

# NAIT NUGGET

Thursday, January 24, 2019  
Volume 56, Issue 8

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# NAIT welcomes new therapy dog

By EMILY OLSON

There is a new dog on campus and her name is Lucy. As the younger sister of NAIT's official therapy dog, Flynn, Lucy is currently in training to join the family business.

Lucy is a three month old Australian Labradoodle with a playful personality and a love for cuddles.

Linda Shaw, NAIT's Student well-being facilitator, is "dog-mom" to both Flynn and Lucy and has been working hard to make sure Lucy is in top shape as she trains to become a therapy dog for the campus.

"I'm trying to teach her to sit when people greet her, it's never too soon to practice that," said Shaw. "Flynn sometimes is a bit overwhelmed with the amount of work that he could potentially do and as he gets older, he probably will have to decrease what he does."

Shaw says having a second dog on campus is extremely beneficial to both Flynn and the campus. As a wellbeing facilitator, Shaw has noticed the benefit for

students seeking help with the counselling services at NAIT.

"I find that having the Paws for a Break program gives the students an opportunity to connect a face with the services of student counselling," said Shaw.

Students gushed about how much better they felt after looking at her, playing with her or even just giving her a scratch. Lucy walked through the halls after a check up with the NAIT veterinary program as staff and students smiled as she passed. Even the janitorial staff hopped off of his floor polishing machine and rushed over to give her a scratch.

Shaw is looking forward to seeing Lucy and Flynn join forces to change students' lives one paw-shake at a time.

"I do see sometimes the same students coming and making appointments or they're bringing their friends in... it opens the door for students to feel more comfortable," said Shaw.



Photo by Brenna Bartley

# Man made meat products

By ELI O'DONNELL

A Canadian startup working in Edmonton has created lab-made chicken product.

Future Fields is a tech startup partnered with the University of Alberta's Health Accelerator program at TEC Edmonton studying cultured meat, where Matt Anderson-Baron is the lead scientist.

"It became very apparent that current food production methods aren't sustainable," said Anderson-Baron. "Cultured meat is one way of addressing those issues."

The process is called cellular agriculture, where scientists take a pinhead-sized bunch of cells from a live animal and encourage them to grow and multiply.

"The idea is to isolate a muscle sample from a live animal, [...] and you allow them to reproduce and grow," said Anderson-Baron.

To put this into perspective, Anderson-Baron said to imagine someone (a chicken) built a house out of Lego bricks (the chicken's cells). Instead of taking apart the house, they use their own bricks to build their own house.

Anderson-Baron explains that it could take as long as five years until lab-grown meats arrive on store shelves.

"And that's just ground chicken, something more complicated like, say, a steak could be as long as 12 to 15 years out," said Anderson-Baron when asked on how soon he thinks it could be on the market. "It comes down to how fast the technology and the process is figured out."

Another factor, apart from research, is public perception. "People are always nervous and apprehensive about new technology and this is no exception," said Anderson-Baron.

One community who could be especially apprehensive about alternative meat sources are farmers. Alberta produces roughly 42% of all cattle in Canada according to a consensus published by Stats Canada in May 2017. However, Anderson-Baron explains that agricultural scientists like himself are not trying to phase out traditional farming methods.

"I know cultured meat will never completely replace conventional farming, and it's not meant to. It's supposed to supplement the supply," said Anderson-Baron.

He explained that he knows it is a con-

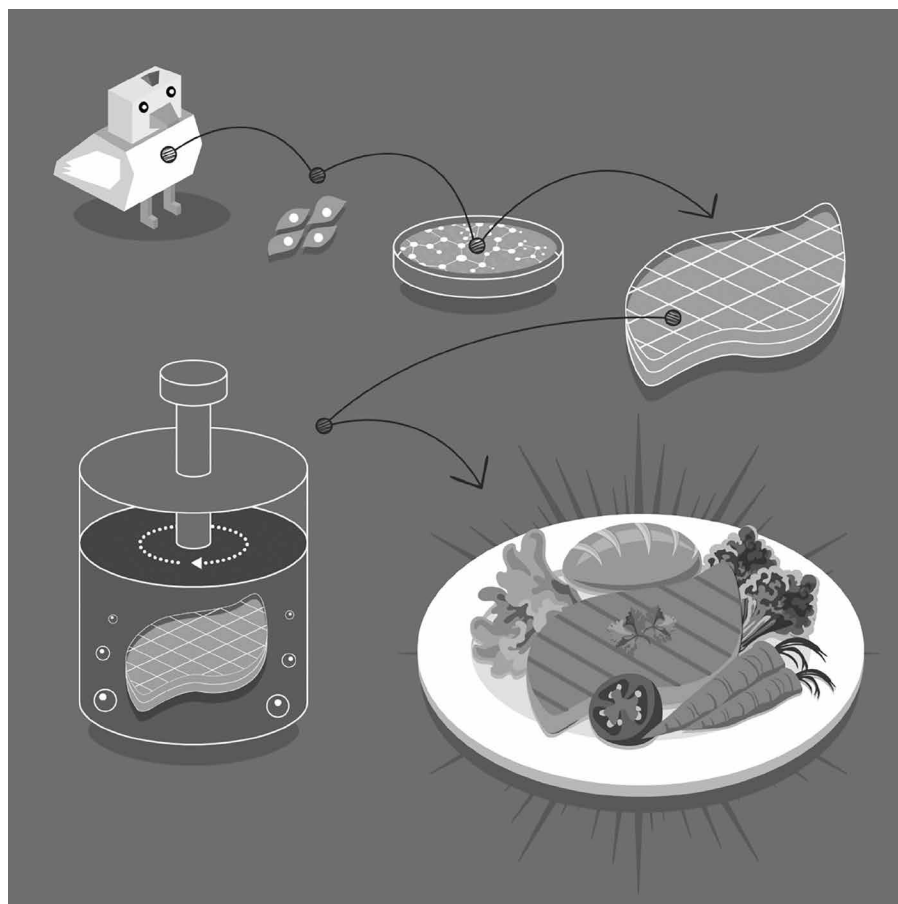


Photo by Brenna Bartley

Future Fields lead scientist Matt Anderson-Baron

tentious issue, but stresses that the scientific community is not against the agricultural industry. Cultured meat is meant to complement and offer a cheaper, simpler alternative option. He also said nothing lab-grown will compare to an actual farm raised cut of meat, at least not for a long time.

Anderson-Baron believes the vegetarian and vegan community is an important market to break into. He said that for those abstaining from meat due to the animal rights issues surrounding traditional agriculture, cultured meat could be a viable option in the near future.



Future Fields

# NAITSA petitions for alternative to textbooks

By REBECCA DAY

NAITSA is asking students to sign a petition to support the accessibility of digital textbook alternatives. The petition began Jan. 7 with a goal of one thousand signatures.

NAITSA president Naomi Pela said this was a priority for the year. "We're gathering the voices of students to say that the price of textbooks is an important issue that we want addressed, and we want the government to do something about it," said Pela.

Currently, publishing companies dictate the price of textbooks and are not subject to government regulation.

Pela explains that Open Educational Resources (OERs) are a better alternative to physical textbooks. OERs are educational materials that are freely accessible online to students and institutions through open licensing. This material could include full textbooks, quizzes and course modules.

The Government of Alberta helped

finance OERs in the past, but discontinued funding in 2017. This is in contrast to British Columbia's provincial government, which continues to support their universities in obtaining OERs.

Canadian universities have found popularity in Twitter campaigns to raise awareness over the past few years, such as the #textbookbroke campaign. NAITSA chose a petition for the interactive element.

Pela said that this allows students to ask questions and provide feedback, while adding that personal element. "There's no better way to raise awareness and get engagement than chatting with them face-to-face," said Pela.

The petition can be found at the front desk in the NAITSA office, but there are plans to add an online option as well.

NAITSA Vice President External Karen Velasco explained their intention is to have the petition available online, but they wanted to meet people with a physical copy to have more of an impact.

While advocating to the government for funds is a crucial step towards a successful OER program, Velasco emphasized that instructor involvement is essential for the initiative to work in the classroom.

"We are planning to hold [information] sessions for instructors on what benefits they can get if they use OERs and build that awareness... Instructors are the ones who are creating and incorporating the OERs into their courses," said Velasco.

Following the collection of signatures, the petition will be presented to the government to build a case for the funding of these alternative resources. NAITSA is hoping for an Advocacy Week, where they would have the opportunity to talk to MLAs and ministers.

Pela and Velasco are determined to bring this issue before parliament.

"[T]his is a cause that is very close to our heart and we want to help make a difference," said Pela. "Any support from any students, we very much appreciate."



Photo by Aaron Wilmot

**naitsa**  
NAIT STUDENTS' ASSOCIATION

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

# Info clerks needed for student elections

Duration: Feb. 13, 4 p.m.-7 p.m.

Feb. 14, 10 a.m.- 2 p.m.

Compensation: \$16/hour

- Information clerks are needed Feb. 13 and 14 for the NAITSA Executive Council election.
- Information clerks must have a strong command of English and have a complete and clear understanding of the democratic election process.
- Info clerks must have a complete understanding of the on-line voting process and must be comfortable in providing guidance to students.
- Apply in person at the NAIT Students' Association office, Room E-131 from 8 a.m.-3 p.m.



# Decades of NAIT

By JOE LIPOVSKI

## 1960's

A time where technology was growing faster every day and Alberta was having trouble keeping up with growth. The province came up with a simple solution: to build a school aimed toward training Alberta's workforce. NAIT was built largely for apprenticeship, but included training for dentistry, barbers, tailors, culinary arts and appliance repair. Most of these original programs still exist today. NAIT opened in 1962 for 29 electrical apprentices. However, NAIT couldn't meet the growing needs of industry.



Techlife Today



The Nugget

## 1970's

Parking became an issue in the '70s as the Activities Centre opened. This new addition opened with a pool, ice rink, racquetball and squash courts. It even had a shooting range.

Today, most of the rooms have been repurposed to expand the fitness centre. By the mid '70s, NAIT had more than 10,000 students.

By the mid '60s, the tower was opened and this new addition was intended for business students. The business programs would soon after be named The JR Shaw School of Business.

The opening of the new tower was overshadowed by a series of fires. One of the fires began in a trash can. Causing significant damage.

## 1980's

The decade began when NAIT celebrated the opening of the new library. The Audio Visual Department moved from the J wing to the library. As technology changed over the years and more resources were found online, the library needed to change in order to meet students needs. As a result, there are less shelves for books and more study spaces.



NAIT

In 1967 NAIT opened the J wing. This addition was intended for new electrical technologies programs. By now students saw NAIT as a welcome change to the stereotypical university education.

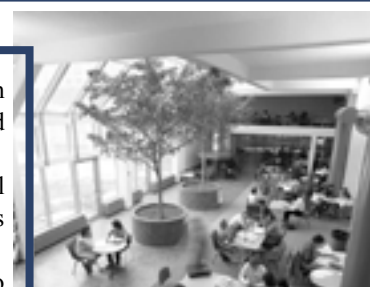
Then, the NAIT Students Association proposed an ice rink for NAIT's hockey team.

By the mid '80s NAIT partnered with NAITSA to build a new study space called The Naitruim.

NAIT leased an old elementary school and moved the tailoring and secretarial arts to the school, calling it Westwood Campus.

In 1987, renovations were made to accommodate NAIT's now award-winning campus bar, The Nest. Since its opening The Nest has doubled in size.

The decade ends with NAIT switching to the current semester based school year.



NAIT

## 1990's

The '90s started the opening of the micro computer institute at the Westwood Campus and by the mid '90s NAIT opened the South Learning Centre. This included The Shaw Theatre and NAIT's first permanent bookstore. However, parking was still an issue for students.

Many programs, including trades and apprenticeships, started accepting female applicants. Today, most programs at NAIT are evenly split between men and women.



NAIT

## 2000's

The new millennium began with several grand openings. First the HP Building and Ernest's Dining Room, which was opened by the culinary program. Later in the decade, the Spartan Building opened in 2007 for millwright programs.

## 2010's

The Centre for Applied Technology opened in 2015, over 50 years after NAIT's grand opening.

In 2017 NAIT reworked their evacuation procedures after a fire started in a chemistry lab. The fire caused over \$6 million in damage and forced NAIT to close the G Wing for nearly a year.

More recently the L building reopened for academic upgrading students. The building was closed for almost a year for renovations.

NAIT has changed and grown over the decades, however the majority of campus is still used for its original purposes, even after more than 50 years.



# Alberta Ave Renaissance

By Jory Proft

After another year of high attendance numbers at the Deep Freeze: A Byzantine Winter Festival, the community continues to show its commitment to change the reputation of Alberta Avenue.

A major part of the stigma surrounding the area is based off its crime statistic. The Edmonton Police Service divides the city into 391 areas and Alberta Ave regularly sits just outside the top five areas in reported crimes.

Alberta Ave is generally considered the area of 118th Avenue from NAIT to Northlands.

Despite the statistics, Alberta Ave is going through a revitalization and many residents are working hard to create a better image for their community.

**"I hope as new people with money come that they remember that this is a neighborhood with a lot of diversity and it's their responsibility to try and support the whole range of people that live here."**

— Carissa Halton,  
author of *Little Yellow House*

A resident of the area, Carissa Halton, wrote *Little Yellow House* that tells the story of what she heard about the area versus her actual experience living in the community with her young family.

"I just wanted to explore what it was really like living in this neighborhood, to try to strip away some of the bias and the impressions and really explore what people were



afraid of," said Halton. "What was legitimate fear [and] what was fear based on stereotypes?"

Other groups such as Arts on the Ave and The Rat Creek Press are also working to aid the revitalization of the area.

"Arts on the Ave Edmonton Society is a registered non-profit, charity organization engaged in developing Alberta Avenue into a community arts district," says the Arts on the Ave website.

The group is based out of The Carrot Community Arts Coffehouse, a volunteer-run coffee shop in the community. The group organizes events such as the aforementioned Deep Freeze Festival as well as the Kaleido

Family Arts Festival. The yearly events are meant to celebrate the area and the work of artists of all kinds who collaborate and create in Alberta Ave.

The Rat Creek Press, the community's monthly newspaper is another group dedicated to accurately representing the avenue.

"A community newspaper is essential to the revitalization of a community. Initially when I came on, what was really important to us was giving a positive portrayal of the neighborhood and showing others what we see in our neighborhood... But the mainstream media would always focus on the negative things — it certainly gives this skewed perspective to people outside and inside the neighborhood," said the publisher of the Rat Creek Press, Karen Mykietka.

Mykietka has long been an active member of the community, not only with the Rat Creek Press, but also through her work with the Alberta Avenue Community League.

Both Halton and Mykietka had impressions of the area that were not overly-favorable before liv-

ing in it.

"I felt very much intimidated by the street [when first visiting]. You sometimes have active sex and drug trade that can be intimidating [when] not being sure how to handle it," said Halton.

"I'm not sure I knew much about it [Alberta Ave] outside of going to K-Days. I had a general sense of the area being a bit more low-income or run-down, having issues with prostitution," said Mykietka.

Despite the stigma, both Halton and Mykietka's experiences have been different from the common expectations for the community and that is what inspired them to share their love for their neighborhood.

Both Mykietka and Halton have high hopes for their community moving forward.

"We're hoping the city approves continued revitalization funding. We've had the luxury of having that funding and support for the last 10 years and it's been really helpful in initiating and growing things," said Mykietka.

"I hope as infill and new people with money come that they remember that this is a neighborhood with a lot of diversity and it's their responsibility to try and support the whole range of people that live here," said Halton.



Photos by Kyla Blumentrath



*Little Yellow House*  
by Carissa Halton

# NAIT offers sneak peek

By **CHANTAL DUNN**

NAIT has developed a series of events to give prospective students the chance to test run different programs. The student recruitment department said that the popularity and attendance has increased every year.

Program Previews began three years ago and are available in the JR Shaw School of Business, the School of Health and Life Sciences, International Student and ESL Learner, the School of Applied Sciences and Technology, and the School of Skilled Trades.

Chris Womack, the manager of student recruitment and events, explains that these programs were developed to provide students with clarity when they are confused about the different schools and program options. Students are able to visit multiple Program Previews organized by campus events and students are required to reserve their spot in the Program Preview.

“Any prospective student can explore a

couple of programs in that school, to make sure that they’re making the right choice about which one they think is the right fit for them,” said Womack.

After information sessions, depending on the chosen program, students are able to watch a lab or another hands-on activity. “The whole idea is to get them in front of the program experts so they can share information,” said Womack.

The student recruitment department outlines that it is more in-depth than the open house because the information is specific to one program of interest.

“[Students can] make sure it’s something they’re interested in and could actually see themselves doing it as a career,” said Womack.

The goal of the event is to increase the likelihood of student success at NAIT and decrease dropout rates. Womack hopes for an increase in NAIT’s student population, which would help the institution’s development for more clubs, services and funds.



NAIT

## INTERNATIONAL PERSPECTIVE

# Growing our community one coffee at a time

By **YOLEEN NAIDOO**

Coffee of Encouragement works with bringing local and international communities together by reconnecting families to be there for each other on a daily basis.

Canada is made up of mostly immigrants. We are surrounded with different languages, cultures and foods. Many of us don’t have families or a family structure here to mentor, advise or be there for us to eliminate loneliness.

We are also in a society where we are constantly using technology and have forgotten how to physically interact and build relationships, or even ask for help. I created the concept of Coffee of Encouragement to create a family structure in the community. As well as to bring people together to talk and understand each other, because that is how people succeed in life. Words and positive human interaction are powerful.

Together with the Canadian Mental Health Association, we are drawing awareness to mental health as this affects each and everyone of us on a daily basis as we cope with everyday life in different surroundings. Humans are social creatures and we rely on each other to maintain our mental, emotional and physical well-being.

For the month of October I challenged everyone to buy 10 coffees for someone, to become an ambassador of kindness in their community and to show human kindness by spending a few moments motivating or comforting someone. By spending 10 minutes with a person over coffee to make an impact in someone’s life and to simply bring a smile to as many people as possible.

I chose to use coffee because it does not cost much

and I wanted to create a family atmosphere in our community by encouraging people to become someone’s hero, someone’s mentor or someone’s friend to build and support one another.

People encouraged each other at their workplaces, encouraged strangers, befriended someone new, honored their parents, reconnected with siblings and even made new friends with a person standing behind them at the coffee shop. It created excitement, love and unity in the community.

If they did not have a family I encouraged them to visit a senior’s home, an orphanage, or a youth centre. I have visited these places and found that many people in Edmonton do not have families and are lonely. They appreciate the time taken to make them feel valued and appreciated.

We then went out into the community to acknowledge people for doing acts of kindness on their own initiative and recognized them with citizen awards and trophies.

I challenge everyone to become ambassadors and leaders in their community to each other. To go above and beyond their duty to personally help a fellow human being, to become someone’s dream maker and together conquer difficulties and mental health in

their communities.

This is what Coffee of Encouragement is all about, taking time out of your day to sit down for coffee and be someone’s strength by motivating and supporting each other. You never know who’s day you could change and no act of kindness, no matter how small, is ever wasted.





# Paying less tuition may cost you



**ERYN PINKSEN**  
Assistant Editor

An announcement by the Ontario government to cut tuition by 10% and make additional student fees non-mandatory in post-secondary institutions has Alberta schools concerned. While some students may rejoice at the thought of less fees, they may not understand how these fees benefit their day to day life on campus.

If the announcement turns into action, student associations (SAs) and unions,

***“Once the student association voice is diminished [the institution] will be able to do whatever they want, unopposed, to university and colleges in Ontario. That can have a really long-term detrimental effect.”***

as well as student paper fees, would be deemed “non-essential” and be cut from tuition. Without any subsidies from the government for that 10%, each institution admin will get to decide which of the services would be cut or even removed completely.

There has yet to be legislation put in place in Ontario to remove student fees and student’s associations are awaiting clarification on what the changes will look like, so there may still be time to change the situation in Ontario.

“Student associations run a wide variety of student focused services on campus. Events, student newspapers, campus restaurants and bars - that are dedicated to serve students, not the broader community,” said NAITSA Director Chris Chelmick.

Ever had a meal at the Nest? Attended a NAITSA organized trivia event? Used a microwave on campus? Been a part of a club? Received a scholarship from NAITSA? Utilized your health benefits? These are all some of the tangible benefits that NAITSA provides.

SAs also negotiate for the lowest possible U-Pass prices as well as the most affordable health and dental plans, which

students are able to opt out of. Student organizations are best positioned to negotiate these fees because they are students, who also have to pay these fees, representing the student body. Not only do they advocate for students, they also keep their institutions in check.

“One thing that the Ontario government is probably overlooking is that student’s associations and unions in Ontario are best positioned to hold the institutions to account on how they’re spending their money,” said Chelmick.

Chelmick explains that it is the student’s associations that place their schools “under a microscope” and ask about funding and expenses.

“Once the student association voice is diminished [the institution] will be able to do whatever they want, unopposed, to university and colleges in Ontario,” said Chelmick. “That can have a really long-term detrimental effect.”

An issue regarding non-instructional fees is that in the past they have not always been regulated. Broadly across Canada there have been cases where institutions under a tuition cap will add “non-instructional” fees to increase their revenue.



If student fees are cut, NAITSA may have to cut down on student events, like Nest Fest.

Photo by Tim Potter

“As a way of going around the tuition cap to get more money out of students pockets,” said Chelmick. “We’ve been opposed to those because they’re often unregulated. This means that institutions can come up with anything that students really care about. Like a campus safety and security fee or student student space or student athletic fee.”

This occurred in 2005 when Australia’s government of the time removed non-mandatory fees at their post-secondary institutions and after the services were nearly wiped out, it was reinstated to most institutions. It had had a major effect, not only on the student organizations, but also on the colleges and universities themselves.



Nest Fest 2018

NAITSA

Reponses:

A release from the Canadian University Press (CUP) states, that if students associations and student paper fees are deemed non-mandatory, it would be up to the discretion of each administration to decide if their primary media coverage is essential.

“Our members offer scrutiny to university and college administrations, ensuring that there is transparency in university gov-

vided by their student associations on campus, and that they stand up for them. In particular, I would encourage students to learn about the work that student associations do behind-the-scenes,” said CASA Chair Adam Brown.

NAITSA and Alberta Students Associations

NAITSA uses online student surveys to determine if students see the benefit and value of their association fees.

NAITSA has an “approval rating” of approximately 86 percent of students that responded “valuable to very valuable.”

“We want to know that number, we don’t want to just charge a fee and provide services and not know what NAIT students think about NAITSA,” said Chelmick.

A lot of the work that student associations do for students is behind-the-scenes. A key stakeholder that student organizations

***“Without enough buy-in from students, the services available on post-secondary campuses will suffer cuts or disappear entirely,”***

advocate to is the provincial government.

“Advocacy and being a student voice is critical,” said Chelmick.

The government of Alberta announced it will provide permanent funding for mental health on campus. Chelmick explains that they were made aware of the necessity for this funding on campus due to the work of students who lobby and speak on behalf of their student body.

In the upcoming provincial elections here in Alberta, there is a possibility that the question and debate of “non-mandatory” fees at post-secondary institutions is on the table.

“Hopefully our political parties in Alberta actually do see the value to student organizations,” said Chelmick.



# *Photography Thesis*

# 2019

**NAIT**

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## NAITSA EXECUTIVE COUNCIL ELECTION 2019/2020

INFORMATION STATIONS

**FEBRUARY 13 FROM 4PM - 7PM**

NAITSA Office (E-131) | South Lobby Kiosk (Main Campus)  
HP Centre (1st Floor) | CAT Building

**FOR MORE INFORMATION, VISIT [ELECTIONS.NAITSA.CA](http://ELECTIONS.NAITSA.CA)**

ONLINE VOTING USING  
YOUR NAIT STUDENT PORTAL  
**FEBRUARY 8**  
**- FEBRUARY 14 AT 4PM**

INFORMATION STATIONS

**FEBRUARY 14 FROM 10AM - 2PM**

NAITSA Office (E-131) | South Lobby Kiosk (Main Campus)  
HP Centre | North Cafeteria/Fresh Express (Main Campus)  
CAT Building | South Learning Centre/X Wing (Main Campus)  
Souch Campus | Patricia Campus



# Ooks win gold in Hawaii

By TY FERGUSON

While many rang in the new year with the same old chilly weather, the NAIT Ooks Badminton team escaped to Hawaii. From January 1st to the 11th, the badminton team spent their time on the island playing in the annual Hawaii Aloha Badminton Tournament and bonding as a team.



The international tournament that took place from the 4th to the 6th brought strong competition and even stronger results from the Ooks.

Samantha Hsu and Eyota Kwan captured gold in Women's Doubles while Tyler Walsh secured bronze in Men's Singles. Kwan also secured silver in Women's Singles and a bronze medal in Mixed Doubles alongside Jeff Ko.

The competitive experience gained from the tournament was not the only reason for the trip.

"The trip is a great facilitator for team comradery, giving them time to bond," said Sinead Cheah, Head Coach of the Badminton team.

Between scuba diving, sandbar volleyball and just hanging out in their hotel, the team spent a lot of time together.

"Really it was all about the team being able to bond - building relationships that last for life if not just the school year," said Cheah.

"You really get to know each other," said Ryo Kuramochi, a fourth-year player and Business student, "It makes us more like a family."

Cheah explained that badminton is not like other sports such as basketball or hockey where there is a lot of team travel during their season.

"Individual events [for the team] can lead to them feeling somewhat separated," she said.

The NAIT Ooks Badminton team have been taking annual team trips for more than ten years - since before Cheah was a

student-athlete herself. It isn't every year they go to Hawaii, but this trip marked the 12th time the team has attended the Hawaii Aloha Badminton Tournament since 2000.

Playing against teams from Hawaii, Japan and the Philippines paid off for the Ooks. They came out in first place in their second ACAC tournament of the season immediately following their exhibition trip.



Photos by Samantha Hsu

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# Ooks curling shooting for provincial spot

By MICKEY STREAM

The NAIT Ooks Curling teams are gearing up for the ACAC Winter Regional.

The tournament takes place at the Avonair Curling Club on January 25, 26 and 27. As with all other Ooks games, admission is free. Going into the tournament, each of the teams have been practicing and refining their skills.

JJ Crowder of the Men's team and Ryan Saville of the Mixed team say that in practice, each player is focussed on refining their skills.

"Everybody's got their strengths, everybody's got something they need to work on," says Saville.

Even though the Men's team is undefeated going into the second tournament of the year, Crowder says it's important to stay humble.

"Be confident, not cocky," said Crowder. "Obviously 12-0 is the goal, but if we don't get there then it's not the end of the world."

With the Mixed team's current 3-2 record, they'll need a strong performance in the Winter Regional if they want to qualify for provincials.

"Like the other guys, just take it game by game. Get out there, put your best effort on the ice," said Saville,

"Play well and if you're making your shots, it's going to fall into place."

The Women's team has qualified for nationals every year since 2012. Regardless, Emily Clark doesn't want to underestimate her ACAC competition.

"Honestly, I feel like it's anybody's game... Anybody can beat anybody in curling," said Clark.

Jules Owchar has been coaching the NAIT Curling teams for decades.

Over the course of his time here, he has coached teams to a number of provincial and national championships. He also coached Kevin Martin who won a gold medal for Team Canada at the 2010 Vancouver Winter Olympics.

Owchar says that his major focus when developing his players is sticking to the basics.

"You've got to repeat and repeat and repeat - properly," said Owchar.



# The Final Push

Many Ooks teams have qualified for provincials in the 2019 season. Coaches and players share their strategies to make sure they're in the running.



## Men's Hockey

Entering the new year in 2nd place, the Men's Hockey team plans to carry the momentum from 2018 throughout the rest of the spring. Team Captain, Colton Waltz says translating good habits from practices to games will give the team a good chance of maintaining their spot in the standings going into playoffs. The Ooks moved into a hotly-contested first place after the team kicked off 2019 with two wins against Red Deer College. "In the last few years we've played our best hockey at the wrong time of the year, so we're hoping to play better when it counts in February and March," said Head Coach, Tim Fragle. — **Callen Lehman**

## Women's Hockey

Nearly half of the Women's Hockey team is made up of first-year players. Despite this, the team was able to finish 2018 first in the league. "We are a resilient group. Our few key veterans have carried over a lot of experience that has trickled down to our new players," said Stef Thomson, Head Coach of the team. Even though the team is performing well in the regular season, players and coaches are bracing for tough competition in the provincial tournament. "It's definitely not going to be easy... It's a tough challenge. We need to put in work, practice hard and continue to take it game by game," said Cass Lyttle, a second-year forward. — **Suksham Shan**

## Men's Volleyball

The Ooks' Men's Volleyball team finished the first half of the season in second place and are looking to carry that momentum throughout the rest of the year. Doug Anton, Head Coach of the Men's Volleyball team, says usually a team goes one of two ways: either they improve or sort of disappear. "I think we have the potential to defeat any team," said Anton. Devon Klein, who plays left side, said the Christmas break was a great time to rest after the first half of the season. NAIT is guaranteed a spot in the provincials competition because they are hosting the ACAC Men's Volleyball Championship. How they finish in the tournament and if they progress to the CCAA Nationals will entirely depend on their provincial performance. "The team's just got to compete hard, play every point like it's the last," said Klein. — **Brandon MacPherson**

## Women's Basketball

The Women's basketball team needs to place in the top-three spots in their division if they want to move onto provincials. With that in mind, both players and coaches are firmly intent on remaining competitive. The players are feeling confident going into the second half and players have been able to build good relationships with each other. "Our biggest asset this season is the chemistry we have together. We have built up a trust in one another," said Mackenzie Emmerson, a first-year forward. Sydney Hurlburt and Leah Vandenboogaard lead the team in points per game, but the team is finding that this may not be enough. "The other teams know who our big players are, so it is important we find new ways to score. Others will need to step up this half," said Emmerson. The team is feeling optimistic and has a game plan for the provincial stretch. "If we play tough, and we play together, we're in it," said Head Coach, Todd Warnick. — **Evan Bowden**

## Men's Basketball

The NAIT Men's Basketball team is feeling confident going into the second half of the season.

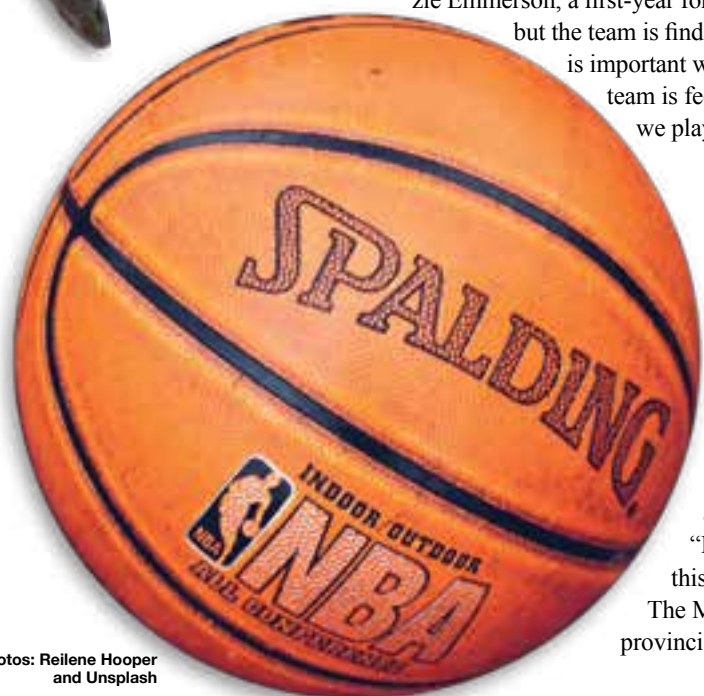
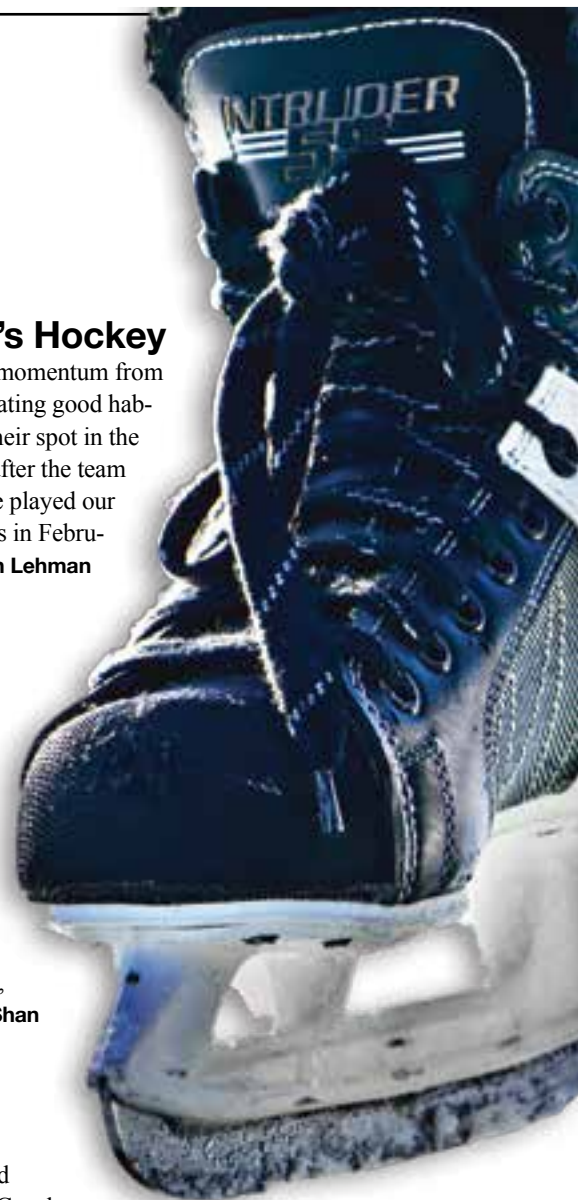
Multiple teams, including NAIT, are in close competition for a spot in the provincials. Only the top 4 teams in the North Division will advance.

"We need to improve our defence... Even though we have one of the best defences, field goals against, we lapse mentally at times," said Head Coach, Mike Connolly.

The team swept the King's University in their first week back, starting the winter term with authority. Regardless, the team is still focussed on keeping a level head.

"If we can focus on each practice, take each game one at a time... that will be a big focus for us this semester," said Keilan Dobish, a 3rd-year guard.

The Men's Basketball team came in 2nd place in the North Division last year and placed 4th in the provincial tournament. — **Zak Kastendieck**





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# Ooks petition to stop budget cuts

By JORDAN TOUGAS

A NAIT Ooks Men's Hockey player is stepping up to tell NAIT that he wants athletes involved in budget discussions.

Brendan Jensen is the starting goalie for the Ooks' Men's Hockey team. In December, he started a petition asking NAIT's Board of Governors not to cut their funding.

"The topic came to our attention when our athletic director, John Bower created a focus group for the team," said Jensen, "The focus group introduced us as players towards the issues and we decided to do something about it."

Jensen created the petition on change.org after talking with other athletes at NAIT. The online petition has over 700 signatures and the hard copy petition received over 150 signatures.

Jensen wants to ensure that players will no longer be held in the dark when changes are happening in the athletics department and that there is a collaborative environment next time so these issues don't come up again.

The petition supports full-time coaches, on-campus athletic trainers and full-time strength and conditioning coaches. The petition says that these supports help student-athletes succeed both in their sport and

in their programs at NAIT.

The petition asks NAIT's Board of Governors to continue to fully fund the athletics department as well as to create a system that allows student-athletes to be better represented to the Board of Governors.

This is Jensen's last year as an Ook as he finishes up his time in the Bachelor of Business Administration program. After he graduates, he'll head back home to California.

"I own a small company down [in California] and I really liked what NAIT's business program had to offer and how well known the school is in the west... and once I found out that they had a hockey program, it played hand in hand," said Jensen.

Even though he won't be attending NAIT next year, Jensen hopes that all future student-athletes have the funding they need for equipment and staff.

"It starts with equipment. The biggest thing from our standpoint is that we have guys who have played 5 years on the team and are still using the same helmet," he said.

NAIT says that they have not made any decisions on next year's budget and that they are reviewing the Athletics Department's operations.



Photos by Railene Hooper

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This class is open to beginners, or individuals with archery experience.

\$10 includes transportation, lane fees, bow rentals, and instruction.

Only 18 spots are available. Register online at [naitsa.ca](http://naitsa.ca) to book your spot!



# Country star returns to YEG

By **BRANDON OLSON**

When it comes to chasing your dreams and making a career out of what you love, it takes a little hard work, determination and sometimes a bit of luck. But hey, some would say that it's "worth a shot", right? For country music fans here on campus, country sensation Aaron Pritchett will be performing LIVE from Cook County Sal-

oon just off Whyte Ave on January 31.

We had an opportunity to sit down with Pritchett for a phone interview to get his thoughts on his beginnings, the industry, the City of Edmonton, and why the country genre means so much to him. Aaron Pritchett was born in Vancouver, British Columbia and found himself immersed in country. He found his start as a player

in the Rooster's Country Cabaret house band in Pitt Meadows performing cover tunes. Pritchett told us that not long after this he felt the urge to get into recording albums. He released his first album titled *Young in Love* in 1996. By 2001 Pritchett continued performing in clubs across BC and Alberta. His friends convinced him to enter a singing competition, "Project Discovery" which was sponsored by CMT. While reluctant at first, Pritchett ultimately won, earning \$10,000 in cash and a professional music video directed by the late acclaimed director, Steven Goldmann.

Pritchett went on to talk with us about Edmonton itself, where he's performed countless times. His last performance was at the Grey Cup Festival in 2017. Having lived in Edmonton for three months, Pritchett talked about the atmosphere he loved that surrounds the city. The skyline at night over the river valley is a sight that Pritchett will never forget, calling it a saving grace. The Art Gallery of Alberta is also

a favourite local spot of his.

Pritchett originally became interested in country music because of the stories told throughout the history of the genre. He loves to create new stories of his own. Some of his biggest inspirations came from legends such as Randy Travis, Dwight Yoakam, while stars like Garth Brooks blew the gates wide open for country music, captivating audiences worldwide.

Before we let Pritchett go, we asked if he had advice for aspiring singers and musicians. Pritchett's response was to "be tenacious" and to "believe in yourself." You will make yourself better in the process, said Pritchett.

Aaron Pritchett's latest single "Worth a Shot" is sitting #1 on Canadian Country AirPlay and #6 overall. At last year's 2018 British Columbia Country Music Awards, he won Male Artist of the Year, Fans Choice of the Year, Single of the Year, Video of the Year, and Interactive Artist of the Year. You can check him out for yourself January 31st, at Cook County Saloon.

Tickets are on sale now at [www.cook-countysaloon.com](http://www.cook-countysaloon.com). Must be legal drinking age. Don't miss your chance to go out on the town during Pritchett's "Out on the Town" tour, January 31st 2019, starting at 8:00 PM.



Aaron Pritchett

# The scaly things in life

By **Tora Matys**

Whether you love small scaly creatures or large furry ones, join Edmonton's animal loving community at 2019 Edmonton Pet Expo! January 26th and 27th, Northlands will be a zoo.

With demonstrations from the Canadian Search & Disaster Dogs Association (CASDDA) featuring some of their heroic skills and techniques to find missing people in disaster situations. Edmonton's oldest licenced petting zoo, Thistle Hill Farm Petting Zoo will be there with bunnies, birds, goats and so many more animals for the whole family to cuddle and feed. There is even pony rides available for the children.

Find out for yourself how smooth a snake feels at the Edmonton Reptile and Amphibian Society (ERAS) interactive display. Be bold and try holding a spider, scorpion, snake or gecko! Have all your questions answered by members of the ERAS.

The ERAS began in 1994 with the mission to educate people on the conservation and care of reptiles and amphibians. Their goal is to inform new reptile or amphibian owners on how to care for their new found friends and keep them connected with local suppliers and retailers.

"I have 120 pets including 2 octopi and they are all less work than 1 dog." Said Peter, President of the ERAS. He expresses how reptiles are friendly, easy to care for, low maintenance and take up little space. Peter even brings his western green lizard out in the field with his work in entomology.

They also provide place for all reptiles or amphibians that have been surrendered by their owners. Michelle Weldon is the main keeper of the rescued animals. She's currently keeping around 95 fostered herps in her home.

The ERAS holds monthly meetings to share information and care tips, deliver presentations and talk about their personal pet collections. They address the placement of rescued pets to find their forever homes. Right now these meetings are held at the Ritchie Community Hall, in Edmonton, but the ERAS hopes to have their own facility in the future.

If you miss the upcoming Edmonton Pet Expo but still want the opportunity to learn more about the litter scaly things in life, you can find out more about becoming a member or when their upcoming Reptile Expos are at [www.edmontonreptiles.com](http://www.edmontonreptiles.com) or

on facebook @EdmontonREPTILES

Head on down to the Edmonton Expo Center for a weekend of fun, fur and feathers. Conquer some fears at the ERAS reptile house or learn some new pet training

tricks at some of the shows, there's something for the whole family. Please remember to leave your pets at home for the safety of all humans and animals at the show!



Photo by Tora Matys



# The NUGS 2019

Every year, we devise a list of the best and the worst on NAIT's campus from the best spots to take a nap, to the best spots to take a dump. Check it out!



## Cooldest Free Technology

Did you know you can rent technology for free? Not only that -- the McNally library has a whole Makerspace area where students can get their hands on cool tech and be able to work and experiment with them! Including 3D printers such as **The Makerspace 3D Printer: Ultimaker 2 Go** for printing on the go, (literally) or you can check out some of the other cool 3D printers at the Makerspace! – Althea

## Most Attractive Women

The way to a man's heart is through his stomach". Truer words may never have been spoken. Whether it's my mom, girlfriend or a random waitress bringing me food I instantly fall in love with them. Add to that the fact that women in uniform are without exception sexy and I think we have a clear winner of the hottest program on campus. It's definitely the women of **Fresh Express, The Nest, and Common Market.** – Chris



## Best Club on Campus

**The Hip Hop Dance Club** at NAIT meets three times a week and offers completely free dance classes. With beginner, intermediate and advanced classes, students can move up as they train with the instructors. The club also puts on their own competition events like the Freestyle Dance Battle back in early December that featured judges from the Edmonton dance community. – Eryn



## Best Free Parking

Park on the opposite side of the **Kingsway Mall** but if security sees you leaving your vehicle, consider yourself screwed. Try to park on the wrong side of the mall (closer to the hospital) and walk through the mall. Just don't be a dumbass. If you get a ticket, pay it promptly or it will double by the end of the month. – Spenny

## Hottest Shower on Campus

If you're heading to class after a sweaty workout session or just need to rinse out that greasy hair, the men's locker room down in the Fitness Weight Centre has you covered. All of the showers are piping hot, but by far the hottest of them all is the **fourth one from the right.** – Zac



## Best Free Service

Take a break and relieve some stress with free **Wellness Wednesday Massages.** That's right, FREE. Massage stations are set up all across campus on the first Wednesday of every month. Students can drop by for a free five minute back and neck massage. It can't get much better than that. – Jace

## Best Bathrooms

Looking for a bathroom to blow out in harder than a Best Buy on Boxing Day? Look no further than the bathrooms in the basement of the **CAT Building!** Not only are there way fewer students down there than anywhere else on campus, there's also not a single derogatory drawing or message on any of the stalls! You'll be so lonely and cozy down there, you won't have to blast music off of your phone to cover the sound of your booming farts. – Spenny



## Best NAITSA Event

Test your knowledge (and your friendships) with **trivia night.** Put those show binging skills to the test and show The Nest that you're the best... and you might as well enjoy a drink while you're at it. – Jaylene

## Warmest Room

Best heating system is in **The Nugget Office.** We don't need a microwave -- it is a microwave in there. – Spenny



## Best Meal

**The Fresh Express Breakfast Bowl** is the most delicious meal at NAIT. Once you have it once, you'll never go back to a morning without it. Hash browns, scrambled eggs and a gooey cheese sauce to top it all off. It's the perfect way to start your classes. ONLY at NAIT markets during the morning! – Jordan "The dump after is unforgettable." – Unknown NAIT student

# Albums of the week

ALBUM FEATURES BY ELI O'DONNELL

Rage



**Kate Tempest**  
*Let Them Eat Chaos*

In the second studio album from poet Kate Tempest, we get an expertly crafted concept piece. The story of seven Londoners, seven different houses on the same street, each just as different as the last. None have ever met until a storm at 4:18am brings them all outside. Each track is packed with verses on verses about everything from the world economic crisis, police brutality, the death of nature and every problem in between. This album screams at us to recognize what we're doing to our world and to do something about it.

Sleep



YOTAM PEREL

**Yotam Perel**  
*Nice Snakes*

I fell in love with this album when I first heard the track Mushrooms and Chocolatemilk. Its lyrics were simple and nonsensical snippets from what sounds like a morning newscast and fits perfectly with the rest of the song. After that, I thought there was no way the lyrics could get any better, and I was right. The rest of the tracks are all instrumentals which makes it perfect for pulling you straight off to dreamland with its slow, soothing melodies and electronic spice. When played at a smooth low volume, tracks like Hub World and Soap will definitely put you out.

Inspirational



**King Gizzard and the Lizard Wizard**  
*Nonagon Infinity*

King Gizzard and the Lizard Wizard is my favourite Australian alternative neo-psychedelic punk rock band of all time, hands down. My first introduction was with Nonagon Infinity. Nine songs (Non=nine, like nonagon) that each flow, mix and melt seamlessly into the next, and an ending that snaps right around to the beginning. This record can be listened to over and over again. I can't stress this enough; at a high volume, pumped right into your head, this album will kick your ass into high gear with its driving percussion and interstellar guitar riffs. This album has been the soundtrack way to many late night crunch times to hit a deadline.

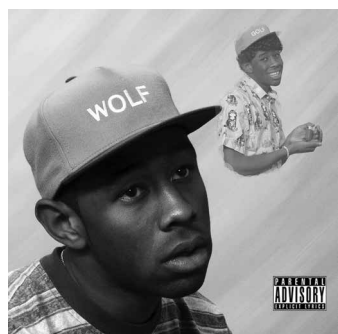
Happy



**Various Artists**  
*Juno Soundtrack*

Ahhh, Juno. We've all seen it (or if you haven't you should). Listening to this album is like watching it all over again. Each and every song was so perfectly handpicked or crafted for this film that strumming, humming or whistling along to any of the tracks on this record brings each and every scene right back. For a movie about teen pregnancy, predatory adulterous relationships and Sunny D it had one of the quirkiest, goofiest, upbeat soundtracks in recent memory and will forever remain a classic.

Sad



**Tyler, The Creator**  
*Wolf*

Wolf is the bittersweet recollection of a troubled man. Tyler has never been one to conform to the status quo, with his unique beats and often controversial subject matter. Wolf is no different as it more or less is a collection of Tyler's most meaningful memories. Even with stand out tracks like Tamale and Trashwang, this album is still 78% melancholy madness (Yes, I did the math). From his estranged father in Answer to a fleeting love in IFHY and newfound fame on the track Colossus. Tyler puts it all on the table with one of the, in my opinion, most powerful and potent albums of all time.



FOR YOUR LISTENING PLEASURE ...

# The Shuffle

## The Killin' It Playlist



By TORA MATYS

Your workout playlist is equally as important as the workout itself. A good soundtrack is going to pump you up, make you run faster, and push harder. This is my personal “songs to kill it to” playlist that I listened to while training for my Taekwon-Do World Championship Competition. It pumped me up and got me ready to bring home the gold.

### 1. Anthrax - “1000 Points of Hate”

From the album “Sound Of White Noise”, this song just has a beat that makes you want to punch and just give ‘er! It always reminds me to stay focused on myself, even though everyone around me can sometimes be a pain in my a\$\$.

#### Best Lyric:

“My mind has never been so clear, my hate for you is one to fear. Take a good look, what do you see? No friend to me, jealousy.”

### 2. Pantera - “Goddamn Electric”

This song changed my life. The whole album “Reinventing the Steel” changes you, it’s all about finding yourself through the difficult times and to embrace all of life’s chal-

lenges and take lessons out of them.

#### Best Lyric:

“Don’t fake your life - inhale it, and you’ll know yourself. The change in you is Goddamn Electric”

### 3. Metallica - “Frantic”

Honestly, the whole album “St. Anger” is on my playlist. Some people will dispute me that this is one of Metallica’s greatest works (Kill ‘em all is #1). St. Anger just has the fuel in it that pushes you to lift heavier.

#### Best Lyric:

“My lifestyle determines my deathstyle”

### 4. Mastodon - “Blood and Thunder”

Mastodon is just that band that captures drive and aggression almost perfectly! Their use of distorted guitars and contrasting vocals makes you feel the POWER! The album “Levithan” is not only a great concept album but it embodies power.

#### Best Lyric:

“No man of the flesh could ever stop me. The fight for this fish is a fight to the death.”

### 5. Megadeth - “Take No Prisoners”

This is my fight theme song. In my matches I have 2 minutes to terminate my opponent, with one chance I HAVE to win. The heavy guitar and powerful drums forces me into that zone.

#### Best Lyric:

“Got one chance, infiltrate them. Get it right, terminate them.”

### 6. W.A.S.P. - “I Wanna Be Somebody”

Anyone who has/had a dream called ridiculous can say this is an anthem for them. Everyone wants to be somebody, and this song just gives you the soundtrack to BE somebody, whoever that is.



#### Best Lyric:

“You’re nobody’s slave, nobody’s chains are holding you. You hold your fist up high and rule the zoo.”

### 7. Iron Maiden - “Die With Your Boots On”

No work-out playlist is complete without Iron Maiden. The challenge is choosing which one. Some days I work out on Maiden alone. From the album “Piece of Mind” this song always reminds me that no matter what you do, do it 100% because if you’re going to die, you’re going to die.

#### Best Lyric:

“If you’re gonna die, die with your boots on.”

### 8. 3 Inches of Blood - “Metal Woman”

Theres something about 3 Inches of Blood that always makes me run faster. The sheer epicness of the guitar and his empowering vocals just push you to go harder. “Metal Woman” inparticular, makes me feel unstoppable.

#### Best Lyric:

“She bears a fierceness that you’ll underestimate. Don’t disrespect her, or you she’ll devastate.”

## LOCAL THEATER REVIEW

# A climax worth waiting for

By NICHOLAS HOTTE

*Sweat* is now playing at the citadel theatre. *Sweat* is a play set in the 2000s and takes place in a bar in Pennsylvania. The play is about the bust in that time period and how it changed the people affected. Each character plays a huge role showing the struggles of a variety of people faced no matter who they are or how they see the world.

The artistic director of the citadel theatre said he chose this play because it really spoke to him. He also said that the situation really tested the friendship of all the characters involved.

Chantell Gosh described it as a beautiful play and related it to Alberta’s challenges.

Graham Hicks said the production “puts a face on a lot of political issues.”

Jon Dziadyk, Councillor of Ward 3 said *Sweat* “shows the importance to education in an economy crash.”

Ashley Wright, who plays the character Stan, explained the productions holds great insight on what had happened in the 2000’s.

Between top-notch acting, relevant political issues and just the right amount of drama, *Sweat* is a must see. Now playing at the Citadel Theatre until February 3rd.



Citadel Theatre

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# Spirit of the radio



By **TORA MATYS**  
Assistant Entertainment Editor

The spirit of the radio, that companion in a box giving your life a soundtrack. And for me, holding some of the best memories I have. I figured this being my first editorial as the new assistant entertainment editor, I may as well tell you why I'm so crazy about music and the radio.

There was never a car ride that wasn't accompanied by either music or good Ol' CBC Radio, which as a kid there was no bigger nightmare than suffering through talk radio. While now I find myself tuning in almost every day on the drive home and I'm fortunate enough to be a part of the spirit.

The radio has fascinated me since I

was a little kid and discovered my dad's crank radio. With this little box that didn't require batteries, I could take, what I thought was, the world anywhere with me. All I had to do was put in a little elbow grease and I was unstoppable. That thing attended every sleepover, every

camping trip and got me hooked on the magic of the airwaves.

My childhood was tracked by Toronto's Q107 and 101.5 The Wolf. Stations I still tune into every now and again even though I'm across the country, a part of the magic of radio. Up until last year on

the occasional Sunday, I would tune into Q 107s for Psychedelic Sunday. It always brought me back to being a kid riding in the back of my dad's truck in rural Ontario just jamming out and listening to rock and roll. My dad would always tell stories about the songs that would play or the bands that played them. If I was lucky he would even have a joke for it.

The best dad joke was whenever The Guess Who played and he'd turn to me and say,

"Do you know who this is?" and I'd go "I don't know, who?"

He'd always reply with "Guess Who." and then laugh his ass off and I'd ask "who?" and he'd keep going until I finally gave up.

When I first moved to Alberta, it was the radio that tied me back home. I immediately discovered 100.3 The Bear and for years the jocks kept me company when I couldn't sleep. They were my study buddies in high-school and my co-pilots when I learned to drive.

Without even knowing it, all the jocks over the years have made me who I am today. They say never meet your heroes, but meeting them just assured me that my dreams are obtainable.



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**JANUARY 30, 2019**  
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Please join us for a ribbon cutting ceremony to officially open the NAITSA Peer Support centre! Light refreshments will be served. Enter to win a wellness prize pack!

[naitsa.ca/peer-support](http://naitsa.ca/peer-support)

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

# 8 months



By **CHRIS FIGLIUZZI**  
Entertainment Editor

8 months. That’s how long it’s been since I was forced to give up everything, or at least the one thing I thought I wanted more than anything. I had been working as a Morning Show Host/Music Director in Wainwright, Alberta. Not the ideal setting, but I was doing what I loved and receiving recognition for doing a good job of it.

Then I got sick. Nothing to major at first, but things took a turn and I was propping myself up on a coffee table

to be able to breath enough to sleep at night, throwing up after every meal, and wasn’t able to do a flight of stairs with out instantly having to find a bathroom. This was enough, this was the point where I took myself to a hospital and found that my kidney, which I had transplanted in 15 years ago, was failing.

I was sent to Edmonton, and it was there in a bed at the University Hospital that I made my peace with my run being over. I had spent my time enjoying it. I travelled, saw and lived out experiences others might only dream of. I had nothing left to pursue and only the painful and unimaginable treatment process left in front of me. I accepted my fate and was forced to move back in with my mom and wait things out.

Something changed though, something I hadn’t counted on. I had an out pouring of support from friends and family, many that I hadn’t seen or spoken to in years. Sure we had occasionally stalked each other on Facebook, or sent the required “Happy Birthday” messages but that was about it. Yet these people took time out of their lives, and in many cases their family’s lives, to check in on me

and help me keep my head up. I can’t express how much that propped me up. It helped me reignite my fight.

I have now been in treatment for 8 months, with a very optimistic future in my eyes and a new outlook on what’s important in my life. I share this story with you now as many of you are at the beginning of your career path and at a point where your focus may be starting to single in on where you want this path to lead. It is important though that this does not become your sole focus as it did for me. A career does not make your life, no one ever sits on their death bed wishing they worked more...trust me I was there.

Make sure to surround yourself with family and friends. Yes, both you and them will become more and more busy with school, work and families, but these are the people that make life exciting and worth it. At the end of the day these are the things that will give you something to look back and smile on, not the time spent obsessing over some title or who got the promotion. Enjoy your time here because you don’t get much of it.

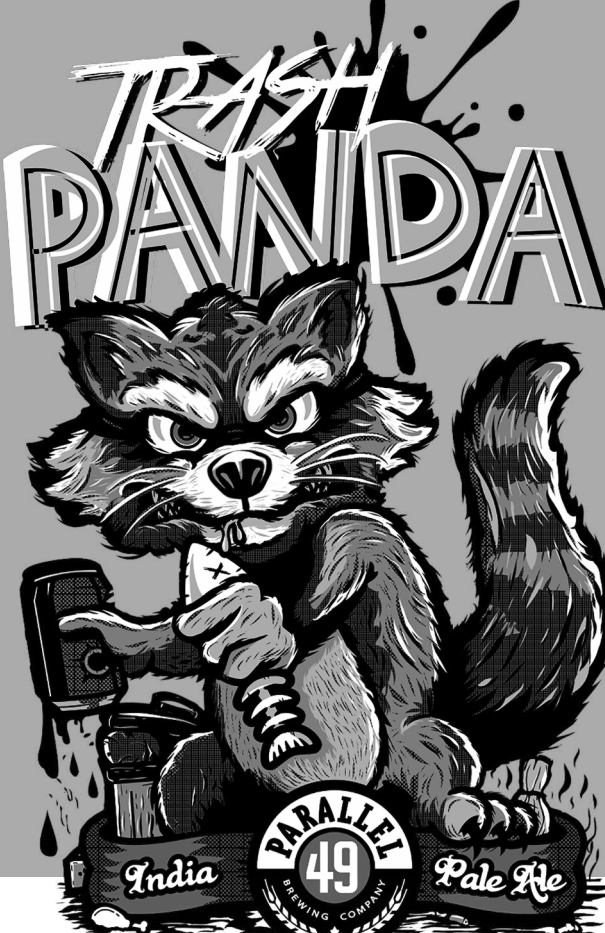
*Pets*  
**of NAIT**  
By MOIRA BRYAN



**Name:** Keoki  
**Owner:** Myah Mindus in  
Business Administration



COUPON ON PAGE 8



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and Pickle Spears for \$9.95

This offer provided by:  
**THE NUGGET** **THE NEST**  
TAPHOUSE GRILL

Limited offer while quantities last. This coupon required for redemption. Only valid with Parallel 49 Trash Panda 473ml cans. Only valid at The Nest Taphouse Grill. Must be 18 years or older with valid government issued ID. Each coupon is one ballot into a draw for a gift basket provided by The Nugget & Parallel49. Winner will be selected on February 15, 2019 and contacted by phone/email provided on ballot. Visit [www.thenuggetonline.com](http://www.thenuggetonline.com) for printable coupon.





# speed dating

AT THE NEST

**Thursday, February 7, 2019 | 4:00 PM - 6:00 PM | 18+**

Participants have the chance to sit down one on one for a 3 minute date before moving on to their next date. Sign up at [naitsa.ca/events](https://naitsa.ca/events) If you hit it off, simply write the participant number of the person you liked on your card. Mutual matches will be emailed and future connections are up to you to decide. No awkward conversations, no pressure to commit, just chat, choose, and date! This an LGBTQ friendly event.

All matches will have a chance to win a date night, participants can win a jar of Hershey kisses and a Nest Gift card.  
Nest specials: \$5 Absolut vodka and \$7 pepperoni pizza bites.





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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  
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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

TALK NERDY TO ME

# App of the week: Soundcloud

By DISHAN BURAD

*"One of the best parts about having a smart phone is how it can actually simplify your life."*

Music helps me on a daily basis and one of the best apps available for streaming and sharing music is SoundCloud. SoundCloud is an online audio distribution platform which allows users to upload, promote, and share. With its intuitive UI, SoundCloud allows users to better visualise the music they are listening to and with over 40 million registered users, has a massive user base. In my opinion, SoundCloud competes with Spotify because of the user-generated content, by allowing users to upload content there is a larger database of podcasts, remixes, or music from independent artists. You can check out SoundCloud online or in app form.



iMore



## MAKE BATH BOMBS

**MONDAY, FEBRUARY 11, 2019**

4:30 PM - 6:30 PM | CAT 402 | \$10

Learn how to transform regular household ingredients in a luxurious bubble bath! We're partnering with Taryn from Tiny Treats, a local Edmonton skincare company, to learn how to make bath bombs. For \$10, you'll learn different bath bomb recipes and create five of your own bath bombs to take home.

This event is for NAIT students only. Registration is required. Visit [naitsa.ca/events](http://naitsa.ca/events) to register.



# Selfie Session 101

By JORY OCLARINO

Given that social media has taken over our everyday lives, selfies have come to be a part of our daily routine. However, some of us are new to the game. While not all of us are going to end up with selfies like Kim Kardashian or Pietro Boselli (not that we even have the time to), we can at least learn the basics of taking a selfie to avoid the common “I took like 200 tries but none of them turned out good” situation. So here are three basic rules you need to know in order to take a selfie that will be Insta-worthy.

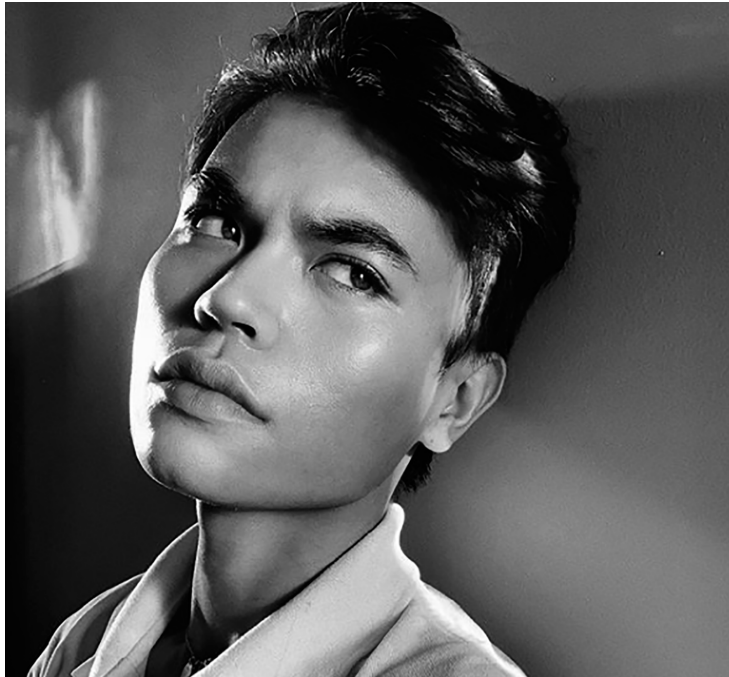


Photo by Jory Oclarino

## STEP 1: LIGHTING

Lighting is one of the basic rules to taking the “perfect selfie”. In fact, lighting is so important that it’s been made portable. From phone cases, to mini ring lights, it’s become so accessible. THERE’S NO EXCUSE.

For lighting, you want something neutral. Not too blue because you don’t want to look as if you were freezing, but also not too orange because you don’t want to channel oompa loompa vibes in your selfie. Golden hour, which runs from 1:00 pm to your local sunset hour is a good source of light to make your skin look dewy and your photo warm. Remember that daylight is FREE. However, there are also artificial lights that can mimic daylight! Ring lights and Softbox lights are some alternatives I would recommend if you’re planning on purchasing daylight alternatives. So get out there OR stay inside and go to a window and find your perfect blend of light.


## STEP 2: ANGLE

Angle is another important factor in determining whether that selfie is going to be uploaded to Instagram or not. It’s important to learn your face structure, what works well with the camera, and what doesn’t. Hence why some people use the term “good side”. However, with angles, it’s not just what side of your face looks better, but what height your phone should be in when taking a selfie. Determining your best angle takes 30 seconds to a minute. Don’t know how to start? Here are the most common angles I have seen. The

“phone a bit above the head” angle. This angle causes your eyes to look bigger and your jaw to appear smaller. (You would usually see this in Kardashian selfies). The “phone parallel to the face”. This is an angle I personally can’t rock. You would usually see this commonly as a headshot, or mugshot. This angle is perfect if you have an even face. Left. Right. Up. Down. Lastly is the “phone below the chin”. These are perfect for people who have good, strong, jawline. This angle can also help lengthen and accentuate the neck.

## STEP 3: POSE

Your pose in pictures can make or break your photo. Depending on the type of emotion you’re trying to portray in your selfie, a pose could go several different ways. Facial emotions are important. A basic one is smiling, however, if you want to enhance that happy photo, actually LAUGH when you’re taking it. I know. “You want me to laugh while taking a selfie?” YES. It looks more natural and less forced which can give the viewer a better emotional connection with the photo. Wanna go sultry and sexy? SMIZE. SMIZE. SMIZE. Have you heard the famous supermodel Tyra Banks say “I need you to smize?” Smizing is basically smiling, but with your eyes instead of your mouth. Try and lift the lower lids of your eyes and look at the camera as if you’re looking at the person you’re about to have the craziest sex with. Scandalous, I know. Do it for the gram. Finally, if you want to portray sadness, try and look away from the camera. Have your eyes look down or into the distance and let your face sit naturally. Don’t pose. Let your face be. Also, when you’re taking a selfie, don’t be afraid to use your hands. Hands by the neck, or by the face. Use it to your advantage! GOOD LUCK!



# ROCK CLIMB

**Wednesday, February 13, 2019**  
 4:30 PM - 7:30 PM | Meet at the NAITSA office | \$10

Scale the walls and race your friends during our rock climbing event! We'll be bussing out to Vertically Inclined where you'll learn how to rock climb. \$10 secures your spot and gets you transportation, a belaying lesson, climbing instructions, and 2 hours on the wall! Registration is required. Sign up at [naitsa.ca/events](http://naitsa.ca/events)

## LOCAL SOUNDWAVE

# Local band finds success

By BENJAMIN BUNDA

The forming of Altameda is an interesting story, as most band origins are. All the members grew up in the local Edmonton band scene playing in different bands. They knew about each others existence, but had no intentions of teaming up. Around 2008 drummer Erik Grice reached out to some other bands, seeing their talent saying, "If you ever need someone let me know." Shortly after, a couple of the bands fizzled out and that's when Altameda really got rolling. The group ended up living together and with that came inevitable jam sessions.

It was at this point when the band went to California in attempt to make it big. Which coincidentally is where their name comes from. They worked on their first album for about a year and didn't come up with a name until the night of their first gig. All of their experience playing in multiple bands in the past made them keenly aware of the trials and tribulations when naming a band. Knowing this they wanted one word, simple and ambiguous. Originally for their first show they were named "Almeda" but later found out that another band was already using the Californian city as a name. Then they changed

to Altameda, another city in California but with a fun nod to home. The abbreviation for Altameda is Alta, the old abbreviation for Alberta.

While Altameda has found success now touring across North America, with home shows in Edmonton on the 30th and 31st of this month, every band starts somewhere. In 2007, Erik was 17 years old and had just gotten his first band a gig at Blackspot on Thanksgiving weekend.

"We had a great time, and wanted to ride that high forever; even though we basically were playing for no one". The Thanksgiving tradition of being out of town would become common for him and the rest of Altameda. Between touring, and recording in California, they haven't been home for Thanksgiving in years. As cliché as it may sound the band has become family, living together while touring and just goofing off as

friends in their down time. The bandmates live together and consider themselves family, especially when they can't be home for the holidays.

When asked for any advice for upcoming bands Erik says to get on the road as soon as you can.

"Bands come and go but if you can 'stay together for the kids' you'll never have to get an office job and just have fun".

Altameda's latest album "Time Can't Change You" is coming out on January 25th and you can check them out live at the Starlight room on January 30th and 31st.



Mills Hardware

## JUST THE TIP

## Practicing unsafe sex

By MOIRA BRYAN

STI testing and treatment has come a very long way in the last 100 years. It's now very easy to get tested, and depending on the diagnosis, treatment can be just as easy. Unfortunately, there is still a stigma surrounding the issue.

STIs aren't common, but they aren't uncommon either. Chances are, you will be diagnosed or you will know someone who will be diagnosed with an STI within your lifetime. This is why it is very important to get tested if unprotected sex is a norm in your life. Doctors recommend getting checked once every six months if you have unprotected sex with multiple partners. In some cases, symptoms never show up and you may have something your entire life, making testing even more crucial.

The testing process is fairly easy, there are two urine samples and two blood samples taken. Depending on your results, you may get a phone call to let you know that you have been diagnosed, and will require treatment. For certain STIs, treatment can be as simple as a handful of pills or a one-time shot. Unfortunately, there are several STIs that are still incurable, although most incurable infections have treatments that can make life livable and prevent you from passing on the infection. Certain dis-

eases, if left unchecked, can cause further sickness and in some cases even death, which is why it is so important to get checked.

The stigma of STIs is still one that assumes you must be sleeping around if you were able to get one, which, in most cases, is incorrect. STIs can be transmitted sexually, orally or through touch, so it's always important to get tested. There's also a misconception that doctors will look down on you and the experience will be awkward, which can be true, but doesn't make getting tested any less necessary. In 2019, doctors are generally fairly aware of most things, and STIs aren't new information. If your doctor is a family doctor and you're nervous about how they'll react, or you'd prefer them not know your sexual history, there are many walk in clinics and sexual health centres that are available as well. To keep the experience from being awkward, bring a trusted friend with you. There's no poking around down there or anything like that to worry about when you're getting tested. It's only once you've been diagnosed that they may take a swab of your genital area.

So many articles on STIs preach safe sex but in reality, there are so many other factors to consider.



Unsplash



# Simple student suppers

By EMILY OLSEN

*As students, we can all agree that one of the biggest challenges in our day to day life is having easy, inexpensive, and most importantly portable foods. Many students are away from home for the first time and less comfortable with their culinary side so the number one thing I would suggest is to purchase a crock pot or slow cooker. They truly take the guesswork out of your daily meals and you can batch-cook in a snap for weekly meal prep!.*

## Quick Madras Lentils

Prep Time: 5 minutes  
Cook Time: 22 minutes

This recipe includes mostly canned ingredients which are super cheap! With 9 grams of protein and 8 grams of fibre, this meal is sure to power you through your long days or nights of studying. Cook and divide into smaller containers to freeze or refrigerate.

### Ingredients:

1 Tbsp olive oil  
1 medium onion (chopped)  
1Tbsp minced garlic  
1Tbsp minced ginger (or ginger spice)  
30 ml Patak's Easy Madras Curry Paste (add more or less to taste)  
1 cup vegetable broth  
1 cup cooked lentils  
½ cup canned chickpeas  
2 Tbsp cilantro (optional)

### Instructions:

1. In a medium saucepan over medium heat, sauté olive oil and onions until translucent (approx. 5 minutes).
2. Add the curry paste and sauté for 2 more minutes.
2. Add the tomatoes and broth. Bring to a quick boil then reduce to a simmer for 15 minutes.
3. Stir in the lentils and chickpeas.
4. Remove from heat and portion out or serve. Top with cilantro (unless you hate it).

## Pizza Bagels

Prep Time: 3 minutes  
CookTime: 2 minutes

A super portable and customizable meal for you to have at any time of day or night! Add whatever ingredients you like to this, have fun with it and try new flavours! Leftover spinach? Throw it on there! Chicken from that date night out that you took home because you couldn't bear to leave food behind? Chuck it on there too! The options are endless and none of them involve ramen.

### Ingredients:

1 Bagel (or more if you are meal prepping)  
½ cup grated cheese  
3 Tbsp pizza/tomato sauce (I love to try those jars of flavoured pasta sauces or pestos on mine)  
Optional:  
1 tsp oregano  
1 tsp garlic powder  
Pepperoni or other toppings to your preference, GET CREATIVE!

### Instructions:

1. Slice a bagel in half and toast it lightly. This helps maintain a non-soggy texture after you apply the sauce.
2. Spread the tomato sauce over the bagels, sprinkle oregano and garlic powder on top. Sprinkle grated cheese onto bagel slices and go nuts with the toppings.
4. Microwave 30 seconds on high or broil in preheated oven at 500°F for 2 minutes.

## Barbecue Beef Stew

Prep Time: 15 minutes  
Cook Time: 8 hours

Who needs a partner when you have a slow cooker? Make yourself a hearty home cooked meal you can enjoy all week and not lift a finger (almost). Put all the good stuff in a slow cooker and when you get home, you will have a 5 star dinner all to yourself.

### Ingredients:

1lb stew meat of your choice  
1Tbsp vegetable oil  
1 cup onion (sliced)  
1 green pepper (chopped)  
1 clove garlic (crushed)  
1 tsp salt & pepper, each  
2 cups beef stock  
1 can (8 oz.) tomatoes  
1 can (4 oz.) mushrooms  
½ cup barbecue sauce  
2Tbsp cornstarch  
¼ cup cold water

### Instructions:

1. Sauté onion, pepper and garlic in oil until soft.
2. Add salt, pepper, beef stock, tomatoes, mushrooms and barbecue sauce and mix well.
3. Move all ingredients to a slow cooker, add in the stew meat, cover and cook on low heat for 8-10 hours.
4. To thicken, mix the cornstarch and cold water and mix into stew before serving.

## THROWBACK THURSDAY

# Sunday morning DJ dad

By EMMA MORRISON

Sunday mornings are usually very calm and collected. People go to church or go for a Sunday drive. In my house, Sunday School existed, but the sole focus was music education with my dad.

My brother, Theo, and I anticipated Sunday mornings and waking up to Grandmaster Flash or Conway Twitty. This was a time to bond with my dad and talk to him about anything and everything.

Sunday morning consisted of me jumping out of bed as early as 7 a.m. to the music of a new artist I'd never heard or the familiar sounds of someone I'd heard a million times over. Dad would be making breakfast, which was always the best. After he made his vodka and orange juice the real music education began mixed in with the mandatory bit of boring dad advice, which I still use on occasion.

The musical education began in one of two ways. With a loud hard core song like System of A Down's *Chop Suey* or NWA *Express Yourself* then it would continue through two or three genres hitting as many as 5 in some special cases. In other instances softer like Waylon Jennings or the Beatles would start us on our musical adventure.

My dad's favourite artist varied depending on his mood or what mood we were in at the time. And if he was feeling particularly in a good mood, Theo and I would get a chance to lead the lesson with some of our more memor-

able artists.

We would jam out with tunes all morning long while we made Sunday brunch. Special occasions were always marked by dad letting us play the littlest hobo theme song to drive my mom nuts. It was a time to remember, relax and bond as a family.

My mom would walk our dog, Duke, and then join us in the crazy festivities that was our house. My brother and I would tend to run around screaming or play fighting. I would have a cup of red rose tea, my brothers drink constantly changed and my dad would settle in with his spiked juice.

I miss the days when I could wake-up to Grandmaster Flash, Marky Mark and the Funky Bunch, Pat Benatar, but I miss hanging out with my dad the most. I always loved to hangout with him and still miss listening to his words of wisdom, the smell of hash browns and pancakes cooking while me and my brother chase each other around like hooligans.

But as I started to get older, I wasn't home on Sunday very often because of work, school or friends. These moments have made me look at the world differently, helped increase my music taste and appreciation while I was young. He helped me understand the world through music and its eclectic and inspiring history. Thanks Dad!



# 10 secrets to success



**MARGARET MAREAN**  
NAIT Student Counselling

1. Get back on track as soon as possible. When a ship's captain plans the route he draws an actual line on the map. When waters are calm it is not hard to keep the ship on course. When waters get rough or unexpected obstacles appear, the ship will veer from the route. The sooner the ship can get back on route the more efficient the trip will be. Everyone gets off track occasionally with study plans, exercise routines or other goals. The trick is to recognize that you are off track early on and take steps to re-align.
2. Find the value in going off track. Every

break is an opportunity for a breakthrough. Explore why you might not be able to stay on track. Is your plan too rigid or unrealistic? Are you letting yourself get too tired, hungry or run down? Are their emotional or relationship issues that need to be dealt with?

3. Develop a positive identity. Successful people label themselves in positive ways. If you are labelling yourself with words like loser, worthless, stupid or unmotivated/lazy, recognize that these are thoughts and that thoughts are often not true. Work on fostering a more positive self-identity by using progressive self-talk such as "I am moving forward", "I am learning", or "I am becoming more motivated every day".
4. Prioritize health. Physical health includes healthy eating, quality sleep, moderate exercise and time for relaxation/stress reduction. Mental health includes making time for yourself, time for relationships, asking for help when you need it and ... relaxation/stress reduction. Meditation, journaling

and daily gratitude can be effective ways to improve mental health.

5. Recognize that perfectionism is not sustainable or attainable. Set realistically high standards in the areas that are most important to you.
6. Take the time to create goals, to write them down and to develop a realistic action plan to achieve them. Look at potential barriers to success and pre-plan ways you will overcome these.
7. Focus on relationships. Successful people put the time and effort needed into cultivating positive, supportive relationships. They also let go of toxic or draining relationships.
8. Be accountable. Take full responsibility for your actions. Always.
9. Manage time wisely. Successful people focus their time on their goals. Monitor how much time you spend on typical time-wasters such as social media, Netflix, gaming, getting sidetracked on the internet, or procrastinating on important tasks. Throughout the day ask "Is this the best use of my time right now?"

10. Increase your resilience. NAIT has a Resiliency booklet which will help you identify ways you can improve your resilience. Self-care, Mindfulness, Awareness, Relationships and Targeted Purpose are all aspects of developing SMART Resilience.

Contact NAIT Student Counselling for more information.

Counsellors at Student Counselling can help you work on personal issues that might be interfering with your success.

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. Book in person or by calling 780-378-6133.

Southern 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.

## THE NUGGET PRESENTS:

# HOROSCOPES



**MADAME O**

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

With the new year upon us, fresh intentions and new goals are top of mind.

Below is the main energy surrounding 2019:

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

These next few days may seem a bit unorganized. Try and remember to prioritize your goals and activities. This can help prevent unnecessary stress and chaos in your life.

### Pisces (Feb. 19-March 20)

Positive energy surrounds you these next few weeks. Take in all of that positive energy and share it with others. In the coming days you will make some new connections.

### Aries (March 21-April 19)

Clarity will come to you this week. This new found clarity will help you navigate some upcoming conflicts.

### Taurus (April 20-May 20)

Patience goes a long way when working in a group. Listen to others when working on school projects. You may get a call this week from an old friend.

### Gemini (May 22-June 21)

All the frustration you have been feeling lately will subside for a day or so. But it may come up again in the coming weeks. Try and talk to friends and family to help you get through it.

### Cancer (June 22-July 22)

Romance is in the air for you in the coming days. Ask that special someone out on a date. You may also find that the person you ask isn't who you expect.

### Leo (July 23-Aug. 22)

Luck is on the way! You're about to have some of the luckiest days you have had in awhile! Use this to your

advantage by going out to your favourite hangout spot. You'll never know what or who you'll find.

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

You may be feeling a bit negative this week. Hangout with friends and family to help support you. Maybe even try and go do your favourite activity this week.

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

There are some crazy events about to happen in your life. Remember to keep a calm and level head. A friend may ask you for advice this week.

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

Hey time to get off that lazy train. Go out for a walk or find a new hobby! Take a friend with you on these new found adventures.

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

Get on that health craze. It's so important for you to be at your best mentally and physically. Try and get some varying exercise like yoga, swimming or lifting weights.

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

In this new year you will find that you may have more energy than normal. Focus this energy on self improvement. Try going to the gym or meditating.



Creative Corner

Eulogy for Uldemide

By ISAAC DYMOCK

“Krechevek, is it really you?”

A soft, crooning voice comes through a nearby console. The Uldemide ignores it, trying to get his bearings while stabilizing himself against the command station, not letting what little body strength he has give out on him. ‘Krechevek’, the name sounds familiar to him.

“Krechevek, can you hear me?”

The voice again, he knows it but can’t place where he has heard it before. ‘Krechevek’...why is that name so familiar?

He gets a chance to look around. His feathers are in full disarray, their blue-white hue shifting rapidly from dark to light. His limbs and wings are emaciated, starved of nutrients.

“Krechevek, talk to me. Are you there?”

“Wh--,” he tries to speak but it’s nothing but pain.

The Uldemide finds his throat to be dryer than a desert and clogged with something he can’t define. He spends a

few moments coughing up crystalline structures onto the floor, watching them shatter into thousands of pieces as if made from glass. What happened to him? After what feels like minutes he manages to speak...

“Wh..o a...re...yo..u?”

“Krechevek, it’s me CINDI. Don’t you remember?”

“Si...nd...i...? I...kn...ow...th...at...n...ame...”

The name sounds familiar, the type of familiarity one has when hearing the name of an old friend. His throat and mouth are so dry it is unbearable. His tongue, shrivelled like a piece of jerky, roughly scrapes along sharp teeth and the smooth inside of his beak.

“Krechevek, what happened to you? Where have you been?”

The questions spark something in him, some memory from what feels like an eternity ago. A vision enters his mind of a fleet of ships larger than anything he has ever seen before, they’re entering a portal to some black space between galaxies. Billions of sentient beings flee for their

lives from...something. The memory fades into a painful migraine.

When the headache clears a thought comes to mind.

“D...id....we....sa....ve.....th....em?”

For a moment there is silence, the green light flickers as something moves within the monitor. The voice comes back. The Uldemide has his eyes closed at this point so he can’t see that a figure has manifested itself in the holographic display. A small bird of brilliant green and gold plumage with an endless amount of tail feathers leading off into the space beyond the projected image. The bird looks upon her old friend with eyes as mournful as she can display with her programming.

“You did, Krechevek. You saved them all. The Conflagration didn’t get a single being.”

For the full story and more visit, [libraryunderthestairs.wordpress.com](http://libraryunderthestairs.wordpress.com).

WORD SEARCH

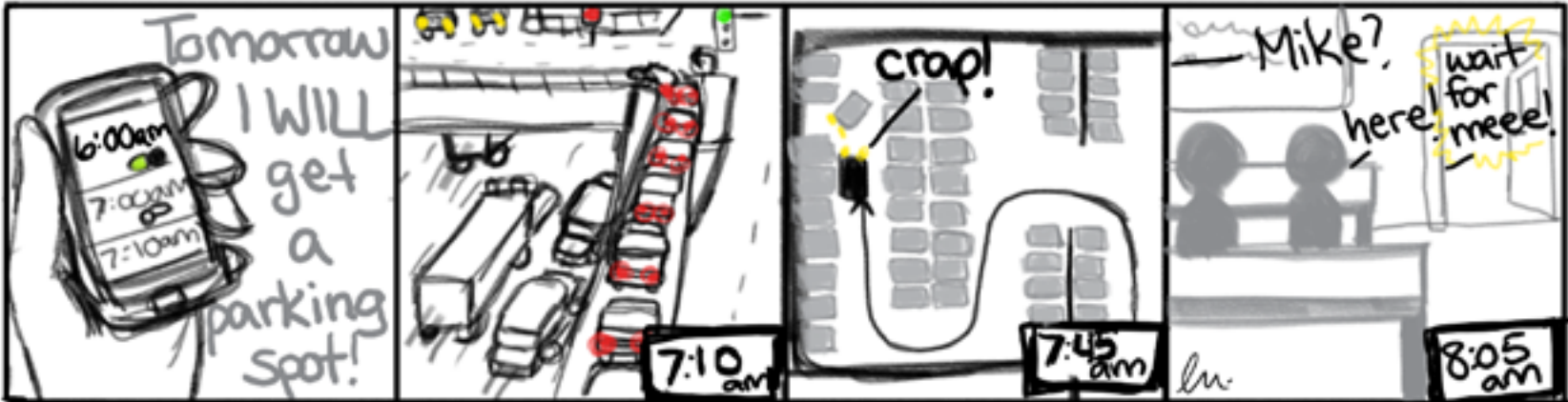
K E L G A E B S D O K Z V P H  
S S E T X G O D L L U B L I K  
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W A H K K H Z Q Y C U L E Y P  
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R R D U P Q P A I I B D T H C  
G T K O I X Y E Z H C O E E N  
D V Q S A F V V A C K G R O N

FIND THESE WORDS:

- Chihuahua
- Lucy
- Corgi
- Paws
- Dalmatian
- Pug
- Dog
- Puppy
- Flynn
- Retriever
- Great Dane
- Therapy
- Husky
- Treats
- Ball
- Beagle
- Bulldog
- Labradoodle



COMIC RELIEF



Comic by Larissa Northof



*my* OFFICE

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