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THE **NAIT** NUGGET

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

WHERE'S THE BUS? ETS on holiday schedule when classes began, page 3



These Business Administration students find themselves feeling the cold for the first few days of classes. They are, left to right, Jake Ha, Milind Rakheja, Nouredin Shaaban, Ziyang Zhang and Jiapo Xin

Photo by Tim Potter

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NEWS & FEATURES

The Nugget opens doors



A.J. SHEWAN
Assistant Issues Editor

December has come and gone in what seemed like a flash. Spending time with family was great, over indulgence in delicious treats was had and cold days were easily avoided by hunkering down inside watching movies, building Christmas gifts and snuggling up with loved ones. Now it's back to the daily grind, hitting the books and immersing oneself in the new semester.

As I write this, I am sitting in a hotel room in Fredericton, NB on a trip to the 79th annual Canadian University Press yearly convention. What is CUP? At an annual meeting of university student unions in Winnipeg in 1938, the members of campus student newspapers decided to form a network to share ideas amongst themselves. CUP was

born and has flourished ever since. A few of us lucky *Nugget* staff members got the chance to participate in this year's convention and it has been a fantastic trip. A wide range of members of the Canadian press and entrepreneurs presented different workshops on a variety of interesting topics. Personal highlights for me have been a workshop on the future of radio from Alan Cross, Canadian broadcaster and creator of the fantastic weekly radio show *The Ongoing History of New Music*, as well as a workshop about social media with Elamin Abdelmahmoud, a young Canadian commentator who has a regular spot on CBC's *The National* and is the social media editor for BuzzFeed Canada. This trip has been thoroughly enjoyable so far and something I never imagined doing six months ago.

Leap of faith

I got here by getting involved, by taking a leap of faith and joining something that wasn't front of mind when going back to school. There have been steep learning curves to this job and tasks that I have continually challenged myself to accomplish. It has not been easy at times, especially while balancing that with family and social life. The rewards, however, have been

overwhelming. I have had the opportunity to meet some very interesting people, got to know my fellow students as well as some of the hardworking NAITSA and NAIT staff. These opportunities continue to occur and the sky is the limit to where this unimagined extracurricular activity will lead.

Writing an outlet

Currently, I have no plans on pursuing a career in journalism but that hasn't hindered my desire to continue in my role at *The Nugget*. Writing provides an outlet for a creative side I seldom ever acknowledged. Admittedly, in addition to my creative side, it is also rewarding to see my work in print. After all, who doesn't like showcasing something they have done for friends and family? We all have that childhood self, who came running home from school with their latest accomplishment, still inside us. When there is something tangible that one can point to and say with pride and confidence, "Hey, look what I did" it's a boost of confidence and a sense of personal pride, maybe even vanity.

The point of all this is that when I first started school at NAIT in September, I never imagined myself sitting in the Maritimes writing my column while on a

trip paid for by someone else. *The Nugget* urgently needs more writers for all sections and they pay for those articles! Even if you only want to write one 600-word piece a month, the money earned buys a week's worth of daily coffee or a decent meal out. Write once a week or two articles a week and you can treat your significant other to a night out or buy groceries for a few days. Take the chance on writing.

At *The Nugget*, we have a small team who can coach new writers through difficulties or writer's block and give leads for potential stories. The monetary benefits are one undeniably positive aspect, the personal accomplishments through challenging oneself to reach higher and push the limits of what was once a pipe dream are quite another. Anyone can write an impactful article and NAIT is brimming with untapped writing talent.

One of the things that really stood out this weekend while listening to my peers from fellow papers is that many are amazing writers but were fearful that they couldn't make the cut. These last six months of being involved with *The Nugget* have shown me that there are many talented writers on campus and they deserve to have their work published.

Fentanyl – a deadly menace

By NAVJEET KAILAY

Fentanyl is a synthetic opioid analgesic similar to morphine, however, it is "100 times more toxic than morphine, heroin or oxycodone."

According to Alberta Health Resources, in 2015, there were 257 deaths in Alberta associated with fentanyl and in a number of those deaths, other drugs were also found in the blood of victims. Fentanyl comes in tablets, capsules and a liquid for injection.

Often passed off as a new form of OxyContin, it can also be added into other drugs. "Fentanyl cannot be detected. It is odourless and tasteless. An amount the size of two grains of salt can kill you. It has been detected in almost all street drugs here in Edmonton," said Const. Cherie Jerebic of the Edmonton Police in an email statement.

The side effects of fentanyl abuse include drowsiness, constipation, nausea and vomiting, headaches, dizziness and confusion, difficulty breathing, a sense of euphoria (feeling high) itching and sweating. Signs of an overdose include sluggish or no breathing, blue lips or nail bed, vomiting, cold and damp skin, throwing up, cold and damp skin, choking or gurgling sounds and an inability to wake victims up. When paired with alcohol or pharmaceutical sleep medication, overdosing symptoms can include dizziness, confusion, drowsiness, clammy skin, very small pupils, and comas.

"Fentanyl use on NAIT campuses would likely be rare, it is more likely that people would use fentanyl at home or when they are out with friends" stated Ariane Lee, Health

Consultant from NAIT Health Services.

"We don't usually see patients that come to the Health Clinic with fentanyl overdose," wrote Lee. "Almost all the Registered Nurses that work at NAIT Health Services have taken the Alberta Health Services 'Take Home Naloxone Kit' E-Learning Training Module. However at this time, NAIT does not have any Naloxone kits on campus [but] may be getting some in the near future." Other than this, NAIT's Health Services doesn't do any other awareness outreach regarding fentanyl. In the past, clinic brochures about drug use had minimal pickup and the need for regular updates led to a stop in ordering them.

Craig Skelton, an inspector with NAIT Protective Services, confirmed fentanyl has not been an issue on campus.

"There have no issues relating to the use of fentanyl or any related narcotics on campus. Although it may be concern in the greater community, it has not surfaced at NAIT."

All NAIT Protective Services personnel are trained to recognize someone in medical distress and would respond as required. As well, several programs are available to students, faculty and staff, including student counselling and the Employee and Family Assistance Program. Both programs offer confidential help.

"Fentanyl doesn't discriminate with age, race or gender. Education at an earlier age can prevent unnecessary deaths," said Const. Jerebic.

Edmonton Police and Alberta Health Services are co-presenting an hour-long presentation about fentanyl and other street

drugs to city schools, Concordia University and several Youth partners. Additional information and statistics can be found on the Alberta Health Services website and on drugsfool.ca.

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Students waited longer for their buses last week during the first two days back at classes.

Hate the wait?

By **DANIELLE FUECHTMANN**
Editor-in-Chief

Some NAIT students found getting to classes last week more challenging than usual.

Edmonton Transit Service regularly reduces its buses during the holidays to reflect lower demand because schools, post-secondaries and many government offices close for the holiday season. Typically, these service reductions have minimal impact for most people. But NAIT students catching a bus to class on Wednesday without checking holiday route changes may have been annoyed to discover that this year the service reduction lasted until Jan. 6, despite NAIT students returning to class on Jan. 4.

“A tremendous amount of planning goes into providing transit service across the city, including to major destinations like post-secondary institutions,” said Jennifer Laraway on behalf of ETS.

“We rely heavily on the information that is made available to us in order to balance taxpayer dollars with service demand. Each bus and route tracks ridership so we can make informed decisions about the level of service we provide.”

NAITSA Advocacy Director Jason

Roth states that “[ETS] informed us of their holiday service levels. We told them that they had the return date at NAIT wrong and that those levels would be inadequate. They said they believed they could manage. We disagreed.”

Laraway defended the service, stating that “during the first week of the new year, the Metro Line continued to provide regularly scheduled service (every 15 minutes). Specific to NAIT, the Route 8 and 15 still provide frequent service while the Route 97 will be restored on Monday” and that “there has been considerably less travel demand to both NAIT and MacEwan University (which are served by some of the same bus routes and the Metro Line), this last week – including the two days NAIT has returned to session.”

While the LRT and routes 8 and 15 are popular choices for students taking transit to campus, this appears to neglect the need for routes to transfer and connect to these main lines. Considering approximately 80 routes are affected by reduced frequency or cancellation during the 11-day period of reduced service, it’s likely that delays were caused by the increased challenge of getting to the main lines.

“Customer feedback does influence

how we plan for service,” Laraway said. “If we can make adjustments within our allocated resources (including budget, other needs in the city, etc.), we certainly take those into consideration.

“Students are encouraged to call 311 or complete a feedback form found under the Customer Service section of takeETS.com.”

She said that the information they depend on is a combination of their own data collection and the session information provided from groups like NAIT. It can be difficult to get the detailed information they need to develop their plans but they strive to continue to work together as best as they can to provide the best service possible.

She added that students should consider downloading and using the Transit App or any of the Real Time tools for mobile that are available on takeETS.com; “all buses in the city are now tracked in real time so people can see exactly when the next bus is coming and not get stuck waiting in the cold at a bus stop. The tools tell customers if a bus is running early, late or on time – it might help when we have service adjustments due to post-secondary breaks.”



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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.

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For details, visit:
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Starting off on right foot



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

It's a new semester and a great time to evaluate what went right and what went wrong last term. Here are some areas to look at:

Attitude – Am I prepared to put schoolwork as my priority and to work hard?

Discipline – Do I have regular study and homework times?

- Am I getting into a good study routine right at the beginning of the semester?

- Do I procrastinate? If so, how can I change this habit?

Organization – Do I use a daytimer or electronic to write down all assignments, appointments, exams, etc.?

- Do I make a daily to-do list? Do I work on my priorities first?

- Are my books, locker and work-space organized?

Distractions – What were the major things that interfered with studying last term?

- How can I limit or put boundaries on phone calls, social media, television time, computer games, interruptions from family and friends?

Focus – Am I concentrating and learning during classes and study periods, or is my mind wandering?

Balance – Do I get adequate sleep, exercise and nutritious food? Do I build in enough (or too much) social and private time? Do I have effective stress management techniques?

Resources – Could I make better use of the services available such as the library, Learning Resource Centre, Tutoring and Learning Strategists, study skills seminars, Student Counselling, the online Study Skills, Campus Recreation activities, NAITSA activities, study groups and instructors?

Finances – Have I budgeted for the semester so I am not stressed about finances toward the end of term when school stress is the highest?

Here are some suggestions to boost your success:

- Give yourself credit for your aca-

ademic strengths. Evaluate your weaknesses and decide on one or two areas that are realistic to improve. Don't expect perfection.

- Attend Winter Study Skill Workshops. Details are provided on posters around NAIT.

- Go to www.nait.ca/counselling for NAIT's on-line study skills manual: *Techniques to Maximize Learning Potential*, which includes information on study skills, time management, procrastination and memory, exam writing and exam anxiety.

See a counsellor for any academic or personal concerns.

Be realistic. Most New Year's resolutions are abandoned because they are too grandiose. Set small, achievable goals

for change, monitor these regularly and reward yourself.

Have a great semester!

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 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.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

ATTENTION ALL NEW CREDIT STUDENTS BEGINNING IN JANUARY

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JANUARY 27TH, 2017 @ 4PM

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You may opt out online at mystudentplan.ca/nait or come to the NAITSA Service Hub in room E-131 for more information.

*Fall intake students: If you missed the September opt out deadline, you **CANNOT** opt out in January.

Phone 780.471.7730 | Email studentplans@nait.ca | Room E-131
Information mystudentplan.ca/nait | Twitter @naitplan | nait.ca



NAITSA SERVICE HUB

OPINION

— Editorial —

Why always busy?



DANIELLE S. FUECHTMANN
 Editor-In-Chief
 @ellie_sara

“You always say that you’re busy”

Guilty as charged. Of course, my mother has definitely heard me summarize my life as being busy pretty much every time we talk and she’s right to call me out on it. It is an accurate description of my life these days – between classes, *The Nugget*, my freelance work and volunteering, my Google calendar is a colourful mosaic that dictates my life.

This isn’t necessarily a bad thing. I love all of the things I’m doing and I’m incredibly blessed to have the opportunities that I do. But why is “I’m so busy – but it’s amazing!” the first response that I give when people ask how I am?

Self care not my speciality

I’m also the first to admit – and often with a laugh and a perverse pride – that I’m awful at self care. I will readily admit that while I maintain a perfect GPA, juggle all of my work commitments, take on a few too many volunteer projects, strive to Martha Stewart-like standards of homemaking and keep a lively social calendar, I’m horrible at taking care of myself. I call Starbucks lattes lunch with embarrassing frequency, have allowed too many bunches of farmers’ market spinach get inedible and wilted and I never get sufficient sleep.

For most of fall term, I was stubbornly refusing to let go of some of my commitments and critically examine what I was giving my time to. I was so sure that I needed to keep doing all of the things I was committed to!

However, by the time November rolled around, I was experiencing a lot of burnout. I was stretching myself far too thin, both through my time commitments and emotional demands. People close to me were gently warning me that my previously healthy high standards were skating much closer to neurotic perfectionism.

Tough love

Luckily, I got some tough love one afternoon from two people that I love and respect, convincing me to re-evaluate and cut some of the excess out of my life. It wasn’t easy but, over lunch, I managed to make a list of the things I had to quit doing, from bad habits that were holding me back to big cuts to my commitments. It took coaxing but they helped me recognize that some of my volunteer positions really weren’t aligning with my values anymore and that it was time to move on. It certainly wasn’t an easy lunch conversation but the pervasive ache in my back seemed to melt

away once I made the decision to step down from my community league board position.

What is it about being busy that sounds so great? Based on the number of articles I found with a quick search of “pride of busyness,” it’s a common trend. We brag about averaging only four hours of sleep each night. We slam back coffees like we need it to breathe. We desperately search for life-hacks to claw out a few more hours in the week.

My friend tells me that self-care is common sense. He’s right. I may enjoy my fast-paced lifestyle but refusing to carve out time to take care of myself only works against my overall health. I admire the way he prioritizes self-care to ensure he is successful in juggling all of his responsibilities. He thoughtfully prioritizes the things in his life in a way that is calculated but deeply honest.

There’s a quote from Audre Lorde, a poet and activist, that hangs on the wall of my office: “Caring for myself is not self-indulgence, it is self-preservation and that is an act of political warfare.” What Lorde was getting at is that you cannot be effective at caring for others, let alone be effective

as an activist, if you neglect to take care of yourself. By caring for yourself—mentally, emotionally and physically—you are also caring for your community. Thanks to lifestyle magazines and social media, self-care, particularly for women, is often just another marketable category of products. And while face masks or a glass of wine and a bubble bath can be legitimate forms of self care, it doesn’t stop there. It’s a holistic process.

I’m not a fan of New Year’s resolutions; personally, I’ve found that the things I really care enough about don’t require me to wait until Jan. 1 to make a public goal. But as the new year settles in and a new (my last!) term at NAIT begins, I’m striving to be more mindful of the progress I made last semester, recognizing how I’m using my time and ensuring I don’t forget to take care of myself too.

And rather than constantly opening with “So busy!” or “So tired!” when people ask how I’ve been, I’m going to start celebrating the amazing things in my life – the projects that are exciting me, the incredible opportunities, and the brilliant people in my life.



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SPORTS

Rousey's legacy in limbo



By **MICHAEL MENZIES**
Assistant Sports Editor

I couldn't help but think of the Beach Boys song after the UFC 207 main event where Amanda Nunes steamrolled to defend her belt. "Help me, Rhonda. Help me, help me, Rhonda." Ronda Rousey was thoroughly beaten in her much-anticipated return to the octagon in the UFC's last event of the 2016 calendar year. Frankly, the result is something the organization wasn't hoping for.

Rousey's year off after the kick-heard-round-the-world from the foot of Holly Holm was one of those knockouts that shatters the psyche of a fighter. Especially a fighter, who at the time seemingly couldn't

be beaten and hadn't in her professional fighting career. After munching 27 significant strikes in 44 seconds to the more powerful Nunes – it was Goodnight Jim Kyte for the former champion and likely the bookend to the first era of the women's UFC game.

It didn't start this way. When the UFC began the women's bantamweight division, Rousey was accused of being a one-trick pony, finishing her last eight fights by armbars. She beat Liz Carmouche and finished her rival Miesha Tate, becoming the undisputed women's star of the sport and one of the UFC's most marketable stars.

In a four-fight stretch, Rousey was a finishing machine. The longest bout in the mix clocked 1:06 with remarkable 14 and 16 second KOs and submissions sprinkled between. It was Mike Tyson-esque. The most exciting minute in sports. Rousey steamrolling opponents before they could even get out of the starting blocks created a

social media frenzy and meme-worthy status for her foes.

She appeared on the *Tonight Show* and *Conan*, and signed contracts to feature in action movies, including a reboot of the 80's-classic, *Road House*. She was a celebrity outside of the game, a face for female empowerment and kicking ass. Rousey felt no fear telling Floyd Mayweather off at the ESPYs and being less than sportsmanlike after bouts. There were no ramifications. In fact, Ronda wanted to be the villain for the women's bantamweight division. She loved being hated. The problem was the public embraced her differently and, in the end,



Ronda Rousey

some would say she got what was coming to her.

The thing to remember about Rousey is you have to do what you do best first. If you're going to put yourself out there in movies and take up your time with other activities which aren't your craft, then make sure the fighting doesn't suffer in the pro-

cess. Remember what gave you your status in the social hierarchy. People accept your greatness for the actions you do in your discipline and then admire those other attributes, if they exist, later on. This isn't an indictment of just Rousey but anybody. If Sidney Crosby wanted to start acting, he would get criticized if he was living up the Hollywood dream and having his performance on the ice suffer.

Crossing over into pop culture is always tempting but the sport still has to come first at all times. Maybe, down the stretch, it wasn't with Rousey. Maybe she was more myth in the ring than we realized at the time.

Whatever the case, Rousey likely won't fight again. Her coach trained her to box instead of relying on her Olympic gold medal judo prowess in her return and the *Road House* remake was scrapped over a year ago. It's funny for some to bask in the glory of the demoralizing knockout but this is the end of an era. In the future, will the public remember Ronda's remarkable victories and dominance? Or instead, will her success be viewed like a flash-in-the-pan, a story of a fighter who bit off more than she can chew.

FITNESS

Up for a 30-day challenge?

By **MICHAEL MENZIES**
Sports Editor

Aaah – 2017 is here, much to the relief of, well, everyone it seems. It's common at the end of the year to set New Year's resolutions with your friends and family. Close the door on what you'd like to change from last year and try to improve yourself moving forward. Turn the page, write a new chapter and whatever other cliches you'd like to bandy about.

One of the most common New Year's resolutions is getting back to the gym and working out. In fact, two of the top five most common resolutions have to do with fitness and body shape. It's a very sensible goal because we all could make improvements in our fitness levels, marginal or exponential. The problem with setting these resolutions without a proper game plan, is, of course, failure. Surveys have shown that up to 80 per cent of New Year's resolutions fail in one shape or another. Saying when half-blasted at 11:30 p.m. on Dec. 31 that you're going to hit the gym and take back your life and everything else, is a grand dream but you must take the proper steps to accomplish your goals. This doesn't just mean buying the gym membership, which most often is the only type of foresight people will do in these cases. It also means finding out how you're going to build a routine or the useful habits needed to sustain your resolution.

Frustration looms large when getting back into the swing of exercise. This has led to the increase of 30-day

challenges. Thirty-day challenges are specific programs in which you practise and work at the same discipline every day at varying degrees of difficulty. Often, the farther along you get, the more difficult the activity becomes. For example, this past November, I completed a 30-day yoga challenge and it offered me a perspective on something I was always meaning to try but "never had the time."

The rise of 30-day challenges isn't surprising once you realize the benefits and selection there are available. The idea is once you do something 30 days in a row, the more likely you'll continue it as a habit, which is the underlying reasoning behind making a New Year's resolution in the first place! Instead of forcing yourself to roll into the gym every day for a year and hope the habit comes is maybe too much to ask at this stage. By doing an escalating program like this it takes much of the workload and stress off while still getting you towards your goal.

Accessibility is the most attractive feature of the challenges. Many of them you can do at home and don't require specific weights or equipment. If the challenge you choose isn't fulfilling you can drop it and start another or wait until the end to stop the practice.

The message is this: instead of jumping in with both feet and purchasing the gym mem-

bership, be a little more mindful and considered on what you're actually looking to improve and then see if a 30-day challenge fits your schedule and lifestyle. They often instill the habits that you're actually looking to fix by the resolution. As a NAIT student, you have already paid for a gym membership but have a game plan and actualize the changes you'd like to make so they last longer than a Canada-Latvia romp.

30 DAY SQUAT CHALLENGE

Day 1	50 squats	Day 16	Rest
Day 2	55 squats	Day 17	150 squats
Day 3	60 squats	Day 18	155 squats
Day 4	Rest	Day 19	160 squats
Day 5	70 squats	Day 20	Rest
Day 6	75 squats	Day 21	180 squats
Day 7	80 squats	Day 22	185 squats
Day 8	Rest	Day 23	190 squats
Day 9	100 squats	Day 24	Rest
Day 10	105 squats	Day 25	220 squats
Day 11	110 squats	Day 26	225 squats
Day 12	Rest	Day 27	230 squats
Day 13	130 squats	Day 28	Rest
Day 14	135 squats	Day 29	240 squats
Day 15	140 squats	Day 30	250 squats



BASKETBALL

Tournaments good tune-up

By **MICHAEL MENZIES**
Sports Editor

WOMEN

New year, same results for the ladies basketball team. 2017 basketball action kicked off this weekend in NAIT New Year's Kickoff Tournament a gathering of four different teams on the women's side (Olds, Concordia, NAIT and SAIT). In the battle of polytechnics Friday night, the Oaks started the year off right and won a tight match 56-40. Up six at halftime, the Oaks controlled the pace of the third quarter, outscoring the Trojans 21-13 in the frame. That difference keyed the win.

Home court advantage has been key in the ladies success as they've yet to lose at home this season in regular-season play. This could be due to being first in the league in home attendance. Non-conference play didn't change that theme as NAIT reeled off their sixth straight win on Saturday, a rousing 73-47 win over Olds. Veteran forward Torey Hill contributed to her ridiculously high field-goal percentage, going 9-11 on attempts and hitting all six free throws for a cool 24 points in 20 minutes of floor time. But not many of her opponents can compete inch for inch with a six-foot-three frame, especially in the paint, where Hill has terrorized the glass all season, boasting 11.3 boards a game.

The women's brand of creating high turnovers and stifling defence (first in the ACAC in both categories) is a key indicator of success, as well as shooting 75 per cent from the charity stripe. The Oaks simply don't beat themselves. They punish their opponents for the mistakes they make instead.

Conference play resumes again as you can catch the Keyano Huskies in town for a pair at 6 p.m. Friday, and 1 p.m. Saturday for the rematch matinee. The Huskies come in a hot streak and drive down Highway 63 powered by four con-

secutive victories, not including sweeping Burman College in a couple of tune-ups last weekend. Something's gotta give – either the Oaks' home record or Keyano's recent success. And, with trailing the Lakeland Rustlers by four points in the North Division, there's even more incentive for the Huskies when Friday night rolls around.

MEN

The NAIT New Year's Kickoff Tournament might prove to be the type of challenge the men's basketball team needs at this stage of the season. The sour part of the challenge reared its ugly head last weekend, though, as the Oaks dropped both games with rivals from the ACAC South Division, 78-61 to Lethbridge and 96-58 to Medicine Hat. A consolation is that the team that's chasing them for first in the North Division also lost both games on the weekend.

Now the boys have something to shoot at and even more motivation to defend their CCAA National Championship. And the quality is there for good basketball in January and February. The Oaks score 79.4 points a game while limiting their opponents to 68.8 points. Their defensive prowess has placed them first in the ACAC in defensive rebounds per game, and second in forcing turnovers. Jackson Jacob in his second season has put the league on notice, averaging almost 27 points. Jacob is a threat to score every time he touches the rock, which opens up avenues for his teammates.

What to expect from the Oaks in the winter semester? The goal assuredly is first in the division but Concordia and Lakeland will challenge them at every turn along the way, each sitting two behind NAIT's 22 points. Tomorrow night kicks off conference action against the Keyano Huskies, a team sitting near the bottom of the division. In a race to the summit, every point matters.

Tip-off Friday night goes at 8 p.m.



Photo by Rai Hooper

NAIT Oaks' Jackson Jacob is a threat to score every time he gets the ball.

HOCKEY

Long holiday layoff over

By **MICHAEL MENZIES**
Sports Editor

Nobody was more happy to get back on the ice in conference play than NAIT Oaks head hockey coach Tim Fragle at the beginning of last week.

"We look forward to playing our first league game since Nov. 12 against Red Deer," he said at the time. "Red Deer had a strong end to the first semester and will be a great test for our team in the first set of games in semester two."

They did, indeed, provide a test for the Oaks like Fragle believed but the players had studied for the exam. The Oaks cashed in two more victories and improved their record to 13-3 on Friday night. Trace Elson's pair of markers led the way for a 4-1 win but it was a barrage of pucks that was fired at the Red Deer goal all night long that made the difference.

"The game presented difficult challenges as Red Deer did a good job taking away time and space and their goaltender played exceptionally well, making 46 saves," said Fragle.

Saturday provided a similar story but was much tighter and filled with 22 penalties. Scoreless until the third period, Tanner Dun-

kle broke the game open with a marker just a minute into the frame and the Oaks didn't look back, adding two more for a 3-0 victory. The shutout continued to drive goaltender's Brendan Jensen's goals-against average to basement levels and his .943 save percentage is far and away tops in the league. It also doesn't hurt that the Oaks score nearly five goals a game, a daunting prospect for opponents. Jensen was coach Fragle's nominee for athlete of the week with his two wins and stopping 53 of 54 shots for a save percentage of 98.14.

Saturday's game "was extremely tight for 40 minutes and it was a very physical test and the coaching staff was happy with the way the team stepped up in the third period to get the win," Fragle said.

It's not quite undefeated like last season but with a roster turnover, coaches included, the team will likely take it and look to learn even more from those early season experiences as the season continues. But staying busy on their almost two-month layoff between league games was

one of their top priorities.

"During the extra-long break the team practised consistently, along with a focus on fitness and strength training leading up to Christmas break," said Fragle. Long layoffs can usually spell disaster for a team, especially in the middle of a season. The Oaks kept busy with two non-conference tilts.

"After Christmas, the team participated in two non-conference games against MacEwan University and the University of Alberta. Both games resulted in losses but the team started to find its legs and get back into game mode in the second game, which was a tough 3-2 loss to the University of Alberta Golden Bears."

Despite the Oaks sitting first in statistic categories like goals, power-play and penalty-kills, the Oaks are third in league standings behind MacEwan and SAIT.

"The men's team goal is to finish in the Top 2 in the division to get a first-round bye in the playoffs," Fragle said.

Hopefully, the Red Deer contests were

the tune-up the Oaks needed because the next two weekends – home and homes against the Trojans and Griffins – will provide answers to see if they can reach their playoff goal. The two games in hand they have on both squads will help.

Tomorrow night (Friday) the challenge begins as SAIT comes to town riding an eight-game win streak. Puck drop is 7 p.m. at the NAIT Arena.

•••

Women's hockey

The women took a 5-2 loss at Olds College on Thursday night (Jan. 5) but came back with fire to win 5-1 at home. Although the team could have done better, Carlin Boey had a fantastic week. She scored NAIT's second goal on Thursday and added two more in Saturday's game. These three goals put her second in the ACAC for goals scored. NAIT's Brittney Savard also scored twice on Saturday, earning her player of the game.

This weekend sees NAIT three points behind Red Deer College, the current first place holder but with two games in hand and facing SAIT (currently last in the league) next weekend, the odds are looking good.

By Claire Stanhope



Tim Fragle

Keeping Score

A game or a sport?

Christmas break is over, the turkey has settled and the World Juniors comes to a close. We're back in class and we here at the Nugget are back as well for more Keeping Score. We decided to mix things up in the Sports Section and put some sports into perspective. The 2017 kickoff edition of Keeping Score begins with a fun, simple game, one that even Danielle, our Editor-in-Chief, can play (oh yes, shots have been fired). It's time for Sports That Aren't Really Sports. All you have to do is say whether these activities are sports or not. Let's begin!



By **MICHAEL MENZIES**
Assistant Sports Editor

Golf: Clearly a sport. The technical aspects of the game alone plus the power and finesse required makes it sport-worthy. A lot of people don't like golf and that's fine. But golf is one of the most difficult sports to master on the planet, where the conditions change frequently and you're constantly adapting to everything going on around you. Also, it's like a four-hour activity, at least at the professional level, to shoot a round. The point is there's more going on than just swinging a piece of metal. **Verdict:** Sport

Darts: Darts is bloody brilliant to watch. The World Championships wrapped up last week and I hope you all tuned in because darts is a Top-3 exciting sport to watch. I was streaming darts and missing parts of the World Juniors because of it. Let that resonate. The tension and the pressure to throw darts millimetres away from each other for several hours combined with the amount the top pros travel in the world and practise each day make darts a completely underappreciated sport. I might take heat for this but darts could explode one day and I'll have predicted it. **Verdict:** Top-3 exciting sport in the world

Chess: OK readers, I've got a snafu. As some with elephant memories may recall, I did write an editorial a couple of months ago on the World Chess Championship. As designated sports editor one may believe that I'm obligated to defend chess and its sports status. I must have deemed it a sport in order for it to count as a copy for the paper, right? I'm certainly conflicted. Chess takes years to even get a little good at – we aren't even talking about grandmaster level. We're

talking good at your chess club level. Maybe. The amount of computing those players do at an insane rate is extraordinary, though. That said, chess is probably just a bloody good game and if they revamped some of the rules regarding draws, chess could also enter a second wave of major popularity. **Verdict:** Not a sport but a bloody good game.

Curling: Ask the curling team on campus if it's a sport. **Verdict:** Sport

Billiards: This is tricky. I don't like dismissing things because I'm sure the people who make a living at them prefer if their discipline was called sport and not just a game. Yet many sports are just games but some games aren't sports – so one of those a square is a rectangle but a rectangle isn't a square type of enigmas exist. Billiards is one of those rectangles I think, narrowly missing square status. **Verdict:** Rectangle *ahem* not a sport.

Ping Pong: What a game ping pong is. If you didn't have a ping pong table in your high school lounge, were you even in high school? Many elimination brackets were formulated, specialty paddles manicured and kept in immaculate condition – ping pong is no joke. And although ping-pong is very game-ish, the truth is, ping-pong is a sport and coincidentally one of the most watchable Summer Olympic events. **Verdict:** Sport

Bowling: Bowling is a game best left for people over the age of 40 or for your cousin's eighth birthday party. And I've never met someone like Walter from *The Big Lebowski* to tell me otherwise. **Verdict:** Just a game

Equestrian: Horse-related things don't stir my pot. They don't stoke my fire and they rarely make me say hey, "Why don't I watch this horse thing." This goes for all rodeo related pursuits. I'm not a fan. But does the act of riding a horse qualify as a sport? It's certainly sporty. A very sporting way to spend an afternoon, out on the ranch, wrangling up some ruffians you pass in your pasture travels. There's lots of jumping involved with equestrian, too. Also, very sporting. But think of all those awful horse movies released in the past 10 years. Yikes. I'm conflicted. But let's not alienate the horse people. **Verdict:** I suppose it's a sport.

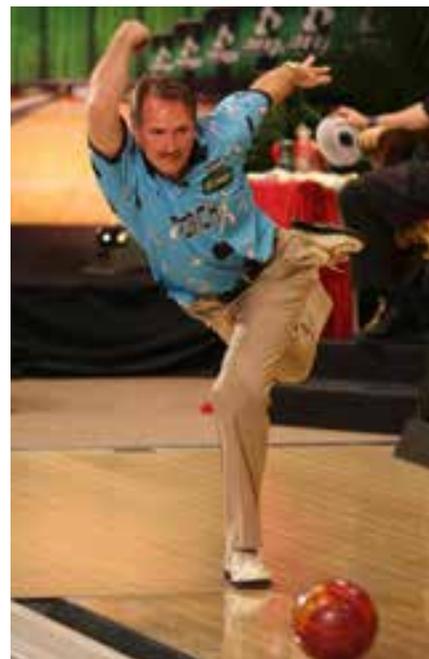


DANIELLE S. FUECHTMANN
Editor-In-Chief
[@ellie_sara](#)

Debating whether or not something is a sport can be a touchy topic. I would know because we chose this topic after Michael teased me for my past as a synchronized swimmer. Which is definitely a sport, by the way! Generally, I separate sports and games by their level of physical exertion and the practice required for mastery.

Golf: I think some sports, when played at a recreational level, can also be considered games. This one dances on that line for me. Golf definitely requires extensive practice to reach mastery and can be very physically exerting but I would argue that it's generally approached as a recreational activity. **Verdict:** Game.

Darts: Fun to play. One of my favourite units during my high school Phys. Ed class. Was that because I discovered I was pretty good at it? Possibly. However, despite



Pinterest

the incredible skill that it takes, the pressure and accuracy required at a pro level is insane, I still think it's a game. Barely. **Verdict:** Game – sorry, Michael.

Chess: Chess takes so much skill, even on a casual "hey, let's play a board game" level. However, even though the talent, practice and mental challenges required to play the game well or even dream of reaching the grandmaster level is exceptional, it's still more of a mental strategy game than a sport. **Verdict:** Game. Exception – if you're playing chess in the world of Harry Potter.

Curling: I really enjoy watching curling, which isn't completely relevant. However, I think curling has the perfect balance of physical skill and strategy. And, unlike hockey, I can actually keep up with what's going on. Curling deserves more love. **Verdict:** Sport.

Billiards: I adore billiards and I think the people who play it professionally could make a good argument over why it should be considered a sport. However, I think that strategy and a good knowledge of geometry (and practice) goes much farther in the development of skill in this sport than physical finesse. **Verdict:** Game.

Ping Pong: Until you're good enough for the Olympics, game. **Verdict:** Game.

Bowling: Definitely just a game. Can you ever imagine watching bowling on a sports channel? Neither can I! The commentary would likely be very dry. (Possible satire idea there! Done well, a sports channel spoof of a bowling game could be comedy gold. I'm going to hope that there really isn't legitimate televised coverage of bowling...) **Verdict:** Game.

Equestrian: Equestrian events are definitely sports. They're physically and mentally exerting, plus you have to trust a teammate that doesn't speak a language even similar to yours. Equestrian events combine speed, accuracy, and risk. Horses can weigh up to 1,200 pounds; you are accomplishing your event's tasks, whether it be catching a calf, racing around objects for speed, jumping high fences, all while working with and controlling a 1,200 pound animal. Things can go wrong really fast in equestrian events. Also, it's pretty physically exhausting. **Verdict:** Sport.

VOLLEYBALL

Second half ready to begin

By **MICHAEL MENZIES**
Sports Editor

MEN

After a strong start to the season in the Fall semester, the men's volleyball team wants a strong finish down the stretch to secure a playoff position come February. Currently sitting fourth in the North Division, the Ooks are 6-8 on the year, but boast an encouraging 5-2 record at home.

At Augustana's tournament over the Christmas break, the Ooks played good ball, winning four out of the five matches against a litany of opponents they hadn't faced yet this season. These results should provide Ooks fans the comfort heading into the grind of the season.

Strong individual performances are the norm for the team so far. Power hitter Spencer Fisher is fifth in the ACAC in total kills with an outstanding 149 smashes through 14 games. Imported Australian setter Mitch Lewington has also impressed with 9.02 assists per game average, good enough for third in ACAC. The defence also has an anchor in libero Isaiah Stime. Stime is one of the best liberos in the league this year. His stats show him first in total number of digs and third in digs per set (2.66) compared to the rest at his position.

If the Ooks can stay healthy, especially with one of their top players Hamish Hazelden (who before being injured was one of the top outside hitters in the league) then the Ooks should keep their playoff spot and push King's University and Augustana for as high as second in the North. For most of the first semester, the Ooks were sitting right behind the dominant Keyano Huskies, so it's not an unreasonable ask for the boys to step up and become one of the top North Division teams again this year when the regular season ends.

Their first game back is tonight (Thursday) at 8 p.m. against the Concordia Thunder at home. The Thunder are a familiar foe that sits in last place with four points but can start to chip away at the Ooks playoff cushion at 12 points with a pair of victories. After a month-long break in conference action, it will be even more important to start the game fast and play at a sharp pace. The Ooks will feel confident. The teams last meeting was at the Augustana non-conference tournament a couple weeks ago and the Ooks swept the Thunder in three straight sets.

WOMEN

The ladies volleyball team finished 2016 on the right foot, sweeping Augustana twice in conference play at the beginning of the month and dispatching the Concordia Thunder 3-0 on New Year's Eve in San Diego. It's crucial to carry over that momentum into the new calendar year and upcoming playoff race. Their 7-7 (.500) record is good enough for fourth in the North Division, just like their male counterparts. But with the Keyano Huskies lingering only four points behind, every set counts.



Photo by Rai Hooper

NAIT Ooks middle Alexis Anderson (17) and outside hitter Nalani Stang (9) block a spike by an Augustana player at NAIT gym in November.

Head coach Benji Heinrichs hopes their trip down south revitalizes the team for the winter term.

"We had an amazing experience in San Diego on Dec. 27-Jan. 2, training against some great competition and connecting as a team. Now it's time to get back into our routine and continue to improve each week as we look to qualify for the playoffs at the end of February."

The Ooks sit middle of the pack in most team stat categories but hold bragging rights as the best home attendance in the league. It's this attendance that helps first-year setter Jamie Bain deliver 7.64 assists per set, fifth in the ACAC. Bain is not the only rookie making a major impact. Teammate Krystina Wanat is a wall in the middle, contributing 0.81 blocks per set and is also top five for the conference. These two rookies have been a big reason why the Ooks currently sit in a playoff spot.

Injuries are a factor for every team but with an 18-player roster, the Ooks have the flexibility to survive the bumps and bruises the season provides. Tonight (Thursday) at 6 p.m. they take on the winless Thunder.

"We are really excited to get going in the second half after a five-week break," said coach Heinrichs. "We improved tremendously in the first half and finished strong so we are hoping to build on that momentum right away against Concordia this weekend."

As each team only plays each other once more in the season, every weekend can be an eight-point swing.

Crystal Kothka
Power Engineering Program

Jagrit Bajwa
Applied Business Administration Accounting Degree

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ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	RWOTLT	GF	GA	L10	STRK	Pts
SAIT	18	14	4	12 2 0	73	46	9-1	W 8	30
MacEwan	18	13	5	10 1 0	70	42	6-2	W 2	27
NAIT	16	13	3	12 0 0	78	34	7-1	W 6	26
Augustana	18	11	7	10 1 0	67	47	6-4	W 4	23
Red Deer	18	8	9	8 2 1	54	54	4-4	L 2	19
Portage	16	4	12	4 0 0	45	79	0-9	L 11	8
Concordia	18	4	14	3 0 0	44	81	2-8	L 4	8
Briercrest	18	2	15	2 2 1	42	90	1-9	L 7	7

Results

January 6

NAIT 4, Red Deer 1
 Augustana 5, Portage 2
 Briercrest 3, SAIT 4
 MacEwan 6, Concordia 0

January 7

NAIT 3, Red Deer 0
 Briercrest 2, SAIT 7
 Concordia 1, MacEwan 6
 Portage 2, Augustana 5

January 8

Augustana 7, Portage 0

WOMEN'S HOCKEY

Team	GP	W	L	RWOTLT	GFGA	L10	STRK	Pts
Red Deer	16	10	6	10 3 0	45	30	6-4	W 1 23
NAIT	14	10	4	9 0 0	42	33	6-4	W 1 20
MacEwan	14	8	6	8 0 0	29	26	5-4	L 1 16
SAIT	14	4	10	3 0 0	31	37	4-6	L 1 8
Olds	14	4	10	3 0 0	28	49	3-7	L 1 8

Results

January 5

Olds 5, NAIT 2
 SAIT 3, Red Deer 2

January 7

NAIT 5, Olds 1
 Red Deer 4, SAIT 3

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
NAIT	12	11	1	22	953	826	7-1	W 4
Concordia	12	10	2	20	931	797	6-0	Won 8
Lakeland	14	10	4	20	1001	908	7-3	Won 4
Augustana	12	5	7	10	872	952	4-4	Lost 4
Gr. Prairie	12	3	9	6	865	917	1-9	Won 1
Keyano	12	3	9	6	864	927	1-7	Lost 1
King's	14	2	12	4	1006	1165	2-8	Lost 4

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Red Deer	9	8	1	16	849	721	8-1	Won 2
Lethbridge	7	5	2	10	533	409	5-2	Lost 1

SAIT	7	5	2	10	592	560	5-2	Lost 1
Medicine Hat	7	5	2	10	416	371	5-0	Won 5
Olds	7	3	4	6	609	632	3-4	Won 1
Briercrest	7	3	4	6	508	534	3-4	Won 1
Ambrose	7	1	6	2	547	583	1-6	Lost 6
St. Mary's	9	0	9	0	629	873	0-7	Lost 9

Results

January 6

Lakeland 93, King's 57

January 7

Lakeland 86, King's 69

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
NAIT	12	11	1	22	882	622	7-1	Won 6
Concordia	12	9	3	18	801	665	7-1	Won 1
Lakeland	14	8	6	16	887	804	5-5	Lost 1
Keyano	11	7	4	14	747	655	4-3	Won 4
Augustana	12	5	7	10	735	766	5-4	Won 1
King's	14	3	11	6	664	905	1-9	Won 1
Gr. Prairie	11	0	11	0	474	773	0-10	Lost 11

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Lethbridge	7	7	0	14	587	382	7-0	Won 7
SAIT	7	6	1	12	473	396	6-1	Won 5
St. Mary's	9	6	3	12	697	547	6-3	Won 2
Medicine Hat	7	3	4	6	492	496	3-4	Lost 2
Red Deer	9	3	6	6	582	652	3-6	Lost 1
Olds	7	2	5	4	497	529	2-5	Lost 2
Briercrest	7	2	5	4	402	576	2-5	Lost 2
Ambrose	7	1	6	2	412	564	1-6	Won 1

Results

January 6

Lakeland 50, King's 26

January 7

King's 45, Lakeland 44

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	Pts
Keyano	14	14	0	42	4	8-0	Won 14	28
King's	14	9	5	34	19	7-2	Lost 1	18
Augustana	14	7	7	25	29	2-3	Won 1	14
NAIT	14	6	8	25	31	2-3	Lost 1	12
Lakeland	14	5	9	17	30	3-7	Won 1	10
Gr. Prairie	14	5	9	21	31	2-2	Lost 2	10
Concordia	12	2	10	11	31	0-5	Lost 7	4

South Division

Team	MP	MW	ML	SW	SL	L10	STRK	Pts
Red Deer	14	12	2	38	10	7-1	Won 7	24
Medicine Hat	14	11	3	37	10	4-0	Won 5	22
SAIT	14	10	4	32	21	9-1	Won 4	20

Briercrest	12	7	5	23	20	4-3	Lost 2	14
Lethbridge	14	6	8	28	28	5-5	Lost 2	12
Ambrose	14	2	12	9	36	0-9	Lost 12	4
Olds	14	0	14	0	42	0-10	Lost 14	0

Results

January 6

Keyano 3, Grande Prairie 0 (25-9, 25-18, 25-14)
 Red Deer 3, Olds 0 (25-11, 25-19, 25-14)

SAIT 3, Lethbridge 2

(27-29, 25-22, 23-25, 25-19, 15-9)

Medicine Hat 3, Ambrose 0 (25-20, 25-18, 25-18)

January 7

Keyano 3, Grande Prairie 0 (25-22, 25-14, 25-14)
 Red Deer 3, Olds 0 (25-17, 25-6, 25-18)

Medicine Hat 3, Ambrose 0 (25-9, 25-17, 25-18)

SAIT 3, Lethbridge 2

(21-25, 22-25, 25-23, 25-22, 15-5)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	Pts
Gr. Prairie	14	12	2	39	14	9-1	Won 5	24
King's	16	13	3	39	13	3-1	Won 1	26
Lakeland	14	10	4	33	17	6-4	Lost 2	20
NAIT	14	7	7	27	24	4-4	Won 2	14
Keyano	14	5	9	18	31	3-7	Lost 2	10
Augustana	14	2	12	13	38	2-8	Lost 6	4
Concordia	13	0	13	4	39	0-4	Lost 13	0

South Division

Team	MP	MW	ML	SW	SL	L10	STRK	Pts
Briercrest	12	11	1	34	10	9-1	Won 6	22
Red Deer	14	11	3	38	16	8-2	Won 6	22
SAIT	14	11	3	38	15	10-0	Won 11	22
Ambrose	14	6	8	21	32	5-5	Won 2	12
Olds	14	4	10	15	33	1-9	Lost 2	8
Lethbridge	14	4	10	20	34	3-7	Lost 3	8
Medicine Hat	14	1	13	14	40	1-9	Lost 7	2

Results

January 6

Ambrose 3, Medicine Hat 2
 (20-25, 22-25, 25-14, 25-18, 15-7)

SAIT 3, Lethbridge 2

(24-26, 25-27, 25-10, 25-21, 15-8)

January 7

Grande Prairie 3, Keyano 1

(20-25, 25-16, 30-28, 25-18)

Ambrose 3, Medicine Hat 0 (29-27, 25-21, 25-23)

Red Deer 3, Olds 0 (25-12, 25-10, 25-18)

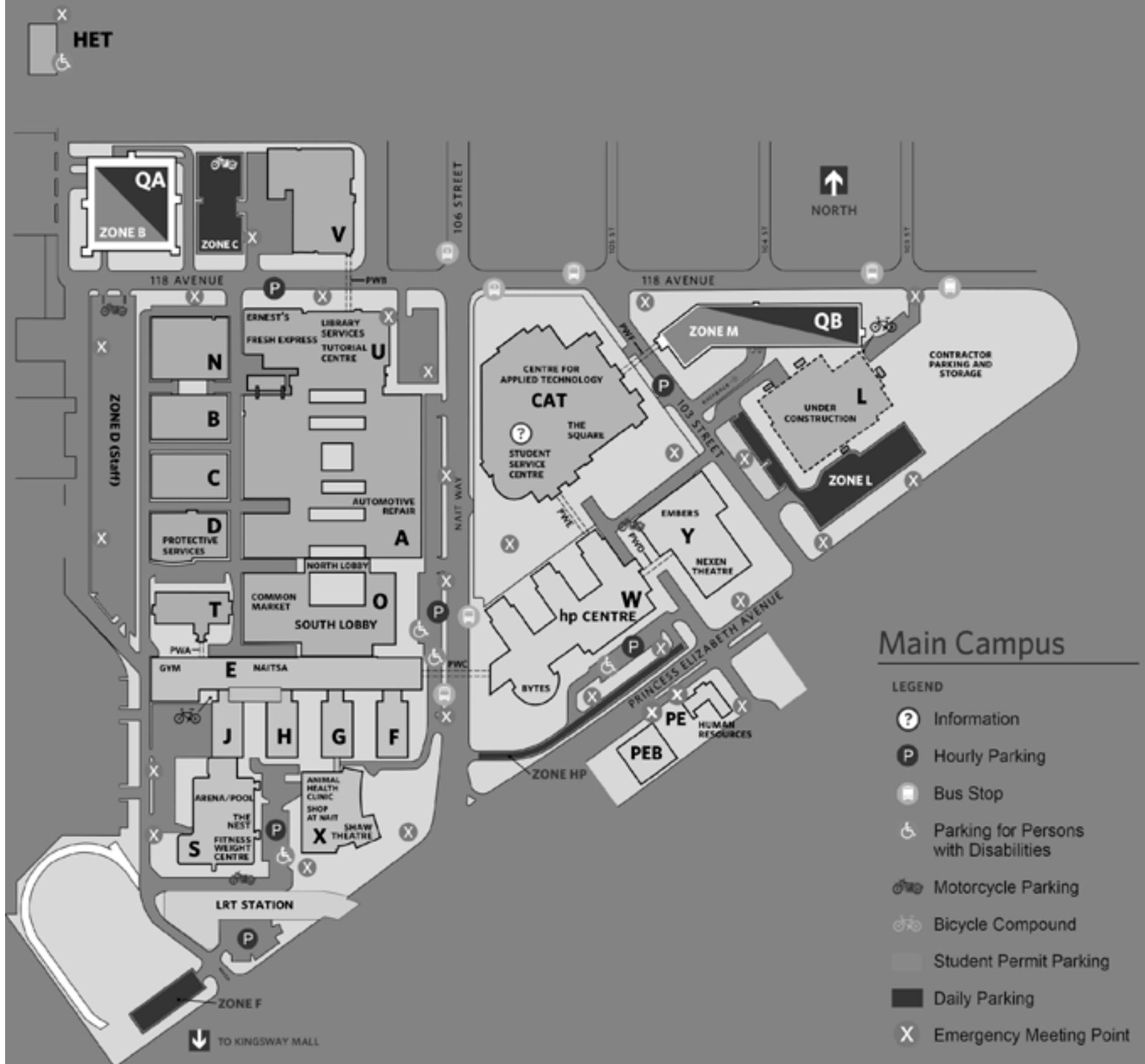
SAIT 3, Lethbridge 0 (25-17, 25-15, 25-23)

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NAIT Main Campus Map



ENTERTAINMENT

Make them anyway!



BRENDAN CHALIFOUR
Entertainment Editor

Hello, hello! Welcome back to NAIT, I hope that over the break you were well relaxed! Oh, and if you're new here ... you're going to love it here!

New Year's resolutions are an annual tradition for many and failing to follow through on them seems to be a tradition too! So, do you have a New Year's resolution? If you don't, I would highly encourage you to make one. Though a lot of people fail with their resolutions, taking the time to think about what areas of your life you'd like to improve is a great place to start. What do you want your life to look like one year from now? Identify first, achieve second.

I find that some people's resolutions are routine, as in they choose the same one each year and, when they fall through, tell themselves that they'll try again next year. The problem is

though, that the same thing happens each year, and they end up achieving none of their goals. Don't use Jan. 1 as the only start date of your resolution, you can change your habits and set goals for yourself anytime of the year.

If you do find that you always default on your resolution, reflect on past years and the core reasons that they have not been successful. If you want to start making some real changes in your life, set resolutions that are S.M.A.R.T.

In the scenario below, the resolution is to eat healthier.

S – What Specifically do you want to achieve? “I want to eat healthier” is vague. However, “I want to eat nutritious breakfasts” is more specific.

M – How will you Measure your resolution? With “I want to eat nutritious breakfasts,” we can measure our success by doing this a certain number of times each week or with a yes/no checkbox. “I want to eat a nutritious breakfast, five times a week” is measurable, because we can count how many times we are successful each week. Or, “I want to eat a nutritious breakfast, every day” is measurable with a yes/no. We either did it or we didn't. Use a calendar to check off the days you achieve your goal to measure your progress.

A – Is your resolution Attainable? If a resolution is not realistic, it cannot be achieved. Create a resolution that will both push you to be better

AND one that is realistic to achieve.

R – How Relevant is your resolution? Do you already eat a great breakfast in the morning? If so, then this resolution is not worthwhile. If you're overall goal is to eat healthier (and if you already eat healthy breakfasts), then set a more relevant resolution, such as eat greens at dinner or limit high sugar foods.

T – Where will you find the Time? If you want to eat nutritious breakfasts, are you going to prepare your meal the night before, or will you wake up earlier instead?

Don't treat your resolution as a task. Where as soon as you do this for a number of weeks you are done. Rather, choose a resolution, and make it apart of your lifestyle. Live it.



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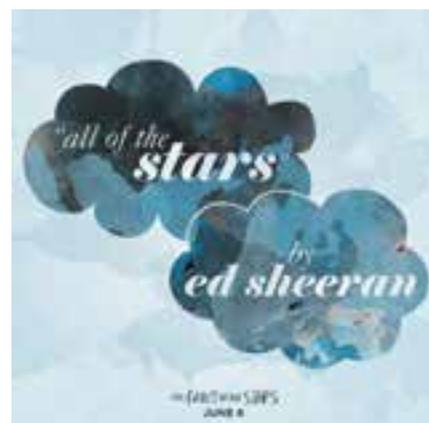


By **CARRIE HUMBKE**

Sounds familiar? Here are the reasons! Have you ever watched a TV show or movie where your emotions go up and down along with the story and the background music? This week's Shuffle is inspired by songs that might be familiar to you but you are not sure where and when you heard them. You might not recognize the singer's name or even the song's name but it made an impression because once upon a time, the song was in the background of your favourite movie or TV show.

- Midnight City – M83 (from the movie *Warm Bodies*)
- Falling Slowly – Glen Hansard and Marketa Irglova (from the movie *Once*)

- Flashlight – Jessie J (from the movie *Pitch Perfect 2*)
- All of the Stars – Ed Sheeran (from the movie *The Fault in Our Stars*)
- Boom Clap – Charli XCX (from the movie *The Fault in Our Stars*)
- Not About Angels – Birdy (from the movie *The Fault in Our Stars*)
- Under My Bed – Meiko (from the TV show *The Vampire Diaries*)
- Leave the Lights on – Meiko (from the TV show *The Vampire Diaries*)
- Give Us a Little Love – Fallulah (from the TV show *Pretty Little Liars*)
- Happiness – The Fray (from the TV show *Pretty Little Liars*)
- Secret – Loni Lovato (from the TV show *Pretty Little Liars*)
- Cosy in the Rocket – Knights-Bridge (from the TV show *Grey's Anatomy*)
- How to Save a Life – The Fray (from the TV show *Grey's Anatomy*)
- Photograph – Ed Sheeran (from the TV show *Grey's Anatomy*)
- All I Want – Kodaline (from the TV show *Grey's Anatomy* and movie *The Fault in our Stars*)



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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

January 12-18

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

Capricorn (Dec. 22-Jan. 19)

The planets are aligned for self-analysis this week. The celestial aid will make it easier to look at how you think and act. Your thoughts and actions are an interface that you can change to get different results in your life.

Aquarius (Jan. 20-Feb. 18)

How are your sales skills? A lit-

tle passion will go a long way to persuade people to help with your goals. Getting past what looks to be insurmountable obstacles will depend on seeing it from the other point of view and being sincere about what is in it for them.

Pisces (Feb. 19-March 20)

Teamwork is in the stars! This is an auspicious time to be decisive and energetic. Anything is possible when you team up with like minded people and work towards a common goal.

Aries (March 21-April 19)

Initiatives that are close to your heart will be in focus over the next few days. This is not the time to sit on your duff waiting for others, now's the moment to take action and lead others across the finish line.

Taurus (April 20-May 20)

Ah, praise is heady stuff. No matter all the positive feedback, take it in stride and focus on the long term goal. Feedback of any kind can derail the best laid plans when it takes the focus into the now or the past rather than spur-

ring you to greater efforts today and tomorrow.

Gemini (May 21-June 21)

Find fun in the moment, be it a quick snowball fight or simply admiring the sunrise. When stress threatens to overwhelm you... that is the moment to step back and ensure the little things are not being taken too seriously.

Cancer (June 22-July 22)

Communication is about you speaking your piece, and remembering to let others speak for themselves. Ensure you are not assuming what others are thinking or intending. Asking and informing is more effective than telling and dictating.

Leo (July 23-Aug. 22)

Financial decisions loom large and you are best to trust your instincts when discussing and asking for advice from others. If in doubt, don't spout! That is, if you are not sure someone is trustworthy, change the subject.

Virgo (Aug. 23-Sept. 22)

Sunny days are ahead when

you take a few calculated chances today. Making lots of money will be the result of some daring decision-making.

Libra (Sept. 23-Oct. 22)

Be wary of needing the whole story when you are asked to help someone, it is enough that you show compassion in the moment. Let go of any preconceived notions or past experiences and trust that being considerate will lead others to follow suit.

Scorpio (Oct. 23-Nov. 21)

The planets are set to give you a social boost so step out of your routine and find a new group to hang with! New people and places will open your mind to enriching experiences and information.

Sagittarius (Nov. 22-Dec. 21)

Keep to your independent ways and the next week will flow to your advantage. There are times to go with the herd and times to step out on your own. Now is the time to keep your own counsel and go your own way.

FROM THE KITCHEN

Garlic bread and tuna canape

By YU KYONG KIM

Happy New Year! Welcome 2017! Finally, the new semester is here. How was your long break? I hope you had a great time with family and friends. My hometown is far away from Canada, so I do not have to enough time to visit my country. Instead, I invited my dear friend to my home and shared some food, which I made all by myself. Actually it is not food; it is a sort of finger food dish called Garlic Bread and Tuna Canapé. Honesty, I do not like cooking because I am not good at it. However, this kind of finger food is super easy and there is no need for forks or spoons. Therefore, I would like to share my recipes based on my experience, and I believe my recipes are helpful for a small tea party. It is great for night snack too. Awesome!

Garlic Bread

Ingredients

- 1/3 baguette
- 70 g salted garlic butter (include minced parsley)

Directions

1. Preheat the oven to 400°F.
2. Cut the baguette in half lengthwise like a hotdog bun and then cut the halves into smaller pieces again and then line on a baking sheet.
3. Put the garlic butter in a small sized

bowl. If it is not melted, use the microwave for 20-30 seconds.

4. Spread the melted garlic butter mixture on each white side of the baguette and then put it in the oven.

5. Bake the baguette for 8-10 minutes, the butter should have melted into the baguette and the baguette top is light brown.

Tip (optional): If you want a more crispy garlic baguette, run the bread under the broiler for 1 to 2 minutes, until golden. Watch carefully so the top of the baguette doesn't burn.

Tuna Canapé

Ingredients

- 75 g canned tuna
- 150 g mayonnaise
- 1/3 cup chopped onion
- 1/3 cup chopped red bell pepper
- 1/3 cup chopped orange bell pepper
- 1/3 cup chopped cucumber
- 1/3 cup chopped imitation crab
- A few seedless grapes
- Crackers

Directions

1. In a medium sized bowl, mix minced onion, minced pepper, chopped cucumber and chopped imitation crab. Add the drained tuna.

2. Add the mayonnaise and mix together until well combined.

3. Spoon onto crackers

4. Put a piece of grape on top of each canapé. Enjoy!



Photo by Yu Kyong Kim

GAME REVIEW

Soul Suspect uninspiring

By **NICOLAS BROWN**
@bruchev

Fans of murder and mystery might enjoy this week's game review selection – *Murdered: Soul Suspect*. Developed by Airtight Games and published by Square Enix (the company behind gaming icons like *Hitman*, *Final Fantasy* and *Thief*), the game was released in 2014 for PC, PlayStation 3, PlayStation 4, Xbox 360 and Xbox One. It follows the story of detective Ronan O'Connor as he hunts down the infamous serial murderer "The Bell Killer" in a fictionalized version of Salem – home of the historical Salem witch hunts.

Since it was recently free on Xbox under the "Games with Gold" program – available for those who have a Xbox Live Gold subscription – I downloaded it and played it through to the end.

Like a good murder mystery, *Murdered: Soul Suspect* drops you right into the plot. You spend the rest of the game simultaneously getting caught up and moving forward as the story progresses.

Given the story's timeline, there isn't much room for character development. The developers offset this with complex characters you learn more about as you investigate, with some details critical to the story and others purely for your benefit. This story is developed enough to get

you engaged, caring for the right people and hating others but is sufficiently complex to provide some surprises as well.

Much of the story is portrayed through cut scenes and flashbacks but you are left to discover enough through gameplay to give balance to how the plot develops. One thing is certain, with some of the story elements this game dishes out, I wouldn't recommend playing it in a dark room at night if you startle easily.

Although graphics are adequate and there don't appear to be any glitches, you can still run into some difficulties when it comes to progressing. Some collectibles are hidden behind impassable obstacles that require some manoeuvring, which can be frustrating if you can't quite get the angle necessary to overcome that particular roadblock.

Manoeuvring aside, gameplay is simple. Important items normally glow white for ease of discovery and movement is simple (if slow). What the game lacks is any real combat system. There are enemies in the game but the only way to defeat them, as well as survive them, is to hide and sneak up on them. If you push the wrong button when you are trying to dispatch them, you'll need to either run very fast (I'm joking, you can barely run) or you face restarting at the last checkpoint – in other words, dying. In this way, the sys-



GameSpot

tem is very unforgiving when it comes to its combat.

A more versatile combat system may have livened up on the gameplay and improved the replay value, giving greater options for completing different areas. However, outside of dealing with enemies, the gameplay is adequate, reminiscent of Rockstar Games' *L.A. Noire*, at least when you are investigating crime scenes.

This game is an achievement hunter's dream. No difficult achievements here – just play through the story and catch all the collectibles and you're on your way to an easy 1,000-point increase in your Gamerscore. That said, thoroughness does have

its benefits in this game. Many of the collectibles lead to supplemental stories of this fictional Salem's history, great for those who enjoy additional stories beyond the main plot line.

Overall, I give *Murdered: Soul Suspect* a rating of 2/5 stars. It's an easy play-through with a fairly well developed story-line. As a murder and mystery game, it does have some decent jump scares for the unprepared. However, with its short play time, limited gameplay actions and almost no replay value, it's not that inspiring a title. Great for those chasing a higher Gamerscore, you might be able to borrow a free copy from your local library for a weekend distraction.

JANUARY EVENT LIST

3-26 | NNTM APPLICATIONS OPEN

3-30 | EXECUTIVE COUNCIL GENERAL ELECTION NOMINATIONS OPEN

4 | NEST OPENS

4 | WELCOME BACK BREAKFAST

5 | HAWAIIAN LUAU MIXER @ NEST

9 | FREE FOOD: EVENING STUDENTS

12 | HARRY POTTER KARAOKE @ NEST

16 | CUTS FOR SUCCESS

17 | HOW TO: APPLY MAKEUP

19 | CARDS AGAINST HUMANITY @ NEST

21 | JASPER IN JANUARY

24 | HOW TO: HEALTHY LIVING

25 | WELLNESS WEDNESDAY

26 | ENTERTAINMENT NIGHT @ NEST

26 | BLOOD DONOR CLINIC

28 | NNTM MODELING WORKSHOP

30 | HOW TO: HIP HOP DANCE

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



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YEAR IN GAMES

2016 – a year to stay indoors

By JEREMY BLOCK

Well, 2016 certainly was a strange year. There were more than a few world events that could cause a person to want to hide in their house and shut out the world. Fortunately for us, we could do just that because there was a great game for almost anyone in 2016.

For those traditional gamers who love nothing more than to let off some steam by shooting something, this was the year for you. Early on, we saw the arrival of what I'm sure will be seen as a masterpiece for years to come: *Overwatch*. With razor sharp controls, finely balanced classes and an inspired and exciting cast of characters, *Overwatch* really shows the best of what an AAA studio can do.

Crave reality?

If you crave something slightly closer to reality than pseudo-cartoon characters, then *Battlefield 1* might be the game for you. This well tuned and graphically impressive First World War shooter will provide hours of shoot 'em up entertainment in both campaign and multiplayer.

Now, perhaps you don't find the thought of chasing people with guns all that relaxing and want to embark on a quieter and more reflective journey. For this gamer, 2016 gave us a few absolute gems. First, the haunting atmospheric platformer *INSIDE* provided us with plenty to ponder as we crept quietly to elude the strange agents trying to brainwash us. Tending to your imaginary farm and getting married to your small town crush in the charming *Stardew Valley* reminded us of how much fun can be had in a virtual rural world.

The stunning and contemplative *ABZU* gave us the chance to calmly explore the ocean and the myriad of wildlife therein. And if all you wanted was to hear a tragic tale that would bring you to tears, then *That Dragon, Cancer* is the game you're look-

ing for. You can follow along with a young family as they learn of their toddler's cancer diagnosis and walk through each painful step with them.

If getting lost in an online game for countless hours is more your thing, then 2016 had something for you, too. *World of Warcraft* (WOW), the ageing behemoth of the MMORPG world, came out with a new expansion, *Legion*. Bringing a new class, level cap and areas to explore, this expansion served to remind everyone why WOW remains the top of the heap.

But if you wanted to spend your time competitively taking on other players in a magical world, then perhaps the major update to *DOTA 2* would be more your speed. If you haven't yet tried out this wildly popular and addictive *Multiplayer Online Battle Arena* (MOBA), then now is the perfect time to enter the fray.

Pokémon's year

Last but certainly not least, 2016 was the year of Pokémon. With the 20th anniversary of the original Pokémon game Nintendo and Game Freak put on a great year. Not only did they put out one of the most original and refreshing entries in the main series with *Pokémon Sun and Moon* but they also released the mobile game phenomenon: *Pokémon Go*. Both were wildly popular with *Sun and Moon* becoming a top selling title and *Pokémon Go* the most downloaded mobile game ever. If there was ever a doubt about the popularity of Pokémon, then 2016 wiped that away handily.

There are definitely more great games that were released in 2016 and, while we may not all agree on what our favourite games of the last year were, we can all agree that 2016 was a year that proved there is a game for everyone. Here's to another year that gives us many reasons to stay indoors.

Overwatch



The Style Files



Photo by Carrie Humbke

Tamara Russell NAITSA VP Student Services

Does Tamara Russell look familiar to you? That's right! Tamara is your Students' Association Vice President of Student Services! Say "hi" to Tamara if you see her around on campus, if she's in a hurry you might not be able to stop her but a smile is fine.

Tell us about your outfit today! I am wearing a printed pencil skirt with a basic black tank top and a coral blazer. I'm also wearing my ballerina tie up flats and some simple black earrings.

How would you describe your style in one sentence? I would describe my style as fun but still professional because I'm attending meetings on campus all the time.

What are your closet essentials? Patterned/brightly coloured blazers, a pair of black skinny jeans, some fun and bling accessories... and lately a super warm winter coat.

What is the worst outfit you could imagine? I have never understood wearing pyjama pants out of the house.

What does your comfortable outfit look like? Probably stretchy jeans and a warm cozy sweater.

Do you have any fashion tips for NAIT students? Wear what you love and if all else fails everything goes with black.

Assume you slept in this morning and have a meeting to go to, what would you choose from your closet? I would definitely throw on a dress because it's only one piece to think about and pair it with a blazer.

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: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017 2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, Dec 8, 2016-April 30, 2017 5:00pm-10:00pm	Room X-105
NSC Super Smash Bros Meetups	Thursdays, Jan 5-April 13, 2017 5:00pm-10:00pm	CAT 191
Civil Club Meeting	Tuesdays, January 3-April 18, 2017 4:00pm-6:00pm	CAT 316
Anime Club SNACTime – Weekly Hangout	Fridays, January 13-April 14, 2017 4:30pm-8:45pm	CAT 276

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
EDSS	James Richards Workshop	Fri, Jan 13, 2017 4:00pm-7:00pm	Room X-111
Crafting Club	Craft-A-Thon	Fri-Sun, Feb 24-26, 2017 All Day	17421 94 Avenue NW
Caribbean Club	Bake Sale	Jan 19-20, 2017 11:00am-1:00pm	HP 2nd Floor
Caribbean Club	Bake Sale	Jan 19-20, 2017 10:00am-1:00pm	CAT Main Street
BTech	Project Management Institute Seminar	Jan 24, 2017 4:30pm-6:00pm	CAT191



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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

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AT THE MOVIES

Rogue One a compelling tale

By **GERVAISE BRANCH-ALLEN**

As the first anthology film in the *Star Wars* franchise, *Rogue One: A Star Wars Story* delivers a unique stand-alone story while adding some much-appreciated diversity to *Star Wars*. Set between *Star Wars: Episode III – Revenge of the Sith* and *Star Wars: Episode IV – A New Hope*, the film follows the life of Jyn Erso, a criminal with no particular interest in the war between the Rebel Alliance and the Empire. However, she finds herself pulled into the Rebel Alliance’s cause.

Erso (Felicity Jones) had kept her distance from the galactic conflict because of her personal ties to the Empire. When Mon Mothma (Genevieve O’Reilly), a key member of the Rebel Alliance, requests that Jyn help them extract information about the Empire’s mega weapon, the Death Star, she reluctantly accepts the request.

Cassian Andor (Diego Luna), a Rebel captain, and K-2SO (Alan Tudyk), a reprogrammed droid of the Empire, accompany Jyn in finding the legendary rebel Saw Gerrera (Forest Whitaker) so he could help them

with their mission. The ragtag group expands as Bodhi Rook (Riz Ahmed), Baze Malbus (Jiang Wen) and Chirrut Imwe (Donnie Yen) join them in their battle against the Empire.

The film’s main antagonist, Orson Krennic (Ben Mendelsohn), plays a role in the construction of the Death Star. However, he is somewhat hidden in the shadows of his superiors. When he does get to strike fear into other characters, he is much more interesting and compelling.

As for fan-service, it was wonderful to finally see what had taken place between the third and fourth *Star Wars* films and I hope the animated series *Star Wars Rebels* continues to shed new light on this time period. Darth Vader even plays a role in the film. Though his role is brief, it’s still enough to excite nearly any *Star Wars* fan.

Other issues the film had were the brevity of character screen-time or development. Additionally, at least one character involving CGI that was based on an actor was a questionable choice, even if I thought the CG work was well done. I know some people felt otherwise.

One of my favourite aspects of the film is the diverse cast as different genders, nationalities and races are displayed through a variety of characters. I was happy to see so many filmgoers represented in a huge holiday film



www.comingsoon.net

like this one. The international cast simply reminded me that too many films don’t represent the audience well enough, whether they are Chinese, Pakistani, African-American or Mexican, as seen in this cast.

Erso is a compelling lead with a conflicted character. Cassian Andor nicely complements her character with a conflicted character of his own. Additionally, Donnie Yen and Jiang Wen’s Chirrut and Baze were a wonderful pair of friends similar to other duos like R2-D2 and C-3PO.

While watching the film, some aspects of the story reminded me of the real-world tragedy currently taking place in Aleppo, Syria. *Rogue One* brought that conversation to a large audience that nicely added real world relevance to blockbuster entertainment.

Rogue One: A Star Wars Story tells a compelling war story during a time of unrest leading into the events of the original *Star Wars* film from 1977. I felt like I had taken the journey with the film’s rebels to achieve an immense victory at a high cost.

Poetry Corner

Who Am I?

I was abandoned as a babe
I love music and dancing,
hardly dance and seldom play
and have yet to learn the harp.
There are a million things I would like to do
Have never done
A lot of plans I have made but never followed through
Who am I?
What of integrity and honesty
When I get angry or scared I shut down,
I have lost more friends than I care to count ...
because I was abandoned?
Or because I am lost and not living in my “dharma”?
Who am I?
Here at NAIT
I have learned I am a storyteller
I am a writer
I am a writer because I like my writing (and so do others)
If that were all then I would be a person that writes
I am a writer because I like to write and then I like to find the “better” word, the more fluid phrase
Like a painter my writing is never done ...it could always take one more brush stroke.
Who am I? This is a journey just begun
Who will join me?

– By Jennifer Rae



Win

Be yourself, never bend
Be loud and unconventional
Be your own champion, win

– By Clarrissa Toone

DINING OUT

MEAT me for lunch

By **JENNIFER RAE**

Finally, I stopped into the simply named the MEAT restaurant on 104 Street just north of Whyte Avenue. It’s a fabulous concept if you are not a vegetarian, although they do have a vegetarian option on the menu, the Not Meat sandwich. It’s locally owned and proud of it, which shows in everything from the clean design of the dining room to the house smoked meat and house made desserts.

I went in for brunch over the holidays and had the straightforward bacon and eggs with hash browns and toast. This is my favourite traditional breakfast and I’ve paid everywhere from five to 25 bucks, so the \$15 this cost at MEAT was expected. The house smoked bacon is thickly sliced and marbled beautifully with nicely rendered fat. The eggs were fresh, you can tell the freshness when you ask for over easy eggs because ideally the yolk tastes light (rather than eggy) and has a beautiful liquidity.

Also, the toast was “properly” buttered out to the edges and was neither thick cut nor soggy. The hash browns were a revelation, so often they are a throw away item on the plate, like some chefs think “huh ... fried potatoes, what can go wrong?” Well, a lot, actually and sometimes mediocrity becomes the standard, MEAT does not forget about the hash browns, with crispy outsides and melt in the mouth insides. Add some ketchup and these are large and golden – well, dark roasted brown, actually.

The service was polite and

courteous, which is better than friendly since most friendly wait staff (in my experience) tend to be late in serving meals because they are chit chatting and being “friendly” while orders sit under the heat lamp in the kitchen. The service was also efficient and, while the dining room wasn’t crowded, it certainly wasn’t empty and there were a couple of large parties there that led me to believe I might be waiting a while for my order. Not so ... I had just received my tea and was settling in to sip it slowly so as to have some with my brunch when – lo and behold – there was my order with the beautiful bacon taking centre plate.

The only negative was that the dining room was rather cool when I first sat down. The clean design and large windows with the wintry view did nothing to warm me up, either. However, when I mentioned I was a little chilly to the server she agreed that the heat was down overnight but it soon warmed up, so perhaps adjustments were made.

Now, I like the sleek modern interpretation of trestle tables and old world décor, it just isn’t visually as warm as dark colours and soft surfaces.



Photo by Jennifer Rae

As an aside, at a pre-Christmas party, a dish of MEAT made baked beans with pulled pork was served, the deliciousness therein inspired my impulsive stop when other plans fell through. This restaurant receives six and a half pigs out of seven. The bacon is decadent with a rich smoked finish. Check out the website MEATFORDINNER.com for menus and hours!

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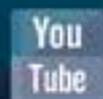
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