

THE

NAIT **NUGGET**

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

U-PASS REACHES OUT

Leduc, Spruce Grove and Fort Sask. now included, page 4



Photo by Jacqueline Irwin

NAIT Students' Association representatives gather with a U-Pass card signed by area municipal officials after the announcement of the extension of service. They are: Jason Roth, left, NAITSA advocacy director; Matthew Pecore, U-Pass co-ordinator; Katie Spencer, VP External; Tamara Russell, VP Student Services and John Perozok, NAITSA president.

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NEWS & FEATURES

Case for public transit



NICOLAS BROWN
Issues Editor
@bruchev

It's a favourite complaint for any city-dweller (besides parking) – transit! Almost universally, you will always hear complaints about how terrible transit is, regardless of what city you live in or how you utilize it. Whether it's a complaint over the lack of service for those who do use it or as an excuse by those who don't use it, transit seems to be one of the most maligned municipal services anywhere.

Yet despite its ignobility, transit is a critical public service, for many reasons.

The provision of public transit is often a status symbol for municipalities – a sign

that the community is growing. The complexity of the transit system portrays the sophistication of the community as well, from simple bus routes or dial-a-bus systems to a complex system of buses and trains. These systems provide convenient transportation options for those who don't own their own vehicles (or can't afford to), as well as those who can't afford to utilize other transportation options, like traditional taxis or Uber.

Here's the big ticket item though – public transit is a major equalizer. Access to public transit means mobility within the community. Individuals are no longer reliant on personal vehicles to get to work, volunteer, or shop – this means more employment opportunities, more community engagement and more spending within the community. Adequate public transit can lift low-income earners up, as they are able to search farther for work, can access services easier or take additional training for greater career opportunities.



Not only does it act as an equalizer for employees, it also improves independence. Seniors no longer able to drive or those with disabilities can still travel within the community using public transit. Youth can get to school on their own, or get to and from part-time jobs, without requiring parents to serve as chauffeurs. Recently, the expansion of the U-Pass program in Edmonton

has increased access to post-secondary education for prospective students in Fort Saskatchewan, Spruce Grove and Leduc, ensuring reduced expenses in getting to and from campus.

It can be very difficult to recognize the benefits of public transit when you have other transportation options. I never truly appreciated Edmonton's transit system until I travelled to other cities. New Orleans, as an example, has a much smaller transit system than Edmonton – 35 routes in New Orleans compared to over 300 routes in Edmonton. Edmonton has over three times as many bus stops as New Orleans, and nearly five times the ridership levels,

despite having similar populations (although significantly different population densities). I would take Edmonton's system over New Orleans any day, given how easy it is to get around the city. Sure, we may not compare to major urban centres like New York, Ottawa or Vienna, which has an amazing transit system by the way, but we should appreciate the value of transit availability.

Of course, things can always be better and we should continue to push for that. The continued issues with the Metro LRT line, reduction in bus service to different neighbourhoods in Edmonton, poor scheduling, there's no reason that we should just accept shortfalls. It can be frustrating that what would be a seven-minute drive takes 45 minutes by transit or if you have to wait at an intersection for the LRT. Before you complain about public transit, think about what it actually offers, what it represents.

Since I'm moving back to small town Alberta next year, I know I'll definitely be thinking about it, especially when I'm not able to take the bus across town to avoid dealing with bad drivers.

Words carry consequences



A.J. SHEWAN
Assistant Issues Editor

"It is with deep sorrow that I learned today of the death of Cuba's longest serving president," read the opening line of the official statement from Prime Minister Justin Trudeau on the death of Cuban President Fidel Castro. These words and the rest of the statement from Trudeau have now set off a firestorm of controversy across Canada. While Trudeau amended his statement Sunday when pressed by a CBC reporter, acknowledging that he saw Castro as a dictator, the inferno was already out of control.

I'm not here to wade into the discussion about what kind of person Fidel Castro was or the impact he had on both Cuba and the world. Wiser, more knowledgeable individuals than I can have that conversation. This is about the significance the

choice of words can have when making a statement about an impactful event. It is something that transcends a prime minister or president and deals with the difficulty of balancing diplomacy with emotions.

The examples set by heads of state are important to note as they bear the most scrutiny when aired publicly for consumption. The cordial relationships statesmen must maintain in order to conduct trade, foster business relationships and provide for the safety of its own citizens is paramount. Is there not an inherent danger to the numerous Canadians who vacation in Cuba every year if Trudeau were to lambast the death of Castro? What about the other Latin American countries mourning Castro's death? Would Canadians not be at risk in those well travelled locations as well? These are things the average person does not have to worry about when they share

their opinion online or in public. However, for a statesman the consequences of words can have an immeasurable impact.



Justin Trudeau

It was Canada, after all, that helped facilitate recent negotiations between Cuba and the United States that led to the easing of tensions between the two nations. For the millions of disenfranchised people in countries around the world where the word freedom is merely a dream, these types of negotiations mean the difference between life and death. The world is a safer place when adults can sit down and work out their differences, coming to a mutual agreement without lashing out and putting up physical or monetary barriers.

It must not have been easy for Mexican President Enrique Peña Nieto to praise the president-elect of the United States on his win after months of unsettling promises on

the election trail. To his credit, Nieto still reached out and extended the courtesy that statesman must to ensure the continued success of their citizens. This harkens back to when former Prime Minister Stephen Harper offered his condolences to Saudi Arabia on the passing of King Abdullah, a country with its own questionable human rights record. Lessons can be taken from these conciliatory actions. It is far too easy to sit behind a computer screen or newspaper and scrutinize the decisions made by people in a place of power where the consequences of words have life altering impact.

Care must be taken even in the lives of ordinary citizens when writing messages full of hate and vitriol. Those words will linger for the rest of time and although they may be a valid current personal opinion, times change and those opinions may alter or negatively impact future opportunities. It is not the opinion that matters the most but often the manner in which it has been conveyed that has a lasting impact. Perhaps it is wise to take a page from the playbook of a diplomatic head of state. The time given to the consideration and weight of an appropriate choice of words that adequately conveys a message can be beneficial in the future.

Loan moves kick in

By **CARRIE HUMBKE**

In March 2016, Justin Trudeau's new Liberal government released its first budget, which included changes to federal financial aid for post-secondary students. The major focal point of these changes was the promise that recent graduates earning less than \$25,000 per year could defer their student loan payments until their income passed that threshold.

On Nov. 1, that promise came true with the formal implementation of that \$25,000 threshold. However, there was some confusion over how this change would work and if it would be in effect as of Nov. 1 or simply set in motion. Clarification provided by Employment and Social Development Canada, the federal agency responsible for federal student loans, has revealed how the recent changes work.

Implemented on Nov. 1

"Yes, the Repayment Assistance Plan (RAP) expanded threshold to \$25,000 was fully implemented on Nov. 1. All new RAP applications are now assessed using the revised thresholds," explained Amélie Caron, media spokesperson for Employment and Social Development Canada.

Previously, individuals struggling to repay their student loans could apply for assistance through the federal Repayment Assessment Plan (RAP) program, which had an income threshold of \$20,210. The recent announcement now means that threshold has increased to \$25,000. What does that mean, though?

"Students who apply for RAP are approved to defer or reduce their loan payments based on the income threshold mentioned above. As such, students who do not apply for RAP are required to repay their loan regardless of income thresholds. If students do not make their regularly scheduled payments or [do not] apply for RAP, the account will be considered in default," explained Trina Gammie, a NAIT academic adviser in the Student Service Centre.

This means that in order to qualify under the new threshold, borrowers need to formally apply for the assistance – it does not kick in automatically.

The change is good news for those struggling to repay before Nov. 1, however.

"Borrowers who may have been refused RAP prior to Nov. 1, 2016 will have to re-apply to establish their eligibility under the new threshold," explained Caron. That means a second chance for those who were above the previous threshold. It also doesn't impact those already covered by the RAP program.

"Borrowers who started to receive repayment assistance

through RAP before Nov. 1 will not see any changes in their payments until after their six month RAP period ends. Once that six-month RAP period ends, borrowers would need to re-apply for additional RAP periods if they need continued financial assistance," said Caron.

"The increase to the loan repayment threshold under the Canada Student Loans Program's Repayment Assistance Plan is to ensure that no borrower who applies will have to repay their Canada Student Loan until they are earning at least \$25,000 per year. This income threshold is for a single individual; increased thresholds for other family sizes are also available. Additionally, students earning more than \$25,000 may also be eligible for reduced payments. Borrowers facing difficulties repaying their loans should contact the National Student Loans Service Centre."

In addition to the repayment threshold, the 2016 federal budget included increased funding to Canada Student Grants, to the tune of 50 per cent for each category. Reductions are:

- From \$2,000 to \$3,000 per year for full-time students from low-income families;



"The future prosperity of our country depends on young Canadians getting the education and training needed to succeed in the job market. As a result of this new measure, students will be better positioned to transition into the workforce after graduation."

– *MaryAnn Mihychuk, minister of Employment, Workforce Development and Labour*

"NAITSA believes that the changes regarding funding to students are positive and we congratulate the government on working to improve student experiences, both during and after schooling," said Katie Spencer, NAITSA VP External.

– *With files from Nicolas Brown*

- From \$800 to \$1,200 per year for full-time students from middle-income families; and

- From \$1,200 to \$1,800 per year for part-time students from low-income families.

These changes to federal student funding are welcome news and represent greater access to funding and, consequently, education for low- and middle-income families.

"The announcement of increases to the middle and low income grants is good news, especially an increase of 50 per cent. This will reduce the overall debt load that qualifying students will incur to finance their education," explained Gammie.

It comes at a time when student debt continues to grow, along with the reliance on government funding.

In Alberta specifically, Student Aid Alberta has indicated that an estimated 77,000 students will be applying for financial aid, a 10 per cent increase over last year. The total amount of provincial student loans issued this year is expected to be about \$579 million, up \$42,000 from last year. In fact, 73,135 online applications and 6,684 paper applications had been processed since June 6.

Of course, any increase in student funding is welcome news to student government.



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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.

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!

U-Pass expands its area

By **A.J. SHEWAN**
Assistant Issues Editor

The announcement came with much fanfare Nov. 24 just outside the LRT station at NAIT's main campus. Beginning Jan. 1, the much anticipated expansion of the U-Pass system was announced to include Spruce Grove, Fort Saskatchewan and Leduc.

Jason Roth, advocacy director at NAITSA, welcomes the changes and says they have been a long time coming.

"Over the years we've made different approaches to municipal politicians in

those other municipalities and we couldn't quite get them on board. Edmonton Transit started to see that maybe there might be a better value here."

NAIT students will not see an increase in fees as a result of the added service. The expanded U-Pass program will now give greater flexibility to students who previously faced a lengthy commute from the outlying cities. An additional saving will be the monthly cost of paid parking on campus.

"I would estimate that the percentage of students out of our total number of stu-

dents that are going to benefit from this is probably somewhere around five per cent," Roth said.

This is potentially a significant increase for monthly ridership numbers.

"Now they get to use their U-Pass, too, just like anybody else. From the student perspective it adds a great amount of value to the program," Roth explains.

"There are so many benefits to this, great value for those students, a better overall value for the program, probably less pressure on parking spots on campus and lower carbon emissions and footprint," he said.

"This really plays into this strategy to try to shift people towards transit. ETS has a certain mandate too. They are accountable to the electorate as well. I think their goal is to establish regional co-operation and a regional transit strategy."

Whereas in the past NAITSA and representatives from other Edmonton universities have approached the various outlying municipalities seeking their addition to the U-Pass structure, this time Edmonton Transit had taken the lead.

"The negotiation happened directly this time between Edmonton Transit and those municipalities," said Roth.

That direct approach by ETS appears to have worked.

"I think that the municipalities realized that you have a greater likelihood of keeping people as transit users if you can get them on board while they're in school."

Edmonton Mayor Don Iveson is no stranger to the U-Pass negotiation process. "The original (U-Pass) deal was brokered by Mayor Iveson himself when he worked at the U of A Students' Union," Roth notes.

"It's more of a long term vision that matches some of the municipal mayors' visions of a metro Edmonton transit strategy, something Iveson has talked about."

For U-Pass users, with Edmonton Transit, the current participant municipalities and the municipalities coming on board Jan. 1, it will be a net benefit all around.

"In the long term, they (those newly added municipalities) will gain more users and more ridership and that's probably where their aim is in joining the program" adds Roth.

Roth suggests more improvements are possible in the future and for students to continue lobbying their student representatives.

"There's more good news coming on U-Pass for students. I think that people are going to be pretty happy with the pricing structure in the new contract."



Photo by Jacqueline Irwin

Edmonton Mayor Don Iveson speaks to a group attending the announcement that U-Pass has expanded to three outlying communities.



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AWARD WINNERS



NAIT photo

NAIT Interim Provost Kevin Shufflebotham, back left, poses with this year's Instructional Excellence Award winners. Rear, left to right, are Dong Ye, Business Administration-Accounting; Brad Mielke, Construction Engineering Technology; Jason Kamineski, Welder; Ross Taylor, Computer Engineering Technology; James Kovessy, Millwork and Carpentry; Kerry Heberling, Mathematics and Andre Glaser, English as a Second Language. Front row, left to right, are Teresa Sturgess, Business Administration-Marketing; Loralie Euverman, Medical Transcription; Kathrine Andrews, Personal Fitness Trainer; Trisha Needham, Forest Technology; Maya Daniel, Business Fundamentals.

Top instructors, 2016

By NAVJEET KAILAY

Recognizing achievement is the cornerstone of building a strong academic environment, as well as building a strong team. NAIT recognizes the achievement of its staff through the Instructional Excellence Awards, which it has been awarding since 1999. Each year, students nominate NAIT instructors for consideration, based on a number of different factors. This year's recipients were recently announced after a very careful selection process.

All recipients were selected from over 180 nominations submitted to the selection committee. Although announced in the fall, these staff will be officially recognized in January, when NAIT will also recognize staff earning other awards, including long service awards, SHINE awards, and the Ernest Manning Leadership Medallion, as well as retiring NAIT staff.

The award selection process is very thorough. There are many standards to be

met, such as responding to the individual learning needs of students in and out of class, advancing a positive learning environment, appropriate and innovative teaching and demonstrating knowledge of subject matter, good values and attitudes.

Ross Taylor, an instructor in the Computer Engineering Technology program and one of this year's recipients, explained that there are several specific areas that are considered: encouraging student-faculty contact, encouraging co-operation, encouraging active learning, giving prompt feedback, emphasizing time on task, communicating high expectations and respecting diverse talents and ways of learning.

"The best way is to see what the students say, how they respond to the instructor in variety settings and whether they can effectively demonstrate the outcomes," explained Taylor. "That's how one can tell a person is promoting quality and

positive learning environment," he said.

"Good instructors are passionate about what they teach – they not only know their subject matter but they are immersed in it and their passion is contagious; and good instructors care about, care for, their students."

Individual nominations are scored based on three separate areas; 60 per cent comes from student submissions, 20 per cent from the nominated instructor and 20 per cent from colleagues or other staff submissions. These scores are determined and evaluated by the selection committee, which recommends recipients to Academic Council for approval.

"The selection process of the Instructional Excellence Awards is a shared responsibility between NAIT's Academic Council, NAITSA students and NASA faculty and has a minimum of 10 members with a least 40 per cent student representation. Members are identified by Aca-

demical Council, NAITSA and NASA. The selection committee is chaired by the Provost and Vice President Academic or [their] designate," explained Michelle Ivanochko, project manager, Office of the Provost.

"Any instructor can be nominated [by] a student, whether it is an instructor here on contract or full time. The idea is for a student to have the opportunity to honour a valued instructor by nominating them if they choose."

Fantastic instructors deserve wonderful awards but "with great teaching comes great responsibility."

If you are interested in nominating an instructor for the Instructional Excellence Award, you can submit nominations online through your My NAIT student portal, under Student Services. If you have any questions about the award or the nomination process, you can submit questions by emailing instructor.excellence@nait.ca

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

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

WHO	WHEN	WHERE
International Club Film Series: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017 2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, 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
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
Startup Network	Movie Night: Believe in Christmas	Wed, Dec 7, 2016 5:00pm-8:00pm	CAT 191

NAITSA **CAMPUS CLUBS**
CENTRE

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CAMPUS CLUBS CENTRE

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780.471.8457 | 780.471.8871
naitsa.ca/naitsa-clubs

Check out the Clubs Website for other
upcoming Important Clubs Dates

OPINION

— Editorial —

Post-truth a fact



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

Every year, the biggest English dictionaries in the Western World present their picks for word of the year. It's an intriguing, and fun, tradition that provides a reflection on the state of the world. While each dictionary has its own method for picking its final choices and crowning a winner, each is a not-so-subtle remark on current affairs and culture.

Earlier this week, Merriam-Webster tweeted “‘Fascism’ is still our #1 lookup. # of lookups = how we choose our Word of the Year. There's still time to look something else up.” Now, Merriam-Webster has built a twitter brand that is delightful and, as described in a charming feature by *LitHub* on Nov. 28, “topical, funny, smart and informative while also being relentlessly irreverent” but regardless of the precise strategy each dictionary uses, the tweet accurately captures the sentiment the Word(s) of the Year are intended to express.

Post-truth

According to Merriam-Webster, an unfortunately large number of people have flocked to them for a refresher on fascism. Over at the Oxford Dictionary, it's already final: their international word of the year is post-truth.

Post-truth; adjective. Relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief (Oxford Dictionary).

The fact that post-truth has become buzzword-y and deserving of this attention in a year like 2016 does not surprise me at all. But if you're more skeptical than I, Oxford Dictionaries justified their judging process and how post-truth clawed its way to the top. Oxford picks their word of the year candidates based on a significant increase of usage over the year (it doesn't need to be a newly coined word); Oxford's language research team found that over the last year, use of post-truth increased by about 2,000 per cent.

Not surprising

Oxford Dictionaries President Casper Grathwohl commented in a news announcement that, in a year dominated by highly-charged political and social discourse, the choice isn't surprising: “fuelled by the rise of social media as a news source and a growing distrust of facts offered up by the establishment, post-truth as a concept has been finding its linguistic footing for some time,” he said.

Grathwohl doesn't think it'll be disappearing any

time soon, either.

“We first saw the frequency really spike this year in June with buzz over the Brexit vote and again in July when Donald Trump secured the Republican presidential nomination. Given that usage of the term hasn't shown any signs of slowing down, I wouldn't be surprised if post-truth becomes one of the defining words of our time.”

In July, Peter Pomerantsev wrote about our post-truth world for *Granta*. “There is some sort of teenage joy in throwing off the weight of facts – those heavy symbols of education and authority, reminders of our place and limitations – but why is this rebellion happening right now?” he asks. Two quite predictable factors emerge – technology's impact on information dissemination and the way it pushes us into virtual realities and fantasies.

Magnified by sharing

The first is pretty straightforward. Media is published at such a fast rate that by the time a fact-checker catches a lie or error, it has been magnified by sharing, thousands of other lies have been spawned and the resulting “disinformation cascade” makes it nearly impossible to stop. “All that matters,” he says, “is that the lie is clickable and what determines that is how it feeds into people's existing prejudices.”

Our habits of acquiring news through social media amplifies the problem, thanks to the echo chamber of shared opinions it typically comes hand-in-hand with; plus, all of the handy algorithms that dictate the media presented to you only help ensure each of your clicks and searches bring you a bounty of bias-confirming sources.

The second factor requires a bit of abstraction. The overwhelming breadth of today's media has created a fragmented reality that feels “ungraspable,” propelling us towards fantasy and virtual reality. In short, it breeds nostalgia and idealistic dreams of a secure past. Pomerantsev quotes philologist Svetlana Boym, “The twenty-first century is not characterized by the search for new-ness but by the proliferation of nostalgias ... nostalgic nationalists and nostalgic cosmopolitans, nostalgic environmentalists and nostalgic metrophiliacs (city lovers) exchange pixel fire in the blogosphere,” which we see reflected in Trump's claims to “Make America Great Again” or Brexiteers' desire for a

return to an older form of England, argues Pomerantsev.

The surprising twist he presents, however, is that consumers of alternative news are the most responsive to false claims. Skepticism and the avoidance of mainstream media tends to carve a well-intentioned path towards conspiracies. (Intrigued? Pomerantsev's piece, *Why We're Post-Fact* is a great read, especially the connection he makes to postmodernism and intellectual movements starting with the Enlightenment and continuing.)

Technology isn't the exclusive driver in these changes, though. Another key issue is education. Last week, researchers at the Stanford Graduate School of Education released their report on youth's ability to recognize the credibility of information online. The results were dismayed, to be frank. In Stanford's news release about the report, which was released by the Stanford History Education Group, the lead author of the report was quoted as saying “many people assume that because young people are fluent in social media they are equally perceptive about what they find there. Our work shows the opposite to be true.”

Credibility gap

The researchers assessed students' ability to identify credibility and news literacy based on age-appropriate tasks. Students at middle school, high school and college levels were given five tests to determine judgment of social media feeds, photographs, authorship and bias, and other relevant topics. In their executive summary, the research team stated that despite seeking to establish a reasonable level of performance that they expected would be within the reach of youth at each of their demographic groups, “in every case and at every level, [they] were taken aback by students' lack of preparation.”

When fake news makes huge enough waves that Facebook and Google are forced to change their policies (Ken Doctor wrote a tidy summary about it for the Nieman Lab, titled “Newsonomics: Fake-news fury forces Google and Facebook to change policy”), it's time to really start looking more carefully at that clickbaity headline, the article your friend posted or Aunt Susan's latest social media missive!

Let's make post-truth an embarrassing blip and not our new reality.

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SPORTS

Commish dishes on CTE



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

CFL Commissioner Jeffrey Orridge needs to choose his words a little more carefully the next time he steps up to the CFL pulpit.

Last week, before the barely sold-out Grey Cup at the CFL "State of the League" conference, Orridge was pressed on the CFL's position regarding repetitive head injuries and their relation to chronic traumatic encephalopathy (CTE, a progressive neurodegenerative disease).

"It's still a matter of debate and discourse, as to what the linkage may be," he

said. "The league's position is that there is no conclusive evidence at this point."

To give Orridge some kind of an argument, CTE is a relatively new diagnosis. It wasn't until the early 2000s that it began receiving serious scientific and medical attention and its name doesn't yet carry the clout of ailments like cancer or heart disease. Still, evidence in favour of legitimizing the diagnosis is stark and mounting. Boston University's School of Medicine, likely the most committed research group studying the disease, found CTE in 87 of 91 brains donated by former NFL players they studied. Postmortem neuropathological analyses completed by the school found the buildup of an abnormal protein in these brains caused by repetitive head trauma. Linking head trauma sustained while playing football to CTE may not be as easy as taking a breathalyzer to link drinking and

high blood alcohol levels but the science is just as precise.

Understandably, there was little hesitation from the media to pounce on his words. A Sportsnet story cited the Executive Director of the Concussion Legacy Foundation, which is partnered with Boston University to study CTE, as saying Orridge is "misleading CFL players and the football community."

The op-eds came swiftly, too. Postmedia's Terry Jones, for example, slammed Orridge's entire performance on stage at the conference, calling the commissioner's approach "all-style, no substance" and grading Orridge as having said "nothing important."

Orridge is only in his second year as commissioner but that should give the former five-year CBC Sports executive no excuse to spout ambiguity on what is likely the sport of football's most salient topic.

In a year that saw the NFL dedicate

\$100 million to concussion and CTE-related research and development, that saw the release of a Hollywood biopic focusing on the discovery of neurodegenerative disease as a common trait in embattled football players, in which Football Canada announced it has trained over 5,000 Canadian minor football coaches in its "Safe Contact" program, Orridge showed that the CFL still refuses to take a position that first and foremost ensures the health and safety of its athletes.

If anything, Orridge's handling of the subject only exposed more of his league's problems. After all, what do you think a good reporter would have asked had the commissioner acknowledged a link between head trauma and CTE? Orridge's words implied that the CFL is in no position to spend money on lawsuits or research and development or experiment with the way it plays the game.

Orridge needs to start putting a little more thought into how he represents his league. That, or risk the further delegitimization of a league that struggled to put fans into seats for its marquee event.



Jeffrey Orridge

Chess – it's your move



By **MICHAEL MENZIES**
Assistant Sports Editor

The world of sports is hard to keep track of sometimes. Understood. The frenetic pace of the loaded sports calendar makes it impossible to follow everything going on all the time. Sports is the nightly soap opera, unscripted and continues on every night with or without you. If you want to keep up, you have to tune in (Or read about it tomorrow, check Twitter for scores, etc).

So what did the *Independent* newspaper in the UK call the most exciting current sporting event happening in the world just a week ago? It isn't soccer or cricket, as you might expect from a British publication. The answer is much more surprising. It's the 2016 World Chess Championship in New York, the most exciting thing in sports today.

I am a fan of chess but I don't play as much as I used to. Chess is so fascinating to me because it's the most intellectual/psychological pursuit we've devised as human beings for purely recreational reasons. To be average at chess takes hundreds of hours of precise practice. To be great at chess takes complete and utter devotion. In a lot of cases it drove the greatest grandmasters crazy or, in the best of times, completely secluded them from the outside world.

Magnus Carlsen, 25, is the current world chess champion after earning the title in 2014. Carlsen, called the "Mozart of chess" by *60 Minutes*, has been a chess prodigy since the age of five. He is already one of the most skilled players in history. Think Connor McDavid in three years: generational talent but now at the height of his powers.

A candidates tournament held roughly every 18 months determines the official challenger for the championship. The winner with the right to challenge Carlsen is also part of the "new wave" of chess. Sergey Karjakin, 26, played a beautiful tournament to earn the right to play Carlsen.

The championship is a 12-game showdown with the first player reaching 6.5 points crowned the winner. A win is worth one point and a draw is worth 0.5. (A loss is zero). The biggest event in the chess world

kicked off Nov 11 with seven consecutive, tense draws. The score 3.5 apiece

What happened next? A shocking upset. Karjakin barely survived the opening move time restraints, then capitalized on Carlsen's risky attacking style for the surprising victory. The win put Karjakin a full point up – a huge lead with only a few games left. Carlsen stormed out of the following mandatory joint press conferences, causing quite a stir in the process.

The story was now unfolding; a major upset of chess's major power at the height of his dominance. Not only is a World Chess Championship at stake but history as well. Sports radio banter is dominated every season with who is the best NFL quarterback or the best goal scorer. The same question could be asked – who is the greatest chess player in the world? If Carlsen loses, the pundits will debate if he's still in consideration with the greatest, just like José Raúl Capablanca or Bobby Fischer or Garry Kasparov?

The two-and-a-half week tournament allows for rest days (for obvious reasons) which couldn't have come at a better time for Carlsen, down a full point. Saturday in Game 10 (after another draw which put Karjakin within a point of the title), Carlsen did what all great sportsmen have done

in the past when challenged. He won convincingly, levelling the score 5.5 each after another gruelling seven-hour encounter. The scene was set for Monday with an entire world watching.

Chess in the social media age has struggled to stay relevant. Luckily, the prodigy Carlsen has renewed social interest in the game. The World Chess Championship's website is doing several things to drive interest in the game. For a small fee, this includes video commentary, instant analysis and virtual reality technology. And with no major TV distributor due to games taking so long, this is exactly the type of marketing the chess world needs, especially to stay relevant in the social media age.

Chess might be a specialist "sport" but the worldwide drama it evokes is delicious. The things at the core of the game that make chess great are the same that make all games great. Former world champion Kasparov's book title says what you need to know about the game: *How Life Imitates Chess*. Replace chess with any other sport and we can see the similarities between all games and sport itself. The biggest event in sport last week was a game played seated and took seven hours to complete 12 times. Yet, the essence of the game is like the games we already know and love.

WOMEN'S HOCKEY

Leading the league

By **CLAIRE STANHOPE**

NAIT's women's hockey team had a weekend of ups and downs against the MacEwan Griffins, losing their Friday night game 4-0 but coming back to win 3-1 on Saturday at home.

Saturday's game was a chance at redemption for their goalless Friday night and Carlin Boey made that apparent six minutes in with a beautiful unassisted goal. The rest of the period had a similar vibe, with NAIT seemingly one step ahead of MacEwan the entire period. The ladies left for the dressing room 1-0 and feeling good.

Unfortunately, whatever it was they

had on MacEwan seemed to dissolve in the second after NAIT racked up five penalties, four of which overlapped and had them playing almost two minutes of three-on-five. But with such a phenomenal penalty kill, you might have thought the penalties were intentional. NAIT was all over the visiting team, snatching MacEwan's rebounds before they had a chance and sending them down the ice. NAIT couldn't block every shot, however, and this gave the Oaks backup goalie Alyssa Moyer a chance to shine. Moyer was peppered with shots and stopped all of them, not letting in a single power play goal. Unfortunately, MacE-

wan managed to tie the game up with four minutes left on the clock and the second period ended with anxious anticipation of the third.

The Oaks came back with some serious fire in the third period with Livia Lucova taking back the lead in less than five minutes. When NAIT earned another penalty the arena tensed. Then Carlin Boey snagged a short-handed breakaway goal to give NAIT a two-point lead that they were not giving up. A powerful third period ended with a 3-1 NAIT win and a happy Oaks team.

Boey was awarded Player of the Game for her bookending goals and Moyer stopped 32 of the 33 shots on goal, giving her a 0.97 save average. Lucova's goal put her in third in the ACAC for goal points, tied with NAIT's Veronika Kuzelova at five goals.

The weekend ended with our women's hockey team first in the league with 18 points with two games in hand over the second-place Red Deer College (also with 18 points). MacEwan trails by two points in third place, leaving SAIT and Olds College with six points each.

The women's next game is an away contest against the Red Deer College Queens on Dec. 1 at 7 p.m. The next home game is Jan. 7 against Olds College.



Carlin Boey



Alyssa Moyer

Snapshots ...

By **MICHAEL MENZIES**
Assistant Sports Editor

Men's Volleyball

The NAIT men's volleyball team suffered a setback weekend as they lost both matches to the Grande Prairie Wolves on their home floor (18-25, 17-25, 19-25 and 22-25, 21-25, 28-26, 23-25). Despite their best efforts, the team seems to be feeling the effects of six straight weekends, with their best attacker Hamish Hazelden still out of the lineup and the team sliding into a tie for the last playoff spot in the North Division.

Women's Volleyball

The women's squad faced similar results as the boys as they also dropped both matches – despite going the distance of five sets Friday night and another four sets Saturday (19-25, 25-20, 20-25, 25-22, 16-18 & 25-20, 21-25, 14-25, 21-25). The result placed Grande Prairie back into a tie for top spot in the North Division with Lakeland College and King's University at 20 points.

Next weekend, the Oaks volleyball teams will wrap up the first half of the season against the Augustana Vikings, who they played just a couple weeks ago. These games will have huge ramifications in the standings as the semester break stops all ACAC play over Christmas. And while both teams are obviously looking forward to a rest, it's important to realize that your opponent is doing just the same.

Men's Basketball

With the first half of their seasons completed, the NAIT basketball programs are smiling both atop the ACAC North Division standings. After a close 79-78 win on Friday night at the Kings University Eagles the boys earned the sweep with a 100-77 victory on Saturday night. Friday night saw Jackson Jacob hit two free throws with six seconds left to give the Oaks the win.

Saturday the Oaks came out with greater defensive focus and jumped out to an early lead. All the players saw court time as well. Coming off the bench to earn Player of the Game honours was first-year Regina native six-foot-eleven Cam Clemence. Cam grabbed five rebounds and scored six points in eight minutes of play.

The Oaks will take some time to regenerate and get healthy while also focusing on their final exams during the Christmas Break. On Jan. 6 and 7 the Oaks will host the No. 1 team in the ACAC South Division and sixth ranked nationally, Medicine Hat College, in what could be a preview of the ACAC championship game. The Oaks also host the Lethbridge Kodiaks, another South Division powerhouse. These are a couple of non-conference games to help the Oaks prepare for the winter term and a run at another championship.

Women's Basketball

The ladies broke a team record this weekend for the best first half record in program history moving to an 11-1 record at the break.

"We battled a gritty and physical King's team that competed hard with us for 40 minutes," coach Todd Warnick said after Friday's 62-43 victory. "We were able to secure our defensive urgency and work for a hard fought game on the road."

On Saturday, "Kings was able to build on the momentum that they found in their own gym and bring it into ours. Despite King's hot shooting from beyond the arc we were able to find our shooting range in the second quarter and stake a significant lead, King's made their push late but our defence held and we found our way into the win column again."

The weekend action marked the end of the first half of the season. The men's and women's teams next play Jan. 13 against Keyano in the NAIT gym.

Athletes of the week

November 21-27

Sydney Hurlburt
Women's Basketball



The Oaks women's basketball team finished the first half of the season with a program best 11-1 record after taking both games from the King's Eagles this past weekend. The Oaks defeated the Eagles 62-43 Friday at King's but it was in Saturday's 73-59 win at NAIT that Sydney was outstanding. She played 25 minutes and scored 23 points, including four-for-nine on three-pointers. She also added a pair of steals and shot five-for-eight from the line. "Sydney played a significant role this past weekend," said head coach Todd Warnick. "Her stellar defence and sharpshooting from beyond the arc were keys ... to two more wins this season." Sydney is a second-year Personal Fitness Trainer student from St. Albert.

Wyatt Beaver
Men's Basketball



The NAIT Oaks men's basketball team earned a tough two-game sweep over the King's Eagles this past weekend and Wyatt was at the centre of it all. In Friday's thrilling 79-78 victory at King's, Wyatt had a triple double with 14 points, 12 rebounds and 10 assists. On Saturday, the Oaks posted a 100-77 win at home over King's with Wyatt collecting 15 points, 12 rebounds, five assists and two steals. "When Wyatt brings energy and focus, he is a complete player," said head coach Mike Connolly. "He is starting to learn that when he plays with focus and energy, not only does he produce but more importantly, he makes other players around him better." Wyatt is a third-year Business Administration student from Edmonton.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	RW	LT	GF	GA	L10	STRK	Pts
SAIT	16	12	4	11	2	0	62	41	9-1	Won 6 26
GMU	16	11	5	8	1	0	58	41	6-4	Lost 1 23
NAIT	14	11	3	10	0	0	71	33	9-1	Won 4 22
RDC	16	8	7	8	2	1	53	47	7-3	Won 2 19
UAA	15	8	7	7	1	0	50	43	5-5	Won 1 17
PC	13	4	9	4	0	0	41	62	1-9	Lost 8 8
CUE	16	4	12	3	0	0	43	69	3-7	Lost 2 8
BC	16	2	13	2	1	1	37	79	2-8	Lost 5 6

Results

November 25

Red Deer 2, Briercrest 1
 Concordia 3, SAIT 7
 MacEwan 3, Augustana 1

November 26

Red Deer 5, Briercrest 2
 Augustana 3, MacEwan 2
 SAIT 3, Concordia 2

WOMEN'S HOCKEY

Team	GP	W	L	RW	OTL	T	GF	GA	L10	STRK	Pts
NAIT	11	9	2	8	0	0	33	22	8-2	Won 1 18	
Red Deer	13	8	5	8	2	0	34	22	7-3	Lost 1 18	
MacEwan	14	8	6	8	0	0	29	26	5-5	Lost 1 16	
SAIT	12	3	9	3	0	0	25	31	3-7	Won 2 6	
Olds	12	3	9	2	0	0	22	42	2-8	Won 1 6	

Results

November 24

Red Deer 6, Olds 1

November 25

MacEwan 4, NAIT 0

November 26

NAIT 3, MacEwan 1
 Olds 3, Red Deer 2 (OT)

MEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
NAIT	12	11	1	22	953	826	9-1	Won 4
Concordia	12	10	2	20	931	797	8-2	Won 8
Lakeland	12	8	4	16	822	782	7-3	Won 2
Augustana	12	5	7	10	872	952	5-5	Lost 4
Grande Prairie	12	3	9	6	865	917	1-9	Won 1
Keyano	12	3	9	6	864	927	2-8	Lost 1
King's	12	2	10	4	880	986	2-8	Lost 2

South Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
Red Deer	9	8	1	16	849	721	8-1	Won 2
Lethbridge	7	5	2	10	533	409	5-2	Lost 1
SAIT	7	5	2	10	592	560	5-2	Lost 1
Medicine Hat	7	5	2	10	416	371	5-2	Won 5
Olds	7	3	4	6	609	632	3-4	Won 1
Briercrest	7	3	4	6	508	534	3-4	Won 1
Ambrose	7	1	6	2	547	583	1-6	Lost 6
St. Mary's	9	0	9	0	629	873	0-9	Lost 9

Results

November 28

NAIT 85, Grande Prairie 68
 Augustan 90, King's 86
 Concordia 88, Keyano 87

November 29

NAIT 73, Grande Prairie 66
 SAIT 92, Briercrest 74
 Concordia 86, Keyano 75
 Augustana 81, King's 71
 Red Deer 118, St Mary's 87

WOMEN'S BASKETBALL

North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
NAIT	12	11	1	22	882	622	9-1	Won 6
Concordia	12	9	3	18	801	665	7-3	Won 1
Keyano	12	8	4	16	820	697	7-3	Won 5
Lakeland	12	7	5	14	793	733	6-4	Lost 1
Augustana	12	5	7	10	735	766	5-5	Won 1
King's	12	2	10	4	593	811	0-10	Lost 10
Grande Prairie	12	0	12	0	516	846	0-10	Lost 12

South Division

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

Results

November 25

NAIT 62, King's 43
 St. Mary's 86, Briercrest 36
 Lakeland 72, Augustana 52
 Keyano 73, Grande Prairie 42 (3OT)
 SAIT 66, Medicine Hat 50
 Lethbridge 93, Olds 65
 Red Deer 75, Ambrose 48

November 26

NAIT 73, King's 59
 Keyano 67, Grande Prairie 46
 Ambrose 77, Olds 72
 Lethbridge 81, Red Deer 53
 Augustana 78, Lakeland 74
 St. Mary's 84, Medicine Hat 58

MEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Keyano	12	12	0	36	4	10-0	Won 12	24
King's	12	8	4	29	16	8-2	Won 2	16
Augustana	12	6	6	20	24	4-6	Won 1	12
Grande Prairie	12	5	7	21	25	5-5	Won 2	10
NAIT	12	5	7	20	26	3-7	Lost 2	10
Lakeland	12	4	8	14	25	3-7	Lost 1	8
Concordia	12	2	10	11	31	1-9	Lost 7	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	12	9	3	31	10	7-3	Won 3	18
SAIT	12	8	4	26	17	8-2	Won 2	16
Briercrest	12	7	5	23	20	6-4	Lost 2	14
Lethbridge	12	6	6	24	22	5-5	Won 2	12
Ambrose	12	2	10	9	30	0-10	Lost 10	4
Olds	12	0	12	0	36	0-10	Lost 12	0

Results

November 24

SAIT 3, Ambrose 1 (34-36, 25-21, 20-25, 21-25)

November 25

Grande Prairie 3, NAIT 0 (25-18, 25-17, 25-19)
 Lakeland 3, Augustana 0 (25-23, 25-23, 25-22)
 Medicine Hat 3, Briercrest 0 (25-17, 25-18, 25-23)
 Lethbridge 3, Olds 0 (25-17, 25-10, 25-23)
 Keyano 3, Concordia 0 (27-25, 39-37, 25-22)

November 26

Grande Prairie 3, NAIT 1 (25-22, 25-21, 26-28, 25-23)
 Lethbridge 3, Olds 0 (25-14, 25-16, 25-11)
 Medicine Hat 3, Briercrest 0 (26-24, 25-21, 25-13)
 Keyano 3, Concordia 0 (25-18, 25-19, 25-16)

Augustana 3, Lakeland 0 (25-22, 37-35, 25-21)
 SAIT 3, Ambrose 0 (25-20, 27-25, 25-22)

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Gr. Prairie	12	10	2	33	13	8-2	Won 3	20
Lakeland	12	10	2	32	11	8-2	Won 4	20
King's	12	10	2	30	9	8-2	Won 5	20
NAIT	12	5	7	21	24	3-7	Lost 2	10
Keyano	12	5	7	17	25	5-5	Won 2	10
Augustana	12	2	10	13	32	2-8	Lost 4	4
Concordia	12	0	12	4	36	0-10	Lost 12	0

South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
Briercrest	10	10	0	30	6	10-0	Won 10	20
Red Deer	12	9	3	32	16	7-3	Won 4	18
SAIT	10	8	2	28	9	8-2	Won 8	16
Ambrose	12	4	8	15	30	3-7	Lost 4	8
Olds	12	4	8	15	27	3-7	Won 1	8
Lethbridge	12	4	8	18	28	4-6	Lost 1	8
Medicine Hat	12	1	11	12	34	1-9	Lost 5	2

Results

November 24

SAIT 3, Ambrose 0 (12-25, 10-25, 17-25)

November 25

Grande Prairie 3, NAIT 2 (25-19, 20-25, 25-20, 22-25, 18-16)
 Lethbridge 3, Olds 1 (25-21, 23-25, 25-20, 25-15)
 Keyano 3, Concordia 0 (25-22, 25-19, 25-20)
 Briercrest 3, Medicine Hat 2 (25-22, 16-25, 23-25, 25-18, 15-13)
 Lakeland 3, Augustana 0 (25-12, 25-22, 25-14)

November 26

Grande Prairie 3, NAIT 1 (20-25, 25-21, 25-14, 25-21)
 Olds 3, Lethbridge 0 (29-27, 25-20, 25-16)
 Briercrest 3, Medicine Hat 1 (25-18, 26-24, 18-25, 25-20)
 Keyano 3, Concordia 0 (25-15, 25-21, 25-14)
 SAIT 3, Ambrose 1 (25-23, 24-26, 25-21, 25-15)
 Lakeland 3, Augustana 1 (25-11, 25-9, 22-25, 25-16)

CURLING

MEN

	Fall	Winter	Rgnl Final
Red Deer	6-0	--	--
NAIT	4-2	--	--
Augustana	3-3	--	--
Olds	1-5	--	--
Lakeland	1-5	--	--

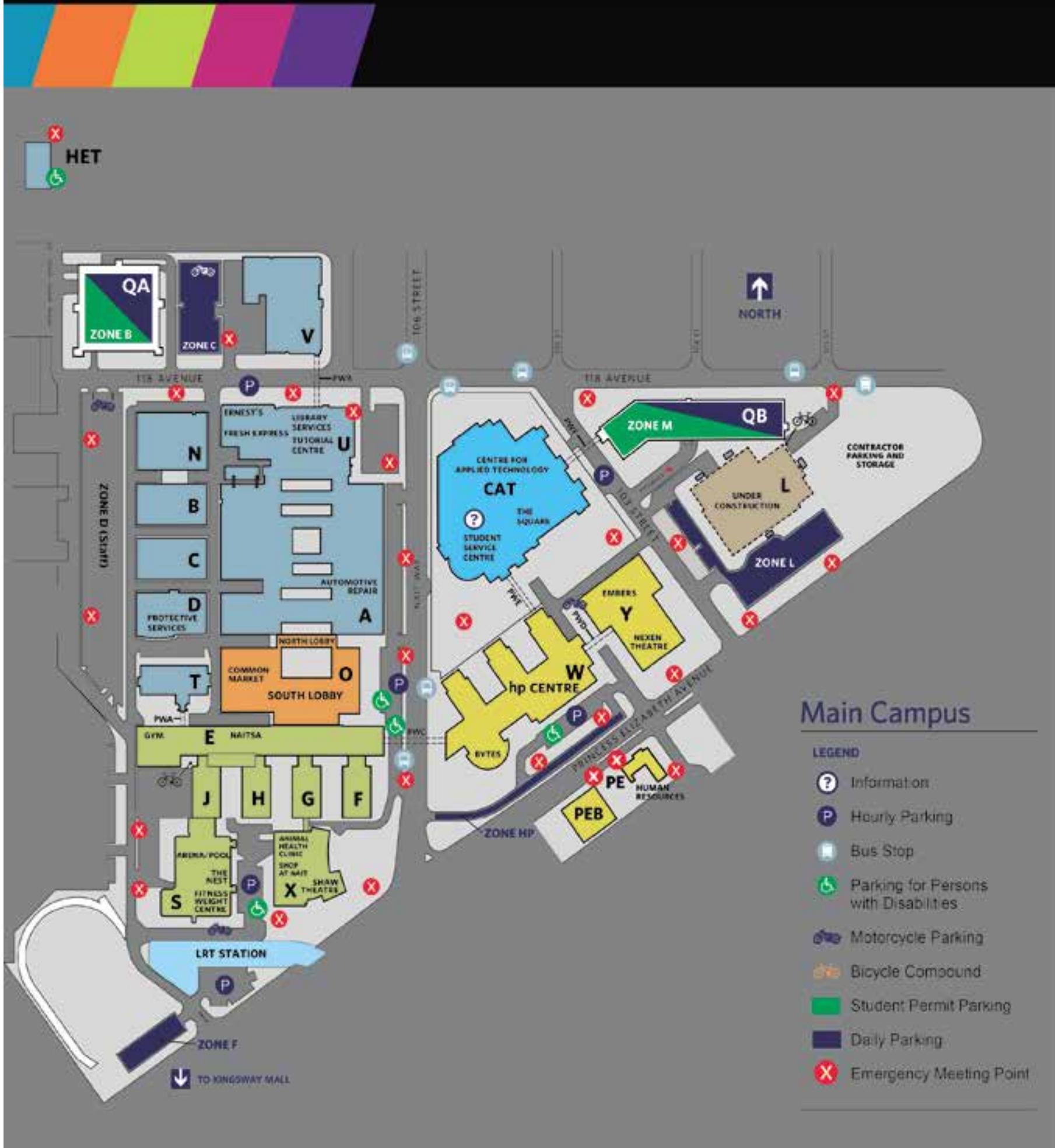
WOMEN

	Fall	Winter	Rgnl Final
Concordia	4-1	--	--
Red Deer	3-2	--	--
Augustana	3-2	--	--
NAIT	3-2	--	--
Lakeland	1-4	--	--
MacEwan	1-4	--	--

MIXED

	Fall	Winter	Rgnl Final
Red Deer	6-1	--	--
Lakeland	6-1	--	--
Concordia	5-2	--	--
Olds	4-3	--	--
MacEwan	3-4	--	--
NAIT	3-4	--	--
Portage	1-6	--	--
Augustana	0-7	--	--

NAIT Main Campus Map



Main Campus

- LEGEND**
- Information
 - Hourly Parking
 - Bus Stop
 - Parking for Persons with Disabilities
 - Motorcycle Parking
 - Bicycle Compound
 - Student Permit Parking
 - Daily Parking
 - Emergency Meeting Point



for more information about voting please visit naitsa.ca/elections



Adeleye Adebunsi

Dear Friends and fellow students, my name is Adeleye Adebunsi and I am seeking your support and vote as NAITSA Vice President Academic.

While running in the recent by-election for President of NAITSA, I had the honour of interacting with many of you and heard first-hand your concerns and how your academic experience at NAIT can be made more fulfilling. With your support and votes, I would be better placed as your VP Academics to advocate for a "FALL SEMESTER READING WEEK" that you indicated is very important to you. This would afford our hardworking time-pressed students some time to cool off and prepare well for exams. I would also put a proposal before the academic committee to consider "SPREADING EXAMS OVER A TWO-WEEK PERIOD" to reduce the stress on students, of having to write more than one exam in a day. These exam measures I believe, would help ensure better grades and keep the hardworking students of NAIT competitive in the job market. It would also help promote wellness and better mental health among students.

In addition, I would work with our amiable President and former VP Academic to further the drive for "Open Educational Resources (OER)" that would make textbooks and learning materials cheaper or freely available to students.

As a NAIT student, I have worked as a peer tutor helping fellow students with tutorials, I volunteered at open house helping potential students get a feel of life as a NAIT student, and was proudly the "Ook Mascot" at this fall semester's new students welcoming and orientation. With my experience serving students and a good grasp of the academic policy and regulations at NAIT, I am confident I would best represent your interest as VP Academic.

Your vote would help get the desired "fall reading week", an opportunity to "spread out exam over two weeks" and a concerted effort at making "textbooks more affordable or even free to students through OER". Please vote for me and together we would make NAIT more committed to our success!

Thank you.



Doris Car

Hello fellow students,

It's me again, the fortune cookie lady! Yes, I am not giving up and they say third time is a charm! For those who don't know me, my name is Doris Car and I am currently a student in the Business & Administration Program with an emphasis in Accounting.

Do you feel the need for a fall reading week, a spring and summer term U-Pass, re-negotiation for a better health and dental coverage at a lower student rate, long mirrors in the washrooms, and extended fitness facility hours on the weekend. These are just a few goals that I would like to achieve when elected as the VP Academic. If you are interested in hearing my implementation plan, please feel free to approach me through social media, such as Facebook, or on campus and I would be happy to share.

Currently I am a Peer Mentor at the International Student Centre. As a Peer Mentor my job is to help International students transition smoothly into their post-secondary career. I have executed many events for students some of them include mini golfing, language school, and accounting tutoring. I have proven leadership skills and am able to serve students to the best of my abilities. Through this position I have become a problem solver, negotiator, and a better communicator. I am able to work within a team and also lead a team as well as ensure accountability and transparency.

As some of you may not know VP Academic is one of the most important positions in NAIT's Students Association. Their job is to ensure they are addressing student concerns with due diligence. These can be academic complaints or simple issues such as the lack of water fountains in the CAT building. As a hardworking individual I do not give up easily. In a short period of time this will be my third campaign.

With the help of my fellow peers I would like to be elected as the VP Academic. This is a short four month term and I will ensure that your voices are heard. I want to advocate for academic rights, help fellow peers and ensure the wellbeing of students during their time at NAIT.

Please become part of the team "a good future at NAIT" with your vote for Doris Car, your candidate for the NAITSA Executive Council By-Election for VP Academic 2016/2017.

Thank you.

watch
candidate
videos online
@ naitsa.ca

STUDENT ELECTIONS

candidate biographies



Colin Doucet

Hello! First off, I'd like to thank everyone for taking the time to read each candidate's biography so they can stay informed. Since we're all busy, I'll keep this concise :)

Firstly, I'd like to give some background information on what the VP Academic's role is, as a lot of students will receive a request to vote via email and won't be quite sure why they should be invested in the outcome.

Have you ever received a grade or assessment on a paper, project, or exam, and disagreed with the grade you received? Perhaps the grade wasn't an accurate representation of the work you submitted, or a proper evaluation of your ability. Or maybe you've had an instructor who you feel has conducted themselves inappropriately. We have amazing instructors here at NAIT, but conflict does sometimes arise.

In these cases, many options are available, but NAITSA's VP Academic is one of the first points of contact who can guide you through different processes and solutions.

While helping students through the above would be part of my day-to-day responsibilities, I also have long-term goals in mind. One of the most significant ones is the implementation of Open Educational Resources (OERs) for use in our classrooms. OERs are, simply put, online textbooks that are *completely free of charge* to access and use. We live in a world where information is becoming more readily available, and this includes learning resources like textbooks. Normally restricted by traditional intellectual property rights, OERs are made possible by Creative Commons licensing, which allows for content creators to provide their content differently (and more easily) for teaching and learning.

Learning & Teaching Commons (LTC) here at NAIT is already on board with this initiative! Imagine no longer having to pay textbook fees - this is the future of post-secondary. It is a slow transition, but it is one that is already being made in many institutions around the world - including our neighbors in British Columbia. It my goal to expedite that transition here at NAIT.

There are three reasons why you should vote for me:

1) EXPERIENCE

I have been employed by NAITSA for approximately 4-5 years under several different roles. I've been the first point of contact for students with a range of questions, so I'm familiar with the needs and wants of our students.

2) CREDIBILITY

I've been the recipient of several awards, including the Laurence M. Pollock Award of 2015, as well as the Louise McKinney Award in 2015. These are based in academics.

3) DETERMINATION

I'm determined to help improve students' cost of education; this begins with the creation of policy to allow instructors the use of OERs.

The amount of support I've received so far has been truly heartwarming. I hope to receive your support as well!
Vote **Colin Doucet** - VP Academic

Thank you

VOTE FOR YOUR NAITSA
VICE PRESIDENT
ACADEMIC 2016/2017



for more information about voting please visit nait.ca/elections



Vinu George

I ran for president last year and lost and then I ran for president again a couple of weeks ago and lost again. Here I am now running for vice president. In my last campaign, I mentioned that I wanted lower student association fees, drinking water fountains in the CAT building, and a nap room on campus. I still want all those things, but now I want some more things. I want a fall reading week, more computers on campus, and the option of not buying a u-pass. If you have any questions, you can message me on the Chillabit app. <3 <3 <3



Brenda Needham

Do you have ideas that could make NAIT better? Do you want to have a say in how your education and experiences are structured? If so, I want to know. Studying BBA with a focus on HR, I believe I am ready and willing to go outside of my comfort zone to perform the roles and responsibilities necessary to have your voice heard.

Why vote for me? Well, in addition to being completely awesome, some other qualities I possess include:

- Attention to detail
- People focused
- Excellent communication skills
- Interpersonal skills
- Knowledge of academic environments
- Integrity, passion, and respect

I believe that my experiences, knowledge and skill set would make me an ideal candidate for you, the student. I have experienced different facets and dimensions of being a student at NAIT. Now a full-time student attending day classes, I started my program as a part-time student, attending evening classes while gaining real-world experience in different organizational environments. I understand what it is like to juggle school, work, family, and personal time.

Do you want your voice to be heard? If so, vote **Brenda Needham**. It would be my honour and privilege to represent **YOU** as your VP Academic.

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



STUDENT ELECTIONS

candidate biographies

VOTE FOR YOUR NAITSA

EXECUTIVE COUNCIL VICE PRESIDENT ACADEMIC 2016/2017

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

ENTERTAINMENT

Favourite time of the year



BRENDAN CHALIFOUR
Entertainment Editor

In November, my friends and I went to the All is Bright Festival on 124 Street. The festival featured sleigh rides, ice sculptures, bonfires, food trucks, maple taffy making, cookie decorating and so much more! It was a great way to spend a cold winter's evening and helped to illuminate the winter season.

Christmas is, by far, my favourite holiday. With inviting homes draped in lights, a blanket of snow over the city and holiday cards in mailboxes, how could it not be?

My family used to send out the gen-

eric Christmas cards of a gold Christmas tree or polar bears but, a few years ago, we decided that it would be neat to create custom ones with our family photo on the front. I was designated to be in charge of handling this. So, I got to it, started looking online for where we could get ours made, chose a template and started to upload the photo and customize the message. I showed my parents to get their approval and, with the click of a button, our cards were ordered. A couple weeks later when they came in, we addressed and mailed them.

The front of the card read: "Happy Holidays from the Chaifour Family." It wasn't discovered until much later, that I had actually made a spelling mistake in our last name, effectively forgetting to include the "L" in the middle. So, lesson learned? Yes. Check and double check and triple check your holiday cards if you are ordering custom.

Last weekend, my family and I set up our Christmas tree, quite late for us actually, as we usually go full swing Christmas mode on the weekend after Remem-

brance Day. It was a day of non-stop Christmas tunes, decorating the tree, eggnog and baked goods always get me in the Christmas spirit.

I know a lot of people love Christmas, because of all the gifts they receive, Boxing Day sales and the time off school and work. While all of those things are nice, my favourite part of Christmas is the energy

that surrounds it. I love nothing more than walking around Churchill Square or down Whyte Avenue on a bustling night, seeing all of the lights, people and decorations. Christmas has some kind of energy around it that I cannot explain. I just know that I love every moment of it.

What do you love most about Christmas? Shoot us a tweet at @NuggetOnline.



The legislature at Christmas

ellen's esl teaching blog

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

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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!

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **CARRIE HUMBKE**

Before everybody gets drowned in the Christmas season and those repeated Christmas songs, let's listen to some songs by our amazing and talented Edmonton artists.

- With You/ Lay-by – Tennyson
- Like What EP – Tennyson
- 7: 00 AM – Tennyson
- One – Firm Band

- Take it or Leave it – Firm Band
- Back to the Start – Carrie Jing Humbke
- Always Waiting for You – Carrie Jing Humbke
- Platinum (Album Version) – Our Abandon
- Queen of Hearts – Our Abandon
- Dancing by the Sea – Our Abandon

From alternative to reggae, from remix to acoustic, from guitar and piano to ukulele and drum, these artists are releasing their emotions by converting their stories into songs, and this is how they present it to you. Support our up and coming Edmonton artists! These amazing songs might not be found in your iTunes stores but you can listen to them free on their Facebook page, SoundCloud or Bandcamp.



Our Abandon - Bandcamp

SOUND WAVES

Getting ready to Awaken

By **OLIVIA ADAMS**

Donald Glover is the process of releasing a new album named *Awaken, My Love!* which is expected to drop on Dec. 2. It has been three years since he released a new album under his rapper alias Childish Gambino. Considering this (I cried when I found out he was releasing a new album), I figured I'd review his previous album, *Because the Internet*, to prepare everyone for his next album.

Because the Internet is about how technology has changed social interactions and, from the tones of some of the songs on this album, it's not for the better. Along with the album release, there was a scripted story that tied all the songs from the album together. Donald Glover is an exceptional writer. If you've ever seen *30 Rock*, you'll understand, so give yourself time to sit down with the script itself. He touches on some sad but accurate realities of modern

day social interactions.

One is playing games with another so as to not seem too attached. On its own, *Because the Internet* brings the classical rapping styles and catchy lines that he is known for. "Sweatpants ft. Problem" is my favourite song on the album by far, reflecting his rich-boy alter ego. His clever wording and timing produce

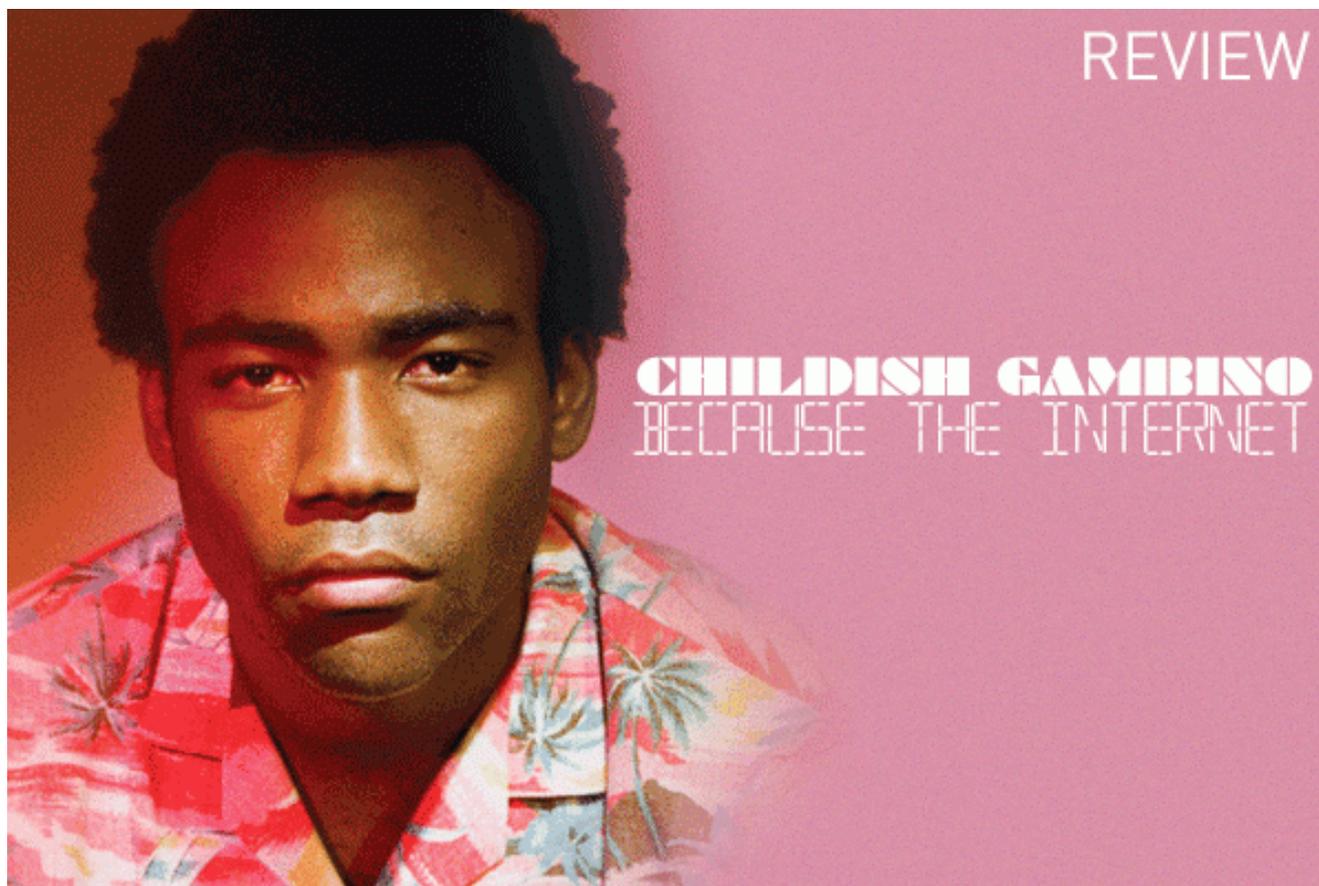
lines such as, "Yeah, you got some silverware/But really are you eating though? ... /Breakfast, lunch and dinner's for beginners/You ain't even know."

Another favourite on this album is "3005" that I always thought was about a girl he loved. It contains a super catchy hook and beat. When interviewed by hiphopdx.com, Glover said

about the song, "Everybody's like, 'It's a love song,' it's kind of an existential thing. I'm just really scared of being alone. When I was little, there was a big dog down the street. I was really scared of it. But when I was with my sister, when I knew I had to protect her, I wasn't afraid of the dog as much because somebody was there. I had a

purpose ... I kind of feel lost. I kind of lost that, I feel." This song contains the smoothest lines such as, "Girl why is you lying, girl why you Mufasa/ Yeah, mi casa su casa, got it stripping like Gaza/ Got so high off volcanoes, now the flow is so lava." This album also contains other great singles such as "The Party," "No Exit" and "Death by Numbers."

It's worth listening to again before his new album drops. He has two singles out already from *Awaken, My Love!* called "Me and Your Mama" as well as "Redbone," so check them out!



REVIEW

CHILDISH GAMBINO
BECAUSE THE INTERNET

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

December 1-7

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

Sagittarius (Nov. 22-Dec. 21)

Whatever you do, don't let paranoia take you out of the game. The stars are aligned to give some opposition at this time but like the ugly dog, that opposition is largely superficial.

Capricorn (Dec. 22-Jan. 19)

Expecting to get your way today will end in disaster. Best to watch and listen. Being an effective team player means letting go of the outcome of the meeting. Go with the flow and you may just get a better mark.

Aquarius (Jan. 20-Feb. 18)

Keep focused on your long-term goals over the next few weeks and ride out the storms of daily obstacles. It may look like all your plans are coming to naught when in reality you are close to achieving your goals.

Pisces (Feb. 19-March 20)

The sun's position indicates this is a favourable time to take a few risks. Moderation is all well and good, so keep it to an educated risk and the tip will pay high dividends.

Aries (March 21-April 19)

When the world seems against you, take time to count your blessings, as it is at times like these that a positive focus can change the day around. A com-

promise may help the situation.

Taurus (April 20-May 20)

Take care of your health. The weather is playing havoc with your immune system, so make sure to work out and eat a lot of fruit and green veggies. Weather and stress can increase the likelihood of colds and flus and you want to be healthy for the holiday season!

Gemini (May 21-June 21)

Luck is not a permanent condition, so keep an eye out for opportunities that might be easily overlooked if everything seems to be going your way.

Cancer (June 22-July 22)

Habit and routine are a great place to start, however, every now and again stepping out of the familiar will prove rewarding in ways you cannot possibly imagine.

Leo (July 23-Aug. 22)

People can be fickle and relationships are built over time with

patience, tolerance and forgiveness. People, like the weather, are subject to change on a daily basis. So, if someone is grumpy or stressed, instead of holding a grudge, see if you can make them smile.

Virgo (Aug. 23-Sept. 22)

A little caution today will yield extra karma as family and friends turn to you for guidance in matters that are sensitive and private. Seek to listen and understand rather than suggesting solutions.

Libra (Sept. 23-Oct. 22)

Time to celebrate! Find something to make a party out of as school and work are gearing up. Letting off a little steam with friends is just the ticket to get through the next few weeks!

Scorpio (Oct. 23-Nov. 21)

The moon in your sign indicates listening to your inner voice will help you weather the critics and naysayers. Keep to your course and do not listen to self-doubt and success will be within your grasp.

FROM THE KITCHEN

A bowl of pure heaven!

By HANA LAVERICK

I have always thought the concept of "bowls" was quite simple and interesting. You just toss a bunch of ingredients into any dish, add a little bit of love and finesse and there you have it – a bowl of deliciousness that is ready to be devoured! A lot of people nowadays are trying to make meals that are quick, easy and don't require a lot of work and, of course, will taste awesome. I think putting together "bowls" are quite easy, and are more common not only with food fanatics but also for people that do not have that much time to make up something super fancy.

Whether it is a breakfast bowl, a smoothie bowl or a quinoa bowl, it is something that is healthy, filling and the next meal you should make! On another note – I had to find a way to include peanut butter in the meal because I am addicted. It is my secret recipe that I am sharing with you, so brace yourself for one heavenly dressing, you will be putting it on everything. No regrets!

One pot flax and panko-crusted salmon quinoa bowl drizzled with a spicy peanut butter sauce

- 1 salmon fillet (cut into cubes)
- 2-3 tablespoons coconut oil (or olive oil) as needed
- 1/2 cup of panko crumbs

- 2 tablespoons of Flax meal
 - 1 cup of uncooked quinoa
 - 2 cups of water
 - 1 small head of broccoli, cut into florets
 - 1 large carrot sliced or a couple of baby carrots sliced
 - 1/2 cup of cabbage, sliced
 - 1/2 of a pepper, julienne
 - 1/4 of an onion, julienne
 - Salt and pepper to taste
- Garnish**
- Cilantro, rough chop

- Peanuts, chopped

Spicy Peanut Butter Sauce

- 1/4 cup of creamy peanut butter
- 3 tbsp water
- 1/2 tsp of fresh ginger
- 1 garlic clove, minced
- 3 tsp rice wine vinegar
- 1/2 tsp sesame oil
- 2 tsp soya sauce
- 2 tsp honey
- 1/2 teaspoon red chili flakes (more or less depending how much heat you can handle)

Instructions

1) Place two cups of water into a pot, add the quinoa and set it on the stove on high heat until it comes to a boil. Turn it down to low heat and let it cook for 20 minutes until quinoa appears light and fluffy. Set aside.

2) In another pot bring water to a simmer over medium high heat. Add the broccoli florets, steam for four to five minutes until broccoli is tender.

3) While broccoli is being steamed. Measure all of the ingredients for the peanut butter sauce and place into a blender to make sure they are mixed well. Empty out into a small bowl for serving.

4) Cut your salmon into one-inch by one-inch cubes. Mix the flax meal, panko crumbs and seasoning into a bowl. Coat each cube individually with the crumb mixture. Fry the salmon cubes on a pan with coconut or olive oil over medium-high heat, making sure each side is browned evenly. (10-15 minutes depending on how well done you like your salmon).

5) In another pan, heat coconut or olive oil over medium high heat. Sauté the vegetables until tender.

6) Combine one cup of quinoa, vegetables and salmon in a bowl. Sprinkle with peanuts and cilantro and drizzle the peanut butter sauce on top!



Photo by Hana Laverick

GAME REVIEW

Hack, slash and more

By **NICOLAS BROWN**
@bruchev

Here's a relatively new and relatively obscure game title to check out: *Arslan: The Warriors of Legend*. It is a musou cross-over which was originally released in Japan on the PlayStation 3 and PlayStation 4 platforms in late 2015. A Western version of the game was released in February 2016 for PlayStation 3, PC and Xbox One.

Fight for his kingdom

Arslan: The Warriors of Legend follows the tale of Prince Arslan of the fictional kingdom of Pars as he fights for his kingdom. Although a typical hack and slash game, the storyline brings greater depth to the game as a whole, putting it on the same level as lengthier hack and slash or role-playing games. Although some characters are portrayed as rather flat and static, character development for the major players is decent and matches the story progression.

Playing through the game, you'll watch as a compelling storyline is unveiled, partially through lively cinematic cut scenes and partially through dialogue during gameplay. Unfortunately, even though the Xbox version is a North American release, it's still not in English, so if you want to catch all the details, you'll need to watch those subtitles. Of course, on the Xbox this is especially hard when achievement notifications pop up in the middle of the dialogue.

Character development

To avoid spoilers, we won't reveal many plot points in the story but playing through the game, you can't help but become invested in the character development. The one shortfall is the static nature of the other playable characters, which really stunts the growth of the in-game world. However, the game does compensate somewhat with a wealth of additional knowledge that can be found in the in-game encyclopaedia, if you're a fan of reading up on those extras.

Poetry Corner

No makeup on, my hair is a mess
I'm overwhelmed by all this stress.
All these questions in my head,
Like should I leave or go to bed?
Is this going somewhere?
Am I holding back?
Do I need a break or just some rest,
Am I over-thinking all of this,
My heart is beating out of my chest
— By Olivia Adams



Destructoid

Arslan: The Warriors of Legend

lag or other difficulties.

Simply put, the gameplay is solid but uninspired if you're familiar with other Koei titles. It's a good hack-and-slash game that has graphics and mechanics to back it up.

Co-operative play is great for when you have one friend who wants to play but isn't very familiar with (or good at) video games. It's uncomplicated and engaging for new players without placing too much burden on the experienced player but be prepared for the split screen. Online co-operative play is also available but good luck finding other players online.

In terms of Easter eggs, there aren't many readily found in this game. Achievement hunters beware – a large majority of the Gamerscore for this title requires a decent amount of grinding. Although, if you like an easy swathe of

low-score achievements, there are plenty to be found in this game. There are some extra features that aren't well-explained and there are surprisingly few guides available, so if you like to puzzle through game mechanics, you might enjoy figuring out how different skill cards or, merging different skill cards together, can impact your character's performance.

Overall, I give *Arslan: The Warriors of Legend* a rating of 3/5 stars. It's certainly no epic, but with the solid gameplay we've come to expect from Koei, a decent storyline and good graphics, it's a game that can be enjoyed for many hours. However, its low replay value and cutoff story definitely impact its score. Perhaps we'll see a similar video game release after Season 2 of *The Heroic Legend of Arslan* wraps up, which builds on the successes of this game while giving us the climactic ending we crave.

The game is based on the Japanese novel series *Arusurān Senki* or, more appropriately, the anime adaptation – *The Heroic Legend of Arslan*. The gameplay closely follows the events of the anime's first season. However, the downside is that only the first season of the anime was released when the game was being developed, meaning the game's storyline ends as abruptly as the show it mirrored. Unfortunately, if you're looking for a satisfying climactic finish, you won't find it in this game.

This game uses the typical gameplay style you find in any Koei musou game. Powerful attacks and combo chains let you blast through enemies easily. Higher difficulties require a little more strategy but still allow that feeling of being an "invincible warrior" as you progress.

Mission progression is fairly guided without being too linear – completing objectives moves you forward in the mission, with different goals impacting your score but you can hang back and go after enemies to stretch out each mission. Be careful, though, as the game still follows a maximum time allotment for each mission – though they are typically set to an hour and I still haven't reached that limit myself.

Graphically, the game is on par with other Koei titles. It can be difficult to track targeted enemies if you're stuck in the middle of a throng of cannon or, more appropriately, sword-fodder but the game can usually handle the large numbers of enemies without unexpected

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

Hope to see you there!



RESTAURANT REVIEW

South side Seoul food

By SALINA HUA

Do you like KFC or is the quality not as fulfilling as it used to be? If you enjoy fried chicken, this is a place that you must check out! Seoul Fried Chicken, owned by a young Korean family, is located at 7904 104 St., on Edmonton's south side. I have been there three times and I do not even go to KFC any more!

The chicken is fresh and hot from the kitchen and fried with a variety of toppings to pick from the menu. A half-size portion is offered for \$13.50 or order the full size for \$23. There are several toppings you can have on the chicken – BBQ, onion, cilantro lime, golden kari and garlic soy – and with a topping, the price ranges up to \$26. There is also an option for a meal of five pieces of chicken with a choice of a kale salad, a mac n' cheese, kimchi or potato slaw and a side option of either corn fritters or fries with a beverage, for \$11 before tax.

The down side to the location of the restaurant is that the parking is tight and limited in front of the restaurant, but there are other stores just around the corner where parking is available. I took my co-worker to Seoul Fried Chicken for her 19th birthday and she absolutely enjoyed and savored the food. We ordered an original half order, two corn fritters, a milikis (a traditional yogurt drink that I did not know was carbonated, so that was very interesting) and she ordered a beer, kimchi and a kale salad.

Realistically, in a half portion of the chicken order there are about 10 pieces. My coworker and I had about three pieces each and we were full after finishing the kale salad and corn fritter. The rest was taken home. There is a dine-in option but it has a different vibe compared to more traditional fried chicken outlets. I would definitely recommend taking a friend for lunch at Seoul Fried Chicken!



Photo by Salina Hua

Changing those bad habits



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

With projects due and finals looming this is probably not a good time to make major changes such as quitting smoking. However, it is a good time to start thinking about what habits have not been working well for you this semester (procrastination being a prime example) and how you can replace them with more success-oriented, stress-reducing habits. After all, New Year's resolution-making time is not too far down the road.

1. Learn from the past. If you have tried unsuccessfully to make a major lifestyle change in the past, look at what prevented long-term success, what triggered you not to follow through, what you could have done instead, and how you could have handled side effects, social situations and public reaction differently.

2. Know yourself. When would be the best time for you to make a change? Are you convinced you are ready to make the change? What are the motivations for mak-

ing the change? What personality strengths do you have that will help you and which personality traits might get in your way? Should you change gradually or go "cold turkey"? Are you a private or a public person?

3. Know your motivations. Write down reasons why you want to make the change – physical health, mental health, saving money, looking better, or any other benefits. Keep expanding your list and have it on hand to look at when you are feeling weak.

4. Make your goal public. Tell friends and family about the change you are planning to make and be specific about would and would not be helpful in terms of support. However, if there is someone in your social circle that will belittle your goal it may be wise not to tell them. Even if you are a private person, it is usually beneficial to tell at least one other person.

5. Set specific short term goals and rewards. If you are gradually cutting something out be specific about how much, when, where, etc. If you are quitting cold turkey set rewards for going a week, 2 weeks, a month, etc.

6. Have a plan to deal with withdrawal symptoms. Whether your goal is to make changes in shopping, eating, smoking, drinking, gambling, procrastination, emotional outbursts or negative relationship habits, recognize that there will likely be some hard patches ahead. What positive habits are you going to replace your negative one with? What are you

going to do when you feel drawn back to the old patterns? With physical addictions the first few weeks are generally the most difficult, however with any bad habit we have to be aware of and prepared for the natural pull of slipping back into old patterns. Having a plan for keeping on track is very beneficial. Journaling works well for many people. Having a friend touch base periodically, or having a list of people you can call for support, is helpful for others. Relaxation techniques, yoga or meditation can help you get through tough times. Take the time to write down your plan.

7. Clean up your environment. Get rid of things that are likely to trigger you like ashtrays for smokers, ice cream for overeaters, easy access to distractions for people who procrastinate ... This may mean letting go, at least temporarily, of relationships (or video games) that foster your bad habit. Re-arranging your furniture or moving around some pictures can reinforce that you are making new, positive lifestyle changes.

8. Surround yourself with success. This includes positive people, environments that you feel good in, hobbies or pastimes that you enjoy. Think of activities that are not compatible with your bad habit such as going out for a run, cleaning a cupboard, dancing to some music or calling a friend.

9. Be mentally prepared. What are you going to say and do when you feel the urge to backslide? Telling yourself how you are getting stronger, fitter, better can keep

you on track as can imagining the benefits when you succeed. Giving yourself positive messages such as "I am a smoke-free person" or "I can feel myself getting healthier" or "I am strong and I can do this" will increase your motivation. Emotions such as anxiety, anger or depression can easily weaken resolve.

10. Get support. While you do have to make the changes on your own in order to succeed, it is often helpful to get professional help. There are many programs to help with smoking, over or under eating, compulsive shopping, addictions or other habits. While friends and family can be supportive they most often cannot be objective about your situation. Professional counsellors, such as NAIT Student Counselling staff, can facilitate your progress towards changing unhealthy lifestyle habits.

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

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

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

MOVIE REVIEW

Fantastic Beasts, fantastic film

By YU KYONG KIM

Winter is coming. Final exams are coming soon, as well. Do you feel stressed or depressed? If so, how about watching a movie? There is a wonderful film called *Fantastic Beasts and Where to Find Them*, based on the Harry Potter novels. Last Tuesday, I went to a theatre to watch it. Even though it was a weekday, the cinema was full for this funny and delightful film.

Unlike Harry Potter, the setting of this movie is a street in New York City in 1926. Newt Scamander (Eddie Redmayne) has just arrived from London because he is on a mission to find magical creatures. He thought it might be possible to come and go without incident on a quick stopover.

At the time, New York is having a difficult time due to incredible accidents in the streets. To protect their high social ranks, the wizards must take great care to hide their powers from the No-Maj (American for Muggle). After arriving in New York, Newt also has a tough time. He misplaced his magical case and one of Newt's fantastic beasts, called Niffler, escapes from his suitcase. Newt meets Jacob Kowalski, a friendly No-Maj

and wannabe baker Tina Goldstein (the Statue of Secrecy among wizarding officials) and Queenie Goldstein, Tina's sister.

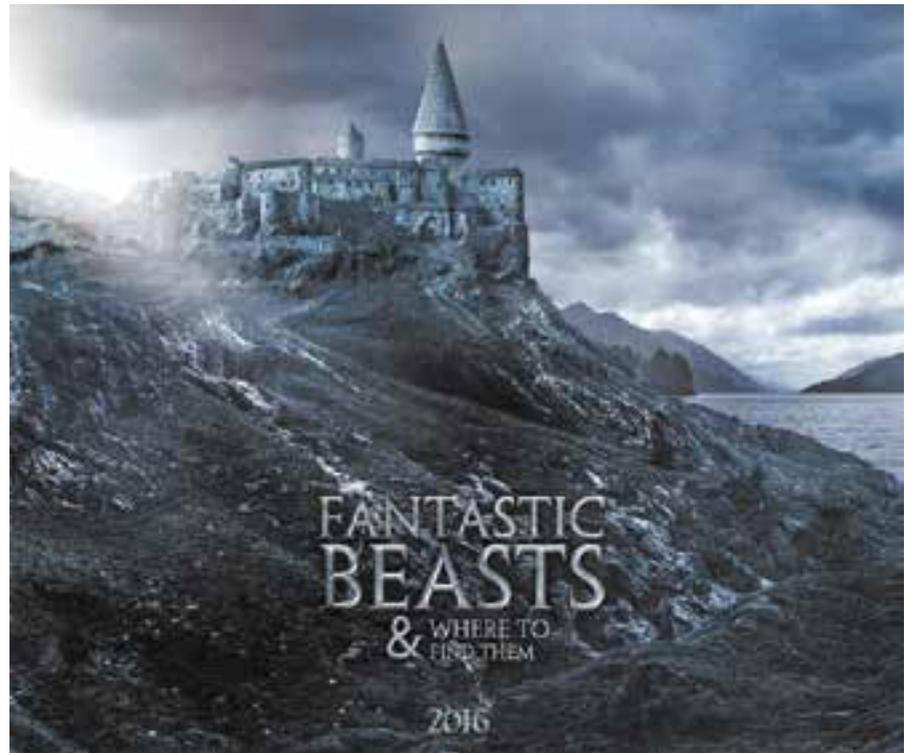
In addition, most of the beasts are more impressive than the wizards. They're so cute and pretty fantastic. Also, they take up space in Newt's incredible suitcase. Niffler is fluffy and black and has a long snout. Niffler often swallows many valuable things, such as coins, rings and necklaces. Another creature is Bowtruckle, who is a peaceful and shy creature. It looks like a green twig and has a green sharp body and fingers.

This movie is full of attractive wizards and creatures. It's a great choice to watch with your family or friends.

- Release date: Nov. 18, 2016
- Genre: Adventure, Family, Fantasy
- Rating: PG-13
- Running time: Two hours, 13 minutes
- Director: David Yates
- Distributor: Warner Bros. Pictures
- Author: J. K. Rowling
- Starring: Eddie Redmayne (Newt Scamander), Katherine Waterston (Tina Goldstein), Dan Fogler (Jacob Kowal-

ski), Colin Farrell (Percival Graves), Alison Sudol (Queenie Goldstein), Ezra Mil-

ler, Samantha Morton, Jon Voight, Carmen Ejogo, Ron Perlman.



Talking Comic Books Blog

ANIMATION REVIEW

What's old is new again

By GERVAISE BRANCH-ALLEN

In January 2016, Dreamworks Animation announced a new Voltron animated series to debut on Netflix. Showrunners Lauren Montgomery and Joaquim Dos Santos from *Avatar: The Last Airbender* and *The Legend of Korra* confirmed their intentions to capture the feel of the original Voltron series from the 1980s that fans remember, rather than remake the original series. To ensure this goal was achieved, the creative team brought the essential elements of the franchise back, like many original characters and a strong team. The result is quite an entertaining show.

When young cadets Lance, Hunk and Pidge witness a pod crash in the desert, they discover missing hero Shiro and the reclusive Keith. Upon discovering a giant robot lion, the five fugitives meet Princess Allura and discover

the history of the planet Alteia, the villainous Zarkon and the awe-inspiring Voltron.

Shiro is the leader of the crew and pilot of the Black Lion. Voiced by Josh Keaton (*Green Lantern: The Animated Series*), Shiro is strong, brave and heroic but struggles with his past as a captive of the Galra Empire led by Zarkon. Keaton does a great job of portraying Shiro's bravery despite personal issues that occasionally remind him of his traumatic experiences at the hands of the Galra.

Keith is the secluded headstrong member of the team and pilot of the Red Lion. Voiced by Steven Yeun (*The Walking Dead*), Keith makes split-second decisions to help his team. Yeun switches between the loner Keith and the team player Keith seamlessly.

Lance is the easy going, eccentric member of the team

and pilot of the Blue Lion. Voiced by Jeremy Shada (*Adventure Time*), his social personality can make him very likable or dislikable among members such as Hunk and Keith. Shada clearly has fun voicing such a vibrant character while also digging into his more thoughtful side.

Pidge is the passionate genius of the team and pilot of the Green Lion. Voiced by Bex Taylor-Klaus (*Scream*), he will not put up with anyone's nonsense and prefers to keep to himself. Taylor-Klaus voices this young boy with fervent emotion and energy as he hides a few secrets from the team.

Hunk is the heartfelt engineer and pilot of the Yellow Lion. Voiced by Tyler Labine (*Deadbeat*), he is often hungry and talkative. When faced with injustice, he will not rest until a situation is resolved of all problems. Labine brings the fun-loving, easily frightened member of the team to life.

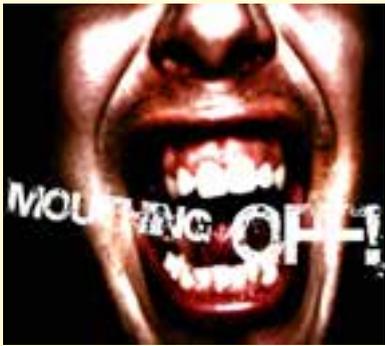
Other characters on the show include the kind and determined Princess Allura (Kimberly Brooks), the comedic royal adviser Coran (Rhys Darby), the spiteful Witch Hagger (Cree Summer) and the malicious Emperor Zarkon (Neil Kaplan).

Season 1 consists of 11 episodes plus the one-hour premiere. The episodes range from training situations to full-on battles against intense threats. Legendary Defender also keeps the characters in the spotlight over Voltron itself. The show easily could've focused on battles throughout each episode but the protagonists are much more meaningful. Unfortunately, the villains aren't as well developed but they aren't faceless threats either.

I really enjoyed this show and recommend it to anyone who enjoys serialized action shows which aren't commonly found on TV any more. While the one-hour premiere episode has a few groan-worthy moments, the rest of the show is quite fun to watch. The amount of continuity and lore on display is very enjoyable. With the second season coming to Netflix in January 2017, now is the perfect time to try out *Voltron: Legendary Defender*!



Nerd Reactor



BRENDAN CHALIFOUR

What are you looking forward to most about the winter break?



"I'm excited to not have to show up for 8:15 a.m. classes for 18 days."

Kenneth Magone
Digital Media & IT
Business Analysis



"Christmas \$\$\$."

Hannah Cochran
Digital Media & IT
Business Analysis



"Rogue One!"

Luther Tan
Digital Media & IT
Business Analysis



"Excited to sleep and go for a small vacation."

Nirbhik Singh
Digital Media & IT
Business Analysis



"Catch up on four months of sleep, spend time with family, good food and no assignments."

Aramide Fashola
Digital Media & IT
Business Analysis

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

DECEMBER EVENT LIST

- 5 | PAINT NIGHT & POETRY @THE NEST
- 6 | HOW TO MEDITATE
- 7 | WELLNESS WEDNESDAY
- 8 | EVENING STUDENTS: FREE FOOD
- 5 | DE-STRESS, DECORATE, DEVOUR

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

NAITSA WILL BE CLOSED AT NOON ON DECEMBER 16, 2016 & WILL REOPEN IN THE NEW YEAR ON JANUARY 2, 2017.

**COMING IN JANUARY
EXECUTIVE COUNCIL ELECTIONS
U-PASS REFERENDUM**

MERRY CHRISTMAS!



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 | 780.471.8560 | nesttaphousegrill.com

WE PUBLISH THE NUGGET STUDENT NEWSPAPER
Room E-128 | 780.471.8866 | thenuggetonline.com

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

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

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

WE ADMINISTER THE U-PASS
upass@nait.ca | naitsa.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 Souch & Patricia Campus.

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

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



REGISTER
(AT TRADINGPOST.NAITSA.CA)

WHAT ARE YOU LOOKING FOR?

BOOKS?

ROOMMATES?

POST A BOOK

NEED A ROOMMATE

FIND A BOOK

FIND ROOMMATE



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



your voice, your vote



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