

LAST ISSUE THIS SEMESTER. SEE YOU IN THE FALL!

THE NAIT NUGGET

Thursday, April 13, 2017
Volume 54, Issue 25

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

CUTBACKS HIT TRADES

Student spaces lost, 60 jobs slashed, story page 3



Photo by Kristin McLean

DE-STRESS, DECORATE AND DEVOUR

Students and staff stop for a do-it-yourself cupcake last week in front of the NAIT Students' Association office. About 2,200 cupcakes were given away with support from the Alberta Campus Mental Health Innovation Fund. The event was also held last December before exams began.

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NEWS & FEATURES

A school year to treasure



A.J. SHEWAN
Issues Editor

Parting is such sweet sorrow. As the semester comes to a close and for most, the school year, those words ring true for a number of people and reasons. Summer means not just the end of school, but a return to home for many, enlistment into summer employment, vacations away and time to unwind and refresh. As the weeks go by, minds are occupied with impending exams, final assignments or even graduation. For me, it means the end to sharing my thoughts and shaping feature articles for many months and perhaps the foreseeable future.

While I'm neither graduating nor done with school for the year, *The Nugget* does not publish over the summer months. This leaves opportunity to focus strictly on spring semester classes, to spend more time with family and search for that elusive part-time summer employment. It also provides time to reflect on what a joy writing for the paper and the readers has been.

I came to writing and the Issues editor's job rather by chance. That fateful exploration into *The Nugget* office on the advice of a family member has led to one of the most unique "jobs" I have ever taken on. It has allowed me to see a side of NAIT most don't know exists. The people that work here, mostly behind the scenes, are fantastic. The advocacy, hard work and dedication they have for this institution is simply second to none.

The stories that I have had the opportunity to cover have ranged from the cost of an institutionally mandated transit pass, changes to the way our campus staff are represented, a reimagining of the way we learn and, most recently, the major impact tuition increases will have on international

students. All of these stories have led to the chance to meet some of the most amazing people who contribute to the day-to-day lives of those of us on campus. That alone has been incredibly memorable.

The deeper understanding of the campus scene and inner workings was only one aspect that has made this gig impactful. Getting the chance to travel to Canada's East Coast for the Canadian University Press conference in January ranked highly on this year's list of events. Meeting fellow university press members, hearing from professionals in journalism and related fields and making new friends was an integral part of that memorable trip. Along with all of the interesting aspects of being an editor, the most enjoyable aspect was writing a weekly take on campus life, and most often a conversation centred on Alberta politics.

This year has been important politically for Alberta. With the introduction of an unpopular carbon tax, rising job numbers, rising provincial debt, increased activity in our province's oil and gas sector and the selection of a polarizing leader for Alberta PCs, the next few years

are shaping up to be ones to watch.

As the different provinces across this country continue to jockey for limited investor dollars and the related jobs, we need to stick together as Albertans now more than ever. If we let politics divide us provincially, the "us versus them" battles will drive a wedge into the very heart of what makes this province so unique – its people. We are all neighbours and every Albertan wants the same things – a good job, a healthy and happy family and roof over their heads.

The time I've spent in *The Nugget* office with the hard working team, both on the editorial and contributor level, has been fantastic. The special varieties of voices that fill the *Nugget* office space and grace the pages of each week's issue are some of the best out there. Though I may not be writing for much longer as of September, as I push towards my last semester of upgrading, I know that there are many more special voices on campus looking for a venue who could replace me. Stick your head in the *Nugget* door, the sky is the limit.



Photo by Kristin Mclean

CUPCAKE HEAVEN

A great cupcake giveaway was held last week. Sponsored by NAITSA and the Alberta Campus Mental Health Innovation (ACMHI) Fund, the booths were set up outside the NAITSA offices, on the second floor of the HP Building, the South Lobby and CAT's Main Street.

3,100 trade seats lost

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

The total number of apprenticeship seats at NAIT for 2017-18 will be about 12,000, a decrease of approximately 3,100 seats from this year.

The affected areas include 12 trades programs and instrumentation.

The hardest hit programs at NAIT will be welding, electrician and machinist.

Staggering as those numbers are, the end doesn't appear to be in sight for the losses. Predictions are for another round of seat reductions next year followed by a stagnation of seats for 2019-2020.

60 positions

As a result, an announcement signalling significant job losses was handed down last week. Close to 60 positions will be eliminated across 13 different programs.

NAIT Provost Kevin Sufflebotham, delivered the upsetting news. Due to the downturn in the Alberta economy and reduced demand from industry, Alberta Industry and Training has significantly reduced seats in many apprenticeship programs across Alberta institutions. Staff in the affected programs have been given the opportunity to participate in voluntary reduction.

Volunteers?

"Alberta Apprenticeship and Industry Training sets the number of apprenticeship seats offered at all training institutions in Alberta, including NAIT. Seat numbers are based on industry demand," NAIT spokesman Frank Landry said.

"We've asked for volunteers for redundancy. If there are any remaining redundancies, these will be determined

by seniority in accordance with the collective agreement."

Unfortunately, not all of the job cuts will come from such reductions and therefore, layoffs are inevitable. NAIT is providing those laid off with the opportunity to pursue the Trades to Degrees program on campus or any other two-

year program they choose.

With the tough economic conditions and harsh reality of layoffs, NAIT is attempting to provide a soft landing for those who will be affected by these staffing reductions.

The NAIT Academic Staff Association was unavailable for comment.



Photo by Tris Irion

NEW STUDENT EXECUTIVE

The incoming Students' Association executive members get together for a photo. They are, left to right, rear, Naomi Pela, VP External; Doris Car, president; Brenda Needham, VP Academic and, seated, Calli-Rae Barker, VP Student Services. They will take over their duties on May 1.



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

Letters

We want your views

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

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

We need to list your real name.

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

Do you enjoy writing or photography?

N Contribute to The NAIT Nugget!

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



Photo by Kim Sion

AB-ZORB-ING EVENT

Two NAIT students take their frustrations out on each other while wearing zorb balls at the Inflatables event, held in the Main Street area of the CAT Building on Tuesday April 11. About 450 students took part in a variety of inflatable experiences during the 10 a.m. to 5 p.m. get-together.

OPINION

— Editorial —

It's just the beginning



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

A time-honoured student journalism tradition is that an editor-in-chief's last column is a formal farewell. After a year-and-a-half at the helm of *The Nugget*, the time for my farewell has come!

When I started at NAIT in 2015, one of the things I wanted to do differently from when I was in university was to get more involved on campus. As a freelance writer, the campus newspaper was an obvious fit for me! I'm proud of my two years with *The Nugget*, both as a contributor and EiC. The work I've done and the relationships I've gained through the paper have been a huge part of why I've enjoyed my time here at NAIT.

One thought

I'd like to leave you with one thought: get involved. Whether it's with *The Nugget* or student governance, with one of NAIT's many student clubs or just by attending events, involvement in campus activities is a valuable endeavour. You'll build relationships with your peers, have fun and gain many chances to learn. Plus, students who are more involved in student clubs and activities report lower levels of stress and frustration with school! If you're returning next year, take some time and get involved.

As students and young adults, it can be easy to feel discouraged about our ability to influence the world around us. This is incorrect. One of the greatest lessons that I've learned from campus journalism is that as student leaders, we can use our campuses as a place to experiment and test bold new ideas that might solve big real-world problems.

Scary media landscape

My first editorial as EiC was lamenting the scary media landscape – Postmedia had just announced deep cuts to its newsrooms across the country and pursuing journalism felt like a hazardous gamble. At this time, I felt that any potential success in the industry would be a result of my multidisciplinary background – my ability to market myself as someone who could write, design and code would be how I could get my spot in a newsroom.

However, what I've learned during my time in student journalism, both as editor-in-chief and as a member of the Canadian University Press board, is that as students and newcomers to our industries of choice (after all, media isn't the only industry experiencing huge shifts), we bring our new ideas with us! It's important that we still recognize the value of starting at the beginning and working our way up but don't be afraid to build something new instead of trying

to fit into old structures.

As large, legacy media outlets flounder around trying to find a new way to remain profitable, campus newspapers have been able to experiment much more freely. Sure, we're responsible to our student body, budgets and other factors. But we are still much more nimble. Legacy media is busy searching for ways to stay profitable, compensate for the loss of advertising revenue and adapt to online formats. Individual journalists are responding to cuts by launching entrepreneurial alternatives and doubling down on freelance opportunities.

The students? They're boldly skipping into tomorrow and acting as early adopters of new formats and ideas. They're reasserting themselves as creators of hyper-local media in a time where local newspapers of record are closing their doors with increasing frequency. Student journalism is already actively testing the ideas that tomorrow's media will have to adopt.

Participating in campus activities might not feel as important as hitting the books and a high GPA but I promise it's a valuable opportunity to learn hands-on and make the world a bit brighter.

And so I look back on my time in E-128B with heaps of sappy love and gratitude. The experiences *The Nugget* made possible guided me as I rediscovered and redefined my strengths.

It wasn't always easy hitting our Wednesday deadline with the printer but we always served up a fresh batch of *Nuggets* (and a terrible pun or two) every Thursday. Putting together each paper was a team effort and I'm so grateful that I got to call working with an incredible group of people my job for the last year and a half.

On his first day as Entertainment Editor, Brendan Chalifour asked me why we were called *The Nugget*, suggesting it would make an interesting story. When I dug through the archives, I discovered a mundane answer: the name was a result of a contest.

While there is no dramatic genesis for *The Nugget*, I think it's an appropriate one – even from its humble origins as a newsletter put together on a typewriter, *The Nugget* has always been by the students, for the students. Regardless of what form the paper takes next year, and in the many years and iterations to follow, I'm confident that *The Nugget* will continue to fill this purpose.



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SPORTS

Athletics' waiting game



MICHAEL MENZIES
Sports Editor

With Gregg Meropoulos' retirement from his position as NAIT Athletics Manager coinciding with Athletic Director Linda Henderson's departure for Olds College in just a couple weeks, the Athletics program is saddled with a huge void in two major positions heading into the summer. The process has started to find replacements but with the search comes major responsibilities that those in charge won't take lightly.

In an interview a few weeks ago, Karen Bennett, VP of Campus Life, decided to look at the situation as an opportunity to change some things instead of looking back on what was. The general feeling I get surrounding Athletics is that the opportunity

exists for major change if they want it.

One of the things Henderson brought to NAIT that no other college team in the country has is full-time coaches. The decision was controversial at the time and was a huge commitment to success and also a huge commitment financially. When I asked Henderson about full-time coaches moving forward she said she was promised that full-time coaches would be here to stay but, a couple years down the line when Henderson is ingrained in the Olds system, who's to say if that holds true.

Many of the coaches currently on staff are Henderson hires. Tim Fragle, Benj Heinrichs, Doug Anton, Mike Connolly, Todd Warnick – the list goes on. NAIT Athletics' success in the past three years is well-documented, including Canadian Collegiate Athletic Association (CCAA) and Alberta Colleges Athletic Conference (ACAC) championships and over 80 medals since 2008. Obviously, new hires will look to keep that same success but if it isn't



Gregg Meropoulos
Retired

maintained, will there be the a willingness to look for new coaches?

Flip the situation around. What are the ramifications of new administrative hires who could be very different from Henderson/Meropoulis and who the coaches might not like. With plenty of success at NAIT, some of these coaches could look to leave and pursue other opportunities if that situation arises. Since these coaches have proved their value already at NAIT, if they aren't as happy with the new system as the old one that hired them in the first place, would big offers from other schools in the conference or different opportunities across the country tempt them to leave?

Henderson remarked that the one thing dur-

ing her tenure she had wanted to do but couldn't is to get a new facility for the student-athletes. Would that be on the radar of new hires? Or if management wanted to not pursue a new facility, would that be one of the stipulations to get the position for a new hire?

There is uncertainty at NAIT Athletics. Next year will be the first year in nearly 40 that Meropoulos isn't on staff and his working knowledge of athletics throughout the years at NAIT is unparalleled. Regardless, with a void at athletic director and one of the longest serving members

leaving, Campus Life can gear athletics to its vision moving forward. VP Bennett said just a few weeks ago that they were "not planning anything that looks like drastic changes or cuts or anything like that. We just need to make sure we get the right model moving forward for NAIT."

Until choices are made at those positions, speculation on what this means moving forward for Athletics is open for discussion.



Linda Henderson
Moved on

FITNESS

Bollywood dancing as exercise

By NAVJEET KAILAY

Everyone knows something about East Indian culture but how familiar are you with its energetic exercise known as Bollywood dancing? The place of Bollywood's (which combines two names Mumbai-Bombay and Hollywood) dancing roots go back to India.

Bollywood dancing is the dance form you've seen used in Indian films. It's a mixture of numerous styles that include Kathak, Bhangra, Indian Folk, Western, modern and jazz.

There are different types of music, which include slow, medium and fast that combine a selection of upbeat tempo, including Indian rhythms and authentic melodic sounds with funky beats. There can be big drums (dhol), violins, cymbals, harps, guitars as well as singing.

A man's dance in the state of Punjab is Bhangra – a strong form which has jumping involved and raising hands. This dance can elevate the heart rate. Other states of India have many styles of dances.

A female's dance found in the state of

Punjab, Giddha, is a medium dance that involves clapping.

Hopefully, a person can trim weight doing this dance, as it acts well on the cardiovascular system. Bhangra can be performed as well. There is a very fast dance, which I personally observed, called Garba, a very fast folk dance of Gujarat, West India.

As one dances, the cardiovascular system improves and the heart rate goes up while dancing energetically. The breathing quickens and, as a result, the arterioles (blood vessels) dilate.

There are a couple of types of exercises which can maintain muscle strength and mass but Bollywood can help with them. Strength training builds mass, which acts as a protection for bones and joints. Aerobic exercise (also known as cardio) maintains muscle function, leanness and helps keep your most important muscle (the heart) in shape! You need strength and flexibility in order hold different positions. You can get skinny and manage your weight.

The cheapest way to learn how to



YouTube

dance is watching a Bollywood show and teaching yourself how to dance by observing Bollywood actors' and actresses' moves on TV, DVD and Netflix. A more costly way is to enroll at a Bollywood dance school.

For example, there is South Asian Arts Movement in Edmonton, with a cost of \$270, plus membership. In one of their testimonials, there is another option. Ask

about online dance lessons through Sky-peto to save money.

If anyone is interested, their contact information is (780) 499-0866; email: www.saamovement.com@gmail.com and the website is saamovement.com.

There is another dance school called Bolly D Dance Fitness. For more information, contact at Deepti Sami at 780-953-7302 or bolly-d.com.

Keeping Score

Is nothing sacred?

Is the recent announcement that the Oakland Raiders are leaving for Las Vegas just another relocation of an NFL franchise? The Raiders are one of the most historically significant franchises in the NFL's history, so the question remains ... should important teams like the Raiders ever leave the place of their inception?



MICHAEL MENZIES
Sports Editor

I was as disappointed as anyone when the NFL announced the relocation of the Oakland Raiders to Las Vegas. I've always had a soft spot for the Raiders who, for the majority of my sporting life, were the floor mat of the AFC, and best remembered for past glories. (Remind, you of any other franchise?) Their fans have unrelenting passion and for years sold out their horrific stadium for a bad team. Per usual, however, the fans get the short end of the owner's stick.

Exception to the rule

The problem with this circumstance and the question of historical teams relocating is the fact that the Raiders franchise is the exception to the rule. I agree with the general sentiment that teams that have had success over a long period of time in a city should stay there. But not always. The Raiders are the rare case that sits in the latter category.

The Oakland Raiders franchise started with the infamous Al Davis. Davis owned and general managed the team from 1972-2011 and was a savvy football man who also served as a head coach for three seasons in the early '60s and Commissioner of the AFL (rival league to the NFL) for a short stint, as well. Davis courted controversy at almost every turn and picked battles for decades, espe-

cially with then NFL Commissioner Pete Rozelle.

In 1980, Davis wanted to move the Raiders to Los Angeles but the league's other owners voted unanimously against the move. This didn't matter to Davis. He filed an antitrust lawsuit against the NFL and months after his team won the Super Bowl in '82, the team also won the case. The Raiders were moving to the metropolis of LA. The Raiders moved back to Oakland in '95, coinciding with another lawsuit from Davis against the league with issues about ... you guessed it, a new stadium.

The point is, Oakland and new stadiums don't wash, they haven't for decades and half of the Raider's notoriety comes from these sorts of disputes. In fact, one of the most popular times for the franchise, the late 1980s when N.W.A wore black Raiders caps, took place when the Raiders called Los Angeles home, not Oakland.

Notoriety transferable?

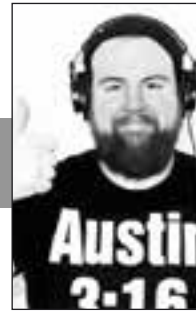
The Raiders are a staple franchise in the NFL but the notoriety extends past the city lines of Oakland. It carries simply with the logo. The Raider wind blew the same way it did in Los Angeles as Oakland, and it might again in Las Vegas.

I agree with the general premise. The Colts shouldn't have moved from Baltimore years ago and former Cleveland

Browns owner Art Modell is still universally hated for moving the franchise to Baltimore and renaming them the Ravens.

But the Raiders are the exception to the rule. As the team that has forever courted controversy, from their "just win" on-field

mentality to rebellious antics in America's legal system towards the NFL, the Raiders name has proved more important than the city they reside. At least for Oakland, the Warriors are lights out.



TRE LOPUSHINSKY

I am going to start this by saying if a team with the legacy of the Edmonton Oilers relocated because owner Daryl Katz wanted more money – which was a scenario if the new arena didn't get built – this city would go mad. Money is what it all comes down to with team owners. They only care about the fans if they will prosper from them. A strong and loyal fan base is only a small number of dollar signs compared to the several zeroes that will come with a move by the Oakland Raiders to Las Vegas.

\$750 million

The NFL will receive \$750 million of free public money from Nevada for a new stadium. The outcry from the city of Oakland, including their mayor, was ignored as NFL Commissioner Roger Goodell declared to reporters, "I think we will have a positive vote, I think we are in pretty good shape."

When Mark Davis became the owner of the company after the passing of his father, the infamous Al Davis, things started to change. During his initial press conference, the younger Davis said the team would stay in Oakland if a new stadium was built. If not, he would pursue other locations.

Since taking over the Raiders in 2011, Davis has been looking for a relocation. Los Angeles and San Antonio were places Davis tried for until 2016, when he pledged \$500 million of his "own money" to move to Las Vegas. From the get-go, Oakland fans should have known that they could not trust a guy with a haircut like that. With the loyalty that the fans have brought to the

Raiders for upwards of 30 years, the millionaire should have taken that into account.

When it comes to team owners in any sport, money comes before fan loyalty. I understand moving a team if it isn't doing so well financially in its home arena (i.e. Atlanta Thrashers of the NHL, Vancouver Grizzlies of the NBA). However, if you have fans packing your stadium every season even if your team isn't doing too well, Davis should know that will also go a long way when the team gets in the right space. Not only in Oakland, but universally, the Raiders have been a pop-culture phenomenon since the late '80s to this day.

An ever-so-feared hip-hop group by the name of N.W.A started to brandish the hard-nosed team's logo, which reflected both the rap group and the NFL team's rough style towards the mainstream. N.W.A sold over nine million records and ranked 83rd in *Rolling Stones* "100 greatest artists of all-time".

Black and silver

California was represented on both these sides and helped bring a Super Bowl winning franchise like the Raiders to the forefront of pop culture because of N.W.A's endorsement. To this day, you will see the black and silver merchandise everywhere you go. That is impact that can't be matched. The NBA's Chicago Bulls have been out of the finals picture for over a decade and yet you will still see fans wearing the snorting bull because of their dominance in the '90s.

That's impact. I cannot imagine the Los Angeles Lakers, Chicago Bulls, New England Patriots, the Oilers or any other sports team that has had a dominating sports/pop culture presence make a move because of some dollar signs. That's because the owners know they can still pack an arena or stadium because of what they were and what they can be.

In the year 2020, the Las Vegas Raiders become a thing. The millionaire becomes richer and the fans who lose their team will still rock that Raiders snap back, thinking about what used to be.



NAIT's athletes honoured

By **CLAIRE STANHOPE**

As the academic year comes to a close, NAIT's student-athletes were celebrated at the Athletics Awards Night last Friday (April 7). This past year had 174 athletes representing NAIT in the ACAC and beyond in six different sports. Of the athletes in the theatre, 72 of them were honours students, something the Athletics program states proudly. Though the season may be done, the work is not over. Many of these students will continue to train during the summer and work to become better athletes next year. A phrase passed around throughout the ceremony on Friday night highlighted this: "We celebrate tonight. Tomorrow, we work."

Male Athlete of the Year

Brendan Jensen was awarded NAIT's Male Athlete of the Year, which he added to his titles of ACAC Men's Hockey Player of the Year and NAIT Men's Hockey MVP. "The award really means a lot to me," Jensen told *The Nugget* after the presentation. "I'm truly grateful that I can be a small piece of NAIT Athletics excellence."

Female Athlete of the Year

Finally, Kassy Jajczay was named NAIT's Female Athlete of the Year, which she can add to the already long list of awards she's received this season. Jajczay was named Women's Soccer Athlete of the Year by the CCAA, the Canadian parent league of the ACAC last fall. "I feel very honoured to receive this award. It is amazing to see how far I've come," she told *The Nugget* on Saturday. "It just makes all the hard work worth it."

"I honestly owe everything to my parents," Jajczay said. "They have supported me from Day 1 and are always my No. 1 fans. I honestly can't thank them enough for everything. I would also like to thank [coaches] Carole [Holt], Nick, Amanda [Hackett] and Jordan [Boyle]; they always believed me and pushed me to be the best I could be."

Jajczay has one more semester left in her Emergency Management program at NAIT and hopes to be on the team again next year. But her soccer career won't end when she leaves NAIT. "After I graduate, I plan to continue playing soccer. I don't think I'll ever stop."

Athletic Director's Award

Jordan Abt, a teammate of Brendan Jensen's, received the Athletic Director's Award of Excellence and was recognized for his 3.5 GPA while studying Business Administration. Abt said he was honoured to "[be] chosen from the many excellent student athletes that attend NAIT"



Photos by Chantelle Bowman

Male and female athletes of the year, Brendan Jensen (hockey) and Kassy Jajczay (soccer), with NAIT Interim VP Academic Susan Fitzsimmons.

He gives credit to his teammates, coaching staff and the Athletics Department for helping him get to where he is now. "I would like to thank Linda Henderson for selecting me to win this award. Linda has helped me out significantly over my time here, which I am grateful for."



**Jordan Abt
Athletic Director's Award**

Abt, who spent all five of his years in the ACAC with NAIT, won three championships during his time as an Ook. He graduated this spring and will continue his career in hockey with the Norfolk Admirals, an ECHL team affiliated with the Edmonton Oilers. As of April 9, Abt has played 10 games and has already put up six assists for Norfolk.

Despite his short time there, "it has been great to experience professional hockey and get a feel for what it's all about."

Silver Torch winners

The Silver Torch Award is the highest recognized individual athletic team award. The award is awarded to the athlete on each team that has contributed the most to the overall success of the team.

Women's Soccer – Kassy Jajczay

Men's Soccer – Sebastian Cabrera

Women's Basketball – Jordan Enns

Men's Basketball – Jackson Jacob

Women's Volleyball – Nalani Stang

Men's Volleyball – Devon Klein

Curling – Emily Clark, female and
Jonay Tobinski, male

Badminton – Kai-Li Huang, female and
Imran Wadia, male

Women's Hockey – Carlin Boey

Men's Hockey – Brendan Jensen

Team awards

Men's Basketball

Ian Pinnell Rookie Of the Year Award

Jamal Hinds

The 'Ook' Leadership Award

Sebastian Cava

...

Men's Hockey

R.G. Meadus Rookie Of the Year Award

Jake Mykitiuk

Ook Leadership Award

Corey Chorneyko

...

Men's Volleyball

Elite Sportswear Rookie Of the Year Award

Mitch Lewington

Ook Leadership Award

Oliver McSwain

...

Men's Soccer

Stuart Brown Rookie Of the Year Award

Matt Zima

Ook Leadership Award

Sean O'Toole

...

Women's Basketball

Marci Cooper Rookie Of the Year Award

Rachel Pearce

Ook Leadership Award

Cassidy Taal

...

Women's Hockey

Rookie Of the Year Award

Brittney Savard

Ook Leadership Award

Kendra Hanson

...

Women's Volleyball

Rookie Of the Year Award

Jamie Bain

Ook Leadership Award

Emma Norenberg

...

Women's Soccer

I.M.C. Stanley Engineering Rookie of the
Year Award

Samantha Weech

Ook Leadership Award

Megan Loyns

...

Badminton

Eileen Harle Rookie Of the Year Award

Kaitlyn Wilbee

Ook Leadership Award

Nicholas Roque, Kai-Li Huang

...

Curling

Rookie Of the Year Award

Emily Clark

Ook Leadership Award

Emily Clark



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ENTERTAINMENT

Your mind does matter



By **BRENDAN CHALIFOUR**
Entertainment Editor

Last month, I registered for a free NAIT class called Mindfulness and Meditation. With hour-long sessions, over the course of four weeks, the group and I had the opportunity to learn a great deal about what being mindful truly means as well as a handful of meditation techniques.

One of the biggest misconceptions that we learned about, in regards to mindfulness, is that people think they need to shut off their brain in order to meditate. Often, people will get frustrated and believe that they aren't good

at meditation because their mind keeps going. They can't stop hearing sounds or thinking thoughts.

The truth is, meditating isn't about stopping your mind because, as humans, we cannot. We are designed to be observant, analytical and critical of what our senses are telling us. Our minds are constantly processing thoughts and making observations.

Mindfulness is about, well, being mindful – mindful of the thoughts running through your head. Do you latch on and give them attention or allow them to float on by like a cloud in the sky? It's being mindful of the sounds, smells and movements around you, acknowledging and then dismissing them. Being mindful in your everyday life isn't only about setting aside 10 minutes in your day to meditate. It is a lifestyle and presence that you carry with you through the entire

day. Meditation is just the practice, the time set aside when you can really hone these skills, that will eventually play a natural role in your daily routine.

The classes covered breathing exercises, sitting meditation, walking meditation and guided imagery. Some breathing techniques we learned included how to calm ourselves, how to breathe out to bring instant relaxation to our mind and body, as well as the use of dynamic

breathing when feeling stressed or low on energy.

I would highly encourage anyone who is interested in being more mindful throughout their day to check out this fantastic class. Mindfulness and Meditation will be returning this fall and is free for students. Visit mindfulness.atspace.cc to learn more about mindfulness, class dates, as well as to sign up to the mailing list.



Ruby Sinreich

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

WHO	WHEN	WHERE
Crafting Club Weekly Crafting	Thursdays, Dec 8, 2016-April 30, 2017 5:00pm-10:00pm	Room X-105
Civil Club Meeting	Tuesdays, Jan 3-April 18, 2017 4:00pm-6:00pm	CAT 252
Anime Club SNAC Time – Weekly Hangout	Fridays, Jan 13-April 14, 2017 4:30pm-8:45pm	CAT 276

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Crafting Club	Craft-A-Thon	Fri, May 5-May 7, 2017 All Day	17421 94 Avenue NW
Goodwill Community Club	Raunka Vaisakhi Diyan	Fri, April 28, 2017 7:00pm-1:00am	Royal Palace Banquet Hall

NAITSA

CAMPUS CLUBS CENTRE

VISIT THE CAMPUS CLUBS CENTRE
Room E-125, NAIT Main Campus
780.471.8457 | 780.471.8871
naitsa.ca/naitsa-clubs

Check out the Clubs Website for other upcoming Important Clubs Dates

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

April 13-19

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

Aries (March 21-April 19)

Summer jobs, internships or starting up a business will all present us with new relationships that may bring out our competitive side. Avoid thinking in terms of allies and enemies. Stay calm and remain as objective as possible and you may well come

through considerably richer.

Taurus (April 20-May 20)

A Pluto-Sun link will be taking place over the summer and this will cause power plays on the work front. Play the neutral coin and you may just end up winning the whole thing.

Gemini (May 22-June 21)

The beautiful thing about mentors is that they have made mistakes that you can learn from. So take some time to listen to those "stories." It may seem like a whole lot of hot air but there may just be some wisdom there.

Cancer (June 22-July 22)

Patience is indicated by Neptune's relative position to the moon. This summer, take a wait-and-see approach before moving forward in any major endeavour over the next few months.

Virgo (Aug. 23-Sept. 22)

Venus is not in a position to favour close relationships right now, so you will find it hard to please

those you are closest to. This does not mean you should give up or that you should step away. In fact, the more you listen to, spend time with and talk to your intimates the better position you will be in when fall turns the leaves.

Libra (Sept. 23-Oct. 22)

Believing in yourself is key to your success over the next few months. Focusing your energy on one specific goal and maintaining momentum will serve you well, especially during any new moon phase.

Scorpio (Oct. 23-Nov. 21)

The more you help those around you over the summer, the more the universe will aid you. There is no counting the cost here. If you see something you can assist with, just do it!

Sagittarius (Nov. 22-Dec. 21)

You will get the chance to prove yourself this summer. There will be obstacles and, the more you put into getting past them, the

more you will come to enjoy the rewards. When life gets too comfortable it means you really aren't getting anywhere.

Capricorn (Dec. 22-Jan. 19)

Neptune in ascendance will wash away old beliefs and attitudes towards money and things. The realization that there are more ways to be rich than what money can bring will hit you hard.

Aquarius (Jan. 20-Feb. 18)

Kick old habits now and find a new routine. This will create a new awareness that will find you seeing the world in a new light. Get out and be different, do things differently and your results will show.

Pisces (Feb. 19-March 20)

The coming months are full of wonderful surprises if you act as if all things are possible. Check the moon phases because the full moon will bring success and Mars is influencing your finances in the best way possible.

WEEKLY SPECIALS

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

FOR CURRENT HOURS PLEASE VISIT US ONLINE
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ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. DINE IN ONLY.

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OILERS GAME TIME FEATURE

\$4.50 PINTS (16OZ)
MOLSON CANADIAN

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

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

NAITSA's Top Model works it

By ALAN HOLMES

For the past seven years, the NAIT Students' Association has embraced the jungle of the fashion industry, in their annual Next Top Model competition. Over the past semester, 16 contestants have strutted their stuff down the runway trying to prove they have what it takes to be crowned the champion. On March 23, that champion was found; this year, Mariam Djibril is officially NAITSA's Next Top Model.

Twenty-five-year-old Djibril is a Petroleum Engineering Technology student. One of the more fascinating aspects of her Top Model journey was the way she incorporated the field gear from her studies with fashion. She modelled blue coveralls for a photo shoot but replaced the steel-toe boots with high heels and work gloves with leather gloves.

Paid off nicely

The hybrid look paid off nicely, fusing both the creative and industrial sides of her passions. She then further accentuated the look with encrusted jewellery, blue metallic makeup around her eyes and a futuristic up-do to crown her hair. In her own words, the fierce look was meant to demonstrate that "you can be a girly girl, and be an engineer."

Djibril has always loved fashion; she's always dreamed of being a model for a world-class brand and NAITSA granted her the perfect platform to explore that avenue. A learning experience as much as a creative one, the models were able to work with industry professionals who taught them about the modelling industry as well as how to own the catwalk and techniques for the most effective poses. Djibril was impressed with everyone she was able to work with – the stylists, the make-up artists, the volunteers and the experience they were able to bring to the table.

Worlds can collide

Standing five-foot-10, Djibril's interests are broad. Apart from fashion, she enjoys cooking and her studies, with a specific interest in science and mathematics. Standing strong in her personal diversity and strengths, Djibril is a model for NAIT as a whole. She's proven that worlds can collide. By taking aspects of the creative and technological, her modelling exploits have largely demonstrated what NAIT is all about. Standing powerful in her sky-high heels and blue overalls, Djibril is a force to be reckoned with. The catwalk of the world is nothing against her. Keep your eyes peeled; she'll be strutting her way to success long after her time at NAIT has come to an end. Until then, put on your best face and strike a pose. Congratulations, Mariam!

Mariam Djibril in her distinctive coverall outfit.



Photo by Ernest DeJesus



NAITSA SUMMER HOURS & CLOSURE DATES

HOURS MAY 1-AUGUST 25

MON-THURS | 8:00AM-4:30PM

FRIDAYS | 8:00AM-4:00PM

CLOSURES

FRIDAY, MAY 19
MONDAY, MAY 22
FRIDAY, JUNE 2
FRIDAY, JUNE 16

FRIDAY, JUNE 30
MONDAY, JULY 3
FRIDAY, JULY 14
MONDAY, AUGUST 7



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Poetry Corner

Afraid

I try to tell myself that someday it will all happen.

Someday I will love someone who loves me back.

Someday I will be successful in my career.

Someday I will see the world.

I'm afraid that someday will never come.

I'm afraid that tomorrow, the sun will rise, but I won't rise with it.

I'm afraid that I'll miss out on life, but life won't miss me.

And I can't help but be afraid that no one I know will, either.

With time, they will all move on.

I'll be nothing but a memory, hiding behind their eyes.

I'm afraid of being that memory.

Because as much as I would love to say that tomorrow will come,

I know better now.

It doesn't always.

That memory isn't necessary.

Some day, the earth will turn, but the sun won't wash over my skin.

Some day, I will die.

I don't know when.

I'm afraid that someday could be tomorrow.

I'm afraid that tomorrow will never come.

All I can do is choke back my fear and learn to love it like a friend.

I'm afraid it won't love me back.

I'm afraid of someday.

And someday is afraid of me.

By Alan Holmes

Blowing like wind

I'm trembling like a leaf
you rip me off my dark stem
and let me fall underneath.

Because I would lie here and be buried with you only to feed you and grow something new

You cut my hair and you changed my name and you took my heart and warmed it with your claim

I can't help but run to your home or place

Your location given to me so I race

You made my heart full of stain

lace.

My life is yours across my soul I trace

The mountains fall in my lungs

The seas at your waist

Our love is the stars pouring down across the lake.

You gave me new life from the love that you take.

Blooming flowers of flame up from the earth.

By Brandon Bernhardt

The Eyes That Watch

The bottle laughs as you consume its contents

Eyes wide, you see nothing of the sorts

Left to rot lies your body in the dark

Only to have someone else say different

Hand in hand over the road

Soothing sounds of beauty

Haven't we met before

I'm glad it's now

Changes in life
Good in the core
Only to save
Me from my mind

By Mackenzie Gates

Evolution

Poetry is a language few truly understand. It has no intention of being singularly understood, the original meaning often changing – evolving over time to express everything or nothing at all. It is not meaningless banter but truth written as plainly or as intricately as the poet feels the emotion or wants the story told. They are words you must try to feel with your skin and in your blood. Taste the ever-changing meaning hidden between the lines and remember that feeling. Remember how it changes with time.

By Erin Spiller



Photo by Dominic Manea

LONG NIGHT

Approximately 140 students took part in NAIT's third Long Night Against Procrastination at the library on April 7. Co-sponsored by the Learning and Teaching Centre and the NAIT Students' Association, the event featured food, coffee, research assistance and extended library hours for finishing those last-minute projects.

Happiness is attainable



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

What does happiness mean to you? When I ask students who come for counselling about their goals, many will say "I just want to be happy." Often, though, they don't have a clear picture of what that would look like. Whether you are finishing your courses at NAIT and moving on to the next phase of your life or returning next year, the end of term is a great time to reflect on your overall level of well-being and what you can do to improve it.

- **Define what happiness means to you.** If you want something, it is important to be clear on what it is that you want. What factors make up happiness for you and how will you know when you get there? (keeping in mind the old saying 'happiness is a journey not a destination'). Does your definition depend on someone else (I will be happy when I meet the right partner) or something out of your control (I will be happy when I win the lottery) or something unlikely (I will be happy when my parents admit they were wrong)? If so, you need to

rework your definition so that you are in control of your own level of contentment.

- **Choose to be happy.** Once you recognize that happiness is a choice and realize that you can choose to react to things positively, neutrally or negatively, you have taken a big step towards becoming happy. Give yourself permission to feel good and enjoy your life. Find things you are grateful for. Monitor negative self-talk and change your language to be kind and forgiving to yourself. Look for silver linings in negative situations.

- **Take care of yourself.** Physically and mentally by exercising; eating regular, nutritious meals and snacks; getting adequate sleep; taking time for relaxation; doing things you enjoy and having things to look forward to. By prioritizing self-care, you are automatically fostering happiness.

- **Nurture relationships.** Too busy to get together with a friend? If so, chances are you always will be. Research shows that social relationships have a very high correlation with happiness, so take the time to schedule get-togethers with people you have neglected. In contrast, research shows that beyond having your basic needs met, money and material possessions do little to enhance happiness.

- **Be kind.** Acts of kindness also correlate very highly with happiness. Not only will doing nice things for others make you feel better about yourself, you'll probably get kindness in return.

- **Take control of your environment.** Surround yourself with happy, nurturing people, things you love and an organized work space. Whenever pos-

sible, avoid people or situations that cause you to feel stressed and negative. Evaluate whether your routine and lifestyle is working for you and, if not, what needs to change.

- **Laugh.** Don't take yourself too seriously. "Laughter is a marvellous medicine with no side effects. It is the great tranquilizer of life. In all stages of laughter, the brain releases endorphins, those feel-good compounds that increase your sense of peace and serenity. Laughter even stops hyperventilation, regulates digestion and blood pressure, and boosts immunity function." (From *Be Happy: Tips to Banish Bad Moods* by T. Satiroglu).

- **Achieve.** Find things you are passionate about and engage in them. Working hard and reaching goals creates satisfaction. Procrastination might feel good momentarily but overall it creates discontent. Having long-term goals as well as realistic daily goals enhances satisfaction with life. However, make sure your whole life is not about achieving goals. Balance is important.

- **Take risks.** Trying new things, even if it is just doing something differently, makes life seem fresher. Challenge yourself to learn something new every day or to take a risk every month.

- **Don't worry.** Easier said than

done, but worry and guilt use a lot of mental energy and foster negativity. Try to stay focused on the present and use your mental energies by making the best use of your time and energy right now. Deal with concerns that are within your control and accept those that you cannot change.

- **You are OK just the way you are.** Perfectionists are usually disappointed in themselves and this leads to self-criticism which, in turn, fosters more negativity. Strive to do the best you can under the circumstances and forgive yourself when the outcome isn't perfect. (PS: Perfectionism is unattainable).

Many factors can contribute to happiness. If feeling good is a constant struggle for you or if you have other personal or academic concerns, it may be helpful to seek help from a professional. All counselling is free and confidential.

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

Souh Campus: A counsellor is available on Thursdays. Book by calling 780.378.6133 or in person in Room Z153

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

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

APPLIED RESEARCH AND INNOVATION
STUDENT SHOWCASE
May 3, 2017 | 1 - 5 pm | DOW Theatre, NAIT Main Campus

Science & Technology | Business & Entrepreneurship | Health & Life Sciences | Trades & Construction

STUDENT SHOWCASE
Learn more at nait.ca/studentshowcase

WE ARE ESSENTIAL TO INDUSTRY

Mental Health Resources

Mind your Mind - mindyourmind.ca - Mental health info, resources, and projects especially for youth and young adults

Jack.org - jack.org - A mental health advocacy organization started in memory of a young Canadian named Jack.

Mood Disorders Society of Canada - mdsc.ca - Info and resources about depression, Bipolar illness, suicide, and trauma

Anxiety Disorders Society of Canada - anxietycanada.ca - Info and resources about anxiety

Momentum Walk-in Counselling - momentumcounselling.org - Edmonton-based walk-in counselling and groups with after-hours support

The Distress Line - 780-482-HELP (4357) - After-hours phone service

NAIT Counselling Centre - 780-378-6133 - Office hours are 8 - 4:30, make an appointment or walk in

APRIL EVENT LIST

3-6 | STRESS LESS: DECORATE CUPCAKES

3 | ART AFTER DARK @ NEST

6 | FREE FOOD: EVENING STUDENTS

12 | WELLNESS WEDNESDAY

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



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