

THE NAIT NUGGET

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

CHARITY SEEKS \$75K

United Way collecting all November, story page 3



NAIT photo

This sumo wrestler takes to the air to put his opponent down last week in the South Lobby at a United Way sponsored event for staff and students.

NEWS & FEATURES

Campus space at a premium



NICOLAS BROWN
Issues Editor
@bruchev

Construction on a new facility dedicated to students will get underway in the spring after students voted in favour of a fee hike in order to help fund the project.

No, that's not our fees going up, or even our own new building. The Students' Association of MacEwan University (SAMU) has put in motion a plan to build a new building dedicated to the Students' Association by 2018 after a successful referendum last week.

Students will pay an additional \$35 per term for the privilege of having a new space dedicated to student services, study spaces, and campus clubs. With campuses at most of Edmonton's post-secondary institutions expanding, the

question becomes, when will NAITSA build its own building?

NAIT's campus is continuing to grow, with the CAT building scheduled to open in Fall 2016 and the student population is growing with it. Yet there has been no indication that NAITSA has been slated for new office space as the growth continues. The mention of club space in the new SAMU building would certainly add a tinge of jealousy for any NAIT student leader involved in our campus clubs, as there is precious little space dedicated to full access for student clubs – space mostly limited to legacy clubs or clubs that have strong connections to a campus department.

Certainly NAIT students should be happy that NAITSA is conservative with the hard-earned money students pay in the form of mandatory fees every term. The construction and maintenance of a facility is incredibly com-

plex and expensive. We should certainly be thankful for the positive relationship between NAITSA and NAIT administration that allows for the utilization of campus space for NAITSA offices and for student activities. Clubs on campus enjoy free space bookings on campus with relative ease, as the process is integrated with NAIT's scheduling office.

Another item to consider would be, where could NAITSA build a building? Campus

is hemmed in by Kingsway Mall to the south, residential to the east, industrial to the north and the Blatchford land development currently in limbo to the west.

A building development would require either significant time and money in order to purchase and renovate a convenient location, or force the students' association to move off-campus, a move that would certainly add another level of difficulty for both students and the association in providing and access-

ing valuable services. Not many pre-existing locations come to mind for a potential new home for NAITSA, the exception being the now vacant Petroleum Club on the other side of Kingsway Mall or the NAIT Human Resources building on Princess Elizabeth Avenue, if it will be affected by the campus shuffle precipitated by the CAT building opening.

The Petroleum Club is removed from campus but boasts space and parking facilities, at a purchase cost of \$13 million. The NAIT Human Resources building may be more financially viable but would certainly require renovations to make it a student-friendly space. Parking would also be an issue, though this location would be more accessible from campus.

One thing is certain, students at NAIT may desire a new building that offers even more student-run space but the cost may prove off-putting – at least for the time being.

Perhaps there will be a new space in NAITSA's future as NAIT continues to grow. Let's be glad for one thing though – at least we don't have students voting to approve a fee increase that future students will have to pay down the line.



OrgSync a 'great success'

By **DANIELLE S. FUECHTMANN**
@ellie_sara

At the last senate meeting, Senator Cory Sellar (Media and Design) raised some questions about NAITSA's student engagement strategy on social media, stating that there was "room for improvement" and that they needed to make the platform more engaging if NAITSA wanted to encourage its increased use. The key to NAITSA's social media strategy is the new OrgSync platform.

NAITSA soft launched OrgSync to clubs in September 2014 as a new administration system for clubs; Michael MacComb (VP Student Services) said that "[NAITSA] needed a place for clubs to store all of their forms, do all of their events, budgeting and take a look at their accounts and information so they didn't have to come in to the office."

Previously, club information was all done on paper and email, creating an overwhelming and often disorganized system for club management.

The binders and binders of club paperwork described by Jenny Lau, NAITSA communication and engage-

ment manager, have given way to OrgSync's finely tuned online system.

"It's been a great success," she says. "It's saved a lot of paperwork and given people access. They don't have to come to the clubs office to directly apply for an event; you don't have to come to the clubs office to do cheque requests, budget requests." With approximately 77 active clubs on campus by her estimation, this has been a lifesaver.

Where OrgSync might be falling flat is its abilities as an information hub for the student body. When NAITSA first transitioned to OrgSync for clubs management, they recognized the impressive capabilities it had and that they could easily start using it as a tool for campus engagement.

OrgSync operates as a "private online community," allowing NAITSA to keep ownership of all of the information hosted on the site. MacComb explains that it works as a "clearinghouse" for event information; "[NAITSA] can use social media platforms to let people know about [events], we don't need a poster that's a wall of text [or a] giant block on people's Face-

book feeds" because they can use social media to direct people to OrgSync for all of the details. For events that require registration or information from attendees, it's a convenient way to share and collect information between event organizers and attendees.

It's also helpful if students are checking out their OrgSync account, said MacComb. The platform is host to a calendar of all events happening on campus. It's a convenient way to find out what's happening on campus without having to scroll endlessly through your media feeds.

Sounds great, right? Currently approximately 3,000 students are using OrgSync, a decent number for a campus with a quick turnover of students. One of the unique struggles NAIT faces is continually sharing information about the platform when short program terms mean that they need to constantly promote it.

MacComb says they're aware of the importance of constantly staying on top of that and have been committed to spreading the word about OrgSync during all of the orientation events, including the frequent apprentice orientations occurring on the satellite campuses. They also intend to recommend to the incoming executive team that they continue to do the same.

Will OrgSync become a smashing success on campus? It's hard to say but the current executive is committed to using the platform to its fullest potential and Sellar commented that "there are still discussions to have."



Michael MacComb
'A clearinghouse'



NAIT photo

A sumo wrestler gets ready to take on his opponent at a United Way event held in the South Lobby last week.

Events, the United Way

By **GERVAISE BRANCH-ALLEN**

NAIT's 2015 United Way Campaign has kicked off once again, with the goal of raising \$75,000. Running from Nov. 2-27, NAIT staff will be working with the United Way to engage staff and students on campus to raise funds for the organization. United Way is an organization that unites companies, community members and social services partners to achieve one shared goal: break the cycle of poverty.

In this month, NAIT and United Way have several events to participate in. During Week 1 (Nov. 2-6), NAIT's campaign facilitated a sumo-wrestling match, kick-off lunches and a reduced price for drop-in fitness classes. If you missed any of those events, don't worry. Each week has more in store to raise money.

During Week 2 (Nov. 9-13), you can participate in a poverty simulation on Nov. 13 to understand how poverty affects people and families.

During Week 3 (Nov. 16-20), you can participate in Toonie Tuesday. Buy unlimited coffee or tea for a toonie at various locations around NAIT. Nov. 17 also features a Silent Auction. You can also purchase a chili lunch from Blue Plate at the Common Market on Nov. 19.

During Week 4 (Nov. 23-27), you can purchase a refurbished computer monitor for \$20 (Nov. 25), read to children at Sherwood School (Nov. 26) and purchase fresh bread and turkey sausage rings from the NAIT Bakers Club and Retail Meat Cutting Program (Nov. 27). From Nov. 24 to 26, your name can be added to the United Way Hero Wall by donating \$1.

On top of all the weekly activities, month-long activities include casual pass sales, 50/50 draws for a potential jackpot of \$3,500, and an athletic food drive located in the NAIT Arena and Gymnasium. Contributing to the United Way can help low income families gain financial stability and support the youth

in growing communities achieve their potential.

"I encourage students to get involved because United Way is an important organization in our region that helps thousands of people who are living in poverty," said Nicole Rose, Alumni Relations Officer. "Forty thousand of those [in poverty] are children. The numbers are staggering. United Way is the solution for ending poverty. The NAIT community is very large and if each of us contributes just a little, that support will go a long way to help someone in need."

Helping your community support those less fortunate than us is very admirable. United Way is determined to reach their goal of poverty elimination. We can work together to build a stronger supportive community. This month's events around NAIT ensure you'll have fun donating. So, what are you waiting for? November has already started! See ad. page 6.



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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.

Girls learn to speak in code

By **DANIELLE S. FUECHTMANN**
@ellie_sara

On Nov. 7, a group of young girls broke the Internet. Or at least that was the joke when hundreds of girls participating in Girls Learning Code Day events, hosted by 22 chapters across

Canada, caused Mozilla Thimble to go down. NAIT Women in Technology and Trades partnered with the Edmonton chapter of Ladies Learning Code to host a workshop teaching HTML and CSS to girls aged 8-12.

“The smiles, laughter and high-fives

that end up coming out throughout the day of learning [are] definitely one of the best things to see,” said Bree Emmerson, Co-Chapter Lead of LLC Edmonton.

“It happens in our adult workshops, too – learners come in having zero to minimal knowledge of the code they are about to work with and when they see that something they code outputs something cool and intentional, there is an ‘a-ha!’ moment that can be infectious.”

Sam, a 10-year-old girl in attendance, said that it’s “fun to see when you’re like creating it, to see you’re creating it and doing it yourself and not just watching others do it.”

Emmerson said that “by opening up the world of code at a young age, we hope that we can help girls develop a willingness to try new things, become more confident and self-assured and discover a passion for learning and building.”

She says that the goal is to make a comfortable atmosphere for girls to learn and experiment with coding because the more comfortable they feel, the more likely they are to stick with something that interests them.

Any, a nine-year-old with goals

of being a robotics expert or aeronautics engineer, said she thinks “it’s really cool and exciting to come here and see how to actually do [code]. I don’t think a lot of kids know how to do this!”

Partnering together to host this event has benefits for both NAIT Women in Technology and Trades and Ladies Learning Code.

“The best thing about having these type of events for girls is it allows them to experience different areas before making their college or university decision,” said Boni Ehman from WITT.

“There are lots of options available for everyone these days and the more programs that promote what they have to offer, the better.”

Events like Girls Learning Code offer a fun environment for them to try out new skills and make them familiar with career paths and post-secondary options they might not have pursued otherwise.

Emmerson explains that the benefits of partnering with WITT go far beyond a venue and logistics; “[they’re] just as passionate about our goal to bring digital literacy to women and youth as we are ... Attendees, both learners and mentors, are also able to see what a future in technology can include and speak with the people who are already part of that world and gain some insight to what next steps they may like to take.”



Photo by Danielle Fuechtmann

This young code writer in training takes a few tips during a recent Girls Learning Code Day at NAIT.

NAIT gets retailing reboot

By **NICOLAS BROWN**
Issues Editor
@bruchev

The face of retail on campus is changing and the products being offered are changing, too. Shop at NAIT, formerly known as the NAIT Bookstore, is leading the charge in bringing a fresh retail perspective to campus. A focus group session held last week brought just over a dozen students together with Shop at NAIT staff to discuss current and past experiences with the campus retail department, along with suggestions for the future. The hope is for Shop at NAIT to become the one-stop shop for everything NAIT students need while on campus.

“What we’re hoping for, because of the new direction the store is going in, is for it to be all about the student. So it’s time that the inventory, service, etc. all reflect that,” explains Shop at NAIT purchaser Tacey Atkinson.

“So it was important to get feedback to the current status, what everyone thinks currently and how people would react to what we’re thinking of implementing in the future.”

Although Shop at NAIT does employ students for many of its customer-facing positions, a wider student perspective was desired to look at the changes being made. “It’s difficult to try to gauge a good cross-section of people to find out exactly what people wish we had,” says Atkinson, “We’d like to do another [focus group] in the spring just for those reasons.”

There is a focus on making the shop more convenient for students, both in terms of accessibility and in terms of

the products carried on campus. Through the focus groups, staff are getting insight into what items students want, but through internal meetings, Shop at NAIT is also gaining insight into what programs need to be offered on campus.

“As much as we are student-driven, the programs have a lot to do with us being able to have things in a timely manner. It is important to talk to staff,” explains Atkinson.

Many programs affect the store’s ability to carry mandatory items due to program approval processes. It’s not enough for programs to approve a textbook, as the store then has to order a sufficient supply for the expected intake. If approvals are slow or late, it makes it difficult to have those items in stock in time for the start of classes.

Shop at NAIT recognizes the importance of working closely with the programs though, as Atkinson said, “A lot of programs are giving students lists of things to buy out in the real world rather than Shop at NAIT and we want to be that one stop shop for the students.

“Programs didn’t realize that we can order all the things that we can, so that should help make it more convenient for the student.”

Adding to convenience, Shop at NAIT has put a renewed focus on the website to give students more opportunities to make necessary purchases before the start of classes or to explore the different products the store carries or can order in.

“For this past fall, we saw a web increase of over 400 per cent, so it’s making a difference and that’s our goal. We want to make it as convenient for the student as possible,”

says Atkinson.

This increase in website use is a clear indication that the new focus has been successful but future focus groups will give greater insight into further steps, with Atkinson hopeful about the results.

“I think the focus group gave us a jumping off point for moving forward,” she said.

As for appealing to instructors themselves, Atkinson is confident.

“The difference is that staff and faculty look for last minute items, where students are thinking more outside the box. So to try to find that happy balance is a challenge but we’re up to it.”

With upcoming product changes, there is attention being paid to corporate social responsibility, with a focus on bringing in products from brands which match NAIT’s own policies.

“One of the first things I started with and is so important to us at Shop at NAIT, is to align ourselves with, one – brands that people recognize but two – brands that also meet our values,” explains Atkinson.

“So going forward, we can’t work with any vendors that don’t have sustainability, fair trade and fair labour practices. We’ve had to say goodbye to a lot of our previous vendors because of that.”

While there are still many changes being made to Shop at NAIT, one thing is certain – students will be seeing a lot more benefits for shopping close to home. Or in this case, close to campus.

Life you change may be yours

By **JOEL LECKIE**

A diverse group of volunteer organizations from around Edmonton attended a recent volunteer fair on campus to



Photo by Taylor Braat

Looking for volunteers

showcase various volunteering opportunities within the community. They came to attract a broad group of students, each one looking to fulfill a different skill set. As no two groups were alike, neither were the skills they were looking for. Some sought general community outreach volunteers, while others had positions available for more specialized roles, such as veterinary technicians and IT personnel.

Among the organizations was Wildlife Edmonton, a rehabilitation facility for injured and orphaned wildlife. As their annual intakes continue to increase, they look for additional volunteers to attend their training sessions in the spring. There was also the Edmonton Lifelong Learners Association, a group dedicated to providing lifelong learning to adults over 50. ELLA runs affordable courses that are relevant and challenging to promote mental and physical well-being. Carrot Community Arts Coffeehouse, a coffee shop run by volunteer baristas dedicated to the revival of Alberta Avenue, also came by. These

groups and more each provide an opportunity for people to share their skills in a unique and fun way. In total, 13 different organizations were represented in their own individual capacity.

Volunteering can be greatly beneficial not only to the organization and community but to the individual as well.

Joel Benitez, a member of the Campus Activity Board, says that “volunteering is one of the most important things we can do to connect with our community.” Joel has volunteered at a variety of organizations. Such effort can expand a person’s skill set in something which interests them. It can also aid in networking as you meet all sorts of new people.

“Networking is very much needed as we progress through our careers as students”, Joel says, as a student can gain valuable experience and contacts needed for landing a job.

One of the best things that we can give as people is our valuable time. Time is equal to all, for everyone has the same 24 hours each day. Volunteering allows us to provide time and effort to

a good cause, which in many cases is as important or even more so than monetary donations. A lot of organizations can do great work but need the hands to do it. By taking even a few hours a month, you can make a huge difference in the community.

The volunteer fair at NAIT was received well by the students. Many of the guests spoke of having seen a good turnout of students. There were several interested bodies who received a lot of valuable information. It allowed several of those groups to fill up their sign-up sheets with interested students. All are ready to make use of the hard working new volunteers.

There still remains lots of time for students to become involved. If you are looking for an opportunity, you can check the Volunteer Initiatives Program (VIP) on OrgSync. There you can find new organizations and new positions added regularly to the portal. A vast number of opportunities await and these are not the only ones available. Will you choose to go out and give a little?

Biz curricula under review

By **CLAYTON RADKE**

Last week, students were invited to participate in a focus group to discuss the future of post-secondary business education. Part of the Conference Board of Canada’s Centre for Skills and Post-Secondary Education (CSPSE), an investigation into the state, impact and future of business education in Canada which began in 2013. The focus group was attended by about 10 students who were invited to give their opinions on the business education they currently receive as NAIT students.

The Conference Board is trying to see how post-secondary education in Canada can be improved as a whole. By holding these focus groups with actual students, says Conference Board Vice President Michael Bloom, they are figuring out the skill sets that universities, colleges and polytechnics in Canada need to be teaching.

In recent years, the business world has not seen the kind of skills in the recent crop of business graduates from post-secondary institutions that they have expected to see. They feel there is now a sizable gap between what is expected of grads entering business now and what the grads actually have and so the decision was made to focus on what skills are being taught to business students in post-secondary. The Conference Board is connected to 52 different projects relating to post-secondary education, but the project relating to business education is by far the largest.

The Conference Board’s stated goal with the CSPSE is to “[create] a skills and post-secondary education strategy for Canada that the many stakeholders will support and operationalize.”

They also recognize the growing importance of business education in Canada, with their own data claiming that “30 per cent of all college and polytechnic credentials and 20 per cent of university degrees [are] being awarded in business management and public administration.”

The goals of the Conference Board are also driven by the issues facing post-secondary institutions as a whole. Students from more diverse social and economic back-

grounds are coming to school than did in years past, and in today’s global climate institutions must compete with other schools not just in their city or province but with schools around the world. When this study is complete, it will show what routes Canadian institutions must take in order to remain competitive.

In addition to skills and knowledge, student’s expectations of the world they will be entering is of interest. The Conference Board asked students why they chose the pro-

grams they did, where and with whom they hope to work, and what they expect to earn in their first years on the job.

As we are only halfway through the project, we won’t know what its findings are for at least three years, and it may take years after that to implement the recommendations it makes. Still, when the next generation of business students come up through the ranks, it is almost guaranteed that this investigation will influence what they learn and how they learn it.

Share the Warmth

SHARE the WARMTH is a legacy from Gordon Smith. Gordon you may remember, is the now retired instructor who though confined to a wheelchair could find time not only to be an interesting and effective instructor, but also to help others who were in need.

The collection boxes will be available in the locations below on November 12th.

Since we don’t have facilities for washing and cleaning donations, we request that all donations be new and unused. Next time you’re shopping just add socks, a scarf, toque or a pair of gloves to your basket. Drop them off in one of the host locations.



DROP OFF LOCATIONS

A140/141	E214	O102	S105	T403	W205
A272	E220	Parkwest	T110	T700	W309
E101	H300/303	PE300	T200	U153	Y305
E106	J300/303	RKP213	T300	V335	
E131	N107	Souch	T400	W111	

Please help local charitable organizations by dropping off your donation of **NEW Mittens, Toques, Scarves and Socks.**

Share the Warmth campaign will run until December 11, 2015

If you or your office bank would like to host a donation box, contact the NASA office.

English evolves as we speak

By NIMA ADEN

Is popular culture degrading the English language? Do the sea of emerging usernames and “txt spk” make you cringe? Or do you find language fads interesting and exciting? What impact does this have on the future of the English language? I asked students what they thought.

During a TED talk on what it is that makes a word “real,” English professor Anne Curzan, at the University of Michigan, suggested that dictionaries, albeit great resources, are human and like the various progressions of humankind, the dictionary is not timeless. She pointed out how fascinating it is that so often we look to dictionaries for answers to what a word means while treating them as though they are written without an author. We are taught to critically question the information we are exposed to and not to conclude everything as absolute truth. This sentiment makes it all the more intriguing to wonder how easily the dictionary escapes our trial and questioning.

So, where do the words in the dictionary come from and who decides what goes in? Dictionary editors contend that they’re only trying to keep up with us as we are constantly changing the English

language. New words are being added every year, while words that can’t keep up are falling victim to extinction in order for dictionaries to stay as reliably current as possible.

Students were surprised to find out that popular culture and slang words had successfully been making it into the dictionary. I asked students what they thought of some of the new additions to the Oxford dictionary in 2014, which included “duck face” and “man crush” amongst others.

“I’m surprised they made it to the Oxford dictionary,” said one student. “It’s a reflection of the impact our culture has on the language.” Another student commented, “I didn’t think those would even be considered real words.”

But why wouldn’t they be real words? Perhaps it’s because many of these new words are combinations or abbreviations of other words in the English language. However, in the history of the language

most of the words that we use today are borrowed from other languages or are themselves combinations of words such as downright and hotdog but they make sense to us as everyday speakers of English because they just sound right.

Students were not surprised that a whopping 30 per cent of English words actually have a French origin. Other languages that English takes from include Spanish, Arabic and Swahili. It was already a recurring pattern for English to expand by taking from a variety of places. This is what has formed the foundations of present English dialogue.

James Nicoll, in his 1990 epigram on the English language wrote, “English has pursued other languages down alleyways to beat them unconscious and rifle their pockets for new vocabulary.”

So, if new words of different kinds were always being added to the English language, what makes, “lolcat,” another

addition to the Oxford dictionary in 2014, any less a “real word”?

It seems that there are two questions that seem to be looping infinitely like the years-old dispute on the sequential order of the chicken and the egg: Is the validation of a real word dependent on whether it makes it to the dictionary or is it validated by the popular use of the word, which, as a result, earns it a spot in the dictionary?

I went back to ask fellow students for a final round. Students surveyed overwhelmingly welcomed the evolving English language and most were under the opinion that we are the directors and validators of what makes a word real. Students rationalized that because word choice is so heavily influenced by popular culture and current trends, there may be an expected resistance to the change at first but, as one student put it, “People just don’t like change but it happens regardless.”

For those words that stick, whether they have made it to the dictionary or not, by the time new vocabulary comes to push them out of dictionaries, they will be to future generations as unfamiliar and confusing to decipher as Middle English is to us. Language will continue to evolve.

lolcat – “On the Internet, a photograph of a cat accompanied by a humorous caption written typically in a misspelled and grammatically incorrect version of English.”

– Oxford dictionary

WEATHER

Some rain, snow on the horizon

By BRANDON HESS
Meteorologist in training

Average high for this time of year is now 0 C. So, it is expected and considered normal to be around 0 C for a daytime high.

We did see a slushy day earlier this week on Sunday. It started as rain showers, but quickly turned into a slushy mix towards the end of the day.

If you were studying at NAIT over the weekend, you may have noticed the decent sized snowflakes falling from the sky outside the window. Winds were light, so we did not have to contend with blowing snow.

I caution you to be extra careful nowadays as you walk along sidewalks and roads. We can at times get unexpected bursts of freezing rain through the area. This can coat sidewalks and roads with a slippery glaze. We have already seen this happen a couple weeks ago.

Freezing occurs when we get a warm layer above in the atmosphere. Here we get rain falling from the sky and freezing upon contact with the surface (if the ground/surface is 0 C or colder). At this time of year we can sometimes get an upper level warm front pushing in contributing to this.

Temperatures have been between 0 C and 5 C over the past few days. We will likely not get above 10 C for a while. Mor-

ning temperatures can be as cold as minus 5 C at times, with some rain and snow mix action likely towards the later part of this week.

We are still warm enough at the ground/surface to see the snow melt on contact. Once daytime highs start falling below 0 C, snow will be sticking. Temperatures remain above 0 C this week, so it will remain a slushy, sloppy mess. You may have been thinking it is weird to see rain in November. However, it is common to see rain this late in the season. We usually see rain into December and January, too (in the form of freezing rain).

Winds will be out of the south today, so a bit on the breezy side as you are walking outside the doors of NAIT.

Did You Know?

Forecasters use different types of models. The Global Forecast System is American and produces model output to 15 days. The Global Environmental Multiscale Model is Canadian and contains a regional and global scale model. The North American Multiscale model is used for the short term forecasting. We also have a weather model from Europe called the European Centre for Medium-Range Forecasts. We forecasters interpret each model and its parameters of precipitation, wind and pressure to make a forecast. Each

model has its own strengths and weaknesses, but we all use different mod-

els to develop an accurate forecast that matters to you!

BE A PROBLEM SOLVER

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

DATE	TIME	EVENT	LOCATION
NOV. 3-7	Various Times	Fitness Classes	Sign up in E134 (sign up required)
NOV. 6-27	All Varsity Games	NAIT Athletics Food Drive	NAIT Rink and Gym
NOV. 13	9:00 AM - 12:00 PM	Poverty Simulation	Fresh Express
NOV. 17	8:00 AM - 12:00 PM	Silent Auction	Patricia Campus
NOV. 17	All Day	Toonie Tuesday	Common Market, Fresh Express, Chai's, Embers, Bistro, Plates & Elements
NOV. 19	10:30 AM - 1:00 PM	Chili Lunch	Blue Plate - Common Market
NOV. 24-26	All Day	Be a Hero	Food Service Locations
NOV. 25	8:00 AM - 2:00 PM	Computer Monitor Sale	South Lobby
NOV. 27	10:30 AM - 1:00 PM	Artisan Bread and Turkey Sausage Sale	South Lobby

Hope to see you there!

OPINION

— Editorial —

Home delivery a luxury?



TAYLOR BRAAT
Editor-in-Chief
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I was standing in a friend's kitchen as her mom opened a letter from the government, which included a message about how and where they were to receive their mail in the near future and, no, it did not say, "right on your doorstep, in the mailbox attached to your house."

Their mail was to be delivered to a "cluster box," where they would, without any other option, get their daily mail. I felt the world start shaking beneath me, the walls turned grey and a solemn vibe came over me and everyone else on the premises. We had heard about it in the news but until you witness someone reading the letter informing them that would no longer have home delivery mail, you don't believe such a change could ever happen in your lifetime. I may sound melodramatic but things like this are only part of a bigger problem and it's a slippery slope.

Plans for a million more

Already there were 100,000 home-delivery conversions in 2014 and the plan for 2015 has been to convert 1,000,000 more. Canada Post preaches about their communicative way of putting this in place but no one has asked whether we wanted it or not. There was no choice but I guess we should have been thankful for the tactical and conversational approach.

A lot has "changed" since Justin Trudeau stepped into power but there was one if-elected promise he is keeping that involves keeping a status at quo. Home-delivery mail service conversion has been stopped in its furiously moving steps and all people who still receive mail to their door will continue to have this feature indefinitely, something I would, if given the chance, personally thank him for.

A right, not a privilege

There are many people who have protested to have mail delivered to their homes and for better reasons than mine. In August, an older Ottawa couple planted a garden where their new community mailbox was to go and put up signs that read "save door-to-door." Their reason was that the wife had bad circulation and stepping out into our merciless Canadian winter for even a second made her hands and feet too cold to bear. She shouldn't have this as one of her worries, because home mail delivery is a right, not a privilege and mail is necessary for our survival. Though chrysanthemums probably won't put a stop to the government paid post office workers who will plow through them, it did raise awareness

for the trouble that will become of this.

In September, one Edmonton man decided not to plant flowers but to plant himself on his lawn where the "cluster box" was to go. He had many reasons for sitting in that lawn chair for over a week, one being that he is a disabled veteran and former peace keeper who could not handle the responsibility of shovelling the snow around the mailbox so that the entire neighbourhood could access their mail throughout the long winter months. He won that battle and the box was built in front of another neighbour's house and he kept the home-delivery service at no charge. Although this was a win for the man, the community did not escape the transition. There are also many others across Canada today who were not as lucky.

Although the amount of pieces of mail delivered to residences declined from five billion in 2006 to four billion pieces in 2012, I would like to point out that there

were nine billion items delivered in 2014, according to Canada Post's 2014 annual report overview. I believe that even if it decreased to two billion, there would still be a need for the door-to-door service. Not everyone is capable of walking, driving or scooting three blocks to pick up their mail and, until there are only two pieces of mail being delivered throughout Canada each year, mail should be dropped off to our personal mail boxes. Although Trudeau will not be re-instating the already converted cluster boxes, I am grateful that the community mailbox idea has been discontinued.

A letter in the mail, delivered right to my house, what a luxury! Well, it is now. I am one of the lucky ones who still gets to have my mail delivered to a mailbox attached to my house. So much is changing in our society and the way we do things but I'm relieved that this is the one thing Trudeau decided to keep the same.



armchairmayor.ca

Protesters show their anger about former prime minister Stephen Harper's mail distribution plans.

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SPORTS

Enough is enough!



JOSH RYAN
Sports Editor
@JoshRyanSports

Domestic. Abuse. Scandal. Three words associated more and more frequently with professional sports but none more than the National Football League. The United States' biggest money-maker in pro sports continues to reach new highs in television ratings despite issues around concussions, suicide amongst retirees and domestic violence. Much was made of the Ray Rice case a year ago, when the former Baltimore Ravens running back was caught on camera knocking out his then fiancée Janay Palmer.

The video sent shock waves around North America, with many people getting their first glimpse into the ugliness of

domestic violence. A perpetual circus surrounded the issue, which lasted for a few extra months after Minnesota Vikings running back Adrian Peterson was suspended for whipping his son until the child bled. But nothing has changed. Millions of viewers still gather around the television on Sunday with a beer in one hand and a burger in the other; questioning the masculinity of injured players and cursing officials.

I've turned my attention to other sports. I still cheer on my Flames and I had joined Raptors Nation right before Masai Ujiri was named GM. But simply turning my eyes away from the TV screen isn't enough, because the situation with Dallas Cowboys defensive end Greg Hardy is a travesty.

For those who haven't yet read the intensive *Deadspin* article, which I will get to later, Hardy was with the Carolina Panthers in 2014 when he was arrested for allegedly assaulting his ex; strangling her, throwing her onto a couch covered in assault weapons and threatening to kill her. A judge found him guilty but Hardy appealed for a trial by jury and the victim failed to appear in court,

resulting in the prosecution dropping the case. The defensive end was placed on the league's exempt list (suspended with pay) and after a two month investigation, NFL Commissioner Roger Goodell banned Hardy for 10 games. However, the NFL Players' Association appealed the decision and an arbitrator reduced the suspension to four games this summer.

Since then, Hardy made an immediate impact on the Cowboys roster. Soon after however, he displayed the societal awareness of a dog barking in a senior's home in his first scrum. Hardy deflected questions about the dropped sentence, used the term "guns blazing" and when asked a specifically football question, the 27 year-old stated the following, "I love seeing Tom Brady. You seen his wife? I hope she comes to the game. I hope her sister comes to the game."

What's even more baffling than Hardy being tone deaf, sexist and uninterested in his public image is the constant defence he's received from owner Jerry Jones and the Dallas coaching staff. Are all powerful men in the NFL misogynist pigs? Even worse is the reporter who asked Greg

Hardy if he finds Jacksonville QB Blake Bortles attractive. Come on guys! This is 2015, not 1952.

As alluded to earlier, *Deadspin* released material from the Hardy case over the weekend, which includes graphic pictures of the woman battered and bruised. This prompted "some" Internet vitriol and players from the Philadelphia Eagles to make a point of putting "a little more mustard" into playing against No. 76. However, I fear that the initial outrage is all that will come of the situation. The Cowboys continue to defend Hardy and, other than a few media members, no one with any real influence is doing anything.

Bottom line

The problem with professional sports is that the owners care about the bottom line. No changes will ever occur without the motivation to avoid losing money. However, that is also the solution. That has always been the solution. The only reason FIFA, soccer's governing body, made changes to counteract the scandal resulting from the FBI investigation was sponsors threatened to pull their support unless President Sepp Blatter stepped down. Of course, sponsors make decisions for monetary reasons, not morality reasons but why can't we, the public, band together and force these corporations to see that this behaviour is unacceptable?

It takes one person to start the conversation and this is a conversation that we are simply not talking about in enough length. There is hard evidence pointing to Greg Hardy physically abusing a woman, enough for a judge and an NFL investigation (from a league that has no problem sweeping dirt under the rug) to find him guilty. Yet, the reaction from many is simply "well, it's not really a surprise, why get so outraged?" This is a case of basic right and wrong, where a man broke the law and harmed another human being, a woman less than half his size. That is why we should be outraged.

Withdrawing support

I admit, if this happened in the NBA or the NHL, I would have a much more difficult time saying this, but I can't honestly continue to lend any form of support to a league that allows for this garbage to continue. So, I'm done with the NFL. Because as long as we continue to give the league and its sponsors our money, nothing is going to change. Will my "bold" stance make even the slightest dent in the shield by next week? Hardly, but everything begins from nothing and I'm not going to sit through another game or sit out a chance to talk about this issue, because enough-is-enough.



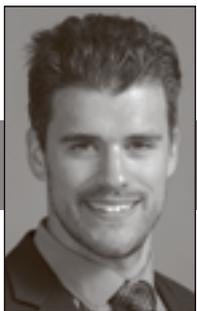
cowboysblog.dallasnews.com

Greg Hardy

Keeping Score

Raptors for real or not?

Welcome back to another edition of *Keeping Score*, the weekly debate on a chosen topic in the world of sports. This week, NAIT NewsWatch anchor Brennan Klak makes his third appearance, as we discuss the mania surrounding the strong start of the Toronto Raptors. The squad went 5-0 to start the season for the first time in its 20-year history. While the team came down to earth a little by losing to Orlando and Miami soon after, basketball fans in Canada are buzzing about the country's lone NBA franchise. A slimmed down Kyle Lowry, healthy DeMar DeRozan, improved Jonas Valančiūnas and ornery newcomer Demarre Carroll are matching blows with the best the league has to offer. But it's only the third week of the season. Are fans simply giving their typical knee-jerk reaction to what's happening at this moment? Or does this group have the potential to take the Raptors franchise to new heights? What do we think? Read on...



JOSH RYAN
Sports Editor
@JoshRyanSports

I was sold on this team the moment they signed Demarre Carroll. In fact, I have been sold on this team ever since Masai Ujiri managed to trade Andrea Bargnani away for more than nothing – a miraculous feat. The Raptors' play early this season continues to reaffirm my faith that this franchise is headed for great things.

Kyle Lowry was already an all-star, now he's a fitter, more athletic all-star. DeMar is healthy, JV is finally turning a corner and the new additions are all making a difference. Cory Joseph is a very solid point guard and a great defender. Carroll is a defensive juggernaut that can also score and the Raps have players throughout their lineup that can provide when called upon.

Most important, the underdog mentality on D is back. This team will outwork anybody in the game and they still have enough energy to electrify on offence. Toronto's starting five holds up against most lineups in the league and they are winning the bench battle to boot! With guys

like Joseph, Terence Ross and Luis Scola at their disposal, the Raptors can match play with the rest of the field.

This rhetoric has graced the television and radio airspace before. But what analysts aren't talking about is the impact of last season's first round failure. This group is really motivated. They've learned from that shellacking they took at the hands of the Wizards. Not only are they healthier, deeper and more likely to enter the playoffs at their peak, they've also got fight in them that was missing in the springtime.

Finally, they're still in the East, folks! While not the cesspool of mediocrity of 2015, the Eastern Conference

is still much weaker than the West. Chicago is never healthy in April, Atlanta has a true star and Miami is only good as long as Hassan White-side behaves like an adult. Of course, Cleveland is in the East but they

have injury issues with Kyrie Irving, Iman Schumpert, Kevin Love, Timofey Mozgov and LBJ himself! What if LeBron isn't healthy come playoff time? The Cavs' supposedly unstoppable roster is in danger of flaming out in the first round with the injuries they have.

Meanwhile, the Raptors are primed for the next step. Does that mean they are going to win the championship? Not necessarily but they are a strong contender for the conference finals, at the very least. #WeTheNorth

The Raptors' play early this season continues to reaffirm my faith that this franchise is headed for great things.



BRENNAN KLAK
@nhlupdate

Let's remember a crucial point about the NBA season thus far: It's November.

At the start of December 2014, the Raptors were sporting a cool 13-4 record. The team scored fewer than 100 points in only two of those games and never scored less than 90.

That same team only hit 100 points one time when the Wizards slaughtered them in a forgettable April playoff, leaving some fans wondering in the summer if Dwane Casey's job was in danger or if the team needed a large shakeup.

Although this team is another year wiser and off to a similar hot start, I'm still skeptical that this Raptors team will improve on their first-round exit. They still sport a scrappy energy led by Lowry and DeRozan that will keep them fresh into January but questions still linger. Will their bench be able to push

the tempo with timely baskets? Will Jonas Valančiūnas consistently be a top rebounder or will he still fluctuate from night-to-night? Is Terrence Ross, fresh off a huge new contract, actually going to do something?

The Eastern Conference, for the first time in seemingly forever, looks competent and competitive. LeBron James is still the king of Cleveland. Last year's playoff teams such as Atlanta, Chicago, Milwaukee, Washington and Boston have only improved. Chris Bosh's return to basketball is sparking Miami. Andre Drummond's sudden rise in production has coaches changing their whole game plan for the Pistons' big man. The Pacers have Paul George back and healthy. And remember how Orlando and New York were laughing stocks last season? European rookies Kristaps Porzingis and Mario Hezonja are helping change that perspective so far.

Although this team is another year wiser and off to a similar hot start, I'm still skeptical that this Raptors team will improve on their first-round exit.

Then again, it's early. If the Raptors want to continue with their victorious momentum deep into spring, they're going to have to keep improving team defence and stop sleeping until the end of the first half in games. With the majority of Eastern Conference teams actually playing like they deserve a spot in the league, the margin of error is quite slim. Even a playoff spot will have to be earned, which was a laughable idea last year in the East.

We have a long way to go before I'm convinced.

Hours for recreation facilities

Gymnasium – Informal Recreation
Monday to Thursday
11 a.m. – 1 p.m.; 3 p.m. – 4:30 p.m.
•••
Sports Equipment Centre (E-026)
Monday through Friday until Sept. 18
10:30 a.m. - 1:30 p.m.; 2:30 p.m. - 9 p.m.
•••

Fitness Weight Centre
Monday to Friday
5:45 a.m. - 9:45 p.m.
Saturday and Sunday
8 a.m. - 2 p.m.
•••
Pool
Monday to Friday

6-8 a.m., 11 a.m.-1:30 p.m.; 3:30-6 p.m.
Saturday and Sunday
8 a.m.-4 p.m.
•••
Arena
(Drop-in hockey)
Monday and Wednesday
1 p.m.-4:30 p.m.; 12 p.m. - 4:30 p.m.

Tuesday and Thursday
Friday
1 p.m. - 4 p.m.
(Drop-in Skating)
Monday, Wednesday, Friday
11 a.m. – 1 p.m.
Tuesday and Thursday
11 a.m. -12 p.m.

HOCKEY

Men sweep, women swept

By EITHEN SMYTHE

It was a wild two nights for the NAIT Oaks men's hockey team, as they took down the second-place Augustana Vikings in a midweek home-and-home affair. The first game took place Wednesday night, a 4-1 victory, before the Oaks won 5-4 in overtime on the road the following evening. The Oaks improve to 12-0-0-0, well ahead of the rest of the pack in the ACAC.

Plenty of shots

Wednesday started off well for the Oaks, as while both teams got plenty of shots on net, Jordan Wood scored his seventh goal of the season midway through the first period. Shortly after, Vikings centre Boyd Wakelin was dispatched with a ten minute misconduct following a checking-from-behind penalty, but Augustana squared up the game at 1. Period two saw much of the same back-and-forth action from both teams, with Cameron continuing to stop the Vikings' offense whilst Connor Hoek-

stra added his fourth of the season for the lone goal of the period. Although Vikings goaltender Andy Williams had been playing very well up to this point, a collision with NAIT forward Klarc Wilson had left him shaken up. He stayed in the game, but allowed two more goals in the third period to NAIT defencemen Dallen Hall and Tyler Yaworski. NAIT outshot Augustana 52-37.

A tougher task was in store for the Oaks as they travelled to Encana Arena Thursday night to battle the Vikings. NAIT started out rough, as the Vikings scored two goals in the first six minutes. The Oaks struck back, however, as captain Scott Fellnermayr made it a 2-1 game midway through the first. Two late goals gave the Vikings a 4-1 lead heading into the second period, leading Kyle Birch to come in for Cameron. NAIT was able to dictate the play for the majority of the second period and received two goals just 30 seconds apart, from Tanner Dunkle and Trace Elson. The Oaks killed off a five-on-three Vikings' power play to

start the third and Tyler French scored the tying goal with just 2:53 on the clock in the third period. In the four-on-four overtime, John Dunbar ripped one past Augustana goaltender Curtis Skip to give the Oaks the incredible comeback win. With the sweep, the Oaks increased their lead on Augustana to seven points in the standings and NAIT will next face the fifth-place Concordia Thunder this weekend in a home-and-home series. Puck drop is this Saturday at the NAIT Arena is 6 p.m.

The NAIT Oaks women were also in action this weekend but fared badly against the Grant MacEwan Griffins, losing 5-1 and 3-2 in a shootout. The lone goal for the Oaks on Friday was scored by Chelsea Gauchier near the end of the second period, while the Oaks were down 2-0. The third began with a rough start for the Oaks as MacEwan scored early and, with a late third period goal, the writing was on the wall.

Saturday's game was much more competitive on behalf of the Oaks, as much of the play was contained along

the boards with few breakouts for either side. Oaks captain Breanna Frasca was all over the ice in this game and was the lone goal scorer for the Oaks, with one in the first and one in the second to give the Oaks a 2-0 lead. Following that goal, MacEwan decided to pull goaltender Morgan Glover for Sandy Heim, who held the Oaks scoreless.

Momentum

Late in the second, the Griffins got a bit of momentum heading into the third and cut the deficit in half. A goal by ACAC leading scorer Michelle Pochapsky tied the game at 6:53 of the third and sent the game to a shootout. After the shootout went scoreless for five rounds, Shanya Shwetz was able to beat Tehnille Gard and then, with the chance to advance the shootout directly after, Veronica Kuzelova was unable to do so. Next up for the Oaks is a home and home against SAIT, with the game at the NAIT Arena taking place tomorrow evening at 7 p.m.



Photo by Jesse Kushneryk

A NAIT OOK fights for the puck in front of the Augustana Vikings' net on Wednesday Nov. 4 at NAIT arena. NAIT won the contest 4-1 en route to sweeping the Vikings in their two-game home-and-home series.

WEEK IN REVIEW

Soccer women advance at nats

By **JOSH RYAN**
Sports Editor

The NAIT Oaks female footy phenoms began their bid for a national title at Fleming College yesterday morning with a bold statement to the rest of the field.

After arriving in Peterborough Ontario earlier in the week, the Oaks crushed the Mount Saint Vincent University Mystics 6-0 in their quarter-final match. The CCAA champions from MSVU were unable to keep up with NAIT after the first 26 minutes, as the blue-and-gold notched three goals before the half. Player of the Game Kassy Jajczay and ACAC Player of the Year Kayla Michaels each scored two goals, while Marissa Webb and Rayna Hamieh added the other two tallies.

The previous day, Kayla Michaels received distinction as a CCAA All-Canadian for the second straight season. Michaels was named CCAA Women's Soccer Player of the Year last fall at the nationals, where the Oaks suffered their only defeat of the season, a 3-0 loss in the final match.

Next up for the Oaks is a semifinal showdown with the third seeded Douglas College Royals, the PACWEST Champions from Coquitlam, BC. The Royals won their quarter-final against NAIT's ACAC rival, the Concordia Thunder, by an identical 6-0 score. Kickoff is 1

p.m. MT today. Catch the live stream on YouTube at CCAAAsportsACSC!

Basketball

Meanwhile, back home the men's and women's basketball dominated their weekend against the Augustana Vikings, completing a four-game sweep of the red-and-black. The women won 70-47 on the road before blowing the Vikings out of the NAIT gym on Saturday, 97-59. Torey Hill posted a season high 24 points while teammate Shea-Lynn Noyes added 20. The men blew open their road contest against Augustana in the second half, winning 91-59, before squeaking out a tight 78-66 victory at home. NAIT's hoop ladies (ranked eighth in the nation as of Nov. 7) remain undefeated and the guys improve to 5-1. Player of the Game winners were Nicole Ruptash and Hill for the women and Jacob Jackson both nights for the men.

Next up for the squad is a matchup with Lakeland College. The Rustlers men's squad sits in the middle of the pack, but the women are ranked 12 in the nation (as of Nov. 7). Game times Friday night are 6 and 8 once again.

Volleyball

The Ooks vballers couldn't quite manage the clean sweep of the Vikings, but they came close. Friday evening was a massacre, the two matches combining for less than three hours. Women's scores were 25-10, 25-22, 25-17, men's scores were 25-23, 25-21, 25-20. The following day however, the Vikings ladies pushed the Oaks to five (scores 24-26,

25-14, 14-25, 26-24, 15-4 for NAIT) and Augustana's men's team got their revenge in a 3-0 sweep of NAIT. POG's for NAIT were Nalani Stang and Brayden Kennedy on Friday and Lauren Smith and Jordan Teliske on Saturday.

Both teams now take on the Lakeland Rustlers. Match time on Saturday at NAIT for the women is 6 p.m. with the men following 30 minutes after the women's result.



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Player: Mia Jane Augustin

Sport: Soccer

Position: Defender

Program: Emergency

Medical Responder

By **JOSH RYAN**

1. What made you start playing soccer? When I was little, I moved to Canada at age six. I saw my other cousins playing soccer and, as soon as I did, I was immediately interested in playing and I've never stopped.

2. What is something people don't know about you? I really enjoy golfing, ha, ha. I joined my high school golf team during my Grade 12 year and I did it jokingly but I ended up being really good at it and I made it to city finals. However, I skipped it because it was on the day of my 18th birthday!

3. What three things can you not live without? My mom, rice and Snapchat.

4. What is your favourite movie? *Frozen*. I know the lyrics to "Do You Want to Build a Snowman?" pretty well. Plus, Olaf is my favourite character.

5. What type of music do you enjoy? Country! Everybody is usually surprised when I say that, because I'm Asian and they wouldn't have guessed that I liked country.

6. What are your hobbies in your spare time? Playing guitar, karaoke night with my 100 cousins and, does Netflix count as a hobby?

7. What is your dream oasis? To be back in the motherland, drinking my favourite Filipino beer.

8. Who is your childhood idol? Kobe

Bryan, He's the GOAT "greatest of all time" ha, ha. Always been a big basketball fan. And I love his shoes, I have two pair of Kobe's.

9. Which sports do you like to play besides soccer? See above. Played volleyball, basketball, soccer, golf and track and field throughout all of high school.

10. Do you have a pregame meal? Don't really have a pregame meal but as long as there's rice involved, I should be good to go.

11. Who inspires you the most? My mom. She always supports me in everything that I do and she makes me want to be a better person. If someone asked me why I do it, I'd say I do it for her.

12. What is the best advice you've been given so far? Work hard, stay humble.

13. What do you want to say to your team? Shout out to Megan Loyns for our team theme song patio lanterns, nothing gets us more pumped than listening to Carole's least favorite song in the dressing room. Thanks to big Mitch for being the best vet ever, centreback buddy for life. To my roomies, thanks for all the water pong memories; never drank so much water in my entire life. And lastly, I love ya, guys! Thanks for putting up with me. Monkeys never cramp. - Donna!

Athletes of the week

November 2-8

Joslyn Peters
Volleyball



The Oaks women's volleyball team won their first two matches of the season this past weekend against the Augustana Vikings. In Friday's 3-0 win at home, Joslyn had 10 kills and two service aces. She followed that up in Saturday's 3-1 victory with 16 kills, six service aces and six digs. "Joslyn works so hard at getting better and loves to compete," said head coach Benj Heinrichs. "At the beginning of the year, we moved her to a different position and she has just taken off. Joslyn's only going to get better and she's already become a force at the net, not just attacking, but blocking as well." Joslyn is a second-year Academic Upgrading student from Edmonton.

Jackson Jacob
Basketball



The NAIT Oaks men's basketball team picked up two victories this past weekend over the Augustana Vikings. Jackson was named player of the game in both contests for the Oaks. He netted 44 points, six rebounds, five assists and nine steals in the two games and was a game-changer all weekend. "Jackson made some timely plays on Saturday night to maintain our 10-point lead throughout the game," said head coach Mike Connolly. "He has been one of our more consistent players ... not just scoring but also defensively. Jackson takes on important defensive responsibilities each game and can dominate at both ends of the floor." Jackson is a 1st year Automotive Pre-Employment student from Nassau, New Providence Island.

ENTERTAINMENT

City a snow-go zone



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

Let it snow, let it snow, let it snow!

Seriously, let a hushing layer of that cursed crystalline confetti blanket our city from Henday to Henday. Let it smother us, humble us and penetrate our solarized membranes built up over months of summer barbecues, Hawrelak rendezvous, lake-side bonfires, picnic table beer pong, road construction, lawn mowers and patio sangria. We may be experiencing our final days free of winter's icy claws but this year, I think we should embrace Alberta's most infamous season.

Embrace it because you can't avoid it. The snow and ice will come, as will the sore backs from shovelling, the minus 40s with wind chill, the dead batteries, the win-

dow scraping, the traffic commute horrors and the social media updates that will catalogue it all. There are some who have warm garages where they can start their vehicles, and underground parking stalls at their places of work or study that they can then crawl into so that they barely even have to breathe the wintry air. They are few, but they are not lucky.

Winter is full of so much potential! There is so much life that we can experience here that evades those who abode in more southern climes, like skiing, for instance. The Edmonton Ski Club sits just minutes from downtown and boasts what has to be one of the most breathtaking views there is from a resort outside of the mountains. You can also ski locally at Snow Valley and Rabbit Hill, of course, as well as at Sunridge, which even offers tubing.

You don't have to road trip to hike, snowshoe or cross country ski, either. The river valley contains 150 km of trails, some of them so isolated that you might think you're in the Rockies. Big Lake, located outside of St. Albert, is the site of another solid day hike.

And what could be more Canadian than playing shinny on a frozen lake (while drinking beer)? Winter skating at

St. Albert's Lacombe Lake Park is free to access, well-kept and well-lit at night. Alternatively, you can lace up your skates at Churchill Square, Hawrelak Park or the Legislature, which, when surrounded by the Leg grounds' glittering Christmas lights, makes for movie-calibre romantic aesthetic.

On that note, what better excuse than the cold to take a special someone out for a cup of joe? There's no shortage of trendy little boutique cafes on Whyte. Pick one and you're sure to see sets of shoulders

hovering over steaming coffee that somebody actually took their time making and pairs of rosy cheeks inching closer together as the mugs empty.

Ultimately, cold weather is part of our Canadian identity. We love to embrace that stereotypical characteristic but I hear a lot of complaining once the season actually sets in. So break out your merino wool socks, bobble-top toques, hand-knit mitts and fur-trimmed parkas and get cold this winter!



forum.skyscraperpage.com

Edmonton Ski Club

Wunderlist is wunderbar!

By **DANIELLE S. FUECHTMANN**

Juggling assignments and all of the other things you need to get done is an important part of student success. Wunderlist is a to-do list app available for a wide variety of platforms, making it an excellent option for people on the go. Free for download on iPhone, iPad, Mac, Android, Windows, Kindle Fire and the Web, the app seamlessly syncs between devices and offers features like shared lists, convenient organizing features, and an extension for Firefox and Chrome.

Wunderlist balances a simple, user-friendly design with lots of functionality. If you're a light user, you'll appreciate how easy it is to add items to your lists but as you use it more you'll notice the convenience of additional benefits, including compatibility with other apps like Sunrise Calendar.

It's easy to get started with Wunderlist as a stand-alone tool for managing your to-dos; the app has a clear design that makes creating separate lists convenient but giv-

ing the option of viewing lists individually or looking at a master list that combines all of your lists. Once you have any lists you want set up, adding a to-do item is as simple as typing into the open field at the top or tapping the blue plus sign on the home screen! You can get as specific as you want, specifying the list it belongs on, a completion date, if you want a reminder set, add subtasks, notes or files, leave comments, and share with others.

Wunderlist's compatibility with almost every platform is a huge asset, working across devices means the app is truly accessible everywhere. You can even access it online if you don't have a personal device with you. I find this is a big benefit because I'm always on the go and switching between my personal computer, laptop, and phone, or working in a lab on campus. Being able to easily jot things down on any device makes it easier to keep track of all my tasks and deadlines! Wunderlist can also be linked to your calendar of choice by connecting it to your



churchm.ag

account or by adding a link to your calendar; with this enabled you'll be able to see the tasks with a set deadline on your calendar, it's a nice feature that makes it easier to manage your time. You can also share lists with others, the ability to share

files and add comments or notes make it a smart way to organize tasks with roommates or family members.

I highly recommend Wunderlist to anyone looking for a smart way to manage their to-dos or supplement their paper list.

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By SHEEBA LINDSETH

It's pop! It's fun and it makes you happy. It can move your body and start a party or it can turn you into a sobbing mess (yes I am talking about Adele). It's the kinda playlist you play when you have some friends over on the weekend. It plays in the background as you make small talk with the people in your local pub, over salsa and dip and a few drinks. So, if you end up goofing off instead of studying this weekend, try this playlist out.

- Happy (From Despicable Me 2) – Pharrell
- Cool Kids – Echosmith
- Right as a Rain – Adele
- Party in the U.S.A. – Miley Cyrus
- The Sweet Escape – Gwen Stefani

- Viva La Vida – Coldplay
- It's Time – Imagine Dragon
- Shake It Off – Taylor Swift
- Want to Want Me – Jason Derulo
- Talking Body – Tove Lo
- Hotline Bling – Drake

- Renegades – X Ambassadors
- Like I'm Gonna lose you – Meghan Trainor
- Goodnight and Go – Imogen Heap
- Haven't met you yet – Michael Buble
- Roar – Katy Perry



www.josepvinaixa.com



www.sodahead.com



SHEEBA LINDSETH

Is it too early for Christmas music and decorations in stores?



"They should wait until after Remembrance Day because it's between Halloween and Christmas. So, pay respect to veterans and then go crazy on Christmas."

Brian Brown
Power Systems
Electrician



"I don't think it's too early. This way, people have time to plan Christmas and decide what to buy or where to go."

Farzana Sultana
Business Admin and
Accounting



"I don't think it's too early. I don't think veterans are against Christmas."

Richard Kerr
Power Systems
Electrician



"I think stores should wait until after Remembrance Day to start putting out Christmas decoration and products."

Erann W.
Animal Health Tech.



"I hate it. Bull crap. Way too early. And calm down."

Luke Jackson
Powerline Tech.

RESTAURANT REVIEW



Photo by Joel Leckie

Never-ending pasta bowl

By JOEL LECKIE

Last week, I had the opportunity to take my fiancée, Kelly, to Olive Garden to experience their never-ending pasta bowl, which ends on the 22nd. Since we went on a Tuesday evening, we were able to miss most of the crowds. On a busy weekend there can easily be 45 minutes to an hour before getting in, so it was really nice to not wait to get a table. All the wait staff and hosts wore radio earpieces for quick communication to keep things moving efficiently and reduce delays in any customer requests. It was all really nice to see.

Inside, the Olive Garden has a very nice, Italian-themed décor, all clean and well kept. The light colouring provides a calm and relaxing feel, while the scenic pictures and decorative plates on the wall draw the eye without it being too busy. We received a nice sample of red wine, which was light, tasty, not too bitter or too sweet and did not carry too strong an aftertaste. Add to that some smooth jazz quietly playing in the background and it is a nice romantic atmosphere without being overly fancy.

The main draw right now is the all-you-can-eat pasta. Where a regular entrée will cost you \$16-\$25 (which is still reasonable), the base meal is only \$12 each. Considering that comes with unlimited soup or salad and unlimited bread sticks, you certainly can get your fill. So make sure you bring with you a healthy appetite. Beware of filling up too much on the appetizers. Keep particular care for how much you drink before the meal arrives. Water will take up space better served by pasta and

other drinks can get pricey!

If you do happen to be going with others, it might be a good idea to order different pastas and different sauces. That allows everyone to sample all the flavours on the first serving. Then you know what your favourite taste is when you order your refill. The refills are about half the size, but you can order half-and-half for the first serving. This allows better pacing and fewer leftovers.

I started my dinner with a meat sauce on rigatoni. It was well cooked, with a touch of spice but nothing too excessive. The flavour

gives way to the ground beef in the meat sauce, so it was very well balanced with no single distinct flavour. Kelly started with half of a new chicken pomodoro and half of a five cheese marinara on top of angel hair noodles. The pasta was good but cooked a little beyond al dente (a measure of how well the pasta is cooked, being firm to the bite), which we normally prefer. The pomodoro was a bit basic, but what really makes it are the sizable chicken pieces which had a subtle sweetness to them – probably why I chose that for my refill. The cheese marinara was pretty amazing, being super creamy and tangy. We also got the new pesto alfredo for a refill, which happily had a noticeable basil taste in a thick sauce that stuck well to the noodles.

This is definitely a restaurant I would recommend for pasta lovers. Not truly authentic Italian or super fancy but a nice step up from fast food.



HOT 'N' SINGLE

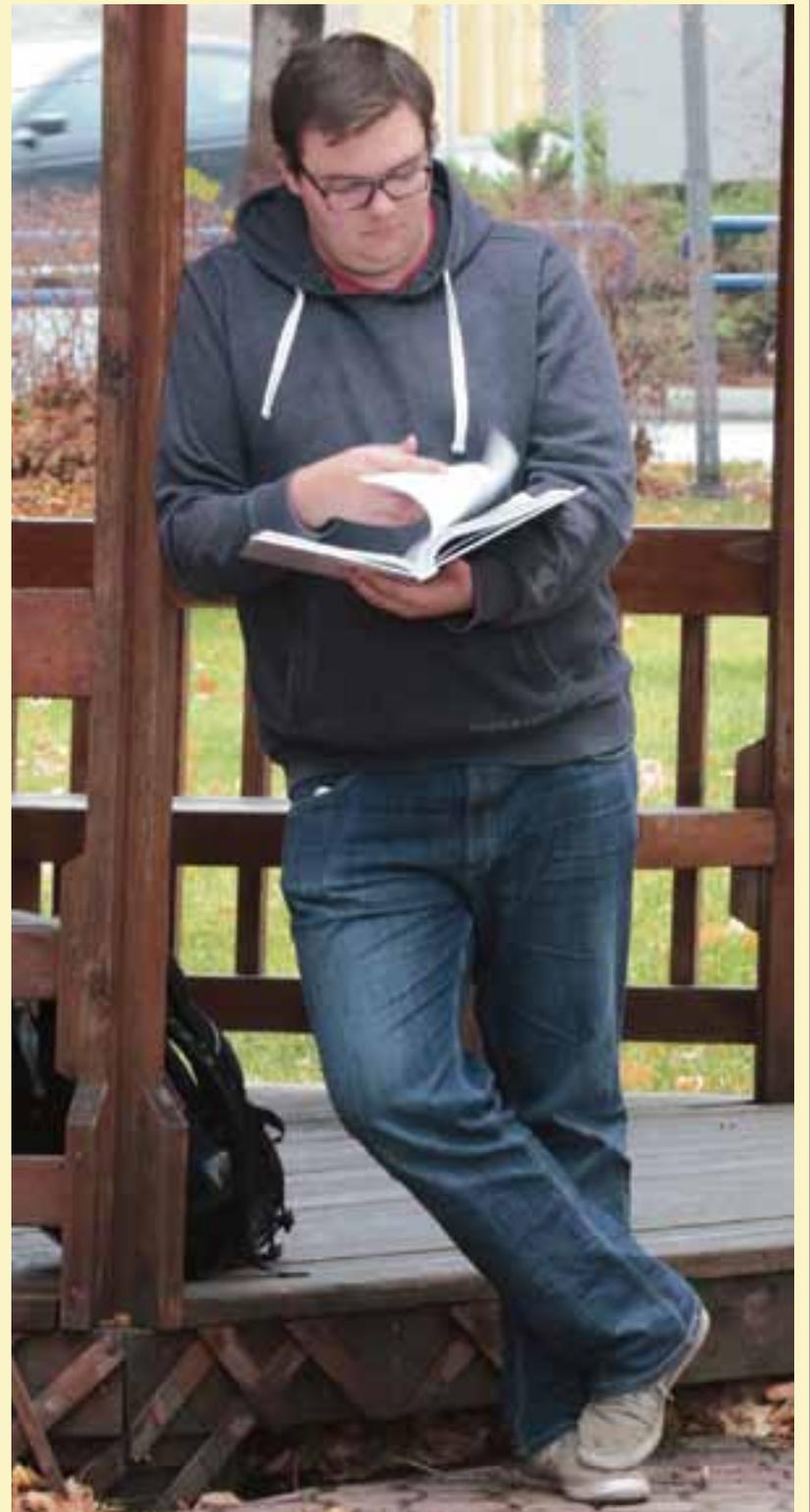


Photo by Tom Armstrong

Matt Luedke Business

What's the best part about the ladies in the business program?

They are quite smart, you know? You have to be smart to be in this program, that's why I'm in this program. I'm looking for an intelligent lady with a bit of wit and charm. A nice big brain is pretty sexy.

What else do you look for in a woman? She's gotta be adventurous.

Looks always help, but I don't want somebody that's gonna be boring and just sit at home all of the time. Straight teeth are important but they aren't a requisite

Where are you taking a girl on a first date? Probably out for dinner, then maybe an activity like bowling or mini-golf. If I'm feeling really adventurous, maybe horseback riding.

Are you paying for dinner? Of course, it's very important to pay on the first date.

Are you a hook-up-on-the-first-date kind of guy? Yes, if necessary.

What's something unique about you? Oh, I can play the guitar.

What kind of music do you listen to? I'm a big Taylor Swift fan.

I also enjoy some Ed Sheeran, some Of Monsters and Men and Imagine Dragons.

MOVIE REVIEW

A flick for cold winter nights

By CLAYTON RADKE

“People ask me what I do in winter when there’s no baseball. I’ll tell you what I do. I stare out the window and wait for spring.”

—Rogers Hornsby

Baseball fever swept across Canada this year as the Blue Jays reached the postseason for the first time in 22 years, making it all the way to game six of the ALCS. In order to keep that enthusiasm alive, I recommend a dosage of baseball movies this winter, starting with 1989’s *Major League*.

Rachel Phelps, formerly a Las Vegas showgirl, inherits the Cleveland Indians baseball club after her husband dies. Eager to exploit a stadium deal in Miami, she needs to tank the Indians’ attendance to get out of Cleveland and sets out to build the worst possible team, pulling players out of retirement, the Mexican leagues and the prison system. Early on, the team promises to be a total embarrassment: Pitcher Ricky Vaughn seems incapable of hitting the strike zone at all, speedy runner Willie Mays Hayes will never get to base because he keeps hitting pop flies and power hitter Pedro Cerrano practises voodoo in order to enable him to hit breaking balls.

The players provide plenty of laughs through their ineptitude early on. Despite that, no character is stronger in the baseball scenes than team broadcaster Harry Doyle, who relays the team’s early struggles in an unprofessional yet totally entertaining way on the radio. When he says into a live mic “One hit? One goddamn hit, that’s all we got?” we feel sympathy for the pain a bad team inflicts (especially the Oilers fans among us).

The film benefits from some emotional weight brought by catcher Jake Taylor, played by Tom Berenger. Coming back to Cleveland initially gives Taylor a chance to re-connect with Lynn, an old flame from when he was a more established player. When he learns from Lynn that she is engaged, he becomes determined to win her back, while also trying to win games against incredibly long odds. As the Indians start to win some games, the team jet is replaced with a rattling old DC-3, later downgraded again to a rusted-out bus. The team is not demoralized so easily, however, and when the players find out about the owner’s plot, they decide to come together and try to win the pennant to spite her.

This improbable film concludes with an equally improbable setup, as the Indians

storm through their division to earn a one-game playoff against the hated Yankees. Can the Tribe finally win one and get to the postseason? Will Jake and Lynn come back together? It’s a sports movie, so the answer

may seem obvious. But we don’t watch this kind of movie for the destination, more so the journey and the journey offered by *Major League* should help to make the destination of spring training seem not so far away.



sports.yahoo.com

Tom Berenger, left, and Charlie Sheen in *Major League*.

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HOT 107

More important than famous

By CAMERON MALCOLM

If I was to tell you that one concert could change the music landscape forever, would you believe me?

It was in 1976 and two young lads from Manchester saw the legendary Sex Pistols. It was a catalyst for Bernard Sumner and Peter Hook. After that show, they bought a bass guitar and put up ads for a vocalist. Ian Curtis, from Stretford, replied to the ad and was hired

without audition. Their drummer at the time dropped out and this allowed the final piece of the puzzle to come, Stephen Morris. Only four years later and two albums officially released, the legacy of these young men was cemented.

The band I am referring to is, of course, Joy Division.

To the uninitiated, Joy Division is an unknown group with minimal to no inter-

national success – no Top 10 singles and no Top 10 albums to their name. However, it's what they accomplished in those short years and the long lasting effect that matters. Like other outfits of yesteryears (e.g. the Velvet Underground) it's only after they have broken up that people start to recognize their contributions.

Joy Division has a very raw sound but somehow they were still filled with enough emotion to separate themselves from the punk scene in which they were born. Ian Curtis's reflective lyrics, at times morose and bleak, meld with the chaos of Sumner's guitars, Hook's punchy bass and Morris's high flying drumming. To add to the darkness, their name actually comes from a 1955 book, *House of the Dolls* by Holocaust survivor, Ka-tzetnik 135633. "Joy Division" was the name of the prostitution wing for the Nazi officers at Auschwitz concentration camp.

When I first heard Joy Division, it was nine or so on a Sunday night. I had been lying in bed listening to the radio when "Transmission" came on. I was mesmerized by the song. I couldn't move, I couldn't think. I knew at that point, I had stumbled upon some hidden secret from the annals of music. Instantly, I was researching as much as I could about this new and exciting sound. Through my research (and countless hours with headphones on) I was saddened to learn

of their demise. It was May 18, 1980 when Curtis committed suicide at the age of 23. However, out of the ashes, arose New Order. They became one of the most influential groups of the '80s releasing classics such as, "Blue Monday" and "Bizarre Love Triangle."

I credit these four young men for helping me explore music in a different direction. They opened my eyes to what could be done, lyrically and musically.

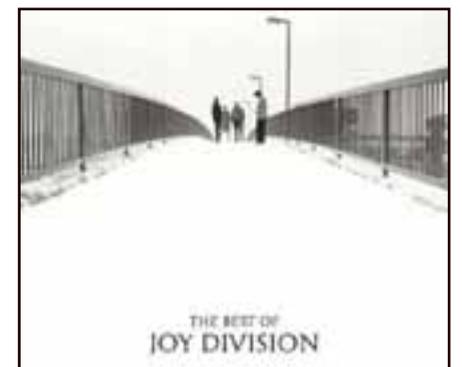
So if you are so inclined, here are my suggestions for What's That Sound?

- Transmission - Single
- Love will tear us apart - Single
- Isolation - Closer
- Shadowplay - Unknown Pleasures
- She Lost Control - Unknown Pleasures
- Interzone - Unknown Pleasures
- Atrocity Exhibition - Closer



Joy Division

hdwallpapersfit.com



en.wikipedia.org

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WEDNESDAY Classic Poutine	WEDNESDAY Sambuca/Tequila Shot
THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

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CANADIAN

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Nov. 12-18

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

Scorpio (Oct. 23-Nov. 21)

The world may be a stage, but this week, you may find yourself cast as an extra rather than your usual starring role.

Sagittarius (Nov. 22-Dec. 21)

Change can be exciting but if you're constantly switching it up it can be hard to make progress. This week, try something

new and see if you can make it stick.

Capricorn (Dec. 22-Jan. 19)

You like to think things through and make a calculated decision, this can be an asset as long as you don't become cold and detached.

Aquarius (Jan. 20-Feb. 18)

You are searching for something, but don't just settle for anything. Consult your friends for advice this week, even though it is against your nature.

Pisces (Feb. 19-March 20)

Feeling indifferent or lazy? Honour how you're feeling but don't let yourself fall into a rut! This week, try something new or set a fun goal.

Aries (March 21-April 19)

Your willingness to speak your mind is usually an asset but sometimes you can push friends away. This week, be sensitive to how you treat people.

Taurus (April 20-May 20)

You're stubborn. You know what

you want and you want it now. Don't forget about the big picture and try to be a little more flexible while you're pursuing what you want.

Gemini (May 21-June 21)

You don't always need to dig deep but don't fall into being shallow to a fault. This week, appreciate the details.

Cancer (June 22-July 22)

Sometimes people get under your shell and hurt you but unlike an oyster, that grain of sand won't make a pearl. Move on.

Leo (July 23-Aug. 22)

You're the regal life of the party but make sure you're not being bossy and overshadowing the people around you this week.

Virgo (Aug. 23-Sept. 22)

You want things to be perfect but this week, challenge yourself by going with the flow. You'd be surprised by how great things can turn out!

Libra (Sept. 23-Oct. 22)

Your life is ruled by balance and is a constant journey from one extreme to another. This week, get some rest.

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



NAITSA SERVICE CENTRE

Introducing the Naitisa Service Centre!

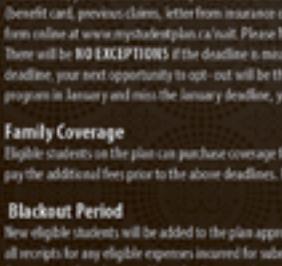
This year, NAITSA is proud to announce the launch of the NAITSA Food Centre.

Hunger should not be a barrier to education, and the NAITSA Food Centre is here to help. The cornerstone of the Centre is the hamper program, which aims to provide 3 days emergency food relief for members of the NAIT community in need.

If you are interested in helping the NAITSA Food Centre combat hunger in our community, donations are always welcome. Non-perishable food items can be donated at the NAITSA office (E-131); monetary donations can be made either through the NAITSA office or online at nait.ca/food-centre.

Please Note: As NAITSA is not a registered charity, monetary donations to the NAITSA Food Centre unfortunately are not tax deductible.

More information, such as needed items, can be found at nait.ca/food-centre, by emailing foodcentre@nait.ca, or by calling 780-491-3966.



NAITSA SERVICE CENTRE







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STUDENT HEALTH AND DENTAL PLAN

Please visit the NAITSA Service Centre Coordinators located in Room E-131. We provide health and dental coverage to over 5,100 students each year, and it's our duty to assist you in completing all proper documentation (to opt-out or opt-in to the plan), and to answer all your questions. If you change programs at any time, please alert the NAITSA Service Centre Coordinators immediately to ensure your coverage eligibility has not changed.
studentplans@nait.ca | 780-471-7730 | Twitter: @naitplan

What you need to know about the Student Health and Dental Plan:

If you are a student enrolled in a credit class that starts prior to September 25th, 2015 in the fall term, or a class that starts before January 29th, 2016 in the winter term, you are automatically assessed the fees for the Student Health and Dental plan, and are automatically enrolled in the plan. All credit students are assessed these fees, regardless of whether they are part-time or full-time students.

- Health Plan fee: \$300 per academic year and is charged in two payments of \$150 per semester
- Dental Plan fee: \$120 per academic year and is charged in two payments of \$60 per semester

This plan includes non-credit programs, students 100% online, auditing and apprentice students.

IMPORTANT! Opt-Out and Family Add-On Deadlines:

- Deadline (September Start): Friday, September 25, 2015 no later than 4:00 p.m.
- Deadline (January Start): Friday, January 29, 2016 no later than 4:00 p.m.

If you have comparable coverage through another insurance carrier (Blue Cross, Great West Life, Manulife, etc.) and you would like to opt-out of the benefits, you must fill out the opt-out waiver form and provide the NAITSA Service Centre (E-131) with confirmation of comparable coverage (benefit card, previous claims, letter from insurance company or employer etc.) before the given deadline date. You may also complete the opt-out form online at www.mystudentplan.ca/naitsa. Please Note: Provincial Health Care is NOT comparable coverage. There will be NO EXCEPTIONS if the deadline is missed. You will be required to pay the student Health & Dental fees, if you miss the September deadline, your next opportunity to opt-out will be the following September (no changes can be made to plan in January). If you begin your program in January and miss the January deadline, your next opportunity to opt-out would be the following September.

Family Coverage

Eligible students on the plan can purchase coverage for their spouse and/or dependent(s). The student must complete a Family Add-on form and pay the additional fees prior to the above deadlines. Please call or visit our office in E-131 for more information.

Blackout Period

New eligible students will be added to the plan approximately 45 days from their program start date. During these blackout periods please keep all receipts for any eligible expenses incurred for submission to Great West Life, once the plan is activated. Please check with the NAITSA Service Centre to confirm the actual benefit plan start date, or follow us on Twitter @naitplan for the go-live announcement.

For more information on what is covered by your student health and dental plan, please visit www.mystudentplan.ca/nait

THROWBACK THURSDAY

Gone in 60 Seconds – the original

By JOEL SEMCHUK

There was a time in Hollywood when anyone could film any kind of movie. With 360 cloudless days a year and an average of 3,348 hours of sunlight, all you needed was a camera and props. A distinct feature of scenes back then was the lack of people on Los Angeles streets – no one could afford extras.

Back in 1974, H.B. Halicki bought a bunch of cars at an auction for \$200 each. He stored them until he got everything organized. He gathered friends and family, briefed them on the movie, then told them to improvise their scenes. All-round, it was pretty simple.

A bunch of respectable, professional car thieves have three days to steal 48 cars for a South-American drug lord. Sound familiar? Yes, *Gone in 60 Seconds* was remade in 2000 with Nicolas Cage and it's an OK movie and is probably the least violent summer action flick in a decade but Nicolas Cage is like McDonald's, no matter how good it is, well ...

Hollywood nepotism notwithstanding, the original *Gone in 60 Seconds* is a tribute to a time when cars were expensive blocks of metal that were distinctly uncomplicated in how they started, ran and locked. Hundreds of models could be opened with a screwdriver or worked

through a window. Car alarms then were for rich people only and rare at that. There were only about a dozen ways to start a car without a key and the original movie proudly displays most of these techniques. In the remake, you have to suspend disbelief a little bit when Cage and his buddies are clipping wires and hooking ignitions up to strange little computers.

Even with the bad acting in the original, a sense of togetherness can be felt with everyone and, all-in-all, a fairly decent film was patched together by this amateur. It still has the distinction of being the longest car chase in movie history. Halicki established several such milestones. In his movie *The Junkman*, Halicki

holds the Guinness record for wrecking the most cars on a set (over 250). He has four or five such films in his repertoire.

Why so few movies from someone so passionate? Halicki nearly killed himself in the final jump scene in the original *Gone in 60 Seconds* and then actually (and accidentally) killed himself in a crash while filming the sequel. His family agreed to the remake in part to keep Halicki's legend and legacy alive.

Finally, the original gets the win over the remake for one last reason – the original has a scene where head-car-thief-guy lights a cigar and walks past all 48 stolen cars and they are beautiful, beautiful machines.

JUST THE TIP

Keeping abreast of sex techniques

By JOEL SEMCHUK

To the chagrin of most women, men generally appreciate breasts visually during the day and even less than that during sex, especially later in the relationship.

This is a shame, because there's a level of intimacy available from breasts that few are lucky to have experienced and even then it's mostly by accident – breast orgasms. While some people consider them a myth, let's upgrade that to "legend," because there are some scientific facts behind breast orgasms.

The Journal of Sexual Medicine studied nipple stimulation to discover that it

affected the same area of the brain as clitoral and vaginal stimulation – the genital sensory cortex. Nipples also swell with blood to the point of glowing and even turn a darker shade when aroused. Some research suggests that the breasts swell when aroused as well. This suggests that the breasts and nipples are much more than adornment and should have a more active role during sex.

As with everything sexual, everyone's preferences will differ when it comes to enjoying any kind of stimulation. That said, there are some base moves that can be considered a good place to start. Sharing ideas

with friends might be a good way to get ideas (someone told me once to turn the nipples like you do a radio dial) but for the love of all things intimate, talk to your partner!

Spending a few weeks practising nipple/breast stimulation techniques sounds like a better way to spend your time than a "movie" and takeout pizza, so to speak. And even if the attempts fail at instilling full-on orgasm, such focused effort on a single erogenous zone can only have positive and fulfilling long-term effects. You might discover a few things about your significant other that you didn't know before.

You'll have to start with exploring what different techniques work best in what areas and then go from there to putting it all together. Be creative! Remember that avoiding sensitive areas makes them 'crave' being touched, so spending time away from the nipple will make it want you to come back.

Be open-minded. Remember that this is new for both of you. If you find a rhythm and it's working, keep that rhythm going until orgasm is achieved. Then try to remember what you both did ... maybe even write it down.

Have fun!

NOVEMBER EVENT LIST

- 5 | RED LIGHT GREEN LIGHT @ NEST
- 6 | HOW TO: SELF DEFENSE
- 7 | NAITSA KIDS PARTY
- 12 | HOW TO: DECORATE CUPCAKES
- 12 | RODEO KARAOKE @ NEST
- 13 | HOW TO: SALSA DANCE
- 16 | SLOPPY JOES @ PATRICIA CAMPUS
- 16 | FITNESS CHALLENGE DAY 1
- 17 | EVENING STUDENT APPRECIATION
- 17 | SLOPPY JOES @ SOUCH CAMPUS
- 18 | WELLNESS WEDNESDAY
- 18 | FITNESS CHALLENGE DAY 2
- 19 | BLOOD DONOR CLINIC
- 19 | GAME NIGHT @ NEST
- 20 | FITNESS CHALLENGE DAY 3
- 23 | FITNESS CHALLENGE DAY 4
- 24 | HOW TO: CARE FOR YOUR FACIAL HAIR
- 25 | FITNESS CHALLENGE DAY 5
- 26 | EXTREME SPORTS @ NEST
- 27 | FITNESS CHALLENGE DAY 6
- 30 | BASIC NEEDS FAIR

NAITSA CLOSURES

- 11 | REMEMBRANCE DAY

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TELEVISION

Reasons to watch Supergirl

By **GERVAISE BRANCH-ALLEN**

Quite a few live-action superhero shows have returned to TV including *Arrow*, *The Flash*, *Gotham* and *Marvel's Agents of S.H.I.E.L.D.* At the same time, one more show has hit the air featuring a female lead: *Supergirl*.

When baby Kal-El (a.k.a. Superman) was sent to Earth for his own protection, his 13-year-old cousin Zor-El (a.k.a. Kara/Supergirl) was sent to Earth as well to protect him. Unfortunately, her pod was sent off course due to Krypton's explosion and she was sent to a reality where time and space are static. Decades later, Zor-El's pod crash-landed on Earth and Kal-El greeted her while revealing himself as Superman. Since he was a grown man, Superman didn't need his cousin's protection. Instead, Kara grew up with an adopted family longing for a purpose in life. As an adult, Kara started working at CatCo, a big-name newspaper publisher in National City.

When her sister is in danger, Kara races to help her by saving a plane. In doing so, she is reinvigorated and decides to use her powers as a superhero instead of living a 'normal' life. Following this spark, Kara reveals her identity to a friendly co-worker, wears a costume and decides to fight crime. Unbeknownst to her, a slew of Kryptonian criminals are formulating her downfall, including some surprise characters.

Supergirl stars Melissa Benoist as the titular character, who portrays Kara's hope, enthusiasm and charm in a resounding manner. Mehcad Brooks plays James Olsen, Superman's buddy and news photographer at CatCo. Chyler Leigh plays Kara's adoptive sister, Alex Danvers. Jeremy Jordan plays tech expert Winn, Kara's friend and co-worker at CatCo. David Harewood plays Hank Henshaw, head of the department of extra-normal operations and Alex's boss. Rounding out the main cast is Calista Flockhart as Cat Grant, head of CatCo.

Guest actors from previous Superman media include Dean Cain (*Lois & Clark: The New Adventures of Superman*) and

Helen Slater (*Supergirl* – 1984 film) as Kara's adoptive parents, which is pure fan-service. Hopefully, other guest actors will appear from older Superman shows and movies like Tom Welling (*Smallville*) and Ned Beatty (*Superman – The Movie/Superman II*) for example.

Speaking of Superman, the character is notably ambiguous whenever he appears in the show. We've yet to see his face and often hear "him" used to refer to Superman. I'm assuming, if not for legal reasons, the producers are reducing Superman's role in the show to keep the focus on Supergirl.

Executive producer of *Arrow* and *The Flash*, Greg Berlanti, is also heavily involved in this series, crafting the story for the first few episodes with fellow *Arrow/the Flash* producer Andrew Kreisberg and Allison Alder (*No Ordinary Family*). Comic characters like Non, Red Tornado, Livewire and Toyman are all set to appear.

I'm really having a good time with this show so far. The tone is whimsical, the characters are fun, and the action is pretty interesting since Supergirl has so many powers other heroes on TV don't have, like flight. It's nice to see the crew work their VFX magic and make the heroics look convincing with a TV budget.

The pilot was pretty similar to other superhero pilots, so it would have been nice to see some changes in the formula. Pilots are often pretty tricky, though, so I commend the writers for get-



fanpop.com

Supergirl

ting past that impediment.

Additionally, the villains introduced so far have been relatively mediocre and underdeveloped (major villains aside); a continuing issue with various superhero shows and movies. Comics are able to develop characters over numerous issues, whereas TV shows only have an hour to develop a character that is only appearing in one episode anyways. Since these shows want to focus on their protagonists, the antagonists usually get short-changed. Hopefully, future episodes will feature better developed enemies.

Supergirl looks like it will quickly become competition for other superhero shows thanks to its humour, optimism and Melissa Benoist's likability. Even with other female-led shows like *Marvel's Agent Carter* and *Jessica Jones*, *Supergirl* is the first prime time series with a superpowered protagonist and an all-ages rating which will definitely inspire more girls to enjoy superheroes. And that's why you should watch *Supergirl!*

REALITY TV

Chaos Kass strikes again

By **KA CHUN YUNG**

In her first appearance on *Survivor*, Kass McQuillen quickly earned herself the nickname of Chaos Kass. She was known for her unpredictability in *Survivor Cagayan*, when she flipped alliances. In *Survivor Second Chance*, she vowed to change to improve her chances. Despite her efforts, she could not resist the urge to stir the pot.

In the last tribal council before the merge, Spencer appeared to be the obvious choice for

Ta Keo to vote out. Spencer had little to no previous relationships with many of the other tribe members. The few that he did have were usually on the other side, working against him. Kelly Wiglesworth and Spencer were considered the outsiders but Kelly bonded with Andrew, leaving Spencer to fend for himself. That was until Chaos Kass resurfaced to wreak havoc in the game.



parade.com

Kass McQuillen

For inexplicable reasons, Kass decides to save Spencer by blindsiding Woo. Kass later claims that Spencer can trust her now because she supported and never lied to him. That Spencer is with her. The flaw in her thinking is that she "earned" the trust of Spencer by blindsiding Andrew and Woo. Kass had a solid working relationship with two people but traded that for the trust of one. I'm also not certain why she thinks Spencer would be with her the rest of the way. She blindsided one of her allies. Given her history, why would Spencer put any faith into any deal she offers?

A slight twist occurs next, when the two tribes merge. A 13-player merge is the largest in the history of the game and Chaos Kass is the centre of attention. She tries to obtain more information in a conversation with Tasha. However, Tasha wants nothing to do with Kass and blatantly lies to her. Kass

tries to use the opportunity to show how deceitful and untrustworthy Tasha is. She says some people are playing a new game in *Survivor Second Chance*, while others are playing the same old game.

Unfortunately for Kass, too many people are aware of her history. She is known as Chaos Kass for a reason. Kass often justifies her actions saying she has never lied to anyone. Although it may be technically true, she regularly breaks implied non verbalized deals, as was the case when she blindsided Andrew and Woo to keep Spencer. Andrew was visibly upset with the result. So, though Kass is correct that she never lied to him, the result was much worse as Andrew now loathes her.

If you look at all the past winners of *Survivor*, you will find that the majority of them are well liked. This isn't a coincidence. People generally support someone they like, not someone they despise. Just ask Russell Hantz. He played exceptionally well on his first two appearances in *Survivor* to reach the finals but his cutthroat gameplay left him with virtually no chance of winning. It's impossible to be well-liked

by everyone but it's best to not go out of your way to be hated.

Pockets Devoid

Here now I hold a tale of woe
To enter the world of toil
With pockets now devoid of dough
And a wallet of lint and dues

To fund new skills in ivy halls
I'll beg and plead supplies
Then face the greatest test of all
To give it back when all is done

Toil and suffer at the hands
Of those who would provide
A gift of empty broken lands
Where I can but survive

With proper tools with which to grind
But no place to call home
I give and give all that I find
Back to those who to me lent

An endless cycle that we are in
With no hope to escape
You must have the thickest skin
If dare you learned be

– By Joel Leckie

REFLECTIONS AND INSIGHTS

Moods and taking control

By JAGRIT BAJWA

Your life revolves around your moods and the moods that you consistently stay in make up your general behaviour. The very first thought in your mind as soon as you wake up can decide whether or not you are going to create a mess of the day and the approach which you will use to deal with routine moments and situations. So, it is always important to have a good start.

Morning's best

The morning is the best time to utilize to reach toward the maximum level of inner peace. You can always spend some time unifying your mind with your life. This means that all of your mindy shit – your ideas, opinions, expressions, emotions, needs, thoughts, etc. need to be kept aside while you are in a process of moving towards totality.

Remember, moods and emotions are temporary feelings, they are not going to remain the same always. They can let you wander within yourself. Getting hold of those continuous wanderings is all that you need (easier said than done). The only thing which is permanent is the “one” that can penetrate or keep a watch on those swinging moods. That higher level of consciousness (if you are aware or know what it is) can always act as a watchdog for your thoughts and moods that keep popping up now and then.

Happy moods, sad moods, anxious moods, calm moods, confused moods, sick moods, refreshed moods, etc. can decide the level of energy you may put into your tasks. Your

many moods can decide the well-being and health of the relationships you have with the people around you. Now you can analyse why your girlfriend or boyfriend don't behave the way you want them to. The stability of your moods is in your hands!

The determined mind rises moods and carries on with purpose. So if you are doing something that you feel is bad or looks bad but has a good end in the future, don't get swayed by your feelings, hold them a bit and move on to accomplish the task. It is just like the restless emotions that you will throw at me when I ask you to sit for meditation for one hour. Yeah! How uneasy you are going to be!

Only you can do it

Moods can always be manipulated and transformed from one to another. But the supreme authority who can do this is you only, no one else. Don't form the habit of leaving it on others to make you feel better. If you let others control your mood, you will gain every chance of losing the best you could have given to a moment or a situation. Being able to hold your emotions in testing situations is a sign of maturity and you don't need to brag about it when you do.

The stronger the relationship is with yourself, the more easily the feelings and moods can be woven into a direction. Being a moody person is good but being too moody won't be that cool.

Choose the best emotions and feelings for yourself, the choice is yours!

FASHIONISTA OF THE WEEK

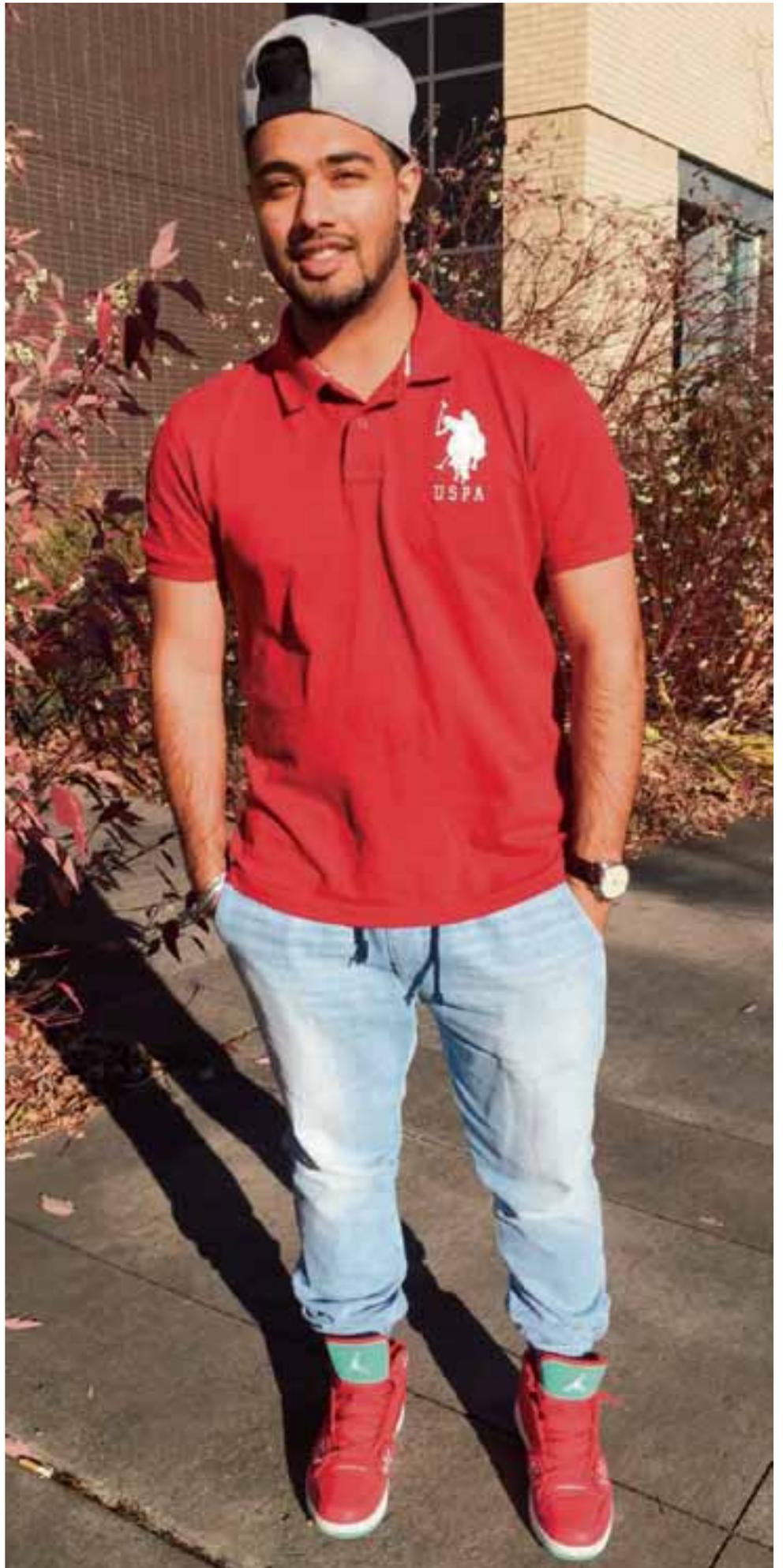


Photo by Maham Fatima

Vipranpreet Sangha Chemical Engineering

Tell me little bit about your style. My style is more towards the smart-casual. I don't really look up to anyone as for trends or style, I wear what I like best.

What do you think about when you get dressed in the morning? I assess my comfort level as I find that the most important factor when deciding what to wear.

Where do you like to shop? I mostly shop online but it would be Footlocker, Express, Finish Line, Zara, Jack & Jones, Guess and Calvin Klein.



Alcohol abuse is no party

By SHEEBA LINDSETH

I smell like a minibar

DJ's passed out in the yard

Barbie's on the barbecue

This a hickie or a bruise?

—From Last Friday Night (T.G.I.F.)

•••

Oh, Katy Perry, you make last Friday night sound like so much fun! We can forget that we have a paper due on Monday or a giant exam coming up this week that we really need to study for.

If you haven't guessed it yet, I am talking about something most of us like indulging in. I am talking about alcohol, booze, the wobbly pops and the barley pops. But this is not a funny article, it's about how sometimes a few drinks turn into a few too many. And next thing you know, you have no idea how you got to where you are.

Nationally, a very large majority of college students drink alcohol. The research on college student drinking is interesting in that it shows that more than 70 per cent of college students report that when they drink, they drink four or fewer drinks on any one occasion of drinking.

Up to 81 per cent of high school students have tried alcohol at some point in their lives, compared to 70 per cent who

have smoked cigarettes and 47 per cent who have used marijuana. So, it's safe to say that most of us know what alcohol does to us. But do we know where to draw the line? Do we know when it's time to say, "I think I will stop for tonight." Is there such a thing as drinking responsibly?

I had a skype chat with Randy Haveason, a well-known American alcohol and addiction abuse counsellor. He told me a little about his battle with alcohol and drugs, about how he was kicked out of college twice because of his cocaine and alcohol addiction. He told me how he got his life together and now helps college students with their struggles. He said you cannot just tell students to drink responsibly and expect them to know what that means.

What does drinking responsibly mean? Is it two drinks? Is it one drink? I asked him what he tells students who come to him for help.

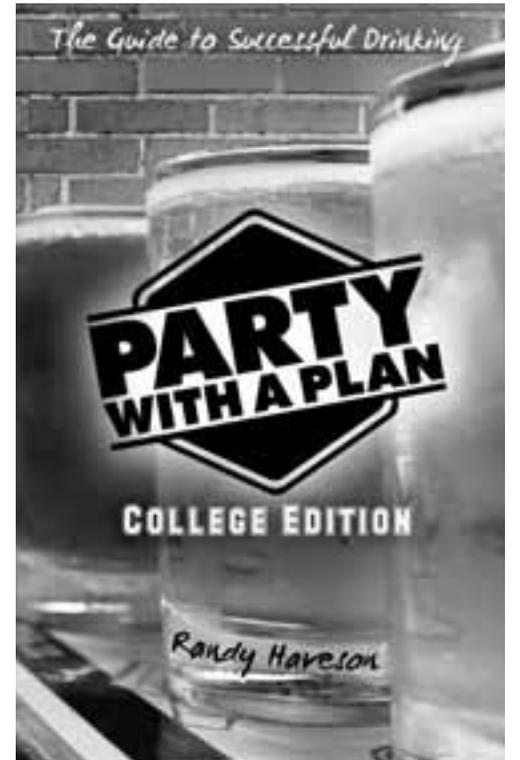
"I tell them about the 0123 plan" he said. "Sometimes the best option is to have no drinks. Like, if you are the designated driver or if you have a test the next day. Sometimes it's OK to have one drink per hour. You have to be the judge of what you can handle. Know your boundaries. The two stands for two per week. You can have two drinks

per week. The three stands for no more than three per 24 hours."

He said that this plan is to help students decide for themselves what will work the best for them. He explains his strategies on how to drink responsibly in his book *Party With A Plan* which came out last week.

Haveason explained to me that the question every student has to ask themselves is, why are they drinking? Are they drinking for the sake of drinking? Or are they drinking to get drunk? Because if alcohol is used as a way to relax, it will cause a kind of reliance that you do not want to develop. It might easily give way to addiction, in which you can only relax if you have a drink or two.

Just remember, there is nothing wrong with drinking in company with friends and having a good time. But while doing so you need to keep in mind that if you indulge in heavy drinking, it takes your body a couple of days to clear it out. If you want to be sharp for that test on Monday, make sure that you are ready for it body and mind. Because, after all, we are students. I am not telling you that you need to stop living your life, I am



www.bloomingtwig.com

just saying that it is not worth it to fail an exam because you were too hung over. After all, we are paying for good education for our futures. Let's be responsible with it.

Spine chilling body snatching

By JOEL LECKIE

Based on a science-fiction horror manga of the same name, *Parasyte: The Maxim* can send some chills down your spine as you watch. Set in modern day Tokyo, a group of worm-like aliens descend upon the Earth and start invading people's bodies. They crawl into a person's head through the nose or ears and take complete control. Shinichi gets lucky; since he wears headphones to bed the parasite is unable to reach his brain and enters his arm instead, creating a symbiotic kind of bond.

Though the concept of your hand not being under your own control is a bit of an old one, I think *Parasyte* does a good job creating a unique portrayal of it. Migi, the now intelligent right hand, depends on Shinichi for survival. Shinichi, however, first wants to get rid of Migi but soon discovers he can't. One of the abilities of the parasites is to mutate their host. This allows them to stretch the limbs to great lengths, grow an eye or a mouth, tighten muscles into blade-like weapons or appear completely normal. So Shinichi constantly lives under the threat of having his head chopped off by his own hand.

Of course, the two work out an agreement so they can both survive. This gives the plot a way of moving forward in each episode as Migi tries to stay hidden from other humans and combat the many other parasites who have taken other hosts in the area. The dark elements of your neighbours being eaten by an alien creature are offset by the antics of a 17-year-old boy who talks to his hand going through the last days of high school. His hand is curious, and does not know the local customs, so Shinichi is constantly trying to teach Migi about life on earth.

With many other parasites having landed with the goal of eradication, Migi and Shinichi are considered a grave

threat due to their symbiotic agreement. The parasites all have a psychic sense for when another parasite is nearby, so it just comes down to properly identifying the host. Combat ensues in the most creative way as the parasites manipulate their hosts' bodies to form various weapons. The most common being to surprise their victims by converting their own head into a mouth reminiscent of a venus flytrap. If surprise does not work, they will stretch parts of

the host body into long, flexible blades to cut their victims apart.

If you are a fan of sci-fi horror, this is definitely an interesting watch. The pace does not move quite as quickly as I would like sometimes but there is a variety of elements to keep you interested. It brings a new perspective on alien body snatching that can really pique the imagination.



www.reddit.com

Parasyte: The Maxim

Overcoming perfectionism



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Do you set excessively high standards for almost everything you do?

Do your accomplishments rarely meet your expectations?

Do you try to appear faultless to the outside world, even your friends?

Do you judge yourself based on your accomplishments ... consider yourself a failure if you get a 'B' ... put things off because you can't get them perfect ... avoid giving your opinion for fear of looking dumb?

Perfectionism is a self-defeating cycle where individuals set excessively high standards for almost everything they do, often fail to live up to them and blame themselves for not being good enough or not trying hard enough. They then feel compelled to set more unrealistic goals in order to try and feel better.

Perfectionism usually interferes with, rather than contributes to, success. Perfectionists never feel satisfied and, even if they get some temporary satisfaction, they usually don't accomplish as much as non-perfectionists because they spend so much time trying to get things just right. Becoming so obsessed with achievement often means missing out on the joys of life. Perfectionism is a major cause of procrastination. Fear that they cannot do a task perfectly or anticipation of the effort involved to achieve perfection, often causes perfectionists to avoid tasks. As well, perfectionists often have problems with relationships because they apply their own unrealistic standards to others and can be critical.

While setting high standards is good, aiming for compulsively high targets is harmful to your mental, emotional and physical health. Here are some tips for setting realistic standards:

- Set boundaries on the amount of time you put into projects and studying and stick to those boundaries. Perfectionists often put two or three times the time and effort into projects, even if the projects are minor. And all that extra effort usually leads to minimal improvements (two or three per cent). In the meantime, they get stressed about not working on other projects and lose balance in their lives through not spending time with friends or doing activities they enjoy.

- Decide on one or two things that are most important to you and put your effort into those things. Practise doing a mediocre job or even a bad job, of other things that are not important to you.

- Try new activities. Remember that we learn by making mistakes. Often perfectionists don't try new things because they don't want to make fools of themselves.

- Know your overload warning signs. If you are having symptoms of stress, feeling like giving up, avoiding necessary tasks or feeling tearful or irritable you may be setting standards that are unrealistic or taking on too much.

- Schedule time for fun and relaxation every day. This actually makes you more creative and productive in the long run.

- Try not to compare yourself to others.

- Alter your negative self-talk. Be aware of how hard you are on yourself and practise giving yourself more praise and changing negative self talk to positive or at least neutral, messages.

- Ask yourself "What is the worst thing that could happen if I don't do this perfectly or if I get a mediocre mark?" Usually the consequences are not that critical.

- Make a list of how perfectionism is hurting you and those around you. Some common examples include low self-esteem, micro-managing, negativity, isolation, difficulty making decisions, not taking risks and keeping relationships distant.

- Watch for positives. Perfectionists are usually wonderful at spotting flaws in themselves and their work, as well as in others. Make a conscious effort to see more good than bad in everything and everyone you evaluate, and to alter that negative inner voice to have a more positive, realistic viewpoint.

- Stop chasing the impossible dream. Judge yourself by who you are, not by what you accomplish. No one is, or ever will be, perfect. You are wonderful just the way you are!

Healthy achievers take pleasure in pursuing their goals rather than feeling stressed that they might not achieve perfection. Letting go of perfectionist tendencies requires time, effort and patience (and the willingness to accept that your efforts to change won't always have a perfect result). But healthy goal setting is within your reach ... and you will probably find yourself having a lot more fun.

Counsellors at Student Counselling can help you set healthy standards. We offer academic and personal counselling. For more assistance, book an appointment:

Main Campus: Counsellors are available Monday to Friday. Call 780.378.6133 or come in person to Room W-111PB, HP Centre.

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

Patricia Campus: A counsellor is available Thursdays. Call 780.378.6133.

GAME REVIEW

Arkham series a treasure

By GERVAISE BRANCH-ALLEN

When people think about superheroes in video games, licensed movie titles with terrible reviews usually come to mind. Yet the *Batman: Arkham* video game series has astonished gamers and reviewers alike with its tight narrative, brilliant combat and unique take on the Batman mythos. Rocksteady Studios, the developers, make you feel like Batman. If you haven't played any installment in this series, you're missing out. For quite some time, I didn't have the opportunity to play any of these games. Fortunately, I've more recently dived into the series, and I don't want to leave.

First installment

Batman: Arkham Asylum is the first installment in the series as Batman personally escorts the Joker to Arkham Asylum, Gotham City's prison for the criminally insane. Soon, Batman finds himself in a nightmare as Joker escapes and locks down the prison trapping guards, prisoners, and Batman inside. This game was the start of something brilliant as Batman traverses the horrific and sinister building filled with creepy inhabitants and genetically enhanced maniacs.

Batman: Arkham City is the second installment in the series as Bruce Wayne is sent to Arkham City, a massive open-air

prison in the slums of Gotham City. After suiting up, Batman tackles the growing threat of "Protocol 10," co-ordinated by the prison's warden, Hugo Strange. At the same time, Joker is dying from a fatal disease and decides to give Batman the disease as well, just for fun. This game is simply amazing. It's hard to wipe a smile off your face when you're using new gadgets, gliding over the prison, or simply encountering a new foe. Playing as Catwoman is also a nice change of pace, as her gameplay and story really add to the experience.

Batman: Arkham Origins is the third installment in the series as a young Batman faces Black Mask and his eight assassins and meets the Joker during Christmas Eve in this prequel story. Warner Bros. Games Montreal developed this game in place of Rocksteady Studios, who were working on the next installment of the series. This game isn't considered quite as amazing as the previous titles but the game's story is still praised by fans.

Batman: Arkham Origins Blackgate is a companion game to *Origins* as it continues Batman's story into Blackgate Prison where he's locked in with the Joker, Penguin and Black Mask. Sound familiar? Of course,



en.wikipedia.org

this is the first time Batman is locked in a prison and he has Catwoman to help him. This is the first handheld installment in the series and utilizes a 2.5D aspect. The story isn't really amazing but the gameplay and exploration are pretty fun, since there are three different endings to discover depending on which boss you fight last.

Batman: Arkham Knight is the final installment in the series thus far, as Batman tackles the growing threat of Scarecrow and the mysterious Arkham Knight with allies Nightwing, Catwoman, Oracle and Robin. This time around, Batman is up against the wall as he confronts a fear toxin and an army of villains, thugs and crime lords all trying to kill him. With a playable Batmobile, tons of side-quests, and brilliant voice acting, Rocksteady Studios saved the best game for last.

The stunning combat system in the series is simple to learn, yet complex to master. Batman can attack enemies with a var-

ety of punches and kicks. If an enemy attacks Batman, he can counter the attack (dodge and retaliate). Additionally, Batman can stun enemies with his cape and then attack them. Throw in special takedowns or stealth sections where you can pick off enemies one by one and the combat can't get much better than this.

Reprise roles

Kevin Conroy and Mark Hamill reprise their roles from *Batman: The Animated Series* as Batman and Joker in the majority of the games with Roger Craig Smith and Troy Baker voicing the younger counterparts of Batman and Joker. Other voice actors include Tara Strong as Harley Quinn, Nolan North as Penguin, and Grey DeLisle as Catwoman.

Other contributions have been made to the series including mobile titles (*Batman: Arkham City Lockdown*), comics (*Batman: Arkham Unhinged*), and an animated movie featuring the Suicide Squad (*Batman: Assault on Arkham*)!

There is so much more to talk about from Detective Vision to gadgets. The company that succeeds Rocksteady Studios as the developers of Batman games have quite the challenge to overcome. Simply put, the *Batman: Arkham* series deserves to be played.

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO

BCX General Meetings
 IntoNAITion General Meetings
 LOL Weekly LAN Party
 IntoNAITion Tuesday General Meetings
 Juggling Club Weekly Juggling Jam
 Craft Club Crafting Time

WHEN

Wednesdays, Sept 9-Dec 15 | 4:30pm – 8:00pm
 Mondays, Sept 14-Dec 14 | 4:45pm – 6:00pm
 Wednesdays, Sept 16-Dec 16 | 4:30pm – 7:30pm
 Alternating Tuesdays, Oct 13-Dec 14 | 4:45pm – 6:00pm
 Mondays, Oct 5-Apr 30 | 5:00pm-8:00pm
 Thursdays, Nov 12-Dec 10 | 1:00pm-10:00pm

WHERE

Room T-607
 Room X-111
 Room X-215
 Room E-225
 Shaw Theatre Foyer
 Room U-154

UPCOMING CLUB EVENTS

WHO

Exercise is Medicine
 Chem Tech
 SFA
 SFA
 EDSS
 IntoNAITion
 SFA
 IntoNAITion Toastmasters

WHAT

Blitz Condition Q&A
 Barcade Extravaganza
 Range Visit
 Info Booth
 Movember Beer & Beards Garden
 Campus Engagement Panel
 Range Visit
 Leadership Institute

WHEN

Nov 13 | 12:15pm-1:15pm
 Nov 14 | 9:00pm-2:00am
 Nov 20 | 7:00pm-9:00pm
 Nov 19 | 11:30am-1:00pm
 Nov 27 | 3:00pm-9:00pm
 Dec 3 | 12:00pm-1:00pm
 Dec 11 | 7:00pm-9:00pm
 Jan 16 | 7:00am-6:00pm

WHERE

Outside Shaw Theatre
 Denizen Hall
 Wild West Shooting Centre
 Outside Fresh Express
 Annex Dock
 Shaw Theatre
 Wild West Shooting Centre
 Shaw 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