NAIT HOSTS NATIONAL WOMEN'S BASKETBALL CHAMPIONSHIPS, MARCH 15-18



G-Wing remains closed and the signs on the locked doors tell the story.







A.J. SHEWAN Issues Editor

The influence and power of money in politics is centuries old. From the grassroots level to big money lobbyists, it greases all the wheels and is the energy that propels political movements forward. There is an inherent danger in any movement with that level of financial saturation, especially when it appears that favours are owed from specific contributions. It was with cautious optimism when Alberta's Notley government announced a limit on political contributions in November, 2016, vowing to get special interests out of politics. Out-of-province donations have been outlawed in Alberta since 1977. The average Albertan will likely never donate to any political party and certainly wouldn't do so expecting to have a say when it comes to shaping policy.

Alberta now stands alone in this regard apart from its Western neighbour provinces. This past week, Saskatchewan Party leader Brad Wall surprised some when he announced he would no longer be receiving the party top-up that sees the leader of the party receive in the neighbourhood of \$40,000. The opposition NDP in Saskatchewan had been pushing for the elimination of the top-up for some time alleging the optics behind the practice were fuzzy. Questions persist pertaining to the long list of donors to the Saskatchewan Party that was published recently by the left leaning advocacy group Progress Alberta. A quick look over the Saskatchewan numbers show Wall and his party received close to \$4 million a year in donations. A large portion of that money, more than \$2 million over the last decade, has come from out of province donations, specifically Alberta.

At first glance, it would appear unusual

KCHIPVPN

to see the Saskatchewan government leader at a conference in Calgary last year speaking to Alberta industry leaders from across the oil and gas sector about the future of oil and gas developments in this province. At the meeting, Wall, while not mentioning it specifically by name, attacked Alberta's provincial energy policies. His conviction that there is never a good time to introduce a price on carbon is well known and he certainly didn't change that narrative in Calgary. When coupled with the donations his party receives from Alberta companies, the writing on the wall is clear, it was little more than a sales pitch. This was political gravy for opposition parties back home in Saskatchewan, the perception being that Wall was selling political favours for special treatment. All of this, by the way, is perfectly legal in Saskatchewan because of that province's cavalier attitude toward political contributions.

Imagine the outrage if a provincial leader from any other province lobbied industry leaders in Wall's home province suggesting policies put in place by that government were harming businesses. If those industry leaders contributed to that neighbouring province's political party, their business interests would be heard loud and clear. The backlash would be harsh and swift.

British Columbia is not immune from the issue of political donations. In January of this year, B.C. Premier Christy Clark announced she too would no longer be receiving the party top-up. Fifty thousand dollars is a drop in the bucket when compared to the millions of dollars a political campaign receives from big money donors. Things got a little more heated for Clark last week when it was announced that Elections BC would be handing over their investigation to the RCMP to review allegations of political donations that are "potentially contraventions of the Elections Act," according to Elections BC. This couldn't come at a worse time for Clark and her BC Liberals as voters are set to head to the polls on May 9. Time will tell if the electorate truly views such political donations as pay-to-play and punishes the incumbent party for it.

6-10 | PRIDE WEEK

6 | NNTM VOTING ROUND 2 BEGINS
7 | HOW TO: ROCK CLIMB
9 | HOW TO: MIXOLOGY @ NEST
11 | KIDS PARTY
13 | NNTM VOTING ROUND 3 BEGINS
13 | HOW TO: LIVE SUSTAINABLY
15 | FREE FOOD: EVENING STUDENTS

16 | BEACH KARAOKE @ NEST 20 | ART AFTER DARK 23 | NNTM FINALE LIVE @ NEST 29 | WELLNESS WEDNESDAY 29 | BLOOD DONOR CLINIC 30 | ENTERTAINMENT NIGHT @ NEST

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

O)

NEWS & FEATURES

So long, John!

By A.J. SHEWAN Issues Editor

The opportunity to represent one's peers is a special experience that only a lucky few will experience. The student leadership at NAIT work hard to ensure they are the voice for all when it comes to issues big and small on campus. Though their hard work often goes unnoticed, the dedication shown by the men and women at the NAIT Students' Association is second to none. This is exemplified by outgoing NAITSA President John Perozok, for whom parting is sweet sorrow.

"It's been a cool experience and I would fully recommend it to anyone," said Perozok in a recent interview. "I've loved my time at NAITSA, I'll say right off the bat. It's been the best job I've ever had."

Proud of open education resources

When Perozok reflects on his time as a NAITSA executive, he is proud of the work that's been done in the move toward open education resources, something he is especially passionate about.

"The ball has really gotten rolling on a couple different fronts. We've seen it talked about at NAIT's executive level more and more. We've got a chance to present on it and we've got a chance to talk to students about it," he said.

Seeing it work even in the mid-level of NAIT, within the committees and the work that they're doing, open educational resources are moving (forward) and that's very cool."

Though pushing OERs forward has been a significant undertaking, Perozok also focuses on the difference the NAITSA team has made during his time in office.

"Some of the stuff we've gotten to do off campus has been really cool, meeting some of the student leaders from around the province and the country, some of those types of things."

Yesterday we were just in Calgary for a day trip," he said. "NAIT has a couple of campuses out there, so we got a chance to go. The warm response we got from all the students and the people there, it was so cool to see some of that."

'A really cool team'

The tireless effort that has gone on behind the scenes with the NAITSA team is something Perozok makes a point to acknowledge.

"Getting the chance to see how this organization runs – it's really well managed and I'm really proud of the team I've worked with. It's been a really cool team."

Many on campus were saddened to see the absence of the eyecatching Perozok posters when the latest student executive election cycle began. The question around his decision to not run for a second term has lingered and left many asking "Why?" The explanation is simple.

"There are a couple things I want to do in the next couple years, medium term goals," explains Perozok. The one big thing, in a sense, is that I want to start my own business.

"What I love about NAITSA was the learning curve was steep. I want to find my next learning curve."



John Perozok Outgoing NAITSA president

In times of reflection, Perozok acknowledges there are things he would have done differently.

"I wish, on a leadership level, that I would have talked to the people that I had around me, our communication and engagement department or our events department, a lot sooner when it came to things like OERs."

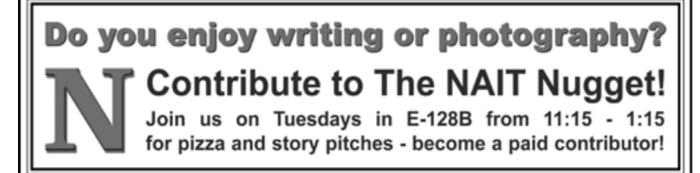
Asked if these are lessons he is passing on to his successor, Perozok laughs .

"I've already been working with Doris (Car, the presidentelect). She's a very good swimmer! She's learned how to take on a job right in the middle of everything. It's been awesome to see."

For NAITSA and the NAIT student body, the leadership change may be fresh in our minds but, rest assured, a whole new team has hit the ground running.

On behalf of the student body at NAIT, we wish Perozok all the best in his future endeavours.

There is little doubt that we will see that unmistakable smiling red beard again in the future.





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



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: <u>studenteditor@nait.ca.</u>

We need to list your real name.

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

NEWS & FEATURES

Fire's cause still a mystery

By DANIELLE S. FUECHTMANN Editor-In-Chief

The Feb. 10 fire in G-Wing, which is still under investigation by police, caused an estimated \$6.3 million in damage.

According to a city fire department spokesperson, the bulk of the destruction, \$5 million, was on contents in the area. An additional \$1.3 million was assessed as property damage.

The wing remains closed to students and staff.

A spokesperson for the city police was unable to release any specifics about the investigation or how close it was to completion, only that it was ongoing.

"We wouldn't want to speculate either," the spokesperson said yesterday (March 15).

"When we have the information back that we need and we've completed the investigation, we will release the report."

The cause of the fire and whether it was criminal in nature are still being assessed.

"Until we get to the bottom of determining what caused the fire and determining if there are suspects ... once we've officially confirmed it as arson, for example, if it was arson, the investigation will be ongoing until something presents itself and then we'll share that information accordingly," the spokesperson said when asked about investigation procedures.

The relocation of G-Wing classes has affected 32 courses and approximately 250 students who have regular labs in the building. An additional 375 have occasional labs.

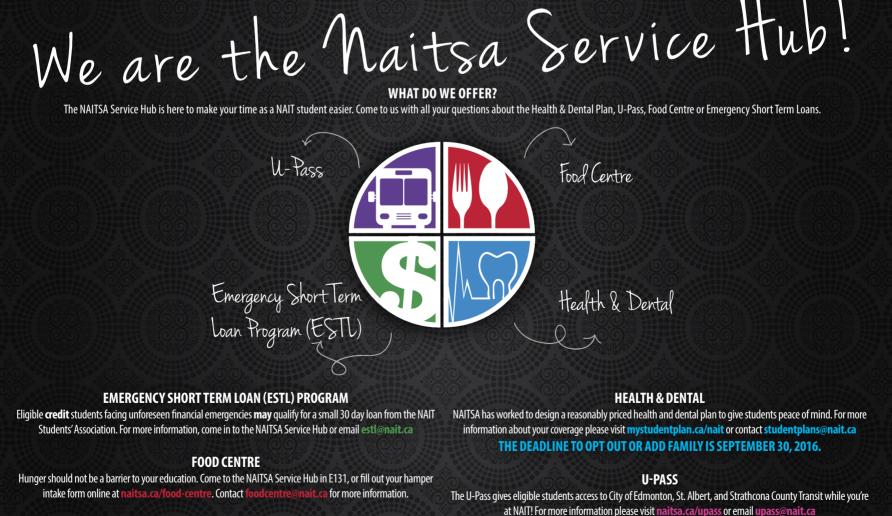
While students are feeling the disruption, classes should finish at the end of April, NAIT spokesperson



Frank Landry said yesterday (March 15).

"Based on current timelines provided by the restoration services, it is likely that some classes will be extended until the end of April. Faculty and students are to be commended for their adaptability, understanding and patience." reopened after a temporary closure due to air quality concerns. The closure was in response to concerns raised by three staff members working at shop AT NAIT on the Monday following the fire. Final results of the air quality tests were received on March 2 and showed that the air quality was within acceptable ranges.

Shop AT NAIT and Tim Hortons have both



e U-Pass gives eligible students access to City of Edmonton, St. Albert, and Strathcona County Transit while you' at NAIT! For more information please visit **naitsa.ca/upass** or email **upass@nait.ca U-PASS IS AVAILABLE IN THE SOUTH LOBBY KIOSK AUGUST 22-SEPTEMBER 16 MON-THUR 8:30AM-6:00PM | FRI 8:30AM-4:00PM**

OPINION

— Editorial —

Not just fancy frocks



DANIELLE S. FUECHTMANN Editor-In-Chief @ellie_sara

One of this season's biggest trends? Political awareness and active citizenship.

Over the last few months, fashion magazines have been making headlines instead of just writing them, thanks to critical and in-depth coverage of politics, most notably from *Teen Vogue*. Apparently, it's still shocking that women and teen girls could be interested in a publication that includes both fashion/beauty must-haves and thoughtful pieces about politics.

No holds barred

The article garnering much recent attention is a piece by Lauren Duca, published on *Teen Vogue* in December. Her op-ed, "Donald Trump is Gaslighting America," is a no-holds-barred critique of Donald Trump and how he is destabilizing truth and civil rights. It's scathing. It's thoughtful. And it appears along with articles like "15 Times Simone Biles' Beauty Game Was Worth All the Gold Medals" and "This Is What Your Favourite Celebs Wear on Snow Days."

The prominence of news and politics articles on Teen Vogue proves how eager young women are for thoughtful coverage of current events.

Two main reasons

Mark Joseph Stern wrote a piece for *Slate* celebrating *Teen Vogue*'s success at political coverage and posited two main reasons why the magazine has been able to produce consistently high-quality and progressive coverage: "First, the magazine clearly goes out of its way to hire women, writers of colour and sexual minorities – groups that, sadly, remain underrepresented at most outlets. This inclusion of diverse voices pushes the magazine in bold editorial directions. Writers are clearly encouraged to pursue their passions, which include pressing, topical issues ...

"Second ... [under] Welteroth and Picardi's direction, *Teen Vogue* has become a clearinghouse for liberal news and ideas with a proud activist streak. The magazine does not feign objectivity, soft-pedal politicians' bigotry or attempt to present "both sides" of an issue in which there is no legitimate debate."

Rather than pursue the development of straightforward and balanced reporting, Stern says, *Teen Vogue* has built a reputation for taking a fierce editorial stance. While they do produce softer content typically associated with teen mags, "the magazine also treats teenagers like rounded human beings with agency and intellects. The result is a teen glossy with seriously good political coverage and legal analysis, an outlet for teenagers who – shockingly! – are able to think about fashion and current events simultaneously."

However, the coverage in these traditional glossies – and its positive response – isn't unprecedented. Women's magazines have regularly dished up political and social discourse alongside fabulous frocks and lipstick recommendations.

Women's news has often taken a backseat and lacked the appreciation they often deserve; magazines catering to men – such as *Esquire*, GQ and even the notorious *Playboy* – have always included a roster of serious topics but women's glossies were expected to gloss over important subjects.

Sady Doyle, in an article for *Quartz*, quips that "just as it has long been widely understood that *Playboy* readers could be interested in both modern short fiction and looking at women's breasts, in the 2010s, only the most dour or dismissive of bros could conclude that serious political engagement is incompatible with an interest in rainbow highlighters. Everyone loves rainbow highlighters. They make you look like a beautiful pixie who fronts a glamrock band. Also, white nationalism is a cancer on our democracy. Women are capable of holding both of these truths in their minds and prioritizing them accordingly."

Teen Vogue isn't the only fashion publication offering thoughtful political coverage. Fashion and lifestyle magazines including *Glamour*, *Cosmopolitan*, *Vogue*, *Vanity Fair*, *Marie Claire* and many others have a legacy of including political reporting and governmental affairs.

Sure, it may seem like a frivolous place to get your news but one of the things fashion reporting arguably does best is disseminate and interpret information about trends, which applies perfectly to this kind of coverage. With too few outlets covering issues like women's health and social issues, these stories are essential and in demand.

An added benefit is it also offers a gateway to readers who might not be gathering this information from other sources. In the case of magazines like *Teen Vogue*, which target a teen/youth readership, this coverage might spur on an increased interest in these topics and encourage young women to seek out additional sources.

Marcie Bianco, the managing editor at Stanford University's Clayman Institute for Gender Research, told *Mercury News* that "feminist activists have always turned to

The Atlantic

media – first print and, now, digital – to cultivate their voices, share their opinions and foster feminist dialogue and community."

Rather than inventing a new approach, fashion and lifestyle magazines are returning to their roots; from articles encouraging women to take more independent roles in suffragette publications in the 1860s to Helen Gurley Brown encouraging *Cosmopolitan*'s single, career-focused readers to own their sexuality a hundred years later, women's magazines have always had periods of thoughtful political commentary.

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SPORTS A giant leap for Oiler kind



MICHAEL MENZIES Sports Editor

There is a funny dichotomy among Oiler fans right now. It's grown from a mindset after months of competent hockey against proven NHL foes

To some, the playoff drought is over, Roger's Place is the loudest arena on earth and hockey matters in March. To others, complaints about ticket prices and their slight fall in the standings are top of mind. The divide amongst fans is interesting after 10 seasons of no playoff hockey (the longest in NHL history), which causes me to ask; how much can you criticize this team and management?

After Sunday's let-down performance against the Habs, the same Habs who got slapped around the ice by the smoking Calgary Flames, a slight tremor of panic started to rear its head. The conversations were beginning. The doubt showing. The tweets, restless. The Oilers as of this moment are a wild-card team. Yet sometimes in these situations, sitting back and looking at the big picture is best practice.

If you told fans in October this team would have a seven-point playoff cushion two weeks into March, you would be ecstatic. Frankly, many fans would have been thrilled to sit seven points out of a playoff spot. I did predict the Oilers would make the playoffs thinking this season could be a big jump for the team, plus a healthy season for Connor McDavid and Cam Talbot's progress the idea was possible. I didn't truly believe it, though.

Things have changed since then and the Oilers are being criticized while sitting in a playoff spot. No big move at the deadline, and backlash for Chiarelli not fixing the backup goaltender situation heading into spring. Some, if not most, of the criticism is justified. The point is to remember what the playoffs mean to this city. In an Oiler context, it isn't all bad

Take a trip down memory lane with me and a list of names Oiler fans shake their heads at for various reasons. In no particular order ... Chris Pronger, Mike Comrie, Michael Peca, Lubomir Visnovsky, Denis Grebeshkov, Robbie Schremp, Devan Dubnyk, Sheldon Souray, Ray Whitney, Jeff Petry, Andrew Cogliano, Dave Gagner, Taylor Hall, Nikita Nikitin, Anton Belov, Justin Schultz, Dustin Penner, Nail Yakupov. The list is embarrassingly long, full of disgruntled veterans who wanted out



Peter Chiarelli

of a dysfunctional organization or young players the Oilers mismanaged, rushed or shipped out too soon. Finally, the Oilers are digging themselves out of those holes.

I'm not saying give the Oilers a free pass. But after picking first in the draft four-of-six times and names like Craig MacTavish and Kevin Lowe still rattling around in the brain, it's fun that the Oilers could play the most exciting hockey game of the year against the Stanley Cup champions last Friday and give them everything they could handle. It creates great expectations for the franchise. They've improved a lot in a short period of time but don't get too invested in this team for that reason. As fun as it is, remember where they started. This team likely won't win the cup. But getting to the playoffs is one giant leap for a franchise that's been living on past glory.

Bottom line, the Oilers are in a good place. Regardless of how these last 13 games go, GM Chiarelli is learning more about his roster now than he ever has. The expansion draft looms large for GMs, including Chiarelli. Who the Oilers decide to protect and who they part with could be determined by March and April performances. Meanwhile, every game matters. Criticize with this information in mind. There are still problems but the Edmonton Oilers have come a long way in a short time.

one, not just for young

people. Yoga is accessible to children, senior

citizens, and those that

ways to find the yoga

routine that best fits

you. There are classes

you can attend, numer-

ous yoga apps, DVDs

and books you can buy

or find online Not to

mention all the tutor-

ials on YouTube you

can follow along with.

There are many

are disabled.

FITNESS

Yoga beats coffee any day respiratory health. Even

By CLARRISSA TOONE

If you are trying to cut down your caffeine intake, whether it's a conscious health choice or because you have to, one alternative worth trying is practicing yoga each morning after you wake up. Yoga, as you may have heard, has a multitude of positive benefits and isn't just an alternative way to energize yourself like a cup of coffee is in the morning

You may be wondering why yoga is as an alternative to caffeine. This is because yoga gets your body and mind moving. I don't know about vou but when I wake up I shuffle around until my coffee is ready as if my brain was slowly turning online. Yoga forces your mind to wake up and your body to follow suit. It's is a natural way of waking your body, which adds the benefit of not crashing like the caffeinated drink brings with it. Yoga can increase you own vitality making you feel younger or at the very least less old.

Yoga stretches your muscles helping to prevent strains and wearing on your body which lowers the risk of injuries. Yoga also helps with re-aligning your body, which could mean fewer chiropractor visits and far less strain on your joints. Yoga is great for your cardio and circulatory health as well for your

if you're trying to lose weight yoga could help you. It also has benefits for your nervous system. It all round improves your physical health, which is something you can't necessarily say for a caffeinated drink.

Furthermore, yoga is good for the mind. It helps you find a deep state of relaxation which helps you manage stress and even find clarity.

It will increase your body awareness and that will hone your motor skills. Studies have reported yoga improves healthy against symptoms of depression, ADHD and sleep disorders. It also generally helps you sharpen your attention and concentration. Some even use it as a way to strengthen their religious and spiritual beliefs. Yoga is a versatile tool for everyone. Yes every-



With the Internet at your fingertips, you have a lot to choose from. What you decide comes down to personal choice and what fits your lifestyle. Whether you are an introvert and find staying home preferable or want a class environment, yoga provides that start to your day with more benefits than the average cup of coffee.

SPORTS

MEN'S HOCKEY CHAMPIONSHIP

It's NAIT versus MacEwan

By CLAIRE STANHOPE

After a tough start to the semifinals this past weekend, NAIT emerged victorious over the Augustana Vikings and will continue on to the ACAC finals.

The Ooks lost their first game on Friday at home 3-2 in overtime and went to Camrose with a lot of weight on their shoulders. They won 4-1 in Camrose on Saturday to take them back home for a deciding game Sunday. Game 3 showed another dominating win of 3-1 and a ticket to the finals for the Ooks.

Friday's game was a close contest and both teams fought hard to get the first win in the series. Both goaltenders were awarded player of the game, Brendan Jensen for NAIT and Curtis Skip for Augustana and it was clear why when looking at the shot clocks. Jensen saved 51 of 54 shots, giving him an 0.944 save percentage and Skip also stopped 47 in a winning effort.

Sunday's game at NAIT saw fans pouring in visibly tense. These teams had played close, tough matches so far in this series and the deciding game always puts everyone on edge. Ook defenceman Tyler Kunz relieved some stress early by scoring 29 seconds into the first period. The rest of the first went by silently, so winger Tanner Dunkle decided to play a game of copycat and scored 29 seconds into the second period. Forward Nelson Gadoury scored six minutes later and the NAIT fans could breathe much easier with a three-goal cushion. Augustana's goalie Skip was swapped out after NAIT's third goal for the backup Harry Fredeman, who acquitted himself well. There were two shots that, by all accounts, should have been goals were it not for Fredeman's insane reflexes

Augustana played an angry game, frus-

trated over the 4-1 loss Saturday at home and the goals on the board for NAIT. NAIT spent 12 minutes in the penalty box compared to Augustana's 20. The stats don't lie: it was a rough game. Trace Elson took a nasty hit in the second and it looked like he might be out for the rest of the game but came back a few shifts later ready to deal some hard hits. Augustana wouldn't give Jensen the shutout he deserved and scored 12 minutes into the third but the game was over. NAIT cheered victoriously as the buzzer sounded and the Ooks got their ticket to the finals.

"We played an extremely difficult opponent in Augustana," head coach Tim Fragle told *The Nugget* on Monday. "They tested us in all areas. We felt we got better as the series went along. In Game 1, we were really inconsistent and lacked execution but in games 2 and 3 we closed that gap, which lead to the series victory." NAIT moves on to the finals to face MacEwan University, which swept SAIT 3-2 in OT on Thursday and 5-3 on Friday in their semifinal matchup.

"MacEwan is an excellent team that has good team speed and skill," said Fragle when asked about the matchup. "They also have played a very structured defensive game and have strong goaltending. It will be an exciting series, with two strong teams going head to head."

As the top seed through the regular season, NAIT will host the first game on Friday, March 17 at 7 p.m. The second game will be held at the Downtown Community Arena right beside Rogers Place on Saturday at 6 p.m. The final game, if necessary, will be held on Sunday at 6:30 p.m. at the NAIT arena. For only \$5 with your NAIT ID you can come watch some amazing playoff hockey and cheer on your Ooks.



Ooks forward Jason Wark gets around an Augustana player during action last week at NAIT arena. The Ooks won the best-of-three series 2-1.



ACAC Standings

MEN'S HOCKEY

TeamGPWL RW OTLT GF GA L10 STKPtsx-NAIT282262120138 708-2L 146x-MacEwan282171710123 698-2W 643x-SAIT281991730105 755-5L 241x-Augustana2818101510100 707-3W 237x-Red Deer281314133182835-5W 330x-Concordia28820710821184-6L 517Briercrest28521222731443-6-1W14Portage28423411751490-9-1L810NOTE: Top six teams qualify for playoffs.

x - clinched playoff spot Playoffs Semifinals

March 10 Augustana 3, NAIT 2 (OT) (Augustana leads best-of-three 1-0)

March 11 NAIT 4, Augustana 1 (Series tied at 1-1) March 12 NAIT 3, Augustana 1 (NAIT wins best-of-three 2-1)

March 9 MacEwan 3, SAIT 2 (OT) (MacEwan leads best-of-three 1-0) March 10 MacEwan 5, SAIT 3 (MacEwan wins best-of-three 2-0)

macewan wins best-of-three

Best of three championship final **NAIT vs. MacEwan**

WOMEN'S HOCKEY

TeamGPW L RW OTLT GF GA L10 STK Ptsx-NAIT2415 9143075545-5W 133x-MacEwan24 16 8150057378-2W 432x-Red Deer 24 1410143061475-5L 231

x-SAIT 241113 7 0 0 57 60 7-3 L 1 22 Olds 24 4 20 3 1 0 39 91 0-10L 11 9 NOTE: Top four teams qualify for playoffs. x - clinched playoff spot x - clinched playoff spot

Playoffs Best of five championship final MARCH 4 MacEwan 4, SAIT 0 MARCH 5 MacEwan 2, SAIT 1 MARCH 10 SAIT 3, MacEwan 1 MARCH 11 MacEwan 3, SAIT 2 (OT) (MacEwan wins best of five series 3-1)

MEN'S BASKETBALL North Division

GP W L Pts PF PA L10 STRK Team x-Concordia 24 20 4 40 1919 1684 8-2 Lost 1 x-NAIT 24 17 7 34 1895 1793 5-5 Lost 2 x-Lakeland 24 15 9 30 1747 1651 5-4 Lost 1 x-Augustana 24 1311 26 1847 1908 6-4 Won 2 24 8 16 16 1781 1846 4-6 Won 1 Kevano Gr. Prairie 24 7 17 14 1890 1917 3-7 Won 1 King's 24 4 20 8 1697 1977 2-8 Lost 1 South Division GP W L Pts PF PA L10 STRK Team h-Med. Hat 21 18 3 36 1682 1380 10-0Won 10 x-SAIT 21 15 6 30 1820 1738 7-3 Lost 1 x-Lethbridge 21 15 6 30 1722 1479 7-3 Won 3 x-Red Deer 21 15 6 30 1897 1693 7-3 Won 6 21 7 14 14 1728 1758 4-6 Lost 4 Ambrose Briercrest 21 7 14 14 1523 1694 2-8 Lost 2 21 4 17 8 1554 1812 1-9 Won 1 Olds St. Mary's 21 3 18 6 1565 1937 1-9 Lost 1 NOTE: Top four teams in each division make playoffs x - clinched playoff spot; h - championship host

Playoffs

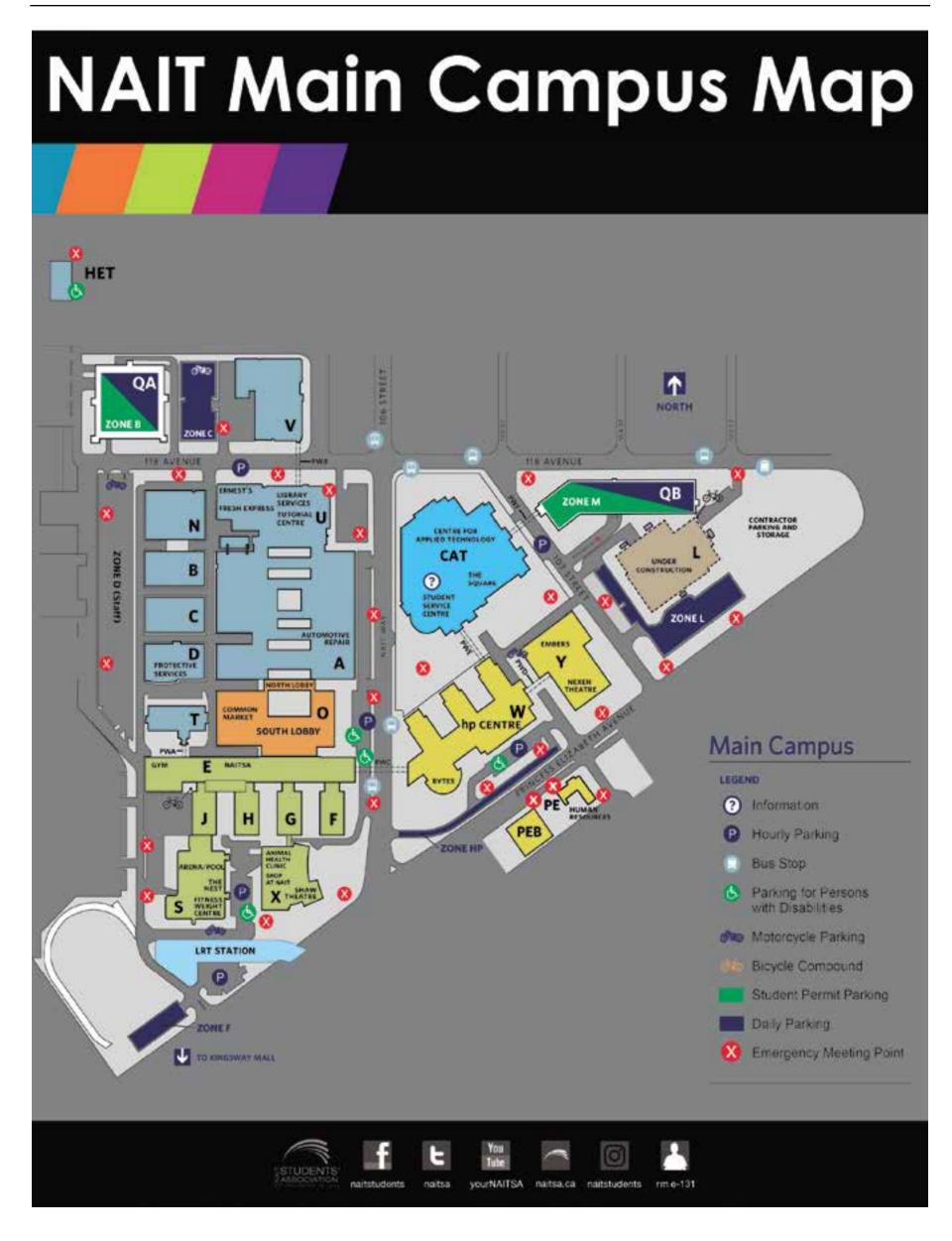
March 4 (5th-6th-place game) NAIT 79, Lakeland 74 (OT) (Bronze medal game) Medicine Hat 96, Red Deer 82 (Gold medal game) SAIT 85, Lethbridge 65

WOMEN'S BASKETBALL

North Division								
Team	GP	W	L	Pts	PF	PA	L10	STRK
x-NAIT	24	23	1	46	1755	1251	10-0	W 18
x-Concordia	24	18	6	36	1604	1339	8-2	W 4
x- Keyano	24	15	9	30	1565	1422	7-3	W 4
x-Lakeland	24	12	12	24	1461	1414	4-6	W 1
Augustana	24	10	14	20	1448	1496	3-7	L 4
King's	24	5	19	10	1203	1517	2-8	L 8
Gr. Prairie	24	1	23	2	1092	1689	1-9	L 3
South Division								
Team	GP	W	L	Pts	PF	PA	L10	STRK
h-Lethbridge	21	21	0	42	1781	1096	10-0	W 21
x-St Mary's	21	16	5	32	1696	1269	8-2	L 2
x-SAIT	21	14	7	28	1299	1227	7-3	W 2
x-Med Hat	21	11	10	22	1414	1423	5-5	W 3
Red deer	21	10	11	20	1402	1417	6-4	W 3
Olds	21	5	16	10	1289	1525	2-8	L 3
Briercrest	21	4	17	8	1201	1673	2-8	L 2
Ambrose	21	3	18	6	1196	1648	1-9	L 8
NOTE: Top four teams in each division make playoffs								
x – clinched playoff spot h - championship host								
Playoffs								
March 4								
(5th-6th-place game)								
NAIT 70, Concordia 61)								

(5th-6th-place game) NAIT 70, Concordia 61) (Bronze medal game) SAIT 57, Medicine Hat 39 (Gold medal game) Lethbridge 85, St. Mary's 54





ENTERTAINMENTDisconnect – to connect



By BRENDAN CHALIFOUR Entertainment Editor

Last week, I wrote an article about the positive and negative effects that daily technology may be having on us. I decided to follow it up with an article about how to better manage our technology use, as well as ensuring that it works for us rather than against us.

The telephone, which once hung humbly on a receiver in the home, has now been transformed into a constant attention grabber. As telephones went mobile, they decreased in size and weight and increased in speed and power. The mobile telephone that we are accustomed to today, does make phone calls in addition to the hundred other functions it can carry out with just the tap of a finger. Ask anyone with a smartphone or, perhaps yourself, and you'd realize that making actual phone calls is pretty low on the list of what we use our phones for most. Beneath SnapChat, Instagram, Facebook, and Twitter ... you'll find a camera, Internet browser, music player, weather app and then, finally, the text messages and, oh yeah, the actual phone app.

We use our phones for just about everything and for good reason. Able to replace a desktop scanner, a library of encyclopedias and an entire postal service, the smartphone has become our one-stop-tool in everyday life.

But they never turn off.

Levi Felix, who advocated connecting by disconnecting from technology, once said: "I love that technology connects us and is taking our civilization to the next level but we have to learn how to use it and not have it use us."

With alerts and updates regularly being popping up on our lock screens, it can be

hard to put away or power off our devices. We rely on them to keep us up-to-date on the latest and greatest information. They are our eyes and ears to the world as we know it.

While new technology allows us to connect to people around the world, to share knowledge, ideas and stories, I also believe that we need to bring some balance back into our lives.

Even though we can be always upto-date and connected, should we? Some time ago, I turned my phone off because I

needed to focus on getting an assignment done. But when I was done, I decided not to turn my phone back on. I continued throughout my day without all of the seemingly little distractions. No social media, no email, no texting and no calls. I felt unreachable and not distracted. I was able to get a lot done and have since incorporated this into my weekly routine. Now, I regularly power down my phone before doing anything that requires focus or flow. I do this before I go to bed, read ,work or do something as simple as enjoying breakfast.

I'd encourage you to try it, too, whether it's just for a couple of hours or perhaps a whole day. After living a life of constant connection, you may find that disconnecting from the virtual world opens new opportunities to connect in the physical world.



Living water - blogger

St. Patrick's a day for all

By CLARRISSA TOONE

Where it came from and why we celebrate it.

Remember when you were a kid and when St. Patrick's day rolled around you made sure to wear green so you didn't get pinched. If you are legal, St. Patrick's day is a day to drink green beer and celebrate. Do you ever wonder about the history behind St. Patrick's Day or why so many celebrate it? It is said that St. Patrick's Day is celebrated more than any other national festival.

St. Patrick's Day is a cultural and religious feast for Saint Patrick on March 17. Saint Patrick was a beloved saint of Ireland, though little is known about his life. He was a major religious figure who brought Christianity to Ireland. He supposedly tried to incorporate the Irish culture with Christianity, hence the creation of the Celtic cross, which led to many converting from Paganism to Christianity. Many were resistant to the idea at the time and maybe that is where all the association with luck comes from.

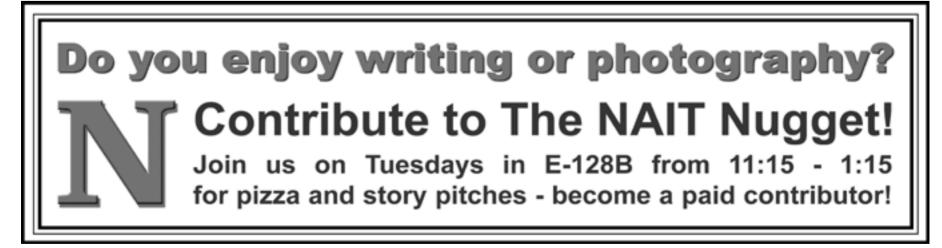
St. Patrick's Day was a far smaller deal in the past than it is today but as time progressed, the day became a way for Irish away from home to celebrate their homeland. It was Irish immigrants coming to the United States and Canada during the 1920s who were fleeing the Great Potato Famine that brought St. Patrick's Day with them. It grew to become a big celebration, mostly due to the Irish being victims of prejudice in America. It continues today as a way for those of Irish roots to show off their pride.

St. Patrick's Day is usually a day of green parades, green beer and generally a night of indulgence. However, some treat St. Patrick's Day as a religious occasion and attend church service or mass. It is also a day for those that have taken up a vow of abstinence for Lent to indulge or

take a leave from abstaining.

St. Patrick's Day is a prominent day of celebration in Canada. Newfoundland and Labrador, along with the Caribbean island of Montserrat and Ireland, have declared it a public holiday.

If you are hockey buff, you may know that the Toronto Maple Leafs were known as the Toronto St. Patrick's from 1919-1927. Montreal holds the longest running and largest St. Patrick's Day Parade in North America. There are even some groups trying to get Canada to declare St. Patrick's Day a public holiday.



FOR YOUR LISTENING PLEASURE ... \$3.99 mixtape ...



By CLARRISSA TOONE

Saint Patrick's Day is tomorrow and this playlist will get you in the mood for a good old celebration. There is swearing in some of them, but they are drinking songs. You have been warned.



- Drunken Lullabies
 Flogging Molly
- I'm Shipping Up To Boston
 Dropkick Murphys
- An Irish Pub Song The Rumjacks
- Whiskey in the Jar
 The Dubliners
- Irish Celebration
- Macklemore and Ryan Lewis
 Black Velvet Band
- The Dubliners
- If I Ever Leave This World Alive – Flogging Molly
- Drunken Sailor Irish Rovers
- Bonus for the night after:
- Whiskey, You're The Devil
- The Clancy Brothers and Tommy Makem















Reaching for the top

By BRENDAN CHALIFOUR Entertainment Editor

With just weeks until NAITSA's Next Top Model (NNTM) is selected, the finalists are feeling excitement and suspense. The event, now in its seventh season, brings together students from a wide range of NAIT programs, all with aspirations of becoming the next top model.

Now in the voting phase, contestants are being eliminated in order to determine the 10 finalists.

One hopeful, Kristina Nisi, a second-year Petroleum Engineering student, worked on NAITSA's Campus Activity Board last year and heard about the event from other CAB members. The event was described as an adventure and she wanted to be a part of it. She got to experience the workshop, as well as help models with accessorizing, styling, and posing for their photo shoot.

This year, Nisi decided that she would get involved herself and experience the event from the contestant side of things.

Second-year Electrical Engineering student, Mandeep Kotia, on the other hand, had never worn makeup before

the first Top Model photo shoot. While originally more interested in style rather than modelling, it was her friend who floated the idea that she should apply and compete. Her friend also took photos of Kotia, which were sent along, with her application and soon, she officially entered the contest. Kotia says that she is now more interested in modelling and that her friends have noticed some of the effects this contest has had on her so far, including her coming to school with her nails done.

Both stated that they have enlisted the help of family and friends to help boost their rank in the online polls on NAITSA's website. And social media, namely Facebook and Instagram, is playing a huge role in spreading the word online. The voting rules are simple. Anyone can cast a vote for a single contestant, per day.

ANNUAL NAITSA'S NEXT

Kotia added that this entire experience has given her a sort of celebrity feeling and who wouldn't feel the same? All 14 contestants were treated with a limousine that took them to their photo shoot. In addition, each contestant was paired with their own hair and makeup stylist.

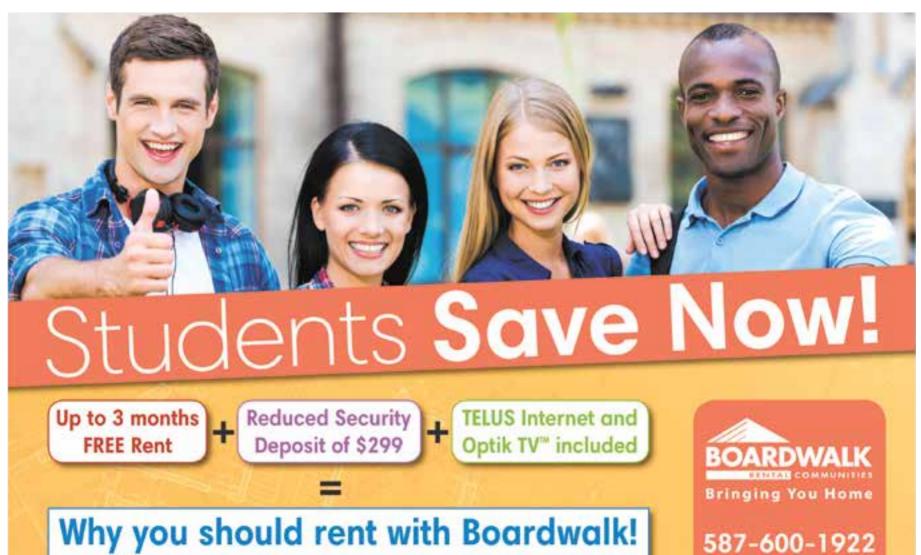
For Kotia, this experience has allowed her to explore her confidence. At first, she was reluctant to share the photos of herself with her family and friends. She didn't believe that she could pass as a model, especially because she is slightly shorter than the models who grace the runways of Milan. However, she has only received positive feedback about her stylish new look.

Nisi spoke about the opportunities she has had to meet people from other programs and to network.

As the final weeks of voting wrap up, the finalists will come together one last time for the biggest elimination yet. At the finale, NAITSA's Next Top Model will be announced after a series of activities including a catwalk and Q&A with a panel of judges.

Students are invited to join their fellow students at the finale on Thursday, March 23 at the Nest.

www.bwalk.com



Offer only valid at select Communities on a 12 month lease. Some conditions apply.

The Nugget 13





JENNY MacQUARRIE

"What's the best thing you've eaten in the past week?"

"Fish 'n' chips from Brits"

"A flame burger from Dairy Queen."

Maria Photography



"Homemade butternut squash soup."

Matt Biological Sciences



"I tried pho for the first time this week."

Kallie Dental Assistant



"A turkey pesto panini from Starbucks."

Rachel Business Admin.

ON THE SCREEN

Jo

B-Tech

Sing Street a sweet treat

By KAT NYKOLAYCHUK

I'm sure there is a sea of folk who love all those great '80s movies, nostalgia being a key word in youth culture these days. Did all good things happen before Y2K? Maybe not. A lot has changed – the Internet, iPhones and a gigantic list of social media add to this hurricane of an Information Age, which is why it's a breath of fresh air to watch films set in what seems to be a simpler time.

So keeping that in mind, this week we're looking at a movie called *Sing Street*. The comedy-drama premiered at the 2016 Sundance Film Festival and was nominated for a Golden Globe. Currently you can catch it on Netflix, complete with that trusty five-star rating.

Set in 1985 in Dublin, Ireland, this coming-of-age film follows the story of a 15-year-old named Conor (Ferdia Walsh-Peelo) and how he balances dealing with his parents' rocky marriage and moving to a new school where he's not exactly treated with the utmost respect. In order to catch the eye of the mysterious girl who lives across the street from his school – Synge Street – Conor starts a band called Sing Street, with the help of other students at his school and influenced by his burnout rock music aficionado older brother (Jack Reynor).

Walsh-Peelo is a believable angsty teenager and brings a genuine sweetness and innocence to the character. Jack Reynor is extremely charming and is a very lovable character, always wanting everything to be genuine and from the heart and is sadly underestimated in the eyes of others. Another charming character is Raphina (Lucy Boynton), who serves as a muse and, despite her troubles, keeps an optimistic view on life. Many of the actors make their



debut film roles in the movie and they are all incredibly charming together.

The fact that it's set in Ireland makes the whole story more endearing, as the characters talk about the recession there at the time and how the Irish people have hopes of moving to England for better opportunities. It's beautiful to watch as well – Ireland's richness and warmth shows in the beautiful parks, scenery and buildings throughout the movie and the viewers really experience the character of Dublin.

catchy original songs specifically composed for the band. Sing Street is a feel-good movie and is innocent and optimistic. Everyone can relate to shy-guy Conor and the film brings out that wannabe rock star in everyone. Coming-of-age movies set in that '80s can be great reminders to put yourself out there and take those risks.

You'll never know otherwise.

The soundtrack to the movie is brilliant, paying homage to great '80s musicians like The Cure, Duran Duran and Hall & Oates, to name a few. It also features clever and

Dealing with date rape



TIMELY TIPS MARGARET MAREAN NAIT Student Counselling

Date rape is defined as being forced or pressured into having sex against your will and without your consent by a person who is known to you. It includes new acquaintances or ongoing relationships and can occur in heterosexual or same-sex relationships.

• The best defence against date rape is to become informed and to minimize situations that put you at risk. In new dating situations go to public places or with other people you know.

• Don't keep your head in the sand. Recognize that date rape could happen to you. Between 10 to 25 per cent of college women report being raped by men they knew. Although less common, men can also be raped.

• Know that it is your right to set limits and to defend them, and to tell your partner when you do and don't want to have sex.

• Firmly discourage any unwanted contact, even if it is casual.

• Be assertive in setting relationship boundaries. Think about your limits in advance and communicate limits and expectations clearly (e.g. how much touch is okay). If you are clear in your own mind about your limits it is easier to communicate them.

• While it is a misinterpretation, passivity may be interpreted as permission, so say 'No' in a tone that relays that you mean it. Don't hint or expect anyone to read your mind. • Be wary of acquaintances who are excessively jealous or possessive, get hostile when you say no, ignore your wishes or opinions, act in an intimidating way, or attempt to make you feel guilty if you say no to sex.

• If you are uncertain about the person you are with avoid alcohol or drugs.

• Carry a cell phone and some cash so that you can contact someone or take a cab if you need to get out of an uncomfortable situation.

• If you do get into a situation where you feel uncomfortable or are forced:

• Try to stay calm. Think about your options and how safe it would be to resist.

Stay NO strongly.If you have a safe option to resist act

• If you have a safe option to resist ac quickly.

• Try to get away. Use self defense tactics. You may be able to hit, bite or kick to gain a chance of escape. However realize that fighting back might cause the offender to become violent so appraise the situation.

• Yell for help.

• Buy time with talk. Try to convince or persuade the offender. Flatter him. When he thinks he no longer needs to use force, he may ease up his guard and give you a chance to break away.

• Be as non-seductive as possible. Tell him you have a sexually transmitted disease, your period, or that you are pregnant. Do physical things to turn him off (e.g. urinate on the floor, pick your nose, pass gas, belch or vomit).

• Remember that giving in is not consent. It may be the only survival strategy.

If you are raped get medical attention as soon as possible. Do not shower or bathe until you have been examined at an emergency department. The Sexual Assault Response Team offers 24-hour service and support through hospital emergency departments. You may also want to talk to a friend or family member who will be supportive and/or inform the police of the attack. Remember rape is not your fault; it is an act of violence.

If you experience any type of sexual violence, including sexual harassment, it should be reported. If this occurs at NAIT or involves other NAIT students consider reporting the incident to Protective Service or NAIT Student Counselling. You will never be forced to move forward with a charge.

Men have the responsibility to prevent date rape, too:

1. Listen carefully to what the woman is saying. If you feel like you are getting a mixed message, clarify what she wants.

2. Be sensitive to women who are unsure whether they want to have sex. If you pressure a woman into sex, this is classified as force and is therefore a sexual violence offence.

3. Do not let your desires control your actions. Think about whether you really want to have sex with someone who doesn't want to have sex with you.

4. Remember that date rape is a crime and that it is never acceptable to use force in sexual situations.

5. Don't make assumptions about a woman's behaviour. Because a woman

drinks or dresses sexily, it does not mean that she is inviting you to have sex.

6. The fact that you were intoxicated is not a legal defence for rape. You are responsible for your actions, whether drunk or sober.

7. Just because a woman has had sex with you previously does not mean you have the right to have sex in the future. Date rape is a crime even if there has been past sexual involvement.

8. Don't assume that a woman who consents to kissing or other sexual intimacies is willing to have sexual intercourse.

9. If you have sex with a woman who is drugged, intoxicated, incapable of saying no, or unaware of what is happening, you are guilty of sexual violence and may be charged.

10. Get involved if you believe someone is at risk. Don't be afraid to intervene - you may save a woman from assault and a man from criminal prosecution.

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

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

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

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

Are you feeling pressured and stressed?



Mindfulness & Meditation for NAIT Students is a free short course that offers skills to decrease your stress and help you find more satisfaction in your daily life. Hosted by NAIT Counselling Centre.



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 - momentum counselling.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





MADAME O

March 16-22

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

Pisces (Feb. 19-March 20)

Things are not what they appear to be at the moment so now may be a good time to reflect rather than take action. When the planets sort themselves out in a week or so, you will have more information and will be able to make your move.

Aries (March 21-April 19)

Confusion is also ruling this sign. There may look to be only a path forward and back. Guess what – there are more options now than you might think. Take a look around for that out of the box solution that could set you straight for success.

Taurus (April 20-May 20)

The truth will come out, so best not to try to hide it. Any lies, half truths or stories will just draw attention to what is at the centre of all the fuss, a mistake, As the poster says, adulting is not that hard and it makes it much easier to sleep at night.

Gemini (May 21-June 21)

Short and sweet gets the message across this week as leadership is on the agenda and communication is key. Help make sure to keep instructions simple and straightforward and the job will get done quickly.

Cancer (June 22-July 22)

While it is true that if it's not broken don't fix it, there can be signs that some alignment is needed and the same is true for relationships. Best to ask what is going on than leave it until matters escalate.

Leo (July 23-Aug. 22)

Are you really not good enough? Or do you simply not fear the spotlight. No matter, it is time to step up and take action, the world needs you whether you feel ready or not.

Virgo (Aug. 23-Sept. 22)

People are going to be challenging your worldview, you can choose to keep repeating old ideas or you can take a fresh look and maybe change your perspective. It may take saying those words, "I was wrong".

Libra (Sept. 23-Oct. 22)

Turmoil in a relationship is on the horizon. Whether it is work or personal, make sure to keep focused on what kind of relationship you are wanting with the person. If you keep your goal in mind you will be less likely to make matters worse and more likely to find the path out sooner.

Scorpio (Oct. 23-Nov. 21)

Keeping focused in the face of disappointment may actually turn the let down into an opportunity. Changing directions can actually refresh your viewpoint on the end goal of current activities. Go with the flow and the backup plan can actually turn out to be the more successful venture.

Sagittarius (Nov. 22-Dec. 21)

Change is still the dominant planetary alignment so get used to it. Make change your habit for the foreseeable future and learn to trust your instincts. Watching for trends will help you keep a step ahead in the week to come.

Capricorn (Dec. 22-Jan. 19)

Words of wisdom from unlikely sources will help you accept new information that will see radical change in certain life areas. You may not agree with the person or the intent or even the reason they are sharing their thoughts, however it is something to think about.

Aquarius (Jan. 20-Feb. 18)

The sun's angle to Neptune is going to provide you with some insight into other's behaviour. Take advantage of the greater understanding to heal past hurts and get a little closer to a sibling.



By NAVJEET KAILAY

Spring Break Karaoke March 16, 4 p.m. to 7 p.m. The Nest Taphouse Grill Come and sing for three hours of fun.

New Eyes on the Universe

Feb. 17-April 2; Friday and Saturday 9 a.m. to 8 p.m., Sunday to Thursday 9 a.m. to 5 p.m.

Telus World of Science Edmonton

Ticket Info: \$16.95 for student with ID.

New Eyes on the Universe will take you two kilometres underground to discover the science behind the neutrino. The interactive multimedia exhibit presents the Sudbury Neutrino Observatory (SNO) Nobel Prize winning results and breakthroughs in particle astrophysics. The exhibit includes a virtual tour of SNOLAB, artifacts, models and more! Visit http://telusworldofscienceedmonton.ca/ for more information.

Career Mentorship Program Information Session

March 23, 2017 at 2 p.m. to 3 p.m.

ERIEC office, #304, 10209 97 St. Ticket Info: Free, please register ahead of time. Learn about about the Edmonton Region Immigrant Employment Council, CMP, and other programs and services provided by ERIEC. Register at eventbrite.ca

Sheltered and Exposed Design for Alberta's winter life

....

February 16 - April 1; Tuesday to Friday 11 a.m. to 7 p.m., and Saturdays 11-5 p.m.

Latitude 53, 10242 106 St.

Ticket Info: Donation

View design exhibits exploring the "duality of shelter from and exposure to winter conditions".

Edmonton Home and Garden Show March 23, 2017 12 p.m. to 9 p.m.

Edmonton Expo Centre, 7515 118 Ave. Ticket Info: \$16 for adults. Buy tickets online and save \$3 at edmontonhomeandgarden.com

Listen to guest speakers, including Mike Holmes Jr. from HGTV's *Holmes* & *Holmes* and Matt Muenster from HGTV *Bath Crashers*, give advice on what can be done when renovating and updating a home. Enjoy your favourite trade show treats and explore the many booths.



WHAT'S GOING ON AROUND CAMPUS WEEKLY CLUB MEETINGS To get involved please visit www.naitsa.ca/clubs/current-clubs/ WHO WHEN WHERE International Club Film Series: From Books to Film Fridays, Sept 8, 2016-April 7, 2017 | 2:00pm-4:00pm Stanley A. Milner Library Thursdays, Dec 8, 2016-April 30, 2017 | 5:00pm-10:00pm Room X-105 Crafting Club Weekly Crafting NSC Super Smash Bros Meetups Thursdays, Jan 5-April 13, 2017 | 5:00pm-10:00pm CAT 191 Tuesdays, Jan3-April 18, 2017 | 4:00pm-6:00pm CAT 252 **Civil Club Meeting** Anime Club SNAC Time - Weekly Hangout Fridays, Jan 13-April 14, 2017 | 4:30pm-8:45pm CAT 276 Women in Action Weekly Meetings Every other Tuesday, Jan 24 - Mar 28, 2017 | 12:15pm -1:15pm CAT 138

UPCOMING CLUB EVENTS

WHO Forestry Tech Crafting Club WHAT Rock, Paper, Scissors Tournament Craft-A-Thon

WHEN Fri, Mar 31, 2017 | 6:30pm-9-30pm Fri, May 5-May 7, 2017 | All Day WHERE CAT 1st Floor 17421 94 Avenue NW

SERVICE CLUBS

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