

NAIT NUGGET

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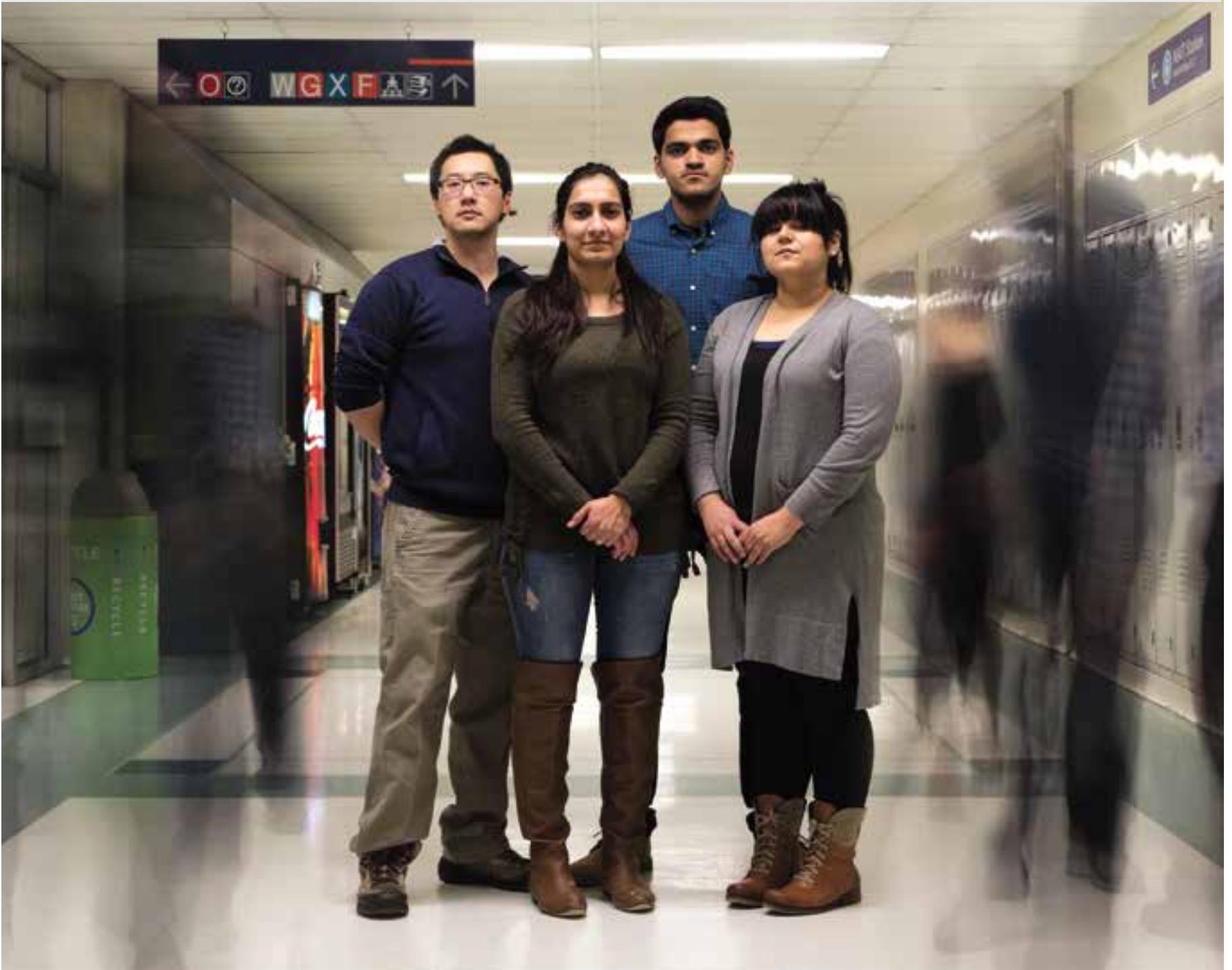


Photo by Tim Potter

CHANGE FOR THE WORSE?

NAIT Electrical Engineering Technology students Patrick Wong, left, Gunneet Athwal, Muhammad Fayyaz and Carmina Hidalgo are protesting new scheduling in their department.

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NEWS & FEATURES

Short circuit over schedule

By **MICHAEL MENZIES**
Senior Editor

Electrical Engineering Technology students are raising their concerns about what they call inconvenient and potentially dangerous scheduling from NAIT.

The students heard rumours last semester that a change from their 8 a.m. to 4 p.m. schedule to a 7 a.m. to 5 p.m. was coming, and started a petition back in April to keep class times as they were. Over 60 students of the almost 200 in the program signed the petition then and 40 more this fall but their schedule still changed.

One of the biggest challenges with starting at 7 a.m. is transportation. Muhammad Fayyaz, student senator for Engineering Technologies, Academic Upgrading and Open Studies, said using transit from the south side for a 7 a.m. class is problematic.

“If we [students] miss the first bus we are done,” said Fayyaz. “For sure, half an hour late, because the next bus from my house is at 6:09 a.m. And the first bus is at 5:40 a.m. There’s a half hour delay. Then I have to take the LRT from Century Park. So either we [students] are going to show up really early or are going to be late.”

Ten similar examples were sent to administration as part of the students bid for a return to the previous schedule. With students arriving short on sleep before their 7 a.m. labs, they worry that starting earlier isn’t just inconvenient – it’s dangerous. Patrick Wong said he’s worried about “near misses” with his fellow classmates.

“[A near miss is] when you see an accident about to happen but it didn’t. Whether a student caught it and stopped it, or just by luck it did not happen,” said Wong.

Wong said being alert is essential when handling high voltages.

“There is a potential for arcing and shocking,” continued Wong. “Basically, the heart stops when more than 24 milliamps of current goes through your body. So at 5,000 volts, that’s way above. There are potential hazards for serious injury.”

Smaller lab classes have created earlier start times and three hour breaks. NAIT Scheduling and the NAIT Students’ Association have been working on the issue since April. Gail Wall from NAIT Scheduling said that an increase in students was the reason for the schedule change.

“We are very aware there are challenges in those sched-

ules,” Wall explains.

“What’s happened is, this year in particular, they’ve [electrical engineering] got four extra groups of students, so they’re using a lot more time in the lab. And they also re-did their curriculum and added extra lab hours for some courses to give students more practical, hands-on experience.”

Even without an increase of some 30 students, and four to six hours a week of additional lab time to account for, Wall said building the electrical engineering schedule is difficult.

“When we compare them to last year there are some differences and there are some larger gaps,” said Wall. “But even last year, when we had four less groups and 12 less hours of lab time, there were challenges in the second-year schedules. They just weren’t as pronounced as this year.”

Wall said the 7 a.m. class is a reality of life at NAIT and the workforce.

“Starting any class, lab or lecture at 7 a.m. is a standard practice all across the industry and it’s not new to NAIT.

It might be new to these particular students since we’ve taken in more – and the program has expanded – but it’s definitely not new across the board.”

NAITSA President Doris Car understands how the students are feeling and is working to find a solution.

“Across the board everyone has a challenge with the current state – how things are. Everyone is working together to find the solution. Unfortunately that’s the truth, because I know we won’t find a solution within the next half-year.”

Small improvements have been made regarding instructor times for the winter semester but nothing that tackles the major concerns.

“The point is we haven’t been given any notice,” said Wong, who’s been at the front of the issue for half the year.

“It’s just a sudden change, no communication. That’s one of the issues that we are also dealing with,” he said.

“If you’re given proper awareness before you even register ... to give the potential students proper time to plan, you give them the control to decide whether this program is right for them.”



Patrick Wong

Photos by Tim Potter



Muhammad Fayyaz

WHERE ARE THE STUDENT MICROWAVES ON CAMPUS?



BUILDING	ROOM	QUANTITY
CAT - Near the Vending Machines	CAT 130	4
CAT - In the Square	CAT 172	2
CAT - NAITSA Student Lounge	CAT 200	6
CAT - Near the Vending Machines	CAT 266	4
CAT - Near the Vending Machines	CAT 320	4
CAT - Near the Vending Machines	CAT 415	4
F-Wing - 2nd Floor Student Lounge	FOX 1	1
G-Wing - 2nd Floor Student Lounge	G 204	2
H-Wing - 2nd Floor Student Lounge	H 204	2
Heavy Equipment Technology Building	HET 115	5
J-Wing - 2nd Floor Student Lounge	J 204	2
Common Market - Seating Area	O 126	4
North Lobby	O 1X3	6
NAITium Student Lounge	H 104/J 104	14
Learning Resources Centre/Fresh Express	U 116	4
Industrial tech Building	V 121	1
HP Centre/Bytes	W 103	4
South Learning Centre	X 224	2
Spartan Centre - Embers	Y 1X5	7
Crane & Hold Campus	CH 103	2
South Campus	Z 155	6
Patricia Campus	P 126	5
Insulator Campus	RH 107	1
Parkwest Building 1	RP 111P	6

Looking beyond



SHAWNA BANNERMAN
Assistant Editor

I understand the pressure that looms with the promise of graduation. I spent four years working hard at postsecondary only to discover the disappointment, hopelessness and confusion that surrounds graduating and entering the workforce.

For me and many of my classmates, graduation meant freedom. It held the promise of steady, livable paycheques. Holding that degree made it all worth it: those long nights studying, the exam season stress, hours spent writing essays, years away from my family and the thousands of dollars I'd spent to achieve that degree. But despite this piece of paper that was my motivation for four years, I couldn't find a job where I could use it.

I entered the working world and wished immediately that I could go back. I wished I'd made more of an effort to make connec-

tions; I wished I'd stepped outside of my comfort zone. I wished that I'd used those four years to meet new people, learn how to talk big instead of small and build the kind of connections it seemed like everyone else around me had. I wished that I could have a second chance.

Now, I'm at NAIT for Round 2. I told myself upon receiving my acceptance to NAIT that this time would be different. I'd get involved in my school; I'd step outside of my comfort zone. Isn't that where they say life begins?

As a writer for *The Nugget*, I volunteered to attend and write an article about Life After NAIT, a networking event to better prepare students for the workplace. I knew that this event lay just outside my comfort bubble; that meant I had to go.

Shockingly, I surprised myself. It took only five minutes of awkwardly standing in the corner of the room, trying my best not to look down at my cell phone, before I walked up to someone and introduced myself. Then, a few minutes later, I did it again. And, the conversations I found myself having were not about the weather. They were real, meaningful discussions. I couldn't believe it.

I found myself in an unexpected hour long conversation with a regular frequenter of NAIT alumni events, genuinely interested

in sharing his advice and experience to progress my career. He disclosed valuable tips, like how to make my business card stand out among a stack of others, the art of conversation starters at social events and the immense power of networking.

I was surrounded by wise and willing professionals not just prepared but excited to share their expertise with eager and ambitious young students. The positive and open environment stimulated questions, fostered worthwhile connections and inspired the exchange of priceless advice and insights.

At Life After NAIT, I met new people from all backgrounds: successful working professionals, hopeful and determined students and encouraging NAIT staff. I met individuals who, similar to myself, feel completely lost at the thought of exiting post secondary. I also met students who wore their confidence like a name tag. Every individual that I met at Life After NAIT offered me valuable insights I would not have been afforded otherwise and presented me with the opportunity to connect in a small but genuine and meaningful way.

This was my first Life After NAIT event, and it will not be my last. The future seems no less daunting but I will be definitely more prepared.

—For story, see page 6



Max Frank speaks at the Life After NAIT event.

Photo by Dominic Manea



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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.

A CEO and his company

By JEFF TRAINOR

Chris Izquierdo is the CEO of DevFacto Technologies, a company: “dedicated to creating software humans love to use.”

Specifically, they build enterprise software for companies and hire many of NAIT’s top software graduates. With many recent accolades in the software business, the CEO spoke about leadership and what his business provides his employees.

What does a leader mean to you?

In my opinion, leadership is overrated, I think leaders by title or position get a lot of the press and accolades while it’s usually the team behind you that elevates you or not. For me, leadership is about two things: setting or guiding strategic direction with input or guidance from the team strategically for the next three to seven years out, and inspiring people to do their best. If I can accomplish those two things, I think we will have a successful company that’s going to be around for a long time.

What are your strengths and weaknesses as a leader?

In terms of strengths, I’m very driven. I come from a different background than a lot of potential leaders that you could interview in this city because I grew up in Cuba. I didn’t learn English till I was about 23 and I didn’t know about Canada. So, I was 23 and showed up and was like “Oh it’s really cold.” I knew it was cold, but I didn’t know that cold. My experiences grow out of my experiences in Cuba, which is a very different society, the way everything is organized like for example communism vs capitalism. So, in terms of strengths I can bring a different perspective that is usually quite different than what people are expecting. In terms

of weakness, my drive is also a weakness because I demand excellence from people and sometimes it can be difficult to accomplish or achieve.

What have been your greatest influences as a leader?

Well, I think my mom. She has a PhD in psychology, so she understands human nature and I ask her a lot of questions all the time. For example, I see something happening and I ask, “How can I change that behaviour?” or “What can I do in order to mitigate this challenge that we’re having?” So she’s been quite influential. My wife has been influential, she doesn’t have a PhD in psychology but she’s really good with dealing with people.

How do you encourage creative thinkers within your organization?

What you do is you give them the freedom to express that and give them a platform in which they can do it. We have a number of offers that are really about offering creative solutions. You can see it everywhere. For example, we let people write on the windows. You will see some writing and things like that. That’s a very small example, but it tells you about the freedom people have here.

Another thing is we remove roadblocks. Everyone here has dual monitors of 25-27 inches, so they don’t have to worry about this small screen and those little petty things. I understand those things cost money, but they get in the way of productivity. Last but not least, we give them time to be creative.

How do you help new employees understand your culture or organizational group?

Basically, we throw you into the deep end and we do this by socializing. At 11:30 we have something we call the lunch train,

where we go around the office and collect everybody and we go grab lunch together. It’s our time to socialize. On Fridays at 4:00 we shut down the office and have beers together, so that’s how you adapt to what we’re trying to do. Although the conversations may be personal in nature, they are business in nature, too. That’s how we start those connections with our coworkers.

How do you develop and grow your employees into their roles into maybe more than what they may have thought they could be?

It’s not that difficult to do if you put the resources in place. If you’re new to the organization we don’t put you alone on a project. Everybody gets a mentor in the organization. So you meet with your mentor, ideally monthly, at minimum quarterly. Everybody develops a yearly plan and that yearly plan is broken down into things you want to do in the business of DevFacto, your family, and your community. Everybody has a list of things they want to accomplish in the next year and based on that they get tracked, they get measured and there is a conversation that happens on a monthly basis. That’s one of the ways we develop you beyond DevFacto. For example, some people want to play guitar, like take guitar lessons, so that would be something that goes in there under your personal development. Then we have a conversation about it every month so to motivate you to go out and get it, or we look at what options there are for you and so forth.

Then also, twice a year we have an internal conference, called quality conference, for all our employees. We have guest speakers. Also, employees speak and we spend two days where



Photo supplied by Jeff Trainor

Chris Izquierdo

we all learn together.

What advice do you have in building a relationship and trust in an organization?

Well I think just be yourself. We try to eliminate any politics here. Any decision we make should follow the order of what works for your customer, what works for your team and then, what works for you. That’s the order you should make your decisions. If you use a framework like that and be yourself and don’t hide behind your position or politics or things like that, I think then you will earn that trust.

What is one characteristic that you think every leader should have?

The one that comes to mind is transparency and that is something we really value at DevFacto and it’s something that I think is really important because that’s how you earn their trust. You have to have people want to follow you and if they don’t want to follow you then it doesn’t matter what your mission is or your vision is, people won’t trust you.

100K raised for students

By RANDY SECCAFIEN

As the fall semester wraps up, many students may be feeling a time and monetary strain from attending school. Thanks to this year’s NAIT it Forward campaign, staff raised over \$100,000 for students to help their cause.

The NAIT it Forward campaign raises money for student scholarships, emergency bursaries, student learning spaces and student counselling services. Erin Kuebler, the annual giving officer at the Department of Advancement said her staff’s salaries come from the NAIT operating fund.

“We are fortunate enough at NAIT that 100 per cent of your donation goes to where you designate it,” she said.

Garry Wilson, president of the NAIT Academic Staff Association said students write thank-you cards every year to the staff that donate to the NAIT it Forward program. “It’s appreciated to know that our money has gone to somebody specific,” he said.



“I’ve been a student here. Now, I’m paying it forward to future students.”

Wilson recognizes many differences from when he was a student. “The government used to pay for apprenticeship training, [now] most students will get their employment

insurance after they finish school.”

In his experience he’s seen students that can’t pay rent, buy food or afford other expenses.

“As an instructor, I feel it is part of our responsibility to make sure students have the ability to come to school and learn and not have to have a lot of that stress aspect

... from outside forces,” Wilson says.

A staff donation campaign for students has been around since 2001 in partnership with United Way. However, in 2014, the program was split into two different campaigns: one for United Way and one for the NAIT it Forward campaign.

“We said, maybe we need to break it apart to give a lit-

tle more focus to NAIT,” said Erin Kuebler. “It really let us shine a light on giving to [NAIT it Forward].”

Before the split in 2014, only about \$30,000 was raised for students at NAIT but afterward that number more than doubled to \$80,000.

The reach initiatives that are funded by NAIT it Forward include Flynn, the therapy dog, increased hours at the NAIT Counselling Centre, the learning space tables in the CAT Building and various scholarships, including the NAIT Family Endowment, athletic scholarships and program specific scholarships.

In comparison to other post-secondary institutions, Kuebler said NAIT excels in terms of staff participation.

“We’re really focused on growing that culture of philanthropy. We were astounded this year to see such an uptake,” Kuebler said. “In terms of percentage, last year we were at 25 per cent and this year we’ve gained at least two or three per cent, maybe more. We hold our own if not do better.”

In 2016, 600 faculty and staff contributed more than \$91,000.

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A guide for the future

By **SHAWNA BANNERMAN**
Assistant Editor

For most current NAIT students, life after NAIT does not yet exist. NAIT's International Centre and Alumni Relations have come together to give students a taste of life after NAIT.

Life After NAIT was held on Nov. 21 in the North



Photo by Dominic Manea

Bob Hiew, retired NAIT alumnus, addresses the group.

Lobby where faculty, alumni and industry professionals shared valuable tips and tricks on the art of introductions, maintaining a positive social media outlet and the importance of building connections in everyday life.

Freya Fu, NAIT International Centre's Engagement Co-ordinator, explains that Life After NAIT originally began in 2013 as a small gathering to encourage and assist international students establishing themselves in Canada.

"It started quite a few years ago more so like a little seminar inviting a couple alumni to come talk to current students and it evolved so much over the years," said Fu. "Last year we had over 100 people participate."

While the event is largely geared towards international students, the advice and expertise passed on by knowledgeable professionals is useful for all current NAIT students.

"It is focused more on international and newcomer students who are current on campus and it's an opportunity for them to look at what is life like after NAIT," Fu said.

But she is adamant that all students are encouraged to attend Life After NAIT. "We'll never say no if a student shows up and they're domestic."

Chelsea Erhardt, alumni relations officer at NAIT, is responsible for garnering participation from NAIT alumni.

"It's a good opportunity for students to come back and speak with alumni, ask them questions. It's kind of just a safe area to practise their networking," she said. There are many alumni who've remained active at NAIT long after graduation and regularly attend student events to share their experiences and awareness.

Christina Melnychuk graduated from NAIT's Business Administration Marketing and Advertising program in 2008.

"I loved the program," Melnychuk said. "One thing I really respected about it the most was how hands-on the teachers were ... they legitimately cared and wanted us to advance. I have the job that I have today because of [one of my instructors] through the marketing program."

Melnichuk has remained active in the NAIT community since graduation. She's now on the Alumni Advisory Association Council and is a certified NAIT brand ambassador. She explains that her dedication to student events at NAIT comes from the support and encouragement she received when she was a student.

"It's nice to pay it back ... I was very fortunate to have a lot of people help me out and so I love helping and mentoring students where I can."

Troy Sullivan graduated from the Computer Systems Technology program in 2003, and although his career path has changed since graduating, Sullivan has never undervalued the power of his NAIT diploma.

"NAIT's taken me all over the world," he said. "It's never been a hindrance of any kind ... I've beaten out many other candidates that had a higher education than I had ... overall I'd probably do the same thing over again."

Though his experience at NAIT was beneficial, Sullivan didn't have the opportunity that current NAIT students are provided with.

"I wish I had these Life After NAIT events back when I was here, we never had that," said Sullivan.

He emphasizes the importance of networking as a young student.

"You have to meet people. People will get you to where you need to be. The more powerful people you know, the more influential people and connected people, it just introduces you to more opportunities," he said.

Over the course of his career, Sullivan has developed a desire to help students that were in his position years ago.

"I really like helping out best I can ... helping students not make the same mistakes I did," he said.

"If I can pass on my life experience and my knowledge to others, to younger people, it feels like the right thing to do."

Dress up for a good cause

By **KELSEY BAKER**

When you think about black tie events, you may not think Santa Claus, but that's exactly what you can expect on Dec. 1 at the NAIT Students' Association's first annual Winter Formal.

The Nest is hosting the inaugural event as a way to support two important school charities. It's organized by NAITSA's Campus Activities Board (CAB).

This year, all proceeds from the Winter Formal will go to support both the NAITSA Food Centre and Shinerama, a post-secondary fundraiser in support of Cystic Fibrosis, which sees participation from 50 schools across Canada.

One of the CAB event co-ordinators, Harley Russell, explained the idea came from outside.

"This year we were approached and asked if we could donate some money to Shinerama as there is a student at NAIT that suffers from Cystic Fibrosis."

In addition to enjoying some Christmas

cheer, students will also be helping out two vital causes on campus.

Krista Wildemann, service co-ordinator at the NAITSA Food Centre, says that so far they have helped over 50 students and their families go to bed with a full stomach, and events such as the Winter Formal are essential to keep it running.

"We have been very fortunate to have a lot of support from the NAIT community that has made it possible for us to continue growing our service," she said.

Beginning in 2015, the Food Centre has been a major benefit for the NAIT community and the holiday season becomes a crucial time for those in need.

"We are seeing an increase as the holiday season approaches and student loans begin to run out," explains Wildemann. "Typically, January can also be an increase, after the holidays as bills come in."

NAITSA Food Centre users will have access to a Christmas hamper, which will provide students with Christmas dinner and

two weeks of food to get them through the holiday break. The Food Centre also provides referrals to the Edmonton Food Bank all year long. When you realize that many students also have children and pets to feed, you can easily see how important the service becomes and how events such as the Winter Formal are truly significant.

"We wanted to give it that exclusive vibe and if it's successful, we can look into making it bigger next year," says Russell. "We wanted to set achievable goals and then smash them."

If you're attending the Winter Formal, be sure to bring your black tie best.

"It's going to be the dinner, the dance, the whole nine yards. Some girls even mentioned wearing their grad dresses," says Russell.

The Winter Formal is on Dec. 1, at 5 p.m. in the Nest and includes dinner and one drink. The Winter Formal is \$10 for students and \$15 for non-students. Tick-

ets can be purchased on the NAITSA website or at the office in E-131. You can find forms for the Food Service Christmas hampers on the NAITSA website as well.



Photo by Kathleen Freeman

OPINION

— Editorial —

Making it, faking it



MICHAEL MENZIES
Senior Editor

2017 has been more about news commentating on the bizarre and lucid state of the news than ever before.

Of course, it's fakery that everyone is railing against: the dreaded fake news.

But when MSNBC taped the Friday, Nov. 24 live episode of *Morning Joe* on Wednesday Nov. 22 as the *Washington Post* reported last week – it's worth repeating the phrase again.

On the surface it doesn't seem like MSNBC pulled off a major news crime. Besides, it's the holidays after all and people will understand if it isn't live, right? The fact is, many people didn't notice anything was wrong.

Hadn't happened yet

The anchors, Joe Scarborough and Mika Brzezinski, began the show with your typical scripted post-Thanksgiving banter about turkeys and watching the football game with the family, when it hadn't even happened yet on Wednesday. The only thing distinguishing this taped edition from the always live editions: the Live icon absent from the screen.

The time zone clocks all looked the same. The crawl underneath was live, too, even showing the breaking news of an Egyptian mosque under radical Islamic attack. *Morning Joe*, a show designed to break news, wasn't able to comment on it.

The program continued after the commercial break with a reporter joining the show to talk more about the Roy Moore pedophile story.

This is a concerning trend. Is canning news something you would trust?

'No intention to trick'

"There was no intention to trick viewers," said an MSNBC spokeswoman about the incident. "Would it have helped if there was a disclaimer" referencing it as a delayed broadcast? "Maybe. But that's not typically done."

This lack of transparency certainly raises questions about what news networks are doing to manipulate the viewer or, at the very least, stretch the viewer's expectations.

The news cannot and should not be deceptive. The subtle details and window dressing made this *Morning Joe* program appear like the rest, an as advertised live news and conversation show.

But if a news agency is being deceptive, you must ask

the important question: for what purpose?

Taping a TV program two days in advance isn't a heinous crime. But being a live, breaking news show and not being live or breaking the news and not telling your viewer that's the case, that's a major cause of concern.

Considering how much MSNBC has been under fire from the Trump and fake news crowd, why would they let themselves be sitting ducks for those dying to call them out on their lack of integrity and disingenuous tricks?

Unless they knew they could get away with it.

If there's one thing news networks have realized it's knowing their psychographic. Fox News knows what makes the average rural conservative tick, CNN and MSNBC know what gets liberals feeling good about themselves. They know how to run their teams.

If CNN is talking about Roy Moore for the last two weeks, Fox plays offence and harps on the conduct of Senator Al Franken and newsman Charlie Rose. Then each network will trot out the opponent's most repugnant, rhetoric-fuelled gasbag to counter their network consensus with:

"Isn't this just a distraction tactic by the left/right?"

Political allegiances are not being played out in the ways they have in the past. Like your last election vote, your favourite news network is a reflection of your political and social ideologies. Each network's news cycle fuels our presuppositions, instead of challenging our convictions. The networks cater to their viewers through sport mentality, which is inherent in today's political atmosphere.

Did MSNBC believe they'd get significant backlash for bending the guidelines of their own programming? Who knows. But they probably thought their viewers' allegiance would allow them to prevail while provoking the same attacks from the right that make our ears bleed. In the long run, their base is staying.

News about the credibility of news from those in the news business is exhausting to everyone else. But playing these misdirection games, taping live news shows and playing rebel with the consequences, pulls opposites farther and farther apart in a time that doesn't need any more motivation and spark.



Mika Brzezinski and Joe Scarborough of the Morning Joe Show.

Los Angeles Times

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TRE LOPUSHINSKY
Sports Co-Editor

When I think of athletes, I think of humans being in incredible shape, being able to use their bodies to a limit that most can't adhere to. You see highlights of basketball players jumping to extreme heights to dunk a ball, hockey players deking out a goalie in order to get the puck in the net. We hear of players like Kobe Bryant who train non-stop in the gym. It's all physical but that's not all an athlete needs to succeed. What about what's going on in a player's head? What about the mental side of sports?

One of the most overused clichés in sport is that 90 per cent of the game is mental. The problem is that 90 per cent of coaches and athletes spend 100 per cent of their time working on the physical and fundamental aspects related to their sport.

MEN'S BASKETBALL

Former player giving back

By **PETER GO**

Growing up on a different continent is difficult, especially when you're a teenager. Sebastian Cava is a former basketball player for the NAIT Ooks who moved from South America to Edmonton. Cava found his time playing basketball helped with the transition between two different cultures.

Lima, Peru is the second largest city in South America and also the birthplace of Cava. As a child, he played many sports, ranging from volleyball, basketball and soccer. His fundamentals for such games grew as he continued to practise constantly. At a young age, he found he was better than most kids his age, so he started to play with older kids.

"I used to study the older and skilled kids. I watched them as they played the game to see how I could be like them," he said.

Competing against more experienced players sharpened his skills. In order for them to let him continue to play, he had to push himself to the limit.

The sacrifice Cava made when he left for Edmonton was leaving his family

Our minds are always going. What do I have to do today? How much homework do I have? I have to make this shot. Thinking is part of the human psyche. No athlete goes into a game with a clear head. This is why mental skills should be included in training in order to help athletes have a clearer mind.

Psychology in sports has had a huge impact for athletes in recent years. Athletes are taught mental skills by sports psychologists, including goal-setting, relaxation, visualization and self-talk, to name a few. In the NBA, rookies go through a "Rookie Transition Program." This program helps young players adjust to the NBA lifestyle. The three-day event features interactive workshops, skits, counsel sessions on issues they will face in the NBA and guest appearances from current and former NBA players. There is a special emphasis on character, ethics and leadership, the importance of positive images as well as personal and social responsibility.

Now these types of programs will help athletes but sometimes you need to learn the hard way. On Shaquille O'Neal's podcast *The Big Podcast with Shaq*, he would talk about himself spending a million dol-

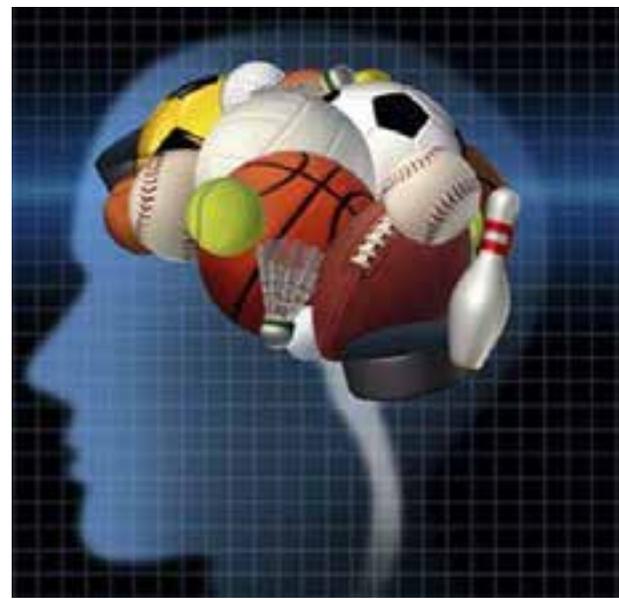
lars in one day, buying a Mercedes for his family and him and some bling for himself.

A couple of days later, he got a call from his bank manager.

"He sat me down and said, 'I've been following you two or three years. Love your career. You're probably gonna be a fabulous player and make a lot of money. But, you know a lot of you guys, when you're done playing, don't have anything. I don't want you to be like that. I want you to take a look at this.'"

He learned the hard way and hired a business manager. O'Neal is now known for being very good with his money. Yes, he has made a lot and consistently finds income after retiring but on the podcast he also says he's a frequent "Walmart" shopper.

Athletes need to be informed but also



medium.com

need to learn for themselves.

The mental side of sports has been seen as a way to get player to championships along with their skill. Committing yourself to the mental side of sports will not only improve your play, but will improve your everyday life. Remember this because it's not just about the abs. The mind is sexy, too.

behind. His father, mother and older sister still live in Lima. His parents are both blue collar workers at Central Bank of Peru. His parents were in full support of his decision to gain an education in Canada to give him a brighter future.

Edmonton was already a familiar place for Cava. He would come visit his aunt and uncle during his summer breaks as a youth. At age 16, he moved in with his aunt and uncle after being recruited to play basketball for Jasper Place High School. At JP, he made his mark, earning an Edmonton Public school MVP and *Edmonton Journal* All-Star nod in 2011. That year the Jasper Place Rebels also won bronze at provincials. In 2012, he won Athlete of the Year.

The camaraderie on the team helped Sebastian feel more comfortable with the transition.

"I made a lot of my friends from play-

ing on the volleyball team and the basketball team during the winter months," he said.

Sebastian was recruited by the U of A out of high school to play basketball as a point guard. Unfortunately, money was an issue. International fees became too costly at almost \$8,000 a semester. A decision was made to continue his education at NAIT in 2012. NAIT was one of the only schools to waive their fees for international student athletes.

"Other than not being able to play CIS, I don't regret transferring to NAIT," Cava said when discussing his U of A departure.

"I love it here at NAIT. I've accomplished so much here, I've met lifelong friends here and I've won a championship here." That championship came for him and the NAIT Ooks in the 2015-2016 season, the season he was made the team captain.



Sebastian Cava

"Sebastian was a natural leader and he knew the pulse of our team very well," recalls coach Mike Connolly. "He was also a great leader on and off the court."

Sebastian Cava and the word "leader" seemed to be synonymous when talking to his former NAIT coach. The way he played was also what made him special.

"He was a great utility player on both sides of the ball," stated Connolly when asked about Cava's court presence. Sebastian was able to guard multiple positions on the court because of his strength.

In the four years at NAIT, he was able to win a national championship and gain a diploma in Business Management. He is back for another year, this time as the NAIT Ooks game day attendant. He knows that his dreams are growing bigger than NAIT but he knows he will always have roots here.

NAIT has set up his future better than he could have dreamed. He continues to accomplish his goals, and wants to continue doing so in Edmonton. "I hope I can get my Canadian citizenship and really call this place home."

CFL – long may it reign



CONNER TOFFAN
Sports Co-Editor

The 2017 CFL season was one of the best in recent memory. The year started off as the “year of the catch,” highlight reels were featured with sensational diving catches and one-handed grabs. The season ended dramatically, though, with high scoring, down to the wire classics.

For years the CFL has tread water in sports, gaining no respect from the fans, players, coaches and management from other leagues. In order to grow Canada’s own pro football league, there is a need to continue to build on the positives the game already possesses. So next season, set aside some time to watch a CFL game. It’s some of the best quality football you can watch.

The CFL has plenty of talent that goes largely unnoticed by the American media but players can develop here in Canada with much less pressure and with a better opportunity to grow. Plenty of CFL players have gone on to succeed in the NFL, including defensive tackle Cameron Wake and linebacker Jerrell Freeman who have been NFL all-stars recently. Any NFL castoffs are more driven

to succeed in the CFL and it can make for some great football redemption stories. Even though the CFL doesn’t have the top talent in the world, they’re no slouches and most important, they’re still pros.

In the CFL, no lead is safe. The Grey Cup featured an eight-point lead with the Stampeders ready to put the game away. But after a Kamar Jordan fumble and a recovery that led to a touchdown, the game became tied. The Argos eventually went ahead with a late field goal and clinched it with a last-second interception in the endzone. In the CFL, these games are a regular occurrence. You can’t predict a CFL game. Even the Stampeders, who were nearly undefeated with three games left in the regular season, went 0-3 as favourites in each game. This unpredictability is what makes the CFL special.

With a 20-second play clock, the action flows at a high pace. There are still plenty of stoppages, as there always are in football but the CFL runs more plays than any other league. And with a wider, longer field, every play is prone to bust open for a touchdown, so you can’t take your eyes away. The no-yards penalty makes returners more dangerous than ever. Who hates offence? It’s what the game of football is built on.

In terms of becoming close to a league, no pro league is more accessible than the CFL. The players are humble and constantly get involved in the community. As a long-time fan of the league, I have gotten to meet many players from my favourite team (the Saskatchewan Roughriders) and as an Edmontonian, many Eskimos as well, including the iconic Gizmo Williams. The Grey Cup tours the nation every year and the fans can access the game, the players,



National Post

Toronto Argonauts celebrate Grey Cup win.

and the staff easily.

But the best part of the CFL is its true Canadian identity. The Grey Cup has been around for 105 years now, only once being won by a team outside of Canada.

The rouge is a unique, exclusive to the CFL rule which always creates fun scenarios. And as Canadians, we need to make sure our game stays strong. It’s part of our identity, and we need to keep watching the greatness in our own backyard.

Even major American broadcaster Keith Olbermann agrees, tweeting “Hope you watched an almost out of it underdog storm back to tie, go ahead and intercept the last pass in the Grey Cup rather than this missionary position Sunday Night NFL snoozer.”

Athletes of the week

November 20-26

Emily Clark
Curling



The NAIT Ooks women’s curling team had a strong outing in Lac La Biche this past weekend (Nov. 24-25) finishing second with a 4-2 record at ACAC Regionals. Skip, Emily Clarke, led the women’s team to a 4-2 record. “Emily was our team’s MVP last year, and she picked up right where she left off. She executed excellent shot-making all weekend,” said head coach Jules Owchar. Emily is a second-year Combined Lab and X-ray Technology student from Westlock.

J.J. Crowder
Curling



The NAIT Ooks mixed curling team finished third this past weekend (Nov. 24-25) at ACAC Regionals. Second J.J Crowder led the team, making many key shots. “J.J has improved every practice this year. It really showed this weekend as he was the best shooter all weekend,” said head coach Jules Owchar. Crowder is a first-year Architectural Technology student from North Battleford, Saskatchewan.

Athletes of the week

November 13-19

Jamie Bain
Women’s Volleyball



The NAIT Ooks women’s volleyball team swept the Augustana Vikings on the Nov. 17-18 weekend. Jamie Bain had an excellent weekend of games, leading the team with 83 assists and four service aces. “Jamie has been working hard at simplifying her movement and making great tactical decisions and it paid off this weekend,” said head coach Benj Heinrichs. “Jamie set a balanced attack and we had the two most efficient games of the season, offensively. She was also excellent from the service line. She had great energy and focused all weekend.” Jamie is a second-year Academic Upgrading student from St. Albert.

Imran Wadia
Badminton



The NAIT Ooks Badminton team finished second this past weekend in ACAC Tournament No. 1. Imran Wadia finished first in both of the events he competed in (men’s singles and men’s doubles) earning his team valuable team points. “As expected, Imran was a force to be reckoned with this weekend in all eligible events,” said head coach Sinead Cheah. “He is a calm and collected personality on the court, and a great influence for our team overall.” Imran is a third-year Wireless Engineering student from Calgary.

MEN'S BASKETBALL

Jackson Jacob returns

By PETER GO

The Oaks have a player back that helped propel the team into championship contention in his rookie year.

Jackson Jacob served as a well needed boost for the Oaks men's basketball team when he arrived in 2015. He went on to win ACAC Rookie of the Year honours and a national championship with his NAIT teammates. At the beginning of this year, there was no sign of Jackson. During his time away from NAIT, he was back home trying out for the Bahamian National basketball team. Yet, he still craved to come back to the place that helped him grow as a basketball player.

Jackson spent the last month and a half in the Bahamas.

"It was really a big accomplishment for me because I just wanted an opportunity to play," said Jacob when talking about his time with the national team. "I learned a lot from the older guys, they were mentoring me, telling me not to follow in their footsteps."

Learning from others players' mistakes on and off the court is something he does not take for granted. The Bahamas is one of the most dangerous places in the world, even though it seems like there are just beaches and hot weather.

"You eventually become a product of your environment and I didn't want that. Back home I don't live in the safest environment," stated Jacob. "The worst guy on a team here still respects you, the worst guy on the team back home doesn't respect you, they are coming at your throat."

When you live in a dangerous environment you have two options, strive for success or become a product of that environment. Jackson has a choice and he's choosing an education and, of course, basketball. Even though his time with the national team was brief, he was able to gain valuable knowledge, especially on the court, where he

saw growth in both his physical and mental game. Jacob's most valuable asset is his ability to soak up knowledge from those around him. The most important knowledge he found came from the captains. "I totally understand where all my former captains are coming from. I used to only lead by example, now I have to do more."

Jackson's return to NAIT is long overdue. He tried to return for the 2017 fall semester but was unable to get into the Auto Repair program. After getting accepted into the program for the second semester, he made it known that he was also going to return to the court.

"I didn't want to sit out again, which is why I wanted to come back to NAIT, but I couldn't get into the program for the first semester."

With his impending return, there has been some question on how he will fit in with the team. But fourth year guard and team captain, Wyatt Beaver, doesn't see it like that.

"We can use some guard depth right now. There is a lot of room for minutes with a superstar talent like him. He brings so much to the team," said Beaver when talking to him about Jacob's return. "We are going to feed off him. He is an animal," continued Beaver. "We have the chemistry, we won a national ring together and that bond never dies."

A championship is the only thing Jacob plays for, besides the sheer love of the game. "I wouldn't be coming back here if I didn't think we could win a championship," he said.

The Oaks are currently third in the ACAC standings with a record of 6-4. Next semester might see that change as Jackson arrives.

"I have natural talent but going to school is where I sharpened my skills."



Photo by Kayla Weech

Jackson Jacob

WOMEN'S HOCKEY

The next generation scores

By CLAIRE STANHOPE

Women's hockey is not the most accessible thing in the world right now. Aside from the Olympics, women's hockey doesn't get a chance in the spotlight. This presents a problem: how do young girls find role models for their lives in hockey? The Edmonton Girls Hockey Association (EGHA) is looking to solve this problem and called a meeting with the women's head coaches of NAIT, the University of Alberta, and MacEwan University to help come up with a solution.

"It was a collaboration of everybody asking 'how can we best do this?'" said Deanna Martin, NAIT's head coach.

On NAIT's end, the solution has been branded the "Mini-Ooks" and consists of six peewee-level teams (11 and 12-year-olds) getting the chance to have two practices with the Oaks, as well as a chance to attend a women's game at the NAIT arena. "The goal overall was to improve player and coach development for EGHA and women's hockey," said Martin.

"Our intent is to give the girls some role models, give them something to aspire to." When asked about her role in the program, Martin said her job is "to help those coaches be better coaches."

The team in rotation this week, the Vipers, is fortunate to have a female coach, unlike the other five teams in the EGHA peewee league. The head coach, Jody Coughlan, played for the Alberta women's hockey team in the 1991 Canada Winter Games and took home a gold medal. It was

her first time ever playing on an all-women's team.

"I went back to my men's team and said 'hey, girls can play!'" Coughlan told the *Nugget* after the practice. "I think it was great for the girls to see what they can aspire to be," Coughlan continued. "You can play hockey for life."

Coach Martin also emphasized that this was not a one-way partnership and that the NAIT women's team gains a lot from the experience as well. She said the players benefit from "that experience of 'somebody is looking up to me and I can have an impact'" Martin described one of the games where the young players asked the NAIT team for some autographs.

"There isn't anywhere else in their hockey careers where they're made to feel that popular. Not in women's hockey."

"At this point we're just trying to keep their love for the game," said Davina McLeod, one of the NAIT players who volunteered that night. When asked if she had a program like this when she was in peewee, she said she did not. "I feel so fortunate to coach them because I never got any real coaching until I was in high school. Seeing the resources they have is really great."

"I think it's cool that NAIT does this," McLeod continued. "It's a great way to give back and it's pretty cool to be able to volunteer in hockey because we spend so much of our life dedicated to it."

The Vipers will have a chance to see the Oaks play later this year and will participate in a shootout during an



Photo by Raeleigh Anderson

NAIT Ooks women's hockey players Livia Lučová, left, and Alica Mihaliková, right, flank Mini-Ooks Avena Coughlan, front, and Keanna Salyn.

intermission.

"I just want to see this program continue and this partnership continue," said Lori Tait, whose daughter Olivia plays for the Vipers. "This is really important to us. Hopefully [our daughter] can benefit from something like this next year."

Coach Coughlan finished off the interview by saying that how grateful she was. "We'd just like to say thank you to the Oaks, Deanna, and the girls for coming out. It was really fun and an amazing experience. I'm glad that EGHA and NAIT organized it. We're really lucky."

MEN'S HOCKEY

Last game at Northlands?

By **CLAIRE STANHOPE**

On Saturday Dec. 9 at 7 p.m, the NAIT men's hockey team will face off against the University of Alberta Golden Bears at Northlands Coliseum, the former home of the Edmonton Oilers, known back then as Rexall Place.

The game is a charity event, with 20 per cent of the money raised going to the Stollery Children's Hospital Foundation. The rest will be divided equally between the Oaks' and Golden Bears' hockey programs.

This matchup is a revival of an old tradition for the two teams, who played seven charity games from 1985-1991. The games have been historically intense: no game played in those seven had fewer than six goals (one game ended with a total of 15 goals). NAIT has won two of the seven previous charity games, once in 1986, 7-5, and once in 1990, 6-5.

NAIT plays the University of Alberta's team once or twice every year, so the teams are somewhat familiar with each other.

"It's always a pretty close and competitive game," said NAIT's Jake Mykitiuk, who currently leads the



Corey Chorneyko

ACAC in points.

"I think we have a bit of a rivalry and it should be fun. You learn a little bit every time you play them. We're going to have our hands full but that's a

good challenge for us."

This will be the second game that NAIT has played against the U of A this year, the last game being in early September. NAIT lost 4-3 in overtime.

"I feel more game ready," said Nathan Park, NAIT's goaltender, who shared the September game with Patrick Gora, NAIT's backup goalie. When asked about his mindset going into the Face-Off game, Park said: "You have to treat it like another game. If you go in trying to do a little too much, trying to think a little too hard, that's when you start making mistakes. You just have to trust your game," he said.

Corey Chorneyko, NAIT's team captain, said the players "are starting to get excited for all the hype that the game is getting. It's going to be a higher tempo game and we're going to have to change the way we play to try and match them."

When asked how this game will be different, Chorneyko said he tries to play every game with the same energy. "I show up every day and try to be as consistent as I can, play every shift as hard as I can and lead by example."

"We have a good partnership with [U

of A's team], playing them every year," said Chorneyko. "It's good for our organization. I hope both teams benefit from every time we play [each other]."

Northlands, the non-profit organization that is currently taking care of the Coliseum, can no longer maintain the old arena with maintenance costs rising every year. The City of Edmonton regains possession of it at the end of the year and the cost of maintenance will continue to be a problem.

Though no official decision has been made by the city council, the future of Wayne Gretzky's former home does not look promising. This means that Face-Off 2017 may be one of the last games to ever take place on the historic ice of Northlands Coliseum.

"Possibly playing the last game ever in [Northlands Coliseum] is a huge honour for me and the whole organization," Chorneyko said. "There is a lot of emotion there, especially with the history in that building. It's going to be a night to remember."

Tickets for Face-Off 2017 can be found on Ticketmaster for \$10 plus fees, while ATB Team Tickets can be had for \$7.50 per ticket, plus fees.

DECEMBER EVENT LIST

1 | WINTER FORMAL

4 | HOW TO: WINE TASTING

4 | RELAX, MOTIVATE, PREPARE (& TREAT YOURSELF): CAT MAIN STREET

5 | FREE FOOD: PATRICIA CAMPUS

5 | RELAX, MOTIVATE, PREPARE (& TREAT YOURSELF): SOUTH LOBBY

6 | WELLNESS WEDNESDAY

7 | FREE FOOD: EVENING STUDENTS

7 | RELAX, MOTIVATE, PREPARE (& TREAT YOURSELF): OUTSIDE NAITSA

7 | PUPPY CUDDLES: OUTSIDE NAITSA

12 | FREE FOOD: SOUTH CAMPUS

DEC 29-JAN 1 | NEW YEAR'S SKI TRIP

DECEMBER HOLIDAYS

DEC 15 | NAITSA CLOSING AT NOON

DEC 16-JAN 1 | NAITSA CLOSED

JAN 2 | REGULAR OFFICE HOURS RESUME

DEC 16 - JAN 4 | NEST CLOSED

JAN 5 | NEST RESUMES REGULAR HOURS

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

International Ooks

By JORY PROFT



Verca Kuzelova

Verca Kuzelova was inspired to play hockey after seeing the Czech Republic men's hockey team capture gold in the Nagano Olympics of 1998. She was four years old when she saw Jaromir Jagr lead her country to glory and "has been crazy about hockey ever since."

Growing up in Prague, Kuzelova played on boys' teams from when she was eight until she was 17. "Back home, girls hockey wasn't taken very seriously ... Even when I was playing for the National team, U18 they didn't take it very seriously."

When she was 19, the forward was convinced by friends from the Czech Republic to move to Canada to play for the Banff Academy.

"It was scary at first. I had just graduated high school."

Kuzelova was also persuaded to come to NAIT through the same teammates that recruited her to the Banff Academy.

Playing at NAIT has brought on new training and lifestyle skills for the player.

Nutrition and dedication to the sport are major differences for women's hockey in Canada compared to the Czech Republic.

Kuzelova hopes to stay in Canada to pursue accounting or finance while working as a fitness trainer on the side.



Taran Kumar

Taran Kumar spent his first seven years of life in India. From Punjab, India, Kumar moved to Barcelona, Spain where he discovered his love for soccer.

"Spain is very, very famous for soccer," he said. "A coach saw me running up and down the court with a basketball very quickly and told me I should try soccer."

"I have been playing ever since," the midfielder said.

Kumar moved to Canada when he was 14 and did not play competitive soccer again until his Grade 12 year.

It was a very simple choice for him when he was trying to decide on a post-secondary school.

"Honestly, a big reason I chose NAIT was because of the scholarship. NAIT allowed me to waive my international student fee and I really love playing soccer," Kumar said.

When asked about the balancing-act a student-athlete must perform, he said: "A lot of international students at NAIT say they don't play sports because they can't manage, but I think soccer helps me relax and take a break from my studies"

"When I come back to my studies, it helps me focus more."

Kumar is currently studying construction engineering. He hopes to be a lifelong soccer player.



Jasmine Jones

Jasmine Jones grew up in the suburbs of Atlanta, Georgia. The American was inspired to pursue basketball after watching her father play for the United States military basketball team. Jones experienced success in her high school basketball career when her team finished second in the state championship two years in a row. Jones knew a contact that travels back and forth from Alberta to Atlanta who was able to get her in discussions with Olds College. While playing for Olds College last season, the Ooks team made an impression on her that attracted her to NAIT.

"I saw Todd [coach of NAIT's women's basketball] and I remember how he was coaching. I knew I wanted to play for him, so I did everything I could to come to NAIT this year."

"NAIT holds you to a higher standard than Olds and high school did ... this is like your job. If they are paying for your school, they expect you to perform."

The guard finds being a student-athlete often quite difficult but can be made easier with time management.

"They should definitely have a course about it [time management] for athletes because it would help everyone excel more," said Jones.

She hopes to stay in Canada as a trainer, maybe moving back to Prince Edward Island where she previously played.



Nikoloas Papavasileiou

Nikoloas Papavasileiou spent nearly his entire life in Athens, Greece before moving to Canada. "The Greek Landlord" began playing competitive basketball when he was 14. Not becoming a great player until he was 17 or 18, Nikos never believed he could play college basketball.

"Even at 19, I did not believe him [his mentor]. He taught me how to study and practise properly and he helped me to get here and achieve my dreams. He's really the reason I am here..."

It was by accident that the forward even ended up in Canada.

"I applied to Lakeland College in Lloydminster by accident. I sent applications all over America and when I received acceptance from Lakeland I said 'what, Canada?' But they set me up with a Greek family in Lloyd so I chose them," said Papavasileiou.

He considered returning home after dealing with some frustrations last season but coach Mike Connolly convinced him otherwise.

"You always need coaching. No matter how major you think you are, a mentor is always important to have," said Papavasileiou.

He is currently enrolled in ESL with goals of entering the carpentry program when possible. Papavasileiou aspires to stay in Edmonton after he is done at NAIT, "unless I fall in love with a Canadian woman somewhere," he laughed.

UPCOMING CAMPUS CLUB EVENTS DECEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	28	29 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	30 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	1 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:30pm-8:30pm, CAT 472 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	2
3	4 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	5	6 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	7 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	8 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:30pm-8:30pm, CAT 274 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	9 GAMERS @ NAIT BETA EVENT 10:00am-10:00pm, CAT Theatre
10	11 WEEKLY JUGGLING JAM 5:00pm-8:00pm, Shaw Theatre Lobby	12	13 FREE HIP HOP DANCE CLASSES 8:00pm-9:30pm, S-112	14 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	15 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:30pm-8:30pm, CAT 274 FREE HIP HOP DANCE CLASSES 4:00pm-7:00pm, S-112	16 SMASH BOX OPEN 10:00am-10:00pm, CAT Theatre
17	18 WEEKLY JUGGLING JAM 5:00pm-8:00pm, CAT Crossing	19	20	21 SMASH CLUB WEEKLIES 4:00pm-10:15pm, CAT 102	22 CHINESE BIBLE STUDY 5:30pm-8:00pm, E-201 SUPER CLUB WEEKLIES 4:30pm-8:30pm, CAT 472 PAINT & BOWLING NIGHT 4:30pm-10:30pm, Meet on Campus	23
24 <i>Christmas Eve</i>	25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27	28	29	30
31 <i>New Years Eve</i>	1 <i>New Years Day</i>	2	3	4	5 SUPER CLUB WEEKLIES 4:00pm-10:15pm, CAT Theatre	6

NAITSA CAMPUS CLUBS
CENTRE

FOR MORE DETAILS ON THESE EVENTS, CHECK OUT ORGSYNC.NAITSA.CA

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

ENTERTAINMENT

Removing static from our lives



By **STEVEN SMITH**
Entertainment Co-Editor

Alberta is so dry, especially in winter months, that you might be suffering from what can only be called one of the worst superpowers. There's so much static electricity your electronics go on the fritz and sometimes never come back. Maybe your experience is like mine, when at least twice a year I'll touch a monitor and my computer can't handle the voltage. Maybe you go to touch a light switch and are struck by Thor himself. Now there are home remedies such as metal hangers and humidifiers but when you're out and about there is only so much that can

be done. I have tried four different online tactics:

1. Pat everything down with dryer sheets.

Carry around a box of dryer sheets like tissues. Use them as tissues, towels and really anytime you think they are needed. Stop at least twice a day to take out a dryer sheet and rub it all over your body like you're taking a shower. Do it in public. Make sure you buy them in bulk as this can be pricey. I didn't find any change and just ended up looking weird.

2. Spray water or moisturize your skin

Every 10 minutes stop by the washroom and sprinkle water on yourself. Not only will it immediately dry in this frozen desert landscape, but now you'll be a little bit colder than before! Moisturizing can work but it's a fine line. You want to put on enough so that it will stop your thunderbolts but not so much that you become a slip and slide. I recommend GlysoMed.

3. Spritz yourself with hairspray

Moisturizing can work but it is a

constant battle to achieve perfection. As a backup, many sites say lightly spray yourself in trouble areas. Assume trouble areas mean hairy areas, arms and legs – places where hair meets clothing. When I sprayed myself with hairspray in an attempt to kill the static, I ended up becoming the Tin Man from *The Wizard of Oz*. Every move felt like a robot that needed a good greasing. Even the lightest spray condenses your hair into an uncomfortable setting and breaks away after a few hours.

4. Shave

This is the last resort. After getting up from my personal home computer and putting so much voltage into a circuit it blew a light bulb, I decided it was the final straw. As a male it is ingrained deep into most of our psyches to fear male pattern baldness. I also like having hair, so the test run was to shave my legs. It took what felt like forever and I think I messed up a billion times. Did it work? Kinda. I feel like I threw off a layer of clothing and it's somehow colder than before but the cat seems to get shocked



stepbystep.com

less when I pet him, so I guess that's an improvement.

I now believe that static electricity will never go away. Maybe it's my personal DNA and I was not meant for this dry desert that is Alberta. Maybe I'm the only one who suffers from this problem. Be it that I'm part Pokemon, or Thor's really crappy relative. I'm sure electricians will have their own remedies and if you have remedies, please send them into *The Nugget* so I can stop hurting myself every time I touch a light switch.

WEEKLY SPECIALS

FOOD SPECIALS	DRINK SPECIALS
MONDAY \$7.00 I Wish it Were Fry-Day Bowls (Mexi, Veggie Supreme or Chicken Bacon Ranch Fries*)	DAILY \$4.50 BRO-tini
TUESDAY \$1.00 off 8" Signature Pizza	MONDAY \$5.00 Off Bottle Wine
WEDNESDAY* \$7.00 Nest of Wings (Add Ranch \$1.00)	TUESDAY \$5.00 1oz Crushed Ice Cocktails
THURSDAY* \$7.00 Pepperoni Pizza Bites	WEDNESDAY \$4.50 1oz Lamb's Rum Highballs
FRIDAY \$7.00 Daily Soup & 1/2 Wrap	THURSDAY \$5.00 Flavoured 1oz Absolut Vodka Highballs or Cocktails
WED/THUR HAPPY HOUR SPECIAL 5-7PM \$5.00 "Fusion" Perogies	FRIDAY \$4.50 Domestic Bottles

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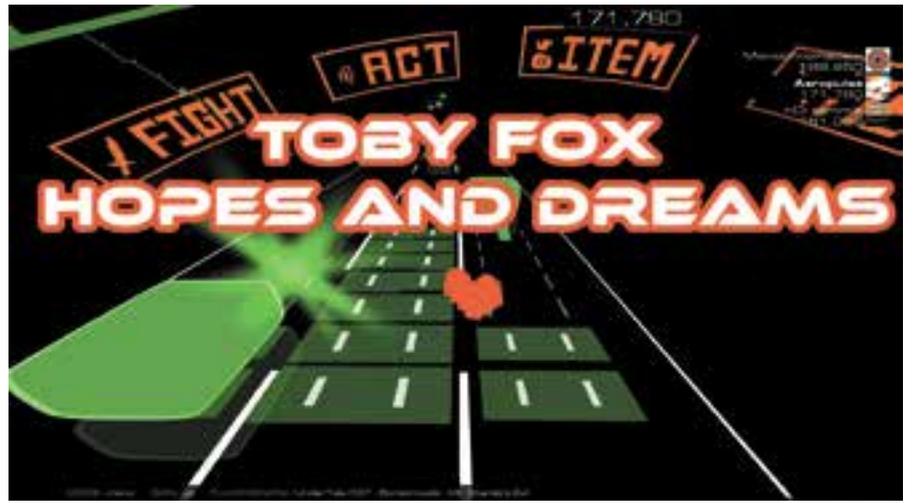
By TRUMANN TU

We've been there. We've seen it in practically every medium possible. You can see the first shot, the hero now on his knees in front of the villain, crushed by overwhelming power and there's not really anything he can do. The odds are truly stacked against him, with several shots just showing how desperate the situation is and there is absolutely no hope that the hero can overcome this. Until, that is, the music kicks in and suddenly the entire conflict is flipped on its head. The hero now has a giant will of resolve, rejecting

the antagonist's reality and destroying armies left and right. This playlist attempts to recreate that feeling of dominance in the face of danger, and give that sense of coming back from the brink of defeat.

Need a boost in motivation during your workout? Use these tracks to get your heart pumping to the tune and that last burst of speed in the face of tiring out.

- Comeback King:
- Holding out for a Hero – Jennifer Saunders (or Bonnie Tyler)
 - Hell Yeah – Rev Theory
 - The Touch – Stan Bush
 - Hopes and Dreams – Toby Fox
 - Our Beginning – Shoji Meguro
 - Hero -Kibou No Uta- by FLOW
 - You Say Run – Yuki Hayashi
 - Endless Possibility (Rockstrate My World Cover – Falk) originally by Jaret Reddick, Erik Chandler and Tomoya Ohtani
 - The Show Must Go On – Queen
 - The Chain – (Welshly Arms Cover) originally by Fleetwood Mac



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Christmas – enjoy, be happy



By **ALAN HOLMES**
Entertainment Co-Editor

Growing up, Christmas was always a glorious celebration of family and life. Not for religious reasons (at least not for myself) but it was always so wonderful to be with family and to celebrate for the sake of celebrating. It still is, of course, even though the magic of the season transforms with age to be less ‘in the moment’ and more nostalgic. That’s how it seems to be for most people – deliberately listening to specific Christmas songs or watching Christmas movies to try and ‘get into’ the spirit.

There’s nothing wrong with that but there’s a disparity of sorts that seems to happen at this time of year. Not to take away from everyone who does celebrate, yet a lot of people seem to be Grinches or Scrooges deliberately. More and more, there’s complaining that Christmas music plays too early or that decorations are up too soon. That’s not without merit; October’s jumping the gun and I understand wanting to wait out of respect for Remembrance Day. However, the holidays only come once a year. Why not

soak up all of the Yuletide joy while you can?

The biggest issue is the fighting over the trivial things. For instance, the supposed “War on Christmas.” A decent portion of the Christian population believes that “Christ” is being taken out of Christmas. Now, in all fairness, a lot of people who celebrate Christmas aren’t religious. There’s a fair amount of commercialization involved in the season, and many traditions have evolved surrounding myths of Santa Claus and flying reindeer, rather than the birth of Jesus. Like I said, I’m not a very religious person myself. For me, Christmas was always a time to get with family and enjoy spending time with each other.

Getting presents is exciting (let’s be honest) and giving them is fantastic; seeing people light up when they first lay eyes on what you found just for them. I don’t see what’s so wrong with that. But instead of simply enjoying these traditions, so many people seem to be intent on arguing which ones are “right” and “wrong.” It’s not naughty or nice to enjoy Santa, food, carols and presents or to celebrate one’s spirituality. Why people bother arguing either way is beyond me. It’s ludicrous to be angry at someone for saying “Merry Christmas,” but it’s also nuts to rage at someone for saying “Happy Holidays.” Everyone celebrates in different ways for different reasons. But isn’t it wonderful to celebrate, even if it’s simply just for being alive? What’s the point of fighting over why we celebrate? Isn’t that the antithesis of the season in the first place?

Growing up, Christmas was a sea of cigarette smoke. Many members of my extended family smoked and the windows stayed shut since it was cold outside. There were too many people to talk to. Strangers would wander in and out of the house to visit my grandparents. People would feel sick



from either eating too much or having one-too-many rum and Cokes. The house we would gather in for Christmas Eve would be a mass of confusion.

I wouldn’t have had it any other way.

I still wouldn’t. Things have changed. Loved ones aren’t with us anymore. New people have come into our lives, boyfriends and girlfriends, newly birthed cousins and the like. Most people have quit or, are trying to quit, smoking. But it’s largely still the same. Swathed in nostalgia, we play Christmas tunes, we talk, we eat too much and we drink too many rum and Cokes. It still tends to be a mass of confusion. Yet as we strive to recreate that magic of nostalgia, the Christmas spirit remains. In the swath of people arguing and threatening each other over Twitter, the politics of society and bitching about shopping, we block all that bullshit out for a couple of glorious days and celebrate family and life. We don’t argue about what we’re celebrating or why. We simply enjoy it while we can.

I’ll drink to that.

Merry Christmas and Happy Holidays to you and yours!

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Pixar's magical world is here

By SARAH FOX

Explore the science behind the Pixar magic at the Telus World of Science. The exhibit takes you behind the scenes to learn about all the work and creativity that goes into making Pixar's films.

The magic begins as you enter a room filled with your favourite Pixar characters like Buzz, Sully and Dory! You are walked through the nine steps of creating an animated film – story and art, modelling, rigging, surface, sets and cameras, animation, simulation, lighting and rendering.

They start with story and art. This is where the basics for the story are created, and basic camera angles are set. At this time, storyboards are created using art that is drawn. Artists imagine how these stories will look, and eventually create 3D sculptures so that they can better envision the characters. While this is going on, writers create storyboards to start outlining the film.

Modelling is where they take the 3D art and turn it into a virtual model. They create a wire mesh around the model to help show some of the characters' features. It is denser around features like the nose or mouth.

Rigging is the process where they create movement in the character. They are basically giving the character a skeleton. They create virtual muscles and joints that allow the characters to move.

Surface is where surfacing artists build

the characters' appearance using computer programs. They start by making a black and white outline of the character, then shaders fill in things like clothes, hair and skin with colour and texture.

During sets and cameras, set designers build a virtual environment and camera artists come in to get camera angles, basic movements and then character motions are finalized. They model just enough of the sets so they can move virtual cameras around. As a radio and TV student learning about camera movements, this section was my personal favourite!

The big step is animation. Animators bring the story to life by moving the characters to act out every scene. You see 24 frames every second, and one frame alone can take over 24 hours to film, if they don't run into any problems.

Simulation is used to add detail. They add movement to things like hair and clothes and special effects to other portions of the film.

Lighting is a very basic step but it is one of the most important. It's where lighting designers add light to each scene. It highlights portions of the story and injects emotion into it. Lighting can change the atmosphere in the whole scene.

Last is rendering. This where everything comes together. The animators turn the 3D image into the final 2D scene. They



also decide the colour of each pixel here. This process can take 33 hours for each scene.

The exhibit isn't just information. There are tons of interactive portions to keep you entertained. You can try things like simulating crowds of fish from *Finding Nemo*, lighting the house from *UP*, rigging Elasta-

Girls arms and even build your own character model.

I would highly recommend this exhibit to anyone with an interest in film or who loves Pixar! For more information on the exhibit and hours of operation, head to telusworldofscience.ca. Hurry down and check it out!

'Stache factor

By BRYN LIPINSKI

Dave Sawchuk is an instructor at NAIT's Radio and Television Arts program but we're not focusing on him or his story. We're focusing on his handsome moustache, which he's grown out in support of Movember. This is the moustache's story:

"I'm currently involved in the electrician program, in my second year. I believe in freedom; I believe in opening the door for the ladies; and in recycling. I believe in bike lanes and I'm a feminist!"

Looking back on its deep past, the moustache explains: "I was a young man, active in the tap dance community, really hoping to go pro. Turns out it's tough to get a gig, so I turned to the trades, like a lot of handsome moustaches do.

"I found a lot of camaraderie in the electrical business, found a lot of opportunity and thought to myself: 'I look good with a pair of side cutters.' I'm a man who likes a Morette or two. So I thought, 'let's go for it,' and here I am in my second year of electrical."

As some advice to the students at NAIT, the moustache says, "Stay in school, but not too long. There's a lot of work to be done."

Lastly, the moustache was urging me to include the final Movember event into the article; it thoroughly believes in supporting men's health, and says you should, too!

"The final [Movember] event. It's the big wrap-up, so obviously I'll be getting a lot of sleep the night before, waxing heavily in the morning. It is the NAIT Mo wrap-up, Sho Yo Mo, on Nov. 30, from 10 a.m. till 2 p.m., in the CAT Building.

Be there, and hold the door for a lady on the way."



Dave Sawchuk's moustache speaks

Photo by Bryn Lipinski

Literary Corner

Hope, unexpected, spreads

By ISAAC DYMOCK

Dust and pieces of masonry rain down from the dark, hewn stone above as more rumbles pass overhead. Not even children panic anymore as the dull thunder of bombs dropped rolls through the tube lines. Service men and women, civilians, parents, brothers and sisters, and orphans all stand in muted silence without flinching. Their spirits are being ground down, their minds being dulled to the violence in the world above. It is the twentieth day since the Longest Day, the Luftwaffe is relentless in its pursuit of snuffing out all resistance in London and the Great British Isle with their bombing campaign.

Remembrance Ought Never Be Forgotten

Remember, remember ...
The 11th of November.
Through carnage and rubble,
Gunsmoke and blood.
I can think of many reasons,
Why the 11th ought never be forgot.
— By Isaac Dymock

Another series of dull roars pass overhead with more bombs dropping from hundreds of planes. It is no small wonder that those trapped in the Metro tube lines feel nothing but despair; some of them haven't seen the surface since the first days of the Reich's assault on the islands. There is no hope or belief in the Royal Air Force in these tunnels. There is only accepting the inevitable, going from day to day in the food lines shuffling with despair and barely getting by. Supplies are running low. The government and military try to keep the spirits of the people up, but even they can see the writing on the wall, unless a breakthrough happens above or their few remaining allies come to their aid Britain is doomed.

Amidst the air of depression in the tubes a circle of children too young to make sense of the looming dread play a small game next to one of the tube walls. One boy is throwing a torn leather and rubber ball against the curved wall and the other children try to catch it. Anything to pass the time while their parents stew in silence. A toss goes awry, the boy threw wide this time, and the children

watch as the ball threatens to bounce out of their small semi circle.

With a cry of alarm a small girl, Emily by name, lunges for the ball and catches it, but not before losing her balance and tripping into someone passing by. The other children laugh at her misfortune, their voices and bittersweet chime ringing through the tunnels and falling on deaf ears. They are the only ones with any mirth left in them.

Emily is caught in the strong hands of the person she stumbled into, "M'sowly!" She blurts out a half startled apology and tries to back away. Before Emily can the hands hold her tight while the eyes of the woman look over her.

The woman is tall, elegant, slender, and much too beautiful to be a depression laden resident of London. Emily's eyes widen as they pass up to the woman's face and look at her ears. Pointed upwards, angled and sharp. Emily has never seen ears like that before. Catching the girl's gaze the elven woman smiles softly and whispers in a language that sounds more like song than words.

A soft light suddenly surrounds the

ball in Emily's hands and before her it starts repairing itself. Loose seams reknit, torn leather seals. The ball is brand new, better than new now. With a cry of surprise Emily looks at the ball in childish wonderment.

Letting a small smile grace her lips the elven woman lets go of Emily and watches as she runs back to her small friends. Their cries and cheers of wonder and joy fill the tube, but this time they are not alone. The woman stands straight and looks at the metro tube, it is changing now.

Vines and grass spring up underfoot and climb the walls, soft smells of meadows and forests fill the air. Tension is dropping, surprise is rising. More of her kin are spreading through the tunnel, comforting the lost, the sick, the destitute, and the broken. One thousand years forgotten by the human world, elves and magic have returned in this darkest hour. The elf strides further into the tunnel as she has much more to do, more hearts and minds to heal. Hope spreads like a slow, sleepy, bubbling brook through the metro tubes once more.

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VIDEO GAME REVIEW

Possibilities are endless

By ISAAC DYMOCK

Tales of Maj'Eyal, developed by DarkGod and Netcore Games, is a procedurally generated, roguelike role playing game. Developed and produced by DarkGod as an almost solo project based on other roguelikes such as the Angband series, *ToME* can be played with a customized tileset or in traditional ASCII mode for those wanting a more authentic roguelike feel.

One thousand years have passed since the Spellblaze scorched the continent of Eyal and burned the fear of magic into all with memory enough to remember. The Orcish invasions that sparked the cataclysm ended in blood and fire, the Orcs are nearly extinct as a result. Wizards and mages are seen as a thing to be feared and monsters to be slain by the populace. One thousand years of recovery and still the world is not safe as old, long forgotten powers move beyond the veil of reality. Orcs appear for the first time in a thousand years on the continent of Eyal, dark cults abduct women, vampire lords amass legions of undead, mad archmages unleash ruinous thunderstorms for fun, and you start your journey as a lone warrior amongst a torment that threatens to tear the fabric of the universe apart.

Tales of Maj'Eyal's gameplay is turn based giving you time to observe the situation and make informed decisions before performing

an action, whether it is to cleave a skeleton or launch a deadly spell at a distant foe. *ToME* is a roguelike, meaning there are elements of permanent death within its gameplay. This means that if you die, your progress is over and you start at the beginning again. Permanent death is not absolute, however, as you can choose settings before starting the game to set how many lives you have before permanent death triggers. There are also items within the game that have the ability to save you from an inevitable demise as well. The options are: explorer, which lets you die as many times as necessary in order to finish; adventurer, which gives you a set amount of lives at the start plus extra lives as you level up and roguelike, which is the titular one death allowed mode. These death options tie into the experience of *ToME* along with the actual difficulty settings. *Tales of Maj'Eyal* has five difficulty settings starting with easy and normal with nightmare, madness, and insane being unlockable as you beat the game.

Gameplay options for *ToME* are many and varied. At the start you are given few options for a starting character in race and class to play as. Human, Elf, Halfling, and Dwarf are racial options with variants of each being available for different styles of play. Warrior, Mage, and Rogue are class menus available at the start which give options like Berserker, Archmage,



GOG.com

and Rogue as starter options among other things. Once you are in the game and exploring the world of Maj'Eyal variability keeps growing with hundreds of thousands of randomized items to pick up and use.

Despite the constant threat of death ending a run in *Tales of Maj'Eyal*, there is a large pool of replayability options in the form of class, race, and birth. Simply by playing the game you can unlock more content and experience new things. Unlock the chance to play as an Ogre, Skeleton, or the secretive Yeek; play as a Wymic harnessing the powers of dragons, command undead legions as a Necromancer, bring the power of the sun to your enemies as a Sun Paladin or even purposefully create time

paradoxes as a Paradox Mage. The possibilities are nearly endless.

ToME has two expansions that add another layer to the gameplay. Ashes of Urh'Rok adds the demon inspired class of Doombringer and addition unlocks along with a side-quest story line for characters created as Doombringer. Embers of Rage is a full expansion that adds a campaign the length and breadth of the original and lets the player play as an Orc on the eastern continent in the aftermath of the Scourge of the West. The base game of *Tales of Maj'Eyal* is free to play and available to download at te4.org, but in order to be able to buy the expansions, *ToME* needs to be purchased either by donation on the website or through Steam.

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GAME REVIEW

CoD goes back to its roots

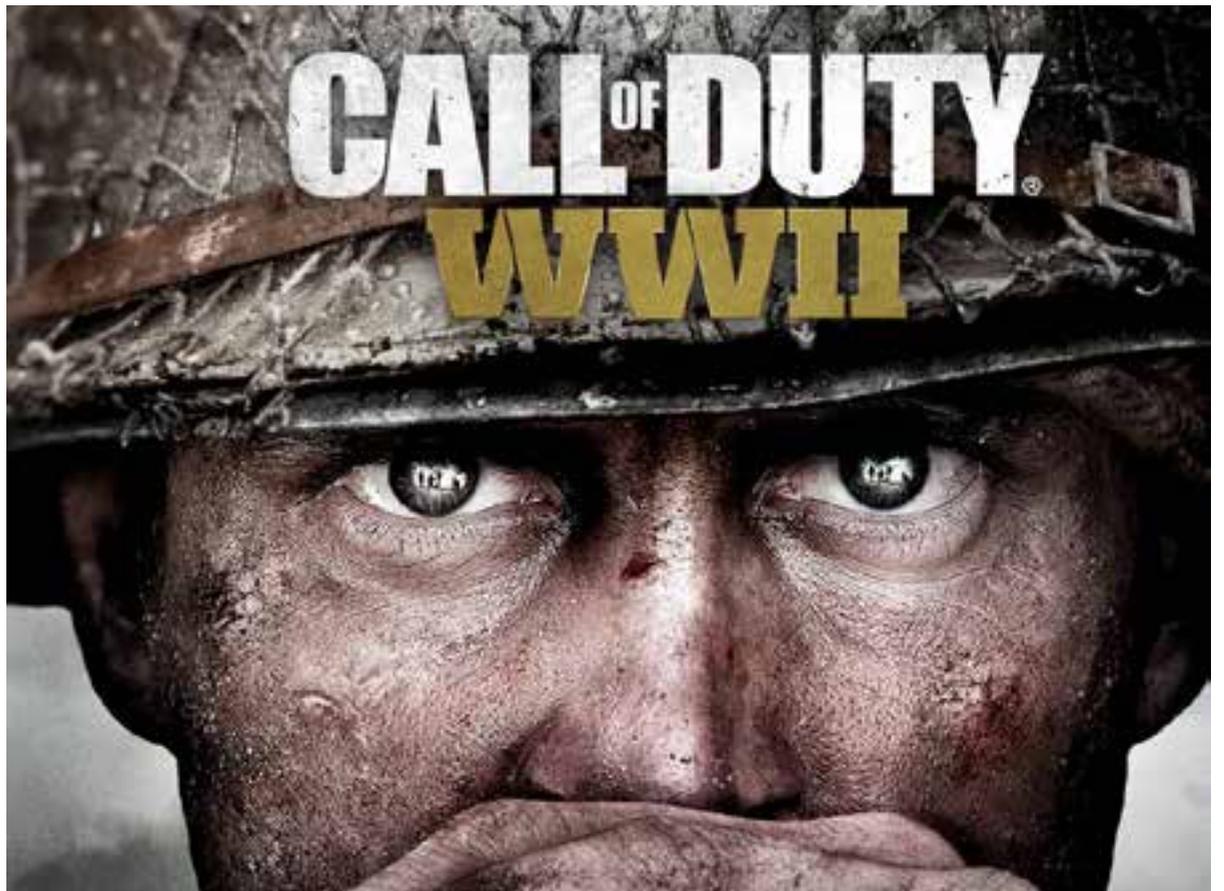
By MATTHEW WOZNIAK

Call of Duty is back once again this season with a brand-new title. Developers Sledgehammer Games have decided to bring the game back to its roots, in the form of *Call of Duty: World War II*. The series is once again boots-on-the-ground action. Fans have cried out desperately for the return of this. People were sick of the jet packs and future like combat over the last three years. In this review I'll be going over the campaign, multiplayer and zombies.

The stage is already set for the campaign, with the plot taking place during late WWII. Players take the role of Ronald "Red" Daniels, a soldier in the U.S. Army, with the Western European theatre of war being the main focal point. The campaign starts you off with the historical invasion of Normandy. It's a rather chilling start and will send goosebumps down your spine. Emotions are high throughout the story, as the users see the horrors of war. It really gives you a glimpse from a soldier's perspective. As the Americans, you fight your way through France, ultimately leading the way into Germany. For the most part it follows the events of Operation Overlord in the Second World War.

Multiplayer is the bread and butter of Call of Duty. In this year's rendition things have changed. Sledgehammer has introduced something new and unique to the series. The headquarters mode gives the player the chance to interact with others. It's almost like a mini MMORPG. Somewhat like Destiny, where players have a small hub to hang around.

The gameplay is fluid and almost feels like the original Black Ops. They've added a lot more depth to the multiplayer. Divisions have replaced classes. Each division has its own perks. For example, the infantry division has a bayonet, whereas the airborne type gives you a suppressor. Sledgehammer has essentially redone everything in the multiplayer. This gives all users, new and old somewhat of a learning curve. One of the nega-



Business Insider

tives though is the spawn system. With the map layout, you could have enemies spawning anywhere. This also depends on the game mode you're playing. A new mission based mode has been introduced. *War* is an attack and defend game mode, with no time or score limit. Overall the multiplayer is different from other years, and is a little bit more balanced.

Zombies have returned once again. The co-operative

mode everyone loves hasn't changed much. It's a bit more story driven. Plus, it features all new crazy monster zombies. They can be huge and hard to tackle. One difference is the speed of the game is faster. So, no crazy changes to zombies, with story being the biggest inclusion.

Overall, this Call of Duty is fantastic. I rate it an 8 out of 10. Compared to the last couple of years, it's safe to say CoD is back.

Time for family

By NIKITA ELENIAK

As the Christmas season approaches, television sets are turned to the fireplace channel, and the crackling flames' volume is turned up. Gone are the days of venturing into the woods to chop down a fir tree with bare hands and now artificial trees have sprung up in their place.

Thanks is now given by snapchatting photos of food, rather than saying grace. Where is the traditional Christmas of awkward questions at family gatherings, long church services and cleaning up an endless stream of pine needles. The angel on the tree has now been replaced by ornaments of avocado toast (available from Sur La Table for \$17). Millennials have ruined Christmas. They have changed it to an inclusive holiday for everyone to celebrate, no matter their faith.

Millennials are constantly harped on in the news – but is it really as awful as it's made out to be? While it is true that things have changed, it's not necessarily

a bad thing. Christmas is still a time for family and friends to be together, they just do it in their own way. After all, isn't the spirit of Christmas really about being with those you love? It's more important to spend time with them than it is to spend hours in the kitchen making the perfect meal or to have a real tree. The spirit, the love, is still there and that's all that really matters.

So, this Christmas, don't worry too much about having everything perfect and just the way your parents had it. Because every tradition started somewhere and creating new ones isn't always a bad thing. You can go out and make snow angels and drink mugs of hot chocolate, but also still have Mariah Carey, Boney M or Michael Bublé serenade you with their Christmas tunes and take selfies with your friends in ugly sweaters. The most important thing this holiday season is that you are spending time with people you love.



Photo by Ferdaws Salatan

FOOD

Hawaiian for dining

By BRENDEN COLLINGE

Did you know poke comes from Hawaiian culture? It's a type of fish salad bowl using sliced raw fish, traditional maui onions and a variety of other ingredients such as pineapple, sesame seeds, wasabi, soya sauce, perhaps over rice or cabbage. It can be served as an appetizer or even the main course of your meal.

This week I dove into Edmonton's first and original Hawaiian poke restaurant, known as Splash Poke. Their mascot, Splash the green sea turtle, is stoked to share poke with you in an Edmonton first. This unique dining spot is truly one of a kind here in Edmonton, from the variety of bowl recipes ready to order to the ingredients available in building your own!

Building your own is easy. You start with a base of brown rice, white rice, salad or vermicelli noodles or make it half and half! You can pick proteins like tuna or salmon, scallops, shrimp, chicken or tofu. You can mix in extras like cilantro, jalapeno, seaweed or cucumber.

Toppings include a seaweed salad, corn, pineapple, mango, tobiko (type of fish eggs) or a crab mix. At this point you pick your sauce and garnish and dig into your personalized poke. But if all these options are too overwhelming for you, the choices on the menu are also quite varied making it easy to choose between just seven possibil-

ities, instead of limitless ones.

The works is a salmon and tuna bowl using all toppings and mix-ins, all garnishes and dressed with a sriracha aioli and splash aioli. It's a great catch-all for someone unsure of what to get but focused on a full experience. The classic is another tuna and salmon bowl that utilizes a shoyu sauce, traditional toppings like seaweed and sweet onions and topped with sriracha aioli and unagi sauce.

The other options are all excellent too; the tropical is a fun sweet mix with pineapple and splash aioli, the spicy is a shrimp and tofu bowl that's got plenty of heat! The prairie is a marinated chicken bowl with pineapple, sesame sauce and panko, among other toppings. The friendly is another tuna and salmon bowl with some fun and sweet traditional mixings. Finally the harvest is there as a plant-based option using tofu and shoyu sauce.

Each bowl is a colourful display of toppings that present a stellar piece of art. They're so pretty you might hesitate to eat it all. I had the works on brown rice which was a masterfully messy bowl. The flavours danced together so gracefully. It was a party! The aiolis paired so well with the fish and toppings flavours, the rice was perfect, the ingredients all very fresh. It was a fantastic time that I'd recommend to anyone.



Photo by Brenden Collinge

The Style Files

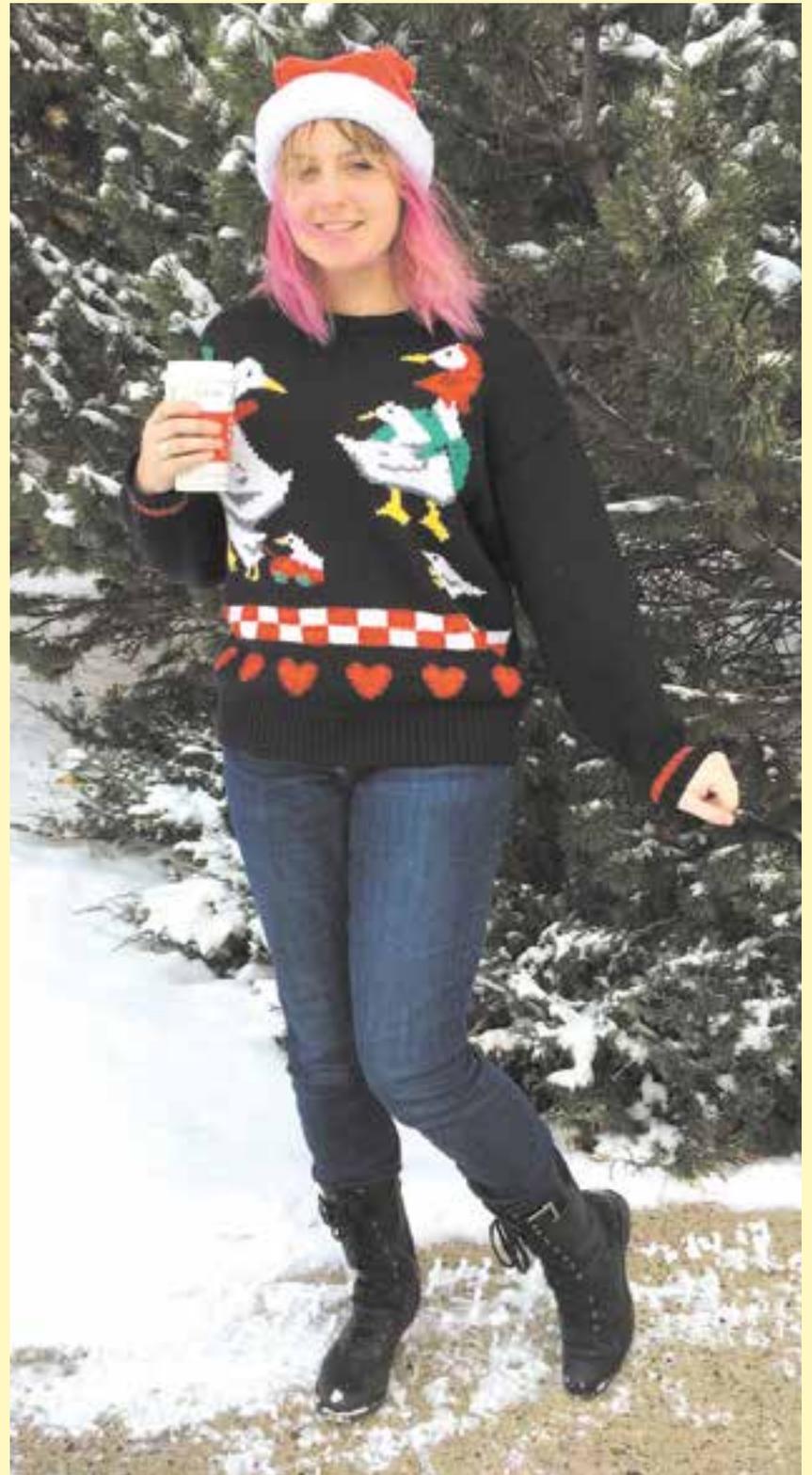


Photo by Sarah Fox

Nikita "Gingerbread" Eleniak

It's Christmas time at NAIT! The halls are filling with cheer thanks to people like Nikita "Gingerbread" Eleniak. Nikita is a part of Elf and Toy Studies and loves to spread joy with her incredible Christmas attire. She wears a sweater with a family of geese that was handmade by Mrs. Claus herself. Her red felt Santa hat is a uniform in her program. It is cozy and warm ideal for the conditions in the North Pole. Nikita got her jeans from Gap, a place that is enjoyed by both humans and elves (who knew?) Being in Elf and Toy Studies means that she is always on her feet, so she needs some comfortable shoes! That's why Santa got her these Timberland boots as a Christmas bonus last year! Nikita's pink hair is full of Christmas magic and sugarplum visions to help her with her duties. This Elf Studies student completed the look with her favourite holiday treat; Christmas warmth in a cup from Starbucks. This outfit is perfect for building toys, baking cookies and spreading Christmas cheer to the students of NAIT!

LOCAL SOUNDWAVE

Expressions of funk ...

By NIKITA ELENIK

Mercy Funk is the brainchild of Angela Proulx and Crystal Eyo. They don't let genre define their music but it falls most closely near the stylings of funk, R&B, pop and soul. Between the two of them, their musical tastes span all genres, with Eyo stating that, "nineties music is really where [their] musical tastes intersect." They had one goal – "to always put on a damn good show."

Love Fest

"We met and just knew we had to make music together," said Proulx – and make music they did. Mercy Funk played their first show on a Valentine's Day and every year since they have played an anniversary show called Love Fest. Love Fest takes place at Brixx, a bar located underneath the Starlite Room. This year they will be holding the show on Feb. 10.

While the members of Mercy Funk don't take themselves too seriously, they do put a lot of care into their music.

"Even if it's Thursday at 10 p.m., which it usually ends up being, we make sure to practise at least once a week," said Eyo, who also mentioned the practising isn't really a chore to them. They like to practise, because they care about the music.

More venues needed

At the time this interview took place, Eyo and Proulx credited the The Needle Vinyl Tavern as their favourite venue. The Needle had hosted their shows multiple times, though the venue is now indefinitely closed in the wake of sexual assault allegations. Eyo and Proulx do wish that there were more places in and around Edmonton to book local bands and for fans to come out and see them.



mercyfunk.com

Mercy Funk

If you're hoping to hear some of their music live though, never fret! They'll be playing a show downtown at the Art Gallery of Alberta, as a part of the pop-up live music series *Vibe*, on

Jan. 19. And there's always Love Fest on Feb. 10! Hear their self-titled EP on their website, mercyfunk.com. It's also a great place to find out information about upcoming shows and any and all

other facts you could possibly want to know.

Mercy Funk will be releasing their first full length album, *Feel Good*, in the spring of 2018.

JUST THE TIP

Take some time to be together

By TIMOTHY REMIN

On a calm, relaxing evening, Adriel enjoys a romantic night out with his girlfriend under the stars. When asked where he had met his lover of three years, Adriel replied with a smooth tone and a hint of sarcasm: "We met in math class at the U of A, and it wasn't easy to sweep this one off [her] feet. I had to kind of read her, you know? Let her know what I was about before closing in. I was smooth about it ... we've been together since."

But being together comes with its own set of challenges. Trying to make plans can be a difficult endeavour; whatever the plans may be. Plans to go out on the town? Plans to stay at school? Plans

to take a road trip to Never Never Land? Adriel's been on the grind to spend time with his better half and make her happy since, with everything from romantic nights out on the town to Friday movies.

Couples are strutting their stuff together all throughout Edmonton, and they appear to be genuine. It doesn't look like they're just posing; like they're pretending or that they have to constantly be together to be seen as a real couple. So then why was it when I asked other couples here on campus if the men had plans to do something with their girlfriends, there was no response?

When I asked the guys in one of the computer rooms, 'When the weather's nice out, why don't you go for a stroll

with your girlfriend in the park, linked arm-in-arm?' Again, no response. The short answer to this is simply because exams are drawing near and these individuals need time to study.

These individuals are in a constant struggle, battling to get good grades, starving or fasting to reap the marks they rightly deserve for their hard work; to one day get that degree or diploma. Marks that they can say they've earned.

With the semester coming to an end, maybe students will have some more time to look for love. Every day, students are one step closer to the day where they'll find the one they love; someone they can talk to and discover one another, grow on each other and

move forward through their journey in life.

School can be difficult for many, especially for those who already have other stresses and concerns. The time a couple has for each other during their busy schedules is precious. So many things can get in the way of a couple spending time together, be it studying for an exam, preparing research projects or just trying to relax and take the stress out of that ol' word 'study'.

So, are you worried about your grades?

As the semester begins to close in, maybe reconsider when to go out on a date. At least the winter break is right around the corner.

Letting go of perfectionism



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

- ▶ Do you set excessively high standards for almost everything you do?
- ▶ Do your accomplishments rarely meet your expectations?
- ▶ Do you try to appear faultless to the outside world, even your close friends?
- ▶ Do you judge yourself based on your accomplishments?
- ▶ Do you consider yourself a failure if you get a 'B'?
- ▶ Do you put things off because you can't get them perfect?
- ▶ Do you avoid giving your opinion for fear of looking dumb?
- ▶ Do you have difficulty in relationships because of your high standards?

If you checked even one of the above points, there is a good chance that you are a perfectionist. Perfectionism is a self-defeating cycle in which a person sets unrealistically high standards, fails to live up to those standards, feels bad about it and then blames him or herself for not being good enough or trying hard enough. To offset this, the person feels compelled to set more unrealistic goals in order to try and feel better. Perfectionism is not the healthy pursuit of excellence but rather, as Dr. David Burns states in his best-seller *Feeling Good*, the compulsive striving towards unrealistic goals.

Why not strive to be perfect?

Perfectionism usually interferes

with, rather than contributes to, success. Perfectionists never feel satisfied and, even if they get some temporary satisfaction, they usually don't accomplish as much as non-perfectionists because they spend so much time trying to get things just right.

Perfectionists tend to be all-or-nothing thinkers, believing that if they don't get A plus marks or do a job perfectly they are failures. Becoming so obsessed with achievement often means missing out on the satisfactions and joys of life.

Perfectionists are very self critical and usually value themselves based on the approval of others. Because their self-esteem comes from outside approval, the perfectionist is vulnerable.

Perfectionists often have problems with relationships because they apply their own unrealistic standards to others and can be critical and demanding.

Perfectionism is also a major cause of procrastination. Fear that they cannot do a task perfectly, or anticipation of the effort involved to achieve perfection, often causes perfectionists to avoid tasks. Tasks become arduous rather than rewarding.

The constant pressure that perfectionists put on themselves, as well as the lack of joy or sense of satisfaction they get from doing tasks, is wearing and makes perfectionists more susceptible to anxiety and/or depression.

Making Changes

All of this isn't to say that you shouldn't strive to do well. Setting realistic goals based on what you want rather than on what you perceive others expect of you is a good practice. Healthy achievers take pleasure in pursuing their goals rather than feeling stressed that they might not achieve perfection. Perfectionists can change. Check off the perfectionism-busting techniques that

you already incorporate, and then choose one tip (perfectionists want to do it all right away) that you can realistically incorporate:

- Look at what you have accomplished in the past and set small, achievable goals based on past performance.
- Decide on several things that are really important to you and put your effort into those goals. Lower your standards on other tasks.
- If you are feeling highly stressed, feel like giving up or find yourself avoiding necessary tasks, this as a warning signal that you may have unrealistic expectations such as taking on too much or trying to do everything perfectly. Evaluate what it is that you need to change.
- Remember that people learn by making mistakes. If you're not taking risks because you think you might fail, you are probably missing out on a lot of growth and learning.
- Set limits on how much time you will spend on a project – and stick to them!
- Judge yourself by who you are, not by what you accomplish.
- Lighten up by scheduling free time for fun and relaxation. (This actually makes you more creative and productive).
- Ask yourself "What is the worst

thing that could happen if I don't do this perfectly?" or "if I fail?"

- Stop chasing the impossible dream. No one is or ever will be, perfect.

Perfectionists often fear letting go of their high expectations, thinking that they will become total slackers. Don't worry – people almost never move from one end of the continuum to the other.

Letting go of perfectionist tendencies requires time, effort and patience (and the willingness to accept that your efforts at change won't be perfect)! But healthy goal setting is within your reach ... and you will probably find yourself enjoying life a lot more.

Counsellors at Student Counselling can help you work towards healthy goal setting. Personal counselling is free, confidential and available to all currently registered NAIT students.

Main Campus – Room W-111PB in the HP Centre: Counsellors are available from 8-4:30 with extended hours for apprentices. Book in person or by phoning 780-378-6133

Souh Campus – Counsellor available Thursdays from 10-4. Book by calling 780-378-6133 or in person in Room Z-153

Patricia Campus – Counsellor available Tuesdays from 10-4. Book by calling 780-378-6133.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Nov. 16-Dec. 13

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

Aquarius (Jan. 20-Feb. 18)

Your card is the Prince of Summer. A romantic and flirty person might approach you this week. This person is a dream to be with, until they stop focusing in on you. This Prince is known for having a wandering eye, so don't get too obsessed.

Pisces (Feb. 19-March 20)

Life Experience is your card for this week, Pisces. You have a need for significant change at this point in time. Perhaps it would be a good

idea to release belief systems that no longer serve your greater good in order to see the truth. It's time to plan to make changes for the better.

Aries (March 21-April 19)

This week's card for you is Unity reversed. You need to consult your close friends and family for help with what is troubling you. It can be hard to trust the judgement of others, but it is the only way to solve your current problem.

Taurus (April 20-May 20)

Your card for this week is the Eight of Winter reversed. You may not have realized it, but whatever is troubling you right now has trapped you. You have accidentally fallen into the ego trap of overconfidence. Take a step back and ask a trusted friend about the situation to get an outside perspective.

Gemini (May 22-June 21)

The Hermit is the card for you this week, Gemini. It's time to take a break from others and do some inward reflection to find what you really want. Take some time to emulate the people you admire so you can light up the path for others. Per-

haps you will inspire someone else to do the same.

Cancer (June 22-July 22)

The card for you is The Moon. Things aren't quite as they seem, so take some time to listen to your instincts. Your fears may be hiding the truth from you, so it's time to let them go. Only then will you be able to see the truth.

Leo (July 23-Aug. 22)

Your card is the King of Winter. This King is fair, impartial and professional. If you need advice, this is the person to turn to. However, this King is not ideal for a romantic relationship due to their emotional unavailability.

Virgo (Aug. 23-Sept. 22)

Nine of Autumn is your card for this week. You've been working hard, so now is the time for relaxation and treating yourself. You earned it, so go out and get yourself something nice or do something special.

Libra (Sept. 23-Oct. 22)

Your card for this week is Justice. If you are hoping for something to go your way – worry not, it will. Troubling situations will be in your favour. You

will find that you are clear on where you want to go from here and what you want to do.

Scorpio (Oct. 23-Nov. 21)

Two of Winter is your card for this week, Scorpio. It is time to make a decision. This decision will most likely involve the choice you truly want to make and the one that others are pressuring you to take. Make the decision based on your own needs rather than the needs of others.

Sagittarius (Nov. 22-Dec. 21)

Your card for this week is Four of Spring. This card is all about upcoming reasons to celebrate. You will be invited to an exciting social event soon. Now would be a great time to be thankful for your loved ones and good tidings.

Capricorn (Dec. 22-Jan. 19)

The Princess of Summer is your card for this week. This Princess is shy, but someone who really wants to talk to you. This person is compassionate and kind once you get to know them and this Princess will always be happy to lend a listening ear.

CLUBS

A place to be yourself

By CANDACE VALENTINE

The Pride Club is a place where people who identify as part of the LGBTQ+ community and allies, plan themed events and spend time together in a safe space. As the name implies, the club hopes to spread awareness for lesbian, gay, bisexual, transgender and queer people but is also inclusive of other groups including asexuals, people who are questioning and allies. It's a safe space to discuss club events but after the meeting, club members hang out and chat.

A few years ago, the Pride Club was very on and off, and it wasn't initially very successful. Claire Ferreira, this year's Pride Club president, wants to change that. "I want this to be consistent ... I want people to be able to feel that they belong to something," says Ferreira "I want them to have a safe space but also have fun."

The Pride Club is important to NAIT because it allows a space for LGBTQ+ people to feel accepted for who they are. Max McHollister, a member of the club said, "People have to have somewhere comfortable to be themselves, to express themselves." The club also allows for a sense of community and friendship. Stephanie LeBouthillier, another member of the club, said it's important to her because "I like knowing that I'm not alone."

The club plans a mixture of both serious and fun events. From the Hallowqueer Movie Night to the Ask A Queer Booth, there is something for everyone who is considering joining the club. On Dec. 1, the club will be hosting students



Photo by Alana Smears

Pride Club members Claire Ferreira, Erin White, Aiden Bryant, Candace Valentine, MJ Sanchez and Max McHollister.

from MC College, to apply professional makeup on students for free, before the Winter Formal. They will be set up in front of the NAITSA office, between 3:30 and 5:30.

Meetings happen every second Thursday at 4 p.m. When the meetings are over, the club room, which is U-217, becomes a safe space until 6 p.m.

Whether you are an ally, part of the community, or would like to learn more about LGBTQ+ people and issues, everyone is welcome. To join the club, you can come in for any of the meetings, like the page on Facebook at <https://www.facebook.com/PrideNait/> or sign up on Orgsync at <https://orgsync.com/96397/chapter>.

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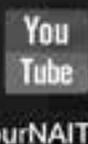
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MORE INFORMATION AT NAITSA SERVICE HUB

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