Deer	10	7	3	26	15	7-3	Won 2	14
SAIT	8	5	3	20	12	5-3	Won 5	10
Ambrose	8	4	4	13	18	4-4	Won 1	8
Olds	8	3	5	11	18	3-5	Lost 4	6
Lethbridge	10	3	7	15	24	3-7	Lost 2	6
Medicine Hat	8	1	7	9	22	1-7	Lost 1	2

Results

November 11

King's 3, NAIT 0 (25-18, 25-22, 25-16)

Lakeland 3, Grande Prairie 2

(23-25, 25-23, 25-22, 25-22, 15-6)

Augustana 3, Concordia 1

(21-25, 25-17, 25-22, 25-18)

Red Deer 3, Olds 0 (25-22, 25-17, 25-23)

Medicine Hat 3, Ambrose 1

(25-21, 21-25, 25-20, 25-19)

SAIT 3, Lethbridge 1 (22-25, 25-19, 25-18, 25-16)

Results

November 12

King's 3, NAIT 1 (25-13, 25-17, 24-26, 25-19)

ENTERTAINMENT

Don't write it, do it!



BRENDAN CHALIFOUR
Entertainment Editor

When I was in elementary school, I remember how excited everyone would get when the Grade 6 students came around to each classroom, handing out poppies and accepting donations for the Royal Canadian Legion. Those days, it seemed like everyone wore a poppy and, if you lost it, there was a hurry to get a new one because you stood out with your lack of red.

Over the past two years, though, as I make my way through the buildings of NAIT in the weeks leading up to Remembrance Day, I seldom see people wearing a poppy. I am not sure why, maybe because people lose theirs within a few days of getting it (a regular complaint) or it is on their other jacket or they just don't

see the point in wearing one. But for those who don't wear one because they don't see the point, maybe it's because they believe that they can represent their values through a different medium, say, online. Nowadays, we promote our brand and display who we are through our devices and social media profiles. And changing our profile photo to include a photo of a poppy or posting a Remembrance Day poem is all we can be bothered to do. I think about last year, when Facebook allowed users to apply a rainbow filter to their profile photo with the click of a button in support of Pride and later that year with the France flag in light of the Paris attacks. We are able to instantaneously show people what we care about, what our values are and what we support. However, my concern is that minutes after they do that, it's onward to the next app or YouTube video. Do we really care about the causes or tragic events that we plaster on our pages or do we do it because it is just convenient?

It is so easy to "like" a charity on Facebook and "post" a video about an important cause but I think that people get so bogged down in showing their support online that they often forget to do so offline as well.

Actions speak louder than words. Think about what actions you can make to really have an impact.



Instead of just changing your profile photo, you could make more of an impact by heading out to a memorial and commemorating those who lost their lives, volunteering for a charity that is important to you, spreading awareness and talking to people about that causes that you care about or donating food to your local food bank.

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

FOOD CENTRE

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

HEALTH & DENTAL

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

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

U-PASS

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

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **CARRIE HUMBKE**

Here goes the playlist of the week. I figure that everyone is beginning to be free from mid-term stress and so I decided to make a playlist for fun and relaxation! This playlist is a remix of pop and alternative, which also contains three songs from Tove Lo's new album *Lady Wood!* My favourite song from the playlist is called "Somebody Else," a remix cover done by an American pop singer-songwriter called VERITE. The song was originally written and performed by the band The 1975.

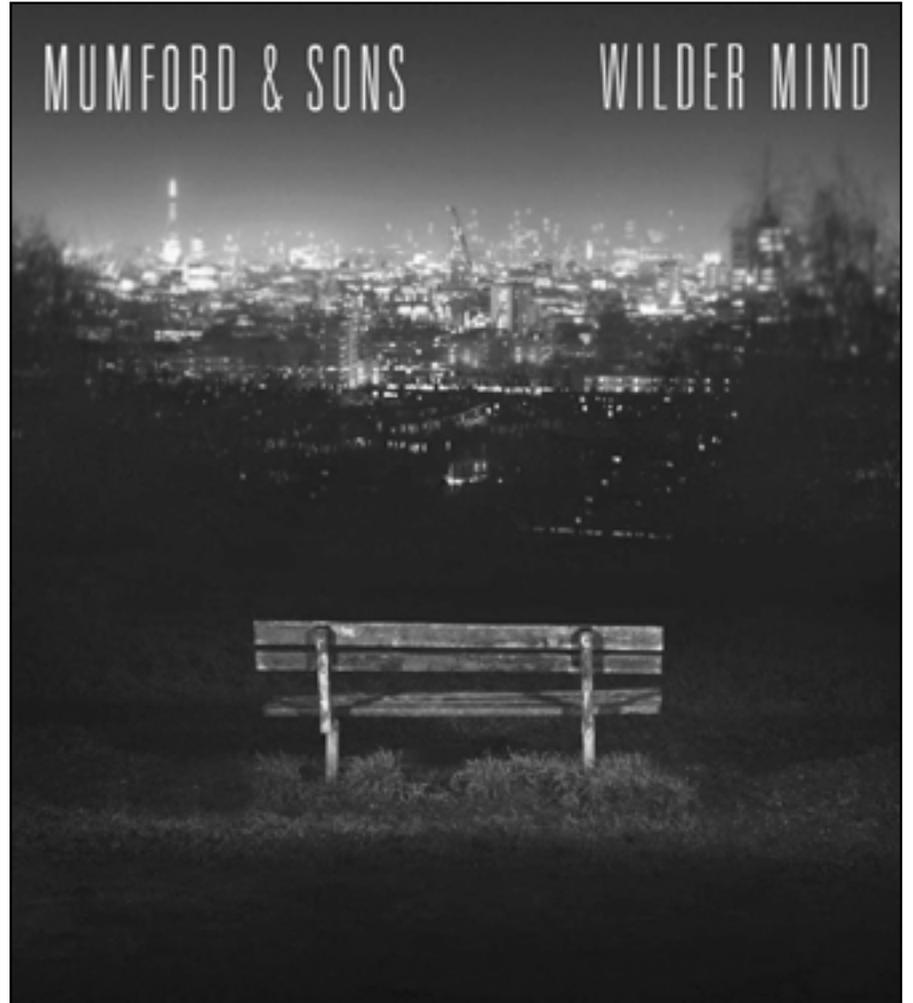
- Somebody Else (cover) – VERITE
- Uptown Funk (feat. Bruno

- Mars)
 - Mark Ronson
 - Cool Girl – Tove Lo
 - I Can Only. (feat. Alessia Cara) – JoJo, Alessia Cara
 - Arizona – Frances Cone
 - Believe – Mumford & Sons
 - Budapest – George Ezra
 - Wanted – Trevor Guthrie
 - Three Thirty – Eighty Ninety
 - Fire – Diskopunk
 - Hide Away – Daya
 - Influence (feat. Wiz Khalifa) – Tove Lo
 - Miss You – James Hersey
 - Hurts So Good (Broiler Remix) – By: Astrid S

All songs can be found on Spotify, SoundCloud and/or iTunes. Hope you all enjoy it. See you again next week!



igtdotcom.com



Genius

NOVEMBER EVENT LIST

- 3 | NEST: CELEBRITY WHO AM I?
- 4-9 | BYELECTION FOR PRESIDENT VOTING PERIOD (ONLINE)
- 5 | KIDS PARTY
- 7 | HOW TO: BLOG WITH WORDPRESS
- 9 | HOW TO: BASIC DIGITAL PHOTOGRAPHY
- 10 | NEST: MOVEMBER KARAOKE
- 14 | HOW TO: BACKPACKING
- 17 | NEST: WES BARKER
- 21 | FREE FOOD: EVENING STUDENTS
- 24 | NEST: DIRTY BINGO

- 27 | NAIT TRIATHLON
- 29 | HOW TO: WINE TASTING
- 30 | WELLNESS WEDNESDAY
- 30 | HOW TO: SELF DEFENSE

NAITSA CLOSURES

- 11 | REMEMBRANCE DAY

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



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Triathlon – NAITSA style!

By **BRENDAN CHALIFOUR**
Entertainment Editor

The NAIT Students' Association has some experience in the fitness realm, with the success of its Fitness Challenge and other fit-focused events. This year, NAITSA's event co-ordination team has decided to host a mini-triathlon on Sunday, Nov. 27. Incorporating all three elements of a typical triathlon, student will be swimming, cycling, running right here at NAIT's facilities.

To kick off the morning, students will dive straight into the NAIT pool and race to finish the 300 metre swim. Next, it's onto the stationary bikes where the triathletes will spin their peddles a distance of

five kilometres. And finally, a once in a lifetime opportunity to actually be encouraged to race through the hallways of NAIT for two and a half kilometres.

For students who are interested in participating in a full-scale triathlon in the future but simply don't know where to start, this event will be a great starting point.

NAITSA event co-ordinator Michelle Goulet said that she is looking forward to seeing how surprised people will be with what they've accomplished. She loves to see people try something new and then hear them say that it was so much fun afterwards.

The registration fee for this event is \$10 and registration is now open on the



NAITSA website (naitsa.ca/event/nait-triathlon). The first 25 registrants will receive a free T-shirt!

So why not give it a try? Don't be intimidated by the work triathlon, this event is designed for beginners. Whether you're looking for a good workout on a Sunday morning or want to dip your toes in the world of being

a triathlete, this event is for you!

What you will need:

- Swimsuit
- Goggles
- Swim cap
- Comfortable workout wear
- Running shoes
- Bottled water

Do you enjoy writing or photography?

N **Contribute to The NAIT Nugget!**
Join us on Tuesdays in E-128B from 11:15 - 1:15
for pizza and story pitches - become a paid contributor!

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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

November 17-23

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

Scorpio (Oct. 23-Nov. 21)

Teach someone something that you enjoyed learning.

FROM THE KITCHEN

Bravo for these burritos!

By HANA LAVERICK

Instagram: @hanalaverick

I recently finished my second-last class of the semester, which was called The Fundamentals of Line Cooking. This really exciting class genuinely taught me a lot about working in a kitchen and, especially, the importance of ‘mise en place’ (French for “putting in place”). Now, before I go off on a tangent and get you thinking “Why is Hana even talking about this in the first place?” I want you to stop and think about this term. In the kitchen, mise en place is the practice of laying out ingredients for quick meal assembly.

In a general sense, if you prepped yourself meals for the week, wouldn’t you feel more ready and more productive? In this sense, mise en place refers to being organized and ready, which results in a successful day – whether you are a student or running a busy restaurant.

This is why I am sharing one of my go-to recipes with you: Freezer Breakfast Burritos. This meal is perfect for you if you’re in a rush or if you’re relaxing on a Sunday morning with a cup of coffee. Preparing this protein-packed meal will make you feel more confident about the busy week and save you tons of money! And one last thing: it is super delicious, so you better make extras just in case you eat them for more than one meal a day! Cheers!

Freezer Breakfast Burritos

Ingredients:

- 3 tbsp. olive oil
- 2 ½ cups hash browns
- 3 Italian sausages, sliced

Sagittarius (Nov. 22-Dec. 21)

Reach for the sky and give those beautiful arms a stretch.

Capricorn (Dec. 22-Jan. 19)

Run with the wind and cause the tree’s leaves to be jealous of you.

Aquarius (Jan. 20-Feb. 18)

Use the gift of silence to understand how loud your thoughts are.

Pisces (Feb. 19-March 20)

Remind yourself to do something memorable today.

Aries (March 21-April 19)

Try to shoot for the stars. Maybe you’ll find out you’re already there.

Taurus (April 20-May 20)

Sing a love ballad to yourself, you glorious being!

Gemini (May 21-June 21)

You are the definition of sweet. So shower yourself with sugar. You sweet thing, you.

Cancer (June 22-July 22)

You will find a new friend today. Just keep that lovely heart open.

Leo (July 23-Aug. 22)

Buy and install a Koi fish pond for

a friend. It’s indescribably rewarding.

Virgo (Aug. 23-Sept. 22)

Your mind is stronger than any negative feeling. Even any positive one. Choose positivity.

Libra (Sept. 23-Oct. 22)

You, your family and your friends, are more rare than any Pokemon, card or Funko pop toy. Value them more.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

- 1 pepper, small diced
- ½ cup onion, diced
- 1 garlic clove, finely chopped
- 6 eggs
- 1 cup of shredded cheese
- 7 tortillas
- Salt and pepper to taste

Instructions:

- 1) Make sure all of your vegetables are cut and set aside.
- 2) In a small bowl, crack all of the eggs and whisk. Season accordingly.
- 3) In one pan, heat one tablespoon of oil and add the hash browns, cooking on medium heat. (Should take about 15 minutes to cook). Set aside in a bowl.
- 4) While the hash browns are cooking, heat a tablespoon of oil in another pan and place the chopped sausages on medium heat. Cook till they are brown in colour, about 10-15 minutes. Set aside in a bowl.
- 5) In the same pan you cooked the hash browns, place another tablespoon of oil in the pan and toss in onions and garlic. Saute the ingredients until translucent. Place peppers into pan and continue to sauté.
- 6) Add sausages and whisked eggs to the vegetable mixture. Cook until all of the moisture has evaporated and the eggs appear fluffy in texture. Set the egg scramble aside and let it cool for 10-15 minutes.
- 7) Lay the tortillas out on your work surface. Put around two tablespoons of cheese on each tortilla. Add ¼ cup of hash browns, then add ½ cup of scrambled egg mixture onto each shell.

- 8) This part’s tricky. Fold two sides of the circle about three-quarters inwards. Once that is done, you can continue to roll it into a wrap.
- 9) May be stored in the freezer for up to a week.



Photo by Hana Laverick

ASK THE EDITORS

Why settle for just one opinion?

What is your favourite app?

•••

Danielle Fuechtmann
Editor-in-Chief

My favorite app is Pocket. It's a handy tool for saving articles to read for later. I love using it to gather articles I'm interested in reading so I can read them at a more convenient time. I try to stay on top of a wide variety of media sources, my usual strategy is to funnel the articles I've curated from email newsletters, Feedly, and Flipboard to Pocket each evening and then have them conveniently saved on my phone (and online). Bonus: it saves them so you can read offline which is perfect for boring LRT lines.

•••

Nicolas Brown
Issues Editor

Well, this is embarrassing for me – as someone stuck with a nearly non-functional “smart” phone, I’ve been left in a nearly app-less abyss for the greater part of a year. However, something nearly any smartphone can run is a productivity app everyone could benefit from using - the YNAB mobile

app. “You Need a Budget” (or YNAB for short) is a budgeting app for desktop and mobile with corresponding levels of functionality. The desktop version does cost money (sorry) but the added mobile accessibility means you can track your expenses on the go and check where you stand from a financial perspective. I may not agree with their prospective change to a subscription-based model, but it's the most comprehensive budgeting app I've seen that doesn't violate your bank's terms of service (another pro-tip, don't use Mint because it does violate those ToS).

•••

Brendan Chalifour
Entertainment Editor

Over the summer, I was introduced to an app called OverDrive, and it is now one of my favourites! OverDrive is linked to the Edmonton Public Library and lets you access an endless supply of eBooks and Audiobooks. My commute to school is 30 minutes on a good day, and an hour if I take public transit. Listening to a great book on my way to school helps me pass the time while being productive!

Connor O'Donovan
Sports Editor

I'm a big fan of Duolingo, which is a language learning app. They currently have courses for English speakers in 15 different languages and the interface utilizes a balanced mix of pictures, audio and text to make learning basic words, text and phrases simple and fun. Duolingo and Tinder. Estoy bromeando.

•••

Michael Menzies
Assistant Sports Editor

My new favourite app is the Medium app which is a social media based solely around blogging and thought-provoking articles. Considering all the clutter and trash there is in the online media jungle, this is a hard recommendation for Medium. Read a little, kids.

A.J. Shewan
Assistant Issues Editor

I have a love for photography. Why else would any sane person have been awake at 5:30 a.m. on their school day to stand in the cold and shoot the super moon, only to watch it disappear behind the clouds ... two mornings in a row! The escape photography provides from the pressures of day to day life allows me to regain my sanity. There are many apps out there to compliment a photographer. My favourite would be the Flickr app. While it doesn't provide any real technical advantages, seeing what techniques others are employing provides ample inspiration, motivating me to try harder and expand my horizons. There are some truly incredible amateur photogs out there that are redefining traditional photography in my area of interest.

BE THE SOLUTION

ATTEND AN EVENT TO SUPPORT UNITED WAY'S MISSION TO END POVERTY

DATE	TIME	EVENT	LOCATION
NOV. 14 - DEC. 1	11:45 AM - 12:45 PM	50/50 Raffle Sales (Draw Dates Nov. 10, 18, 25 & Dec. 2)	Tuesdays on CAT Main Street, Wednesdays at Fresh Express, Thursdays at Common Market, anytime at shop AT NAIT
NOV. 15	All Day	Toonie Tuesday - Coffee & Tea	Common Market, Fresh Express, Embers, The Corner Store, Plates & Elements
NOV. 17	10:30 AM - 1:00 PM	Chilli Lunch	Blue Plate, Common Market
NOV. 22-24	All Day	Be a Hero	Common Market, Fresh Express, Embers, The Corner Store, Plates & Elements
NOV. 22-25	Various Times	1/2 Price Fitness Classes	Sign up in O117
NOV. 23	8:00 AM - 2:00 PM	Silent Auction	Patricia Campus
NOV. 23	8:00 AM - 2:00 PM	Technology Sale	The Crossing, CAT
NOV. 25	10:30 AM - 1:00 PM	Artisan Bread and Turkey Sausage Sale	South Lobby

Hope to see you there!




NEW VENTURE AT NAIT PRESENTS

BUILD A COMPANY IN THREE DAYS!

3 DAY STARTUP

CONSTRUCTION AND TRADES
DECEMBER 2 - 4
APPLY BY NOVEMBER 25

nait.ca/3DS | #3DSNAIT





It's Turner's time to shine

By HARLEY MYHOVICH

Stop, collaborate and listen. Frank Turner is back with some brand new intentions. His latest studio record, entitled *Positive Songs For Negative People*, is nothing short of a lyrically perfect album.

Focusing on an array of positive topics, Turner creates a whirlwind of emotion with several relatable and inspiring messages embedded within. Placed strategically and harmoniously, several quotes resonate deeply with human spirit, such as, "If life gives you demons, make demands," and "They say there is a calm after the passing of the storm, so I can dream of going back outside when the rain and thunder's done."

These two quotes alone may not sound heftily inspiring but, when implanted into his songs, a picture is painted. This painting of course, has the brush acting as Turner's vocabulary and the canvas being your personal path of life experiences.

Compared to his past records, the sounds and musical passion he usually delivers are the same. After a closer listen, however, it seems apparent that Turner

is going down a happier path in life when you contrast the lyrics of this album to his previous studio album, *Tape Deck Heart*. If you have already listened to this 2013 release, you will know that it is far from being written in a completely positive state of mind. This lesser amount of positivity, however, only adds to his powerful deliverance of ideas, and creates an album that becomes vital to listen to when you need an answer in times of darkness. If you're feeling remorse about a love once lost, take a journey over to his track, "The Way I Tend To Be." Or perhaps you've turned a corner in your life and everything is changing. In this case, I would place your ears next to a speaker that's blasting the album's opening track, which is aptly named, "Recovery." With entirely different messages in this album compared to his latest release, Turner showcases his ability to write meaningful material for himself and others in most situations.

So treat your own kind heart, as well as your sense of hearing, to a good, old-fashioned loud listen to *Positive Songs*



Genius

For Negative People. Check out the music video for the song, "The Next Storm," which not only delivers you a lyrical pat on the back but also features professional wrestler and fighter, CM Punk.

If you're in the mood for something with a slower pace, the acoustic track, "Demons," can be exceedingly motivational when intently listened to.

From his charming English accent,

to his folk punk rock taste in his music, it's pretty easy to get swept away by this ear-friendly album. If you can't get enough of this man, a deluxe version is available featuring the acoustic tracks. If the deluxe version of this album still leaves you wanting more, then you can catch the Turner-supporting Canadian band, The Arkells, who roll into Edmonton on Feb. 3.

Don't wait, get 'er done!



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Most people struggle with procrastination to some degree. It is one of the biggest factors in determining how students do at school and later in their careers and in other parts of their lives. The good news is that procrastination is a habit and, like any habit, it can be changed. However, to change you will need to be diligent in taking action and doing the tasks that need to be done when you had planned to do them.

Here are some tips to deal with procrastination:

- Never label yourself as a procrastinator. Giving yourself the procrastinator label just reinforces

procrastination.

- Get into a routine of studying and doing homework at the same time each day.
- Make a daily to-do list and prioritize the items on the list.
- Always work on your most important tasks first.
- Define clear goals. Make sure your expectations are reasonable.
- Recognize how you procrastinate (video games, watching TV, talking, texting, phone calls) and use these as rewards. Don't let yourself do other activities until you have completed the work you need to do.
- If you are feeling overwhelmed, break tasks down into small chunks and

work on one chunk at a time.

- If you feel really unmotivated, use the five-minute method. Commit to doing something on the project or studying for five minutes; when the five minutes are up, decide if you are going to continue for another five minutes. (You almost always will because the hard part is getting started!)
- Be aware of making excuses. Challenge faulty reasoning every time and get right back on task.
- Do not reward yourself for procrastinating. Every time you do another activity such as watching television, visiting with friends or washing your car instead of working on your goal you are rewarding yourself for procrastinating.

- Get enough rest. Fatigue is one of the biggest contributors to procrastination.

- Take action now! Never put off important tasks until tomorrow, even if it means just doing a small portion of the task.

- Self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety can be at the root of procrastination. See a counsellor for these, or any other, personal or academic concerns. Don't put it off!

Counsellors at Student Counselling are available to help you with any personal or academic concerns that may be interfering with your success at NAIT. All counselling is free and confidential.

- **Main Campus:** Counsellors are available from 8-4:30 Monday to Friday, with extended hours, 7:15-5:15, on Thursdays. Call 780.378.6133 or come in person to Room W111-PB, HP Centre

- **Souh 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

get your vote on!

VOTE FOR YOUR NAITSA

EXECUTIVE COUNCIL VICE PRESIDENT ACADEMIC

watch candidate videos online @ naitsa.ca

2016/2017

vote online using your NAIT student portal
december 1 - december 7 @ 4pm

info stations
december 6 @ 4pm - 7pm

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

info stations
december 7 @ 10am - 2pm

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

for more information visit
naitsa.ca/elections



your voice, your vote



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rm e-131

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 with the student life at nait. The President is the official spokesperson of NAITSA. The VP External represents student interests throughout the campus, city and province. And the VP Academic can help you with questions or issues regarding your studies at nait.

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

WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS

WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK

WE OWN & OPERATE THE NEST TAPHOUSE GRILL
Located by the pool | 780.471.8340 | nesttaphousegrill.com

WE PUBLISH THE NUGGET STUDENT NEWSPAPER
Room E-128 | 780.471.8344 | thenuggetonline.com

WE OPERATE THE STUDENT HEALTH & DENTAL PLAN
studentplans.nait.ca | mystudentplan.ca/nait
NAITSA Service Hub Room E-131

WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPERS
foodcentre.nait.ca | nait.ca | NAITSA Service Hub Room E-131

WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM
estl.nait.ca | nait.ca | NAITSA Service Hub Room E-131

WE ADMINISTER THE U-PASS
upass.nait.ca | nait.ca/upass | NAITSA Service Hub Room E-131

WE PROVIDE DISCOUNTED TICKETS
To sporting events, movies, and other fun events! Available in the NAITSA office (E-131) on the Main Campus or at the bookstores on South & Patricia Campus.

WE SUPPORT & FUND OVER 70 CLUBS
ngyhrc.nait.ca | NAITSA Club Centre E-125

WE COORDINATE FUN STUDENT EVENTS ON CAMPUS
Check the boards and our social media for updates!



N 2.0

NAITSA TRADING POST

REGISTER
(AT TRADINGPOST.NAITSA.CA)

WHAT ARE YOU LOOKING FOR?

BOOKS?

POST A BOOK

FIND A BOOK

ROOMMATES?

NEED A ROOMMATE

FIND ROOMMATE



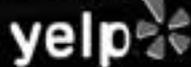
NEST TAPHOUSE GRILL

WEEKLY SPECIALS

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

FOR CURRENT HOURS PLEASE VISIT US ONLINE
NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. DINE IN ONLY.

REVIEW US ON:  zomato  yelp



NEST TAPHOUSE GRILL

OILERS GAME TIME FEATURE

\$4.50 PINTS (16OZ)
MOLSON CANADIAN

ENTER FOR YOUR CHANCE TO WIN TICKETS IN OUR BI-WEEKLY DRAW!

*Nest Taphouse Grill is here to serve the NAIT community!



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-4:30pm	CAT 312
Super Smash Bros Club Meetups	Mon & Thurs, Sept 12-Dec 15, 2016 5:00pm-10:00pm	Nexen Theatre
Investment Club Weekly Meetings	Tuesdays, Sept 13-Dec 6, 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
NSC Super Smash Bros Meetups	Thursdays, Jan 5-April 13, 2017 5:00pm-10:00pm	CAT 191
Civil Club Study Sessions	Fridays, Oct 7-Dec 16, 2016 10:00am-12:00pm	CAT 312

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Muslim Student Association	Talk to a Muslim	Wed, Nov 9-Dec 14, 2016 2:00pm-4:00pm	CAT 200 C
BTech	Post Midterm Mixer	Wed, Nov 9, 2016 4:30pm-6:00pm	The Nest
Investment Club at NAIT	Finance Movie Night	Fri, Nov. 18, 2016 5:30pm-8:00pm	CAT 191 (Theatre)

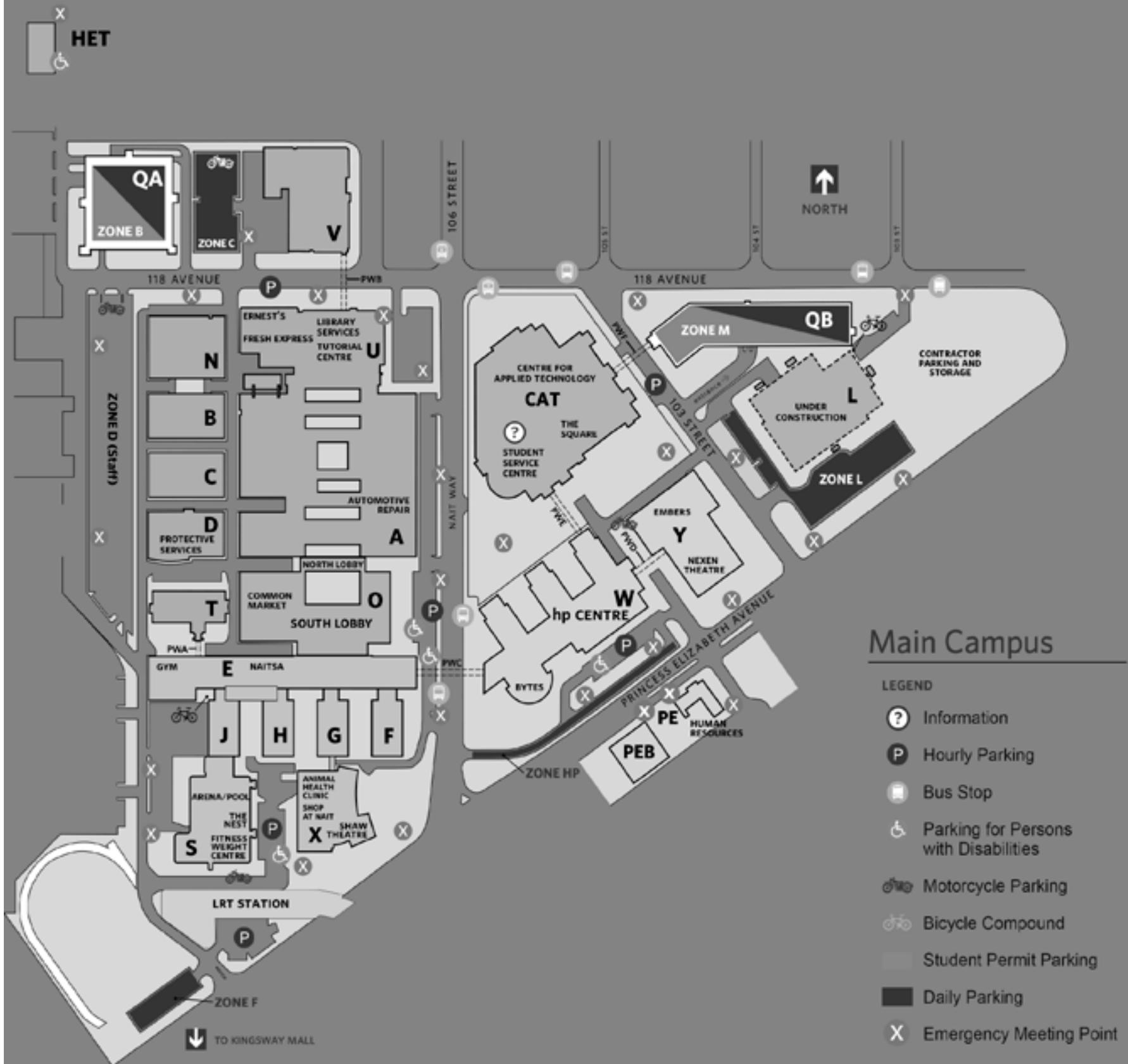
NAITSA **CAMPUS CLUBS**
CENTRE

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

NAIT Main Campus Map



grow your career, join student government

NAITSA EXECUTIVE COUNCIL

BYELECTION FOR VICE PRESIDENT ACADEMIC 2016/2017

nominations open

november 15 - november 24 @ 4pm

The NAITSA Executive Council is comprised of 4 student representatives at NAIT. The President, Vice President Academic, Vice President External & Vice President Student Services.

for more information visit naitsa.ca/elections



your voice, your vote



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