

NAIT NUGGET

Thursday, November 8, 2018
Volume 56, Issue 5

thenuggetonline.com
@nuggetonline

COLOUR YOUR STRESS AWAY!

Wellness Issue

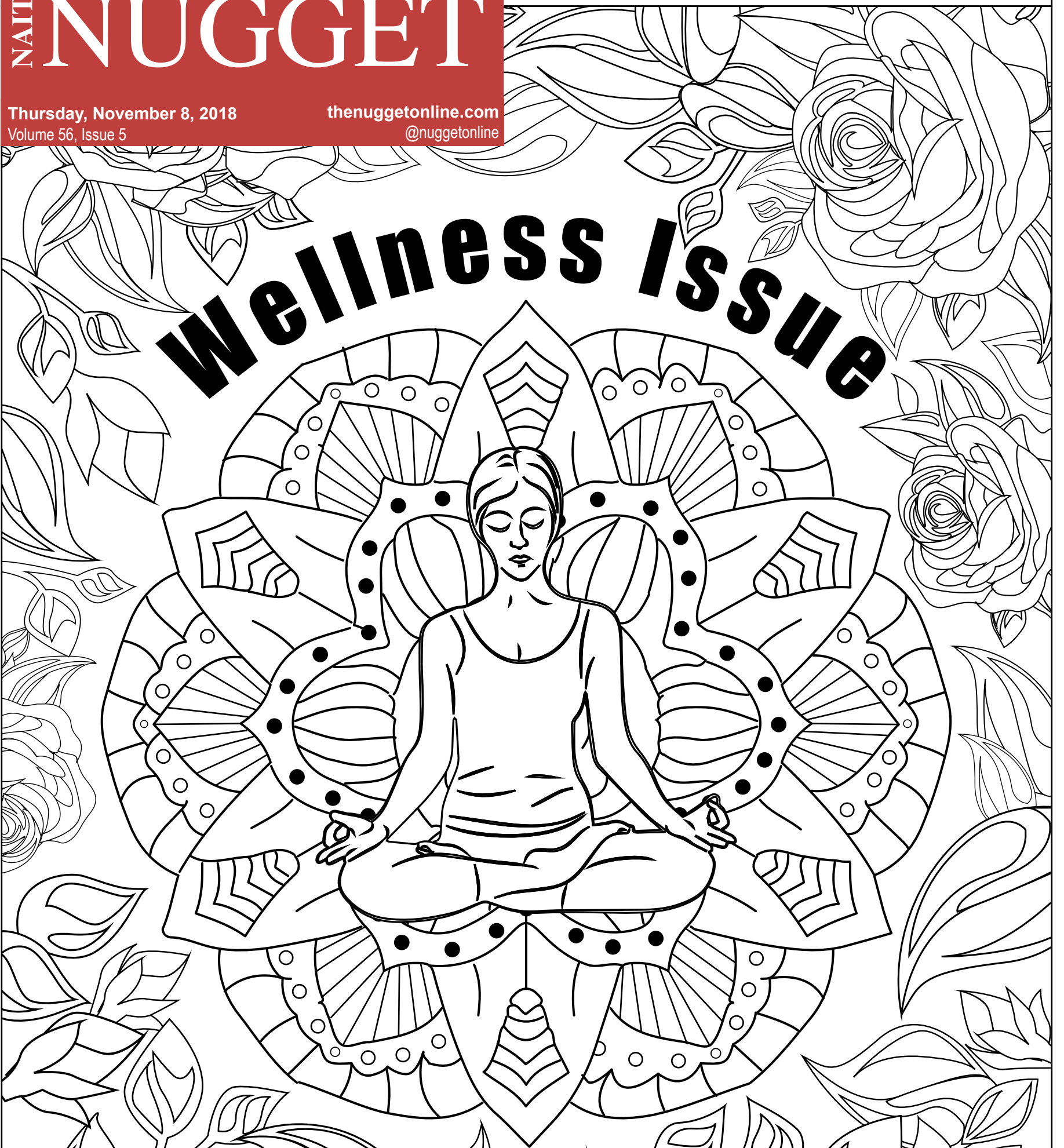


Illustration by Shawna Bannerman

Attend Imperial's information session

NAIT
CAT 191 Theater

Wednesday, November 21, 2018
4:30 - 6:00 p.m.

For students in:
Power Engineering Technology | Chemical Engineering Technology | Chemical
Technology | Petroleum Engineering Technology | Materials Engineering
Technology | Instrumentation Technology | Information Technology

Imperial

imperialoil.ca/careers



NEWS & FEATURES

Virtual safety at fingertips



ERYN PINKSEN
Issues Editor

While the Safe Walk program is not new to post-secondary campuses, NAIT launched the first campus Virtual Safe Walk in Edmonton. This provides students with an easily accessible digital safety feature for peace-of-mind security.

Living close to campus has its perks, however, as a young woman I often feel nervous walking home late at night. I have wanted to use Safe Walk multiple times, but I usually felt

that because I lived so close I didn't want to inconvenience someone to accompany me for such a short distance.

For my own wellness, I have come to realize that prioritizing safety is never an inconvenience.

I spoke with Darrin Kirk, operations officer at NAIT's Department of Protective Services, who informed me of the many ways that NAIT is also prioritizing safety.

What intrigued me most was that this Virtual Safe Walk connects students directly to the Department of Protective Services and is available on the NAIT Alert app 24-7.

Virtual Safe Walk allows students to mark their current location and share it with the Department of Protective Services office as they walk. The user sets the time they expect to reach their destination then location services on smartphones update the office about the user's movements that they monitor on their end. When the user arrives at their destination

safely, they simply end the trip so the office is notified and the location is no longer shared.

"We have been trying to encourage people to download the app because there are a lot of good things about it that are useful, not only for your own personal interest, but for your safety," said Kirk.

This same safety procedure is available with another feature called Friend Walk. Within the NAIT Alert app, a user can share their location and use the check-in feature with a friend rather than the Protective Services Office, if they prefer.

I gave the Virtual Safe Walk program a try and while there are a few bugs, as it shut down when I locked my phone, I appreciate that NAIT is working to stay ahead of the times in



security technologies.

Other NAIT Alert safety features include: connecting app users to emergency contacts like protective services and the Edmonton Police Service, a list of emergency procedures for on campus security and a mobile BlueLight help-

phone for an immediate line.

According to Kirk, when campus is busiest there are approximately 12,000 to 15,000 students walking around. To further prioritize immediate safety, there are over 600 high-quality cameras in the major public areas to monitor any immediate security concerns.

Currently, the app only has 4,470 users out of over 30,000 staff and students. You can download the NAIT Alert app on any smartphone app store.

NAIT aces business competition

By **ZACHARY FLYNN**

A NAIT team beat the odds and took first place at the first-ever Entrepreneurship Case Competition in Alberta.

The team consisted of students from NAIT's Small Business Management class. The entrepreneur competition was held at the Concordia University of Edmonton.

Nine teams took part in the competition from schools like the University of Alberta, MacEwan University and the University of Calgary.

Matt Trick, Shelby Bourque, Jennifer Ogbeide and Ryan Martindale made-up one of four groups that NAIT sent.

What set NAIT's teams apart from some of the others is that they had never met each other before and were only introduced to one another three weeks before the competition.

"It was a bit of a shorter timeline than was ideal but we were still able to come together pretty quickly," said Trick.

The team only had three short meetings before the competition and practised working on business cases. Luckily, the team was made up of students from a variety of business backgrounds like finance and management.

On the day of the competition, the group had four hours to prepare a presentation for a business that produced prosthetic limbs, but was lacking money.

Ryan Martindale says the four-hour time limit was stressful, but the team worked well to get everything done just in time. Trick added that the team didn't even have the time to practise the presentation before they submitted it.

The team was fifth to present their project to a panel of judges. After they submitted the presentation, the team worked through lunch to plan how they were going to present.

Following the presentation, the group wasn't too sure how they would place when winners were announced.

"Honestly I don't think any of us were expecting first," said Trick.

The team proposed that the company lease the prosthetics rather than sell them. No other team had this idea.

"We knew that we were taking a gamble on it so it was either going to go well for us or they were not going to like it at all," said Trick.

Following the presentations, the group had an anxious wait while the judges picked the winners. Trick says that the team was expecting to place somewhere between second and fourth place.

When everybody came back together, it was announced that the NAIT team won.

"I can't believe that we came together in three weeks and managed to form a winning case team in such a short time," said Trick.

First place came with an \$800 cash prize for the team. Trick is happy that the team won prize money but says that networking with students from other schools

was incredibly valuable.

"Just getting to talk to those people is something that you wouldn't get the opportunity to do if you are staying in a classroom at NAIT," he said.

Trick says that he is grateful for the opportunity to be able to get some extra practice in a competition setting rather than a classroom. He used the event to build his skills, chat with students from other schools and have fun.

Trick is competing in three more case competitions this year and recommends that students get out of the classroom and give competitions like this a try.

"Being able to get that time to have extra practice, meet some people and do it in an environment that doesn't have a GPA attached to it was really valuable."



Clubs and wellness

naitsa
NAIT STUDENTS' ASSOCIATION

By **GEORGE HONG**

NAIT has 96 active campus clubs and students are able to start their own club by following the required steps on the NAIT Students' Association website.

Clubs Support Specialist, Laura Hebert, educates students how to start a club, advertise to increase membership and apply for event funding. The Campus Clubs office has an open door policy and is located at E-125 near the NAITSA office. Walk-ins are welcome.

"We want to help students develop a campus culture, expand their interests, and discover new friends," said Hebert.

Jasmine Khanam, Campus Clubs Co-ordinator, believes there are significant benefits to being a registered club. Campus Clubs will provide resources, including; equipment, funding, promotional opportunities and access to meeting space and event rooms.

"We are here to foster students' creativity and their ability to connect to other students," said Khanam.

Panharith In is the president of the International Students Club that has 458 members and is the largest club on campus. The International

Students Club will accept all students both foreign and local. In believes that having members from all walks of life helps the international students interact with locals



Laura Hebert

Supplied photo

and creates a more vibrant and diverse community.

"Being part of the leadership team helps me apply and practice the management skills I learned in the BBA program," said In.

"Involvement in a club at the executive level is reflected on the student's transcript, which showcases your extracurricular participation in the student community" said Khanam.

In believes that joining any club makes you a part of a community that can provide support or help break the monotony of school, midterms, papers and exams. In himself is part of four other clubs: Accounting Club, Soccer Club, Enactus Club and Skating Club.

The International Students Club hosts many events for their large member base. One upcoming event is a wine and cheese charity event on Nov. 23 in the North Lobby. All proceeds from the event are donated to mental health and eating disorder initiatives.

The event will feature a bar serving wine, catered food, DJs, art from Humans of Edmonton and other entertainment. Tickets are \$25 and are sold on Eventbrite.

New student senate meets

By **JOE LIPOVSKI**

At the first student senate meeting of this academic year, the four NAITSA executive members presented their goals for the year; ranging from a fall reading break, to new NAITSA offices, to better mental health support at NAIT.

Brenda Needham, NAITSA VP Academic, received a number of questions from the senators, mainly about the potential fall break, which Needham has been passionate about since she began her first term last year.

Although the senators had many questions regarding a fall break, Needham could only speculate that NAIT may make the fall term longer if the break is approved. Most questions, however, went unanswered by Needham.

Senator Kyle Prince raised a concern that if the fall term were to start earlier to accommodate a fall break, out of town students may be required to rent an apartment a month sooner. Many senators asked if a fall break was needed.

Naomi Pella, NAITSA president, replied that a break in the fall would aid in stress relief and may reduce wait times for NAIT's counselling services.

NAIT's fall term includes only two statutory holidays, while the winter term has three, with reading week on top of that.

Willow Shelley, VP Student Services, presented NAITSA's new peer support program to the newly-elected senators. Many of them questioned the need for the program. Shelley replied that NAIT's Student Counselling Centre can have a two-week wait for students looking to book appointments. Shelley added that the program was created to aid students in coping with stress, and to give students other options for stress management. Shelley said the program is also meant to create more jobs for students.

The peer support program is currently training its first staff members and will be open to students Nov. 26.

NAITSA President, Naomi Pella, reported on her goals for the year, which included the renovation and moving NAITSA into new offices.

Senator Alex Marshall had questioned the need for new offices. Pella said that with a growing student body at NAIT, NAITSA is forced to grow along with it and as a result have outgrown their current office space.

NAITSA's new offices are currently under construction in Section O, previously occupied by the NAIT executive offices.

Several newly-elected senators were appointed to subcommittees – Joning Yu, Kyle Prince, Vivi Nguyen, Chase Thompson, Djanvi Kouassi, and Alex Marshall were appointed to the finance subcommittee.

Senators Michael Essex, Stephanie LeBouthillier Kyle Prince and Alex Marshall will occupy the governance subcommittee.

At a special meeting following the meeting, Jaryd Taylor, former senate nominee, argued that the penalty for his disqualification was extreme and unconstitutional. Although Taylor won the election, he was forced to give up his seat after a NAITSA bylaw violation during the campaign. Taylor's campaign posters were not stamped by NAITSA; a violation of NAITSA's bylaw stating that all posters on NAITSA bulletin boards must be stamped. Chris Chelmick, NAITSA executive director, reminded Taylor that all rulings are final and that bylaws and policies are treated differently if the two conflict.

Taylor's seat on the senate was filled by Grace Chan-Lowe, senator-elect for Engineering Tech. and Academic Upgrading.

One seat is still available for Building Construction and Design.

The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Media Operations 780-952-3570
www.thenuggetonline.com

Senior Editor

Jory Proft
studenteditor@nait.ca

Assistant Editor

Eryn Pinksen

Sports Editor

Conner Toffan

sports@nait.ca

Assist. Sports Editor

Peter Go

Entertainment Editor

Nikita Eleniak

entertain@nait.ca

Assist. Entertainment Editor

Emily Keller

Video Editor

Spencer Shortt

Photo Editor

Saif Hossain

Social Media Editor

Serena Deschner

Media Operations Mgr.

Nicole Murphy
nmurphy@nait.ca

Assistant Operations

George Hong

Production Manager

Frank MacKay
fmackay@nait.ca

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.

PROGRAM FEATURE

CARPENTRY



Photo by George Hong

Chair Allan Jensen

Economy affecting carpenters

By GEORGE HONG

The Alberta economy is down and NAIT's carpentry program is down 25 per cent but all the classes are fully booked with waiting lists.

Alberta Apprenticeship and Industry Training Office provides funding for all the apprenticeship programs in the province. The number of carpentry spots available at NAIT has gone down from 900 seats to 690 seats over the past four years. This is directly related to the current economy and the impact on the construction industry, according to Allan Jensen, chair of the NAIT Carpentry Program.

NAIT is the only post-secondary institution in Edmonton that offers carpentry apprentice training.

With the skilled tradespeople experiencing higher than normal unemployment rates, trades workers are taking this opportunity to go to school and upgrade. Taking the eight-week course allows the carpenter to charge a higher rate when they get their next job.

"The increments in the student's salary are based on passing their training," said Jensen.

Each eight-week term has a total of 150 registration spots, split between first, second, third, and fourth year students. Seventeen instructors teach students the skills and knowledge to pass the provincial exams. For students with no formal training in carpentry, there is a pre-employment certificate that lasts eight months and will give them an overview of the field.



Photo by George Hong

Taylor Hauck
Third-Year Apprentice Carpenter

Taylor Hauck started by taking the eight-month, pre-employment certificate at NAIT and he's back to complete his eight-week technical training course. Once he's completed the NAIT training course Hauck will need to pass his provincial exam and complete on-the-job training. Hauck can immediately register for his final year to become a journeyman carpenter.

After years of working at a variety of residential and commercial jobs, Hauck has recently joined a newly-launched framing company at the ground floor and is excited to grow with the company.

"It was a real compliment that the founders of the company picked me to work with them," said Hauck.

Hauck paid approximately \$1,000 tuition for this period but is eligible for Employment Insurance for the full eight weeks. Third year apprentices can be paid anywhere from 80-90 per cent of a journeyman's going rate.

Hauck would not consider any other school for his carpentry training. The class consists of 30 students from all across Alberta and a few from Saskatchewan and B.C. Hauck believes NAIT is the leader in the carpentry industry and feels lucky to represent the institute.

"The equipment is top notch and the instructors are knowledgeable and hands on," said Hauck.



Supplied photo

Cathy Hubscher
Fourth-Year Apprentice Carpenter

Cathy Hubscher's grandfather was a carpenter and she grew up watching him work with wood.

Hubscher liked woodworking class in junior high and returned to her carpentry roots a few years after graduating from high school. Cathy enjoys being able to see the fruits of her labour in the form of a house or building.

She admires the hands on experience of shop class because she gets to use different tools and equipment to make things she normally wouldn't get to build at work. The main project for fourth-year students is building a desk which she hopes to take home with her once she's done.

Along with her provincial exam, the Apprenticeship Board will come to examine her completed desk to determine if she passes. If Hubscher decides to keep the desk, she will need to reimburse the carpentry program for the cost of materials.

For any students who may want to be a carpenter, she offers some advice: Ask your instructors a lot of questions and be sure and get some warm clothing!

"You have to work outside in the cold and mud – after all, this is Alberta," said Hubscher.

Someone to listen

By ZACHARY FLYNN

NAITSA is opening a Peer Support Centre later this month to supplement on-campus mental health resources – making NAIT the last major post-secondary institution in Edmonton to get a peer support program.

The centre will be in room J209B and will be staffed by NAIT students who are trained to listen to students and deal with people in crisis. The service is entirely confidential and gives students the opportunity to share their stories anonymously.

The NAIT students, acting as peer supporters, will work with students to develop coping skills and strategies, and provide further resources to students.

The centre is expected to be open three hours a day, Monday through Friday. It is likely to be open in the morning before classes, during lunch hour, and before evening classes. Schedules and hours are still in development.

Currently, the program employs 10 NAIT students – nine peer supporters and one co-ordinator.

Willow Shelley, NAITSA's VP of Student Services, says she's excited to see this program start up and is look-

ing forward to providing students with a space to go if they need someone to talk with.

"I think that it's crucial that we have a peer support program at NAIT," said Shelley.

"I think it's going to provide a great support to a lot of our students that need to be able to talk to someone that would be able to understand their situation."

What makes NAIT's program stand out from similar support groups is their commitment to supporting their staff.

"We really are aware of the stress that peer supporters could be going through, and we want to provide as much support to them as possible," said Shelley.

The peer supporter co-ordinator will have regular check-ins with their staff to make sure that they are maintaining positive mental health. Peer supporters are also required to attend regular counselling through NAIT and partake in open dialogue with other peer supporters during regularly-scheduled meetings.

Peer support staff undergo intensive training over the course of two week-ends. The training focuses on supportive listening, crisis management, and

empowering students.

The service acts as a completely confidential way for students to access peer support.

Peer supporters are not licensed counsellors or therapists and they are not trained in giving advice. They are there to listen to students and work with them to help students develop plans and solutions on their own through reflective practices.

"We give them the skills, but they create their own action plan," said Shelley.

Students are not able to book meetings with Peer Supporters. If a student would like regular appointments with a professional, they are recommended to see NAIT's Counselling Centre.

"We're not trained counsellors, I like to say we're trained listeners," said a peer supporter.

At the Peer Support Centre, both the

student and the supporters will remain anonymous. Regardless, the peer supporters will always be willing to listen to anyone who comes to the centre.

"We're peers, we're in the same place as you are. We're a fellow student," said a Peer Supporter. "You could come sit with someone and spill your guts and know it's not leaving that room."

NAITSA hopes that the anonymity will make students feel more comfortable opening up to the peer supporters.

"The whole idea of it is really for students to feel comfortable, in a safe space, and that they're talking to a peer and not a counsellor," said Shelley.

Shelley hopes to see the program expand to the size of other established programs in the city, but it relies on student demand. If the space is used and they need more peer supporters, NAITSA will look at hiring another round of staff.



We provide confidential student-to-student supportive listening. No appointments necessary. For more info, visit naitsa.ca/peer-support

THIS PROJECT WAS MADE POSSIBLE BY PARTIAL FUNDING FROM THE GOVERNMENT OF ALBERTA.

Wellness and Adversity Profiles



Willow Shelley

Title: NAIT Students' Association Vice President Student Services

What you wouldn't know about this person: When someone is organized, a high achiever and a perfectionist we often would not guess that they have ADHD. However, growing up Willow Shelley started to notice something wasn't right in high school, despising being perceived as a "smart girl" by teachers, she started to struggle.

In her first year in university, she was failing all her courses so she went to student services where she was diagnosed. Although initially she felt depressed about the diagnosis, the support from school helped put real tools in place to give her solutions to some issues she was facing.

Within the year she went from all Fs to straight As with one B!

Advice and overcoming: Some strategies that help Shelley include: Tutoring, specialized textbooks and essay writing software, medications, individual self-care routine.

If you are concerned that you may have ADHD, you can visit NAIT Student Services and/or Student Counselling both in Room W111-PB in the HP Centre.

Quote: "Find a way to love yourself in the struggle, and reaching out to people who love you and remind you, you're loved," said Shelley when asked her No. 1 piece of advice.



Stefanie Guillard

Title: Student Counselling Assistant

What you wouldn't know about this person: The first face you will see when you walk into Student Counselling at NAIT is Stefanie Guillard. Her cheerful disposition and smile warm the room. She also has depression and anxiety.

For a long time she thought about why she had this. What caused it? Then she had to let that go and focus on finding what brings her joy. Guillard explains she didn't choose this but gets to learn how to navigate it, which gives her a unique perspective working for Student Counselling.

Guillard talked about the importance of talking about what is going on with someone trusted, and letting go thinking you have to get better on your own.

Advice and overcoming: She explains medication helps but if you are not doing other things such as eating well, being active, limiting social media scrolling, and mindfulness breathing exercises, it doesn't help as much.

Some resources that helped Guillard, are: *Feeling Good* by David D. Burns, M.D; *Uncovering Happiness* by Elisha Goldstein, PhD. Tracking her mood on the app: *Daiyo*

Finding a professional that you are comfortable being honest with, even if it means switching a few times. She also suggests students check out: Mywellness.ca

Quote: "Pain is not optional in life but suffering is, and so you don't have to suffer necessarily, there are things you can do to reduce suffering but you do have to find the things that work for you," said Guillard about powerful advice from a psychologist.



Dave Sawchuk

Title: NAIT RTA Instructor

What you wouldn't know about this person: Dave Sawchuk is one of the most friendly and extroverted people around. Along with being an instructor at NAIT, Sawchuk works with the Movember Foundation and is vocal about the fact that many men die too young from treatable problems, both mental and physical.

In 2015, he lost his uncle, Dale Sawchuk, to depression. Along with being a father and a husband, his uncle was a pillar of his community and one of the most optimistic and caring people Dave has ever known. After this, he dedicated his time to bringing attention to not only the physical health of men, but the mental health as well.

Advice and Overcoming: Sawchuk said the main things he did after his uncle passed was that he sought to educate himself and better understand what people with mental health issues are going through, and he joined the Movember Foundation Edmonton board to help bring awareness to men's health.

Quote: "Just because I can't see someone's symptoms doesn't mean they might not be struggling or suffering, so for me it's been about being more understanding and empathetic and learning to listen," said Sawchuk on what has changed most for him since his uncle's passing.



Kenneth Smith

Program: Student, Business Administration Program

What you wouldn't know about this person: Kenneth, or Ken Smith, is in his first year of the Business Administration program at NAIT. He was born with what is called an arachnoid cyst; a hollow mass that affects certain regions of the brain. He said he has had to live his life with essentially half a brain.

Smith said he did not start talking until around five or six years old, but he did learn sign language and took speech therapy. He finds when people learn of his disability, they sometimes assume he is lazy or gets special treatment. But Smith said he pushes himself to achieve his goals without special treatment or laziness, and has his Red Seal in cooking, which is a universally-recognized certification of apprenticeship in Canada. Smith is looking to possibly open a restaurant some day.

Advice and Overcoming: Along with the speech therapy and sign language, Smith puts his full effort into what he does despite having a disability and proves that he can achieve his goals.

Quote: "A lot of people put me down and I prove to them that I can actually do what they tell me and what they want me to," Kenneth Smith, on how his condition has affected him.

Take advantage of Wellness Week events

By TORA MATYS

Life gets busy sometimes, and far too often people forget to make time for themselves. Don't worry, the NAIT Students' Association has your back. They are offering a variety of events from Nov. 17-24 to help your physical and mental wellness.

Mental Health First Aid

Saturday and Sunday, Nov. 17-18

This event is a two-day workshop free to NAIT students. A \$20 reservation deposit is required, but will be refunded after the workshop. The course runs from 8 a.m. to 4:30 p.m.

The course will help you recognize symptoms of mental illness in yourself or peers and address ways to help manage them as well as give you advice on the proper medical help. At

the end, you will receive a certificate from the Mental Health Commission of Canada.

Art After Dark – Monday, Nov. 19

Head on down to the Nest Monday evening starting at 4:30 p.m. and get your creative juices flowing. Have a drink and make a painting, no skill required. Pre-register at naitsa.ca/ events to ensure a seat.

Wellness with Essential Oils

Tuesday, Nov. 20

Students will have a chance to learn about the benefits of different essential oils and even mix your own blend. The event runs from 9 a.m.-5 p.m. outside Room 182 in the CAT building. Supplies are limited.

Compliment Board – Wednesday, Nov. 21

Sticks and stones can break your bones,

but words can make your day. Stop by the compliment board and pick one up or leave one to help someone else.

Jack. Org Club Booth

Jack.org is a youth revolution bringing light to mental health. Their leaders will share their stories and empower students to take action, with tips and strategies to help students manage mental health and school.

Relaxing Bath Soak – Thursday, Nov. 22

Starting at 11 a.m. outside CAT 182, you have the opportunity to make your own special blend of essential oils for a relaxing bath soak after school. Supplies are limited.

Healthy Start Breakfast – Friday, Nov. 23

Everyone knows for a good day, you need to start with a good breakfast. Stop by the

Student Service Centre for your free healthy breakfast Friday morning.

Stress Relief Station and Social Media

Giveaway

Find NAITSA in the South Lobby from 11 a.m. to 1 p.m. for some free swag and tips on how to manage school and stress.

Spa Day – Saturday, Nov. 24

The most stressful time of year is upon us, trying to prep for exams and holiday events can be hectic. NAITSA is hosting a spa day at the Eveline Charles Academy to make sure you pencil in a little bit of 'me time'. For \$20, you will have the choice of two different spa services ranging from haircuts and root touch-ups to manicures/pedicures and a variety of different waxes and facials.

OPINION

— Editorial —

How wellness affects others



By **JORY PROFT**
Senior Editor

When dealing with wellness, it's important to think about how your well-being affects others and how others' wellness affects you.

It's often hard to recognize just how much someone else's emotions rub off on you and vice versa – especially with a significant other.

Your partner walks into the room, glowing with joy and passion, and you can't help but smile. Or they can walk into a room upset, and you start to feel upset as well.

Limits of a relationship

Humans are programmed to care and empathize – which is a good thing. A romantic partner should probably be your greatest support system, but at what point does it become harmful to either project your feelings onto them or have their emotions heavily influence yours'?

I have been on both sides of a relationship where one person's wellness is suffering and it begins to engulf their partner's wellness as well.

In my first year away from home I attended university in Edmonton. I felt completely worthless and alone. I had no friends in Edmonton and my then-girlfriend still lived in our hometown.

I would sometimes skip full weeks of school. I would leave my apartment a complete mess. I had a total disregard for my mental, physical and financial well-being. I clung to my girlfriend and selfishly threw my every last emotion at her.

Major toll

These are all clear signs of someone being unwell. And my instability was put on the shoulders of a fellow teenager instead of a professional. This took a major toll on our relationship and, rightfully so, was a major reason for its ending.

I've also been on the other side of that harmful behaviour.

In one case, it seemed I was being relied on to be a partner's entire world and reason for existing. She was completely dependent on me to keep her emotions in check. I feared for weeks about what would happen when I finally broke up with her. I was her emotional-director and had to reassure her about nearly everything. I was crumbling under the pressure, but was worried that I would leave her hopeless if I ended things.

In another case, I was seeing a girl who was severely depressed and it completely controlled my well-being for

months. I physically and emotionally felt exhausted most of the summer because I took on her problems and thought I could "solve" them.

Despite the hardships of those experiences, I don't regret them because I was able to learn and develop a stronger idea of what a healthy relationship looks like, in turn, using that to develop my relationship with my current girlfriend.

I am now able to recognize how selfish and unfair it is to drain the life out of someone else because of your own emotional instability. You can't allow your wellness to overcome your partner's.

And if your partner's well-being is affecting you negatively, then you need to know that it's their feelings, not yours. You can listen, understand and empathize without taking on someone else's issues.

Another important lesson I've learned is that not everyone wants to be loved and cared for the same way you do. You can't just "fix" someone. You should cut yourself some slack and realize that sometimes there's nothing you can do to help someone. If your

partner is not willing to take the necessary steps to work towards getting better, then you should reconsider whether you're willing to take on their emotions or not.

This editorial predominantly focused on the power that negative energy and emotions can have on a significant other, but there's also great power in positivity.

Both my girlfriend and I exude positivity with each other and we believe this is vital in fully appreciating life. We both choose to see the world through rose-coloured lenses sometimes – and I love it.

We both automatically feel emotionally-uplifted in each other's presence because we both work to have some of our happiness rub-off on each other.

I honestly think of The Beatles' "Here Comes the Sun" every time I see her. Her vitality and love of life projects onto me, and mine does onto her.

If you are currently in a relationship that feels unbalanced, maybe it is time to look at each partner's wellness to see what area needs growth. Take a hard look at how you are affecting those in your life.



Unsplash, Everton Vila

MISS AN ISSUE?

find us online at thenuggetonline.com

FOLLOW & LIKE US!

@nuggetonline

facebook.com/thenaitnugget



SPORTS

Wrestling with tragedy



PETER GO
Assistant Sports Editor

Dudes like me ain't suppose to talk about stuff like this. I'm about to hit y'all with some real shit.

Seeing someone happy doesn't always mean they are happy.

Look at all the recent people who lost their battle with depression. People like

Robin Williams or more recently, Anthony Bourdain. Both of those celebrities were the light of any room they walked into. They could captivate with their words, whether it was humorous or intellectual, but deep down inside, they were depressed.

"Depression is not a temporary change in mood or sign of weakness. It's a real medical condition with many emotional, physical, behavioural and cognitive symptoms," says the first line from Depression-Hurts.ca.

Depression, at its worst, will push the few to suicide. And suicide is something their family or friends rarely see coming, which is the tough part because it's always someone everyone least expects, someone when they think – he

or she killed themselves?

Really?

When someone close to you kills themselves it can steer your life compass off course and I know this because one of my best friends, Stefan Savoie, killed himself on New Year's Day, 2011.

Imagine waking up on New Year's Day to that phone call from his little sister, whose voice was filled with shock and sadness, letting you know your homie, took his own life. It can change you.

You can say after something like this happens that you are still the same person because you do the same things and act the same way. You still go out and still try to be the person you want to be but in the back of your mind you know.

And is it depression or not? As a man

do you tell someone this or not? November, this month is dedicated to letting guys know that it is indeed OK to talk about shit like this.

Stefan's death has made the bond between my friend Jason Derocco and I stronger. After Stefan, Jason and I went to high school together – we have always had each others back as Jason and I try to figure out why. At anytime we can contact each other, we can send each other a message through whatever media platform and say what's up?

But it doesn't have to be a friend or someone you know, if you see a stranger or a student in the hallway. Don't be afraid to ask them, what's up?

You never know, maybe you can change someone's life with only two words.

Healthy body, healthy brain?

By **TY FERGUSON**

A popular yet often uneducated opinion on how to be free of any mental illness is to "just go for a run." Anyone who has faced depression or anxiety in their lifetime though, knows that recommendation just sounds senseless.

It is stated mostly by people who do not completely understand the effects or symptoms of mental illnesses. The "just go for a run" belief is a stigma that is worth talking about, especially in light of mental health week.

When told without reason, a statement like "just go for a run" is just intimidating and unlikely to be acted on, especially for someone with a mental illness that could be causing constant demotivation, worry, fear or sadness.

If expressed, the underlying intention of the statement should be expanded. Explaining the benefits that fitness can have for a person feeling mentally unwell is what's most important.

Evidence as well as countless personal experiences and accounts safely say a bit of physical activity in a week is undoubtedly an effective way to reduce anxiety and depression.

"While medication and talk therapy are extremely effective, nothing can replace the satisfaction and benefits that physical activity confers," said Tanya Spencer, a counsellor at NAIT.

Thirty-minutes three times a week is what is typically recommended – nothing crazy. Spencer said that even just "taking at least a five-minute walk daily



NAIT Athletics

is a very potent antidote to depression."

Jake Harris, an Instrumentation Engineering student at NAIT said: "Working out lets me be comfortable in my own skin." He has been working out nearly every day for two years. Apart from exclusively the physical improvement aspect, Harris claims he works out a lot for the alternative 'gains' of self-esteem and stress relief as well as to "stay focused and in a good mood" between classes, studying, and life.

Although Harris admits he's never quite dealt with any mental health issues in the past, personal trainer Kristen Grisé admits that she has. A gradu-

ate of NAIT's Personal Fitness Training program, Grisé admits that before coming to NAIT she began taking medication to help with her depression. Fitness for her, though, allowed her to eventually go without.

"Once I got into the program, I began working out pretty often, within about a year I decided I'd go off my medication – I've been off of it for about two years now."

She says as a personal trainer the number one thing she notices for people first trying to include fitness in their life is that they overwhelm themselves, thinking they need to try and do every-

thing. "To know you can go at your own pace," she says, is what's most important.

Fortunately, fitness resources at NAIT for beginners are easily accessible. Free fitness classes, affordable personal trainers, an available open gym and plenty of other means of getting active are available for students and instructors.

Ultimately, while fitness is great for mental health, going to see a professional counsellor like Tanya Spencer about how you are feeling is going to be the best thing to do for discovering what's best for you.

SOCCER

Men, women off to the Nats

By BRIDGETTE BOYKO

Both Ooks soccer teams have won provincials and are headed to CCAA nationals.

The women's team has been shining since the start. Not only is their team filled with talent, but also passion, dedication and the many other traits that make a good team great.

Head coach Carole Holt puts great emphasis on her players' abilities on the field, but also their passions off the field. Great players are able to balance both and the NAIT Ooks are filled with great players.

While the players all come from different programs and different backgrounds, they are still able to come together on the field and play as a team.

"It's not about individual success, we're more concerned with the success of the

team," said Holt.

That was clearly shown when they played the SAIT Trojans at the ACAC provincials. The final score was 2-1 in favour of the Ooks after double overtime.

The Ooks were an incredible 10-0 in their regular season and have finished first in the ACAC North Division.

Now, they will be travelling to Coquitlam, British Columbia in order to compete at CCAA Women's Soccer National Championships. The championships will be hosted by Douglas College, Nov. 7-10.

The Ooks will first play the MSVU Mystics from Halifax, who are the Atlantic Collegiate Athletic Association (ACAA)

champions. The Mystics were 9-2-1 in their regular season and came in second in the ACAA standings. The men's team, led by coach Charles O'Toole, has been victorious this year also. Their commitment, energy and talent has allowed them to excel both as players and individuals.

"We look to improve them both on and off the pitch," said O'Toole earlier this year to NAIT Athletics.

The men's team has worked hard and has been able to break the record for most goals in a game this year.

The previous goal was 12, now it is up to 15. The Ooks set this goal during their first home game of the season against the University of Alberta-Augustana Vikings.

This year Alberta could only send one team from the men's soccer division to

nationals, so the pressure was on for the Ooks to play well at provincials. Fortunately, they were able to play strong and come out on top.

With a 6-0 victory over the Concordia Thunder in the ACAC Championship final, the men are off to nationals, being held in Charlottetown, Prince Edward Island. Fifth year midfielder, Zach Kaiser lead his team to finish first in the ACAC North Division with a 9-0-1 record.

The Ooks will first play the St. Thomas Tommies of the ACAA. The Tommies were 7-2-3 this year and placed second overall in the ACAA, being led by defensive midfielder, Kyle Yearwood.

The NAIT Ooks women's and men's soccer teams will continue representing the NAIT Ooks at nationals. You can keep up with the Ooks athletics news and find their schedule at NaitOoks.com.



Your sports roundup ...

By CONNER TOFFAN
Sports Editor

The last couple weeks for the Ooks have been greatly successful, as the teams have brought in plenty of wins and two gold medals that were won by the soccer teams. (See above story)

Hockey Men

Although the men's hockey team has had a couple weeks off, they are back on track to continue the success of the last few years as they've won six of their last seven, including two straight against the Concordia Thunder. The first game was highlighted by a two-goal performance from Ryan Piche as the Ooks put relentless pressure on the Thunder, putting on 47 shots, which was too much for Thunder goalie Sam-Jaxon Visscher to handle. The next day the Ooks played a similar game, winning 4-1 with forward Thomas Foster potting a hat-trick. The Ooks are now 5-3.

Women

The women's team has also been on a tear lately, as they've started out the season 6-2. They played two close games against the Concordia Thunder last weekend. The Ooks won the first game 3-2 with Julia Wing scoring a late game-winning power-play goal. The next day saw the Ooks win 5-3, as they outshot the Thunder 37-21. The game was in hand when they scored four straight goals to turn a 2-1 deficit into a 5-2 lead. The Ooks play Olds College on Thursday and Friday this weekend.

Basketball Men

The mens basketball team has won four of their last five games. Last weekend, they took two straight games from The Kings University Eagles. The first win was an easy one, as they took the 83-69 win and out-rebounded the Eagles 52-29. Samson Cleare led the game with 27 points and 14 rebounds. On Saturday, don't let the 77-68 score fool you. This was a close game. Both teams traded large runs down

the stretch, with the Ooks building up a couple of sizeable leads before the Eagles would come back each time, eventually forcing overtime. Cleare got another double-double, and Ryan Delwo led the game in scoring with 20 points. Near the end of the first half, Delwo caught fire from deep as he took and made multiple deep, contested threes. The Ooks are now 4-2.

Women

The women's basketball team has proven they are contenders this year as they've been on a five-game win streak. The first three games of the year were all decided by one possession, but the last three haven't been particularly close. The closest game was a 60-47 win last Saturday against The Kings University Eagles. Leah Vandenboogaard took the game over as the point guard led the Ooks with nine rebounds, three assists and 16 points. The day before they took down the Eagles 69-55 in a total team effort that saw Sydney Hurlburt, Hallie Watt and Allie Hunder

score 14 or more points.

Volleyball Men

The men's team has gone on a five game win streak where they have outscored their opponents 15 sets to three. Last weekend, they took two straight games from the Eagles, winning the first game 3-0 and the second game 3-1. Jonathan Shapka, Oliver McSwain, Simon Coat, Winston Voogd and Devon Klein all pitched in for multiple kills in both games. Mitch Lewington got 68 kills combined in both games.

Women

The women's volleyball team is having a much tougher time than their Ooks counterparts. They have started the season 0-6 after losing two straight games against The Kings University Eagles. The first place Eagles won six of seven sets in a dominating weekend as they flew over the Ooks. The Ooks will look to get their first wins of the season this weekend against the University of Alberta-Augustana Vikings.

Finding a balanced life

By ALBERTO VILLOGA

A balanced lifestyle is hard for any student to manage, but when you're on a sports team as well, it gets so much tougher. With hobbies, friends and homework it can be quite overwhelming. With sports they add in weekly practices, workouts and then games on the weekend. This is exactly what NAIT Ooks women's hockey goalie, Kaitlyn Slator, already goes through.

Even after training, it's still difficult for student-athletes to find time for their mind and bodies to recover. However, a proper sleep schedule and using time wisely, whether a student-athlete or not, can make a balanced lifestyle achievable.

Slator's daily routine starts with classes during the day, followed

by a workout session before practice. After practice she finally heads home to eat and rest. She uses her free time at school, breaks between classes and lunch hour to do her homework.

Before every game, Slator and her captain have a handshake and then she goes on to juggle a couple of lacrosse balls. Since she was seven years old she has been juggling between hockey, school, a social life and cooking healthy meals. Yet even for her, it is still difficult.

Goal setting and prioritizing is a great way to improve your scheduling ability, manage interruptions and deal with procrastination. Having a balanced lifestyle is hard to achieve with busy and complicated lives, but gaining time-management skills can make life a little easier.



Kaitlyn Slator

ENTERTAINMENT

Where has the music gone?



By **NIKITA ELENIAC**
Entertainment Editor

I want to preface this by saying I do not consider myself to be a music elitist. I can enjoy the new Taylor Swift song as much as anyone, though it may not be my genre of choice.

But what has happened to the “musician” part of music?

Drum machines, samplers and synthesizers have taken over a once creative outlet. You are hard-pressed to hear a pop song on the radio that doesn’t have a sample in it. What angers me the most about this isn’t that Cardi-B’s new single is just someone rapping over a song from 1967, and the utter lack of originality; it’s that this so called “music” over-saturates the market so much that musicians – yes, the ones that play actual

instruments – can’t break through.

Gone are the days of the Beatles and the Rolling Stones, of Jimi Hendrix and Pink Floyd, of the Kinks. The days of killer guitar solos and wicked drum beats, played by actual, live humans. No, in order to make it big now, talent is not a requirement. Apparently all you need is a computer, autotune and drum samples.

To see musicians who have worked tirelessly to hone their craft having to work two or three jobs just to make ends meet breaks my heart. Especially when you look at who is making money off music. It’s the talentless hacks who think forcing their voice through



a computer is synonymous with musical genius. Why are these the people we choose to idolize, to revere as musical gifts to the world, when there are phenomenal guitarists who practise hours on end just to play a crappy dive bar? When did talent become something that is just overlooked?

I’m the first to admit that I am biased. Being a drummer myself, drum machines kill me. I will never feel that drums are something that can be replaced by a machine. They’re too perfect. Part of music is the slight mistakes, the imperfections. It’s what makes it relatable. You will never achieve a sound from a machine that sounds like a real person – be it drums, vocals, or anything else. Using drum machines not only removes musicians from the equation; you also lose the heart and soul of the music. Something created by a computer will never match the passion that comes from a musician who’s worked their ass off just to play for a crowd of 20 people.

I’m not saying there aren’t any real musicians who have “made it” in recent years. I just think they’re way too few and far between. I want to hear that five piece band on the radio. Those full, rich vocals – the ones that don’t need autotune. The drums that might waver off beat every once-in-a-while. I just want musicians who can actually play instruments, and to stop making talentless people famous. Is that really too much to ask for?

WEEKLY SPECIALS

FOOD		DRINK	
MONDAY \$8.25 I Wish it Were Fry-Day Bowls <i>(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries)</i>	THURSDAY \$7.25 Potato and Cheddar Perogie Poutine	MONDAY \$5.00 OFF Bottle Wine	THURSDAY \$6.00 Flavoured Absolut Vodka
TUESDAY \$8.25 8" Signature Pizza	FRIDAY \$8.25 Daily Soup and 1/2 Wrap	TUESDAY \$2.00 OFF Beer Cocktails	FRIDAY \$1.00 OFF Domestic Bottles
WEDNESDAY \$8.25 Nest of Wings Add dipping sauce \$1.50		WEDNESDAY \$5.00 Lamb's Rum Highballs	DAILY \$5.00 BRO-tini <i>Ask your server for details</i>

BEST BAR NONE

bestbarnone.ab.ca

naitsa
NAIT STUDENTS' ASSOCIATION
naitsa.ca

All specials available while quantities last. All liquor served is 1oz. Must be of legal drinking age to purchase alcohol. Valid ID required, please drink responsibly. For more details about our menu, please visit us online. Specials are dine-in only.

REVIEW US ON GOOGLE ★★★★★

For current hours, please visit us online at nesttaphousegrill.com

FOR YOUR LISTENING PLEASURE ...

The Shuffle ...

The Max Chill Playlist



By TORA MATYS

Sometimes it's nice to just let the music do the talking. These upbeat instrumentals are sure to keep your mood up and the outside world out. So tune in, turn on, and chill out.

- La Via Strangiato – Rush
- Northern Lights – Buckethead
- Surfin' with the Alien – Joe Satriani
- Bluesberry Jam – The Rolling Stones
- Wonderful Slippery Thing – Guthrie Govan
- Swan Song – Led Zeppelin
- Beef Jerky – John Lennon
- Tender Surrender – Steve Vai
- The Song That Made Us Who We Are Today – Red Hot Chili Peppers
- Ray of Life – Kiko Loureiro
- Rat Salad – Black Sabbath
- Rockbox – Marty Friedman
- Purple Rain – John Petrucci
- Son of Alerik – Deep Purple



YouTube



ALBUM FEATURES BY EMILY KELLER

Music and its many emotions

Tired



Thawing Dawn
A. Savage

Savage released this album in 2017, and it took a huge step away from the usual post-punk style of his band Parquet Courts. The sound is more folk and old school country, and Thawing Dawn includes the musings of a lovelorn cowboy, the atmosphere of a small town in New Mexico, and the feeling of your walls closing in on you. And while not every song's pace is slow, it remains incredibly romantic and languid, and will put you to sleep the same way solace would..

Dreary/Introspective



High Violet
The National

High Violet is sad, confrontational and comforting. This is one that doesn't lose its point, even if it's hard to distinguish, with the songs never having an obvious meaning behind them. Every song feels like a different setting and creates a tone of self-reflection. While The National has had a long career in the music industry, they haven't failed to create songs that evoke a sense of closure, even if the closure is purely acceptance of circumstance.

In Love/Romantic



Young and Old
Tennis

Majority of the songs on *Young & Old* are straight up love songs, and sometimes there's really nothing better than that. Good love songs can have you feeling fond for everyone and everything around you, even if you aren't in love with anyone. And that's just what *Young & Old* does. With the lo-fi recordings and the almost angelic vocals, this album will make you see the world in rose-coloured glasses, at least for its running time.

Happy/Excited



Peanut Butter
Joanna Gruesome

This one doesn't necessarily give the impression of happy right off the bat, but it is exciting, and the positive tone is in there, just harder to find. *Peanut Butter* feels freeing and confident. It doesn't include the angst of the band's first few albums, but still has the same passion. The happy vibes come from the total lack of regard from other people's opinions, a theme that is laced throughout and makes the feeling of walking away more empowering than cowardly.

Angry



Attack on Memory
Cloud Nothing

Anger does not always stem from the situation happening right here, right now, and *Attack On Memory* shows that. The anger in it is more of a simmering, constant feeling and it explodes at times when it is unexpected. It doesn't seem to be specifically targeting anyone, but more of a feeling of contempt at existence in general. Even if it sometimes sounds cynical, it also sounds genuine and full, and offers relatability that many albums can't replicate.

THE NUGGET PRESENTS:

HOROSCOPES

**MADAME O****November 8-14**

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

Scorpio (Oct. 23-Nov. 21)

Take time to really assess your to-do list. It is very important to have time to rest and recover. During these coming weeks, try and do an activity that is stress free.

Sagittarius (Nov. 22-Dec. 21)

Sagittarius, use all the positive energy you feel this week to help others. It is important to help those who feel down. Be there for a friend and listen or help uplift them in some way.

Capricorn (Dec. 22-Jan. 19)

A small gesture of kindness could

make someone's day. Capricorn, do your best to show small acts of kindness during this stressful season. You can make someone's day even better.

Aquarius (Jan. 20-Feb. 18)

Aquarius, you may feel a wave of negativity hit you in the coming days. Hang out with the people you value the most to help get you through that time. Remember it's OK to ask for help.

Pisces (Feb. 19-March 20)

During this stressed filled season, treat yourself to something you enjoy. You have worked hard for the past couple of days and deserve a reward.

Aries (March 21-April 19)

Smile a little more, Aries! Smiling can help get your spirits up. It can even make someone else's day. Your smile is beautiful.

Taurus (April 20-May 20)

Hit the gym this week. Physical health is just as important as mental health. Go for a run to clear your head and get that exercise. Maybe even take your furry friend for a walk.

Gemini (May 22-June 21)

Gemini, remember it's OK to ask

for help! All the stress and negative emotions you feel can be lifted. Use this time as a way to reach out to someone you care about to help you.

Cancer (June 22-July 22)

Don't worry, Cancer! This is your week to shine. Show off what you know to peers and classmates but don't forget to help those who are struggling around you. It may make their day.

Leo (July 23-Aug. 22)

Slow down and listen. It's import-

ant to listen to those around you and how they feel. Their opinions are valid and may even help you with an issue you are facing.

Virgo (Aug. 23-Sept. 22)

Stop doubting yourself! You're full of potential and you can use it to help others. Whatever your passion is, use it to make someone's day.

Libra (Sept. 23-Oct. 22)

Stop doubting yourself! You're full of potential and you can use it to help others. Whatever your passion is, use it to make someone's day.

HUMANS OF NAIT

Injured ... time to read

By **GEORGE HONG**

"I joined the Edmonton Sport and Social Club (ESSC) dodgeball league and in the second game of the season my knee gave out when I was throwing a ball. They did the MRI already and I'm expecting to get my results soon."

"I went to the University of Alberta 10 years ago and I hated it. The classes were too big, the bell curve grading system felt unfair and I was struggling. I transferred to MacEwan the next year and enrolled in part-time studies but then I was forced to take evening classes which I didn't like. Fast forward 7½

years and I realized that I needed to go back to school to improve my career options," she said.

"I enjoyed the business side of my job and chose the full-time BBA program at NAIT. It's hard to take five courses this semester and work part-time. Free time is important to me and I like the social aspect of intramural sports.

Being injured, I can't really do much exercise at the moment but I also like to relax and de-stress through reading a good novel. I'm on the last book of the Throne of Glass series by Sarah J. Maas."

**Magen Teed**

Photo by George Hong

The Style Files



Photo by Ty Ferguson

Niko Munroe Carpentry

When asked about his shirt, Niko said "it's just Kellogg's."

But Niko really caught my eye with his rare Supreme x North Face Jacket.

"I've been looking for it forever, it's so rare," he said. "I seen The Weeknd wearing it."

Which is true, The Weeknd can be seen wearing this same jacket in his *King of the Fall* music video. The jacket retailed for \$338 US when it was released but the last new one to be resold sold for \$2,550 on the website Stock X. Despite having such a hypebeast-esque jacket, Niko claims he really is just a big fan of the brand The North Face.

"You don't have to choose between cheap and bad quality or expensive and good quality – The North Face is cheap and quality."

TOP LOCAL MUSIC VENUES

Local pubs carry the musical load

By BRYN LIPINSKI

There's a huge amount of live music in Edmonton – a very small portion is performed at Rogers Place and the Jubilee Auditorium. The rest, the vast majority, is performed at local pubs like the Buckingham and The Dirtbag Cafe. The sound design in these bars and cafes isn't the greatest – some of them don't even have stages, but they make it work. If you want to listen to local bands live, or even play at an open mic yourself sometime, these are a couple places to check out.

The Dirtbag Cafe

On a regular day, The Dirtbag Cafe is the coffee shop for MacEwan University students. For most of the week there are no live acts; on Wednesday evenings, however, a few tables are pushed back to make room for a bunch of guitars, a four-piece drum set and a piano. The Dirtbag Cafe doesn't have a stage; still, musicians and a good crowd of people come to take part each time.

Ronen Iosilevich is one of the musicians at the Dirtbag open mic, he plays the piano and sings.

"Personally I find it more appealing, because it's not [only] like, 'oh, I have to go on stage because there are a lot of important people here,' it's more of like, 'I want to play music,'" said Iosilevich.

It's unique because anything goes. Really, anything. Hypnotism acts have been done at the Dirtbag open mic. You'll also hear folk, punk, rock, blues and even stand-up comedy.

Adam Larson is a co-host with Glenn MacDonald at the open mic nights and he says there weren't many rules when he and MacDonald took it over.

"I think when you give people that kind of trust, ... it really allows the night to be versatile and vibrant."

You can check out their open mic nights, Wednesdays at 8 p.m. at 10505 107 St. Make sure you sign up quick though, because there are lots of musicians who come out each time.

The Buckingham

The Buckingham has a very different feel from the Dirtbag: They have a stage, louder speakers and books full

bands on three or four nights of the week. They also have an open mic night called Rockin' 4 Dollars, Mondays at 9 p.m.

The concept is also a little different from the Dirtbag: if you want to go on stage, you'll have to sign up via email, and do it a few days in advance. It's more planned out than lots of the others and there's a possibility of winning a cash prize.

Andi Vissia is a co-host of the open mic night at the Buckingham.

"I think it's a really cool way to bring a community together around music, but because we have so many different genres that'll play in a night it kind of forces people – in a really friendly and welcoming way – to experience something new," said Vissia.

Every set at the open mic nights is performed by a full band, and you'll hear punk, rock and some metal. The open mic is much more organized, meaning you won't see the crazy acts you might have at the Dirtbag.

Graham Strach is the frontman for a local band called Re-form who has performed at Rockin' 4 Dollars, and it's a special event that he makes an extra effort to attend.

"I live in Leduc, so I make the 30 minute commute, every time, specifically for Rockin' 4 Dollars," said Strach.

The Buckingham is a louder venue in general, and definitely a bar setting, whereas the Dirtbag is a cafe, so the vibes in both these venues is completely different.

Those are just two of the countless music venues dotted all over Edmonton in all genres. There's the Yardbird Suite near Whyte avenue if you're

into jazz – not so much an open mic place unless you're a practiced musician. There's the Naked Cybercafe where you can play mostly anything you want, they've got a drum set, a few guitars and a beautiful piano. There's also the Starlite Room too, with open mic nights on Sundays and featured bands on other nights. If you're into the blues there's a place called Blues on Whyte, that hosts different genres of music as well. Their open mic happens Saturday evenings.



**INSPIRED BY:
HELPING
PEOPLE**

**INSPIRED BY:
SERVING MY
COMMUNITY**

**INSPIRED BY:
A CAREER
WITH VARIETY**

You don't need a policing background to become a member of the Edmonton Police Service. Every year we hire people from a wide variety of backgrounds, many of them graduates of the NAIT. They all have different educational backgrounds, career paths, and reasons for joining. But the one thing they do have in common is the desire to serve the citizens of Edmonton.

If you're looking for an exciting career full of purpose, variety, and lifelong learning, ask yourself:

WHAT'S YOUR INSPIRATION?

**EDMONTON
POLICE
SERVICE**

Join**EPS**.ca

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

Canada

Alberta

Best 'feel good' movies

By SPENCER SHORTT

10. Chef

Iron-Man director Jon Favreau's first outing as an indie filmmaker is one for foodies and movie lovers alike. Favreau stars as the lead Chef Carl Casper in this heartfelt story of family, perseverance and the dangers of impulsive tweets. Carl has his life swept out from under him when he mistakenly slanderously tweets about a local food critic, which leads him to leave his life as a traditional chef to run a food truck. Sophia Vergara and Dustin Hoffman provide solid secondary roles in this imaginative romp across America in Carl's food truck: El Jefe.

9. The LEGO Movie

Who didn't play with LEGO as a kid? With a sequel due out next year, *The LEGO Movie* is definitely worth a revisit. Chris Pratt (*Guardians of the Galaxy*, *Parks and Recreation*) voices the extremely lovable Emmett, a rule-following, no nonsense LEGO mini-figure in this comedic gambol though every eight-year-old's LEGO shelf. Joining Emmett on his adventures are Batman (Will Arnett), Wyldstyle (Elizabeth Banks) and Vitruvius (Morgan Freeman) along with other memorable figures.

8. The Room

With a so-bad-it's-good type of feel to it, Tommy Wiseau's *The Room* is considered by many to be a masterpiece. With laughably horrendous acting, tortuous pacing and convoluted storylines that go absolutely nowhere ("I got

the news. I definitely have breast cancer."), *The Room* is impossible to watch without bursting out laughing. Definitely worth a look.

7. Rocky

The classic underdog tale. Easily Sylvester Stallone's most memorable role, *Rocky* is one of those movies that you can't help but love. Whether it be for the adorable titular Rocky sprinting his way through the streets of Detroit, the beautifully choreographed fight scenes, or the message of perseverance and independence, *Rocky* earns a position on this list.

6. Wonder Woman

In the last decade there have been nearly 50 superhero movies released to the big screen. The first wildly successful film in this genre featuring a female lead was Patty Jenkins' *Wonder Woman*, with Gal Gadot (*Fast 6*) as the Princess of DC's comic lineup. Hopeful undertones and triumphant action sequences will have you as excited as the entire r/DC subreddit is for the sequel, due out in 2019. The theme song will also forever be stuck in your head (seriously, the electric cello is badass).

5. Singin' in the Rain

Would this list really be complete without a musical? Seriously? Gene Kelly's definitive picture perfectly encapsulates the nostalgia of old-timey cinema. The song and dance numbers will forever be ingrained into your brain; I can guarantee you'll be Singin' in the Rain for weeks after your viewing.



The LEGO Movie

Medium

4. Good Will Hunting

A movie about a janitor doing secret math. That's about it. Robin Williams is pretty cool, too.

3. Aladdin

Speaking of the late Robin Williams, one could never feel better than after watching his definitive role as the Genie in the Lamp from Disney's *Aladdin*. With a live-action reboot due out next year, definitely a classic worth revisiting.

2. Forrest Gump

Life is like a box of chocolates and so is this movie; sweet, beautifully packaged, not overly filling and brings grown men to tears after consumption (wait, you're saying you don't cry after eating chocolate?) Tom Hanks

plays the oh-so-lovable Forrest Gump in this unforgettable story of love, persistence and Bubba's famous shrimp recipes.

1. The Shawshank Redemption

Shawshank is one of those movies that's impossible to not watch when it airs on TV. This film isn't exactly what everyone would consider to be heart-warming, but it finds its way on the top of the list simply for Stephen King's incredibly imaginative storytelling and because of Tim Robbins and Morgan Freeman's unforgettable performances. The chemistry between the two actors as best friends should serve as an example to all of us – happiness and lifelong companionship is just a conversation away, even in the darkest of times.

WHAT'S GOING ON AROUND CAMPUS

WHAT

WHO

WHEN

WHERE

UPCOMING CLUB EVENTS

Beyond What You See - Fashion Show

Fundraiser in Support of Mental Health & Awareness of Eating Disorders. Serving wine/cheese (18+). For tickets: panharithi@nait.ca

International Students Club (ISNAIT)

November 23, 2018
Doors open at 7pm

NAIT
North Lobby

WEEKLY CLUB MEETINGS

PSA Weekly Meetings

Philippines Students Association (PSA)

Every Monday
12 - 2pm

NAIT Dow Theatre
(CAT 191)

To advertise your event in the Nugget, please see the Activities and Events section of your Clubs Handbook, or see the Campus Clubs staff at E125.

How to get enough sleep



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Adequate, quality sleep is likely the most important self-care tool. Sleep is the most important thing we can do for mental and physical health, good school/work performance, energy levels, focus, critical thinking, mood, and appetite control. While you sleep:

- your brain recharges
- your cells repair
- your body releases important hormones
- you recuperate both physically and mentally
- your immune system rejuvenates
- you may process emotional issues that occurred during the day.

Sleeping less than seven hours each night reduces your life expectancy.

Are you sleep deprived? If any of the following are true, you may be sleep-deprived:

- your alarm clock wakes you up
- you have trouble getting out of bed in the morning
- you fall asleep in five or less minutes

at night (the ideal is 10-15 minutes to fall asleep which means you are still tired enough to sleep well, but not exhausted)

- you nod off during the day
- you need coffee or energy drinks to keep you alert.

The optimal amount of sleep time for college-aged students is 8 to 9 hours per night. Students are often sleep deprived and, over time, this begins to feel normal. Some research shows that the most restorative sleep occurs between 10-12 p.m.

How to improve your sleep

- As much as possible, have regular sleep and waking hours. A regular eating routine which includes breakfast is also beneficial for good sleep.
- Have a consistent sleep environment free of distractions. Ideally your bedroom should not be used for anything except sleep.
- Your bedroom should be cool and dark at nighttime, and your bed should be comfortable and supportive.
- Keeping your sleep environment clutter free and removing study materials from sight can be helpful. If you do study in your bedroom try to tidy your desk before you go to bed.
- Exposure to morning outdoor light stimulates normal circadian rhythms. While natural outdoor light is best, 10,000 lux light devices are also helpful especially during Canadian winters.
- The light emitted from electronic devices, including LED lighting on alarm clocks, can affect sleep. If you use an LED alarm clock try and point it away

from you. Avoid your computer and cell phone for at least two hours before bed. The light from computers mimics daylight and triggers your brain to become alert. Ideally you should avoid watching television one hour before bed as well. Use blue-blocking glasses or blue light reduction apps if you cannot avoid electronics before bed. If you wake up during the night computer usage close to bedtime may be the cause.

- Develop a regular bed-time routine. Including something relaxing such as reading a novel, listening to music, a warm bath, or meditation can improve your sleep quality. Writing down 3 things you are grateful for right before you go to bed reduces depression and stress, and can improve sleep.

• Stop eating about three hours before going to bed. Eating too close to bedtime interferes with the release of melatonin which is important for sleep. However some people find a high protein snack, such as a small handful of almonds before bed, helps them sleep.

• Avoid overuse of caffeine. Caffeine remains in the system for six to eight hours so avoiding caffeinated foods and beverages after lunch can be beneficial.

• A regular exercise routine can help reduce cortisol, a stress chemical that interferes with sleep. Thirty second bursts of intense exercise several times a day can also reduce cortisol levels. Avoid intense exercise within two hours of bedtime.

- The optimal time to study is

between 6-8 p.m. For most people the brain is most alert during those hours. Finish studying at least one hour before going to bed. This gives your brain time to organize the material and to relax and wind down before you sleep. Early afternoons are usually the time of least alertness.

• Plan ahead. Have your school materials packed, your clothes laid out, your food ready to grab and your keys visible the night before so you can sleep without worrying and start the day in a relaxed state.

• Have a realistic study plan and stick with it. Knowing that you have a plan and are doing the best you can will alleviate some of the stress that interferes with sleep.

• For problems with sleep, stress or any other personal concerns see a counsellor at NAIT Student Counselling.

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

Main Campus, Room W111-PB in the HP Centre: Counsellors are available from 8-4:15 Monday and Friday with extended hours available Tuesday to Thursday.

Southern Campus: Counsellor available Wednesdays and Thursdays from 10-4. Book by calling 780-378-6133 or in person in Room Z-153.

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

Top three free things to do

By CELIA NICHOLLS

No warmth, no cheerfulness, no healthful ease, No comfortable feel in any member—No shade, no shine, no butterflies, no bees, No fruits, no flowers, no leaves, no birds, November!

So goes the final stanza of Thomas Hood's well-known poem on the month. But there are actually lots of things for Edmontonians to look forward to. In fact, November is busy with events in the run up to Christmas, many of which are reasonably priced or even free! Here are a few we think you should check out:

106th Grey Cup Festival Tim Hortons Kick-Off Party, Jasper Avenue from 99 to 96 Street, 6 p.m.-8 p.m., Wednesday, Nov. 21. Free admission.

Even though the Edmonton Eskimos won't be playing in the game this year, Edmonton plays host to the 106th Grey Cup on Sunday Nov. 25. People who haven't been following the Eks' somewhat lacklustre season might be glad to hear that the Grey Cup is more than just the game. A variety of events are being held all week, kicking off with a street party in the downtown

core. There will be live entertainment, and a number of rides including a zip line, a street ski-jump, a tube slide, and a bungee jump. A beer-tent as well as more family-oriented activities will also be featured.

Traffic Jam Concerts, First Presbyterian Church, 10025 105 St., 5 p.m., First Friday of every month. Admission by donation.

First Presbyterian Church presents a wide variety

of musical styles and genres in their Traffic Jam concerts, designed to help you trade a stressful commute for a relaxing hour of music after work or school. This month features the cellist Josephine van Lier accompanied by Marnie Giesbrecht at the piano, playing Beethoven's Sonata for Piano and Cello Op. 69 in A Major, and Giesbrecht and Joachim Segger, who together make up the keyboard group Duo Majoya, playing a pair of pieces for piano and organ.

Edmonton Potters' Guild 66th Annual Show and Sale, Alberta Avenue Community Centre, 9210 118 Ave., 10 a.m.-3 p.m., Saturday Nov. 17. Free admission.

Christmas shopping is one of the less relaxing pursuits we can think of, so why not give yourself a break and get a head-start at the Edmonton Potter's Guild 66th Annual Show and Sale in mid-November? There will be work by more than 80 local potters on display and surely something to suit every taste and budget, and even if you don't make a purchase, it's a great free art show.





By
GEORGE HONG

“How do you relax after a stressful day?”



“I am from India so spending time meditating and doing breathing exercises comes naturally. Even 10 minutes a day helps me relax.”

Aishwarya Gurumurthy
Bachelor of Business Administration



“Listening to hip hop music relaxes me.”

Collins Isco
Petroleum Engineering Technology



“I like to take power naps and hot baths.”

Keanna Legate
Bachelor of Business Administration



“I will go to the spa, work out at the gym, play indoor soccer or go skating with my friends. Also, joining clubs makes school less stressful.”

Panharith In
Finance Diploma



“I relax by listening to calming music, doing yoga, and walking my two dogs.”

Mckenna Ryan
Bachelor of Business Administration

JUST THE TIP

Make decisions about casual sex

By **EMMA MORRISON**

Casual sex has been a very taboo concept in our Western society. But in current times, casual sex and friends with benefits are becoming more of the norm. However, casual sex can have a huge effect on your mental and physical health!

Casual sex can have both positive and negative effects on you and your mental health. It's believed that if you view casual sex as negative thing you shouldn't do it. But, if you view it as a positive, it can help you relieve stress.

Casual sex helps us make connections and relieve stress. But oxytocin, a hormone that helps us make connections with others is released when we have sex. When oxytocin is released it helps reduce stress and anxiety. People who have casual sex also feel more free than those who don't. With casual sex, there is no feeling of commitment. This helps again with alleviating stress because you don't have to worry about committing to someone.

However with every positive side there is always a negative one. The way

you view sex can ultimately determine if casual sex is right for you. Associating sex with negative emotions, creates a sense of anxiety and depression. This is because instead of releasing oxytocin, the happy hormone, we release a hormone associated with stress, cortisol.

Negative associations or thoughts about sex can also affect your performance in bed. Depression and anxiety can make it hard to fully enjoy sex. Mental illness can also affect arousal or relaxation during sexual encounters.

Casual sex is highly beneficial for your physical health. When you are having sex your body is working hard to keep up with you. You use most of your muscles in your body and that helps with exercise. While working your muscle, your heart and lungs work hard to pump oxygen and blood to your limbs. Studies have shown that sex can help improve your cardiovascular and respiratory health.

Having multiple sex partners can also increase your risk of catching an STI. Always practise safe sex to help reduce the amount of stress involved.

Go for regular checkups and tests in order to help maintain a health and happy sex life.

It is important to practise safe, consensual sex! When going out with your

friends always remember if you don't feel comfortable, you don't have to. Having fun and stress free sex can be better for you and the person you're with.





COOK THAI FOOD

NAITSA PRESENTS
HOW TO
A SERIES

Space is limited; register at naitsa.ca to ensure your spot!

TUESDAY, NOVEMBER 13, 2018
4:15 PM - 7:30 PM | MEET AT NAITSA (E131)

naitsa
NAIT STUDENTS' ASSOCIATION

 naitsa.ca

 @naitstudents @ookslife

 @naitstudents @ookslife

 @naitsa @ookslife





vendor MARKET

treat yourself and shop local

NOVEMBER 22, 2018
10AM - 3PM | CAT CROSSING

naitsa
NAIT STUDENTS' ASSOCIATION

 naitsa.ca

 @naitstudents @ookslife

 @naitstudents @ookslife

 @naitsa @ookslife



THROWBACK THURSDAY

We've come a long way

By EMMA MORRISON

Mental health trigger warning!

The Roaring Twenties, a time of celebration and innovation. Underneath, there is a darker and more sinister past.

During the 1920s and 1930s mental health treatments were something out of horror movies. The public misunderstood mental illness. They lacked the knowledge to help treat mental illnesses properly.

Electro-shock therapy and lobotomies were the most common treatments for the mentally ill. Lobotomies were very tedious and took a large amount of time to perform. Those who received a lobotomy suffered damage to the frontal lobe of the brain, leaving them unable to make decisions on their own.

Electro-shock therapy was perceived as a positive treatment for patients, due to the inability to remember the treatments and memories. The patient would receive 10 to 20 shocks every other day, making their brain signals and memory deteriorate. Patients could even suffer from cardiac arrest or aneurysms.

Hydrotherapy was the tameest of the three. Doctors used water as a "cure". Hence, why it was also known as the "water cure." Patients would relax in a bathtub full of hot water and minerals. There were many forms of hydrotherapy,

however, including spraying disobedient patients with high pressured cold water.

On a brighter note, 21st Century mental health treatment and practices are much more advanced. There are so many positive, effective and non-expensive treatments that will suit anyone's needs.

Animal therapy is one of the most common types of treatments used for mental illness. Animals help reduce stress and anxiety. When people pet, hug or snuggle their furry friends, the body releases a hormone called oxytocin. The oxytocin makes one feel happy and reduces stress. For NAIT students, Flynn is the resident therapy dog. Students can book a session with Flynn or visit him as he wanders the campus.

Counselling services are very common in and among the mental health world. NAIT students can access counselling through student health service. Counselling has been proven very effective to alleviate stress, anxiety and any other distressing emotions that may come from mental health issues. Talking to a professional can help provide the connection that may be needed.

Oxytocin is released when we talk and make connections with others. Sometimes humans feel emotions that can be burdening. After talking to a professional,



File photo

Flynn, NAIT's therapy dog, hard at work

that burden can be lifted. A mental health professional can manage and help provide many options on how to improve mental health.

Society has progressed in understanding the mental health crisis, however, there are still some aspects that are not understood. Mental health can be a very sensitive topic. Understanding that one in five Canadians are affected by mental illness, can help move away from horrific treatments and misunderstandings on mental health.

Addressing mental health is extremely important! Visit www.albertahealthservices.ca to view some of the mental health treatments and clinics in Edmonton. For NAIT student inquiring about student health services and the programs they have for mental health go to www.nait.ca/

More contact information:

Crisis/ distress line open 24 hours:
(780) 482-HELP (4357); 780-342-7777

Mental Health Help line: 1-877-303-2642 (24/7)

Addiction: 1-866-332-2322 (24/7)

If you're partaking in marijuana, it's safer to limit use to

A. Once a week or less

B. Once the sun reaches high noon

C. Once a day

D. Once every 3 days

Especially if you are under 25. Because your brain is still developing.

What's Your HIGH Q?

Take the full quiz at:
drugsafe.ca

LOCAL SOUND WAVE

Like velvet to your ears

By TORA MATYS

A trio from Edmonton is aiming to bring you a smooth sound laced with relatable lyrics. The Velvetines began as a solo project by singer and guitar player, Spencer Murphy. But after a trip to Australia, he fell in love with the psychedelic beach music scene there and knew he needed to bring that back home. Shortly after that Spencer and friend Addison Hiller (drummer) wrote and recorded their first album, *Fresh Claws*, with contributions from Zac Smith on bass guitar. After that album, they changed their lineup replacing Smith with Dean Kheroufi. Their music is a little rock 'n' roll, a little bit indie, and a lot groovy.

Since their debut album in 2014, they have released two other albums, *A Hot Second with The Velvetines* (2015) and *Slow Wave* (2017).

"*Slow Wave* is a really cool album because it's the first one where everyone contributed to writing," said Murphy. This

gives it a more unique sound. Recording the album went as smooth as possible, and only took 10 days to do.

They spent the past summer touring Canada. You may have even seen them recently at the Freemason Hall in Edmonton. They are also finishing up a new album they anticipate to have released by this winter.

Touring can be hard on your mental health. Murphy said in an interview how important it is to be aware of your mental health, because far too often people forget about it before it's too late. It can be especially hard when you're touring, not eating or sleeping well, and just missing your family at home. It takes a toll on your life. He's grateful to at least be on the road with buddies and everyone is able to talk to one another. Having music as a way to express themselves helps keep them sane as well.

There are a lot of ups-and-downs when you're in a band. "If the music is what you're really passionate about, you just have



BeatRoute Magazine

The Velvetines

to keep at it," said Murphy.

You can find all their music on Spotify, Apple Music, and Youtube, where they are always adding new music videos. Keep

an eye on their Instagram (@thevelvetines) and Facebook; tour dates for the new album are anticipated to begin in the spring of 2019.

LOCAL SOUND WAVE 2

'Nightmare' good for Carmanah

By EMILY KELLER

This year was and continues to be a big year for the Victoria, B.C. based group Carmanah. They released their debut album *Speak in Rhythms* in February. Both their singles "Roots" and "Nightmare" made it to No. 1 on the CBC Music Top 20, and they finished part of a Canadian tour and are now kicking off their Western portion of it.

Carmanah's sound is best described as West Coast Soul, with haunting vocals and languid instrumentals. Carmanah's vocal talent, Laura Mini Mitic first met the lead guitarist, Pat Ferguson, at a music festival around eight years ago and the band developed organically over time within the Victoria music scene.

Coming off five days of shows in Ontario and

Montreal with Canadian indie band Hey Ocean!, Mini Mitic said it has been great to see "Nightmare" rise the CBC Music Top 20 chart.

"It's been really exciting to watch it climb up the charts and be in some really good and competitive company, we're very proud of "Nightmare" for doing what it's done."

Carmanah will be playing with Hey Ocean! in Kamloops on Nov. 15 and they will be coming to Edmonton on Nov. 16 to play at the Starlite Room & Victory Lounge. For upcoming shows and more information, check out their website, www.carmanahband.ca. You can also find them on Facebook and Instagram (@carmanahband). Their music is available on Spotify, Apple Music, Youtube and on their website.



Carmanah

LOCAL ARTS REVIEW

Burning down the house ...



Varscona Theatre

Skirts on Fire

By CELIA NICHOLLS

There's an Edmonton playwright who brings nostalgic glamour to his Alberta work. One of the best things about the work of Stewart Lemoine is the way it frequently situates Albertan experiences in terms of highly glamorous genres like the central European operetta or Hollywood screwball comedy. It pays homage to the kinds of stories a weird prairie kid's escapist daydreams are made of. The irony is that Lemoine always manages to make audiences appreciate new and quirky things about home.

Lemoine's most recent show, performed by his stock company Teatro La Quindicina, at the Varscona Theatre,

closed out the 2018 season in its typically glamorous style. Though *Skirts on Fire* lacks the same unique local angle, the top-notch local talent is evident in the production.

Skirts on Fire is set in the world of literary publishing in 1950s New York. It centres on the mayhem unleashed when the rich playboy Alton Doane (Andrew Macdonald-Smith) pulls a literary hoax on Evangeline Gold (Andrea House), the owner of a popular ladies magazine, by pretending to be the author of a famous and much-loved short story, when in fact the author is not real. But this doesn't stop Doane from trying to keep up the act with help from ex-class-

mate and former writer Porter Lawrence (Ron Pederson) to take on the role of the author when romance blossoms between himself and Mrs. Gold.

Hijinks ensue and everything comes out as sparkling and thoroughly enjoyable as a glass of champagne. It's perhaps not often that one can say with complete confidence that something homegrown is truly world class. Lemoine's imagination, and his friends at Teatro, bring it all to life and really are a local treasure. Comedy very rarely gets its due, but if you're looking for some of the sharpest and most entertaining writing around, any one of Teatro's shows is just the ticket.



LIVE IT UP

PANORAMA
MOUNTAIN RESORT

Ski PANORAMA

DECEMBER 29 – JANUARY 1, 2019

This trip will take you away for 3 nights and 4 days up to Panorama to hang out with friends, relax in outdoor pools and best of all, walk out of your hotel room right on to the base of Panorama mountain!

WHAT'S INCLUDED?

- Luxury motorcoach transportation with on-board catering and adult beverage services
- Tour Coordinator
- 3 nights at Pine Inn in the heart of Pano
- 2 days skiing or snowboarding

RATES

Quad: Student \$379	Non-Student \$429
Triple: Student \$416	Non-Student \$466
Double: Student \$489	Non-Student \$539

Book before November 30 for student pricing!
youliveitup.ca/naitsa



XXX-RATED HYPNOTIST NIGHT WITH TONY LEE



THURSDAY, NOVEMBER 15, 2018
4:00PM – 5:30PM | THE NEST

Guess who's back?! Join us as we host another unique (XXX rated) Hypnosis performance by Tony Lee. This performance is one of the longest running shows in Canadian and UK Campus history with over 6000 sold out shows worldwide!

\$5 Brotinis | \$6.00 Flavoured Absolut Vodka | \$7.25 Potato and Cheddar Perogie Poutine