

NAIT NUGGET

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BACK
TO
SCHOOL

The Nugget



WE ARE ESSENTIAL



NEWS & FEATURES

Your executives 2018-19

By JORY PROFT

Your new NAIT Students' Association executive took office last May, after an election earlier in the spring. The four are beginning the new year and have a number of priorities in mind to help enrich the student experience at NAIT.

The executives are comprised of the president, vice president academic, vice president external and vice president student services. Each executive holds a portfolio that encompasses different aspects of student life and work full time driving important student initiatives. Any full-time students have the option to run for Senate or Executive Council. We met with each member to ask:

1. What is your role at NAIT?
2. How does this affect the average student?
3. What's something about your role/the council that people may not know/understand?
4. What is the main impact you'd want to leave in your term here at NAIT?



Naomi Pela
President

Naomi Pela – President:

1. "I help represent NAITSA. I'm sort of the spokesperson or point of contact for NAIT or any external organizations looking to get in touch. I take a sort of team-lead role, and try to organize ourselves as a team."
2. "I would hope that the [average] student, if they have any questions, or concerns that they'd just come up to me. I want to be there for the students – I'm mostly here to serve the students and advocate on their behalf."
3. "[Students may think] that the council is all about talking to people and going

to meetings, but there's quite a bit more to it. We [actually] sit on a lot of committees, both at NAIT and externally, where we talk about student issues. We're also very involved with the government. We're really involved in a lot of things that may not come to [the student's] mind."

4. "I would hope by the end that they know that we do our best to advocate for them and their needs. We've set our goals for the year, so by the end of the year I hope we've made great strides and have either accomplished, or are at least close to accomplishing the goals we've set for the year."



Brenda Needham
VP Academic

Brenda Needham – Vice President Academic:

1. "I help find solutions for students with their instructors, whether it be on the grades, conflict resolution, stuff like that. I work very closely with NAIT's Ombuds-person [a neutral representative for both NAIT and NAITSA] and their Student Resolution Officer."
2. "Hopefully I can help the [average student] with finding out what their rights and responsibilities are. I'm here to help students."
3. "Most students don't know that we're a student-driven force; we're here to make sure students are taken care of by their rights. We're student-focused, we're the student voice."
4. "One thing, is that I'm working on getting a fall break. Unfortunately, it will probably not be until 2021 – it's not a simple solution, it's something we have to work on. [But] if it's not resolved by the end of my term, then I'm hoping whoever takes over will continue to work on it."



Karen Velasco
VP External

Karen Velasco – Vice President External:

1. "I deal with external stakeholders [like] government, U-Pass, lobbying for tuition fees."
2. "Most of the concerns for students are transit and tuition fees. Even the simple things like crosswalks. We try to make the space safe for the average student."
3. "We have student lobbying groups with a bunch of other schools that have the same concerns for their students. We get together and lobby so we have one voice."
4. "It can be difficult to make a big difference, so it's about the little things. [Things like] having painted crosswalks, or regulating fees for international students or personal development for students [work with soft skills]; making them more comfortable here."



Willow Shelley
VP Student Services

Willow Shelley – Vice President Student Services:

1. "My biggest role is to promote well-being with students across campus. That means all students are having an awesome time here, and their mental and physical health is taken care of. I work closely with Campus Life for mental health initiatives and with campus rec. to ensure that these free [physical health] classes are continued and being promoted in a way that students actually know about them."
2. "My goal is to make more student opportunities through creating committees. [A few examples being] a sustainability committee, a design committee to revamp our current space so students feel more welcome to come in, and we're putting in a peer-support program at NAIT – that's where I'll see a lot of [the average] students."
3. "There are so many services, and events that are actually free. Our events, I think, are incredible, and I want students to be able to use them, but they may just not know about them."
4. "I want students to feel that their voice is heard, that their opinion is important when it comes to classes, events on campus, and initiatives. And that they're actually supported here at NAIT. If I left knowing that students had more supports, were aware of them, and therefore felt that they could speak up more, I'd love that."

NAITSA's Mission

Enhance the NAIT student experience by advocating for their rights, representing their voice, creating a culture of engagement and leadership, while providing student-driven services. We offer a wide variety to choose from including events and activities for your entertainment; academic questions and aid; facilities to study and party; and living and health support.

Baking program rises

By **SHAWNA BANNERMAN**

NAIT has expanded its one-year Baking Certificate program to a two-year Baking and Pastry Arts Diploma Program.

Chair of Baking, Alan Dumonceaux, explains that upgrading the Baking Certificate program to a diploma has been the goal for several years.

“There’s many post secondary institutions in Canada that have the diploma [program] now, so it’s really just bringing us into alignment with other post secondary institutions in Canada,” said Dumonceaux.

Although lab sizes limit the intake to 27 students per year, the two-year diploma allows the program to double its intake

to 54. The yearly tuition costs remain the same.

The faculty has hired two new instructors and added additional courses to the second year of the curriculum, which includes implementing additional equipment and tools, as well as giving students the opportunity for hands-on experience.

“It’s a great opportunity for us to be able to show students a wider variety of products. Certainly a higher skill level of expectation will be required in the second year and we have a lot more projects,” said Dumonceaux.

“One of the major things is now our students will have a real life experience

where they will be making desserts and pastries for Earnest’s Dining Room.”

With two new instructions, and more applicants than before, Dumonceaux says there could be future growth for the Baking Program.

“I think with the capital expansion program there’s the opportunity for the Baking Program to grow,” he said. “We’ve had a really big increase in applications. Our actual number of applications is the highest it’s ever been now with the new diploma.”

Students who have already received the Baking Certificate are eligible to return for the second year to complete the Diploma Program.



Chair of Baking, Alan Dumonceaux, shown posing with some of his creations, is excited that NAIT will be replacing the one-year baking certificate program with a two-year Baking and Pastry Arts Diploma Program.

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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.

Technife Today

Former Nugget editors

By NICOLE MURPHY

Where have all the courageous, truth seekers gone? There was a time when being a journalist meant looking out for the people, it meant bringing down the man. Sharing stories that could open our peer's eyes, making the world a more honest place. Being a part of the school newspaper was a prestigious job, that others looked up to. It was for the fearless or, rather, those who overcame fear.

Now, with how much information we have access to it is really hard to decipher the truth from the lies, the corrupt media from authentic media, and in general trust has wavered. However student media is still alive and can be the breeding ground for this passionate journalism again.

On a lighter note, it is also a great place to grow skills, meet people, find your voice and have fun.

I am back to help revive student media at NAIT, after years of being in the media industry. My experience includes working on feature and short films, music videos, documentary series and news, and I can say without a doubt my time working for *The NAIT Nugget* led to my successes. Being able to come back and work at NAIT is just another experience I have strived for since graduating.

I asked some past editors to share how *The Nugget* has contributed to their lives and the time they spent at NAIT. We recognize that *The Nugget* needs more diverse student voices and we would love to hear from you!

Free. Food. Two words that are enough to make any broke college kid wet his pants ... (Disclaimer: No pants were soiled during my time at *The NAIT Nugget*.) But you can imagine my delight when a friend asked me to join them one Tuesday afternoon for a free slice of pizza at "*The Nugget*."

I was a broke student enrolled in my first semester at NAIT's Radio Broadcasting Program. It was exciting times. Even more exciting was the revelation that this school also supplied its students with free pizza once a week. I was smitten. But this love affair became so much more than just a free slice(s) of pizza every Tuesday.

Within a semester, I was writing

sports articles galore, getting paid for my work ... and eating my fill of free pizza. Soon enough, I found myself in charge of the entire Sports Section of the paper. (Still not sure why ... but I'll take it. I'm pretty sure my mom still has my first article on a fridge somewhere.)

Looking back on my time, not only did *The Nugget* help me maintain the ever-elusive "Freshmen 15" IE: Pizza ... it also secretly taught me a lot about myself, and life. It made me a better teammate. It helped me reach goals and deadlines. I became a better leader ... a better listener. It shaped how I asked a question, how I listen to people. It taught me to think more critically about our world. Oh, and it paid some bills along the way, too.

The idea behind *The Nugget* is simple. Allow the students who populate its halls to be the voice for NAIT itself. A paper, run entirely for the students, by the students. If you're looking for a new experience, or something that will enhance your education while inside these walls at NAIT, seriously, look into *The Nugget*. To date, it's one of the best impromptu lunch decisions I've ever made.

It's been a little while since I last wrote for *The Nugget*, though that time I was probably writing about a band or doing a porn review ...



Chris Figliuzzi

The Nugget has helped me in my post NAIT professional life and, well, the short answer is it hasn't ... like at all. It didn't help me get my internship, my first professional job and it has absolutely no bearing whatsoever on my current career path.

All that being said though, I would go back and do it again, in a heartbeat. My first time through university I did what most of you are probably doing right now, keeping that head down, focusing on what you need to get done to get that paper and getting the fuck out of dodge. For my efforts, I got an overly expensive piece of paper with my name printed kinda fancy, though

spelled wrong and very little more. Now don't get me wrong, getting that paper is important and is something that you should definitely be working towards but at the end of the day, 10, 15, 20 years down the line, you won't look back on your college career with fond memories of those early morning classes, or that essay you spent all week putting off, only to pull an all-nighter on. You'll look back on the memories you and your friends have, the dumb shit you got away with and the dumber shit you tried to get away with.

The Nugget helped me find my dumb shit partners, the guys and girls I spent 24 hours awake with trying to pull off ridiculous projects, activities and benders with. *The Nugget* helped me find friends that have lasted the test of time, one of which I had the privilege of standing beside on his wedding day, many of whom were there when I was at the lowest points and all whom I miss spending those days with dearly. So maybe *The Nugget* hasn't helped me in a professional way but it has provided me a wealth beyond anything I ever thought possible in my personal life ... plus it fed me lunch every Tuesday and paid enough to buy a couple of beers every week.

It wasn't until the winter of 2014 when I was interning for the Edmonton Oilers in Digital Media and was on assignment in Calgary for the CHL Top Prospects game that it first hit me the paper had a reach that could benefit my career and impact my life.

Before puck drop I was sitting in the Saddledome's press level making small talk with the reporter beside me

who was there covering the game for a hockey magazine. Shortly after we got talking he was joined by another gentleman. The reporter introduced me to the gentleman, who was his publisher. The publisher was adamant that my name sounded familiar but at this point I was very new to the industry and couldn't think of any way he would know of who I was – besides my limited experience while in school, this was one of the first major assignments I had as an intern and wasn't yet a "published" writer (except for

The Nugget). Despite my persistence that he likely didn't know who I was, he pressed on, "you're a writer? Are you sure you're not published somewhere?" That's when I said, "well I guess only for a campus newspaper in Edmonton." As I said it, I really didn't think he would be familiar with campus newspapers in Edmonton, and that maybe he would just acknowledge that I have a familiar sounding name, but instead he said, "you're Lauren Fink, from the *NAIT Nugget*! We publish that paper, I've read some of your pieces." I cannot even sum up my emotions in that moment. It was a huge boost to my confidence being new to the industry and ended up being just one of the times where something like this happened to me because of my involvement with *The Nugget*.

Enough good things can't be said about the paper, the networking alone is worth writing just one piece. I will say, though, that once you write one article, you'll be hooked! That's what happened to me and I can thank Evan Degenhardt for that. I wrote one athlete profile for Evan then became his assistant sports editor and eventually his successor. I met some of my best friends at *The Nugget* and almost every single one of the other editors and writers included in this article have had an impact on my life or continue to do so. If you have ever wanted to try writing, *The Nugget* is the perfect place to start. You'll gain experience, make money and be able to network with not only other writers but with those other industries as well.

Writing for the *NAIT Nugget* was the first time I saw my name in print.

Years later as I write for other news organizations, I still remember the first time.



Emily Fitzpatrick

If you're in the Radio and Television program at NAIT, writing articles gives you an opportunity to speak to, and interview real life subjects.

It's something I'd recommend to all future journalists, and NAIT students.

Take advantage of the opportunity to get to know your school, and the students in it.

reminisce ...

Walking into *The Nugget* office during my first week at NAIT was one of the best decisions I've made.

My term at *The Nugget* helped me finesse my skills as an editor and writer, of course but I think the thing I value the most is the community it gave me. Getting involved at *The Nugget* introduced



Danielle Fuechtmann

me to friends and connections that have been incredibly important to me; I've made valuable friends, been connected with job opportunities and had the chance to become involved with the Canadian

University Press.

I'm grateful that I can call many of my fellow *Nugget* writers and editors friends; during some of the busiest weeks of my diploma, coming to the office with a cup of coffee, reheating some pizza and simply chatting with them was an integral part of what kept me going when I felt frustrated by a mountain of deadlines. *The Nugget* also led to my board position with CUP, opened doors to opportunities in my industry and friendships across the country.



Licia Dantas

The Nugget wants to thank NAITSA Web Developer Licia Dantas for her great work on our new, beautiful website. Check out her excellent work at TheNuggetOnline.com

While I strongly encourage you to give contributing to *The Nugget* a chance, my biggest advice as you start your time at NAIT is to get involved. When you look back on your time here, you'll cherish the connections and opportunities you make through your extracurricular activities.

Growing up, I always assumed I would excel in all leadership roles. In high school, I took on numerous student leader positions and



Carly Robinson

figured those skills would transfer seamlessly into the work force. So when I took on the role of Editor-in-chief at *The Nugget* in my second semester of Radio and Television, I

thought it would be a breeze.

Boy, was I wrong. I relied on the qualities I assumed I had and didn't end up putting in the work of managing people that I needed for success in the role.

Now, this may sound like I had a negative experience with the student paper but I'm extremely thankful to have lived this at *The Nugget*. If I

hadn't learned this at school, you better believe I would have made some costly mistakes in my career.

I know now that I need to put a lot of work into my leadership skills before taking on new roles. The *Nugget* gave me a safe space to explore, push my boundaries and ultimately fail without major consequences.

The Nugget taught me I am not a good leader (yet)

My journey with *The Nugget* started the same as many young, aspiring journalists at NAIT – with a free piece of pizza at *The Nugget's*



Sarah Stilwell

editorial meeting. What I didn't know, or expect, was that I'd volunteer to write three different articles my first meeting.

Within weeks, I went places I never thought I'd be willing to go in a million years; from riding ETS buses all afternoon to get the scoop on student safety, to attending modern dance shows in the middle of a blizzard. Around the same time, I discovered a strange love for copy editing.

In retrospect, I feel like the time commitment was nonexistent – in addition to maintaining top marks in my classes, I was still able to work as a bartender part-time, attend concerts every week, and make money writing articles about the shows I went to. It was a pretty great college life.

Upon becoming an editor for the paper, I was privileged to get to travel and make friends and connections across Canada, and interview Canadian media "royalty" in Toronto. Most importantly, I worked with an amazing team at *The Nugget*, many who are great friends and colleagues to this day.

Our team worked together to create new columns, experiment with new concepts – and had a seriously good (and often crazy) time. I owe a lot to my former colleagues who hunted around Toronto with me to find 3 a.m. pizza, who held me on airplanes because I am TERRIFIED OF THEM, and the incredibly talented writers who turned ideas into reality (special shout out to Frank, who kept us all in line and NAITSA, for being accommodating and supportive).

These are the things I remember most when I think about my time at NAIT – a time before the CAT Centre and direct LRT access.

The Nugget is willing to give you as much as you're willing to put in and I'm really excited for the new team behind *The Nugget* to create something spectacular. You should join them for the ride.

NOTE: Come check out our open weekly meetings on Tuesdays from 12-1 in Room E-128.



Students get some information during orientation at CAT Building on Aug. 28.



Artist's rendering of the atrium of the Productivity and Innovation Centre, which is scheduled to open in October.

TechLife

PIC building nearly set to go

By **SHAWNA BANNERMAN**

The latest addition to the NAIT campus, the Productivity and Innovation Centre (PIC) is set to open this fall. The 190,000-square-foot building will house an applied research centre, innovation and manufacturing spaces, testing labs, simulation equipment and various learning and interaction spaces throughout. It will sit on the northeast corner of NAIT's main campus.

NAIT invested approximately \$45 million, while the federal government's Post-Secondary Institutions Strategic Investment Fund contributed \$34.98 million to the project.

Dr. Glenn Feltham, CEO and presi-

dent of NAIT, explains that the PIC has been a goal for many years in order to increase partnerships with industry, give students high-quality and valuable education and remain competitive with other North American institutions.

"The innovation centre is all about making enterprise more competitive. As the world becomes ... more competitive, for Alberta to compete and for Albertans to fully participate, we're going to need to get better at what it is we do," Feltham said.

Feltham explains the centre is going to be transformative for industries across Canada and is one of North America's largest innovation spaces. It is one of

few models that utilizes industry partners for both product innovation, applied research, technology improvement, and enhanced educational opportunities.

"I think we're developing a new model for how postsecondary can work with industry. I think it's a very different model than is utilized in other institutions in North America but is fundamentally a model based on industry being a partner," he said.

Although the PIC will be a huge tool for industry research and testing, its primary purpose is to better serve and prepare the students of NAIT for industry.

"Our graduates enable and are foundational to the success and competi-

tiveness of our enterprises," said Feltham. "I think that this will benefit all people at NAIT. If we are truly working with industry at the highest level, that strengthens those partnerships and is great for students, and ultimately this will come back into classrooms."

The building is polytechnique in design, including modern building materials like glass, concrete, and masonry. Photovoltaic panels installed in the foyer will generate over 55-kilowatts of electricity per hour to be used throughout the building.

A specific opening date has not yet been set, but construction is on track for an official opening in mid-October.

OPINION

— Editorial —

Trust yourself, make a call



By **JORY PROFT**
Senior Editor

Living in the generation of opportunity and having nearly limitless choices can be amazing ... but it can also create an issue of too many options, making you indecisive.

Going into post-secondary, or even coming back, is a major transition and will lead to a lot of decisions to make. You face a new schedule, new people and maybe even a new you.

We're in the generation of FOMO, or Fear of Missing Out. We want everything to be instantly fun, rewarding, and gratifying (and who wouldn't). Many of us will hold off on making plans in case something better comes up; never knowing what we could have experienced, or who we could have met if we just committed to the proposed plans. Our indecisiveness and worry about making the "wrong" choice can rule us.

Reptilian components

Luckily, we're designed with parts of our brain for quick, instinctual, subconscious decision-making – the "limbic", or "reptilian" components.

"Studies have found that, when it comes to making major life decisions, such as which house to buy or which person to marry, trusting your intuition leads to better outcomes than trusting your logical, thinking brain," says *Psychology Today Canada*. For example, car buyers who spent lengthy periods deciphering information about their car choices were found to be satisfied with their purchase only 25 per cent of the time, while buyers who acted out of intuitive-thought experienced a 60 per cent satisfaction rate.

Get rid of 'what-ifs'

I'm not saying you shouldn't think things through and question your choices about what makes you happy, I do think you should take more action and spend less time in your own head, dwelling.

Don't let your worries about "what-ifs" control you and leave you indecisive; you have your intuition to lead you in the right path – so use that to your advantage!

Your gut is usually correct. Animals use it every-day to determine whether they attack a problem, adapt to their surroundings, or search for a more comfortable environment. We all have this fight-or-flight response, but humans are the only ones that choose to ignore it.

The fear of making a "wrong" choice and having

to live with the consequences is very real and understandable – while you do have to live with these decisions you certainly don't have to let them define who you are.

You can spend a long time contemplating a decision, or make a judgment from a gut-feeling, but both of them can equally end in negative results. So why not listen to your gut and have faith that your subconscious knows what's best for you — at least then you'd be

spending less time and worry making the choice.

And, if you do make the "wrong" choice, own up to it, but don't victimize yourself and feel embarrassed or bad about it. You can fix things and make a change.

While these actions aren't the life-or-death decisions that our reptilian brains may have been created for, why not join that club, talk to that cute person in your class, or write for your school newspaper (shameless plug).



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SPORTS

Toffan's rapid-fire takes



By **CONNER TOFFAN**
Sports Editor

After a long offseason here at *The Nugget*, I have a lot to get off my chest about the world of sports. So here's some rapid fire opinions to debate.

Who's the GOAT?

After a move to Hollywood, the opening of his new school for at-risk youth, documentaries, a small spat with Trump, an NBA 2k19 cover, new LeBron 16's and more. LeBron has been everywhere this NBA offseason. It's clear that while LeBron may never surpass Michael Jordan's basketball legacy, he is doing everything he can do to surpass him off the court. The man behind Air Jordan, actor in Space Jam and Charlotte Hornets owner Jordan isn't safe in retirement and now he has new competition off the court.

Don't forget who the Browns really are

Yes, the Browns got quarterbacks Baker Mayfield and Tyrod Taylor; new flashy receivers to catch their throws and drafted in every other key spot to help.

Fans tend to fall into a trap of believing too much in the story or the flashy team. Just because a team is fun to watch or follow doesn't mean they're any more effective. With a quarterback controversy brewing, a coach on the hot seat and all the focus on polarizing wide-receivers, look for the Browns to disappoint you for at least one more year.

Roughriders are no better

Fans calling for a coach's head, the focus on a released, polarizing wide-receiver ... or cornerback and huge inconsistencies on offence, the Riders only saving grace is that six out of nine teams make the playoffs. Both the Browns and Riders will have the talent to turn it around though, so here's to false-hope.

The Oilers are a one-trick pony

Talking about false hope ... at-least we have Connor McDavid.

Harper still worth every penny in MLB free agency

General managers and owners across the league will fight for Bryce Harper's bat that seemingly has a hole in it. But in an analytic driven sport, front-offices don't care how a hitter gets out. Harper's power is still elite and he will be able to put balls in stands and dollars in owners pockets. He'd better get used to wearing pinstripes, in Philadelphia, Chicago or New York.

e-Sports finally goes mainstream

I never believed in the business of e-Sports until Fortnite took the world over. e-Sports are here to stay.

Subtraction by addition?

The Demarcus Cousins addition is a huge risk for the Warriors. They now have an emotional, needy superstar in a contract year playing at the most meaningless position in basketball because of his own teammate, Steph Curry. Cousins has massive bust potential in the Bay Area, and he may take away from the magic we've seen from this Warriors dynasty.

Kawhi staying north

I'm willing to bet that Kawhi Leonard didn't enjoy the circus that was his final year in San Antonio. As a quieter star, after a long playoff run with the Raptors, Kawhi will choose what he finds comfortable and make

himself at home in Toronto for years to come.

Notes ...

Just because I can't write the whole paper, here's some quick-hitters: Brady and the Patriots will perform well this year but there will be a spectacular crash and burn very soon. People get too hyped up over rookie NFL quarterbacks, they're not even legal drinking age there. The CFL is the craziest, most random and unpredictable league ever. The NHL offseason is really boring, especially after the craziness of the NFL, NBA and even MLB in years past. Finally, Russell Westbrook is still the most overrated player in the world of sports.



NHL.com

Connor McDavid
Oilers are a one-trick pony

Ook's coach accepts new role

By PETER GO

Ooks men's basketball assistant coach Greg Francis is becoming the Head of Basketball for Canada's newly formed professional basketball league, the Canadian Elite Basketball League (CEBL), which will launch their inaugural season this upcoming May.

Coach Francis came to NAIT to assist life-long friend, Ooks' head coach Mike Connolly. Here he helped develop some of the Ooks' top athletes. Francis is also the manager for High Performance at Basketball Canada. He has a deep pedigree in basketball with years as a player and a coach.

He is leaving NAIT to become the Head of Basketball for the Canadian Elite Basketball League. Francis will be in charge of a

lot of the basketball duties for the newly formed league.

Francis will be using his basketball knowledge to help grow the league including getting the league FIBA certifications and finding head coaches and GMs.

This league will be uniquely Canadian. Just like the CFL, teams will be required to have a certain number of Canadians on the rosters. Teams will have the chance to have international players. But the ratio of Canadian to international must tilt heavily towards the Canadian side. The CEBL will showcase the rising Canadian basketball talent.

The CEBL will try to bring a party-like atmosphere to their games. They are expected to have tons of music, cheerleaders and half-time shows. Along with

encouraging tailgating pre-game.

Edmonton will have their own team in the CEBL. They will be known as the Edmonton Stingers. The Stingers will be one of the original six teams in the newly formed CEBL.

The league has set to open in May of 2019. The Stingers will play 10 home games in their first season. Their home will be played out of the Edmonton Expo Centre.

The five other teams in their inaugural CEBL season are the Fraser Valley Bandits, The Saskatchewan Rattlers, The Guelph Nighthawks, The Hamilton Honey Badgers and the Niagara River Lions. There will be 20 games in the season for each team. The season will be four months, played throughout the summer.



Greg Francis

Fantasy football Q and A



PETER GO
Assistant Sports Editor

The beginning of September means back to school and that means the beginning of the NFL season. And with a new NFL season brings a new fantasy football season. Fantasy football is a way to keep in touch with buddies. It is a way to show you can build a better roster of players than your friends.

The feeling of winning a fantasy football championship is like winning the Superbowl. The crazy part is most of your season will ultimately come down to how the draft turns out for your team. So here we will dive into some common draft questions, along with some helpful tips.

So what is a draft and how do I do it?

A draft is when everyone in a league

picks players from a pool to assemble a roster/team. There are two different types of drafts. An auction draft and the most used, standard draft. An auction draft is when you have a predetermined amount of money and you would auction players to the highest bidder. A standard draft is when you draft in a order. It would go first to last, then last to first. So if you have 10 people in your league, you would have a 10 person draft. If your team gets the first pick. You would draft first but then not again until the 20th pick.

In a standard draft, would I rather have an early pick or a later pick?

That answer usually depends on the number of teams. The number of teams in your league is important because if you get the first pick in a larger league of 14 or 16 teams. You will not be picking until the 28th or 32nd pick. Making the reality of getting two top tier players out of the question. You would be getting more a superstar player and an OK player as your first two players. But if you got a later pick in those sizes of drafts, your picks would be closer together. So if you had 12th pick in a 14-team league, you would then the 17th pick, five picks after your first one. Or if you had the 14th pick in a 14-team league,

you would then have the very next pick, the 15th. You would also be drafting back-to-back the rest of draft. The last pick in a standard draft is called "the wrap."

Should I take a running-back (RB) or a wide-receiver (WR)?

This question

will stand the test of time.

This year it is a little more clearer what you should be taking, and that is a running back. There are more running backs that will be taken in the top 10 of any draft. There are four top-tier RB that will be taken with the top four picks. Then there will be studs waiting to break out and lower tier backs. So take yours early before all the useable RBs are all gone, leaving you to rely on the waiver wire.

What is a waiver wire and how do I use it?

The waiver wire is where all the players that don't get drafted go. If you have room on your roster you can pick up any player on the wire, but more often than not, you will have to drop a player from your roster to pick up a player from the wire.

There will be a couple of players on the wire that will end up being superstars. But there is also a good chance of some being duds.

Now that you know what kind of drafts there are. Feel free to take these notes and try a couple of mock drafts or free leagues.

The best kind of leagues will always be with a group of buddies, playing for money or bragging rights.



Ooks' season previews

By **CONNER TOFFAN**

Men's Hockey

After two straight finals losses, this year could be describes as championship or bust for the Ooks hockey team. They have been dominant for years but now it's been since the 2015-2016 season that the Ooks have last won the ACAC championship.

This year, 2016-2017 MVP goalie Brendan Jensen, who posted a .930 save percentage just two years ago will be re-joining the team in the quest for gold. Some other players joining the team are: left wing Matt Dykstra, AJHL all-star defenceman Curtis Roach, former Oil King right wing Jesse Roach, AJHL award-winning defenceman Shane Fraser, and defence man Carson Beers, who also suffered a tough loss in last year's AJHL finals.

Women's Hockey

Last year the Ooks lost in the semi-finals against the Red Deer College Queens. Head coach Deanna Martin has moved on to become the head coach for the University of Windsor Lancers, so there will be some adjustments to be made under new head coach Stefanie Thomson. Thomson is coming from an assistant coaching role in Division II NCAA and will try to make her mark as the newest rookie coach in the ACAC. Last season, the Ooks lead the league in goals

per game and goals against average. Can the Ooks capitalize on strong play on both ends of the ice to their first championship since the 2014-2015 season?

Men's Basketball

This year, the Ooks will need to improve on the road if they want to have a chance at winning the ACAC championship. Last year, they were an astounding 10-2 at home but had a very middling 6-6 record on the road. With team-leader and league 3-point leader Brady Mackay leaving, the Ooks will have a huge hole to fill on the perimeter. However, with most veterans coming back for another semester including Jackson Jacob and Samson Cleare, the Ooks will have high expectations in the upcoming year.

Women's Basketball

Many veteran Ooks including Malesha Petterson, Kika Greenlee, Katie Waring and Megan Belcourt have played their final games at NAIT. This year will be a huge transition year for the Ooks as players such as Allie Hunder and Kaelyn Bryks will be relied upon in increased roles. The inclusion of a new big, Mckenna Schultz from Archbishop Jordan high school will add a much needed interior presence on the team as a "natural shot blocker and shot contestor" according to head coach



Brendan Jensen
Returning

Todd Warnick.

Men's Volleyball

Nearly one-third of last year's quarter-finals losing team has moved on, including team MVP Cole Burkart and left-side hitter Spencer Fisher. The Ooks will be looking for plenty of players to step-up, including Simon Coat who was a star national junior player in Australia.

Women's Volleyball

After a five year team-best 16-8 record last year, the Ooks have vaulted themselves into a position to be true contenders. This year, the team will be looking for players like last year's rookie of the year Laura Bodnarek to fill the holes left by the departures of veterans such as Lauren Smith and Jamie Bain.

Men's Soccer

The Ooks will be starting the short season early in September at Keyano for back-to-back games against the Huskies to start off the 10-game season. The men will try to improve upon the sixth-place national finish from last year.

Women's Soccer

The women's team will also be starting their season at Keyano on September eighth for back-to-back games against the Huskies. Look for the strong team to progress ahead of last years fourth-place national finish.

Badminton

With the Ooks arguably having the best college badminton team in Canada, don't expect a large step down after last years strong finishes at National Championships including multiple medals. The badminton team will likely be starting the season around late November for the first tournament of the year.

Curling

The usually strong Ooks curling teams will attempt to improve upon last years two bronze medals. Their season will also likely start around late November..

Must-see Ooks' games

By CONNER TOFFAN Men's hockey

Sept. 11 with MacEwan Griffins vs Oilers rookies @ Rogers Place

The top Ooks will team up with the top rival MacEwan Griffins players to take on a team of Oilers rookies in this once-a-year game. This is a great opportunity to see the Ooks try to mesh with their rivals while getting to watch the future of the Oilers.

Sept. 29 vs MacEwan Griffins @ MacEwan University

After NAIT's second consecutive finals loss to their rival school, this regular season opener will be the first face-off between the two. Can NAIT shake the Griffin off their back?

A provincial rivalry game on home ice is sure to be a great watch.

March 2 vs MacEwan @ NAIT

In the final game of the regular season, the stakes could be high for both teams. Even if there's no playoff implications for the two rival ACAC powerhouses, expect this to set a big tone for the playoffs.

Women's hockey

Oct. 5 vs RDC @ NAIT

Just like the men's team, the women

will be looking to start their season by beating the team that ended their last. Except this time, it's on home ice.

Nov. 24 vs MacEwan @ NAIT

This will be the fourth time these two teams faceoff next year, so while the rivalry brews, the Ooks will try to defend home ice in the latter half of a two day back-to-back.

Feb. 23 vs SAIT @ NAIT

This regular season finale will showcase two rival schools looking to make their mark for the last time before playoffs.

Men's basketball

Nov. 10 vs U of A Augustana @ NAIT

Last year, U of A Augustana led the ACAC in three-point percentage and three pointers made per game, so expect some deep-range fireworks on this night.

Feb. 8/9 vs GPRC @ NAIT

ACAC men's basketball player of the year Kenny Johnson will be in town for back-to-back games against the Ooks. After averaging more 10 points per game more than the next best player in the league, will the Ooks be able to slow his scoring prowess?

Women's basketball

Nov. 23 vs Keyano College @ NAIT

After a first place finish in last year's North Conference for Keyano, the Ooks will look to defeat the best and make their mark at the top.

Dec. 28/29 vs RDC @ NAIT

If you're looking for a quick basketball fix during the holidays, this is a perfect chance to come support your Ooks for the last time in 2018.

Men's basketball

Nov. 16 vs Concordia @ NAIT

After Concordia just fell short of a gold medal last year, NAIT will take them on for the first time early on in the new volleyball season.

Dec. 1 vs Keyano @ NAIT

This game is a must-see because it will be your last chance to see the Ooks in action, until...

January 12th vs The Kings University @ NAIT

After a long break the Ooks will be back at home looking to start off the second half of their season with a win.

Women's basketball

Sept. 15 vs Concordia @ Concordia

There's no better way for a fan to start a season off than to bring a home crowd to an

away venue. Go support your Ooks for the first time this year!

Feb. 15 vs Lakeland college @ NAIT

This will be the Ooks last home game before playoffs, and it will be the second-last meeting between the Ooks and a Lakeland team that is fresh off a national bronze medal.

Men's soccer

Sept. 8 vs Keyano at Keyano

Following last year's gold medal, the Ooks will attempt to take down a dynasty in the three-peat champion Keyano Huskies in the season opener.

Sept. 16 vs GPRC @ NAIT

This will be one of only five Ooks home games next year in the incredibly short soccer season. Every game counts so much, and with this being only the third of the year the Ooks need to make it count.

Women's soccer

Sept. 22 vs Concordia @ NAIT

This game will be the Ooks only time facing rival Concordia at home this year.

Oct. 20 vs GPRC @ NAIT

This will be the Ooks last game before playoffs.



NAIT and MacEwan renew their cross-town rivalry again this year.

CAMPUS RECREATION SERVICES

Recreational opportunities!

NAIT offers a variety of recreational services to students, some to get fit and others to just to provide fun and some time to spend away from studies and to meet new friends.

DROP-IN CLASSES

If you're looking to get active but aren't sure about committing to a full fitness course, drop-in class are a great way to get started!

Drop-in Fitness Passes

Our drop-in passes provide flexibility to experience a variety of different classes. The passes are \$12 per class or buy a 10-visit punch pass for \$100 (plus GST)

Visit us in person on Main Campus in Room O-117 (South Lobby). Punch passes purchased after July 1, 2018 expire June 30, 2019

Free Fitness Classes

All NAIT students and staff have access to all group fitness classes from September 2018-April 2019. Registration for individual classes is required.

The NAIT gymnasium is open during select hours for drop-in recreation, such as: badminton, basketball, indoor soccer and volleyball

FITNESS CLASSES

Campus Recreation is committed to providing fitness options for every body type, all ages and all physical abilities. We pride ourselves on having a friendly and approachable environment.

A valid *One AT NAIT* card is required to participate. Please bring your card to all classes

Fitness Unlimited

All fitness unlimited classes are free for all NAIT students and staff for Fall 2018. Every class, all semester! Choose from over 20 different fitness classes each month, including our Quickfit series, for a great way to kick-off your fall semester! This unlimited group pass will help you see what sparks your fitness interest for the fall term. All classes are suitable for all fitness levels.

Fitness unlimited options include high intensity interval training (HIIT), kickboxing, bhangra fit, bootcamps, spin classes, yoga (hatha and vinyasa), Zumba and more.

Registration for each class is required as some classes may have limited capacity

Community members may still purchase drop-in passes

to participate in Fitness Unlimited classes

Teaser Week Classes

Get an early look at our fitness classes before the kick off in October with our Teaser Weeks. Two weeks of fitness classes meant to introduce you to the new classes and new instructors while you settle into the new school year.

*NOTE: Pre-registration is required.

12 Days of Fitness

Join us from December 3-14 for 12 days of free group fitness classes, ending with a grand prize giveaway. The 12 Days of Fitness features fan favourite classes that will get your body moving.

Register online. Create an account, then choose the activity you're interested in to see the schedule, cost and availability.

Register in person

Visit the Campus Recreation Services office on Main Campus, Room O117 Mon. to

Fri. 8 a.m. to 4:30 p.m.

Register by phone. Call us at 780.471.7713.

Intramural and Fitness Class Registration

Campus Recreation uses IM Leagues for Intramurals and all fitness classes. Register for Intramurals.

There are no full refunds for any course/program unless cancelled by Campus Recreation Services. Participants may transfer from one program to another pending availability.

RECREATION CHALLENGES

Recreation Challenges are a fun way to add a new element to your everyday workout and expand your limits. Plus, we have exclusive prizes for winners of these challenges!

All challenges are drop-in and free for NAIT students, staff and community members (*One AT NAIT* required).

Be sure to share your recreation experiences with us on Twitter! @NAITCampusRec

Campus Walking Routes

Looking to get some exercise but don't have a lot of time? Use our indoor or outdoor campus walking map to plan out a route and get a few extra steps in your day. If you're feeling bold, try out the Trilogy Loop. These maps will help you cover some good distances both inside and outside while also helping you familiarize yourself with Main Campus!

NFL Survivor Pool

FREE Campus Recreation sports pools are kicking off 2018 with the NFL Survivor Pool. Open to both students and staff, pick one team to win each week and be the last one standing. Sounds easy but you can only choose a team to win once for the whole season. Two wrong picks and you're done! Sign up at officepool-junkie.com ...

Join the "NAIT Rec - NFL Survivor 2018" pool using the password: recnfl18

Walk-tober

Join our 31-day Walk-tober step challenge during the month of October. Open to all students and staff, track your weekly steps and submit them on them online for a chance to win one of ten prizes of \$25 loaded on your one AT NAIT card. Every 25,000 steps will get you another entry into the draw prize (maximum of 15 entries).

During Walk-tober, Campus Recreation will lead a 30-minute walk around campus every Tuesday at 12:05 p.m. Meet us in the South Lobby just outside of room O-117 for a fun walk and talk around NAIT and earn an extra entry into the draw prize (maximum of five bonus entries).

Participants should use their own devices (Fitbit, Smartwatch, Apps, smartphone or Campus Recreation walking maps) to measure their weekly steps. October 1-31

Track your weekly steps here

Follow us on Twitter (@NAITCampusRec) for weekly routes and more.

150 Challenge Series

We're here to support your path to achieving 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week. Swim, bike, run and then pick any activities to reach your 150 minutes of weekly physical activity for the month of November. Tracking sheets will be located at the front desk in the Fitness and Weight Centre to track your progress and submit your name for a chance to win some awesome prizes.

Swim 150 – Nov 5-11; Bike 150 – Nov. 6-18;

Run 150 – Nov. 19-25; Any 150 – Nov. 26 to Dec 2

Satellite Campus Events

We're taking recreation on the road! This semester we will be visiting the satellite campuses for some exciting recreation events. Look for posters and follow us on Twitter (@NAITCampusRec) to see what events are coming your way!



Facilities and hours of operation ...

Arena

Includes: Ice arena and 188-metre indoor running track. A valid ID card is required when using the arena ice surface. Arena is open from Sept. 4 - April 26

Drop-in skating

Monday, Wednesday and Friday 11:00 a.m.-1:00 p.m.

Tuesday and Thursday 11:00 a.m.-12:00 p.m.

Drop-in hockey

Monday and Wednesday: 1:00 p.m.-4:30 p.m.

Tuesday and Thursday: 12:00 p.m. - 4:30 p.m.

Friday: 1:00 p.m. - 4:00 p.m.

Drop-in hockey requires a CSA approved helmet and visor. Skates and helmets can be signed out at the Sports Equipment Centre with a NAIT ID.

Fitness Weight Centre (FWC)

Includes: Weight and cardio room, personal

training studio, strength and conditioning lab, spin cycle studio, one racquetball court and one squash court.

September 1-April 26

Monday-Thursday: 5:45 a.m.-9:45 p.m.; Friday: 5:45 a.m.-8 p.m.; Saturday: 8 a.m.-4 p.m.; Sunday: 10 a.m.-4 p.m.

Holidays: Closed

To book the squash or racquetball courts, please call the Fitness and Weight Centre at 780.471.8398.

Sports Equipment Centre (E-026)

Includes: Locker, towel and sport equipment rentals, memberships, swim lesson, and personal training payments.

September 1 - April 26

Monday-Friday 11 a.m.-1 p.m. and 3-9 p.m.

Saturday, Sundays and Holidays: Closed

Gymnasium

Informal Recreation – Includes: badminton, basketball, volleyball, indoor soccer. Non-marking shoes and proper attire (no jeans) is required.

September 7-April 26

Monday-Thursday: 10 a.m.-12 p.m. and 1-3:30 p.m.

Pool

September 7 - April 26

Monday- Friday: 6-8 a.m.; 11 a.m.-1:30 p.m.; 2:30 - 6:30 p.m. Saturday: 8 a.m.-4 p.m. Sunday: 10 a.m.-4 p.m.

Holidays: Closed

Field and Track

Includes: soccer field, sand volleyball court and 400-metre track. (Track not available during scheduled inter-collegiate practices and games.) Open until Oct. 31.

Monday-Friday: 9 a.m.-4:30 p.m. Sat, Sun. Closed.

Health & Dental OPT OUT

**DEADLINE: SEPTEMBER 28, 2018 @ 4PM
ALL CREDIT STUDENTS**

**THERE ARE 3 THINGS YOU CAN
DO BEFORE THE DEADLINE...**

1 OPT OUT & WAIVE THE FEE

Already have comparable coverage?
You can opt out and waive the fees –
just go online at mystudentplan.ca/nait
or visit us in E131 before the September
28 deadline.

2 OPT BACK IN

Did you previously opt out, and now
need to opt back in? No problem –
visit us in E131 before the September
28 deadline to fill out the paperwork
and pay the fees.

3 ADD FAMILY MEMBERS

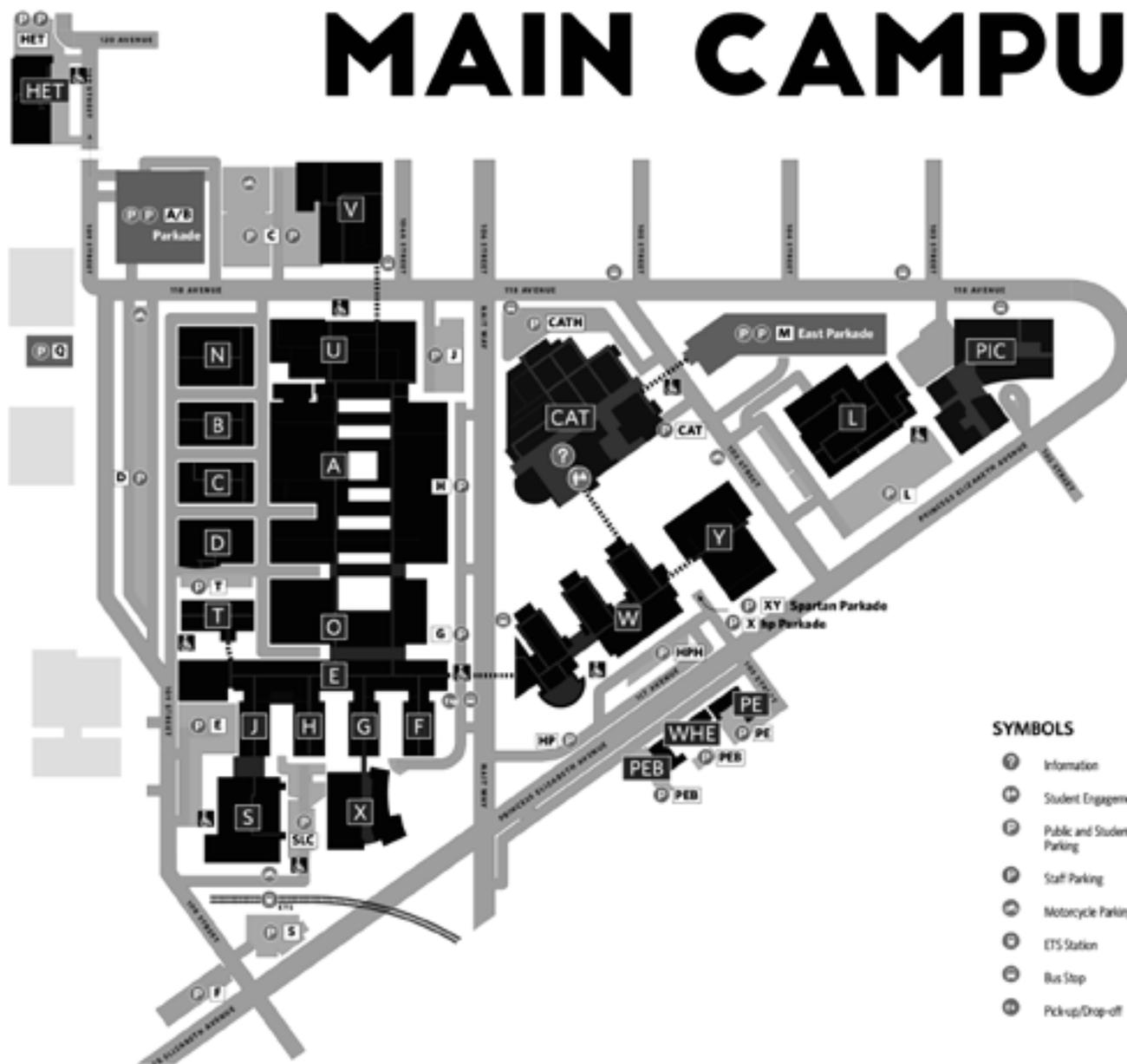
Do you need to add a spouse/kid(s)?
This is your chance! Visit us in E131
before the September 28 deadline
to fill out the paperwork and pay
the fees.

**NO EXCEPTIONS MADE IF
THE DEADLINE IS MISSED!**

More information at NAITSA Service Hub

780.471.7730 | @naitplan | naitsa.ca | mystudentplan.ca/nait | studentplans@nait.ca

MAIN CAMPUS



- SYMBOLS**
- Information
 - Student Engagement
 - Public and Student Parking
 - Staff Parking
 - Motorcycle Parking
 - ETS Station
 - Bus Stop
 - Pickup/Drop-off

LOCATIONS

EDMONTON
 Main Campus
 1162 - 106 Street nw
 Patricia Campus
 12204 - 149 Street
 South Campus
 710 Gateway Boulevard
 NAIT Distribution Centre
 1131 - 130 Street

CALGARY
 NAIT Calgary
 836 - 55 Avenue ne

BUILDINGS

- A** Industrial Building
- B** Shell Manufacturing Centre
- C** Gateway Mechanical Services Centre
- CAT** Centre for Applied Technology
- D** Services Building
- E** Technical Building
- F** Medical Wing
- HET** Heavy Equipment Technology Building
- I** I-Wing
- J** Continuing Education and Industry Training Centre
- K** Sandvik Coromant Centre
- L** Central Building
- M** Human Resources Building
- PEB** Princess Elizabeth Building
- 215** Productivity and Innovation Centre
- S** Activities Centre
- T** Administration Building
- U** Learning Resources Centre
- V** Industrial Technical Building
- W** Iq Centre
- W10** Western Hog Exchange
- X** South Learning Centre
- Y** Spartan Centre

OFFICES AND SERVICES

- E-114** Accounting Cash Office
- S-105** Athletics
- O-117** Campus Recreation Services
- CAT-215** CAT Computer Commons
- W-111** Computer Training Centre
- W-119** Continuing Education
- W-119B** Counselling Centre
- E-121** Escara Aboriginal Student Centre
- O-119** Health Services (South lobby)
- W-101** International Centre
- U-310** Library Services
- E-134** NAIT International Administration
- W-203** NAITSA Computer Commons
- E-431** NAITSA (NAIT Students' Association)
- O-705** Office of the Registrar (South Lobby)
- CAT-180N** Parking Office
- D-104** Protective Services
- W-119B** Learning Services
- X-114** Shop at NAIT
- O-101** Student Awards
- O-117** Student Engagement

- CAT-180** Student Service Centre
- Admissions and Enrolment Support
- Advising and Career Development Service Services
- Funding and Financial Aid Services
- Pre-Admission Immigration Advising
- Student Payments
- U-210** Student Study Lounges
- O-117** Student Well-being and Community
- U-210A** Tutorial Services

Map locations are subject to change. Visit nait.ca for most current information.

ENTERTAINMENT

Music brings us together



By **NIKITA ELENIAC**
Entertainment Editor

In a world where everything seems to lead to an argument, it is rare to find that one thing that unifies everyone. Music would seem, at first glance, to not be one of these things. Most people have a genre they are most drawn to, that they wholly identify with, which leads to lengthy debates about the merit of each category.

But when you find that genre you identify with, you find a whole new group of people that can agree on one thing. It spans across age differences, religious beliefs, and politics. In the age of millennials, there

are few things that can bridge the generational gap.

The Cult played in Edmonton on July 13, as a part of the Aurora Illumination Concert series. I went with my aunt, a long-time fan of the band, and she talked to me about being nervous that she would be the oldest one there. But when we got there, we discovered it was entirely the opposite. I was quite probably the youngest person there, and it was clear that the millennial age group was outnumbered by Generation X. What does this age gap mean for the concert experience?

Being at this show was like no other concert I've ever been at. As soon as the Cult took the stage, everyone was the same. There was no difference in age, or belief, or any other dividing force. Everyone became one mass there for one reason – to experience and enjoy the band. Watching this group of vastly different people meld together as one dancing mob, it became abundantly clear that music is something that people may fight over, but it's also

something that brings people together. Two people could be in the midst of a fight, but when the band comes on-stage and strikes that first chord, all that goes away.

We live in a society today where there is an opinion on everything. You will always be able to find a way to be on opposing sides of a debate. Why not step

back, and find something positive to connect on? At the next concert you go to, take a moment to look around you at all the different people coming together to celebrate one thing – music. You are a part of that. The unlikeliest friendships are the ones bonded through music, but they're also the best ones.



Provided photo

Certification

IT PAYS TO KNOW

Searching for a Career? Choose Payroll

Becoming a Payroll Compliance Practitioner (PCP) will ensure you have the compliance knowledge and payroll skills needed for success.

- Employers look for this certification when hiring and pay a 5-10% higher salary to those who have achieved it (Robert Half's 2018 Accounting & Finance Salary Guide).
- Payroll Certification broadens the knowledge base and skill set for Business, HR and Accounting students.
- PCP Certification requires four key courses offered at The Northern Alberta Institute of Technology and online.

The Canadian Payroll Association can guide you on your path, try our online course demo today.

"There is not a day that goes by that I do not use the knowledge and skills I learned while pursuing the Payroll Compliance Practitioner (PCP) certification."

Sandra B., PCP
Payroll and Benefit Specialist



For more information
visit payroll.ca



THE CANADIAN
PAYROLL
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L'ASSOCIATION
CANADIENNE
DE LA PAIE

A stress-free September



By **EMILY KELLER**
Assistant Entertainment Editor

The new school year can be really stressful, that much is obvious. Whether you're a returning student or a newcomer, the first month usually feels extremely overwhelming. With early mornings and trying to get back in a routine, it is easy

to get swamped under the stress. Here are some helpful tips on staying sane and dealing with the pressures of the first month.

Maintain a healthy sleep schedule

Whether it's staying up too late worrying about the first few days of school, or projects assigned early in the month, it can be hard to keep a proper bedtime. But it's extremely important to maintain a consistent sleep schedule so you can continue to focus and put your best work out. Start keeping a planner to track your assignments and important dates, and set a time you'd like to be in bed by. Try not to use technology too much before you head to bed, and if you really can't sleep, try playing relaxing music or reading until you feel tired.

Check out after class events

Staying on top of schoolwork is important, but it can quickly lead to staying alone in your room working too often, which isn't good for your mental health. Try not to stay secluded and focus on having fun and enjoying yourself to relieve the stress. One of the coolest things about NAIT is the student's association NAITSA. NAITSA is always putting on cool and fun events available

to students, and these types of events are a really easy way to connect with others and shift your worries. Check out NAITSA's social media accounts @naitstudents for information on events and things happening around campus.

Eat Healthy

The student's schedule often does not allow much time to keep a balanced diet. With deadlines and study groups abound, it can be hard to remember to eat properly. Unfortunately, eating an unbalanced and junk-food-heavy diet can lower your ability to concentrate and leave you with low energy. If you have a hard time maintaining a consistent and balanced diet, considering prepping meals early on in the week so you don't end up forgetting later on. Try to remember to have something for breakfast every morning so you can start your day off right.

Reach Out

Asking for help can be really hard for some people. They may not want to seem weak or burden others. But if you're really feeling the stress and you can't handle it on your own, it's always a

good idea to reach out to friends, family or a trusted individual to talk to. If you are ever feeling too overwhelmed and need someone to talk to, NAIT offers counselling services for all students. If you just need a break to collect your thoughts, visit Flynn, NAIT's therapy dog, available during the school year for you to visit and play with.

While school may be your number one priority right now, it's just as important to take care of your mental and physical health so you can achieve your best. Never feel bad about needing a break or help when you're overworked, and treat your body right to ensure you feel prepared and able for any and all things that come your way.



Pexels



Pexels



SEPTEMBER 2018	
4-5	PANCAKE SUNDAE BAR
6-7	NEST FEST
12	WELLNESS WEDNESDAY
12-13	VOLUNTEER FAIR
13	POPCORN POP-UP
13	TOTALLY AWESOME TRIVIA NIGHT AT THE NEST
19	CANOE TRIP - SUNSET TOUR
20	CARDS AGAINST HUMANITY AT THE NEST
24	EVENING STUDENT APPRECIATION
25	SCAVENGER HUNT
27	MUSIC BINGO AT THE NEST

Music, magic and money

By EMILY KELLER

Mark your calendars because NEST Fest is coming back – this year on the Sept. 6 and 7 and, for the first time, it is free for anyone. Nest Fest is an event held by NAITSA that started two years ago. Each year, a variety of musicians and entertainers perform at the event as a way to welcome returning and new students to NAIT.

This year, Nest Fest is featuring local cover bands, artists and a magician for the two-day event including winner of NAITSA's Take the Stage Dylan Hanson, The Barkells, stunt magician, comedian Wes Barker and Mourning Wood. Along with the live entertainment, there will be a chance to win up to \$5,000 in a Money Tunnel. There will still be the old favourites such as the inflatables, food and the beer gardens.

Nest Fest will be taking place on the Quad between the CAT building and the HP Centre on NAIT's main campus between 11 a.m. and 6 p.m., with performances starting at noon on both days.

Local entertainers

This year's performances have a strong focus on local entertainers and specifically, NAIT-grown talent. Dylan Hanson competed and ultimately won NAITSA's Take The Stage event, a battle-of-the-bands type contest that was held this past March at The Nest. Dylan will be taking the stage at noon on Thursday to kick off the event.

Edmonton-based cover band The Barkells will be closing the night out on Thursday. The Barkells are a group made up of Edmonton musicians who love to perform and are currently the house band at the Denizen Free-house downtown.

Along with the musical acts, this year's Nest Fest will have stunt magician and comedian Wes Barker, performing his mystical act. Barker has garnered a wide amount of recognition and fame through his YouTube videos of his stunts and his appearances on shows such as *America's Got Talent* and MTV's *Greatest Party Story Ever*, along with many others. His most famous appearance was the stunt he performed on *Penn and Teller: Fool Us*, where he joined the small group of magicians who actually managed to fool the famous magical duo. Most recently, Barker created a special for Amazon Prime titled *Wes Barker: Full Frontal Magic*, where he performs his signature blend of comedy and magic.

Mourning Wood on Friday

Mourning Wood will play the night out on Friday with their eclectic collection of rock covers, showcasing their talents and many years as one of Edmonton's most well-known cover bands.

Nest Fest will have a ton of food available too, with taco-in-a-bag, jumbo hot dogs, popcorn and talkiest to choose from, and \$3 Italian sodas that come in a free Ooks Life tumbler. And while you're waiting for the performances, there will be an inflatable rock wall and obstacle course to take part in. An exciting new addition to Nest Fest will be the Money Tunnel, where students can enter a wind tunnel like contraption to try and win up to \$5,000 in cash.

The admission fee will be completely absent from this year's Nest Fest with entry free to all students, staff and guests. Performances will go from noon to 1 p.m. and from 4 p.m. to 6 p.m. on both Sep. 6 and 7.

Nest Fest is great way to immerse yourself in the great events NAITSA puts on all throughout the year, so make sure to check it out and follow the Ooks Life social media pages to keep up to date closer to the event. Plus, it's completely free, so there's really no reason not to go.



Wes Barker



NEST FEST

**\$3
BEER**

SEPTEMBER 6/7
CAT QUAD | 11AM - 6PM

FREE FOR NAIT STUDENTS, STAFF AND GUESTS
CHEAP FOOD | LIVE ENTERTAINMENT | MONEY TUNNEL*

* Hourly chance to win money towards textbooks and tuition!
Enter for the chance to win at @Ookslife on Facebook and Instagram.



SATIRE



Mayor Don Iveson

I Heart Edmonton

Where is Don Iveson's birth certificate?

By JORY PROFT

Born in St. Albert on May 30, 1979, our mayor is NOT a natural-born Edmontonian and therefore, unfit to run our city!

How could someone born nearly 20 whole kilometres from Edmonton City Hall possibly understand the needs of a community they have only lived in for over 75 per cent of their life?

'Birther theorists' have gotten a bad name ever since Donald Trump questioned the legitimacy of Barack Obama's birth certificate, and I'm sick of having my beliefs dismissed after Obama's Hawaiian-birth was proven real.

So, I'm here to demonstrate to the uneducated, ignorant people, the dangers of having a mayor born outside the City of Champions.

Note: That was a preview of an article from our satire issue of The Nugget, The Fugget. If you enjoyed this, read the full article on Sept. 13.

The Blue Revue is back

By JORY PROFT

Vue Weekly is set to hold The Blue Revue: Dirty Film Festival, an event showcasing amateur adult short films at the Metro Cinema on Sept. 5th.

The Blue Revue is made up of Canadian films under 10-minutes that can include themes such as: "sexy ghosts, puppets, gay bears, a plethora of animated penises, horny penguins and oversized male nipples," says the event's submission guidebook. The audience votes on their favourite film and the top three selections receive cash prizes.

The idea for the festival was conceptualized to forward the sex-positivity movement in Alberta in a fun, controlled setting. The Edmonton event was inspired by other indie-porn festivals such as Dan Savage's HUMP! Festival – a gathering that began in 2005, that now has plans in 2019 to tour to 50 cities throughout the US and Canada to share the short films.

Although not as big as HUMP!, The Blue Revue is in its ninth season and the tickets sales have been consistently increasing.

"There are local comedians, sex workers, performance artists, musicians, and run-of-the-mill people – it's all kinds of

people [who submit films]," said Beau Creep, an MC for the festival.

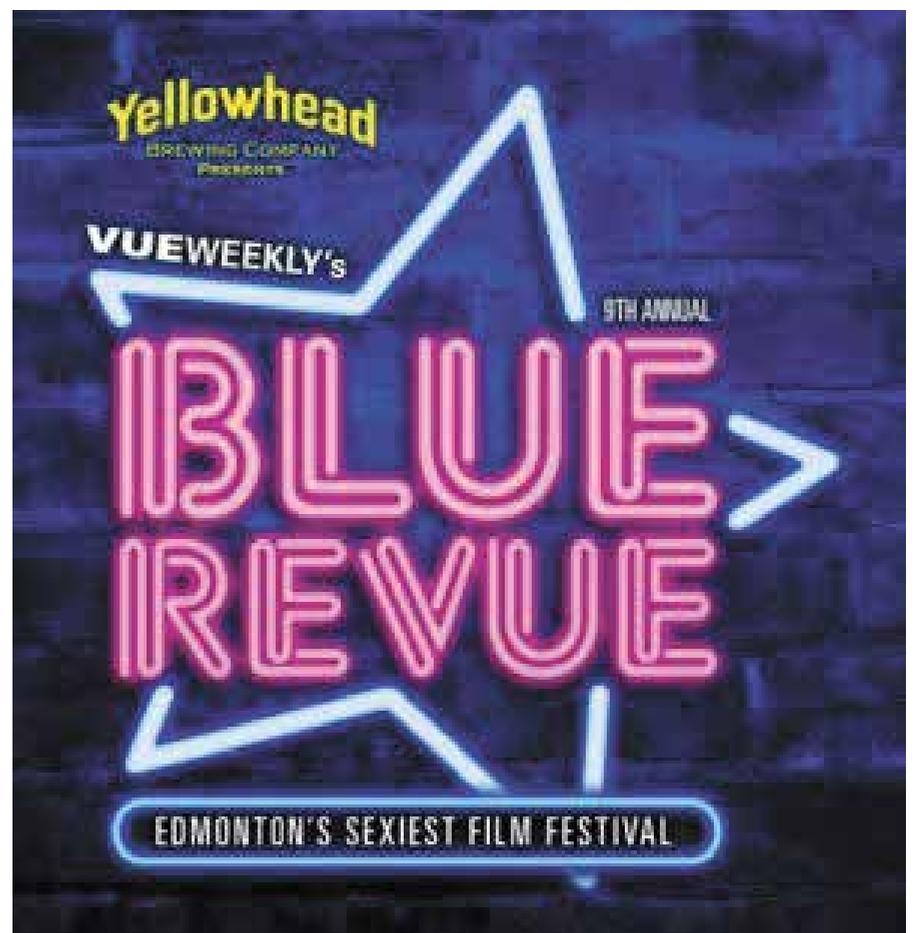
Due to the vulnerable, personal nature of these films, the event follows a strict 'what happens here, stays here' policy. All movies are destroyed after showing and there is no photography or media coverage (so don't hold your breath for The Blue Revue Review article).

"Society is not all that accepting of sex and nudity. [By keeping it private] there's no strings attached. People won't have to worry about these videos ending up on the Internet, or their careers being threatened. It really is freedom of expression without concerns for ramifications," said Beau Creep.

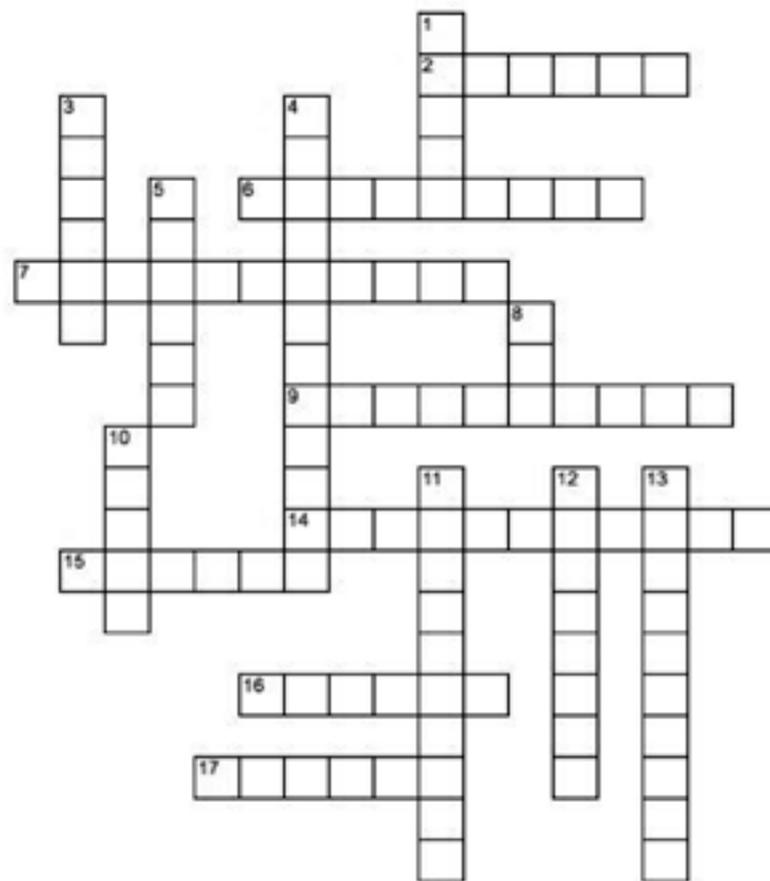
Despite challenges with gaining traction with the event due to the province's conservative roots, Creep believes the messages of sex-positivity and consent are being well-received within the community.

"As a society, we're really trying to step away from the stigma of sex and sexuality. It's also a really a great opportunity to reinforce the consent-culture [by showing these films in a safe environment]," said Creep.

For a chance to see the only public screenings of these adult films, you can buy tickets at BlueRevue.ca.



CROSSWORD PUZZLE



Across

- 2 Famous University in England
- 6 Capital of Romania
- 7 Drake's character on Degrassi
- 9 Greek god of fire and forges
- 14 Feeling of intense passion; all encompassing
- 15 Condition that results from low hemoglobin or lack of red blood cells
- 16 National animal of Canada
- 17 The planet Neptunes most well-known moon

Down

- 1 Hawaiian Disney Princess
- 3 Smell associated with decomposition; rancid or rotten
- 4 Phobia relating to a fear of clowns
- 5 Australian marsupial; known for their large rumps
- 8 Fierce anger
- 10 NAIT's furry therapy friend
- 11 Petite French cakes
- 12 Controversial Russian mystic
- 13 World's largest indoor roller coaster; located here in Edmonton

Results on page 22

Fun is closer than you think

By EMILY KELLER

Fun and school - two things most students usually don't associate with each other. And at NAIT, the immensity of the campus and the mostly industrial surrounding area leads one to believe that not much goes on around there that could possibly be fun. But that is, thankfully, not true. There are plenty of cool and interesting spots around NAIT to check out this upcoming school year.

**PLAZA BOWLING CO.
10418 118 Ave NW**

Plaza Bowling is about a five to ten minute walk from NAIT; and it is seriously underrated. Unlike a lot of bowling alleys in Edmonton, Plaza has an old school vibe that offers classic Canadian five-pin bowling, some tasty craft beers and a lot of fun. This family-owned and operated bowling alley first opened in 1959 and maintains the lanes first installed that same year. They also have an awesome afternoon special Tuesdays to Fridays until 5 p.m. with \$4.95 games and craft beer sleeves. Bowling is also a great date idea, because striking out is totally the goal.

**PADMANADI
10740 101 St NW**

Padmanadi is one Edmonton's highest rated vegetarian restaurants, and it's also extremely close to NAIT. Don't let the vegetarian aspect scare you though; the flavours and finesse are all there when it comes to their food. Another really cool aspect of Padmanadi is that they host all-you-can-eat buffets throughout the year that are popular and are very kind to a student's wallet, costing only \$20 per person. The next buffet will be held Sept. 21, so set aside some time in your calendars for a relaxing night of stuffing your face.

**AVIATION MUSEUM
11410 Kingsway NW**

The Alberta Aviation Museum is somewhat of a hidden gem to most, showcasing the history of Edmonton's old airfield. It was previously a

lively airfield that served Edmonton's community for more than 80 years. The museum features more than thirty historic aircrafts, informative guided tours and a restoration area full of aircrafts undergoing repair that is open to the public. For 25 years the Alberta Aviation Museum has been dedicated to

preserving and sharing the aviation history of Edmonton, and is an amazing museum for history buffs and even those who have no previous aviation knowledge.

**VALUE VILLAGE
11850 103 St NW**

Value Village has many locations around Edmonton and each one offers a different selection of used and thrifted goods to peruse. The closest location to NAIT has an extremely broad and great collection of unique items and is almost always getting new items in. It is every avid thrifter's dream, and a great way to spend an afternoon. Looking for that perfect sweater, that you know can only be found in a used clothing store? This is the place. Whether your game is old cookie jars or vintage windbreakers, this Value Village is exactly the place for you.



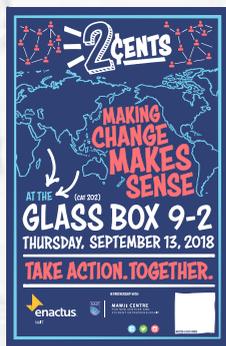
Aviation Museum

GET CONNECTED

JOIN A CLUB

HOW TO JOIN

1. Sign into Orgsync at orgsync.naitsa.ca using your NAIT username & password.
2. On the homepage, click the **"Organizations"** tab.
3. Browse clubs by scrolling through or use the search bar to find a specific club.
4. Once you find a club you want to join, click the **"Join Now"** button on the top right.



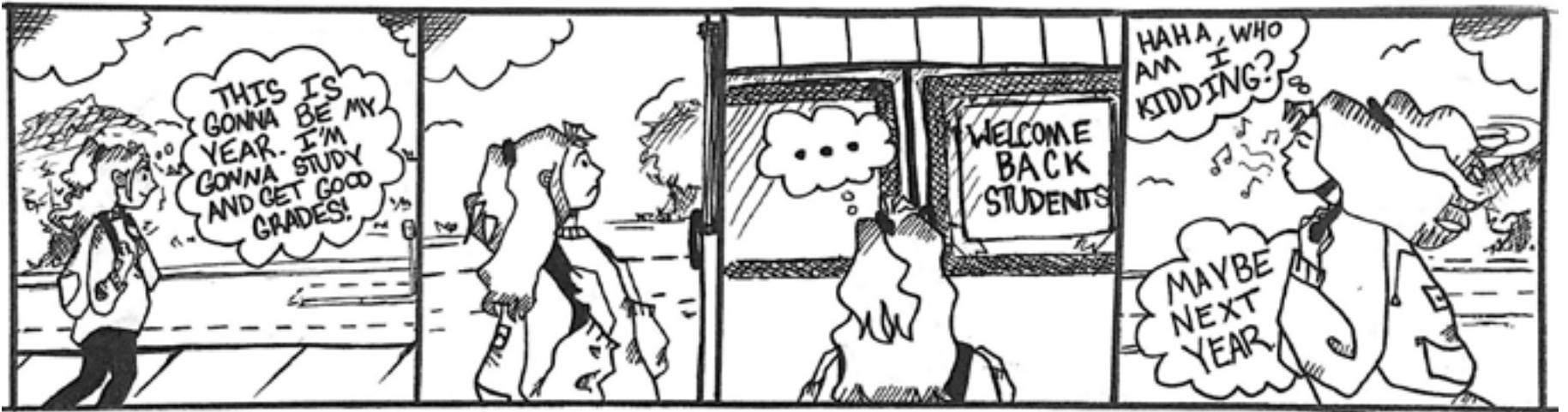
WANT TO EXPERIENCE THE FUN OF CLUBS FIRST HAND?

Stop by the 2 Cents event from **Enactus NAIT** and help spark the conversation about global sustainability.

September 13th
9:00am - 2:00pm
Glass Box - CAT Building

WATCH THIS SPACE FOR MORE AWESOME CLUB EVENTS AT NAIT!





By Emily Keller

Hungry? Choices galore!

NAIT has lots of food options on campus, check out the map for locations and below for hours of operation:

THE NEST

Location: S-110
Hours of Operation: Mon-Tues: 10 a.m. - 5 p.m.
Wed-Fri: 10 a.m. - 8 p.m.
Sat-Sun: Closed

TIM HORTONS

Location: The Crossing, Second Floor - CAT Building
Hours of Operation: TBD
Location: X-114
Hours of Operation: TBD

NAIT RETAIL MEAT STORE

Location: A Wing
Hours of Operation: Tues-Wed: 10 a.m. - 5 p.m.
Thurs: 10 a.m. - 2 p.m.

COMMON MARKET

Location: A Wing
Hours of Operation: Mon-Fri: 7 a.m. - 6 p.m.
Sat-Sun: Closed

FRESH EXPRESS

Location: U Wing
Hours of Operation: Mon-Fri: 7 a.m. - 3 p.m.
Sat-Sun: Closed

ERNEST'S

Location: U Wing
Hours of Operation: Mon-Fri: 9 a.m. - 5 p.m.
Sat-Sun: Closed

STARBUCKS

Location: CAT Building
Hours of Operation: Mon-Fri: 6 a.m. - 6 p.m.
Location: Common Market
Hours of Operation: Under construction: TBD

THE CORNER STORE

Location: CAT Building
Hours of Operation: Mon-Fri: 8 a.m. - 2 p.m.
Sat-Sun: Closed

SUBWAY

Location: CAT Building
Hours of Operation: Mon. to Fri: TBD
Sat-Sun: Closed

ONE WORLD MANY FLAVOURS

Location: CAT Building
Hours: Mon-Fri: 8 a.m. - 3 p.m.; Sat-Sun: Closed

MERCHANTS

Location: CAT Building
Hours of Operation: Mon-Fri: 8 a.m. - 4 p.m.
Sat-Sun: Closed

EMBERS

Location: Y Building
Hours: Mon-Fri: 9 a.m. - 5 p.m.; Sat-Sun: Closed

BOOSTER JUICE

Location: HP Centre
Hours: Mon-Fri: 7 a.m. - 4 p.m.; Sat-Sun: Closed

BYTES CAFE

Location: HP Centre
Hours of Operation: Under construction TBD

...

FREE FOOD

NAITSA

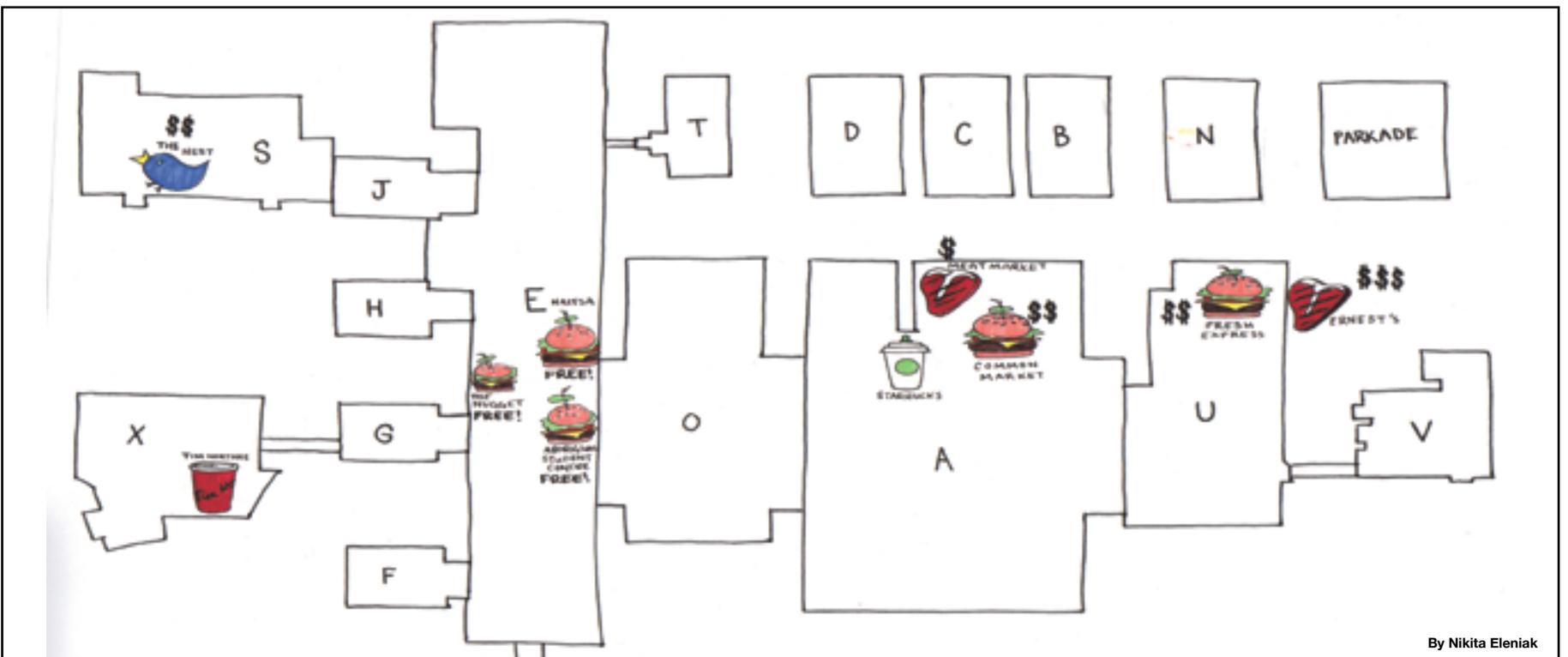
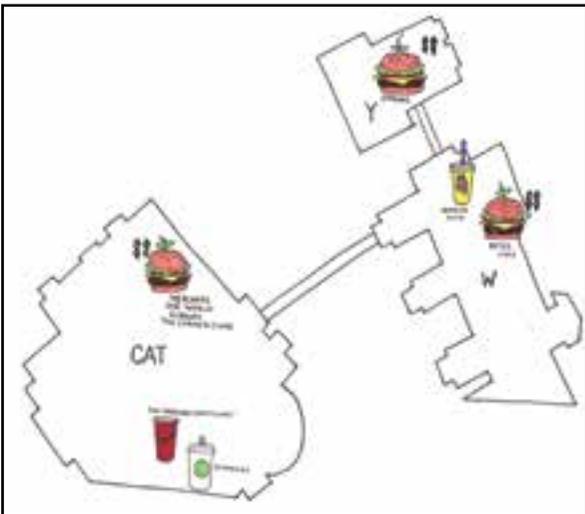
Pop up Popcorn – Location: E131
Every second Thursday: 11:30 a.m.-12:30 p.m.
Food for evening students – Various locations
Once a month starting at 5 p.m.

THE NAIT NUGGET

Lunch meetings – Location: E-128
Every Tuesday from Noon - 1 p.m.

ABORIGINAL STUDENT CENTRE

Stew & Bannock – Location: E-121
Once a month during a lunch hour.



By Nikita Eleniak

THE 'NUGGET' PRESENTS:
TAROT-SCOPES

Scream Queen B is your modern mystic, storyteller and good witch of the True North. Follow on Instagram for daily readings @screamqueenb_tarot. For a personal reading, go to www.screamqueenbtarot.com.

– Lindsey McNeill

Virgo (Aug. 23-Sept. 22)

10 of Wands

The work you've put in to create a happy life for yourself has begun to take its toll. You've reached fulfillment of a creative endeavour and are feeling the burden of having too much on the go. Take a time out to indulge in some self-care and spend some time in nature.

Libra (Sept. 23-Oct. 22)

6 of Swords:

With the influence of inner strength and self-fulfillment comes the rite of passage, you're finally coming out of a difficult situation and things will feel brighter and lighter for a while. If your experience could be personified in a 90's movie, it would be "Stella Got Her Groove Back." Congrats Libra, it's about time.

Scorpio (Oct. 23-Nov. 21)

The Lovers:

Two Nines with The Lovers is essentially a Royal Flush, Scorpio. September will have you falling madly in love or reuniting with that person you've been dreaming of. The Lovers is also a major arcana card, which means a significant life change (engagement, pregnancy, honeymoon) that will unfold

over the next few months. Time to praise yourself for the good karma and enjoy.

Sagittarius (Nov. 22-Dec. 21)

4 of Cups:

Time for an attitude adjustment Sag, because you're surrounded by everything you could ever want - but it's still not enough, is it? There's an expression of having a "God-sized hole" within, meaning no material trappings can satiate your hunger. It's an issue of lacking purpose and meaning if you're still focused on what you don't have.

Capricorn (Dec. 22-Jan. 19)

3 of Swords:

Heartache and loss have been on your mind as of late, contemplating the choices you've made that have contributed to your own pain. You will now be feeling solace and peace when you focus on spending time alone, and not because everyone else is an idiot, but because you're good company and you deserve to be happy. Let go of regret and appreciate what you have to offer.

Aquarius (Jan. 20-Feb. 18)

4 of Swords:

Rest your brain Aquarius, it's time to pull back into yourself and get introspective. This doesn't mean go down the rabbit hole and get caught up in conspiracy theories about secret space programs... no. Get acquainted with what's in your heart and what you truly want. This is a bit of a limbo month to get clear about who you are. Take the time.

Pisces (Feb. 19-March 20)

Hermit:

This truly is a time to be alone and

seek answers. Allow your inner parent to use some self-soothing practices for your inner child. No drugs, sex, or food can solve the problems that have revealed themselves. It's time to tend to your spirit, find out what you're really crying out for, and know that only you can feed it.

Aries (March 21-April 19)

Queen of Swords:

You are influenced by an Air Sign that has completely shaken you out of your usual independent spirit. You could be making an offer or anxious about rejection, as Air can be cutting and cold. Remember the 9's of this month - you can make a successful connection when you come from the heart and make a true offer.

Taurus (April 20-May 20)

The Star

Dreams come true Taurus! You are receiving all that you desire and feeling absolutely blessed as a result. Enjoy this spiritual influx and be mindful that your loyalty to your values is what has created this moment for you. You truly deserve this happiness.

Gemini (May 22-June 21)

Knight of Cups:

Romance lasers are set to stun! Your head and heart are definitely riding some pink clouds right now and September will be marked with a passion for whoever catches your eye. Your charm is irresistible and very persuasive. Be sure you want what you're after.

Cancer (June 22-July 22)

2 of Pentacles:

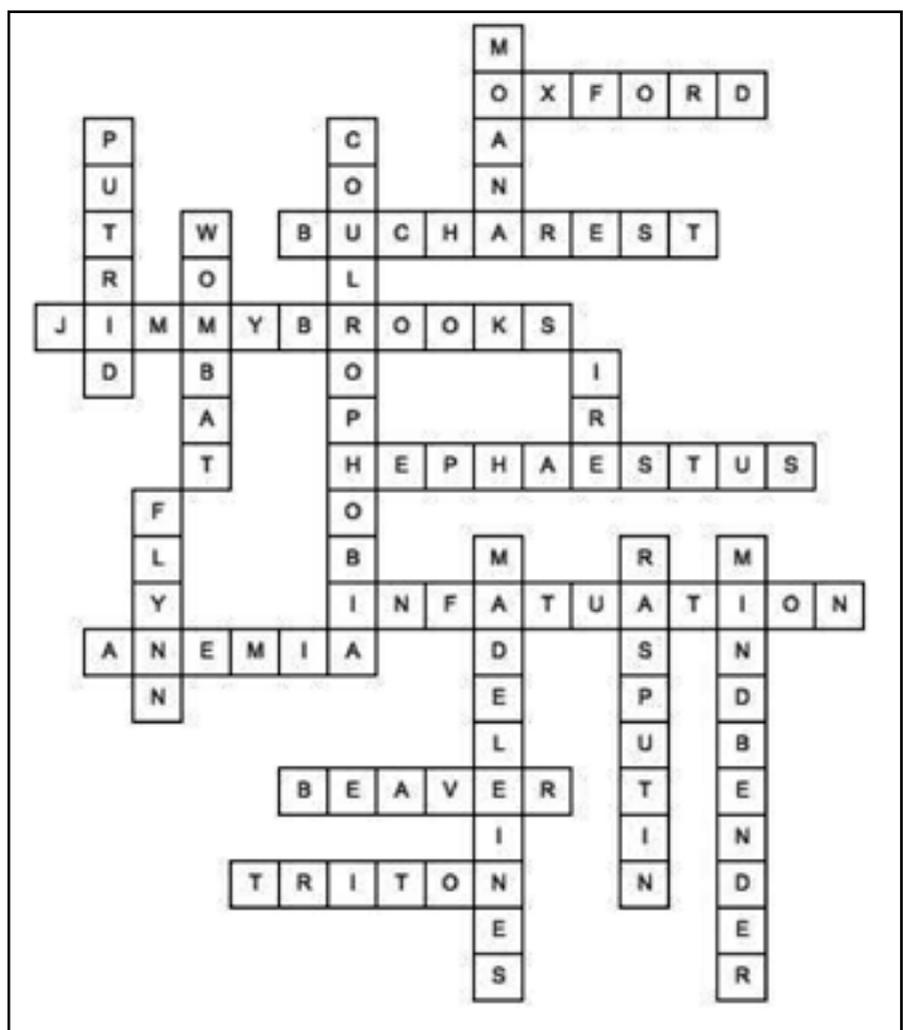
You're feeling the love and abundance, but balance is going to be imperative for you right now. In matters of the heart, don't juggle options or gamble with your desires. In relationships, hear the other's perspective and weigh it with your own. In life and work, you will be tested to find your happy medium.

Leo (July 23-Aug. 22)

Ace of Pentacles

Expect a new offer to come sweeping in, either in work, love or both! The Aces are new energies that come to breathe fresh life in and pentacles are those earthy, tangible bits that fire signs usually bypass. You will be very happy to receive this gift Leo, so stay open

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SOUTH LOBBY

AUG 20-31, SEPT 4-14

MONDAY-THURSDAY | 8:00AM-6:00PM

FRIDAY | 8:00AM-4:00PM

OUTSIDE CAT182

AUG 27-31, SEPT 4-7

MONDAY-THURSDAY | 8:00AM-6:00PM

FRIDAYS | 8:00AM-4:00PM

STARTING SEPTEMBER 17

PICKUP U-PASS FROM THE NAITSA OFFICE (E-131)

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



**NOMINATIONS OPEN
AUGUST 27 - OCTOBER 1**

NAITSA
**SENATE
ELECTION**
2018/2019

**DISCUSS AND MAKE DECISIONS ON BIG PICTURE ISSUES
THAT CONCERN NAIT STUDENTS**

- 18 student representatives
- 10 meetings throughout the school year
- Dinner provided at each meeting
- Honorarium up to \$500
- Leadership experience
- Your position will be recognized on your program transcripts

**INTERESTED IN BECOMING A SENATE MEMBER?
NOMINATIONS CLOSE AT 4PM, OCTOBER 1**

**FOR MORE INFORMATION, VISIT
NAITSA.CA/ELECTIONS**

