

“DIRTY BINGO” TODAY (THURSDAY) 4:30 AT THE NEST

THE NAIT NUGGET

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

BED BUG ALERT!

Exterminator rids campus of pests, pg. 2



DIGGIN' IT
NAIT Ook libero Isaiah Stime digs for the ball during a home game against Augustana on Nov. 19. Ooks outside hitter Ben Onyschuk (1) and middle Devon Klein look on. NAIT won 3-0.

Photo by Railene Hooper

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NEWS & FEATURES

Critter ridders to rescue

By **NICOLAS BROWN**
Issues Editor
@bruchev

Some students had an unpleasant surprise on campus recently when they discovered a bed bug crawling around one of the seating areas.

“Well, I can confirm that a bed bug was found last week on campus, a single bug,” stated Robert Akkerman, director of maintenance and operations with NAIT Facilities Management.

“Of course, we closed the area immediately, called in the pest control people, confirmed it was a bed bug, fumigated the area,” Akkerman said.

Later that week, another bed bug sighting was reported on campus. Some NAIT students expressed concern over finding the pests on campus. Tanyas Allan, a fourth-year business student, was in the area where the second sighting was reported.

“Well, this isn’t the first time that NAIT has had to deal with bed bugs this semester and no one has been informed,” Allan said.

“How come there wasn’t a campus wide email sent out to everyone? The area I was sitting in has a bunch of couches and it’s carpeted. I would have never sat there if I had known there were bed bugs on campus, plus I just someone sleeping on one of those couches last week. Gross!”

According to pest control personnel hired by NAIT, the second sighting proved to be false but staff took precautions nevertheless.

“[Pest control] could not locate a bug in the area described by the student. But as a precaution, we fumigated the area again and sent the pest control people to check adjacent areas in a 360 degree pattern around that location, [where they] could not find any more bugs,” explained Akkerman, “So we don’t believe we

have a bug problem at the moment.”

Bed bugs are a small parasitic insect that feeds exclusively on blood. A persistent pest, they can be picked up in a variety of ways and primarily make their homes near or inside beds, bedding or other sleeping areas. Bed bugs aren’t currently known to transmit any diseases but they can trigger adverse health effects, including rashes and allergic symptoms. They are very difficult to get rid of in a home environment due to the difficulty in removing the entire population, which is why early treatment and prevention are critical.

In general, NAIT’s response to bed bug reports is simple common sense.

“Well, we would want to close the area as quickly possible to prevent spread of the bugs,” explained Akkerman, “[Pest control] actually use trained dogs that are sensitive to the pheromones of the bed bugs so they are very effective at detecting not just live bugs but if there’s been one in the area. That’s coupled with a visual inspection – of course they’re small but visible – so pest control does a visual inspection along with the dogs. If they find [a bug] they clean up that area, fumigate and, more often than not, that takes care of it completely.”

In both reported sightings, the response was quick “The pest control people have been great so far, they’ve responded within the hour,” stated Akkerman.

The NAIT Students’ Association has been supportive of the response from NAIT on the issue.

“It was brought to our attention that there were bed bugs found on campus both from administration and one student,”

Life Cycle of the Bed Bug

Cimex lectularius



said Katie Spencer, NAITSA VP External.

“When the student concern was first mentioned at NAITSA, we immediately contacted NAIT Facilities. Although this was late in the day, facilities responded almost instantaneously,” she said. “It is imperative that any reports of bed bugs are addressed in a timely manner, and I was impressed by the promptness on NAIT’s behalf.”

Some students are also relieved by the prompt response by NAIT facilities.

“I think the response time is great and I just hope they got all of them this time. It could be that someone that has bed bugs keeps bringing them back on campus but then again they’re hard to get rid of,” commented Allan.

If you do spot bed bug activity on campus, you are encouraged to submit a report to NAIT Facilities Management as soon as possible. You can submit a report by contacting NAIT facilities directly at facilitiesmaintenance@nait.ca or indirectly by contacting NAITSA.

As for Allan and other students who had a potential brush with the bugs, despite assurances of a clear campus, some worry remains.

“I just hope I don’t get bed bugs,” Allan said, “because I was sitting in that area for a couple hours reading.”

A special meaning for me



A.J. SHEWAN
Assistant Issues Editor

The month of November brings with it a calendar full of notable dates. We take special time to remember the fallen, who served to defend our freedoms, celebrate the last few warm weeks of fall, our neighbours to the south celebrate their Thanksgiving Day and we switch gears into the Christmas season. The overt commercialization and focus on material items rather than on time spent with friends and family provide me cause for concern but I digress.

November is also important for another reason. This is the month when men and women across the globe join together to

raise awareness and funds for men’s health. This is often most visually accomplished by men growing moustaches, a movement often referred to as Movember.

While it is true that many in the community are aware about the visual aspect of Movember, many questions remain as to the need behind it. Movember can trace its roots back to Australia in 2003. A group of friends decided to grow moustaches from a clean shave beginning Nov 1 to raise awareness for men’s health; specifically prostate cancer, testicular cancer, mental health and suicide prevention. In 2011, Canadians were the largest contributors to the Movember charities of any nation, a statistic in which we can all take pride.

Movember has a different meaning for me. My past attempts to grow a moustache have left much to be desired, in spite of my best efforts. This does not mean a lack of participation but rather a focus on the fol-

licly-blessed people in my life whose cause I can support. Failing that, there are several charities that are participating in this month’s awareness campaign and even some Mo Sistas who are doing their part to help the men in their lives and around the world raise awareness and collect donations.

Cancer runs deep in my family. My father fought and won his battle with cancer

for the second time less than six years ago. While many of my immediate family members have been touched by the awful disease, I was also

not immune. At the age of 19, I was diagnosed with testicular cancer. It was a surreal moment for me and an unimaginable one for my immediate family. While it was not an easy diagnosis for a teenager fresh out of high school to hear, with perseverance and a fighting spirit, I beat it. There were emotionally tough moments and times when it felt like everything around me was collapsing

but I made the weekly trip to my appointments, stuck with the treatments and have been cancer free for over a decade.

Testicular cancer is a young man’s disease. The Canadian Cancer Society estimates that 1,100 men will be diagnosed with testicular cancer in 2016 alone and of those, an estimated 40 will die. These are shocking statistics and I urge any young man who believes that not everything is 100 per cent to see a doctor. The chances of survival are much higher with early detection and treatment. In my case, the difference was noticeable and I did not wait long to receive my diagnosis. From listening to other experiences, it makes little sense to take the wait-and-see approach.

The word cancer can be a terrifying one for many. Through awareness, research and a take-no-prisoners attitude, we can all do our part to work toward a cure and support those who are currently battling it. I hope with a better understanding and open conversation, a greater awareness can be had for cancers of all types.



At the very least, vote



NICOLAS BROWN
Issues Editor
@bruchev

It's already been a busy year on campus for student governance. We've been in constant campaign mode for at least the past two months with Senate elections and Executive Council byelections. I'm willing to bet there are some students who are thinking "enough already!" Some may even be asking what the big deal is around all these elections.

It may not seem like a big deal, but your student government can have a huge impact on your daily life. That means the students you elect (or neglect to vote for) will be making decisions that not only impact you but future students as well. This isn't your high school student council anymore, where classmates organize fundraisers for charity or plan movie nights for "school spirit." Those were all fun things but they didn't ultimately have an impact on student life at your high school, did they?

In post-secondary, it's completely different. It's not just because you're paying

fees to your students' association either.

Let's start with those fees – do you know where your money goes? Many students don't, which means if NAITSA were to raise the fees, you wouldn't understand why. Or if a candidate campaigned on lowering student fees, you might not be able to identify what consequences that might bring. Currently, according to the NAITSA website, just over \$1.8 million of the NAITSA budget goes towards what most students would consider operational items; general administration, awards, training, etc. That's nearly half of your NAITSA fees.

Understanding how your fees impact the operations of your student government also means understanding what it actually does for you. Sure, services cost money – that's where the rest of your NAITSA fees go – but if you don't have an organization built around those services, nothing would ever happen.

The next point is the services. Do you know what services NAITSA provides students on campus? Sure, there are the big ones, such as U-Pass and Health and Dental. Have you ever considered that NAITSA runs the Nest Taphouse Grill or provides funding for the paper you're reading right now? How about the framework for all the campus clubs at NAIT or the funding for the Campus Activities Board that plans extra events for students? These things wouldn't be possible without your student fees or the students

elected to run your student government.

As an example, the Campus Activities Board is relatively new. CAB actually employs a team of students part-time – job creation! It's likely that CAB wouldn't exist if a student executive hadn't pushed for it during his or her term.

Your student government provides valuable services and advocates on behalf of the entire student body to administration. They are our voice but if students don't engage, that voice might not be able to say much.

That's why I want to encourage each and every student to engage with your student leaders. Sure, they're busy but I guarantee that if we've elected the right people for the job, they'll be pretty darn happy that students are taking an interest. Find out what is being worked on or what is expected for next year. Advocate for something you want to be addressed or give them feedback on something you're not happy about.

Let's face it – no one should be happy with 11.2 per cent voter turnout in the last byelection. It's ridiculously easy to vote in student government elections, it's all on campus anyways. It's not like you have to take time off work or travel to some random community hall to vote like in our provincial or federal elections. Heck, at NAIT we can vote online, directly through our student portals. There's really no excuse for not voting except not caring – and that's no excuse at all.

Student Senate primer

By CLARRISSA TOONE

Have you ever sat in on a student Senate meeting? Members of the NAITSA Senate connect the separate programs here at NAIT and give each an equal voice in student government. Serving on the Senate gives students training in effective governance and co-operation.

There are 18 seats on the NAITSA Senate for students to take each fall. These seats are divided by nine program areas defined by NAITSA, giving each program area two student representatives on the Senate.

Elected by students, the Senate is accountable to the entire school population, while also providing oversight to the NAITSA Executive Council, which is also meant to be accountable to students.

Now besides the Senators and Executive Council, there are a few other key figures at these meetings. Primarily, the additional attendees are NAITSA staff members who provide information, support, and guidance to both the

Senators and Executives during the meeting. In addition to NAITSA staff, the Senate is chaired by an independent chairperson, Becky Kallal. Kallal has served as the chair for the Senate for a number of years, and provides the Senators with valuable training in proper governance procedures.

Another figure you'll often find in the Senate meetings is the student serving on the NAIT Board of Governors that year. This year, Joel Benitez is serving on the Board of Governors, and usually also attends the meetings to speak to the Senate about important items that impact both governance bodies.

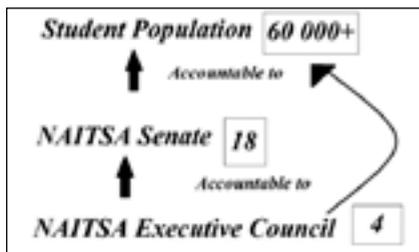
There are currently two sub-committees within the Senate – the Governance Committee and the Finance Committee. The Finance Committee reviews financial information and approves what is to be brought in front of the Senate. Meanwhile, the Governance Committee's purpose is to ensure that both the Senate, and NAITSA as a whole, are following the by-laws and that the Senate and Executive Council

are functioning properly.

A new addition to the Senate structure however is the Summer Committee. Designed to maintain oversight over the Executive Council through the summer months, this sub-committee was recently added after reviewing NAITSA's governance structure and identifying that summer gap.

Students can attend most Senate meetings to see the leaders in action. However, there are times when the meeting will go "in camera," which is when deliberations on a particular matter can only be discussed with members of Senate – no public allowed. For the most part though, Senate meetings are open to students. Of course, you have to follow the rules if you choose to attend. As students, you can attend the meeting as observers only, which means remaining respectful and quiet. Of course, that means you can't ask questions during the meeting but that doesn't mean you can make notes to ask questions of your student leaders later.

If you would like more information on the Senate and the Executive Council, NAITSA has the bylaws and other information on the website, you can also visit the NAITSA office in E-131 for more information.



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

Letters

We want your views

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

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

We need to list your real name.

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

OPINION

— Editorial —

A plea for decency



DANIELLE S. FUECHTMANN
 Editor-in-Chief
 @ellie_sara

“Sandra should stay in the kitchen, where she belongs.”

I get asked surprisingly often why I’m a feminist. I’m an intersectional feminist (the term intersectionalism comes from Kimberlé Crenshaw) and I believe that women – and people generally – experience different levels of oppression based on their identification with different groups. Patterns of oppression are interrelated and influenced by factors like race, gender, class, ability and ethnicity.

Sadly, I’m never short of reasons why feminism is still necessary.

Tamest comment

The fact that the comment about Alberta politician Sandra Jansen belonging in the kitchen is one of the tamest she quoted in her speech Tuesday in the Alberta legislature is one such reason.

The unfortunate truth is that hateful and misogynistic comments are painfully common for women in public office. Last week, before the announcement of Jansen’s decision to cross the floor and the outpouring of vitriol related to her decision, *The Metro Edmonton* newspaper kicked off a series on the abuse that female politicians receive. Of course, criticism is lodged at all politicians and I don’t argue that men don’t also receive some angry letters. However, as Jansen told *Metro*, “If people don’t think there’s a misogynistic undertone – and I say ‘undertone’ gently – to those statements, then they’re really not based in reality. With female politicians you’re either ‘stupid’ or a ‘bitch’ or you’re both.”

Death threats

Rape and death threats are also a regular occurrence but this is often met with excuses like “it’s a joke,” “it’s part of being in the public eye” or “grow a thicker skin.” Cristina Stasia, who ran for the Alberta Party in the last election said that she would try to make a joke of it, “Oh, just let me check one more time for rape and death threats before we go to bed.”

Marie Renaud, St. Albert MLA, told *Metro* it can be incredibly unnerving, “I had one person in particular who was sending me messages about where I was and what I was wearing, so I was pretty sure whoever it was, was watching [me].”

It’s impossible to brush that off as just a joke.

One of the most disappointing things is that, in 2016, things appear to be getting worse, not better. Laurie Blake-man, former MLA, told *Metro* that part of the problem is

a shift in the legislature from a collegial to confrontational environment. “... politicians started to skew that rule and call each other names and the whole tone of the assembly started to lower,” but also mentioned the power of social media in the hands of dissatisfied voters. Another factor, said Jansen, is the noise from right wing media groups that spur along the hate, particularly towards Premier Rachel Notley since her election.

On Tuesday, Jansen made headlines for her passionate speech imploring her colleagues to join together and stand up against the hate speech and threats directed at women in politics. It’s not very often that a speech in the legislature is kicked off with “What a traitorous bitch!” but when the amount of threats and abuse levelled against you after crossing the floor leads to the assignment of a protection unit, I think it’s about time we stop mincing words and being nice about the problem.

“If you are stunned by the words you have heard in the

last few days, if you reject the inherent violence behind them, and you know that harassment and abuse, even if it’s verbal, even if it’s online, and even if it’s directed at a political opponent, is poison,” she said. “Let us be strong and clear in our resolve that no matter where we sit along political lines, we stand together against this.”

She finished the speech with a caution of the risks of allowing this abuse becoming accepted, asking “Imagine if we let that poison become normalized? Or if our daughters forego the political arena altogether.”

After all, if all girls and young women see is the abuse and struggles of being a woman in public office, how long until they stop running?

TL;DR? I completely understand that you might disagree with the decisions your political representative might make. Heck yes, go ahead and send them an angry letter. But don’t threaten them or abuse them. Don’t be an asshole.



Sandra Jansen

Edmonton Sun

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NAIT Main Campus Map

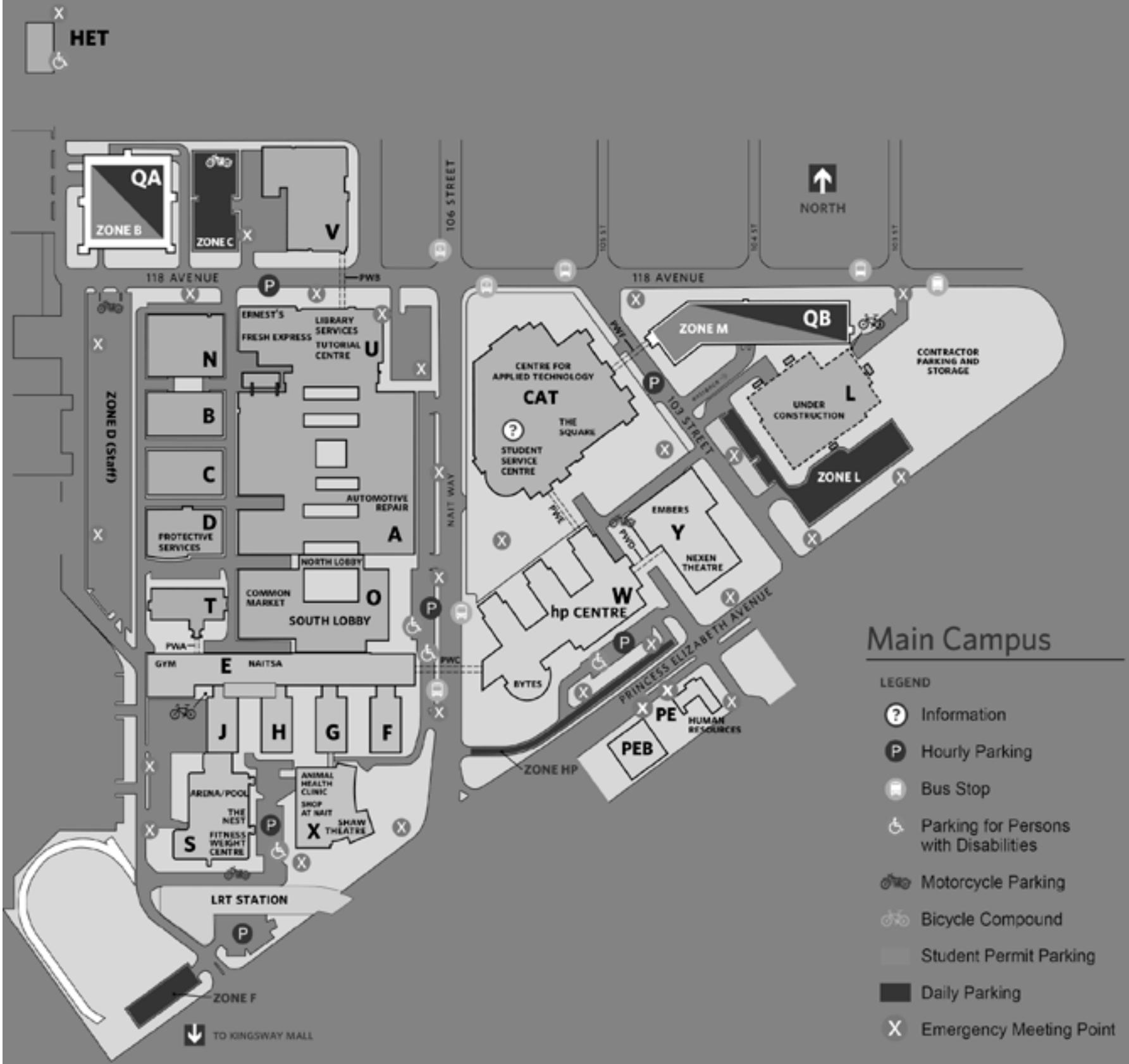




Photo by Po-Jen Hsiao

VALUABLE INFORMATION

NAIT students and alumni network at the International Centre's Life After NAIT event on Friday Nov. 18 in the North Lobby.

SPORTS

Time to move the team



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

An all-Alberta Grey Cup final? Wouldn't that have been sweet and it almost was, too.

If not for a poorly thought-out outside punt formation that led to an Ottawa Redblacks return touchdown and an even more ill-conceived third-and-long turnover early in the fourth quarter, the Eskimos might have completed their comeback in Sunday's CFL semifinal.

Though the Eskimos' play in the first half of the game didn't point to a chance to repeat as league champs, the Green and Gold just about drummed up enough of that Mike Reilly quarterbacking magic to book their flights to Toronto. The Calgary Stampeders, to nobody's surprise, stampeded over the BC Lions 42-15 but to our province's disappointment, the most epic Battle of Alberta was not to be.

Ultimately though, that is a good thing, at least from the CFL's perspective. I'm bet-

ting CFL Commissioner Jeffrey Orridge was thanking the Canadian football gods when Winnipeg-native Kienen LaFrance ran in a late-game touchdown to seal the deal for the Redblacks. After all, Ottawa is a mere four-and-a-half-hour drive from Toronto, the host city for this year's Grey Cup. Surely many of the 24,000 Redblacks fans who battled through a blizzard to watch Sunday's game will make the trip to Canada's unofficial capital city to fill the alarming number of empty seats left at BMO Field.

The Argos averaged just over 16,000 fans per home game this year at BMO Field, leaving the recently renovated and much-touted 30,991-seat stadium feeling empty on the best of days. That emptiness was especially evident during this, the franchise's inaugural season of play at BMO Field. The Argonauts' 2016 transition to BMO Field from the monolithic, 54,000 seat Roger's Centre was supposed to alleviate that empty feeling. As the theory went, BMO Field would bring fans together to create a more intimate, spirited football experience. Spearheaded by new, Bell Media-backed ownership, the move came complete with pre-game tailgating on BMO's more spacious grounds (which club CEO Michael Copeland called "revolutionary"). The culminating experience of the CFL's first season at BMO field, the Grey Cup, would help the Argos and the CFL once again command the spotlight in a crowded sports market. The Argonauts' 16,000 fan average in 2016 was 4,000 people



SportsLogos.Net

fewer than the next lowest team.

Ironically, BMO Field did present an intimate, exciting experience to football fans this year – fútbol, that is. Toronto FC, who face off this week in the Major League Soccer semifinals against the Montreal Impact, drew an average of more than 26,500 fans to their home games. It's FC red, not Argo blue, that colours the stadium's beating heart.

If Toronto sports fans don't fancy soccer, they have plenty of places to invest their interest – a Blue Jays team that sold 3.39 million tickets in 2016 as they reached the American League Championship for the second year in a row, an elite Raptors team that currently welcomes the third highest home attendance average in the NBA, a Maple Leafs franchise that has only played one game to a less-than-sold-out crowd in the last 15 years. Toronto fans are also saving their shekels for this year's World Junior Hockey Championships and the NHL's Centennial Classic outdoor game on New Year's day.

As I write this, on Monday evening Ticket-

master still shows availability in almost all of BMO's sections. As Redblacks fans snatch up those remaining seats over these and the next few days, news of a Grey Cup sellout will be announced with a sigh of relief rather than a boast of braggadocio.

Whatever the underlying reasons, be they the Argonauts' poor play (the team finished last in the league this year), ineffective marketing ("revolutionary", really?) or competition from neighbouring franchises, it's become clear that the team registers just a tiny blip on the radar in Toronto. The 143 year-old Argonauts are, at best, the fifth most popular sporting event in Toronto.

New ownership, an intimate stadium, revolutionary tailgating, hosting a second Grey Cup in five years – this franchise can only do so much before its attempts to prove it isn't the CFL's sore thumb become obvious. The CFL isn't wildly successful in any market and an opportunity to support the cities in which it does see a profit is staring them right in the face – move the Argos to a smaller market.

Hobbies that brighten my day



By **MICHAEL MENZIES**
Assistant Sports Editor

I collect books and hockey cards in my spare time. The two are tangibly different and I collect them for different reasons. There's a fulfilling experience you get when you receive a tantalizing book. The idea of digesting the text, spending time with it and considering what it's trying to tell you, to me is beautiful.

Hockey cards are slightly different, but the honesty is still there. They sit in binders or shoeboxes, to be admired like pieces of art. What you get from a hockey card

is all in the eye of the beholder. For many kids around Canada who love the game of hockey, it represents so much more.

Collecting this stuff might sound a little childish but I don't mind. It's these types of endeavours that keep us sane. This is my own thing. We all have hobbies which we spend time on for little reason. From the outside, it might seem silly to waste our time doing these things. But an outside perspective is 20/20 with no context. Do what you enjoy doing.

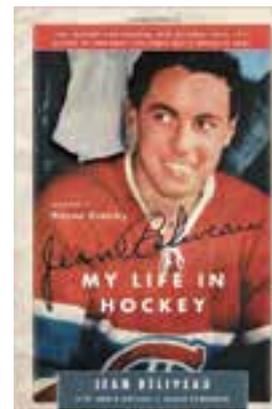
The books I collect, for example, aren't always sports related. In fact, you would find more literature than sports biographies. But when I lived in Vermilion and even now, I love to buy second-hand books, sports or otherwise and either wait for the day to read them or read them and move them along to a friend I know who will enjoy them just as much.

Both hobbies exist simultaneously while hectic school dominates. On the island called the V-Building, a classmate and I talk about hockey cards almost every day and trade worthless doubles for the fun of it to complete different sets. We're like Sidney Crosby and Nathan

MacKinnon in those Tim Horton's commercials promoting their annual autumn card set. "Got it, got it, need it." It keeps the game of hockey alive to us – a little fun lightens up the day.

I've been lucky in finding different sports related books. I once discovered a book about early Canadian football days from the early 1950s and also got my copy of Don Cherry's first book *The Wrath of Grapes* from the early '80s as well. But in the past week I've scored the best secondhand item I've ever found.

Montreal Canadiens legend Jean Beliveau's book *My Life in Hockey* caught my eye on the monstrosity of the Value Village shelf. It was hidden amidst the noise of hundreds of publications, tens of thousands of pages and millions of words all buzzing around it. I snatched the biography from the shelf like a thief in the night and continued the search for more titles.



Amazon.ca

When I got home I perused all my finds. I flipped the Beliveau book open to the first page and did a generous double take. In almost poetic black ink: *To Jennifer, all the best, Jean Beliveau*. Now that's why you go looking for the small stuff you love – you never know what you'll find. I hope Jennifer wasn't so thrown off by the book or the encounter with Jean that she gave it to Value Village. But I'll be Jennifer if I get to keep the book for awhile. I don't know if it's an authentic signature but that's secondary. I'll still enjoy the book. The point is to keep doing those silly hobbies despite a hectic life because enjoyment of the small things is to be cherished.

If you keep doing it you'll find several rewards, some in the shape of a hockey legend's alleged autograph – another in having a conversation connecting over the stuff you really enjoy.

WOMEN'S SOCCER

NAIT's humble soccer star

By **CONNOR O'DONOVAN**
Sports Editor

A NAIT athlete has been named the top female soccer player in the country by

the Canadian College Athletics Conference. Ook striker Kassy Jajczay was awarded Canadian Collegiate Athletic Association (CCAA) Player of the Year at a banquet prior to the

national championship last Tuesday. She was also named to the CCAA's All-Canadian team.

"I was very surprised. There are so many players that are deserving of these awards so I was honoured to receive them," Jajczay said.

Though humble in her acceptance of the awards, Jajczay has had no problem flaunting her talent on the field. After opening the season with a hat-trick against Augustana, the fourth-year forward went on to score in every single regular season game, finishing with an ACAC-leading 16 goals, 45 shots and 35 points. Five of those markers were game winners. She also scored in both of the Ooks' ACAC playoff games and in all but the Ooks' final outing at the CCAA national championships at which NAIT finished fourth.

"She's a natural goal scorer. She scores all different kinds of goals. She's creative. She's fun to watch," Ooks head coach Carole Holt said. "She had an impact in each and every one of our games and that's what good players do. I'm really proud that she won that award this year."

For Kassy and the Jajczay family, soccer has always been a family affair. Her aunt, Sue Simon, was a member of Canada's first national women's soccer team. Her sister, Samantha, is a fellow Ook and her father has been playing and coaching with Edmonton's Hungarian Soccer Club for over 20 years. It was attending her father's games that Kassy

credits for sparking a romance with a sport she's been playing since she was four years old. "All I can remember when I was younger is going to watch my dad's soccer games and that is where the passion started," she said.

"I learned a lot from my dad, and my mom was always there to pick me up when I was down. They've always been my No. 1 one fans. Before every game I play, I look to the crowd to find them. I play for them."

Again humble in her response, the Emergency Management student certainly deserves some personal credit for her own hard work. This season, Jajczay balanced her play with full-time studies and full-time work as an Edmonton Waste Management Centre operator. She says planning, scheduling and adhering to deadlines contributed to that success.

So what's next for the busy student-athlete-employee? With one year of eligibility left in her CCAA career, she says she hopes to find a way to come back to NAIT for one more season with the Ooks. She has no doubts that her soccer career is far from over.

"Joining the NAIT soccer team truly gave me my passion back for soccer. We are truly like a family and we do everything to support each other," she said. "I don't think I will ever stop playing soccer. I currently play with Victoria soccer club and hope to continue to compete at a high level."



Photo by Railene Hooper

CCAA Player of the Year Kassy Jajczay moves past a Grande Prairie player during a match on Sept. 24 at NAIT field. Jajczay scored once in a 4-1 win.

Weekend snaps ...

By **MICHAEL MENZIES**
Assistant Sports Editor

Women's Basketball

NAIT Ooks basketball teams went undefeated this weekend as both the men's and women's squads swept Augustana. The ladies, supported by a big 26 point second quarter and good bench play, won last Friday night 70-59, and Saturday continued their dominance with an 80-55 shellacking in Camrose. The pair of wins launched the women into a tie for first place in the North Division as Concordia dropped one of their two matches to the Lakeland Rustlers – and with two games in hand on the Thunder, the Ooks are in a great spot so far in the first half of the season. Next on the slate for the basketball teams are two games with city rivals the King's University Eagles on Friday and Saturday night.

Men's Basketball

The men's basketball team also won comfortably in both contests over the weekend 86-60 and 88-70. Friday night the Ooks dominated in points in the paint, combined with 15 team assists for a thorough beating. But Saturday was a different story, as Augustana was able to hold a lead for a little while, before a 27 point third frame put the Ooks in control for good. The men currently sit second in the North Division and, just like the ladies, are battling with the Concordia Thunder for top spot. They'll look to take advantage of the cellar-dwelling King's University Eagles for more points this weekend.

Women's Volleyball

The women's volleyball team had one of their best weekends of the season at just the right time, winning both matches against the Augustana Vikings 3-0 and then 3-0 Friday night in Camrose. The visitors stormed out early and didn't let up for a 25-17, 25-21, 25-19 win that saw 11 different NAIT players touch the floor. And the song remained the same at home in a game that barely passed the hour mark, another sweep, 25-21, 25-10, 25-16. The action of the weekend created more clarity in the North Division as NAIT created a little space for themselves in fourth place, with all those ahead of them also collecting victories.

Men's Volleyball

The men's volleyball team was unfortunately the only Ook team to lose a game this weekend as their efforts saw them split again those same Augustana Vikings. Despite beating the Vikings 48-27 in the kills category, the boys dropped a five set heartbreaker on the road (21-25, 22-25, 25-22, 25-20, 13-15). The Ooks showed resilience in winning those two sets despite injuries and eventually losing. That resilience has created an edge in the standings in the current tiebreaker with Augustana in sets won 19-17. Their win Saturday night 25-23, 25-21, 26-24 also picked up more valuable points as the first half of the season begins to wind down. Grande Prairie provides the next test for the volleyball clubs this weekend with the Ooks home Saturday night.

Athletes of the week

November 14-20

Jamie Bain
Women's Volleyball



The Ooks women's volleyball team swept the Augustana Vikings this past weekend and Jamie was named NAIT Player of the Game on both nights. In Friday's 3-0 win in Camrose, Jamie had 29 assists, four kills, two service aces and four digs. She followed that up Saturday at home as the Ooks once again won 3-0 behind Jamie's 24 assists and seven digs. "Jamie reads the game really well, makes good decisions and loves to compete," said coach Benj Heinrichs. "She's worked hard these past couple of weeks and ... she did a great job running our offence this weekend, and was also a force from the service line and solid defensively." Jamie is a first-year Personal Fitness Trainer student from St. Albert.

Imran Wadia
Badminton



The defending champion NAIT Ooks badminton team hosted ACAC Tournament No. 1 this past weekend at the NAIT Gym. Imran was a welcome addition to the Ooks this season and announced his arrival by winning both the men's singles and men's doubles events. He won the singles with a 3-0 record, defeating teammate Andy Ko in the final 21-15, 17-21, 21-16. In doubles, Imran teamed up with fellow first-year Ook Tyler Walsh and defeated another NAIT team Nick Roque and Jeffrey Ko 22-20, 21-14 in the final. "Imran is a dedicated team player both on and off the court," said head coach Sinead Cheah. "He is a great addition of seasoned skill and always has a positive attitude." Imran is a Wireless Systems Engineering student from Calgary.

Keeping Score

Korea crossroads

Is the NHL-Olympics dream dead?



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

The NHL's first foray into the Olympics occurred way back in 1998 but the Olympics as part of NHL folklore didn't really hit its stride until 2002 (for Canadians, at least). That was the year when Super Mario, Jarome Iginla and co. brought Canada its first ice hockey gold medal in 50 years (let's not forget the contributions of Mr. 94-oz steak, Ryan Smyth). After a dismal quarter-final exit in 2006, Canadians found their vengeful glory in 2010 when Sidney Crosby's golden overtime goal sent our nation into a frenzy.

Few nations good enough

Fast forward to 2014 and, with expectations as high as ever, Canada dominated the competition, stomping Sweden 3-0 in the gold medal game after stampeding undefeated (never trailing at any point) through the rest of the tournament. Now, with the relatively apathetic fervour following 2014's results fading, the NHLers, Canadian and otherwise, have had their fun and should no longer represent their nations on the Olympic stage.

Just six countries, Canada, the United States, Russia, Finland, Sweden and the Czech Republic (who have won just a single bronze) have medalled in the tournament. These days, other nations with a strong hockey heritage don't realistically stand a chance at the Olympics. The top five countries are just too strong. Isn't it time we put the cookie jar on a lower shelf?

Let's not forget that the Olympics began as an outlet to celebrate often unrecognized amateur athletes. It hasn't been until recently, mostly to maintain public interest and ultimately revenue – that the Olympics have allowed professional athletes.

There are many talented hockey players dedicating their lives to the games without being paid to do so, in Canada and abroad. They play in junior clubs, at colleges and universities. I bet there are some pretty talented men's league players who could daz-

zle, given the chance for once-in-a-lifetime glory. If you relax de Coubertin's rules to allow non-NHL professionals into the Olympics, the talent pool grows even bigger.

Still itching to see what the very best possible hockey teams in the world look like? Enter the World Cup of Hockey. Fresh off its inaugural year, the tournament featured Olympic calibre Canadian, American, Swedish, Finnish and Czech teams. It went a step further than the Olympics to involve an all-star European team consolidating the talent of otherwise marginal hockey nations like Slovakia, Slovenia, Norway, Denmark, Germany and Switzerland. France and Austria even held spots on the roster. Add the interesting experiment of the all-North American under-23 team and the WCH became a blue-chip exhibition of the top talent in hockey, with the final whistle blown just in time for the NHL pre-season.

That's another problem with sending NHL players to the Olympics – the process shuts the league down for more than two weeks. That break can compromise momentum and increase the risk of injury for many of the league's best players.

Matter of cost

Probably the biggest pylon in front of NHL Olympic participation right now, though, is the International Olympic Committee's (IOC) demands that the NHL or the International Ice Hockey Federation (IIHF) cover the costs associated with sending NHL players to the big event. The cost for insurance, travel and accommodation during the Sochi Olympics was around \$14 million, according to sportnet.ca numbers. As things stand, it looks like no party – IIHF, NHL or the NHL Players' Association – is willing to cough up that cash and for good reason. Despite significantly lessening their ice-hockey tournament costs, the IOC has given no indication they'd like to share their profits in return.

If NHL stakeholders are so intent on growing the sport outside of North America, they could follow the NFL's lead and host exhibition games overseas – that would be a much cheaper means to a similar end and, in that case, the NHL could actually see a tangible return.



By **MICHAEL MENZIES**
Assistant Sports Editor

The NHL owners and the Player's Association will decide soon if they will send their players to the upcoming 2018 Winter Olympics in Korea. From an outsider's perspective

or from the standpoint of the casual hockey fan, this seems like a no-brainer to send the players. But in fact, the opposite is true. The most important factor for the NHL and the owners is that they would have to cover the millions of dollars to interrupt their season in February and pay for insurance and travel expenses. With this in mind, it's easier to see why some owners would be reluctant to shell out the cash.

World Cup makes money

The fact is, the NHL has been preparing themselves in case they don't go to the Olympics for a few years. Case in point – the World Cup of Hockey. Say what you want about the quality of the tournament, the hockey extravaganza was run and controlled by the NHL for the purpose of making big dollars. And if the NHL can continue a best-on-best tournament for the fans while earning all the revenue generated, then the future of Olympic participation drops significantly. The risk from the league and the owners, who are shrewd businessmen with their own interests at heart won't outweigh any positives by participating.

But think about the potential growth in the game the NHL would miss out on by skipping. The 2018 Winter games will be held in Korea and 2022 in Beijing. The exposure of the world's best hockey players in the Eastern World could help the already grow-

ing hockey population in the Asian markets. Don't believe me? Take what the KHL (Kontinental Hockey League) – the second biggest hockey league in the world run primarily out of Russia – did this past season with their expansion. The league placed a team in China. HC Kunlun Red Star, based in Beijing, plays games in the 18,000 seat LeSports Center arena and a few other games in Shanghai as well. This is a major development toward the viability of an eastern hockey market that has never been attempted before. The NHL must be interested in these KHL expansion developments for the sake of business, not to mention that there is an 18-year-old Chinese man playing on the team, Rudi Ying and Canadian-Chinese NHL draft pick Zach Yuen, as well. The future of Chinese hockey is quietly developing with an Olympics six years away.

Korea importing players

These countries mean business when it comes to pro hockey and what the South Korean national hockey team did this summer proves it. South Korea receives an automatic bid into hockey competition in 2018 because they're the host nation and, since they were just competing in the third tier of World Championship hockey last season, the country does not want to get blown out by the hockey titans. Their solution: grant six journeyman Canadian hockey players citizenship in order to strengthen their hockey programs, especially in time for the Olympic games.

Forward Michael Swift, 29, defenceman Bryan Young, 29, forward Brock Radunske, 33, defencemen Eric Regan, 28, Alex Plante (former Edmonton Oilers first-round draft choice), 27, as well as goalie Matt Dalton, 29 have been enlisted to grow hockey despite stringent immigration policies that prohibit even dual-citizenship! This is a conscious decision at the very top from the South Korean government. Why go these great lengths? Because Eastern nations are taking hockey seriously, especially with the upcoming Olympics.

It's only fair for the NHL to take them seriously and release their best players from all over the world to help grow the game even more. Hockey is becoming a global game and it would be a shame for the NHL to miss this opportunity.



ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	RWOTLT	GF	GA	L10	STRK	Pts
NAIT	14	11	3	10 0 0	71 33	9-1	Won 4	22	
SAIT	14	10	4	9 2 0	52 36	7-3	Won 4	22	
MacEwan	14	10	4	7 1 0	53 37	7-3	Won 3	21	
Red Deer	14	6	7	6 2 1	46 44	5-5	Lost 1	15	
Augustana	13	7	6	6 1 0	46 38	6-4	Lost 2	15	
Portage	13	4	9	4 0 0	41 62	1-9	Lost 8	8	
Concordia	14	4	10	3 0 0	38 59	3-7	Won 1	8	
Briercrest	14	2	11	2 1 1	34 72	2-8	Lost 3	6	

Results

November 18

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

Results

November 19

Concordia 2, Red Deer 0
MacEwan 5, Portage 1
SAIT 5, Augustana 3

WOMEN'S HOCKEY

Team	GP	W	L	RWOTLT	T	GF	GA	L10	STRK	Pts
NAIT	9	8	1	7 0 0	30 17	8-1	Won 3	16		
Red Deer	11	7	4	7 1 0	26 18	7-3	Won 1	15		
MacEwan	12	7	5	7 0 0	24 23	5-5	Lost 1	14		
SAIT	12	3	9	3 0 0	25 31	3-7	Won 2	6		
Olds	10	2	8	2 0 0	18 34	2-8	Lost 2	4		

Results

November 17

SAIT 4, Olds 2

November 18

SAIT 5, Olds 2

November 19

MacEwan 2, Red Deer 1

November 20

Red Deer 3, MacEwan 0

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Concordia	12	10	2	20	912	797	8-2	Won 8
NAIT	10	9	1	18	774	671	9-1	Won 2
Lakeland	10	6	4	12	678	634	6-4	Lost 2
Augustana	10	5	5	10	743	808	5-5	Lost 2
Grande Prairie	10	2	8	4	715	775	2-8	Lost 8
King's	10	2	8	4	725	807	2-8	Won 2
Keyano	10	2	8	4	722	777	2-8	Lost 7

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Red Deer	7	6	1	12	674	566	6-1	Lost 1
Medicine Hat	5	5	0	10	450	346	5-0	Won 5
SAIT	6	5	1	10	531	486	5-1	Won 3
Lethbridge	5	3	2	6	412	369	3-2	Won 3
Olds	5	2	3	4	447	456	2-3	Won 1
Briercrest	6	1	5	2	434	543	1-5	Lost 3
Ambrose	5	1	4	2	382	390	1-4	Lost 4
St. Mary's	7	0	7	0	494	668	0-7	Lost 7

Results

November 18

NAIT 86, Augustana 60
Red Deer 89, Briercrest 71

King's 71, Keyano 68

Lethbridge 86, St. Mary's 63

Concordia 1, Lakeland 0 (Lakeland forfeits game)

Medicine Hat 89, Olds 76

SAIT 75, Ambrose 64

November 18

NAIT 88, Augustana 70

Medicine Hat 87, Red Deer 77

King's 94, Keyano 89 (OT)

Briercrest 95, Olds 99

SAIT 82, St. Mary's 69

Lethbridge 87, Ambrose 69

Concordia 91, Lakeland 68

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
NAIT	10	9	1	18	747	520	9-1	Won 4
Concordia	12	9	3	18	801	665	7-3	Won 1
Lakeland	10	6	4	12	647	603	6-4	Lost 1
Keyano	10	6	4	12	680	609	6-4	Won 3
Augustana	10	4	6	8	605	620	4-6	Lost 2
King's	10	2	8	4	491	676	2-8	Lost 8
Grande Prairie	10	0	10	0	428	706	0-10	Lost 10

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Lethbridge	5	5	0	10	413	264	5-0	Won 5
SAIT	6	5	1	10	407	346	5-1	Won 4
St. Mary's	7	4	3	8	527	453	4-3	Lost 2
Medicine Hat	5	3	2	6	384	346	3-2	Won 1
Olds	5	2	3	4	360	359	2-3	Won 2
Red Deer	7	2	5	4	454	523	2-5	Lost 4
Briercrest	6	2	4	4	366	490	2-4	Lost 1
Ambrose	5	0	5	0	287	417	0-5	Lost 5

Results

November 18

NAIT 70, Augustana 59

Keyano 71, King's 36

Lethbridge 80, St. Mary's 59

Briercrest 66, Red Deer 59

SAIT 77, Ambrose 54

Lakeland 67, Concordia 66

Olds 84, Medicine Hat 79

November 19

NAIT 80, Augustana 55

Medicine Hat 79, Red Deer 71

Olds 85, Briercrest 61

Keyano 92, King's 45

SAIT 68, St. Mary's 55

Lethbridge 90, Ambrose 49

Concordia 60, Lakeland 53

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Keyano	10	10	0	30	4	10-0	Won 10	20
King's	12	8	4	29	16	8-2	Won 2	16
NAIT	10	5	5	19	20	5-5	Won 1	10
Augustana	10	5	5	17	21	5-5	Lost 1	10
Lakeland	10	3	7	11	22	3-7	Lost 2	6
Grande Prairie	10	3	7	15	24	3-7	Lost 1	6
Concordia	10	2	8	11	25	2-8	Lost 5	4

South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Red Deer	12	10	2	32	10	8-2	Won 5	20
Medicine Hat	10	7	3	25	10	7-3	Won 1	14
Briercrest	10	7	3	23	14	7-3	Won 2	14
SAIT	10	6	4	20	16	6-4	Lost 1	12
Lethbridge	10	4	6	18	22	4-6	Lost 3	8
Ambrose	10	2	8	8	24	2-8	Lost 8	4
Olds	10	0	10	0	30	0-10	Lost 10	0

Results

November 18

Augustana 3, NAIT 2

(25-21, 25-22, 22-25, 20-25, 15-13)

Keyano 3, Lakeland 0 (25-22, 25-16, 25-21)

SAIT 3, Medicine Hat 0 (25-23, 25-22, 25-17)

King's 3, Concordia 0 (25-17, 25-15, 25-21)

RDC 3, Ambrose 0 (25-23, 25-16, 25-17)

Briercrest 3, Olds 0 (25-19, 25-10, 25-19)

November 19

NAIT 3, Augustana 0 (25-23, 25-21, 25-24)

Keyano 3, Lakeland 0 (25-15, 26-24, 25-20)

Briercrest 3, Olds 0 (25-17, 25-10, 25-22)

Medicine Hat 3, SAIT 0 (25-19, 25-22, 25-23)

King's 3, Concordia 0 (25-17, 25-17, 25-14)

Red Deer 3, Ambrose 0 (25-13, 25-22, 25-19)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
King's	12	10	2	30	9	8-2	Won 5	20
Lakeland	10	8	2	26	10	8-2	Won 2	16
Gr. Prairie	10	8	2	27	10	8-2	Won 1	16
NAIT	10	5	5	18	18	5-5	Won 2	10
Keyano	10	3	7	11	25	3-7	Lost 3	6
Augustana	10	2	8	12	26	2-8	Lost 2	4
Concordia	10	0	10	4	30	0-10	Lost 10	0

South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Briercrest	10	9	1	28	7	9-1	Won 4	18
Red Deer	12	9	3	32	16	7-3	Won 4	18
SAIT	10	7	3	26	12	7-3	Won 7	14
Ambrose	10	4	6	14	24	4-6	Lost 2	8
Olds	10	3	7	11	24	3-7	Lost 6	6
Lethbridge	10	3	7	15	24	3-7	Lost 2	6
Medicine Hat	10	1	9	9	28	1-9	Lost 3	2

Results

November 18

NAIT 3, Augustana 0 (25-17, 25-21, 25-19)

Lakeland 3, Keyano 0 (25-20, 26-24, 26-24)

King's 3, Concordia 0 (25-11, 25-15, 25-14)

Briercrest 3, Olds 0 (25-11, 25-23, 25-14)

SAIT 3, Medicine Hat 0 (25-17, 25-18, 25-17)

Red Deer 3, Ambrose 1

(25-23, 21-25, 26-24, 25-19)

November 19

NAIT 3, Augustana 0 (25-21, 25-10, 25-16)

Briercrest 3, Olds 0 (25-18, 25-13, 25-18)

Lakeland 3, Keyano 1 (29-27, 26-24, 25-23, 25-17)

SAIT 3, Medicine Hat 0 (25-14, 25-17, 25-23)

King's 3, Concordia 0 (25-9, 25-21, 25-18)

ENTERTAINMENT

Just turn your radio on



BRENDAN CHALIFOUR
Entertainment Editor

A wealth of music at your fingertips, but do you really need that?

Today, we live in a world where any song or album is readily available. Singing a song but can't remember the lyrics? Just type them into your trusty Google friend and there you go. Hear a song that's got you jamming? Just raise your phone to the speaker and Shazam will take care of the rest.

It really is remarkable, to think about how far technology has come in regards to music. We have millions of songs available to us at the touch of a button, curated playlists to match our mood and customized radio stations that learn your music listening habits to play more of the songs you like and less of the ones you don't. The mere thought

of carrying around a Walkman with batteries and a compact disc is comical. I mean, why limit yourself to 12 songs when you could have unlimited?

But sometimes I get overwhelmed with unlimited. I used to purchase digital albums through the Apple iTunes store, until I realized that I could subscribe to a music streaming service such as Apple Music or Spotify, and have unlimited access to them all for a low monthly subscription fee. The truth is, though, I found that I ended up listening to less music because there was just too much to choose from. Opening the app, choosing a genre or mood and then tapping around to find a playlist that suits my mood is time consuming (and a hassle).

Over the summer, I went out to my friend Jordan's farm. Up in their shop was his dad's vintage record player. As I flipped through each record's unique album cover, I set aside a few of my favourites to listen to throughout the day. We got to listen to a variety of classic albums all the way through, from beginning to end. Song after song, the way music was designed to be listened to and I loved it.

I've come to realize that just because we can have access to every music piece ever composed, doesn't mean we need to

(or should, for that matter). There's something special about flipping the radio switch and just enjoying whatever program is on, live and in real-time. And sometimes I like to sit back with a single album and just listen to it on repeat – soaking in the artist's words, rhythm and meaning.

I'm trying more and more to listen to full albums, not skipping songs or playing them back, just beginning to end.



Illustration Source

NOVEMBER EVENT LIST

3 | NEST: CELEBRITY WHO AM I?

4-9 | BYELECTION FOR PRESIDENT

VOTING PERIOD (ONLINE)

5 | KIDS PARTY

7 | HOW TO: BLOG WITH WORDPRESS

9 | HOW TO: BASIC DIGITAL PHOTOGRAPHY

10 | NEST: MOVEMBER KARAOKE

14 | HOW TO: BACKPACKING

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21 | FREE FOOD: EVENING STUDENTS

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29 | HOW TO: WINE TASTING

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30 | HOW TO: SELF DEFENSE

NAITSA CLOSURES

11 | REMEMBRANCE DAY

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...By **OLIVIA ADAMS**

This week's shuffle playlist was inspired by a mashup that a friend of mine recently sent me. That mashup was "Stranger Bonfire," which combined the Stranger Things theme song and Childish Gambino's Bonfire. I decided to compile my Top 15 favourite mashups of all time and it was a little nostalgic for me. Some of these mashups are newer while others I've been listening to since high school.

Enjoy!

- Heartbeat Radio – Childish Gambino vs. Twenty-One Pilots
- Summertime Weather – The Neighbourhood vs.

- Lana Del Rey
- Yellow / Don't Let Me Down – Coldplay vs. The Chainsmokers
- Brush Your Bittersweet Shoulders Off – Jay Z vs. The Verve
- Juicy Jackson – OutKast vs. Notorious B.I.G.
- Lean On / Bangarang – Major Laser vs. Skrillex
- Day'n'Nite, Inc. – Kid Cudi vs. Gorillaz
- Stranger Bonfire – Childish Gambino vs. Kyle Dixon & Michael Stein
- Halo Gasoline – Beyonce vs. Sia
- Psychosocial Baby – Justin Bieber vs. Slipknot
- Castle Dollhouse – Halsey vs. Melanie Martinez
- Love Me Closer – The Chainsmokers ft. Halsey vs. Ellie Goulding
- Mental vs. Keep on Rising – Rivero & REGGIO vs. Chuck Nash vs. Ian Carey feat. Michelle Shellers
- New Americana / Born to Die – Halsey vs Lana Del Rey
- Elastic Like You – Sia vs. Adele

**SOUND WAVES****Double-barrelled concert**By **GERVAISE BRANCH-ALLEN**

Early in the month, my mom and I were invited to hang out with a friend, except I didn't know what we were going to do besides meeting her at MacEwan Station. When we went inside Rogers Place, I was curious if we were going to see a hockey game. Instead, my mom and her friend surprised me with a concert to Chicago and Earth, Wind & Fire!

This was my first concert so I didn't know what to expect. When the two bands came onto the stage, they opened the night with songs "Beginnings" and "In the Stone." Earth, Wind and Fire played some of their greatest hits and some of their lesser known songs during the first half of the concert. As singer Philip Bailey stated, true Earth, Wind and Fire fans enjoy both the hits and the songs that weren't on the Top 100 charts.

Bailey sang "Reasons" with an absolutely phenomenal high-pitch throughout the song in a way very few people can. The audience gave him a standing ovation for his brilliant performance. Words can't describe how powerful his voice was. He also played the mbira, a thumb piano, very elegantly, using his fingers. It was fantastic to watch him play and listen to the light jingles from each note.

It was bittersweet to see the band play

without original co-lead singer and founder Maurice White, who passed away earlier this year like many other music legends. The band acknowledged his passing briefly with a slide show showcasing images of him while playing one of the songs.

Some of their other tunes included "Serpentine Fire," "Devotion," "Fantasy," "That's the Way of the World" and fan-favourite "Boogie Wonderland." While Bailey sang this song, he didn't hit the same notes as White, who sang the song originally. Fortunately, other returning

**Earth, Wind and Fire**

Rolling Stone

members Ralph Johnson and Verdine White, (Maurine's younger brother and flamboyant guitarist) were there to sing and play their hearts out alongside him. Their last song, "Let's Groove," had many people leap out of the chairs to dance!

Moving on to Chicago, they impressed the audience with songs like "Street Player." This song just makes you want to have a good time and enjoy life, even with its ups and downs.

"I'm a Man" was another excellent hit that was a blast to listen to. The group had

wonderful fiery effects on a slide show with the Chicago logo surrounded by flames! It really emphasized the power of this song. Additionally, drummers, including Tris Imboden, played their hearts out with a magnificent back-and-forth drum section.

Members like Robert Lamm, Lee Loughnane, James Pankow and Jeff Coffey delivered impressive performances of heartfelt songs "Hard to Say I'm Sorry," "I Don't Want to Live without Your Love" and "You're the Inspiration." One of the grooviest, most emotionally resonating songs of the night, "Call on Me," was quite an enjoyable song to hear the performers play. Chicago wrapped their performance with "Saturday in the Park."

In the final act, both bands came together for a 'mind-blowing' performance as they called it. They started off with the Earth, Wind and Fire hit "September," to the audience's absolute delight. Some of the other songs they played included "Sing a Song" and "Free and Shining Star." The final song of the night they played was Chicago hit "25 Or 6 To 4" as a grand finale.

We had a great night at Rogers Place and I truly recommend you see these groups live. The bands' performances were as excellent as the songs they sang.

DIY

Kimchi – make it at home

By YU KYONG KIM

I've been in Canada now for over two years and I really miss my family in Korea as well as Korean food. Many of my friends ask me whether or not I can make kimchi. Of course, I've made it before but I just assisted my mom. Basically, kimchi is a traditional fermented Korean side dish made of vegetables with a variety of seasonings which can take several days to make because there are many steps. A couple of days ago, I made it with my friends, and I recommend my own processing based on my experience. Also, I hope these steps are helpful for everyone who wants to learn how to make kimchi.

Ingredients:Salted cabbage:

- 2 heads of medium napa cabbages (6~7 pounds)
- 1 cup kosher salt (larger flakes)
- water

Porridge:

- 2 cups water
- 1 cup sweet rice flour

Paste:

- 2 cups radish (matchsticks)
- 1 medium onion (matchsticks)
- 8 to 10 green onions (chopped)
- 1/3 cup garlic (15 garlic cloves, minced)

- 1 teaspoon ginger (minced)
- 1 medium onion (minced)
- 1 medium pear (minced)
- ½ cup anchovy fish sauce
- ¼ cup fermented salted shrimp
- 2 cups hot pepper flakes
- ¼ cup sugar

Directions:

1. Pour water into a large mixing bowl and add prepared salt. Mix well until the morsels melt.

2. Remove some damaged leaves. Cut cabbage into halves or thirds lengthwise and place in the mixing bowl. Check water until cabbage is just covered. Keep for at least six hours or overnight, turn over once or twice to get well salted.

3. Rinse the cabbages a few times with cold running water to remove the salt and any dirt. Gently squeeze out the excess water and drain them; set it to one side.

4. Pour water into a pot and add the sweet rice flour. Cook over low heat for about 10 minutes, stirring constantly, and then let it cool off completely.

5. Cut the radishes and the

onion into matchsticks and chop the green onions. Mince the garlic, ginger, pear, and onion.

6. Pour cooled porridge into a large mixing bowl and add minced ingredients, fish sauce, sugar, and fermented salted shrimp, and then mix well. After that, add hot pepper flakes, radishes (matchsticks), the onion (matchsticks), and the

green onion (chopped), and then mix well again.

7. Spread some kimchi paste between each cabbage leaf, and put into your jar or container.

8. Let sit at room temperature for 10-14 days until the mixture may bubble, then refrigerate at least two days before eating. Enjoy kimchi with cooked rice.



Photo by Yu Kyong Kim

NEST TAPHOUSE GRILL

WEEKLY SPECIALS

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

FOR CURRENT HOURS PLEASE VISIT US ONLINE
NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. DINE IN ONLY.

REVIEW US ON: zomato yelp

NEST TAPHOUSE GRILL

OILERS GAME TIME FEATURE

\$4.50 PINTS (16OZ)
MOLSON CANADIAN

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

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

CANADIAN

FROM THE KITCHEN

Carrot & apple ginger soup

By HANA LAVERICK

Yields: 6 cups

Ingredients

- 2 tbsp. chopped fresh ginger (1 1/2 tbsp. of dry ginger if no fresh)
- 1 tbsp. coconut oil
- 1 small onion diced (I used purple)
- 2 garlic cloves, minced
- 1 large apple chopped
- 1.5 lbs carrots chopped (about 5 cups)
- 4 cups of vegetable broth
- 14 oz can of coconut cream OR coconut or almond milk (450ml)
- 1 tsp of dry thyme
- Pinch of nutmeg
- Salt and pepper to taste

Instructions:

1) Begin by heating up a large pot to medium heat and melt coconut oil.

2) Add onion, garlic, and ginger (if you are using fresh). Cook until fragrant and onion is almost clear, about 5 minutes.

3) Add apples, carrots and let it cook for another 5 minutes. (Add dry thyme, season and, if you are using dry ginger, add now).

4) Add vegetable broth, stir and bring to a boil. Reduce heat to low-medium and simmer for 20-30 minutes (until vegetables are tender). Slowly stir in cream or milk.

5) Carefully transfer this mixture into a blender. You might need to do this in batches. (I used an immersion blender so it can be done straight from the pot). Add a pinch of nutmeg and season with salt and pepper. I kept some

out and stored the rest in the freezer.

This creamy carrot and apple ginger soup is a simple, yet flavourful dish that is jam packed with goodness and real vegetables. From the chopped carrots and apples to fresh ginger; it blends together beautifully and deliciously cre-

ating the ultimate comfort food! Not to mention it fills your house with a lovely aroma reminding you that Christmas is near!

I decided to make this because it required very few ingredients (the few in which I love cooking with), and it was something that provided me with mul-

multiple meals, and fuelled my body with yummy goodness! Why not spread the love? I love this soup! Like love, love, love it! It makes six to seven delicious cups and is perfect meal to warm you up on a chilly night. I hope you enjoy it as much as I do.



Photo by Hana Laverick

RESTAURANT REVIEW

Burrito Libre – a fresh take

By JENNIFER RAE

Burrito Libre is a refreshing take on food court fare and if you haven't been to the new and improved City Centre East food court, it may enlighten

your vision of what a food court can be. Just as Burrito Libre has clear and easy options to build your own burrito, the new food court has seating for different moods.



Photo by Jennifer Rae

For \$8.35, the regular size burrito salad is very filling. Choices for the base of the burrito include a standard white or whole wheat tortilla, a bowl, soft or corn taco shells, or a lettuce/cabbage base. Then create your own with ... rice, potatoes, black or pinto beans, fried onions and peppers, spicy chicken or not so spicy chicken, to name a few add-ons. Then there is corn and guacamole, never mind the choice of several sauces that are house made.

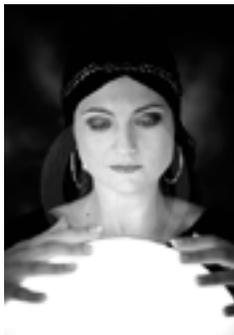
The meal I chose had lots of lettuce and beans, with just the right amount of chicken and sour cream, corn and fried onion/peppers. It was a light dish, just as the new food court was filled with light even on a cloudy day. Don't choose potatoes though, if you are choosing beans. Beans and potatoes are not so yummy but beans and rice are not only delicious together, they are also a nutritious combination. Not many people are aware that beans and rice actually form a complete protein. So those of you wishing to be light on the meat side, Burrito Libre has the

combination for you.

Those who feel strongly about supporting the local economy can be happy to eat at Burrito Libre since it is an Edmonton based Mexican fast food restaurant co-owned by Garnett Workun. There are five locations in the Edmonton area, so you won't miss your favourite Burrito Libre offering, even if you are not downtown. Look for the restaurant in Sherwood Park and at the University of Alberta's HUB Mall.

The trek to the third floor of City Centre Mall is quick and easy with new elevators, escalators and even stairs so you can add a bit of a workout or avoid a line on the down escalator. The seating varies from comfortable chairs and small tables to picnic style tables with wood stools. Small cosy areas to wide open spaces let you choose your favourite seat while you chow down on a long standing favourite (McDonald's Quarter Pounder meal, anyone?) or decide to switch it up with a novel offering from one of the unique new food court vendors.

THE NUGGET PRESENTS:
HOROSCOPES



MADAME O

November 24-30
(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Sagittarius (Nov. 22-Dec. 21)
Dare to dream. And dream about being that daring person that people will dream about.

Capricorn (Dec. 22-Jan. 19)
Be wise to all that need it. Maybe you will remind people of

an owl in a good way.

Aquarius (Jan. 20-Feb. 18)
Relate yourself to that of a tree and then you will know how thick your roots are.

Pisces (Feb. 19-March 20)
Wear an apron to a friends house so that it looks like you might cook something. Always keep them waiting is a good saying to remember.

Aries (March 21-April 19)
Donate your time to a dog shelter and you'll eventually make a best friend.

Taurus (April 20-May 20)
Run into a river with remorse, and return, running out of a river with righteousness!

Gemini (May 21-June 21)
Keep being beautiful forever. It's worked so far.

Cancer (June 22-July 22)
You always know who you are.

You can choose your path to victory. Write your history or it may become a mystery.

Leo (July 23-Aug. 22)
Don't worry. At one point in your future, you will be having a bubble bath.

Virgo (Aug. 23-Sept. 22)
Go birdwatching so you get

reminded about freedom.

Libra (Sept. 23-Oct. 22)
Wear crocs frequently so you can focus more on how to look your absolute best, when not in Crocs.

Scorpio (Oct. 23-Nov. 21)
Read more good books to get those good looks.

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

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

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

Hope to see you there!

United Way Alberta Capital Region

NAIT

NEW VENTURE AT NAIT PRESENTS

BUILD A COMPANY IN THREE DAYS!

3 DAY STARTUP

CONSTRUCTION AND TRADES
DECEMBER 2 - 4
APPLY BY NOVEMBER 25

nait.ca/3DS | #3DSNAIT

3 DAY STARTUP WE ARE ESSENTIAL TO INDUSTRY NAIT

ASK THE EDITORS

Why settle for just one opinion?

What is your favourite thing to eat on campus?



Danielle Fuechtmann
Editor-in-Chief

It's not something I eat regularly (I'm usually a bore and stick to Booster Juice or something in CAT), but the breakfast burrito from Common Market is a delightful indulgence. That said, breakfast is my favourite and I can always be charmed by a southwestern twist on brunch.

Nicolas Brown
Issues Editor

Oh this is a tough choice! Mainly because I've been around campus for so long that I've been able to enjoy so many different options – except for in the CAT building, unfortunately. Honestly, No. 1 favourite for fast, delicious food is the Panago personal pizzas in the Common Market. So good, yet so unhealthy! However, when it comes to event food, you can't go wrong with the exceptional gravy NAIT Culinary creates. Honestly, if you ever have

the chance to attend a NAIT event that has gravy, try it! Like thick, hearty ambrosia.



Connor O'Donovan
Sports Editor

I'm going to let you in on a closely held secret of mine. It involves the best deal on campus. Every so often Bytes sells home-baked pita chips covered in spices. Pick up a bag – I think they cost a dollar – then head over to Pita Pit and ask for a couple containers of hummus and tzatziki. They usually charge 50

cents per, but if you bat your eyelashes a few times you just might get them for free. It works for me at least. So there ya go. A substantial meal for under two bucks..



Michael Menzies
Assistant Sports Editor

Chef's Salad at Fresh Express. So filling. So fulfilling. I don't venture far from the V-Building because it consumes you and since that is the case, the big salad is too good to miss.

Do you enjoy writing or photography?

N **Contribute to The NAIT Nugget!**

Join us on Tuesdays in E-128B from 11:15 - 1:15 for pizza and story pitches - become a paid contributor!

WHAT DOES NAITSA DO FOR YOU?

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

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

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

WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS

WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK

WE OWN & OPERATE THE NEST TAPHOUSE GRILL
Located by the pool | 780-471-8542 | nesttaphousegrill.com

WE PUBLISH THE NUGGET STUDENT NEWSPAPER
Room E-128 | 780-471-8666 | thenuggetonline.com

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

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

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

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

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

WE SUPPORT & FUND OVER 70 CLUBS
orgsync@naftsa.ca | NAITSA Club Centre E-138

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



EST. 2016

NAITSA TRADING POST

REGISTER
(AT TRADINGPOST.NAITSA.CA)

WHAT ARE YOU LOOKING FOR?

- BOOKS?**
 - POST A BOOK
 - FIND A BOOK
- ROOMMATES?**
 - NEED A ROOMMATE
 - FIND ROOMMATE



Managing panic attacks



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

If you have ever had a panic attack you know that the feeling can be overwhelming. Common symptoms include a racing or pounding heart, dizziness, feeling lightheaded, feeling unable to catch your breath, chest pains, flushes or chills, jumpiness or trembling, terror, fear of losing control, fear of going crazy or fear of doing something embarrassing. The good news is that panic attacks are manageable. Here are some tips:

- **Focus on breathing slowly and deeply.** Breathe in through your nose to the count of five, hold your breath briefly and then exhale through your mouth for at least five counts. As you breathe, focus completely on your breath coming in and going out of your body. Try to draw your breath deep into your body down to your stomach. Do this at least five times. The goal is to manage and

make the panic attack easier, not to stop it.

- **Keep something with you that will immediately help you become grounded.** Carry a pebble or other small object that you can hold and rub when you start to feel panicky. If you always have this in your pocket or purse it will be easily accessible.

- **Have supportive statements you can substitute for anxiety-producing thoughts.** When anxious feelings start up it is helpful to have a statement ready such as “My thoughts are not helpful right now. Instead I am going to focus on something supportive and healthy such as my cat playing with his ball.” or “It is normal to feel anxious in this situation. When this is over I will be glad that I did it.”

- **Make an index card with coping strategies.** Messages on the card could include reminding yourself that the attack will not last forever, reminders to challenge thoughts that are increasing your anxiety,

and strategies that have helped in the past. Carry the card with you.

- **Move your body.** During a panic attack a lot of adrenaline is released. Shaking your hands and arms can provide immediate relief. A regular exercise routine helps reduce overall stress and anxiety.

- **Never avoid situations out of fear of having a panic attack.** Avoiding gives the control to the panic and actually makes it more likely that you will have future panic attacks. Try to schedule regular activities with people you trust.

- **Have a plan.** You shouldn't expect to have a panic attack, however it is calming to have a plan of what you would do if you did have one. For example being aware of where the public washroom is in case you need privacy, carrying taxi fare in case you want to leave a situation, or going to events with someone you trust can greatly reduce the probability of a panic attack. Making trusted

friends or classmates aware that you experience panic attacks can also be calming.

- **Maintain as regular a routine as possible.** Regular times and habits for going to bed and getting up, eating, exercising, studying and other activities in your life can decrease overall stress.

- **Read and talk about panic.** *When Panic Attacks* by Dr. David Burns, *The Anxiety & Phobia Workbook* by Edmund J. Bourne, *From Panic to Power* by Lucinda Bassett and *Mind Over Mood* by Christine Padesky and Dennis Greenberger are good resources. There is plenty of information online as well.

- **Seek help.** See a counsellor to discuss other options to deal with stress and panic.

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

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

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

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



We are the Naitisa Service Hub!

WHAT DO WE OFFER?

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



EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

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

FOOD CENTRE

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

HEALTH & DENTAL

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

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

U-PASS

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

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

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

WHAT'S GOING ON AROUND CAMPUS

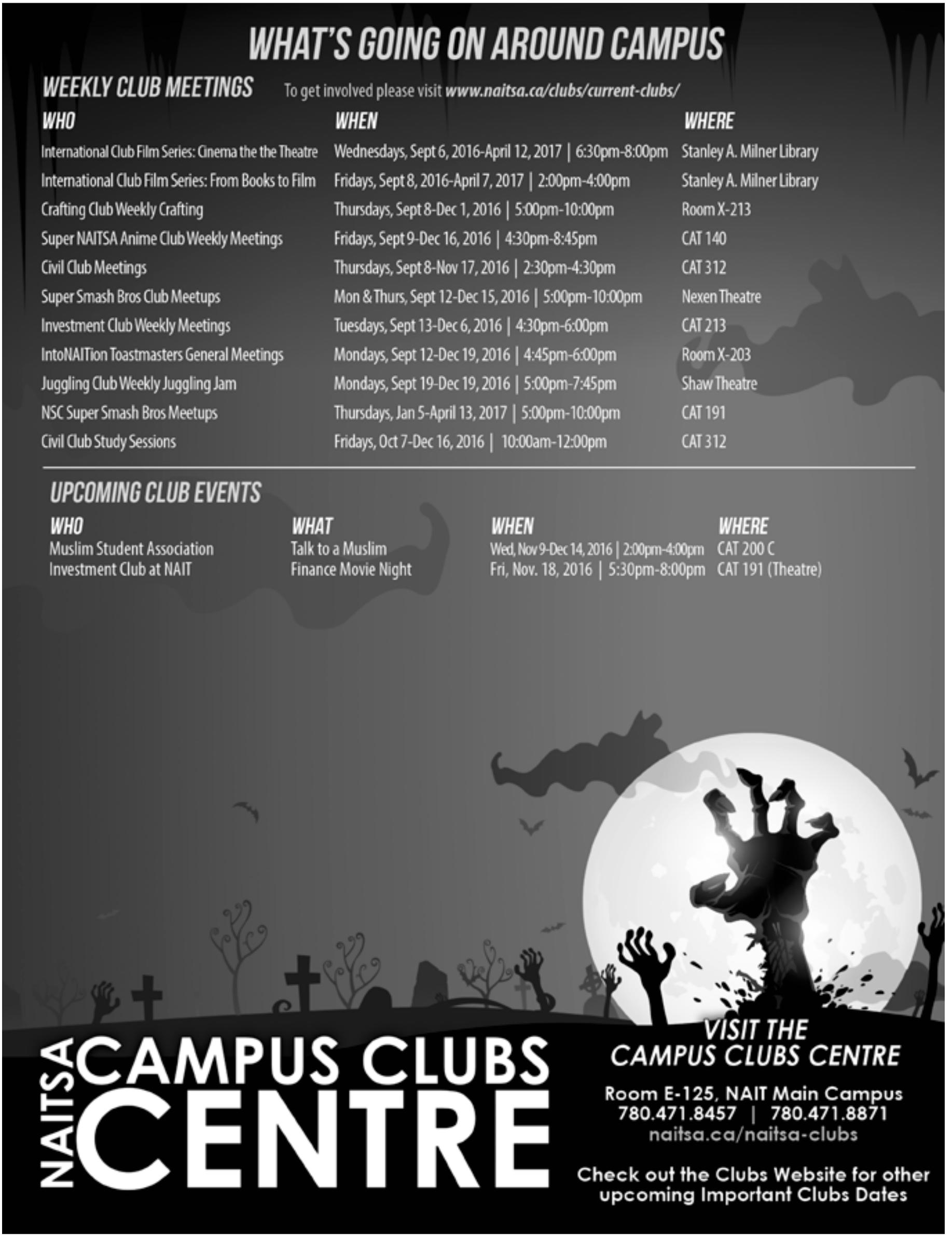
WEEKLY CLUB MEETINGS

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

WHO	WHEN	WHERE
International Club Film Series: Cinema the the Theatre	Wednesdays, Sept 6, 2016-April 12, 2017 6:30pm-8:00pm	Stanley A. Milner Library
International Club Film Series: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017 2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, Sept 8-Dec 1, 2016 5:00pm-10:00pm	Room X-213
Super NAITSA Anime Club Weekly Meetings	Fridays, Sept 9-Dec 16, 2016 4:30pm-8:45pm	CAT 140
Civil Club Meetings	Thursdays, Sept 8-Nov 17, 2016 2:30pm-4:30pm	CAT 312
Super Smash Bros Club Meetups	Mon & Thurs, Sept 12-Dec 15, 2016 5:00pm-10:00pm	Nexen Theatre
Investment Club Weekly Meetings	Tuesdays, Sept 13-Dec 6, 2016 4:30pm-6:00pm	CAT 213
IntoNAITion Toastmasters General Meetings	Mondays, Sept 12-Dec 19, 2016 4:45pm-6:00pm	Room X-203
Juggling Club Weekly Juggling Jam	Mondays, Sept 19-Dec 19, 2016 5:00pm-7:45pm	Shaw Theatre
NSC Super Smash Bros Meetups	Thursdays, Jan 5-April 13, 2017 5:00pm-10:00pm	CAT 191
Civil Club Study Sessions	Fridays, Oct 7-Dec 16, 2016 10:00am-12:00pm	CAT 312

UPCOMING CLUB EVENTS

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



NAITSA **CAMPUS CLUBS**
CENTRE

VISIT THE
CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
upcoming Important Clubs Dates

get your **vote** on!



VOTE FOR YOUR NAITSA EXECUTIVE COUNCIL VICE PRESIDENT ACADEMIC 2016/2017

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

info stations
december 6 @ 4pm - 7pm

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

info stations
december 7 @ 10am - 2pm

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

for more information visit
naitsa.ca/elections



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