

# THE NAIT NUGGET

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



Illustration by Laura Diaz

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## Special Section

## MENTAL HEALTH

## Responsibility &amp; the Internet

By A.J. SHEWAN  
Issues Editor

Often it takes a crisis to shed light on uncomfortable aspects of human nature. NAIT students are not immune to life as we learn, grow, and mature, surrounded by our fellow human beings. It is inevitable that through the course of our interactions, uncomfortable conversations will take place. These conversations must be given further weight when a life altering event occurs.

### Witnessing tragedy

It would be a statistical blessing if you don't witness tragedy at some point in your life. Many impactful events happen throughout our lives that shape and define who we are. Far too often these happen at a young age and leave one questioning one's own values and mortality. It is not a stretch to say that out of a circle of friends, more than half have had something touch their lives that has had a truly profound impact.

The way each individual handles these life events defines who they are and often will shape their future. Human beings need an outlet to work through these challenges to come away stronger and better prepared for the inevitability of future events. The way in which interactions with fellow humans occur through tough times can encourage a person suffering through emotional strife to push forward or cause them to shut down completely. It is not simply a matter of being kind to a fellow human. Taking the time to talk with and offer even the slightest iota of humanity can make a significant impact and lead to a faster recovery. The opposite can be equally impactful.

In the world where social media and personal electronic devices are the most efficient form of communication, what is said and posted can have rippling effects never



before thought possible. It might seem perfectly acceptable to share the results of an impactful event on social media, however, they can be devastating to an untold number of people. Often the uncomfortable conversation must be had about what seems acceptable and what truly is acceptable.

The slightest hesitation to stop and consider the impact before sharing something online can play a significant role

in shaping the ripple effect that the post will have. Hesitation could mean the difference in how someone else recovers from tragedy. Potentially, not considering that effect means the difference between life and death. Unfortunately, the seemingly endless transformation into a voyeuristic society has muted the necessary conversation around what is acceptable and what is not.

The victims of such tragedy are often not the primary individuals involved. Impact can be felt by many who may have witnessed such tragedy or those for whom these events dredge up long buried memories and emotions connected to tragedy in their own lives. To these people, seeking help or having a soundboard for their own emotions is more than a suggestion.

### Seek counselling

When tragedy happens in a workplace, the employer makes counselling mandatory for the employee away from the workplace. This shouldn't be any different on a school campus or in the world around us. Whether you are the victim of these emotional events or the comforting shoulder for the individual working through them, seeking out counselling is an important necessity.

The conversations following tragedy will shape the future of one's world, playing a vital role in the ability to move forward. Left unchecked, these lingering personal emotions play a greater role outside of an individual's daily interactions. Those negative feelings can lead to job loss, relationship failure or worse. Take the time needed to reach out to those involved in tragic events or those who witness them. Though the first reaction may be to share these events with the world, the time taken to ask how someone is doing can make all the difference.

# Mental Health ... are you aware?

By BRENDAN CHALIFOUR  
Entertainment Editor

A once widely taboo topic, conversations about mental health are finding their way around the dinner table, in schools, workplaces, buses and conferences around the world. Even though we are discussing issues surrounding mental health more widely, there is still a long stretch of road ahead and we all need to play an active role in removing the stigma that surrounds mental illness.

Education is one of the pillars that keep our society informed and drives people to be inventive. People usually associate education and learning with a classroom or a teacher or a textbook. But education isn't limited to those things, education is about knowledge. While knowledge can come from a book or a

person talking at the front of the room, we learn best by actually living. The people, ideas, experiences that find their way into our lives, naturally flow into our minds. They foundationally change who we are as a person and are the best things that provide us with knowledge.

The unstructured, ungraded, informalized way of being is where we learn valuable lessons that will stay with us all our lives.

Education (and science) is the reason we can travel into space, it is the reason we live so long and the reason we now can better understand ourselves and how our bodies and minds work.

Physical health, even though it has taken centuries to really understand (and is still a work in progress), is somewhat easier to comprehend than mental health and is more accessible because, well, it's physical. We can see, hold, listen, observe, study and quantify it. Scrape your arm? You bleed, your body creates a scab and you can watch the healing process right before your eyes.

Mental health on the other hand? Not so much. It's harder to see, observe and quantify it, from an outside perspective, at least. We're getting better at identifying the symptoms, causes and ways to

manage it. Still, it is not common knowledge but we can change that.

We need to be proactive in educating ourselves about what mental health really is, because we all have mental health. One in five Canadians will experience mental illness. Two of my favourite organizations, the Canadian Mental Health Association and Partners For Mental Health have excellent resources on their website as well as support information. The folks at NAIT Counselling Centre can also help address questions you may have, as well as set apart the facts from myths.

Let's educate ourselves about what the words "mental health" really mean and how we can support our friends and family who are experiencing mental illness.



Canadian Mental  
Health Association  
*Mental health for all*



Photo by Christie Dudzicz

**QUIET TIME**

This hallway at the HP Centre is virtually empty between classes on a day last week.

# NAITSA targets wellness

By **MICHAEL MENZIES**  
Sports Editor

With Bell Let's Talk day just a couple weeks ago, NAITSA's efforts to integrate mental health awareness activities into student life on campus continues to grow.

The funding NAITSA receives is administered by the provincial government through their higher lobby group ASEC (Alberta Student Executive Council). ACMI (Alberta Campus Mental Health Initiatives) is the grant that the council applies for. NAITSA has received the money for four years and this last school year they received \$40,000. And as NAITSA's vice-president Tamara Russell explained, the grant gives them freedom on what they decide it should go towards.

"We have mostly full control on what we can use it for, although you do have to disclose that to the grant committee to get your grant," says Russell.

## Student initiatives

"The grant, in general, is for student-led initiatives that are new; so those are two stipulations. For example, since we normally do Wellness Wednesday massages, we can't use that money to do something that we've already done. It is really meant for student-led initiatives that are sustainable."

The Wellness Wednesday program originally started with ACMI funding. But after overwhelmingly positive feedback from students, NAITSA decided to put aside money in its budget to continue the program in subsequent school years. It's programs like these which allow the council to spawn new initiatives going on around campus.

"This year the Art After Dark nights at the Nest are coming from the ACMI and those are monthly. Students seem to really like those," continued Russell.

"We did the cupcake decorating booth

for fall semester exam week and we're going to be doing that again in the spring. The My Wellness breakfast, too, which is the healthy start breakfast in the hallway to connect students with our My Wellness mental health tool, some of that is funded through ACMI."

The initiatives are expanding, but the funding through ACMI has some grey areas moving into future school years.

"This is the fourth year of ACMI funding and maybe the last year. The new government is looking at ways to support mental health and funding in a different manner."

Back in September, the provincial government announced \$3.6 million would be invested into mental health programming and student outreach efforts on Alberta campuses. This means funding will be coming but with no word on what form that will take, NAITSA is left in a grey area about what they will be receiving.

"They haven't officially announced anything yet. So they could continue ACMI funding but we've asked for sustainable funding and a lot of universities will get it through their school," Russell said.

"Whereas we're getting it through our provincial lobby group, it's kind of a grant, so you apply for it then get it. They are just reassessing all of their funding needs and what they're funding right now. I'm sure there will be a statement coming soon about what mental health funding looks like in the future. Right now we're just preparing. But from the government, uncertainty, of course."

The discussion about mental health initiatives on campus is timely, considering Bell Let's Talk Day two weeks ago and NAITSA President Allanah Wrobel stepping down last fall due to personal and health reasons.

"We would be prepared to fund those through the budget because we recognize

that mental health is one of those really important issues for students."

One resource that NAITSA connects students with is through [www.mywellness-plan.ca](http://www.mywellness-plan.ca), a website each NAIT student has access to. The site allows students to do a mental health assessment and gives numerous resources on campus, in the city and even provincially and nationally. Not to mention the help lines, which provide the most immediate of outlets. This tool broadens the scope of those affected by mental illness and provides students with necessary information.

## 'Students have resources'

"I think it's hard to pinpoint someone because all students are impacted by mental health, even if it's yourself struggling in school or someone that you know or someone in your family. I think our resources aim to connect students online through our myWellness tool. It's a lot of what we do, so that students have resources."

NAIT receives their own funding, which accounts for counselling services and things like Flynn the Therapy Dog.

Bell Let's Talk day this year reset many of the previous highs of the previous iterations of the project. With over half a billion interactions over seven years, 2017 reached over a 130 million interactions through their hashtags and SnapChat filters. At five cents a response, it correlates to \$6 million raised for this year. Bell dispenses the money in grants which you must apply for through their website <http://letstalk.bell.ca/en/>. The website allows you to flip through years of applied grants and see which institutions received the money. Their three-pronged mental illness attack aims specifically at youth, Aboriginal communities and military family support.



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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](mailto:studenteditor@nait.ca).

We need to list your real name.

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



# Former prez tells her story

By **ALLANNAH WROBEL**

About five months ago, you may have seen a story on the front page of *The Nugget* announcing my resignation, citing vague personal reasons. My resignation as president of the NAIT Students' Association came as a shock to everyone and I only had the courage to tell people it was for personal reasons.

Recently, the president of the Red Deer College Students' Association stepped down from her position. She was far braver than I and shared the truth as to why she did it. Her public statement gave me the courage to finally share my story with my NAIT family and to bring awareness to the stigma that still exists around invisible disabilities.

## Loved the job

Student leadership is a blast! I've never had so much fun in my entire life with some of the most amazing people I've ever met; however, it is also very stressful and emotionally taxing. There's a lot of pressure to make the right decision because it can affect the future careers and lives of a lot of people. It is also a big pressure jump going from a VP to the president – they warn you but it doesn't really hit home till you're there!

I have been diagnosed with bipolar disorder, which, for those who don't know, is when your mood randomly and uncontrollably flips back and forth between a manic and depressive state. For me, at one moment I'm full of energy and my mind tells me that it can keep going forever at a rapid pace, even though I shouldn't, while a depressive state feels like it can be hard to find a reason to smile. It affects my ability to handle stressful situations and I've worked hard to learn how to manage it and avoid letting stress get to me. A little over a year ago, I was also diagnosed with

fibromyalgia. When stress levels increase, so does the pain. With the increased pressure and responsibilities as president, I had reached the point where it was almost physically impossible to get out of bed and go to work.

Between the bipolar disorder and the fibromyalgia, the time that I was able to spend at the office was becoming less and less. When I added my three classes onto everything it was too much for me to handle. The students of NAIT deserve someone to steer the Students' Association with 110 per cent of everything they have – I couldn't give that anymore. Instead, I had to make one of the hardest decisions I've ever faced: I chose to have someone take my place, someone who could fill the role with the energy that I just couldn't muster.

## Hard to reveal

This is where awareness comes in. As someone with multiple invisible disabilities, it's intimidating to tell people. Many people work hard every day trying to get rid of the stigma about mental illness and invisible disabilities. You would be surprised with the number of "looks" one still gets when a young person physically can't make it to a meeting or even to class. The stigma is still strong, to the point where I didn't have the courage to be open with everyone. If we don't all actively work at getting rid of the negativity around mental illness and invisible disabilities, then they will never go away.

If everything goes according to plan, this will be my last semester at NAIT and I want to thank those I did talk to for giving me so much support. At the end of the day, don't judge people – you don't know what is happening in their life or even just in their own body.



**ALLANNAH WROBEL**

Photo by Sarah Thorpe

## Mental Health Resources

**Canadian Mental Health Association** - [www.cmha.ca](http://www.cmha.ca) - Broad range of information and resources on mental wellness and difficulties

**Mind your Mind** - [mindyourmind.ca](http://mindyourmind.ca) - Mental health info, resources, and projects especially for youth and young adults

**Jack.org** - [jack.org](http://jack.org) - A mental health advocacy organization started in memory of a young Canadian named Jack.

**Mood Disorders Society of Canada** - [mdsc.ca](http://mdsc.ca) - Info and resources about depression, Bipolar illness, suicide, and trauma

**Anxiety Disorders Society of Canada** - [anxietycanada.ca](http://anxietycanada.ca) - Info and resources about anxiety

**Momentum Walk-in Counselling** - [momentumcounselling.org](http://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

# OPINION

— Editorial —

## Depressed? Please ask



**DANIELLE S. FUECHTMANN**  
Editor-in-Chief  
@ellie\_sara

Feeling stressed? You're not alone. Anxiety is the most common mental health complaint in Canada and recent studies show that if you're under 30, you have a 50 per cent shot of becoming clinically depressed during your lifetime, says NAIT counselling lead Tanya Spencer.

Stress and anxiety are among the most common reasons students visit NAIT's counselling services, Spencer says. "It's pretty steady. Stress and anxiety and depression are easily the top three. And those things tend to feed into each other ... it's the chicken and the egg. Did the depression come first and that made them anxious about the fact that they're unable to fulfill expectations or did they start off as anxious and feeling sad about it because they're wearing themselves out? And that's just nature, too. Those symptoms tend to co-occur regardless of what's happened environmentally."

### Stress not always healthy

There is a line when natural, healthy stress is no longer just stress, Spencer says. Luckily, however, there are a lot of techniques for coping.

One of the things people have an unfortunate habit of doing, explains Spencer, is plowing through the week, ignoring signs of exhaustion and stress. While this can be a coping mechanism, she explains that by consistently doing so, people actually increase their vulnerability to stress or even catching a cold.

Of course, as students, sometimes we can't completely avoid the occasional week where we just push through. Ensuring that this isn't a regular habit, however, has tangible benefits.

### Feedback

The NAIT Students' Association annual survey gives students the opportunity to provide feedback on a wide variety of topics, from their favourite band to what they think of current issues on campus, which student executives use to help guide their goals for the year. Three years ago, they began to include questions about stress and mental health because their application for ACMI granting – the provincial funding that supports campus initiatives for mental health and wellness, such as Wellness Wednesdays, puppy petting days, and more – required an understanding of how students are feeling about stress levels and anxiety.

One thing that the results showed is that students who identified their levels of stress and anxiety as "low" to

"very low" were significantly more likely to be getting more sleep and be more involved on their campus compared to their peers who identified their stress and anxiety levels as "high" to "very high". Student stress, it appears, can be reduced by better sleep habits and more involvement in social activities with their peers.

Chris Chelmick, executive director at NAITSA, says that "where [stress levels] are now, over 50 per cent, is not where you want them to be. They are holding steady over the last few years, so that's a silver lining. We'd like to see them come down but given the type of institution NAIT is, it's not surprising that's the level of stress."

They are seeing more engagement and an increase in social clubs on campus, Chelmick says. "There are more clubs than there were three to five years ago. More students are getting involved in our events and in the club events."

NAITSA is actively trying to support this, he said.

"[Campus] clubs and our events department are really trying to distill what we do into something that is more accessible for the student body. We understand that students have less and less free time to engage on campus so we're trying to constantly refine our events into more digestible events they can participate in."

Counsellors have noted that people are

helping people.

"One thing that is really edifying ... is how visibly people were supporting each other over their informal networks," Spencer said, "People have generally good instincts about how to support themselves and how to support themselves and other people."

Spencer recommends considering what could help you handle stress and student life better and asking for it - you'd be surprised who your allies could be. Many instructors and programs would be open at least to the question or suggestion of ideas that could help reduce your (and other students') stress; they might say no but it's always worth asking.

"If it were possible to subliminally insert a message into every student's brain when they start at NAIT," said Chelmick, "it would be that at some point in time—regardless of how nervous or confident you feel on day one—at some point in time, you're going to need to ask for help or you'll need help with something, whether it's a loan or advice or counselling or even just where the cash office is. Ask for help. No one is as successful as they can be at NAIT without the help of other people. So many people are trained and ready and willing to provide assistance. It is a shame when students go through their entire term without asking for help because then they're not as successful as they could be."



Nugget photo

NAIT Student Counselling, first floor HP Centre.

## MISS AN ISSUE?

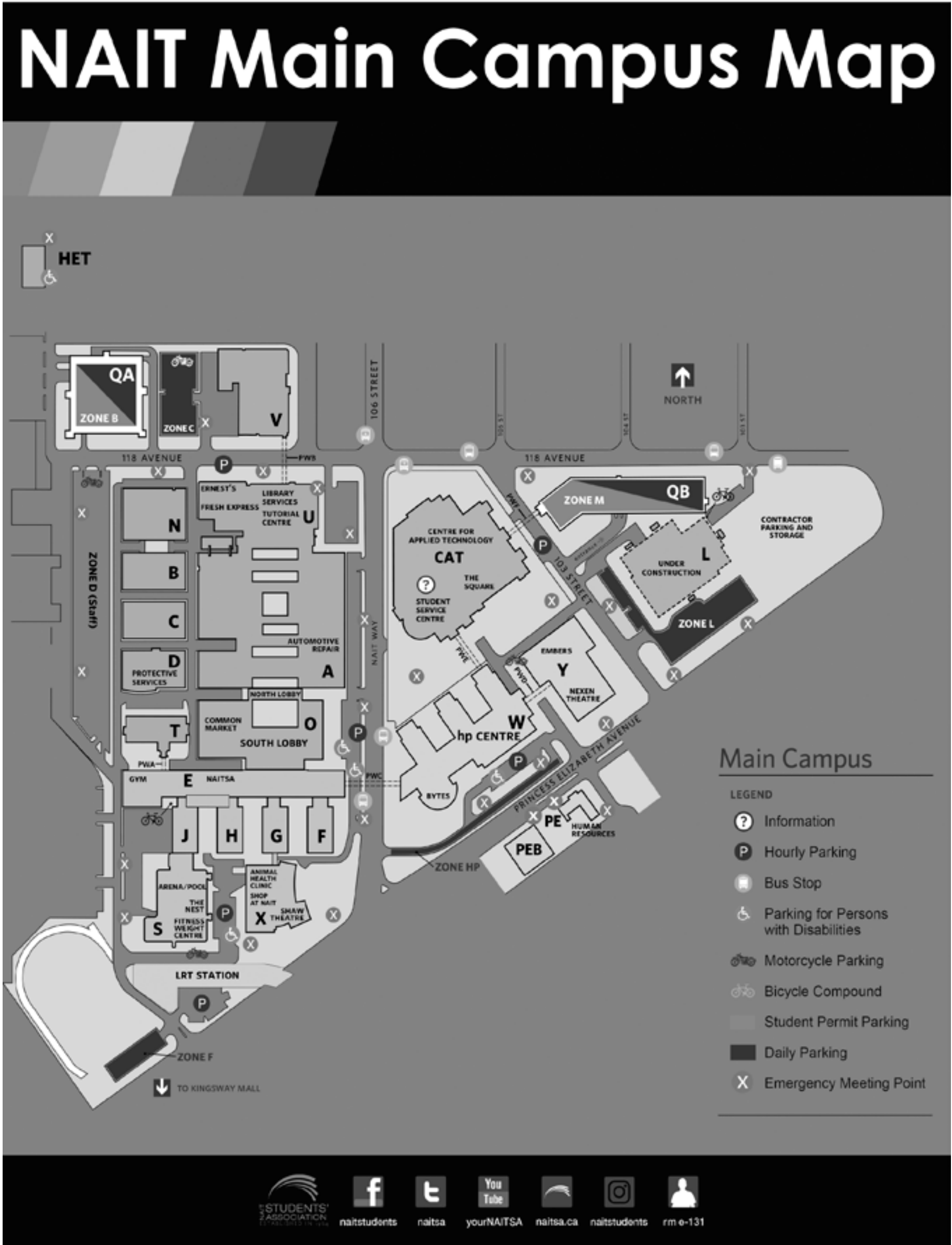
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# NEWS & FEATURES



Photo by Callie Jeffrey

Edmonton firefighters, above and below, answer a call to a fire at NAIT in G-Wing on Feb. 10.

## Fire effects a concern

By A.J. SHEWAN  
Issues Editor

The acrid smell of smoke was hard to miss as students were evacuated from the G-Wing at NAIT's Main Campus on Friday Feb. 10.

"You could smell smoke in the hallways," remarked NAIT student Don Tonn. "We were allowed back into E-Wing that afternoon but were evacuated again shortly after."

Word spread quickly of the blaze that started near labs on the second floor of the G-Wing and required the attendance of multiple fire trucks. Some classes were cancelled and many have been relocated to various locations across campus.

Shop AT NAIT and Tim Hortons, which were located in the X-Wing, have been temporarily closed. The inconvenience to students and staff has been felt across campus. Shop AT NAIT is working with Print Solutions to provide ILMs to apprentices in E-124; Common Market and Starbucks have returned to their regular hours and students seeking a caffeine fix after their closure will need to trek to the CAT Building.

Several updates from NAIT have been provided to students on the reopening of the services in the X-Wing, however when these establishments will be permitted to resume business in their regular locations has not been confirmed. The fire remains under investigation and the full cost of the damage is not yet known.

Labs are also affected and the impact on students has the potential to be much greater. Many students in different programs rely heavily on the various labs taught in G-Wing for better comprehension of the course material.

"I'm just worried I won't have enough practice to prepare for the Physics 30 labs and the lab write-ups," said Averi Tagliaferri, a student in the Academic Upgrading Program.

With the date of reopening now scheduled for April, the week before exams, there is concern about the impact on finals.

"I'm concerned about how it will affect my marks," adds Tagliaferri.

NAIT spokesperson Frank Landry said that "staff are working on plans to ensure students can complete their class and lab work in the program areas that are affected. There is more information coming. We thank students for their patience and understanding. During and after the fire, our first priority has been making sure everyone is safe. Our second priority has been ensuring the least disruption possible."

Students and staff who have yet to claim their personal belongings from the areas affected by the fire can visit Protective Services in D-Building. If anyone comes across personal items damaged as a result of the fire, they are being asked to also deliver these items to O-117.



Photo by Callie Jeffrey

# SPORTS



Photo by Rai Hooper

NAIT Oaks forward Davina McLeod takes a shot surrounded by SAIT players during a home playoff game on Feb. 25. SAIT won the game and the best of three series 5-4 in double overtime.

## Series lost in double OT

By **CLAIRE STANHOPE**

Despite putting up a great fight, the NAIT Oaks women's hockey team was eliminated from the playoffs by the SAIT Trojans. The best of three series started on Thursday, Feb. 23 at home with a 4-3 loss in overtime but the girls fought back at SAIT for a 6-4 win that took them to a deciding third game at home. Saturday's game ended in a devastating 5-4 loss in double overtime.

Although Thursday's home game was gripping, the true come-back story was Saturday night. SAIT scored seven minutes into the first period and again at the 16-minute mark. Down 2-0 already, SAIT scored again six seconds later with a bouncing shot from centre. Goaltender McKenna Wild was shaken by the goal and she was pulled for backup Karlee Fetch.

But a fresh goalie couldn't erase the looming three-goal lead that hovered over NAIT. SAIT was fired up but NAIT captain Carlin Boey worked to get her team back in the game. With less than three minutes left in the first, Megan Goebel

took a shot through a mass of bodies and landed NAIT's first goal of the night to bring the team within two. Although Goebel would not make her mark on the time sheet again that night, she played a fantastic game with lots of power and determination.

NAIT started the second period down 3-1 but the Oaks showed some hustle with a power-play goal four minutes in from Kendra Hanson. The beautiful goal brought NAIT within striking distance and inspired some fantastic shots from Livia Lucova throughout the second.

SAIT started the third period with another goal to put NAIT back to a two-goal deficit. The girls brought some energy from the intermission but couldn't connect with their passes, a problem they'd been having in the second period as well. Despite their hard work, the turnovers stopped them from any real offensive scoring

chances.

The pass that changed it all was Boey's through the neutral zone to Davina McLeod who had snuck in behind SAIT's defence

and dangled up to the net for a fantastic goal. Her first goal of the season was a work of art as she brought her team back to within one and had the fans blowing up the stands with cheers. But nothing could top the end of Kaitlyn Whaley's stellar shift with a minute and a half left in regulation time. Whaley worked hard keeping the puck in SAIT's end when she chased the puck around the back of the net and potted a phenomenal top-shelf, backhanded goal that had the arena screaming so loud they heard it in Calgary. With no more scoring in the third period, this series was going into overtime.

Overtime began with NAIT showing extreme dominance over SAIT but they couldn't sneak any of their shots past SAIT's goalie. After the first overtime the teams went to their dressing rooms for the ice cleaning and the clock was reset to 20 minutes.

The series, played over three days, exhausted the NAIT team and it showed in the second overtime period. Despite some

good shots from the NAIT girls, SAIT's Madison Casavant scored to win the game and the series. SAIT will play Red Deer College in the final.

All good things must come to an end, and unfortunately the NAIT women's hockey season ended a little earlier than they would have liked. NAIT averaged 3.13 goals per game, more than any other team and made every

game a joy to watch. I know all us fans can't wait for next year and hope the girls come back with as much passion and ferocity as this year. Thanks for the great season girls; it's been a wild ride.

### MEN

In men's hockey, NAIT currently sits on top of the league and gets a bye in the first round of the playoffs taking place next weekend, where the third-place through sixth-place teams battle for spots in the semi finals.

The semi finals are March 10 to March 12 and NAIT will play the lowest remaining seed in that series. Check back here or [nait.ca/athletics](http://nait.ca/athletics) for updates.



**Megan Goebel**  
First goal



**Kaitlyn Whaley**  
Tied game



## WOMEN'S BASKETBALL

# Ooks tuning up for Nats

By **MICHAEL MENZIES**  
Sports Editor

The NAIT women's basketball team put an exclamation point on their season against Augustana with another two wins, finishing regular competition with a 23-1 record.

Senior's night at the NAIT gymnasium sent the emotions flowing as there were ceremonies for fifth-years Jordan Enns, Shea-Lynn Noyes, Torey Hill, Cassidy Taal and Alyssa Bridgeman, who each started their last home regular season game of their careers Saturday. Coach Todd Warnick and NAIT Athletics handed out bouquets of flowers and framed jerseys to the honoured players.

After the game, Warnick was glad the team accomplished one of its goals despite the season being far from over.

"We had a goal once we advanced to the second half of the year to finish 23-1. We wanted to set the benchmark that had not been set before with our program and I am proud that our team responded to achieve that goal," said Warnick.

Now, the true test begins today (March 2) in Lethbridge. This will be a tune-up Provincial tournament for the Ooks, who will be hosting the Nationals, beginning March 16 and therefore have an automatic berth in the national contest.

Today at 3 p.m. they take on Medicine Hat to kick off their provincial tournament, with hopes to be playing Saturday for a gold medal. The event will be a tune-up in their bid for a national title.

"The game plan is the same for every championship tournament – survive and advance. Every team in the tournament is there for a reason and is a capable and solid opponent," said Warnick.

"Our focus has been all year to establish our style of play and our motto has been 'play our way'. Medicine Hat is a physical and aggressive team and we will be tested in

the quarterfinal round to out compete, out work and outlast a very feisty Rattlers team."

The versatility of the Ooks is a significant advantage that they have over most of the teams they face. Their ability to have 10 players contribute significant minutes and score cannot be understated. Torey Hill specifically, who reset the ACAC record for offensive rebounds, is one of the toughest to guard in the league because she stands six-foot-three.

The Ooks head into the tournament with the best record in the North Division, but the CCAA Canada-wide ranking on Feb 21 had the Ooks eighth in the country. Host team Lethbridge currently sits second in Canada with an impressive undefeated record. Lethbridge has only had three games since January that their opponent has come within 30 points of them. Dominant, to say the least. So, while the Ooks might have a chip on their shoulder about the rankings, all could be decided by a meeting this weekend.

"I would not be honest if I said I did not feel slighted to a certain degree and disrespected by the national rankings," Warnick said. "However, for myself and the team, it is simply fuel as it was a year ago. We will use the lack of recognition to drive ourselves forward. Our goal has always been to get to the tournament 'honestly' by earning our spot at the dance," said Warnick.

Getting to the tournament 'honestly' would be instrumental for the psyche of the Ooks. The opportunity to knock down a fellow Goliath is the perfect test two weeks out of Nationals. Warnick, like every coach, wants to make it as simple as possible for his players.

"Lethbridge is a very good team who we have yet to beat this season in two meetings. I know that we will be ready to compete if the opportunity presents itself but we are not looking past Thursday and look to take the tournament one game at a time."

One other team will represent the ACAC along with the Ooks, so the pressure rests on the shoulders of Lethbridge if they wish to advance further along and confirm their high ranking.



Photo by Rai Hooper

**Ooks forward Jordan Enns drives against an Augustana player at NAIT gym on Saturday. NAIT won the game 84-54.**

## MEN'S BASKETBALL

# 2 losses before provincials

By **MICHAEL MENZIES**  
Sports Editor

The NAIT men's basketball team is off to Medicine Hat for its first Provincial championship match tonight (March 2) against Lethbridge. The Ooks are ready to put the regular season behind them after a pair of weekend losses to Augustana, which finalized their record at 17-7.

Despite having only one loss at Christmas, injuries and illness plagued NAIT's second semester as they routinely split weekend games with their opponents. The Ooks enter the tournament as a two-seed and hope to avenge a seasonal 78-61 loss to Lethbridge.

## Not quite there

The Ooks are resilient but after winning Nationals last season, coach Mike Connolly isn't sure his team is quite where he wants heading into Provincials.

"I feel we are a bit behind ... because of our injuries we have only had five practices since Christmas with all our players healthy and playing (the ones that we could have practice)," said Connolly.

"We also had to rest other starters and consequently play them less minutes [last weekend]. So we really haven't been able to have a group of guys together in practices or games. It's been hard because we haven't been able to get into a rhythm."

The injury bug has been especially treacherous for the Ooks. Wyatt Beaver sat out against Augustana with an elbow injury and centre Andrew Rauch also didn't see the floor. Simply put, NAIT has scrambled to find bodies just to fill out a bench.

"We are going into the playoffs with a roster of 10, which includes three players slotted to redshirt at the beginning of the year who we activated due to injuries. We activated our student manager on our roster with those several season ending injuries to this year's team. But our starting five are pretty good and they can give us a chance to beat anyone in the country."

The starting five is lethal with the variety of ways they can beat you. Veteran fifth-years Sebastien Cava and Jordan Brown, who each played their last home game Saturday, can play a high-low game in the post. Beaver also provides stability

at point guard with his finesse and eye for the game.

The biggest piece, of course, is Jackson Jacob, who leads the ACAC in points per game with 29.0 – five more than the next closest on the leaderboard. His first step is the fastest around and makes defending him the tallest of tasks at this level. Jacob will likely be in the running for Player of the Year honours at the tournament banquet.

"They guys have been working hard all term to get wins," continued Connolly. "We are battle tested. We worry about some of our guys who have played lots of minutes this term and that they have a little left in the tank for the Championship tournament. Our guys understand what it takes to win it will be a matter of if they can be focused on the little things to get us through and have opportunities."

Lethbridge heads into the game today on a three-game win streak and a 15-6 record. The South Division again was a meat grinder as the team above and below them in the standings shared their 15-6 record. Lethbridge boasts a slight edge in their average points per game, team assists and

rebounds over NAIT, while the Ooks have the stingier defence. The stats are close but once tip-off flips at 6 p.m., anything can happen.

"They are a well coached and talented team. We need to deal with their press and their zone defences. They also play together as a team and we will need to be very good fundamentally on defence to give us a chance," said Connolly.

## Must control Lethbridge

"We can't allow them to get on a roll and run around and get open, easy shots. I think, if we can deal with their press and zone defence efficiently while making them work for their offensive shots, it will allow us the opportunity to win."

The eight-team tournament allows for a hot team to potentially roll through and surprise for a medal. If the Ooks beat Lethbridge they too will be in medal contention.

"If we can manage our mistakes we will be OK. We will need a little luck and stay away from foul trouble and injuries. If we can do that we have a good chance at success," Connolly said.

## WOMEN'S VOLLEYBALL

# Good year, bright future

By **MICHAEL MENZIES**  
Sports Editor

After an exciting regular season filled with many highs for the women's volleyball team, the Oaks battled hard this past weekend in Provincials.

As a team that rallied in the final weeks, the Oaks reached the playoffs as the fourth seed and played the overall top team in the tournament, Red Deer College Queens. The Queens swept the Oaks in the quarterfinal match (28-26, 25-20, 25-20) but coach Benj Heinrichs says the preparation and performance were all shown on the floor for the game.

"Our team prepared really well for the conference championship and we felt like we had a good chance to win the match," said Heinrichs. "In the quarterfinal, in almost every area, we played the best match of our season. We were tremendous in our serve receive and offensively. Unfortunately, our serving was the difference."

In volleyball there are no little things because they all lead to points. Unfortunately, youth often brings about service errors.

"We missed 14 serves to their two and that alone is the reason we lost the match," continued Heinrichs.

"Like we've done all year, we battled hard, stayed positive and were never rattled, so we were really pleased with our effort overall. You just can't afford to be off in a key area like serving and beat the top teams."

The offence, however, thrived with a diverse cast as usual. Joslyn Peters, Karly Kupka and Nalani Stang all finished with double-digit points.

The Oaks played SAIT the next day in the consolation semis but fell in four sets. With no medals to play for, the match the day before was still in their heads, said the coach.

"Playing a consolation semifinal is always challenging after losing a tough quarterfinal the day before. It's a match you want to win but it just doesn't have much meaning," Heinrichs said.

"I thought both teams (NAIT and SAIT) played really hard,

so at least it was a quality match. We were still quite good offensively and we served much better but our serve receive wasn't quite as efficient as the night before and that was the difference in the match."

Although NAIT's season finished in Lloydminster, the future is bright. The ACAC announced setter Jamie Bain of the



Photo by Rai Hooper

**Outside hitter Nalani Stang gets some air to return the ball in a provincial playoff against favoured Red Deer College, who won 3-0.**

Ooks the North Division rookie of the year. Bain's soft hands were a big reason NAIT finished fifth in team assists in the regular season. The St. Albert native is receiving recognition around the league.

"In a short time, she has become one of the best setters in the league. She is really competitive and can maintain her focus and positivity in all situations," her coach said.

"We had 10 rookies this year and, at any given time, four or five of them were in the starting lineup and they were all so good at maintaining a growth mindset and working hard to get better."

The Oaks boast one of the largest rosters in the North Division. With 18 players active, the bench was crowded but fifth-year Stacey Head will retire from play and Nalani Stang will not be returning. Head will return as an assistant coach and will still be around the team as the Oaks determine their direction for next season.

"We anticipate a few changes heading into next season, but certainly most of the team will be returning. We'll be reviewing everything over the next few weeks and making sure we have the right group to continue our momentum and improve even more for the 2017-18 season. Stacey was an amazing teammate and her experience was invaluable for a young team. Another of our key veterans, Nalani Stang, has finished her program (MRI) and will be starting work in the spring. Nalani always came to the gym working hard and having fun. She had a great three years representing NAIT as an Oak and we will definitely miss her."

Heinrich's excitement about next season is already bubbling.

"This team has improved more over a single season than any team I've coach in my 18 years in the ACAC. This season was a blast and the future of our program is looking really good!"

## MEN'S VOLLEYBALL

# Next year's plans underway

By **MICHAEL MENZIES**  
Sports Editor

Youth was the name of the game for the NAIT men's volleyball team this season and, after reaching the playoffs again with a strong regular season, it came to an end last weekend at Provincials. The Oaks' 13-11 record was worth a third seed and pitted them against second-seed the Red Deer College Kings in an eventual four-set loss (26-24, 25-22, 22-25, 25-15). The Oaks weren't just underdogs because of youth, though; Red Deer won Provincials last season and were at home all tournament.

Heading into the game, the Oaks knew it was going to be their toughest challenge of the season. Head coach Doug Anton's message to the team was to take the pressure off themselves.

"We wanted to embrace the underdog role and realize that the pressure was really on our opponents. We actually matched up pretty well against Red Deer physically and felt that if we could apply some serve pressure and block well, we could make things very difficult for them," Anton said.

From the outset, there wasn't much between the two teams. The Oaks and Kings were tied on numerous occasions (6-6, 13-13 and 21-21) before Red Deer eventually picked up the first set victory 26-24. One of the key factors in those sets? Red Deer's four student-athletes named to the 2016-2017 ACAC men's volleyball South All-Conference team: Luke Brisbane, Regan Fathers, Ty Moorman and Michael Sumner received the honours at the tournament banquet the night before.

The second set was scrappy but a late run allowed the Kings a 25-22 set win to pull ahead 2-0.

Sensing the match slipping away, NAIT clawed back with a sharp 25-22 victory to narrow the Kings' lead to 2-1. Player of the Game Cole Burkart's swings from the right side allowed the Oaks different looks all match long.

But it was small runs all weekend that doomed the Oaks. And after grappling in

the each early part of the sets – the Kings pulled away and extinguished NAIT's medal hopes.

"We let that match slip away from us," said Anton. "It was ours to take."

Briercrest swept the Oaks the following day in the consolation bracket in three sets and the Oaks' season was finished. Despite the end results on the scoreboard not being there, the Oaks resiliency was constant.

"It was a season of ups and downs," continued Anton. "We had a lot of injury problems which definitely impacted our final placings. But given the challenges we faced and the youth of our team, finishing third in the North Division was a placing we were satisfied with. This group of athletes has bonded particularly well ..."

The Oaks can take away plenty of positives for the season. With a roster comprised of mostly first-years, NAIT had a

dominant 10-2 record at home and libero Isaiah Stime was one of the best at his position in the ACAC.

As the Oaks move into the offseason, questions persist about what their roster will look like next year. One thing for certain though is fifth-year Trevor Zemlak has played his last game. But with Australians Mitch Lewington and Hamish Hazelden being big cogs in the starting lineup, it's not unreasonable to look to the next level. However, Anton says it's too early to guess.

"We are young and will retain many of the players for next season ... We will definitely lose the size and consistent play of fifth year Trevor Zemlak but several of our other players are receiving interest from universities in USport. We want to see all our athletes achieve their potential, so this is something we encourage. I think we are likely to lose three or four key members."

Despite this, Anton is optimistic.

"Overall, we anticipate a more experienced and stronger squad next season and will begin to announce our 2017-18 recruits in the next few weeks."



**Doug Anton**  
Let it 'slip away'





Photo by Rai Hooper

**LIGHT MOMENT**

Members of the NAIT women's volleyball team have a chuckle on the sidelines recently. They are, left to right, Karly Kupka, Stacey Head, Samantha Dodds, Emma Norenberg and Hannah Gorgichuk, top right.

**Athletes of the week****February 20-26****Torey Hill  
Basketball**

What a five-year career it has been for NAIT women's basketball player Torey Hill. She finished her final two regular season career games by leading the Oaks to a sweep over the Augustana Vikings this past weekend and a first-place finish in the North Division. Torey had 43 points and 19 rebounds in the two games and her veteran leadership continued to show on the court. "Torey capped off her career regular season with the same intensity and drive that she started her career with four years ago," said head coach Todd Warnick. "We have been blessed with her energy and competitive drive and she put all her tools on display this past weekend as she anchored us to a pair of wins to finish with our best ever regular season record." Torey is a fifth-year Business Administration student from Viking.

**Jackson Jacob  
Basketball**

Despite the NAIT Oaks dropping both of their contests to the Augustana Vikings this past weekend, Jackson continued to put up stellar numbers. On Saturday night, he netted 45 points, shooting 16 for 30 from the floor and made nine of 10 free throws. He also had eight rebounds, six assists, and four steals. His 78 points in two games allowed him to capture the scoring title for the ACAC and the CCAA with a 29 points per game average. "Jackson's play is maturing to a point where he is starting to understand efficiency," said head coach Mike Connolly. "He has been our most consistent player all year and is going into the ACAC championship tournament playing very well." Jackson is a second-year Professional Meat Cutting student from Nassau, Bahamas.

**Athletes of the week****February 13-19****Ryo Kuramochi  
Badminton**

Ryo was named ACAC female player of the year this past weekend at the conference badminton championships hosted at Olds College. She won both of her matches in the team event to help lead NAIT to its seventh consecutive ACAC team championship. Ryo qualified for the CCAA National Championship by earning silver in women's singles. "Ryo is the perfect team player," said head coach Sinead Cheah. "Her efforts in practices have clearly paid off and are shown in her competition results this year." Ryo is a second-year Bachelor of Business Administration student from Chiba, Japan.

**Andy Ko  
Badminton**

The NAIT Oaks badminton team captured their seventh consecutive ACAC team championship this past weekend at Olds College and veteran Andy Ko was a key contributor. Andy won all three of his matches in the team competition, then teamed up with ACAC Player of the Year Imran Wadia to capture the ACAC men's doubles championship and gold medal. The duo defeated Concordia's Luc-Ly Nguyen and Braxton Wong 21-18, 21-11 in the final and will now represent the ACAC at the CCAA Nationals hosted by Seneca College March 9-11 in Toronto. "Andy's confidence and consistent play is admirable and a great example for our program," said head coach Sinead Cheah. "He is always supportive of his team and will be one of the ACAC's best chances at gold at the CCAA Nationals." Andy is a third-year Open Studies student from Edmonton.

**Athletes of the week****February 6-12****Kendra Hanson  
Women's Hockey**

Kendra helped the NAIT Oaks women's hockey team sweep the Olds College Broncos this past weekend and, in doing so, took over the ACAC scoring lead. In Thursday's 4-1 win in Olds, Kendra scored twice and was all over the ice. Saturday saw Kendra tally five assists in NAIT's 9-2 victory at home. "Kendra does not do it for the credit or to lead the league in points but rather for her teammates and for her love of hockey," said head coach Deanna Martin. "She is a great teammate and has made a real impact on the team with her motto 'I love hockey'." Kendra is a second-year Emergency Management student from Thompson, Manitoba.

**Mitch Lewington  
Men's Volleyball**

The NAIT men's volleyball team clinched a spot in the ACAC championships this past weekend after a home sweep of the Grande Prairie Regional College Wolves. Mitch led his Oaks Friday with 28 assists and four digs in NAIT's 3-0 win over the Wolves. He followed that up in Saturday's 3-1 win with another 46 assists and five digs. "Mitch had an outstanding weekend quarterbacking our offence," said NAIT head coach Doug Anton. "Mitch did a great job creating opportunities for all attackers to score and there was exceptional point production from all positions". Mitch is a first-year Academic Upgrading student from Perth, Australia.

# ACAC Standings

## MEN'S HOCKEY

Team	GP	W	L	OT	LT	GF	GA	L10	STK	Pts	
x-NAIT	28	22	6	2	1	138	70	8-2	L 1	46	
x-MacEwan	28	21	7	1	0	123	69	8-2	W 6	43	
x-SAIT	28	19	9	1	3	105	75	5-5	L 2	41	
x-Augustana	28	18	10	1	0	100	70	7-3	W 2	37	
x-Red Deer	28	13	14	3	1	82	83	5-5	W 3	30	
x-Concordia	28	8	20	7	1	0	82	118	4-6	L 5	17
Briercrest	28	5	21	2	2	73	144	3-6	1W 1	14	
Portage	28	4	23	4	1	1	75	149	0-9	1L 8	10

**NOTE:** Top six teams qualify for playoffs.

**x** - clinched playoff spot

### Results

#### February 10

**NAIT 5, Concordia 2**

Red Deer 4, Portage 2

MacEwan 7, SAIT 3

#### February 11

**NAIT 9, Concordia 3**

MacEwan 3, SAIT 2

Red Deer 6, Portage 2

#### February 17

**NAIT 6, Briercrest 4**

SAIT 3, Portage 2

Augustana 3, Red Deer 2

#### February 18

**Briercrest 3, NAIT 2**

SAIT 6, Portage 1

Red Deer 2, Augustana 1

#### February 24

MacEwan 4, Portage 2

Augustana 4, SAIT 3

Red Deer 3, Concordia 2

#### February 25

MacEwan 5, Portage 1

Red Deer 4, Concordia 1

Augustana 5, SAIT 1

## WOMEN'S HOCKEY

Team	GP	W	L	OTL	GF	GA	L10	STK	Pts
x-NAIT	24	15	9	14	3	0	75	54	5-5 W 1 33
x-MacEwan	24	16	8	15	0	0	57	37	8-2 W 4 32
x-Red Deer	24	14	10	14	3	0	61	47	5-5 L 2 31
x-SAIT	24	11	13	7	0	0	57	60	7-3 L 1 22
Olds	24	4	20	3	1	0	39	91	0-10 L 11 9

**NOTE:** Top four teams qualify for playoffs.

**x** - clinched playoff spot

### Results

#### February 11

**NAIT 9, Olds 2**

SAIT 3, Red Deer 1

#### February 16

MacEwan 3, Olds 1

#### February 17

**SAIT 3, NAIT 2**

MacEwan 3, Olds 1

#### February 18

**NAIT 4, SAIT 1**

### Playoffs

#### February 23

**SAIT 4, NAIT 3**

SAIT leads best of three semifinals 1-0

#### February 24

**NAIT 6, SAIT 4**

Series tied 1-1

#### February 25

**SAIT 5, NAIT 4 (2OT)**

SAIT wins semifinals 2-1

## MEN'S BASKETBALL

### North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
x-Concordia	24	20	4	40	1919	1684	8-2	Lost 1
<b>x-NAIT</b>	<b>24</b>	<b>17</b>	<b>7</b>	<b>34</b>	<b>1895</b>	<b>1793</b>	<b>5-5</b>	<b>Lost 2</b>
x-Lakeland	24	15	9	30	1747	1651	5-4	Lost 1
x-Augustana	24	13	11	26	1847	1908	6-4	Won 2
Keyano	24	8	16	16	1781	1846	4-6	Won 1
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

Team	GP	W	L	Pts	PF	PA	L10	STRK
<b>h-Med. Hat</b>	<b>21</b>	<b>18</b>	<b>3</b>	<b>36</b>	<b>1682</b>	<b>1380</b>	<b>10-0</b>	<b>Won 10</b>
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
Ambrose	21	7	14	14	1728	1758	4-6	Lost 4
Briercrest	21	7	14	14	1523	1694	2-8	Lost 2
Olds	21	4	17	8	1554	1812	1-9	Won 1
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

### Results

#### February 9

Red Deer 78, Olds 69

#### February 10

**NAIT 76, King's 73**

Keyano 91, Grande Prairie 89

Medicine Hat 97, Lethbridge 83

SAIT 92, Briercrest 80

Ambrose 90, St. Mary's 70

Lakeland 83, Augustana 64

#### February 11

**NAIT 83, King's 68**

Keyano 83, Grande Prairie 80

SAIT 81, Briercrest 62

Medicine Hat 68, Lethbridge 56

Ambrose 103, St. Mary's 89

Augustana 79, Lakeland 76

Red Deer 86, Olds 66

#### February 17

Briercrest 75, Olds 66

Red Deer 99, Ambrose 86

Lakeland 77, Grande Prairie 65

King's 82, Keyano 73

St. Mary's 100, Lethbridge 88

Concordia 83, Augustana 78

Medicine Hat 76, SAIT 56

#### February 18

Briercrest 93, Olds 83

Keyano 93, King's 61

Grande Prairie 92, Lakeland 82

Lethbridge 115, St. Mary's 61

Red Deer 104, Ambrose 92

Medicine Hat 108, SAIT 99

Concordia 71, Augustana 69

#### February 24

**Augustana 95, NAIT 83**

Medicine Hat 91, Ambrose 72

Concordia 97, Grande Prairie 86

Lethbridge 81, Briercrest 65

SAIT 96, Olds 88

#### February 25

**Augustana 93, NAIT 88**

Grande Prairie 95, Concordia 76

Lethbridge 73, Briercrest 58

Olds 61, SAIT 60

Medicine Hat 91, Ambrose 86

## WOMEN'S BASKETBALL

### North Division

Team	GP	W	L	Pts	PF	PA	L10	STRK
<b>x-NAIT</b>	<b>24</b>	<b>23</b>	<b>1</b>	<b>46</b>	<b>1755</b>	<b>1251</b>	<b>10-0</b>	<b>W 18</b>
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
<b>h-Lethbridge</b>	<b>21</b>	<b>21</b>	<b>0</b>	<b>42</b>	<b>1781</b>	<b>1096</b>	<b>10-0</b>	<b>W 21</b>
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

### Results

#### February 9

**NAIT 63, King's 53**

Red Deer 71, Olds 78

#### February 10

Keyano 91, Grande Prairie 48

Lethbridge 91, Medicine Hat 48

St. Mary's 94, Ambrose 49

Lakeland 58, Augustana 52

SAIT 71, Briercrest 49

#### February 11

**NAIT 58, King's 45**

SAIT 84, Briercrest 54

Keyano 66, Grande Prairie 51

Lethbridge 81, Medicine Hat 44

St. Mary's 94, Ambrose 61

Augustana 74, Lakeland 51

Red Deer 66, Olds 53

#### February 17

Olds 52, Briercrest 40

Concordia 84, Augustana 66

Lethbridge 66, St. Mary's 58

SAIT 65, Medicine Hat 53

Grande Prairie 57, Lakeland 45

Keyano 57, King's 48

Red Deer 76, Ambrose 57

#### February 18

Briercrest 74, Olds 63

Lakeland 81, Grande Prairie 48

Keyano 54, King's 53

Medicine Hat 50, SAIT 49

Red Deer 80, Ambrose 62

Concordia 67, Augustana 39

Lethbridge 73, St. Mary's 66

#### February 24

**NAIT 68, Augustana 47**

Concordia 74, Grande Prairie 63

SAIT 59, Olds 40

Medicine Hat 91, Ambrose 53

Lethbridge 105, Briercrest 74

#### February 25

**NAIT 84, Augustana 54**

Lethbridge 99, Briercrest 57

Concordia 70, Grande Prairie 30

SAIT 56, Olds 54

Medicine Hat 79, Ambrose 69



# ACAC Standings

## MEN'S VOLLEYBALL

### North Division

Team	MP	MW	ML	SW	SL	L10	STK	PTS
x-Keyano	24	22	2	69	13	8-2	W 2	44
x-King's	24	16	8	57	37	7-3	W 1	32
<b>x-NAIT</b>	<b>24</b>	<b>13</b>	<b>11</b>	<b>49</b>	<b>44</b>	<b>7-3</b>	<b>L 1</b>	<b>26</b>
x-Gr. Prairie	24	10	14	41	49	5-5	W 2	20
Augustana	24	10	14	41	56	3-7	W 1	20
Concordia	24	7	17	31	57	5-5	L 1	14
Lakeland	24	6	18	26	58	1-9	L 6	12

### South Division

Team	MP	MW	ML	SW	SL	L10	STK	PTS
x-Med Hat	24	19	5	64	24	8-2	L 1	38
<b>h-Red Deer</b>	<b>24</b>	<b>19</b>	<b>5</b>	<b>65</b>	<b>22</b>	<b>7-3</b>	<b>W 3</b>	<b>38</b>
x-SAIT	24	17	7	59	35	7-3	W 3	34
x-Briercrest	24	13	11	43	42	4-6	L 3	26
Lethbridge	24	11	13	47	46	5-5	W 1	22
Ambrose	24	5	19	21	59	3-7	L 2	10
Olds	24	0	24	1	72	0-10	L 24	0

**NOTE:** Top four teams in each division make playoffs

*x* - clinched playoff spot

*h* - championship host

### Results

#### February 10

**NAIT 3, Grande Prairie 0 (25-20, 25-18, 25-19)**

Lethbridge 3, Ambrose 1

(25-21, 25-20, 20-25, 25-11)

Keyano 3, Concordia 0 (25-16, 25-17, 25-15)

Augustana 3, Lakeland 2

(25-16, 23-25, 19-25, 25-21, 15-10)

Briercrest 3, SAIT 2

(15-25, 27-25, 22-25, 25-14, 17-15)

Medicine Hat 3, Red Deer 2

23-25, 26-28, 25-21, 25-16, 17-15

#### February 11

**NAIT 3, Grande Prairie 1**

**(25-22, 30-32, 25-21, 25-18)**

Keyano 3, Concordia 0 (25-19, 25-16, 25-23)

Red Deer 3, Medicine Hat 2

(20-25, 25-22, 21-25, 25-18, 15-13)

SAIT 3, Briercrest 0 (25-17, 26-24, 25-23)

Augustana 3, Lakeland 2

(17-25, 25-23, 20-25, 25-23, 17-15)

Lethbridge 3, Ambrose 1

(22-25, 25-18, 25-23, 25-18)

#### February 17

**NAIT 3, King's 0 (25-23, 25-22, 25-13)**

Medicine Hat 3, Lethbridge 1

(25-21, 25-21, 25-27, 25-19)

Red Deer 3, Briercrest 0 (25-13, 25-21, 25-13)

Concordia 3, Augustana 1

(11-25, 23-25, 25-21, 23-25)

Grande Prairie 3, Lakeland 0 (25-17, 26-24, 25-15)

SAIT 3, Olds 0 (25-19, 25-16, 25-15)

#### February 18

**King's 3, NAIT 2**

**(25-22, 20-25, 18-25, 25-20, 15-11)**

Grande Prairie 3, Lakeland 0 (28-26, 25-17, 25-14)

SAIT 3, Olds 0 (19-25, 19-25, 17-25)

Red Deer 3 Briercrest 0 (25-10, 25-20, 25-16)

Lethbridge 3, Medicine Hat 1

(25-19, 12-25, 25-19, 25-21)

Augustana 3, Concordia 2

(25-20, 22-25, 25-19, 21-25, 21-19)

#### Playoffs

#### February 23

**Red Deer 3, NAIT 1**

(26-24, 25-22, 22-25, 25-15)

#### February 24

**Briercrest 3, NAIT 0**

(27-25, 25-23, 25-20)

## WOMEN'S VOLLEYBALL

### North Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
x-King's	24	21	3	63	14	9-1	W 1	42
x-Gr. Prairie	24	19	5	61	25	7-3	W 1	38
<b>h-Lakeland</b>	<b>24</b>	<b>18</b>	<b>6</b>	<b>60</b>	<b>26</b>	<b>8-2</b>	<b>L</b>	<b>36</b>
<b>x-NAIT</b>	<b>24</b>	<b>12</b>	<b>12</b>	<b>46</b>	<b>42</b>	<b>5-5</b>	<b>L 1</b>	<b>24</b>
Keyano	24	7	17	29	59	2-8	W 1	14
Augustana	24	6	18	25	58	4-6	W 2	12
Concordia	24	1	23	11	71	1-9	L 3	2

### South Division

Team	MP	MW	ML	SW	SL	L10	STRK	PTS
x-Red Deer	24	21	3	68	22	10-0	W 16	42
x-Briercrest	24	20	4	64	22	7-3	L 3	40
x-SAIT	24	18	6	61	29	7-3	W 3	36
x-Ambrose	24	9	15	35	55	3-7	W 2	18
Lethbridge	24	6	18	33	59	2-8	L 6	12
Olds	24	6	18	25	61	2-8	L 3	12
Med Hat	24	4	20	27	65	3-7	W 2	8

**NOTE:** Top four teams in each division make playoffs

*x* - clinched playoff spot

*h* - championship host

### Results

#### February 10

**Grande Prairie 3, NAIT 0 (27-25, 25-16, 25-14)**

Red Deer 3, Medicine Hat 0 (25-19, 25-17, 25-20)

Briercrest 3, SAIT 1 (19-25, 25-10, 25-21, 25-22)

Lakeland 3, Augustana 0 (16-25, 15-25, 8-25)

Concordia 3, Keyano 2

(25-21, 25-20, 20-25, 12-25, 17-15)

Ambrose 3, Lethbridge 1

(25-16, 20-25, 25-10, 25-20)

#### February 11

**Grande Prairie 3, NAIT 0 (25-8, 25-23, 29-27)**

Keyano 3, Concordia

(25-23, 18-25, 25-21, 11-25, 13-15)

Red Deer 3, Medicine Hat 0 (25-20, 28-26, 29-27)

SAIT 3, Briercrest 1 (19-25, 25-23, 25-17, 25-20)

Lakeland 3, Augustana 0 (25-14, 25-19, 25-21)

Ambrose 3, Lethbridge 0 (25-17, 25-17, 25-19)

#### February 17

**NAIT 3, King's 0 (25-21, 25-23, 25-19)**

SAIT 3, Olds 2 (25-16, 25-13, 19-25, 22-25, 15-13)

Medicine Hat 3, Lethbridge 2

(25-23, 18-25, 25-13, 24-26, 15-9)

Augustana 3, Concordia 1

(25-19, 25-13, 22-25, 25-17)

Lakeland 3, Grande Prairie 0 (25-16, 25-14, 25-21)

Red Deer 3, Briercrest 0 (25-19, 25-22, 25-23)

#### February 18

**King's 3, NAIT 0 (25-19, 25-18, 25-23)**

Grande Prairie 3, Lakeland 2

(25-21, 25-17, 22-25, 19-25, 15-9)

SAIT 3, Olds 0 (14-25, 12-25, 16-25)

Red Deer 3, Briercrest 2

(19-25, 25-19, 25-16, 19-25, 15-7)

Medicine Hat 3, Lethbridge 2

(25-20, 25-27, 26-28, 25-12, 15-2)

Auugustana 3, Concordia 0 (25-23, 25-22, 26-24)

#### Playoffs

#### February 23

**Red Deer 3, NAIT 0**

(28-26, 25-20, 25-20)

#### February 24

**SAIT 3, NAIT 1**

(22-25, 25-18, 25-23, 25-20)

**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!

# ENTERTAINMENT

## A home for the hungry

By JENNIFER RAE

The Little Brick Café and General Store is a quaint community coffee shop in the heart of Riverdale at 10004 90 St. The 1903 interior has been renovated, keeping it functionally similar to the home it used to be. The living room still features sofas and a fireplace (along with an old upright piano). The long table in the dining area can easily seat a family of eight and the barista station is located in a sizeable, yet old, addition that features a brick fireplace and the General Store portion of the quiet community meeting place.

The menu is small, yet features a fair variety of flavours. Breakfast, for example, has such staples as bacon and eggs with an apple cider hollandaise twist while also including viegas, a corn tortilla dish that contains scrambled eggs.

The lunch menu is as straightforward and just like the hidden gem of the old brick house in the middle of a modern neighbourhood, has some unique offerings like the saltimbocca sandwich. I chose the chicken stew when I stopped in to sample the fare and

have a chat with one of the owners about the café and how it came to be.

The stew was creamy and filling and the chicken itself was moist and plentiful. The biscuits served alongside were warm with just the right crunch on the exterior.

No matter its true comfort food feel, it was chock full of vegetables as well. This serving was large and definitely worth the \$13 I spent on it. The coffee I had was a latte with a beautiful heart in the froth. The bitterness of burnt coffee was grate-

fully missing.

Little Brick, as it is affectionately called, was built by J.B. Little, a local brickyard owner, in 1903 and remained the family's home for over 100 years. It then spent about a decade being this, that and the other, before finally descending into disrepair with a reputation for being an all-night party house. If it wasn't for a fortuitous spur of the moment summer walk, this little gem might have disappeared altogether. When a group of local entrepreneurs turned a corner, they were struck with the uniqueness of the little brick house in the middle of a relatively newly built zone. Their surprise was quickly turned into speculative comment about a potential investment. Voila, The Little Brick Café and General Store was born. Two years later, it is being reclaimed and soon will be designated an historical landmark.

Check out the website [littlebrick.ca](http://littlebrick.ca) and also keep in mind that when the weather warms up, this little home's large lot turns into a very comfy backyard patio to kick back with friends and neighbours and enjoy a local brew or cocktail.



Chicken stew

Photo by Jennifer Rae



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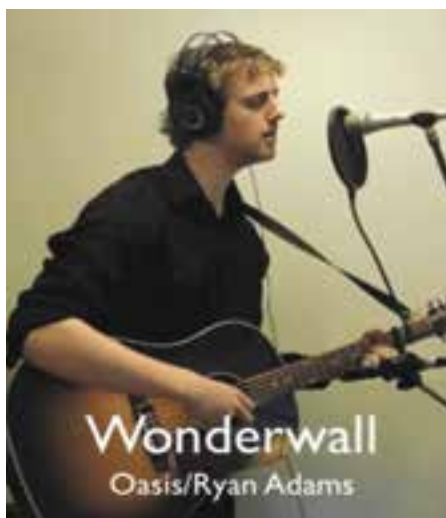
FOR YOUR LISTENING PLEASURE ...

**\$3.99 mixtape ...**By **OLIVIA ADAMS**

This week's shuffle was inspired by my trip over reading week to Scottsdale, Arizona. After a day out, my sisters and I sat on my aunt's patio to have a glass of wine before dinner. My sister started playing a "coffee shop" playlist from her Spotify account. It had so many acoustic covers of popular songs and I really enjoyed those covers more than the originals. It made me remember many acoustic and unplugged versions of songs that I love. Take time to de-stress this week from mid-

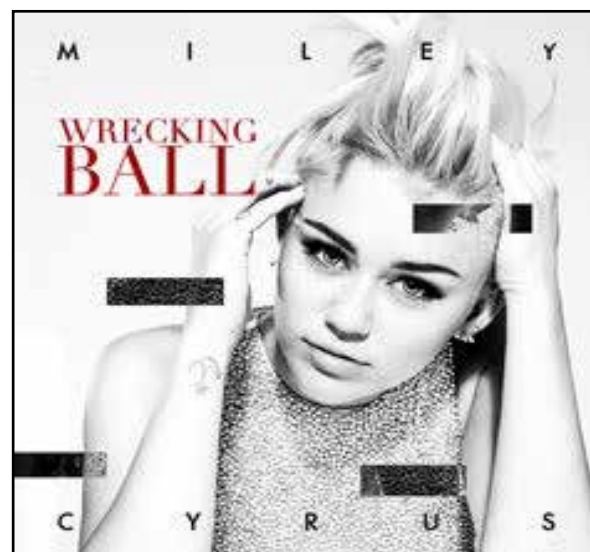
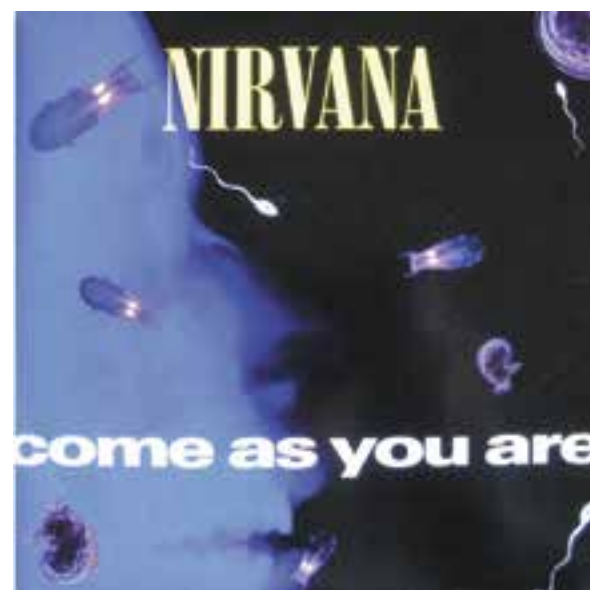
terms with this playlist! Good luck with your exams and enjoy!

1. Wonderwall (Oasis Cover) – Ryan Adams
2. Hey Ya (OutKast Cover) – Obadiah Parker
3. Wrecking Ball (Miley Cyrus Cover) – Two Worlds
4. Latch Unplugged – Sam Smith
5. We Found Love (Calvin Har-



ris ft.

- Rihanna Cover) – Philmont
6. Imagine – Jack Johnson
7. Creep Unplugged – Radiohead
8. No Diggity (Blackstreet Cover) – Chet Faker
9. Closer (The Chainsmokers ft. Halsey Cover) – Boyce Avenue
- ft. Sara Hyland
10. Royals (Lorde Cover) – Matt Johnson
11. Get Lucky (Daft Punk ft. Pharrell Williams Cover) – GMPresents & Jocelyn Scofield
12. Umbrella (Rihanna Cover) – Boyce Avenue
13. Crazy (Gnarles Barkley Cover) – Daniella Andrade
14. Come as You Are Unplugged – Nirvana
15. A Thing Called Love Unplugged – Above and Beyond ft. Alex Vargas

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**We're Coming to NAIT!**

We would love the opportunity to speak with you about what it takes to be member of our team, who we are, what we do and what sets us apart.

**Date:** Wednesday, March 8, 2017**Time & Locations:**

11:30 AM - 1:00 PM

Presentation &amp; Networking

@ Shaw Theatre

9:00 AM - 3:00 PM

CAT Building &amp; South Lobby

## ACADEMY AWARDS

# And the award goes to ...

By GERVASE BRANCH-ALLEN

While I only watched some of the Academy Awards this year, I'm glad I did watch some of it because the winners were quite interesting in some categories. The most nominated films were *La La Land*, *Arrival*, *Moonlight*, *Hacksaw Ridge*, *Lion*, and *Manchester By The Sea*.

Some of the expected winners included "City of Stars" from *La La Land* for Best Original Song, *Zootopia* for Best Animated Feature Film, *Piper* for Best Animated Short Film and *The Jungle Book* for Best Visual Effects. All these films deserved these awards in my opinion though I would've like *Moana* to have one at least one of the two awards it was nominated for (Best Original Song, Best Animated Feature Film).

## Sounded splendid

Fortunately, I did manage to see most of Auli'i Cravalho's performance of "How Far I'll Go" from *Moana* and she sounded absolutely splendid. At only 16 years old, her live performance well deserved the praise it received. Justin Timberlake opened the awards with "Can't Stop the Feeling!" from *Trolls* and really set the stage for the night.

Some unexpected award winners included *Hacksaw Ridge* for Best Sound Mixing, *Arrival* for Best Sound Editing and *Suicide Squad* for Best Make-up and Hairstyling. Most sound awards were expected to go to *La La Land*, while the makeup and hairstyling award was expected to go to *Star Trek Beyond*.

The "In Memoriam" segment was definitely a sad point of the evening as many great actors we lost recently were recognized. The late Bill Paxton, who passed away before the awards, was recognized by presenter Jennifer Aniston. Sara

Bareilles performed "Both Sides, Now" beautifully as images and footage of many different filmmakers and actors were shown. I felt the sadness of the montage when actors like Anton Yelchin, Carrie Fisher, Debbie Reynolds, Bill Nunn and



Auli'i Cravalho sings at the Academy Awards.

Kenny Baker graced the screen.

Other emotional moments included Mahershala Ali's speech for winning Best Supporting Actor in *Moonlight*, Viola Davis's speech for winning Best Supporting Actress in *Fences* and Orlando von Einsiedel and Joanna Natasegara's speech for winning Best Documentary – Short Subject for *The White Knights*.

There were humorous moments, including Seth Rogen and Michael J. Fox, and host Jimmy Kimmel's jokes about Matt Damon and Donald Trump to varying responses.

There were a few mistakes as well. During the memoriam segment, Australian producer Jan Chapman was shown in place of costume designer Janet Patterson. TV actors like Garry Marshall and Doris Roberts were unfortunately excluded.

## Mistake of the night

The most talked about mistake went to the Best Picture award. *Bonnie and Clyde* actors Faye Dunaway and Warren Beatty presented the award for Best Picture, but were mistakenly handed the envelope for Best Actress which stated Emma Stone – *La La Land*. Once the mistake was discovered, *La La Land* producers Fred Berger and Jordan Horowitz cut off their acceptance speech to make the correction that the *Moonlight* had, in fact, won Best Picture.

I was very happy to see that *Moonlight* won the night by putting the story of a young black gay man in the spotlight for many people who feel underrepresented or invisible to see. *Moonlight* truly was a fantastic choice for Best Picture and ended the night as well as it could after the mistake that continued to be discussed long after the show had concluded.

## To be Gloomy



## ... or to be Happy?

As you go through this phase of life, take comfort in the fact that there is nothing new under the sun. While there is never going to be anyone with identical genes who will experience life exactly as you do, your emotions, good and bad, are something that we all have. Life comes in stages, getting a college education is one stage. This is around the time in which your prefrontal cortex is getting developed, when you are becoming more aware that your behaviour affects other people. It is a time of great self-awareness, particularly awareness of a moral conscience. Up to this point your behaviour has been mostly shaped by fear of punishment. But never forget that the urges you have, and even your sexual orientation are largely part of the pre-package that you came into the world with. Don't be hard on yourself, after all, you did not make yourself and you are not responsible for the genes that have shaped you up to this point. It is not for you to feel guilt or shame about how you were put together. What is important, is what you do about the traits that are harmful to others. With a moral appreciation of consequences, your behaviour should be shaped by a desire to pursue goodness, for goodness' sake. This is a narrower road, but it brings peace of mind, success and happiness. It is also the surest road to wisdom. So try not to despair when the day seems dreary or the task seems impossible. Bad times never last and you will adjust like you've always done. Never forget that we live in our minds and so just as negative thoughts bring you down, positive thoughts will lift you up. As so, it is important to control your thoughts. Learn to shake off negative thoughts the moment they occur to you – practice makes perfect. This, by the way, is one of the triumphs in life – gaining control of what we allow our mind to dwell on. No one knows where thoughts come from, but with some effort you can learn to focus on the things that bring you happiness. Work hard, and try to remain honest, so you can keep growing in your ability. You are capable of much more than you realize. Learn self-discipline and organisation so that work doesn't spill into play, and your play is not spoiled by guilt from work left undone. Try never to panic, instead seek help to recover from trouble. Offer good advice and don't hesitate to seek counsel. We are all in this together. Don't be embarrassed to embrace faith but do not become self-righteous or a hypocrite. Your friends may not tell you so, but they will respect you and admire you as a spiritual person. After all, true spirituality is about learning to love others. You will find that the more you pray, the better you know yourself and the less mistakes you make. Pray for those you don't like and forgive others so that it is easier to forgive yourself. Overcome your shyness, not by heavy drinking or by using drugs, but by reminding yourself that we are all shy to some extent. In fact, shyness tends to be a result of self-awareness. No one is better than anyone else, we all have our warts. Through prayer you will gain more self-knowledge and understanding of how you fit into the world. The more you know about yourself, the calmer you will be and the more hopeful you will be about the future. Hope and faith are wonderful assets and they will teach you about love and laughter. You are about to come into your own so learn to pick up after yourself and hang in there. You have yet to taste the best that life has to offer, be patient.

~ Elvis & Twyla Iginla, The Compassionate Listening Society of Alberta  
780.705.2289 ~ [wedaretolisten.com](http://wedaretolisten.com)



## ON THE SCREEN

# Only relatively enjoyable

By GERVAISE BRANCH-ALLEN

*The Lego Batman Movie* is a moderately enjoyable spin-off to *The Lego Movie* with some issues that take away from the final product. After another resounding success putting a stop to a multitude of villains led by the Joker and saving Gotham's citizens, Batman returns home to his lonely life.

Will Arnett reprises his role as Batman from *The Lego Movie*, bringing the same raspy-sounding, self-indulged character that audiences enjoyed in 2014. This time around, Batman has fun fighting crime, playing music and working on his abs. While the character is fun for most of the movie, his narcissism and grumpy attitude towards others is a little overwhelming. Fortunately, Arnett's enthusiasm for the role comes through in his performance.

Michael Cera's Robin is joyous, sweet and easily the heart of the movie. His willingness to follow Batman's every rule about crime-fighting is a joy to watch. The character brings a lot of humour to the movie and Cera's performance fits perfectly.

Zach Galifianakis' Joker is a sinister looking yet emotional villain who desires Batman's attention. While he lacks the iconic Joker laugh for the most part, Galifianakis excellently portrays the clown maniac as an emotionally damaged villain.

Barbara Gordon (voiced by Rosario Dawson) grounds the movie while also contrasting with Batman as a traditional hero with selfless goals of protecting citizens and stopping crime. Alfred (voiced by Ralph Fiennes) is an enjoyable father figure to Batman while urging him to open up to his emotions.

The movie's story about family and distancing yourself from loved ones was quite emotional in parts as Batman's desire to be alone hurt those he was closest to. In ways, this story was pretty relatable as Bruce, trying to avoid the pain



www.legobatman.com

of his losses in life, made him push away anyone trying to be close to him. This was easily my favourite aspect of the movie.

The fan-service was truly fantastic with references to the 1966 *Batman* television series, *Batman: The Animated Series*, *Detective Comics* issue #27, *The Dark Knight* trilogy and *Batman Beyond*, among many others was simply splendid for fans of the property. The villains on display were also quite astounding like the Kabuki Twins, Killer Moth, Magpie, the Mime and Zebra-Man!

Unfortunately, the movie was lacking in a few areas. Most of Batman's villains, besides the Joker and Harley Quinn, appear very briefly, making a large variety of excellent characters feel unimportant.

With actors like Billy Dee Williams as Two-Face, Zoe Kra-

vitz as Catwoman, and Conan O'Brien as the Riddler, the casting choices seemed unimportant since some characters only had one line. Doug Benson's Bane and Jenny Slate's Harley Quinn had a few more lines but still felt inconsequential to the plot besides one moment with the latter character. The threats during the second half of the movie seemed overused and out of place in contrast.

The movie's fast-paced tone felt over-the-top while a decent amount of the jokes simply weren't as fun as I would've liked. *The Lego Batman Movie* is very good in some areas, including Batman's fear of being close to others and Robin's characterization, yet it suffered from too much going on at times, varying levels of humour and underused characters. Overall, if you can look past its flaws, *The Lego Batman Movie* is relatively enjoyable.

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Edmonton



Photos by Tim Potter

NAIT Juggling Club President Jay Chun, right, shows off his skills on Feb. 10 at the weekly Juggling Jam in the CAT Building atrium. Another member of the group, left, shows off his skills. The event is held each Monday from 5 p.m. to 8 p.m.

# MARCH EVENT LIST

## 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](http://NAITSA.CA)**



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# Bullying is not acceptable



## TIMELY TIPS

**MARGARET MAREAN**  
NAIT Student Counselling

Bullying is defined as repeated intimidation, over time, towards a less powerful person or persons, and always involves power or control. Bullying can include physical abuse (or threat of abuse), however in adult settings it typically causes psychological rather than physical harm and is harder to recognize. Cyberbullying has become more commonplace than face-to-face bullying. **Some examples of bullying include:**

- Spreading lies or rumours
- Offensive jokes
- Insults/ put downs/ backstabbing
- Humiliation
- Sabotage/interference with completing assignments or group projects
- Excluding/isolating (e.g. not inviting a classmate to group activities; removing an individual from a class facebook or chat group)
- Silent treatment
- Constantly criticizing
- Stealing credit for someone else's work
- Yelling, swearing or having a patronizing attitude
- Spreading demeaning comments

about a person through social media or e-mails

- Discriminatory comments based on race, origin, religion, sex, sexual orientation or disability

Sexual harassment and discrimination are classified separately but involve bullying behaviour.

Bullying affects emotional, mental, physical, and possibly financial health. Depression and anxiety are common side effects and can result in not attending school, withdrawal from activities, low motivation and procrastination and/or dropping out.

### Common reasons that people bully include:

- to mask their lack of confidence and low self-esteem
- to avoid being bullied; bullies have often been the target of bullying in the past
- to further their own agenda at the expense of others
- to sideline someone they feel is a threat
- to deny responsibility for their own behaviour

There are different types of bullies: the mean, nasty, manipulative person who everyone is scared of; the competitive person who wants to do better than classmates and finds subtle ways to put them down, and the accidental bully who doesn't realize his or her behavior is offensive and just needs to be educated about the impact he is having. Accidental bullies will likely feel badly and apologize about their unintentional behavior. There is another category where bullying is related to the effects of substance abuse and can lead to threatening, dangerous or paranoid

behavior due to distorted decision-making caused by the substance.

### What to do if you are being bullied:

- Realize that it is your absolute right under the Human Rights Act to feel safe and comfortable in your environment.

• Remember that the bully gets his or her power from your reaction. If you do not react by showing anger, fear or sadness there is a good chance the bullying will stop.

• Walk away. Generally it is not a good idea to interact with a bully however if you can remain calm and tell the bully you want the behaviour to stop, explaining why it is unacceptable, that may be a good option. However, do not retaliate – that is just lowering yourself to the bully's level and letting them know they are getting a reaction.

• If things don't improve, or if you feel scared or threatened, don't keep it a secret. Talk to an instructor, a counsellor at Student Counselling, NAIT's Ombudsperson (780-491-1305), or a trusted classmate, friend or family member.

• Remember that bullying and harassment will not be tolerated under NAIT's Student Code of Conduct. Bullies will be dealt with severely and may be withdrawn from their program if behaviour does not improve. It is a good idea to keep a detailed written record of bullying incidents.

"The reason that bullying takes place at any age is because it is allowed to happen. When bullying is going on it needs to be shut down so the bullies don't get the power that they are looking for." <http://nobullying.com/post-secondary-education>

### What can you do if you witness bullying:

- Let the targeted person know that you have witnessed the bullying and offer them support.
- Help them come up with a plan of action that might include meeting with or writing to the bully.
- Offer to go with them to meet with an instructor or counsellor about the situation.
- Let them know their rights under

the Student Code of Conduct

- If it is safe to do so, let the bully know that you have witnessed the behaviour and do not approve.

"While bullying itself is hurtful to the target, it is even more painful when their colleagues refrain from defending them. Nobody wants to be the first to challenge a bully since they might then become the target of further bullying. Once the first person speaks up in their defence however, others are more likely to join in." <http://www.frameworks4learning.com/workplace-bullying.html>

Support anti-bullying by wearing pink on NAIT's Pink Shirt Day.

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

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

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

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

## Poetry Corner

### Poem

Nothing interferes  
Close your eyes for me and listen  
Tell me what you hear  
Do you hear silence or traffic outside?  
Can you tell if I'm near?  
I can always feel you close  
Even if you're not here  
We're entwined together  
Nothing interferes  
So let's take a moment  
And take a kiss  
Because this to me  
Is pure happiness.

– By Olivia Adams

## NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: [www.nait.ca/counselling](http://www.nait.ca/counselling)

## Are you feeling pressured and stressed?



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or email:  
[sandrad@nait.ca](mailto:sandrad@nait.ca)



**FLYNN, THE WONDER DOG!**

Flynn, NAIT's therapy dog, loves the camera and shows it. Since September 2013, the Australian Labradoodle, with handler Linda Shaw, has worked as NAIT's Wellness Therapy Dog. PAWS for a Break are drop-in sessions once a month in different locations on campus where students and staff can spend time with Flynn in a fun dog-safe play area.

Photos by Callie Jeffrey





THE NUGGET PRESENTS:

# HOROSCOPES



MADAME O

## March 2-8

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

## Pisces (Feb. 19-March 20)

The planets are in position to support team work – remember that the most valuable team members are those that have knowledge and experience that you do not. Instead of feeling intimidated, show appreciation by listening and discussing.

## Aries (March 21-April 19)

Sometimes it is the quietest voice in the room that gets the most attention. Calm, clear and focused communication will underscore your sincerity when asking for help or direction.

## Taurus (April 20-May 20)

Beware of false promises. The position of Jupiter gives rise to charisma and you will get on with even those who have their own agendas. Taking on a task for someone based on future compensation could be risky business.

## Gemini (May 21-June 21)

Planetary alignments suggest that now is not a good time to start a long term relationship, so if that person you meet sets the pulse racing, take it easy. Slow and steady can win the race.

## Cancer (June 22-July 22)

Money is important and financial well-being is a laudable goal. Over the next few days, relax and focus on other matters. Set your financial

plans on simmer and they will be all the more fruitful for being left alone for a bit.

## Leo (July 23-Aug. 22)

Love is the byword today ... so soften your outlook on life. When you let down your guard with a special someone you will find a closer connection.

## Virgo (Aug. 23-Sept. 22)

The stars support your endeavours now. When you have the information and understand the pitfalls and rewards, you no longer need permission. It only takes courage to start and confidence to keep trucking, the doubters will be surprised by your success.

## Libra (Sept. 23-Oct. 22)

Networking is high on the charts over the next week. So get out and meet those of influence in your field. Being social now could mean career leaps in the not too distant future.

## Scorpio (Oct. 23-Nov. 21)

Be open to receiving. The uni-

verse is aligning to your benefit over the next few days. What is necessary to get the task done will come to hand easily.

## Sagittarius (Nov. 22-Dec. 21)

Wishes can come true, so take care to focus on what will really be of value to you. Wishes are non-returnable and the planets are aligned so that what you ask for may well show up. Positive focus is key right now to ensure future happiness for all concerned.

## Capricorn (Dec. 22-Jan. 19)

Boundless is the word right now as the path is smoothed before you for travel in any direction. The planets guide your steps and success is woven into the path ahead.

## Aquarius (Jan. 20-Feb. 18)

The creative energy is sizzling, so get out there and express your inner artist! Find a muse and follow it to create harmony and peace in your space and relationships.



Photo by Christie Dudzicz

Students make use of a study area in the HP Centre.

# What's on ...

By NAVJEET KAILAY

## How to: Rock Climb

**Tuesday, March 7; 4:30-7:30 p.m.**

**Venue:** Vertically Inclined Gym - 8523 Argyll Rd.

**Ticket Info:** \$10 for a spot, transportation, lesson and two hours on the wall.

Sign up with NAITSA and learn the basics of rock climbing at Vertically Inclined Gym.

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## SkirtsAFire herArts Festival

**March 2-12; 3:30 p.m.**

**Venue:** Alberta Avenue Community League

**Ticket Info:** Varies for event, most by donation at the door.

The multidisciplinary arts festival celebrates the work of women; this year's lineup includes The Mommy Monologues, Fair Phyllis, cabaret nights and much more!

## NAIT Pride Week

**March 6-10**

Join NAIT for events throughout the week to support a safe and inclusive campus for LGBTQ students. The celebrations will start on Monday with a Pride walk and rally; a full listing of events can be found on the NAIT Safe Spaces website.

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## International Women's Day - Half the Sky Film Screening

**March 8; 6 p.m. to 8:30 p.m.**

**Venue:** Latitude 53 - 10242 106 St

**Ticket Info:** \$15

Join the Junior League of Edmonton for desserts, a panel discussion and a screening of *Half the Sky: Turning Oppression into Opportunity for Women Worldwide*. The film is a four-hour series shot in 10 countries and covers women and girls living in challenging environments and trying to change their circumstances.

## NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: [www.nait.ca/counselling](http://www.nait.ca/counselling)



**DARK MATTERS**

AN 18+ EVENT WHERE THE SCIENCE IS SERVED ON THE ROCKS AND THE ADULTS COME OUT TO PLAY!

We'll test the limits of gravity with this **Projectiles!** themed event.

Event date: Thursday, March 9

Tickets & Info: [twose.ca/darkmatters](http://twose.ca/darkmatters)

TELUS WORLD of SCIENCE Edmonton

## WHAT DOES NAITSA DO FOR YOU?

WE ARE YOUR STUDENT-LED ORGANIZATION, & OUR MISSION IS TO PROVIDE STUDENTS WITH EXCEPTIONAL SERVICE & REPRESENTATION.

### WE HAVE 4 FULL TIME STUDENT EXECUTIVES

The VP Student Services is here to help foster student life off campus. The President is the official spokesperson of NAITSA. The VP External represents student interests throughout the campus, city and province. And the VP Academic can help you with questions or issues regarding your studies at NAIT.

### WE HAVE THE STUDENT SENATE

The senate is made up of 18 student representatives from all program areas, who provide input and vote on important NAITSA issues.

### WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS

### WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK

### WE OWN & OPERATE THE NEST TAPHOUSE GRILL

located by the pool | 780.473.8840 | [nesttaphousegrill.com](http://nesttaphousegrill.com)

### WE PUBLISH THE NUGGET STUDENT NEWSPAPER

Room E-128 | 780.473.8844 | [thenuggetonline.com](http://thenuggetonline.com)

### WE OPERATE THE STUDENT HEALTH & DENTAL PLAN

[studentplans@nait.ca](http://studentplans@nait.ca) | [mystudentplan.ca/nait](http://mystudentplan.ca/nait)  
NAITSA Service Hub Room E-131

### WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPERS

[foodcentre@nait.ca](http://foodcentre@nait.ca) | [nait.ca](http://nait.ca) | NAITSA Service Hub Room E-131

### WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

[estl@nait.ca](mailto:estl@nait.ca) | [nait.ca](http://nait.ca) | NAITSA Service Hub Room E-131

### WE ADMINISTER THE U-PASS

[upass@nait.ca](http://upass@nait.ca) | [nait.ca/upass](http://nait.ca/upass) | NAITSA Service Hub Room E-131

### WE PROVIDE DISCOUNTED TICKETS

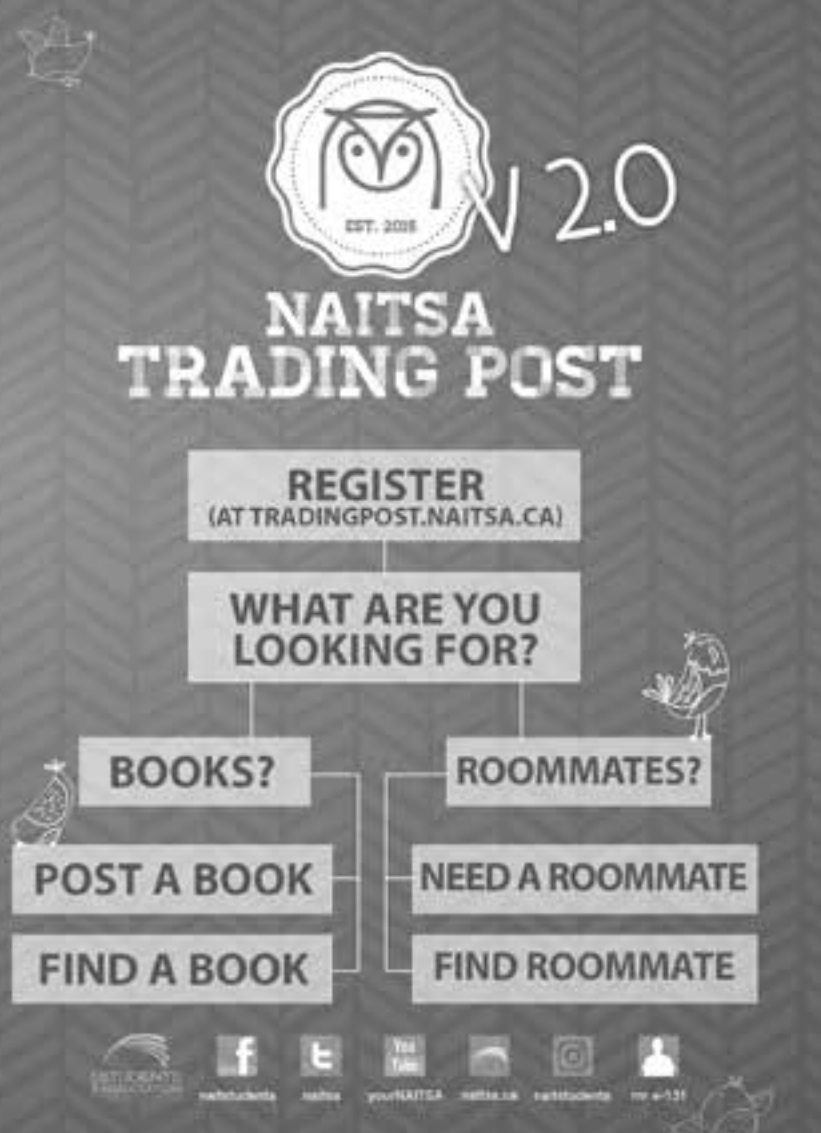
To sporting events, movies, and other fun events! Available in the NAITSA office (E-131) on the Nait Campus or at the bookstores on Seaton & Patricia Campus.

### WE SUPPORT & FUND OVER 70 CLUBS

[orginfo.nait.ca](http://orginfo.nait.ca) | NAITSA Club Centre E-129

### WE COORDINATE FUN STUDENT EVENTS ON CAMPUS

Check the boards and our social media for updates!



**NAITSA TRADING POST N 2.0**

**REGISTER**  
(AT [TRADINGPOST.NAITSA.CA](http://TRADINGPOST.NAITSA.CA))

**WHAT ARE YOU LOOKING FOR?**

**BOOKS?**

**ROOMMATES?**

**POST A BOOK**

**NEED A ROOMMATE**

**FIND A BOOK**

**FIND ROOMMATE**

[naitstudents](http://naitstudents)
[nait.ca](http://nait.ca)
[yourNAITSA](http://yourNAITSA)
[nait.ca](http://nait.ca)
[naitstudents](http://naitstudents)
[na@nait.ca](mailto:na@nait.ca)



## NEST TAPHOUSE GRILL

# WEEKLY SPECIALS

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

FOR CURRENT HOURS PLEASE VISIT US ONLINE  
NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. DINE IN ONLY.

REVIEW US ON: zomato yelp

## 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!

**MOLSON CANADIAN**

# We are the Naitsa Service Hub!

**WHAT DO WE OFFER?**  
The NAITSA Service Hub is here to make your time as a NAIT student easier. Come to us with all your questions about the Health & Dental Plan, U-Pass, Food Centre or Emergency Short Term Loans.

### EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

Eligible **credit** students facing unforeseen financial emergencies may qualify for a small 30 day loan from the NAIT Students' Association. For more information, come in to the NAITSA Service Hub or email [estl@nait.ca](mailto:estl@nait.ca)

### FOOD CENTRE

Hunger should not be a barrier to your education. Come to the NAITSA Service Hub in E131, or fill out your hamper intake form online at [nait.ca/food-centre](http://nait.ca/food-centre). Contact [foodcentre@nait.ca](mailto:foodcentre@nait.ca) for more information.

### HEALTH & DENTAL

NAITSA has worked to design a reasonably priced health and dental plan to give students peace of mind. For more information about your coverage please visit [mystudentplan.ca/nait](http://mystudentplan.ca/nait) or contact [studentplans@nait.ca](mailto:studentplans@nait.ca)

**THE DEADLINE TO OPT OUT OR ADD FAMILY IS SEPTEMBER 30, 2016.**

### U-PASS

The U-Pass gives eligible students access to City of Edmonton, St. Albert, and Strathcona County Transit while you're at NAIT! For more information please visit [nait.ca/upass](http://nait.ca/upass) or email [upass@nait.ca](mailto: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

## WHAT'S GOING ON AROUND CAMPUS

### WEEKLY CLUB MEETINGS

To get involved please visit [www.naitsa.ca/clubs/current-clubs/](http://www.naitsa.ca/clubs/current-clubs/)

WHO	WHEN	WHERE
International Club Film Series: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017   2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, Dec 8, 2016-April 30, 2017   5:00pm-10:00pm	Room X-105
NSC Super Smash Bros Meetups	Thursdays, Jan 5-April 13, 2017   5:00pm-10:00pm	CAT 191
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
Women in Action Weekly Meetings	Every other Tuesday, Jan 24 – Mar 28, 2017   12:15pm-1:15pm	CAT 138

### UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
PFT2017	Fitness Bootcamp Week	Mon-Fri, Feb 27-Mar 3, 2017   12:15pm-1:15pm	CAT Crossing Bookstore, South Lobby
Forestry Tech MRT2018	Rock, Paper, Scissors Tournament Pub Night	Fri, Mar 31, 2017   6:30pm-9:30pm Sat, Mar 11, 2017   7:00pm	CAT 1st Floor The Pint on Whyte



**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](http://naitsa.ca/naitsa-clubs)

Check out the Clubs Website for other  
upcoming Important Clubs Dates