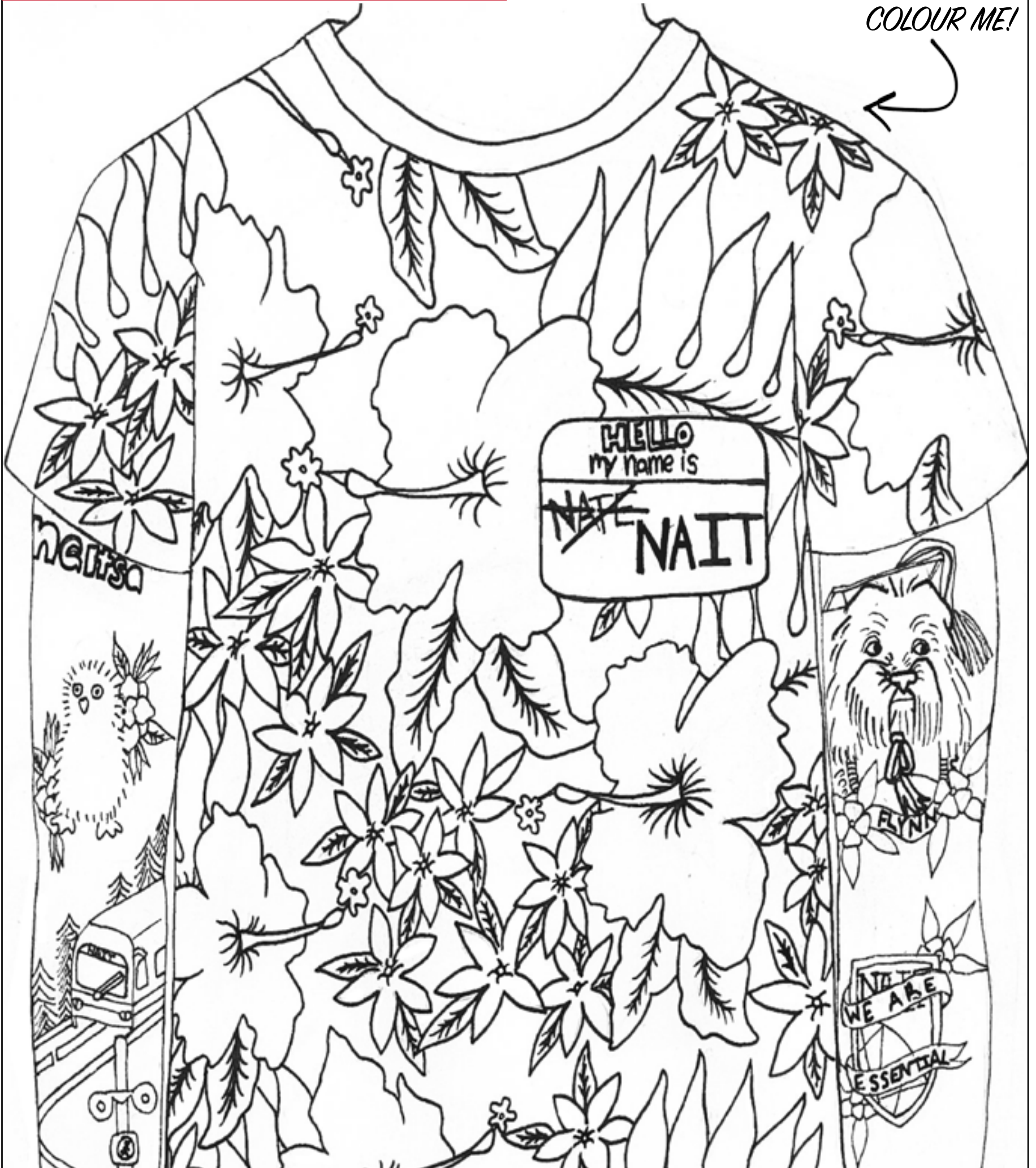


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Over 2k surveys completed

By JOE LIPOVSKI

This month, NAITSA conducted their annual survey. The survey received more than the 2000 expected participants. Communications and engagement director, Jenny Lau, has kept a close eye on the users of the tablets throughout the duration of the survey.

Lau has moved the survey kiosks in order to make sure that each tablet is getting as much use as possible. This resulted in kiosks being placed in E and O buildings, as well as HP and CAT, having the majority of the survey kiosks. Lau also had kiosks at Patricia and Souch Campuses.

"I'm happy if we go beyond 2000 people and we have already hit that mark. So right now it's all gravy for me," said Lau.

Lau puts kiosks close together to allow the survey to be a group activity.

"I find this year has been more engaging. People like to do these surveys

with their friends," said Lau.

Lau said that one of the reasons a higher number of students participated in the survey is because students are entered into the draw. Prizes for the draw include a MacBook and Oilers tickets. Lau also reserves some of the draw prizes specifically for students at Patricia and Souch campuses.

Lau said NAITSA provides more incentive with their prizes, whereas NAIT sticks to online surveys. A prize for a draw usually includes a coffee gift card.

Many students said they received emails, prompting them to participate in a surveys for NAIT, but that they choose not to complete the survey because they felt busy or stressed. Other students said they simply forget about online surveys, because not only do they get too many emails, but it also comes down to time management.

Although participating in the survey

enters the student in a draw, many students said they are just as interested in the convenience and simplicity of the survey. One student said she feels it's necessary to give NAITSA this vital feedback, because of how much NAITSA has done for students.

The survey uses similar questions every year. But this term, Lau said they included several additional questions about The Nugget than they have in previous years due to the greater outreach methods the new team of editors is utilizing to engage readers.

Lau explained that the data NAITSA is most interested in is how much of the student body wants a fall break. Many students said they feel strongly about the services provided by the service hub and liked what NAITSA is doing in that area, like the Peer Support Centre.

Lau tries to include students enrolled in night courses as well. However, because the tablets are battery powered, they have

to be plugged in overnight. This makes many of the survey kiosks unavailable for those students.



NAITSA

New offices for new execs

By JOE LIPOVSKI

NAITSA is in the process of building new offices. The former NAIT executive offices in the O building are now entirely gutted and the floor levelled. With the building process of the new office space now beginning, NAITSA is looking at furnishing the space.

However, some senators questioned executives on the extent of such a large construction project, especially when NAITSA is moving into an existing office space.

Administration director, Leeanne Mills told senators that the new offices will be in the original part of NAIT. Therefore, many elements are in need of upgrades. Some of the upgrades include: a sprinkler system and a new air handling unit.

New Contract

NAIT has been awarded a contract. The contract allows NAIT and SAIT to update Alberta's apprenticeship Individual Learning Modules (ILM). Many ILMs are still in the first version, while other trades are using ILMs that are in their fifth version. NAIT will oversee this process of updating the ILMs and plans to begin this process in June.

Senator Rick Guillaume, trades and apprenticeships, said that updating ILMs was previously contracted out to a third party. Now that NAIT is overseeing the process, he expects ILMs to be corrected and updated more frequently.

"This has been needed for a long time," said Guillaume.

Outgoing Executives

NAITSA's outgoing executives are now training the incoming executives. They are now going over the goals of the current executive team. Learning not only their own roles and responsibilities, they are also meeting the NAITSA staff and learning about their roles.

President Naomi Pela said they are working on transitioning projects and committees. This is the first year that they have a schedule. Pela plans to keep the lines of communication open with the incoming executives even after they have settled into their new roles.

Printing Costs to Increase

Senator Chan-Lowe continued her requests for more

information regarding the increased cost to printing on campus. The increase that took effect earlier this year, is something that Chan-Lowe feels strongly about. She believes that NAIT should have given students advanced warning of the increase.

VP Academic, Brenda Needham, had spoken with print solutions, saying NAIT had made the decision for the increase over the summer. NAITSA was not on the committee involved in making the decision. Needham will continue to follow up with print solutions regarding the increase.



NAITSA's 2019-20 Executive Council: Karen Velasco (President), Emi Oke (VP Academic), Alexis Flinkert (VP Student Services) and - (not pictured) AJ Jaruga (VP External).

NAITSA



NAIT

Security delays concern students

By JOE LIPOVSKI

NAIT's Protective Services runs 24 hours, however there are certain times of the day that they need to operate with minimal staff. As a result, Protective Services needs to prioritize what calls they respond to first. Especially at 11 p.m., when protective services is not only locking up all buildings on campus, they are also checking to make sure the buildings are empty.

After polling several students, the majority of responses said that they believed their office is in the CAT building. However, this is a satellite office that is primarily used for events. Protective Services' main office is in the D building.

The primary concern from students regarding protective services is the wait times to be let in to different buildings or classrooms on campus, which is primarily affecting campus clubs.

"Most people see things from an individual's perspective and don't take the big picture into consideration," said Inspector Oper-

ations Officer, Darrin Kirk.

The most common stereotype for Peace Officers at NAIT, is that they only enforce parking. In fact 23 peace officers make up NAIT's protective services. Like many post secondary institutions, NAIT uses peace officers to enforce not only parking, but safety and patrolling for all NAIT properties. This includes the Souch and Patricia campuses.

Protective Services also responds to all types of alarms and reports of suspicious behaviour and packages. This is made easier with over 600 security cameras across the NAIT campus. However many issues come up throughout the day that demand the attention of Protective Services. As a result students and staff needing to get into any building, or classroom on campus may have to wait longer than usual.

For students and staff requiring the services of the Safe Walk Program, Kirk recommends booking in advance to ensure a peace officer is available. Kirk also recommends using the NAIT app to register your Safe

Walk if the user does not want to call for a Safe Walk escort. The app will show the Protective Services control centre where you are in real time.

"You will never hear when we showed up within five minutes to let someone into a classroom or building, but everyone will always hear about how someone waited for 15 minutes," said Kirk.

Kirk said the use of peace officers is more appealing for post secondary institutions because the officers can take direct action to resolve a situation, whereas a security guard is a civilian.

Kirk encourages people who are hoping to resolve a conflict with another individual peacefully to request the assistance of the resolution officer, Craig Whitton.

If a law is broken students can contact protective services, but Kirk stresses that if someone is in danger they should call 911 and Protective Services will be contacted immediately if the call comes from a landline on NAIT property.

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INTERNATIONAL STUDENT CLUB FEATURE

A president close to home

By **ALTHEA ALABAT**

Kihmary Somcio is a third year business administration student majoring in Marketing. Somcio is the current president of the International Student Club (ISC) as of January 2019.

She was introduced to the club early last year through a friend that was a part of the club at the time.

“I thought the club was only open to International students, but it is also open to domestic students,” said Somcio.

She found herself spending more time at the International Center and having great conversations with other members of the club.

Somcio met former ISC President, Panharith In, who was vice president events of the club during that time. In invited her to join him and several other members to come out to club events.

In previously recognized Somcio and her photography work when she was featured in Photo NAITion’s social media. This led to an invitation for Somcio to photograph for one of ISC’s events called Life After NAIT.

ISC eventually took her on as the club’s photographer. She started to become more engaged with the club through her involvement with events and attend the meetings. Last summer, she was approached by several executives of the club, asking if she would like to take on the role as vice president communications, where her role would consist of manning the club’s social media.

Before the end of 2018, the club had to appoint new executives and a new president because In was approaching graduation. A candidate was already voted in to be president and Somcio was voted in to be the new VP events.

“Initially I said no because I thought it would be too much work, especially since I didn’t have much experience in the club,” said Somcio.

She eventually said yes after she was reassured that it would be good experience for her.

Nearly a week later, the club’s newest president announced that they were going to step down from presidency. This left the club with no current president and ISC could not continue to operate without one.

The deadline to have the next president elected was time-sensitive, and no one had reached out to try to run for the spot.

“A part of me wanted to apply, but I was scared I didn’t have enough experience and that I would fail the club,” said Somcio. “I was told by a friend that if there’s a small inkling of interest to even try, I should go for it”.

Somcio submitted her application video several hours after the announcement and was voted in as ISC’s new president shortly after.



Facebook

“When you take on a leadership role, you’re not only representing yourself, but the entire club as well. The actions of the club and its members reflects you as the face of the club,” said Somcio.

ISC has been an established club since 2002 and it is

the biggest club on campus.

“There’s a lot of pressure in maintaining the success of the club,” said Somcio. “Being the president has made school fun because of the overwhelming support I have from my friends and the club.”



NAIT students at iMedia 2019

Photo by Amaya Daley

NAIT grad runs successful YEG marketing conference

By ALEXA PRINS

On March 8 and 9, MacEwan University was taken over by marketing and communication professionals for the 8th annual iMEDIA Social Media Conference. Each year, the conference offers an opportunity for industry professionals and newbies to get together and learn the latest and greatest in their fields.

The iMEDIA conference takes place over two days where attendees can choose breakout sessions and master classes taught by industry professionals. This year's conference featured keynote speakers from Facebook and Endy and offered over 30 breakout session speakers.

The iMEDIA conference is helmed by managing director, Morgan Hrynyk, a NAIT grad. Hrynyk transformed iMEDIA from a conference tailored to mommy bloggers to a conference where you get to connect with hundreds of other digital marketing people.

"The NAIT Marketing program does incredibly well to help their students understand what to expect

on the other side. I am able to apply the skills I learned at NAIT to run this business," said Hrynyk.

Due to Hrynyk's NAIT experience, she is a cheerleader for post-secondary marketing/communications students. All the volunteer spots at iMEDIA are reserved for students.

"When you're a student, meaningful opportunities to connect with industry can be the thing that gives you that special edge. With iMEDIA, we always want to give our Student Ambassadors a meaningful experience where they can ask questions, connect with industry and get practical experience to use as portfolio builders—experience is key in digital marketing!"

The students who volunteer are grateful for this experience and take it very seriously. At this year's conference, volunteers were responsible for many tasks. These tasks included creating 'Instagrammable Walls', helping speakers in their breakout sessions, monitoring social media content and event set-up and take down, all while networking with industry

professionals.

iMEDIA is certainly not your average conference. Hrynyk and her team breathe new life into iMEDIA every year with a fun theme and swag to match. This year, the theme was "exploring the digital landscape," and they created luggage tags, adventure-themed notebooks and lunch bags that were given to attendees.

"iMEDIA is also very process focused and we love finding new ways to enhance the iMEDIA experience for our community," said Hrynyk. "That seems to be the overarching theme of iMEDIA, community."

It is very laid back and when you attend, you feel like you are with a huge group of friends all working towards similar goals. Sharing expertise, stories and experiences together over many cups of coffee is what iMEDIA is all about. It is inspiring for current NAIT students to get involved with iMEDIA and be a part of the magic that happens every year.

LRT closure will effect students

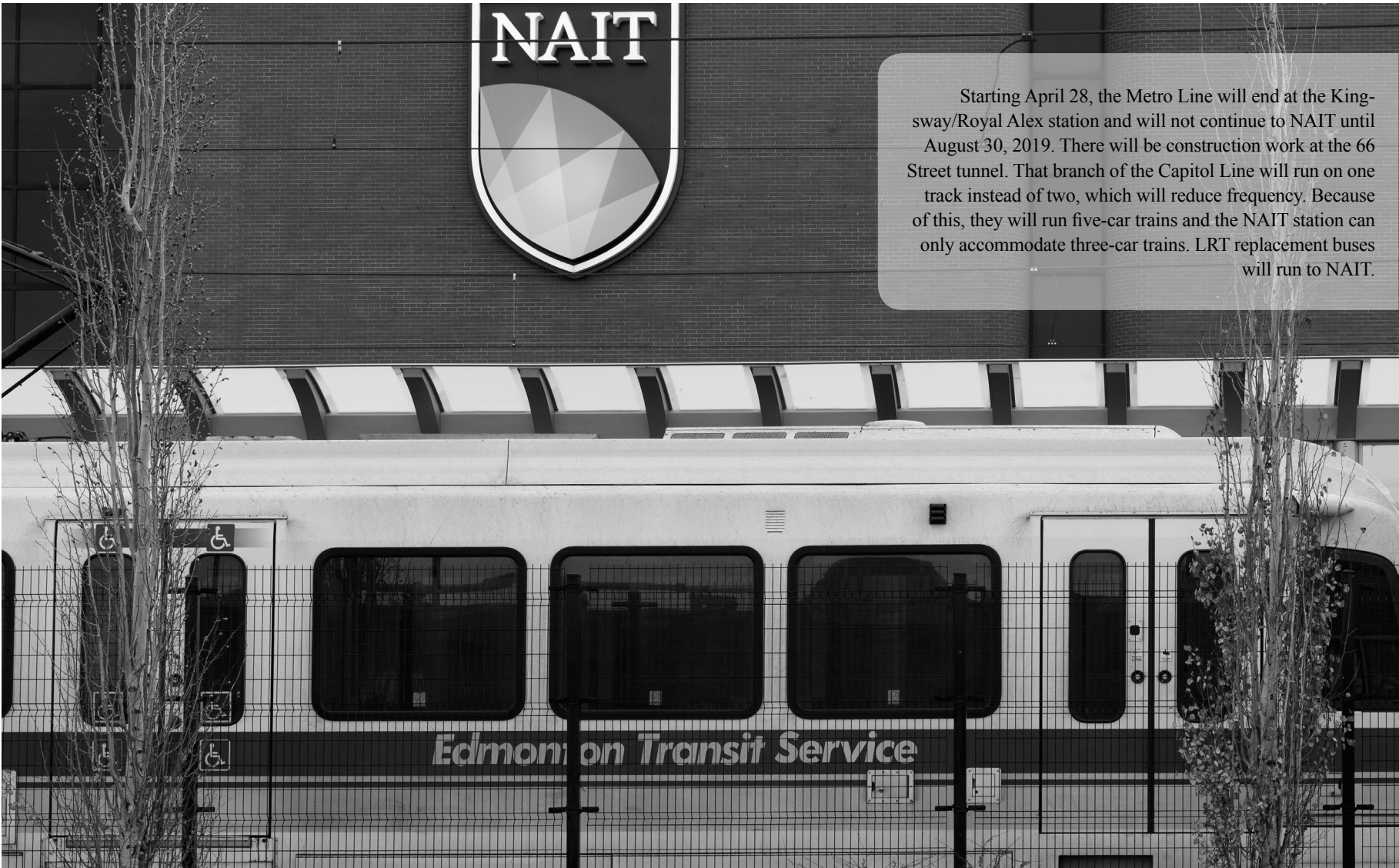


Photo by Aaron Wilmot

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Former Ook goes pro



Photo by Railene Hooper

By **PAUL CHOLEWA**

The NAIT Oaks are watching as one of their men's soccer players leaves the nest and signs with FC Edmonton. David Doe led the Oaks and the ACAC in points in the 2018 season with 13 goals and nine assists in 10 games. He helped take the Oaks to a provincial championship and to nationals, finishing 6th overall in CCAA. He credits head coach of the Oaks Charles O'Toole for helping him get to that next step.

"He told me to play more aggressive and that worked out pretty good. He also taught me how to play multiple positions,"

said Doe.

Doe said being a post-secondary student made him a stronger person and finding the balance for soccer and school shaped him to be a better player on the field. Going to nationals gave Doe a glimpse of what success looks like, and he hopes to transfer that same success to FC Edmonton.

Besides loving Frosted Flakes and claiming he's the best at FIFA, Doe is honoured to be playing for his hometown team.

"It's a great accomplishment to be in front of my family and friends. This is just the beginning," said Doe.

This isn't Doe's first contract. He signed his first contract in 2017 when FC Edmonton was apart of the NASL (North American Soccer League). He made four appearances during that time, playing a total of 33 minutes. When the NASL folded, Doe played on the U-20 academy team with FC Edmonton.

FC Edmonton now plays under the CPL (Canadian Premier League) and a rule was created stating that players under the age of 20 must play over 1000 minutes per season.

Doe was born in 2001, so he falls in that group of players along with 17-year-

old Marcus Velado-Tsegaye and Prince Amanda.

Doe hopes that the road doesn't end here. His hard efforts in practice and work ethic are all apart of a bigger picture to get to the next level.

"I would want to play in the MLS or somewhere in Europe and grow even more," said Doe.

FC Edmonton kicks off their season on May 4 in Winnipeg against Valour FC. They play their first home game on May 12 at Clarke Stadium when they host Victoria, BC's Pacific FC.

VOLLEYBALL

Big gaps to fill next season

By **JOE LIPOVSKI**

The Oaks men's volleyball team is losing three key players going into the next season. Brandon Eagle and Simon Coat, two of the three Australians on the team will be heading home over the summer. Starting setter, Mitch Lewington, is expected to return next September after spending the spring and summer recovering from a fractured ankle. Oliver McSwain, a fourth-year player for the Oaks is not expected to return.

Head coach Doug Anton says McSwain may want to explore other options in U sport; however, there is a possibility McSwain may return for a fifth and final year with the Oaks.

With several starters on the volleyball team not returning in the fall, it leaves a void to fill.

Anton is hoping to find another international student to replace Eagle as middle blocker. Anton says the team is strong on the

left side and that he is comfortable moving up one of their younger players to a starting position.

Anton said this is still a young team over all and expects the team to utilize the fitness centre over the summer, untimely working on getting physically stronger.

"The big thing for us in the off season, is our athletes need to get stronger and fitter," said Anton.

Anton said he will be focusing on back row skill when the team begins practice for the fall. Specifically defence and passing.

"Back row skills, defence and passing, needs to improve over the summer. We weren't really at the level we needed to be to remain consistent at the end of the year," said Head Coach, Doug Anton.

More than half of the roster this year was made up of first-year players including Johnathan Shakpa and Karsten Stime who were in the starting lineup on a regular basis.



Photo by Railene Hooper

NAIT hosts eSports tournament



Global News

By **ZACHARY FLYNN**

The first eSports invitational at NAIT brought students from around the city to the HP Centre.

Games included Counter-Strike:

Global Offensive, League of Legends and Super Smash Bros. tournaments among other casual gaming stations.

Curtis Dell, the Student Recreation Coordinator at NAIT was excited to see

the eSports tournament come together.

"It's hard to try and scale for your first event. But with the number of people that came out for the [Super Smash Bros.] tournament and for [CS: GO] and [League of Legends], we're very happy with how it's running," said Dell.

Dell hopes to see the eSports community at NAIT and in the city of Edmonton continue to grow and he wants to see NAIT play a big factor in that.

"Hopefully further down the road, 5 years and beyond, we would like to try and help represent some of these student beyond NAIT, so if they are going to participate in tournaments outside of NAIT or outside of Edmonton, NAIT wants to try and find a way we're able to support them and try to engage them in activities at that level... and most importantly find a space here on campus here they are able to do that in-house," said Dell.

Currently, there is no dedicated space for eSports players on campus. Students and clubs are left to find their own space to bring people together.

"Right now a lot the feedback we're getting from students and student clubs is that here's no great spaces here on campus that are able to facilitate these kinds of activities so we want to champion something like that," said Dell. "Whether it's

repurposing an old space and trying to improve that and getting the specifications and technical requirements to support this type of environment would be an undertaking and the alternative is trying to find a new space in some of the Blatchford lands."

Building an eSports community at NAIT will take time. Currently, NAITSA hosts pop-up gaming events every two weeks, but bigger events like the eSports invitational are likely to only happen at NAIT once per semester. Dell says that currently, they are testing the waters with events like this to see what student engagement is like.

He says that if the movement grows within NAIT and Edmonton, he would love to see eSports teams supported by NAIT, wearing Oaks colours when they compete.

"If you are able to make that an athletics or a NAIT representation, that would be a fantastic opportunity and another way to support some of those competitive sports," said Dell.

As for a new facility, while NAIT secured a land deal with the City of Edmonton for Blatchford lands, there haven't been any announcements of any eSports venues to be built on the land.

Connolly goes to MacEwan

By **JOSH HUI**

After six years at the helm of the men's basketball program, Mike Connolly is moving to coach at MacEwan starting April 1.

Connolly started his coaching career at Lethbridge University before coming to the ACAC (Alberta College Athletics Conference). After this last season with the Oaks, Connolly is now taking over the MacEwan Griffins men's basketball program at the U Sports level.

According to Connolly, the proximity to NAIT was a big factor in accepting the job. Connolly is thankful for the opportunity to stay in a basketball community he knows well and not have to move his family at the same time.

"It's gonna allow me to have continued success with NAIT because I'm gonna be able to send them players that we can't get in. We're gonna keep ties, we're down the road, we're gonna do stuff," Connolly said.

Connolly enjoyed plenty of success as Oaks head coach. He leaves with a coaching record of 111-51 (a .685 winning percentage), a provincial and national championship from 2016 and the ACAC coach of the year award in 2015. For Connolly, the results themselves aren't the most special parts of his time as an Oak.

"Some of the special moments are when we have kids giving up themselves for the team. One of the special moments we had in that national championship [year] was in the provincial final when we had two captains, two all-stars come up to [the coaches] down the stretch of the game saying 'Coach, go with these guys in the game. Don't worry about us.' To me that was the most fulfilling to have a group of guys that worried about the team and the team's

success instead of their own personal success."

Oaks players didn't just have an impact on Connolly. Players say Connolly had a major impact on them. Samson Cleare just wrapped up his last year on the team and is one of the players closest with his former head coach.

"When you first see him, you think 'oh man, he's intimidating' but he's really nice and has that warm, welcoming spirit," said Cleare.

Cleare says Connolly pushed him and the team hard, but they knew all along that their coach was doing it out of a desire for his players to succeed. They also built a similar relationship off the court as Cleare calls Connolly his mentor and even a father figure with most of Cleare's family back home in the Bahamas.

Cleare was in his first year when the Oaks won their national championship. One of Cleare's best memories of winning the championship was during the provincial final when the Oaks were down by 15 points at halftime to the defending champion, the Medicine Hat College Rattlers.

"We got in the room, it got real quiet. Coach came in and he was like 'Okay guys. I don't know about you, but I'm going to nationals.' He signed his name on the board, dropped the marker and slammed the door... one fifth year player signed it then everybody followed suit. Everybody signed their name on the board and we left it there because we knew what kind of team we were. We went out in the second half and as soon as we got out there, there was a different energy. Something in us was hungry," Cleare remembers.

Connolly is working with the Oaks to make his transition smooth.

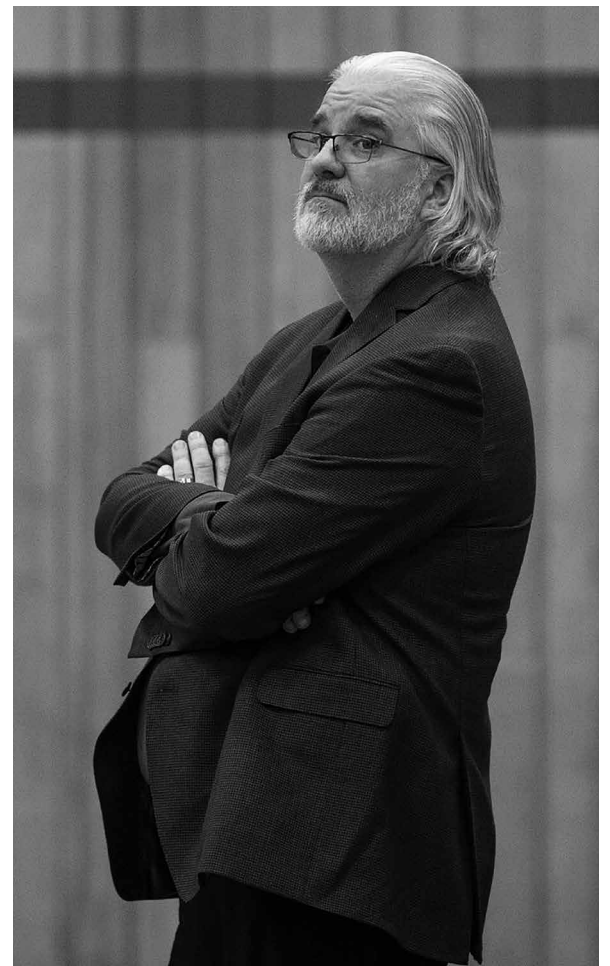


Photo by Railene Hooper



Photo by Railene Hooper

HOCKEY

Ooks finish season with silver

By CALLEN LEHMAN

After finishing the regular season in first place, the Ooks women's hockey team placed silver in the ACAC final. Following their 3-2 overtime loss to the MacEwan Griffins, the Ooks are already getting prepared to take on the next season.

Tanel Boeckman, a second year defenseman will not be returning next year but is satisfied with the teams push this season.

"Even with the changes before our season, we came

out with a really good result," said Boeckman about their new coach and number of new players. "Although we didn't win finals, it was everything we accomplished from the start to the end."

The team held first place for the majority of the season, allowing them to make playoffs and play in the finals. Maintaining tight communication skills and building relationships helped them achieve success.

Brooklyn Colborn, a rookie in 2018-2019 is looking forward to her second year but sad to see some

of her teammates leaving. With the next season in thought, Colborn said that buying into the system and putting the team first will continue to push them forward.

With a strong lead from the beginning to the end, the Ooks plan to bring back their strength in the returning season. Although leadership will change, there's nothing that will stop the women from working towards a similar spot in the season next year.

New Ooks mural in CAT

Over the Reading Break, Calgary based artist Tyler Hochhalter spent two days painting an interactive mural on campus. The mural is located in the east hallway of the CAT Building and students are encouraged to snap a pic and share their Ook spirit online.



Local streamers unite

By EMMA MORRISON

Streaming has become a huge phenomenon. The twitch community is one of positivity and love for one another. Supporting each other by hosting, donating, raiding, or even just simply commenting can really go along way.

Just like every online content creating service or community each has its own smaller communities within it. Since 2016 over 2.1 million unique broadcasters have joined the Twitch community with loyal followers and subscribers. Edmonton has a small but flourishing Twitch community, and each twitch streamer here is so much different in the games they play and they way they create their content.

But along with communities, you will always have your veterans and rookies when it comes to streaming, with veterans looking out and teaching rookie streamers how to grow and become an established partner or affiliate.

Once you become a partner or an affiliate, you are able to earn money through donations and even have your own unique emoticons that enhance your stream for followers. However, if you ask most streamers why they do it, you'll find that it's not for the money. They stream because they have a passion for video games, music, cosplay, and making things. Streamers are well known for sharing their passions and positivity which helps create a safe and flourishing atmosphere for content creators.

Our creators and community in Edmonton is small, but it is very colorful and creative. It's steadily growing everyday and to help to grow and become stronger Edmonton

Twitch holds events and meetups so Edmonton streamers can meet and support one another.

On Thursday March 28 at 6 p.m., Edmonton Twitch will be hosting a meetup for new and old streamers to connect with on another. The event is being held at The Thrift Shop. The event is to help create awareness about Edmonton's Twitch community.

But, don't worry if you don't stream. It's a gathering for people who are passionate about gaming that want to create a positive community and a safe space. So if you

don't enjoy streaming, you can still go and enjoy the festivities. If you are looking to start streaming, this a good way to get the advice you need to get started.

This a positive community that is flourishing and growing everyday, and what better way to help come together than share something you are passionate about whether it be videos games, music or pretty much anything else.

You can follow Edmonton Twitch on instagram or Twitter @edmontontwitch for more information about upcoming events and meetups.



Edmonton Twitch

THROWBACK THURSDAY

Mother-daughter date nights

By LARISSA NORTHOFF

Growing up, my mother and I would have "date nights" at least once a month to spend more quality time together. We would switch up activities but these are my favourites.

Starbucks & Books:

My mother always encouraged reading and I give her full credit to my book obsession. On this date night, we would hop in the car and drive to Chapters. We split up to wander down the aisles to find a new book to dive into. After browsing and picking up a few options, we would meet up near the till to pay. Usually, we would get around one to three books at a time. We would always pick out one new bookmark by the registers whenever we bought new books. We would grab a hot chocolate or a Frappuccino at Starbucks and find a place to sit. We would always aim to sit at the comfy chairs by the fireplace for optimal reading aesthetic. After getting comfortable, we would open our brand-new books and just read quietly to ourselves. No conversation was had but it was all about enjoying each others company.

Mattress Movie Night:

I remember doing this back when you could still rent VHS movies. The night began with an outing to Blockbuster, (ageing myself a little here) where we would both agree on a movie for the night. Us-

ally movie night was also pizza night and that would be picked up on our way home.

The next task was to grab my mother's queen sized mattress, hoist it up on its side, and push it into the living room. The carpet flooring always made that a bit of a challenge. The mattress would be placed in the middle of the floor using the couch as a headboard. After the blankets were brought out and the "bed" was made, it was time for the movie. Usually we could only last through one movie before falling asleep in the living room. That is where we would spend the night. It was a very simple thing to just watch a movie, but my mother always found ways to make it more fun.

Mario Kart:

This date night event usually took place at least once a week once we had a Nintendo Wii at home. Grabbing the controllers with the wheel accessories, we booted up the Wii system. Once we were good at the game, we would challenge ourselves to play online with other players. We would have fun ganging up on players who seemed to have it out for us.

Mario Kart always helped the two of us release the stress of the day. Something about hitting the person in front of you with a shell is just...so satisfying. My best friend also had the game and would join us online frequently. This was a very simple activity to do but it was also quality time with each other. Even to this day we will fire up our upgraded WiiU to

kick some butt at Mario Kart!

I always enjoy the time I spend with my mom. Now that I'm an adult, we find many other things to do. You don't necessarily need to do an extravagant activity to make

it memorable. The one thing that matters the most is who you spend that time with. I will always appreciate the quality time we spend together, and I believe it helps our relationship stay strong.



Unsplash

The almighty One card

By EMMA MORRISON

Finding something interesting and fun to do in the city is hard to do on student budget. However, there are way more free and discounted events/activities than you might have thought. Flash that NAIT One card and get ready to reap the benefits.

- **The Art Gallery of Alberta:** you can get into the art gallery for free here in Edmonton if you just show your student ID. You can see some amazing exhibits like Boarder X or even some strange paintings you don't really understand.
- **Spotify Premium:** for you music lovers out there, Spotify has student plan for you so you can listen all day long on the bus, train or drive home. The student priced spotify is \$4.99, 50 per cent of the regular price. So enjoy that sweet sweet music knowing you only have to pay five dollars for unlimited music.
- **Amazon Prime Student:** online shopping is extremely important to all of us modern day humans— especially students. Who doesn't need 40 different colored highlighters or that latest gadget? With Amazon Prime for students, you get your first 6 months free, and when your 6 months is up, it's 50 per cent off.
- **Food:** students generally spend a lot of money on fast food for just a quick snack. But you can actually save on that double cheeseburger or that cookie dough blizzard. With your school ID you can get a 10 per cent discount at Arby's, Buffalo Wild Wings, Bulk Barn,

Burger King, Dairy Queen and Subway.

- **Clothes & Retail:** we always want to stay up to date on the latest fashions and trends. Sometimes it can be expensive to be the best fashionista on campus. But did you know that many stores have a discount for students? Adidas gives students 30 per cent off online purchases, Banana Republic offers 15 per cent off in-store. Club Monaco gives 30 per cent off in-store and H&M offers 15 per cent off in-store.
- **Canon:** Photography students and lovers unite! There is a 20 per cent discount for your favourite camera brand. Students who sign up for the CPS program can also receive repairs and benefits.
- **Best Buy:** the biggest electronic box store offers a students discount on that new computers that you have been dying to get your hands on, as well as some new tech gear you have been needing. Discounts vary depending on the store.
- **Microsoft:** as a student, you most likely use a lot of Microsoft Word or Powerpoint. However, did you know as a student, you can get Microsoft 365 Education for free? And they offer a 10 per cent discount on certain products, so no more excuses to not have the right programming.
- **YMCA:** we all have that goal to get healthier in our New Year resolution. But it can be very expensive to maintain a gym membership on a student budget. The YMCA offers a student membership. You can get a reduced priced off the adult plan, which includes pro-

grams, like rock climbing and a free orientation.

- **The Rec Room:** feed that inner gaming nerd from March 25 - 31 from 11 a.m. to 6 p.m. The Rec Room is offering a \$5 discount of the regular \$20 game band. Have a great night out with your friends without breaking the bank!



Hidden treasures worldwide

By ELI O'DONNELL

As another Edmonton winter thaws, many gems hidden by the snow are uncovering themselves in the form of geocaches. For anyone who does not know, a geocache is just real life buried treasure. They are usually little boxes or tins hidden all around us.

To start cashing all you have to do is download the Geocaching app. This will give you a map of the general locations of caches and all you have to do is find them. They could be under park benches, tied to trees, camouflaged in fake rocks or hidden in plain sight. If the app is not for you, you could always go out walking one day and look around. Results are not guaranteed with this method, but at least it is good exercise.

A geocache could contain anything from little trinkets, useful items to trackables and will always have a log book. General caching etiquette says that when you visit a cache, you should sign their log book and if you take an item from the cache then leave one in return.

The logbooks found in every cache is a sheet of paper or small book that you can sign and date to let other players know you were there.

Trackables are interesting. Described as an in-game token, they can move from cache to cache. These can be tags, t-shirts and more. When you find a trackable, you can open your app and log it. This will update the location of the item. Anyone who found it or will find it can see where it has come from and where it goes. Just make sure not to hold on to them too long; they want to travel. These trackables and log books are ways that the community keeps track of other hunters.

One type of trackable is called a travel bug. It is a little tag attached to a trinket. One trackable started in New

Zeland, visited Toronto, and eventually made its way to Edmonton. Each tag has its own journey that can be viewed in the Geocaching app.

If you are looking for a great way to get outside and explore places you may have already been, definitely give geocaching a try.

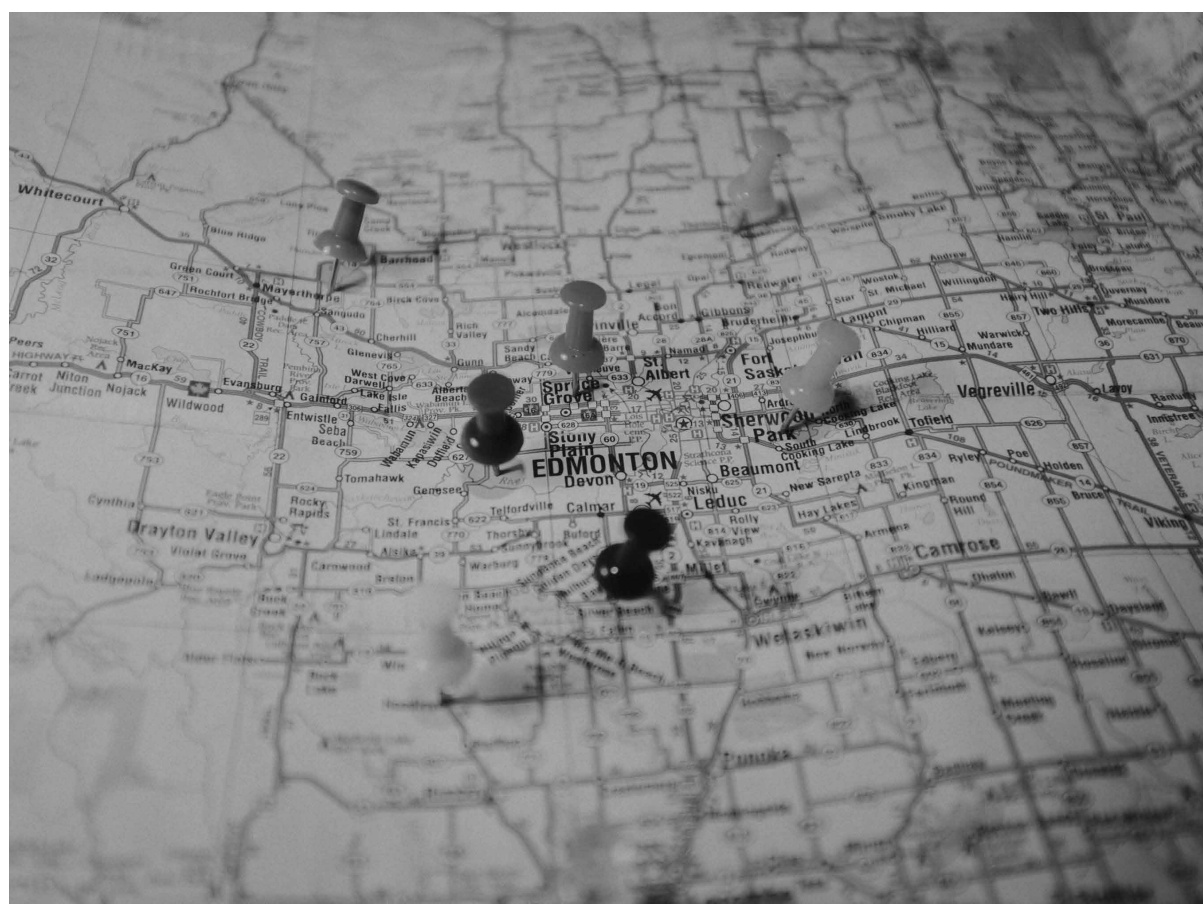


Photo by Sydney Nimmons

Albums of the week

ALBUM FEATURES BY ISAAC DYMOCK

Only four weeks left in the school year. For most of us, things are getting pretty tight with midterms, finals and projects. In this time of intense studies, we all need something to listen to while concentrating. Instrumentals are perfect as they don't have lyrics that could potentially distract or confuse us during heavy study sessions. These albums reflect different moods that could be conducive to good studying: classical, orchestral, jazz, blues, and psychedelic.

Classical



Gustav Holst *The Planets*

Holst takes us from the slow, steady march of war on Mars to the slow plodding rhythms of a savant on Neptune. The Planets can fill most any mood that goes with studying. From the frantic to the strategic, this classic of classical albums is a go to during long evenings and nights.

Orchestral



Two Steps From Hell *Skyworld*

With a combination of orchestral and rock tones Two Steps From Hell brings a similar combinations of tones to Holst's Planets but in more modern fashion. Born from a genre-based around soundtracks for movie trailers, 'Skyworld' is based in both fast moving and slow burning determination.

Jazz



Bohren & der Club of Gore *Black Earth*

Bohren brings ambient, slow, brooding dark jazz to the table for those long hours spent elbow deep in notes and textbooks. Not the usual flair of jazz that one can expect with rumbling low bass tones interspersed with piano in the low octaves played while permanently peddled.

Blues



Louis Armstrong *50 Essentials of Louis Armstrong*

More Jazz than Blues at times, Louis Armstrong is good for bringing up the mood after a long study session.

Psychedelic



Electric Octopus *Driving Under the Influence of Jams*

If the down low of Bohren & der Club of Gore is not to your liking, then the psychedelic jams of Electric Octopus could be a better match for background music.

student life CAN BE TOUGH. we get it. WE'RE HERE TO listen.

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

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FOR YOUR LISTENING PLEASURE ...

The Shuffle

The Gaming Soundtrack

By EMMA MORRISON

The gaming industry is a multi-million dollar business. But with gaming comes some amazing soundtracks that create some of the most unforgettable gaming atmospheres and experiences. Put this playlist on shuffle to help amp your competitive gaming.

“Burning Up” - Darren Styles, Gammer & Dougal

Monstercat is known for its powerful, energetic and innovative artists. Darren Styles, and Gammer & Dougal do not disappoint in the slightest to get you pumped up at the beginning of an intense gaming session.

“Needed You” - Gammer

Needed You is a very energetic and powerful song leading you to get yourself ready while you are in that lobby waiting for your next game. Gammer gets you ready to face opposing teams and to get your game face on.

“Legends Never Die” (ft. Against the Current)

This song is well known among League of Legends players. This song inspires genius and a desire to win your next game. The song has some amazing vocals getting you ready for that next match.

“Spaceship” - Galantis ft Uffie

Spaceship is a mid game song that

helps you focus on what you need to do to win. It also gives you that much of an edge keeping you on your toes to beat your opponent.

“Me & U” - Succducc

This song has the most energy out of all the songs in the playlist. With the high tempo beats and high pitched voice. It gives you that last bit of energy to finish your game strong. Me & U has a very funny vibe that allows you to stay calm and collected in a time of stress in your game.

“San Holo” - Show Me

Sometimes games can be frustrating and annoying to play. But San Holo takes you to a more calm and serene place when you listen to Show Me. It helps you cool down and regroup, and maybe even help you mediate through that level you just can't figure out.

“Sand” - Atlas (Prod. Tomppabeats)

Calming down and resetting can be the hardest when you have had a day of competitive gaming. But don't worry, Atlas can help you calm down and think about a beautiful beach. With some calming beats and amazing lyrics you can remember all the amazing plays you just had.



“Helix” - Flume

Flume is known for some incredible music. But this song in particular is known for its arpeggiated build up. The build up in tempo gets your heart racing and the notes help you feel your surrounding even though you may be in a game.

“Never too Far” - Sorrow

Sorrow may sound like a dreary name, yet his music offers extremely calming tones and allows you to focus. This song in particular can really place you into any environment that you are

playing in (especially fantasy).

“Artifacts” -Eli Filosov

With the sample of 1997 hip hop artist Artifacts and the mix of modern lo fi beats, this song will cool you down while also keeping you fully immersed.

“Yikes” - Jupe

Yikes is definitely not the emotion that you will feel while listening to this one. A dreamy feeling is all you will be left with. There is no better way to relax near the end of a session.



Supplied photo

Pets of NAIT

By MOIRA BRYAN

Name: Briggs

Nicknames: Briggles, Briggsly

Age: 3 years old

Breed: Yorkshire terrier/ Poodle

Likes: Belly rubs, Barking in your face when you don't give him attention, whipping his toys around.

Dislikes: When you scratch his butt. When you give him potato chips, when you don't give him attention, Loud noises

Favourite Toy: His little blue squeaky dog

Favourite Treat: Denta Stix

LOCAL SOUNDWAVE

Local band shooting out singles

By CHANTAL DUNN

Local rock band Desperado Pilots may be exactly what you're missing on your playlist this year. These guys go anywhere from "experimental", "cranked-up rock" jams to indie rock bangers. Full of energy and enthusiasm, they have hit a turning point in their career that is only moving up.

Desperado Pilots consists of four talented young men. Philip Beaton, the lead singer and rhythm guitarist, Brady Angus, the bassist and backup vocalist, Nelson Lemay, the lead guitarist, and Nick Bailie, the drummer. These four guys live all together in the same house, so you can only imagine the crazy events and sparks of inspiration that have built up a unique group like this.

The band put out a single last month, titled "Reality (is Edging Me Out)". The song is a fun but chill jam. It begins right away with drums and a catchy guitar riff that pulls you in. A lyric video for the single was released February 4 on the Desperado Pilots' YouTube channel.

"We've been focusing on a series of singles", the band said. Their main goal right now is recording quality songs and shooting them out in order "to be more present".

The band is currently trying to dive more out of their comfort zone to reach out to their fan base and their community. Organizing shows with other local or Canadian bands is one example of this. They have an upcoming show at The Bohemia on March 29.

"Phil writes all the lyrics, he'll typically come up with the backbone of the song simplified, then bring it to us as a whole and we get to mix and create our own styles into it as a collective," said Angus about the band's writing process.

"We've been writing and producing like crazy so we are hoping to tune in the wheelhouse that Bon Voyage was in," said Lemay. Bon Voyage was a single released by the band back in 2017. The music video received upwards of 2.2k views and captured a lot of attention. Striving to get better with each song is another motive mentioned by Lemay. They want "something that people can get super stoked on".

The band is now accumulating an arsenal of new

and interesting jams, to drop something early next year. They are busy between new singles, music videos, concerts and even ideas of a video series. They tend to work mainly in their own home studio alongside producer Shawn Barnes. It is unknown exactly what Desperado Pilots will be announcing next, creatively with music or video. However keeping an eye on this local band is

probably a good idea.

"It's how we live our lives, which we are really changing at this moment", they said. Desperado Pilots are constantly developing their career. The life of these rockers is a balancing act between trying to spend quality isolated time writing great music and reaching out to other musicians to play more shows.



Bandsintown

Tuesday night special

By ELI O'DONNELL

Hard southern rock legends Lynyrd Skynyrd rocked Rogers Place on Tuesday March 12, with everything one could expect from a Skynyrd concert. There were lights, volume and a ton of energy.

Anyone who goes to see a band as classic as this is always waiting for the hits, and Skynyrd did not disappoint. Playing everything from Sweet Home Alabama to Simple Man to Free Bird as an encore. Even pushing their age, they still lay it down. Yes, guitarist Rickey Medlock's hair may be white, but it is long as ever and perfect for headbanging.

The crowd was loud and proud. Some could say a little too proud. Three of the five confederate flags seen that night were worn on the shirts of crowd members. As for the other two, one was hung from the nosebleeds at the back. The last could be

found tied around a lead vocalist, Johnny Van Zants, microphone stand. This was before it was replaced by both the Canadian and American flags tied to the same stand.

As the encore, the band came out with the ultimate fan favourite, Free Bird. After the first verse, Van Zant stepped away from the mic after placing his brother Ronnie Van Zant's hat on the mic stand. The remainder of the song was sung from beyond. Using archived footage, they left the bands most well-known song as a tribute to the founding member. It was a very touching moment, even for some of the rough, tough men in the crowd.

The opening act, The Randy Bachman Band, did not disappoint either. A bit closer to jam rock than southern, they were an excellent opener for their headliners. Both Bachman and Skynyrd provided a night of lights, screaming guitars and classic hits.



Photo by Eli O'Donnell

COLOUR YOUR STRESS AWAY



Two Captain Marvels

By HUNTER MURRAY

We are currently in between two Captain Marvel movies. Many of you probably know that Marvel's latest film, *Captain Marvel*, hit theatres two weeks ago while DC Comics' very own Captain Marvel movie, *Shazam*, hits theatres at the start of April. Now, how is *Shazam* considered a Captain Marvel movie? It is because Shazam used to actually be called Captain Marvel, years before Marvel's captain made her debut?

When the superhero known today as Shazam was created, he was called Captain Marvel. He was extremely popular when he first started in the 50's. His comics actually began to sell more than Superman. This Captain Marvel was a child by the name of Billy Batson. When Billy said the magic word 'shazam', he would turn into a grown adult that could fly, has super strength, speed and electricity powers. Even today, it is considered a unique idea.

Marvel's Captain Marvel is a superhero created years later. Captain Marvel was the name given to an alien soldier known as the Kree. Many people have had the name but the most popular one today is Carol Danvers. This Captain Marvel could fly, has super strength, speed and energy blasts. However, she is pretty different from DC's Captain.

In 1972, Marvel filed a lawsuit against DC and trademarked the name Captain Marvel. DC tried fighting it and had the upper hand since their Captain Marvel



Screen Rant

came out first. However Marvel ended up winning the rights to use the name in the end.

After the lawsuit, DC's Captain Marvel changed its name to Shazam. Though, it never really caught on for several years.

People still called him Captain Marvel and DC stopped writing him as much as they used too. Even in 2009, DC had Shazam appear in the animated TV show called *Young Justice*, but he was referred to as Captain Marvel. In 2011 DC rebooted all of

their comics and released a Captain Marvel volume known as *Shazam*. Today, the character is called Shazam and Captain Marvel is never mentioned in the DC comics and shows. I don't doubt there will be a reference in the upcoming *Shazam* movie.

TALK NERDY TO ME

Why you need a Nintendo Switch

By LARISSA NORTHOFF

The Nintendo Switch is very powerful for its small size. It has all the strong features that Nintendo is known for and more. If you are a fan of any of the Nintendo exclusives, this console is a must have. Plus, there are plenty of things to look forward to on the Switch.

This console's ability to go from full screen to portable mode in seconds gives you the best of both worlds for chilling at home or on the go. The LCD touchscreen on the console itself provides a beautiful picture to enjoy any game. It already comes with two controllers for the ability to play with a friend without having to buy any accessories, keeping your total purchase to a minimum cost. However, buying a screen protector and a carrying case might be a good idea.

The worst part of buying any new console, is the set up. The Switch takes about 10 minutes to set up. It is so quick and easy you won't break a sweat. One thing Nintendo did decide to bring back is cartridges.

What is the main contributing fac-

tor to buying any console? The games of course. The Legend of Zelda: Breath of the Wild is by far the best game that has come out for this console as a Nintendo exclusive. If you are a LoZ fan, this game has all the features you have ever wanted, all perfectly developed in one game. The physics and weapon durability teach you timing skills and strategic plays to advance in the game. It has an amazing open world concept where you don't have to follow a linear storyline. If you are having a hard time with a certain spot, you can take a break and try some other quests instead. This really helps prevent rage quitting. It is such a huge game with plenty of hours worth of playtime – especially if you want to find all the shrines. It has lots of great new features to keep you wanting to play more and more. Plus, there is extra DLC to purchase if you crave more.

Skyrim is finally available for Nintendo users as well (this is a big deal). Some other games available on the Switch are; Smash Bros., Pokémon: Let's Go Eevee and Let's Go Pikachu, Mario Odyssey and Donkey Kong. Don't forget that

Nintendo has their online subscription where you can play your favourite retro Nintendo games. Old and New favourites have been announced to be launched in

2019. You can look forward to a new Animal Crossing, Pokémon, Legend of Zelda, Luigi's Mansion, Yoshi, Mortal Kombat and many more.



The Verge



WEEKLY SPECIALS

FOOD

MONDAY

\$8.25 I Wish it Were Fry-Day Bowls
(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries)

TUESDAY

\$8.25 8" Signature Pizza

WEDNESDAY

\$8.25 Nest of Wings
Add dipping sauce \$1.50

THURSDAY

\$7.25 Potato and Cheddar Perogie Poutine

FRIDAY

\$8.25 Daily Soup and 1/2 Wrap

DRINK

MONDAY

\$5.00 OFF Bottle Wine

TUESDAY

\$2.00 OFF Beer Cocktails

WEDNESDAY

\$5.00 Lamb's Rum Highballs

THURSDAY

\$6.00 Flavoured Absolut Vodka

FRIDAY

\$1.00 OFF Domestic Bottles

DAILY

\$5.00 BRO-tini
Ask your server for details

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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.

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

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CONSPIRACY CORNER

The Matrix theory

By [REDACTED]

In honour of the 20th Anniversary of the release of *The Matrix*, we will be looking into the idea that reality is just a simulation.

The Theory at a Glance

The easiest way to look at it is to look at video games. Forty years ago, we had two yellow rectangles and a dot. That was pong. Now we have games that are almost indistinguishable from the real world and each year they're getting better. Imagine in the next 40, 50, or 100 years we keep improving games and graphics and everything else until we create a simulated environment so complex, it is almost a one-to-one replica of our own universe. If that's true, then who can say that we're not already in the same thing created by another higher being?

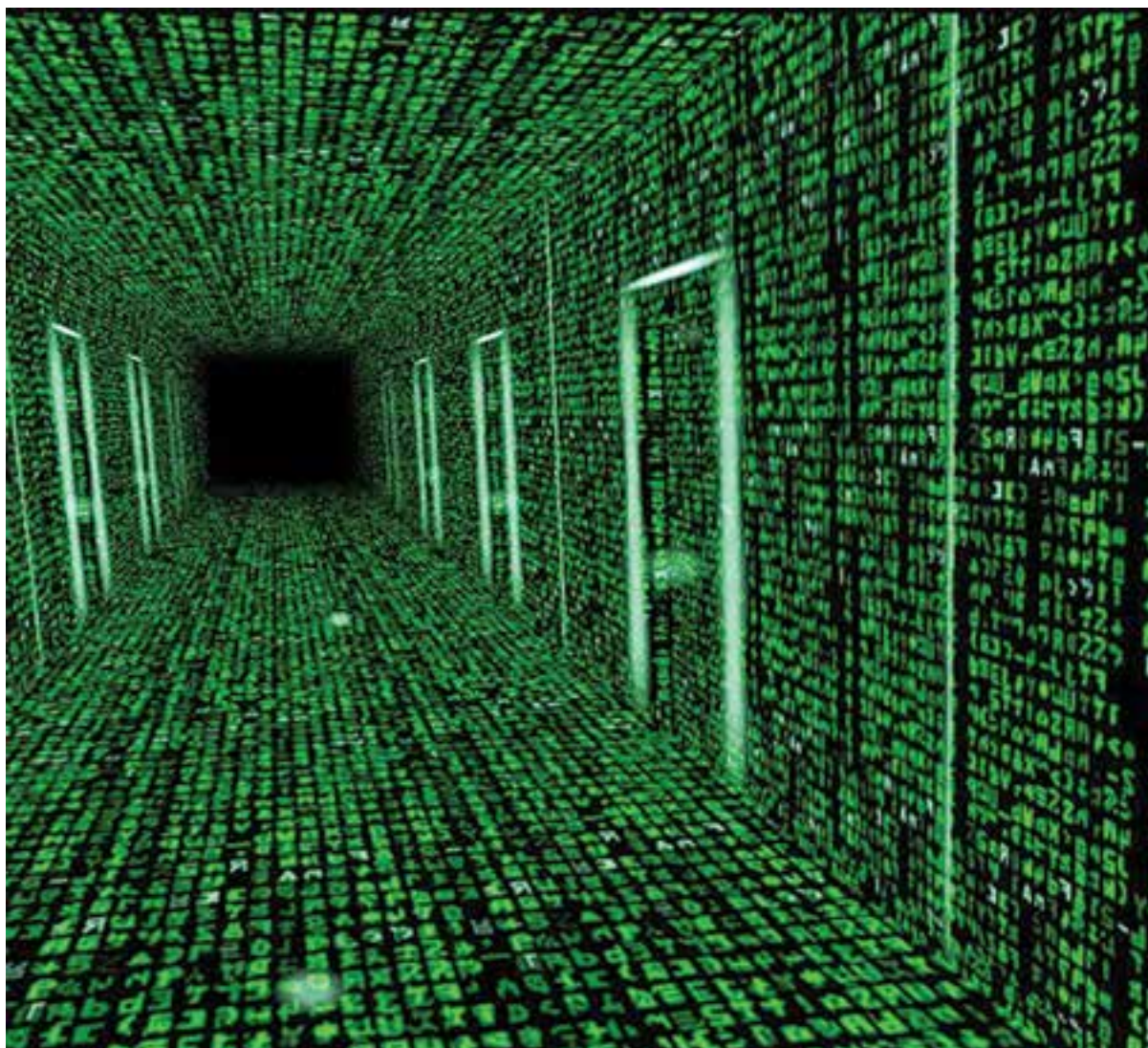
Could Pitbull Be The Key?

In *The Matrix*—released on March 31, 1999—a character called Cypher wanted to be rich and famous. He also looks suspiciously like the rapper Pitbull. This is also a little more than a coincidence when we see how well the timeline matches up. Cypher was taken out of the matrix (movie version) in 1999. Then in 2002, Pitbull hit the music scene, placing him back into the matrix (our version). Confusing, right?

It's Not So Bad, Is It?

What would it mean if we really were living in a simulation? Not much honestly. If we are indeed in a simulation, then we can only keep living our lives peacefully. It's worked fine for millions of years, hasn't it? The only thing I see to worry about is if our alien overlords accidentally step on the cord and shut us down.

If you've got a conspiracy, you think we'd like, take off that tin foil hat, find a non traceable computer and hit us up with it at entertain@nait.ca.



Futurism

VINYL SPOTLIGHT

The song that never ends

By ELI O'DONNELL

Feature album: Brain Salad Surgery by Emerson, Lake & Palmer. Released in 1979, this album shaped the way prog rock was perceived, especially in the UK.

This album is a lot of fun, and you can tell that the band had a lot of fun producing it. With radical keyboard solos that go on for minutes, their lyrical trades and an overall tone that boasts, "we are Emerson, Lake & Palmer, and it's gonna get weird in here!"

Even the gatefold album cover, designed by H.R. Gieger of Alien fame, proudly announces the overall tone of this record. With a scary, industrial looking skull piece up front and a sweep of alien beauty underneath.

Brain Salad Surgery was EL&P's 4th studio album with a five-song track listing that in the end was split into eight

total songs. This is because the final track -- Karn Evil 9 -- was so long, standing at about 28 minutes, that it was divided into three separate parts. Each of these parts was called "Impressions." That being said, they were still too long to all fit on one side of the vinyl, causing Karn Evil 9-1st Impression to be split in two. Part 1 on the A-side and part 2 on the B-side.

Overall, I give this album 4.5 Karn Evil's out of 5

Track listing

1. Jerusalem
2. Toccata
3. Still...you turn me on
4. Benny the Bouncer
5. Karn Evil 9: 1st Impression- Part 1
6. Karn Evil 9: 1st Impression- Part 2
7. Karn Evil 9: 2nd Impression
8. Karn Evil 9: 3rd Impression

Total Play Time: 45 minutes



Photo by Michael Gallo

Dumpling things down

By NICK HOTTE

Personally, I avoid unhealthy meals, but find it hard to find something quick to make and doesn't make me feel bad eating while still tasting good. Every day for the past 9 weeks, I've been eating sandwiches nightly. Unfortunately, the ingredients for sandwiches grow old pretty fast. So I needed an alternative. What could possibly fit all my expectations for evening meals?

The answer? Dumplings! Dumping's can be found at any grocery store, and can last 2-3 months. You can finally utilize that Costco card without worrying about them spoiling! They provide a healthier alternative compared to most other frozen meals and are quick and easy to make.

You can get them in many flavors such as beef, chicken, or vegetable. I find that I prefer this over most frozen food. Have you ever had frozen spaghetti or noodles? It's not awful but there's something wrong with it that keeps it from tasting normal. Frozen dumplings on the other hand taste fresh and incredible right from the freezer.

To make them is pretty straight forward. All you need is a stove, a pan and cover, water and some vegetable oil (can be replaced with butter). The first thing you want to do is to put a bit of oil in the pan and spread it. Next put as many dumplings as you like on the pan. After that put roughly 1/2 cup of water into the pan with

the dumplings.

Set stove to high, wait for the water boil and cover the pan. After three min-

utes, uncover the pan and reduce heat to medium. After that, simply wait until sides are brown or if the waters evaporated and

then you're done. I recommend having this with some kind of sauce. Soy sauce, brag, or even hot sauce will add more flavor.



Food Network

Tips to manage stress

By MARGARET MAREAN
NAIT Student Counselling

Stress is a good thing – it motivates us to achieve goals and makes us more alert. While a certain amount is normal and necessary, too much stress can be counter-productive. Feeling overly stressed is the #1 concern identified by NAIT students, and with exams and final projects looming it will likely intensify.

Here are the best tips for managing your stress levels.

- **Be aware of your internal dialogue.** The fastest way to increase stress is to tell your self negative message such as "I'm such an idiot" or "Everyone else is smarter than I am". Often the way we think about a situation increases our stress levels out of proportion to the actual event. Thinking patterns such as "People will think less of me if they know I am not perfect" or "I made a mistake so people will think I'm a total failure" are sure-fire ways to decrease confidence and increase stress. Replace self-defeating, critical thoughts with realistic positive messages such as "I will do my best", "I know my material"

or "People will like me for who I am".

- **Develop a plan.** Schedule some time to prioritize tasks and activities, make a schedule, and set boundaries. Having a plan helps you to feel in control of your life, especially during stressful periods such as exam time.
- **Get organized.** Make sure your home, schoolwork, clothing, etc. are in order. Get your books, lunch and clothing ready the night before so there are no added stressors in your day. Physical clutter and disorganization increase mental clutter and disorganization.
- **Work on one thing at a time.** Multi-tasking increases stress. Turning your phone and other distractors off while studying can make that time much more effective.
- **Do a lifestyle cleanup.** Can you let go of negative relationships or obligations that are no longer rewarding? Can you avoid situations and people that upset you? Do you need to work on not comparing yourself with others?
- **Exercise.** In addition to reducing stress, exercise increases blood flow and oxygen to the brain, gives you some down-

time, increases self-confidence and helps you to sleep better. Any exercise that increases your heart rate for 15 to 20 minutes will help reduce stress.

- **Take care of yourself!**
- Most people need between **7 to 9 hours of sleep per night.** Fatigue reduces your ability to cope with stress.
- **Good nutrition is important too.** A diet high in non-nutritious food puts more physical stress on the body and this further reduces your ability to cope. Stimulants such as caffeine, salt, chocolate, alcohol, sugar and smoking can make you more susceptible to stress.
- **Build in time for yourself.** Do an activity you enjoy even if it is only for a few minutes a day. Plan something to look forward to every week.
- **Be realistic.** Perfectionists always have higher stress levels. Set goals which are challenging but achievable.
- **Avoid procrastination.** Putting off unpleasant tasks only increases stress.
- **Develop some quick stress-reduction strategies.** Deep breathing, progressive muscle relaxation and humour are

quick ways to become calmer. Incorporating yoga, meditation and/or walking can be very beneficial.

- **Talk.** Being connected to other people and sharing ups and downs helps you recognize that others are going through similar emotions. Sometimes talking with someone objective can help you work through a situation. See a counsellor if you have concerns that are increasing your stress or if you need to work on stress reduction techniques.

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.

Souch Campus: Counsellor available Wednesdays and Thursdays from 10 – 4. Book by calling 780-378-6133 or in person in Room Z153.

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

HOROSCOPES

Gemini (May 22-Jun. 21)

Daily: Stressing over small things is never good. Having attention to detail is what you're known for, but stressing over small things will make your attention to detail fade.

Relationships: This week your relationship sector will flourish as that special someone will treat you to your favourite activity and maybe a special dinner.

Financial: Money has been tight lately. But hold on just a little bit longer, that job you have been hoping for is just around the corner.

Cancer (Jun. 22-Jul. 22)

Daily: This week has many big decisions for you and your future. It's important that you choose what makes you happy in the end. Your friends and family will support you.

Relationships: Lean on your friends and family for support this week. A friend of yours may have advice you're looking for.

Financial: A new job opportunity may spring up for you in the coming weeks. Take a risk and invest in something that you enjoy.

Leo (Jul. 23-Aug. 22)

Daily: You may be feeling a lot of stress this week. Try and take a breather and assess your tasks with a list to help you keep yourself organized and stress free.

Relationships: This week brings you a surprising new love. They may be the one you have been looking for. So be sure to ask them out or let them know you're interested.

Financial: Your love of shopping has to stop. It's hurting your wallet and you have way too many clothes anyways. Try and save for something that is more practical.

Virgo (Aug. 23-Sept. 22)

Daily: It's alright to feel a little bit unorganized sometimes. Remember no one is always perfect even if we try to be.

Relationships: This week brings a new friendship, one that is much needed. An old friendship may rekindle bringing you love and support.

Financial: Treat yourself to that special something this week. You have been saving very hard and it's time for you to spend some of that hard earned cash.

Libra (Sept. 23-Oct. 22)

Daily: It is time to get off your butt and get spring cleaning. All that clutter and negative energy needs to be cleansed from your life. Start off with that junk drawer of yours.

Relationships: Unfortunately you do not have much going on in your love sector this week. But don't worry a friend or family member may call you up to hangout.

Financial: Along with a new cleansing start trying to find a new job that suit you better instead of worrying and being stressed out at work.



Aries (Mar. 21-Apr. 19)

Daily: This week you may feel a bit heavy and slow. You may want to try to meditate to help you lift your spirits. Drink a lot more water.

Relationships: Even though some of your friendships haven't been working out, one of your old friends will call you.

Financial: Be sparing with your money and remember to save. There may be an event coming up you need the money for.

Taurus (Apr. 20-May 20)

Daily: New week, new you. Start this fresh new week by spreading positivity and love around your class. Help that friend out, smile more and say Hi to some strangers.

Relationships: This week brings new romance. Ask that special someone out. Put yourself out there and have some fun.

Financial: It is very tempting to go on a spending spree. But remember you need to save money for the summer so you can go on some awesome trips.

Scorpio (Oct. 23-Nov. 21)

Daily: Hot headed people tend to not have their opinions heard. Try and be a bit more patient with people around you. Find something that helps you get rid of the anger.

Relationships: That special someone has a surprise for you. But you may want to keep your friends close in the coming weeks.

Financial: Start saving. It's important you save your money so you can travel and have an amazing summer.

Sagittarius (Nov. 22-Dec. 21)

Daily: This week brings hardship. You may hear some disheartening news. Try and remain positive at all times. There are good times ahead.

Relationships: Love is not always easy and can sometimes hurt. In this time try and stay close with your friends. They will support you no matter what.

Financial: Money will come easy to you in the coming weeks. But don't spend all of it save some for the summer to enjoy.

Capricorn (Dec. 22-Jan. 19)

Daily: This week brings new discovery into your life. With this new found discovery and happiness, try and make yourself brand new and feel confident.

Relationships: Love is on its way. Your wait is finally over and you will find that special someone. But you may be surprised who it may be.

Financial: Money is something you don't have to worry about, but others do. Try and support the community by donating to a local charity.

Aquarius (Jan. 20-Feb. 18)

Daily: A new mindset will help you develop more clarity this week. Try and help aid this new thinking by meditating and eating healthy.

Relationships: Your family may be going through some hard times. But a friend will come and help you out this weekend.

Financial: Luck is in your court, maybe buy that lottery ticket. A win could be in your future.

Pisces (Feb. 19-Mar. 20)

Daily: You may find that your short fuse and hot headedness can affect those around you. Be a little more understanding. Try not to do activities that make you angry.

Relationship: Your special someone will have something for you this week. Maybe even a cool date planned out remember to love to them always.

Financial: Take that pay cheque out for a spin. You have worked hard and deserve to treat yourself to something you like. However, remember not to go over board.



NUGGET BOOKSHELF

Rock the Wyld

By THERON HOGG

Kings of the Wyld by Nicholas Eames is an absolute riot! Think of it like *Lord of the Rings*, except if everybody spoke in modern English and treated the fellowship like they were 80's rockstars. The story follows a once-legendary band of heroes, now 20 years retired, as they are forced to get back together for one last adventure. Destined to make staunch allies and fierce enemies the band has to adjust to a culture that left them behind long ago.

Whether you're looking for characters to fall in love with, a world to get lost in, or some fantastic action, this book will grab you by the teeth and throw you across the room time and again. Now fair warning; this book is not safe for kids. Not only does it dot its scenes with some more colorful language, but it is also filled to the brim with sex, drugs, and rock & roll.

Favorite quote: "Enemy or not, when you hit a man in the nuts with a magic hammer the least you could say was sorry."

CREATIVE CORNER

MAD LIBS

One day my dad came home and said there was going to be a big pet show in our town. "That's (Adjective)!" I said. "I'm sure (Pet's Name) will win." (Pet's Name) is our pet (Animal). She is really smart. She can do lots of tricks. She's very good at shaking (Body Part) and jumping through (Plural Noun). Her favorite food is (Plural Food). It's the only thing she'll eat.

On the day of the pet show, I got up early and washed (Pet's Name) and tied her favorite (Clothing) around her neck. She looked (Adjective).

I couldn't believe all the pets at the show. On one side of us there was a big (Animal). On the other side was a (Foreign Language) poodle. At that point the judges came by. We showed them how (Pet's Name) can balance a (Noun) on her (Body part). The judges were very impressed.

At the end of the day, the first prize went to a big (Animal) with (color) stripes. But (Pet's Name) got a (color) ribbon for being the most (Adjective) (Animal) at the show.

H J B A D L E Z Z T O P F V J
L A E E M U D H C S O M O B Z
M A J O A Q J E N K R Y R I M
I K E U G T F M E R K M T X G
H E A N Z F S M T S N X N P A
N O U B E U O A T D H U I J O
C K E S D N J D B N O N T Y I
N A S B Z T T U A E V R E M R
O A S E E K S R N G R I T M A
M E U H N L X K E E W S U E M
D A R K S O U L S L D O T A M
L R R O C I G P P X H D X T L
I P G C G J F C R E Z A Z J T
P S X R T Z W N C P J S L O U
C K N I S W N P Q A E P M O A

POETRY

Mess

Living in a mess,
living as a mess.
Sometimes,
it becomes hard to find things,
Thoughts too.

I fumble for words in my chaotic mind,
to compose a poem as beautiful as you.
But you leave me alone,
saying that I am too messy to be around.
When it was in that mess,
you had to find the cleanliness of my soul.

-Jot

Words to find:

Apexlegends Mario
Darksouls Cogs
Halo Fortnite
Beatsaber Mass effect
Dota

COMICS



By LARISSA NORTHOF

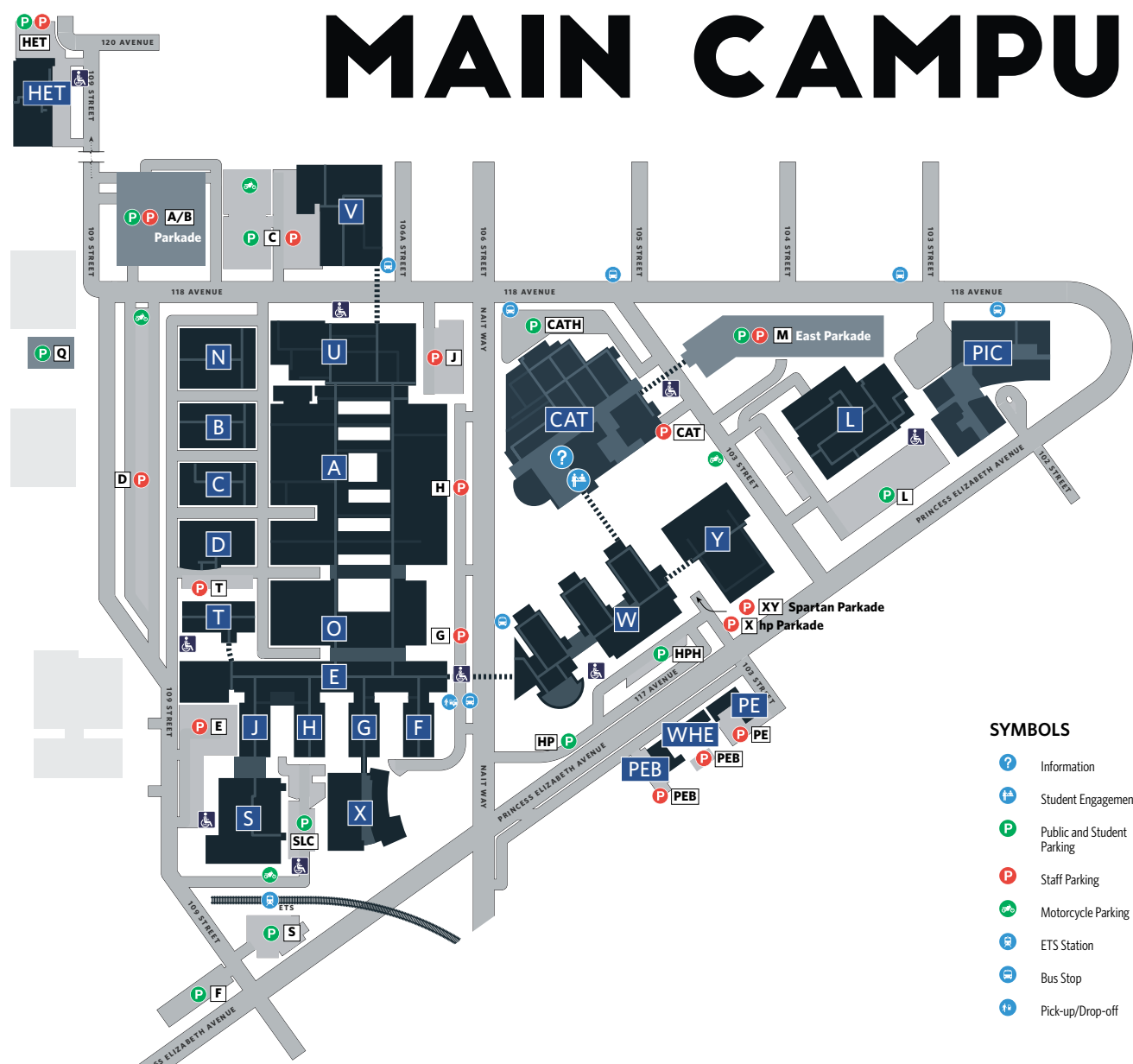


By CELIA NICHOLLS



Why Too-Much-Hairspray-Girl and Smokes-Too-Much-Man Can never Be friends...

By CELIA NICHOLLS



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

LOCATIONS

EDMONTON
Main Campus
11762 - 106 Street nw
Patricia Campus
12204 - 149 Street
South Campus
7110 Gateway Boulevard
NAIT Distribution Centre
11311 - 120 Street
CALGARY
NAIT Calgary
816 - 55 Avenue ne

BUILDINGS

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

OFFICES AND SERVICES

- E-114 Accounting Cash Office
- S-105 Athletics
- O-117 Campus Recreation Services
- CAT-215 CAT Computer Commons
- W-111 Computer Training Centre
- W-111 Continuing Education
- W-111PB Counselling Centre
- E-121 Encana Aboriginal Student Centre
- O-119 Health Services (South Lobby)
- W-101 International Centre
- U-310 Library Services
- E-134 NAIT International Administration
- W-203 NAITSA Computer Commons
- E-131 NAITSA (NAIT Students' Association)
- O-115 Office of the Registrar (South Lobby)
- CAT-180N Parking Office
- D-104 Protective Services
- W-111PB Learning Services
- X-114 Shop at NAIT
- O-101 Student Awards
- O-117 Student Engagement

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

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