

NAIT NUGGET

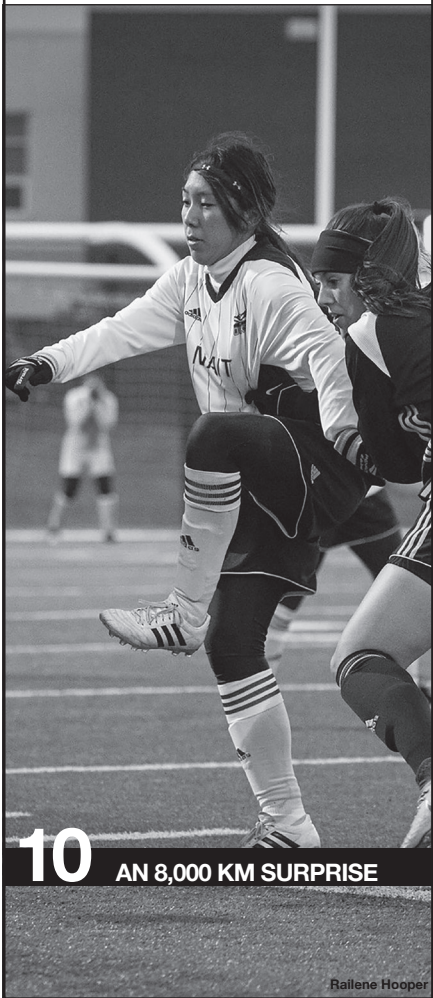
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Railene Hooper

NAIT students will see tuition increase



Noah Ference

By **NICOLE MURPHY**

Alberta post-secondaries are now allowed to increase domestic tuition up to seven per cent each year for the next three years starting in 2020. The policy for international students is that they are told how much their entire education will cost when deciding on a post secondary institution.

Alberta schools were on a tuition freeze that lasted from 2014 to 2018 under the former government.

“The freeze was not sustainable. We were told that having the freeze would increase accessibility, but the numbers disagree and if you look at the most recent report you can see that enrollment is actually down,” said Minister of Advanced Education Demetrios Nicolaides.

Minister Nicolaides wants to make it clear that the provincial government wants post-secondaries to look at cost savings within administration before going to students.

“I’ve asked institutions to look first and foremost at finding savings in administrative costs and in areas there may be duplication or redundancy to minimize the impact on the students and the quality

of instruction as much as possible,” said Nicolaides.

To oversee this process the institutions must provide a Budget Impact Plan by Dec. 2 to the Minister of Advanced Education where the government will look over proposals.

NAIT’s Students’ Association is also keeping close tabs on decisions that are made by NAIT.

“We (NAITSA) have booked a couple meetings with administration to get an idea of how they are moving forward and make sure we question them if we see they are not being accountable. If they are not being accountable we are more than happy to go with our lobby group to the Advanced Minister,” said Aleksandra Jarugal, VP External.

NAIT currently has one of the lowest tuitions in Alberta and because of the freeze, the institution has not been able to keep up with the consumer price index (CPI).

That being said, NAIT has already confirmed that international students tuition will increase by 10% starting in Sep.2020, and NAIT has declined interviews to all media until further decisions are made.

NAIT Press Release:

We will be working through the details of the budget in the days and weeks ahead to fully understand what this means for us. For our current fiscal year (2019-20), our total provincial funding will be reduced from \$194,132,683 to \$182,588, 832, a decline from last year of \$11,543,851 or 5.95%. This includes reductions in our Campus Alberta Grant (down 2.6%), the Apprenticeship Technical Training Grant (down 5.1%) and elimination for this year of Infrastructure Maintenance Program funding of \$6.385 million.

The decrease in funding puts significant pressure on us. NAIT has a strong record of financial stewardship and remains committed to operating in the most efficient way possible. We’ll continue to work closely with government to ensure we continue to provide the foundation for outstanding careers while meeting the polytechnic needs of the province today and into the future.

A very positive note in the budget was the transfer of dedicated monies (\$30 million) toward the purchase of the Blatchford lands. We are very grateful to the government for fulfilling this commitment.

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

The NAIT Nugget

Mission: "Our purpose is to give students the opportunity to take intelligent risks in order to educate & entertain their peers."

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Post-secondary takes a hit in provincial budget

By ERYN PINKSEN

The provincial government announced its budget in October and the operating budget for advanced education will be reduced by \$200 million.

Institutions have been advised to cut costs to administrations before increasing tuition, but they are required to make cuts for this current fiscal year to meet the reduction.

"What we're really concerned about is that I know the government highly recommends the institutions rethink their costs and reduce their administrative costs," said Karen Velasco, NAITSA President. "But without really requiring it, we're just concerned that the services and supports for students will be impacted."

The tuition freeze is coming to an end with a cap of seven per cent each year for the next three years at each institution's discretion.

Students Associations across the province

are concerned about the potential 21 per cent forecasted increase.

NAIT will see an \$11 million cut to the operating budget of this current fiscal year and reductions to the Campus Alberta Grant, the Apprenticeship Technical Training Grant and a drop of \$6 million in this year's infrastructure maintenance funding.

At this time, NAIT has declined any interviews regarding the budget and has released a statement.

"The decrease in funding puts significant pressure on us. NAIT has a strong record of financial stewardship and remains committed to operating in the most efficient way possible. We'll continue to work closely with government to ensure we continue to provide the foundation for outstanding careers while meeting the polytechnic needs of the province today and into the future."

--Statement from NAIT administration.

The Summer Temporary Employment

Program (STEP) is eliminated as well and students across the province have been voicing their concerns online about the loss of this program.

A few programs and grants will see an increase in funding. The Women Building Futures program will receive \$10 million and \$2 million was announced for Skills Canada Alberta, both will be administered over four years.

The student loan interest rate is set at prime (currently 3.95 per cent) and it will be increased to prime plus one. This will not only influence future loans, but those currently in repayment as well.

NAITSA stated they are working with NAIT administration to ensure that administrative cuts are found before increasing tuition or making cuts to student services.

More information is expected in the coming weeks with details on the plans to cut costs.



Noah Ference

Student project honours Remembrance Day

By JONAH PETERSON

One program at NAIT decided to find a way to keep students incorporated and engaged in Remembrance Day.

Last year, Carmen Schnirer, the Interim Academic Chair of Graphic Communications, asked students to create a banner for Remembrance Day that included the phrase “NAIT Remembers”.

Two designs were selected and put on display around the NAIT campus. Carmen says those same designs will be up again this year, allowing the new students and staff a chance to see them as well.

“We just felt that this was something that wasn’t being recognized,” said Schnirer. “With all the other holidays and events going on, Remembrance Day is often forgotten about.”

The project was given to students in their Design Fundamentals class. The idea was given to Schnirer by the former chair of the program. She liked the concept so much that she wanted to try it out with her own classes.

The goal of the project was to get students familiar with a style of graphic images and using them at proper resolution, while getting them involved with NAIT’s recognition of Remembrance Day.

“The students really enjoyed it. I think they put a lot of work into this. We were even surprised, but they found this very important,” said Schnirer.

“It’s part of our history. Just like the cliché says ‘Those who don’t know history are doomed to repeat it.’ I think that’s why we observe Remembrance Day every year; to honour veterans but also to ensure we learn from it and not go down that road again.”



REMEMBRANCE DAY SERVICES

Remembrance Day Service at City Hall

Mayor Don Iveson will attend, service to be led by the commanding officer for the Loyal Edmonton Regiment. Seating begins at 9:45 a.m. Service goes from 10:15 – 11:30 a.m.

Armistice 100 Tribute at the Alberta Legislature

Located at the Capital Plaza on the Alberta Legislature Grounds. Events: 21 Gun Salute at 11 a.m., Armistice 100 Tribute Ceremony from 1 p.m. to 2 p.m., Exhibits and events from 12:30 p.m. to 4 p.m.

Remembrance Service at the Butterdome

Service begins at 10 a.m. located at the University of Alberta Butterdome (11440 87 Ave).

Remembrance Day at the Calder Cenotaph

Service begins at 10 a.m. located at the Northwest Seniors Centre (12963 120 Street).

West Edmonton Mall Remembrance Day Service

Service begins at 10 a.m. located at the Ice Palace in West Edmonton Mall.

Ceremony at Beverly Cenotaph

Service begins at 9:30 a.m. at Maranatha Christian Reformed Church (11907 47 Street). Attendees will march to Beverly Cenotaph Park (4001 118 Avenue).

Ceremony at the St. Albert Cenotaph

Parade begins at 11 a.m. located at 5 St. Anne St., St. Albert.

Mawji Centre: entrepreneur resources for NAIT students

By MAHMUDA SHEIKH

The Mawji Centre is a resource and support centre for entrepreneurial spirited students from all departments and is not exclusive to business students.

Cecile Wendlandt, the director of the centre explains that they help students come up with ideas if they are interested in entrepreneurship. Outside of entrepreneurship, Wendlandt also encourages any student to learn how to market themselves.

"Having the skills to make a good pitch is helpful for everybody," said Wendlandt.

Their next event on Nov. 13, titled 'The Perfect Pitch', is designed to help teach students on how to craft a perfect pitch. This can involve anything from business ideas, leading a team at work, looking for a job or in any situation where someone needs to pitch their capability, merit or ideas to an employer, investor, etc.

This event is also intended to prepare students for the Student Pitch Competition coming up on Nov. 26 with \$8,000 in cash prizes for students.

The Mawji Centre also provides one-on-one coaching. Students can create and prepare their ideas to meet with one of the three Entrepreneurs-In-Residence who work in the industry and provide guidance

and mentorship.

"We take [students] through all the steps they need to go through: from 'I have an idea' to being ready to start a business," said Wendlandt.

Such support is provided in various ways including workshops like "Craft a Pitch", hosting speakers from the business and entrepreneurial industry and their Entrepreneur In Residence program.



TechLife

EDITORIAL

SOLDIER ON

By ISABELLE MARTEL
Assistant Editor

If you've ever had the opportunity to meet me in person, you would likely take notice of my many tattoos. One of these tattoos being the iconic Bluenose ship, which is featured on our Canadian dime. I got this tattoo in honour of having been born in Nova-Scotia but by the time my third birthday rolled around my family was settling into my fourth city and third province.

Life was constantly changing, however, I discovered quickly once starting school that my expectations and tolerance for change were not the norm.

My father is no longer an active member of the military, however my step-dad is an active member, so the military is still very prevalent in my life. When I was born he was a navigator for the Sea Kings in Halifax, NS. Shortly after I was born, there was a plane crash in Peggy's Cove, Swissair flight 111. All 229 people (219 passengers and 10 crew members) on board were killed, making the crash the deadliest accident in aviation history for the model of plane used.

My father's squadron was dispatched for the following month to wade through the waters of Peggy's Cove collecting debris and human remains. At this point in my life, I was far too young to understand the impact an event like this would have on one's mental

and physical health or the duty my father provided for our country.

As I began to grow older and learn more about the occupations of fellow classmates, I learned that military members were often asked to do things that NO other occupation, and NO other parents could be asked to do.

Fast forward to 2011, I was once again living in a new city/province, and my step-dad was about to be deployed. Typhoon Nesat had a devastating effect on the Philippines and Canadian troops were deployed. For me, this meant another Christmas my mom wouldn't put up the Christmas tree because her partner wasn't home to celebrate.

One of the things I remember most about having a parent in the military is the time they weren't present. Always away doing things for other people but it felt like they were never there for my mom and I.

Looking back now, I am very proud of my parents and their service to our beautiful country. There aren't many people who could do what they do and there are people all over the world that are thankful.

I wear a poppy with pride the entirety of November because I know I come from a line of giving, and courageous family members. It is easy to forget what the poppy symbolizes if you have no personal experience with the military... but for those of us that have, it's impossible to forget.



Martel's step-father (far left) serving in Juba, South Sudan.

Supplied photo

CONNECTING NAIT VETERANS

By SHAWNA BANNERMAN



Christine Bannerman

“The idea of the luncheon began last year, and was centered around an opportunity to recognize and celebrate amongst those with our shared experience,” said Daerendinger. “We are a community within the greater NAIT community.”

Christine Bannerman, Supervisor of Health Services, served in the military for 26 years and has attended the Luncheons since they began last year.

“This is a chance for those that are connected through NAIT, serving, retired, regular force and re-service to get together and to remember our fallen,” said Bannerman.

“It felt good to sit and to chat with people [and] to talk about different deployments we’ve been on,” said Bannerman. “It was just interesting to share stories of how we’re connected.”

Daerendinger says the Luncheon is an informal gathering and he intends for it to stay that way.

“I am not looking to make it a big organized function,” said Daerendinger.

Bannerman says they are unsure of how many retired veterans are employed at NAIT.

“We do know there’s more out there,” said Bannerman. “It’s just about potentially putting something on our website to see if there’s more that want to connect every once in a while.”

The following are a select few of those veterans who share their experiences in the military.



Bannerman in CFB Chilliwack in 1989.

CHRISTINE BANNERMAN Health Services Supervisor

I joined the Canadian Armed Forces in September of 1989, and served over 32 years in total (regular and reserve). My career was as a Nursing Officer, and the last 18 years as a Flight Nurse. My last position was M Flight Commandeer at 426 (T) Sqn at 8 Wing Trenton. M Flight taught Aeromedical Evacuation to Canadian Military as well as international medical military personnel.

Although it took me away from my family, my favourite part of being in the

Military was ‘medevacing’ ill and injured military back to their families and homes wherever they lived in Canada.

To me, Remembrance Day means remembering those that sacrificed their lives in all the conflicts Canada has been engaged in, those that are injured and those still having difficulties today. Now that I am no longer in the Military, I am more determined to be at Remembrance Day ceremonies wherever I am on November 11.

Every year, around Remembrance Day, NAIT veterans meet to connect and build a sense of community around their shared pasts. The Luncheon invite is extended to all known past and present military members who are now staff at NAIT.

The luncheons were initiated by Dan Daerendinger, a Training Specialist with Health and Safety Services, in 2018.



Edwards at Camp Canada, Cambodia May 1993.

DAVID EDWARDS Peace Officer - Protective Services

I completed basic training at Cornwallis in 1988. I can honestly say that basic training was a complete life changer and that surprisingly enough, I still fold my clothes with precision even today!

I left the Military in 1993 as a Corporal. In 1992, I was involved with the United Nations Transitional Authority in Cambodia (UNTAC). It was the largest UN Peace keeping deployment since the Korea conflict. Forty-six countries participated in allowing Cambodia to have its

first election.

During my tour I got to experience most of the participating countries culture, including their food and traditions! My tour has provided me with a mix of unique stories that all end with me being even more proud to be Canadian.

On Remembrance Day, I reflect on the families that have served, and many who never returned home. The large sacrifice of life that was given has a very strong impact on me.



**DAN RACETTE****Mechanical Engineering Technology Instructor**

I first started parading with 8 Field Engineering Regiment in the fall of 2007. That makes it twelve years and counting of service. I am a Combat Engineer and during that time I have been everything from section member all the way up to acting troop warrant, and in a pinch I have acted as troop commander on exercises.

My favourite experience in the military has been mentoring. That made it clear to me that I wanted to teach for my civilian career. I have taught basic training a number of times. While it is always a lot of work, it is very gratifying to see the per-

sonal transformations that can occur in the candidates in such a short amount of time.

There is a long military tradition in my family, my father, and my grandfathers. Remembrance day is always a time to reflect on their work. However, sacrifice is far from limited to their generations. Sgt George Miok taught my basic training and was my friend and mentor in the military. He was killed in Afghanistan in 2009. Every November 11th I think of George, and recommit to the work that he left behind. I have no plans to stop serving at this time.

**DAVE BRYAN****CNC Machinist Technician**

I joined the military in June 1984 from the Halifax, NS Recruiting Centre and served for 24 years. I spent five years in the Navy as a Marine Engineer Mechanic and a Naval Electronics Technician. In 1989 I went to the Air Force as an Integral Systems Technician. During the span of my career, I worked in Cold Lake on the CF18 Fighter Jets, in Greenwood, NS where I worked on the Aurora/Arcturus Long Range Patrol aircraft, and in Shearwater, NS where I worked on the SEAKING Helicopter. In 2008 I was medically released. My wife was also in the military and we were sent to the United Kingdom for four years.

My favorite experience in the military was flying in the CF18 aircraft from Cold Lake, AB to Moncton, NB for a long weekend. Low level flying along the Sas-

katchewan river was amazing. You could tell how fast you were flying. Also when flying under control of the Toronto Airport they requested that we go from 35,000 feet to 16,000 immediately and the pilot inverted the aircraft upside down and nosed dived to 16,000 feet then flipped level. The G Forces were strong.

Remembrance Day has always meant a day to remember the comrades that made the ultimate sacrifice, those I personally knew and those before us in the Great Wars and all the Conflicts we have and are still involved in. My heart aches especially hard on this day. I also seem to reflect more on this day how we are honoured by the People of Canada and rejected by the Government of Canada, serving our purpose and then disposed of with very little support.

**PATRICK BACKER****Cabling Specialist – Maintenance and Operations**

I joined the military on August 7 1989 and retired August 7 2009. I joined to become a Telecommunications Linesman after my father, Arthur Backer, who was also a Telecommunications Linesman. At the time of my retirement I was posted to the 3rd Battalion Princess Patricia Canadian Light Infantry as the Battalion Line Construction Foreman and held the rank of Master Corporal.

My Favorite memory from my service is the day I returned from Afghanistan. The look of absolute relief on my wife's face to see me safe at home made the time away from my family fade away. I understood the strain of me being deployed to a war zone but the strain on the family who stays behind is often forgotten. The constant worry and stress was hard on my entire family.

My young sons were never kept from the truth about having a parent in the mil-

itary. They were told I may not come back. My wife and I never held the truth from them. Seeing them all again was a great relief.

Remembrance Day means remembering those who served this country and paid the ultimate price, paving the way for the peace and security that is sadly taken for granted today. The men and women who have fallen believed in a country and a future that was bright and glorious. It is our responsibility and duty to remember those who fell and those whose service left them injured and scarred. They served for you all.

Remembrance Day will always be a day of memories of old friends and comrades. Of our family history retold to my sons. Of speaking with the dwindling veterans of past conflicts and hearing their stories before they are lost. The children need to know the history. This is the best way to honor our military: keeping their history alive.

PATRICK O'SHEA**NDT Instructor**

I joined the military in 1979 and served 21 years. By the time I had retired, I was a Sergeant.

My favourite memory in the military was when I was posted to Canadian Forces Base Europe (CFB Lahr) for 7 years and all the tours I was involved with.

Remembrance Day reminds me, not just Nov. 11 but every day, the sacrifices that were made by the people who served our country. Some made the ultimate sacrifice which is why we have the Right's and Freedom we have today. That meaning will never change for me.

DAN DAERENDINGER**Training Specialist – Health and Safety Services**

I joined in 1992, and served for 26 years in the CAF Reserve. I was a Combat Engineer and by the time I retired had achieved the rank of Warrant Officer. I had the opportunity to deploy overseas on 4 separate occasions including 3 tours in Bosnia (98, 03, 05) and 1 tour in Afghanistan (11/12).

My favourite experiences in the military were deployments. Being on deployment presents a serious challenge to the individual soldier and to the military as a whole. Garrison duty, courses,

and field training bring their own memories. Notwithstanding being on an operational mission brings a clarity and focus to the purpose of why I joined the CAF – the opportunity to serve and better myself and the nation.

This is my first Remembrance Day out of the military. I only recently retired this year. I am looking to find my way through this transition. But I will definitely be out with my Regiment, and honour and celebrate those that came before us.



All photos supplied.

SOCCER

Women win ACAC gold

By MADISON GUMMOW

The NAIT women's soccer team will move on to nationals following their second straight ACAC championship on Oct. 27. The men's team finished the tournament with a bronze medal, bringing an end to their season.

Both the NAIT men's and women's soccer teams have had record breaking seasons in 2019. The men finished the regular season undefeated with a 12-0 record and the women finished as the top seed in their division with a record of 11-1.

The women's team set a new ACAC record in the regular season by scoring 78 goals and allowing only five against.

Both teams entered the provincial tournament as the first seed and received a bye to the semi-finals.

The women defeated their rivals, the Concordia Thunder, in a 3-2 victory securing the gold medal.

"We played great today. The girls did all of the basics well," said head coach Carole Holt.

"We also executed on our set-pieces. To get all three goals on set-pieces speaks volumes."

The men's team suffered their first

loss of the season in the semifinals to Lethbridge College. NAIT's first goal came in the final moments of the second half from Matt Zima, but there wasn't enough time for the team to catch up. They lost 2-1.

The men were able to shake off the loss and win bronze against SAIT. The game was action-packed with numerous pushing and shoving altercations as well as six goals in total. NAIT came out on top winning 4-2.

"The key to scoring goals is having a good team behind me. I can't do everything alone," says forward Matt Zima, who leads the ACAC with 20 goals.

"When I'm in front of the net don't think about missing. I always think that the ball will go in the net for a goal."

Head coach Charles O'Toole said the team came out positive and ready to play.

"The boys responded well to a disappointing result yesterday," says O'Toole.

Although the men didn't end their season with a gold medal, both the mens and women's teams had incredible seasons.

The Ooks soccer women's team will compete in the CCAA, hosted in Edmonton November 6-9.



eSports growing at NAIT

By **CORBIN ADAMS**

NAIT is doubling-down on eSports this year following the success of last year's eSports Invitational.

The League of Legends Tournament took place on October 26. Overwatch and DOTA 2 events will take place in November. NAIT Campus Recreation wants to serve a different and growing student population on campus with eSports and "non-traditional recreation programming."

Over the last decade, eSports' popularity has increased globally with around 380 million viewers in 2018. Thanks to online broadcast platforms like Twitch, Youtube and Mixer, the community behind this new type of sport has been growing at a fast pace.

Curtis Dell, the Student Recreation Coordinator for NAIT's Campus Recreation Services caught wind of this community last year when he put together the first set of

eSport tournaments on campus back in spring 2019.

For their first event in March, Campus Recreation hosted a three-title tournament that had nearly 100 participants. Most of the participants were NAIT students. Campus Recreation called the event a success.

"It's an unbelievable community of people that eSports and gaming brings together," said Dell.

"Just having that opportunity to see that, witness that firsthand, and be able to create a community and space for that community to exist and connect was important to us."

According to NAIT's IT department, there has been an increase of students playing these games on campus whether they're gaming in the computer commons or in campus clubs.

The Entertainment Software Association of Canada's

2019 Essential Facts Report stated that 61% of Canadians define themselves as a 'gamer.' Dell explained that he doesn't think eSports or games as a whole are limited to a certain group or population. Data on the types of students who play these games at NAIT is still being gathered.

When it comes to the future of the eSports community here at NAIT, Dell said that whether it's about creating an opportunity to play games casually or catering to this more competitive side like with tournaments, they will support both.

"We're trying to keep our feet on both sides of the water with that and then be able to support the holistic success of whatever that looks like."

Campus Recreation will also rely on feedback from the community to gauge how to grow the eSports community at NAIT.



Fans from 8,000 km away

By ORRIN FARRIES

For several months, Aoi Komori, a Japanese player on NAIT's women's soccer team has been on a steep learning curve: navigating her way on a new team in a new city in a new country all while learning how to speak a new language.

Hailing from Naruto, a city on Shikoku island in south of Japan, Komori came to NAIT determined to let her footwork and game-sense do the talking for her on the pitch and to be a part of a winning dynamic. It was to Komori's great excitement that her mother and sister travelled nearly 8,000 kilometres from Japan to visit and watch her play in the ACAC provincial championships.

"I was really happy," said Komori, when asked how she felt having her family's in-person support of her soccer pursuits.

In the regular season, Komori scored 14 goals, while gathering another seven assists, directly being a part of 27% of the Oaks scoring this year.

"She's a very talented player, technically. I would say she's probably our best technical player on the team," said head coach Carole Holt, who was awarded the ACAC North Women's Soccer Coach of the Year for the third year in a row.

Holt praised Komori's performance in the provincial gold medal final when the Oaks picked up a 2-1 win against their rival, the Concordia Thunder.

"Her game awareness is excellent," said Holt.

"She finds spaces to receive the ball, and she's brave to go in areas where she sometimes gets tackled. In the final in particular, it was a very physical game for her but she continued to make the runs and she created opportunities for her teammates just because of that work that she was doing."

With the confidence of her family, her coach, and her teammates, Komori has overcome her personal challenges and helped put the Oaks in a position to compete for a national championship.



Railene Hooper

Ooks Players of the Year

By ZACHARY FLYNN



MATT ZIMA
ACAC North Men's Soccer Player of the Year

Zima was named the ACAC North Men's Soccer Player of the Year following a season where he led the league in scoring, finding the back of the net 20 times over 12 games.

"It felt like all the hard work I put in the offseason and during the season panned out. It's a short season and you've got to take care of your body and really put in the effort," said Zima, who credits his entire team for the award.

"When you get the award, you know it's a team award, it's just given to an individual person," said Zima.

"I'm not going to get that award unless I've got a good team behind me and it's what I had this year. It's all about hard work."

Zima didn't stumble upon this award accidentally. He started setting goals before his team's first game.

"Before every season I always talk to friends and say 'I'm going for top goalscorer, there's no doubt about it,'" said Zima.

Zima, only a third-year player, plans on coming back for the next two seasons and making full use of the five years of eligibility he has in the ACAC.



Photos provided by NAIT Athletics

MARISSA WEBB
ACAC Women's Soccer Player of the Year

After five years in the ACAC and three all-conference team appearances, Marissa Webb was named the ACAC Women's Soccer Player of the Year.

Webb finished the season tied for first place in scoring with 19 goals in 12 games, and led the league in points, with 43 total. She contributed to over 55% of her team's scoring in the regular season.

Despite these statistics, she was slightly surprised to be named player of the year.

"I knew I did pretty well this year but I didn't think I would get player of the year," said Webb.

"It feels good to have it pay off after five years."

Webb says her NAIT coach of five years, Carole Holt, played a key role in shaping her to be the player she is today.

"Carole is super supportive and every year she's told me that she knew what I was capable of," said Webb.

"In my fifth year, it was all the things I've done over those five years have paid off."

While her ACAC soccer career is coming to a close following their national tournament, Webb still plans to play for local club teams as she works.

Both Zima and Webb were also named to their respective All-Canadian teams on Wednesday Nov. 6 at the CCAA soccer awards banquet.

SPORTS PROFILE

MEN'S VOLLEYBALL

By ZACHARY FLYNN



Raileene Hooper



Headshots provided by NAIT Athletics

GREG GULASH
Head Coach

"Being involved with post-secondary athletics, I've always enjoyed moving and being active and I can't sit around for too long," said head coach Greg Gulash, who played for the NAIT Oaks when he was a student, himself.

"So once the post-secondary sports were done, keeping active was something I naturally gravitated towards to help fill some of those days and help me stay in a good mental place as well."

Gulash spends most of his free time between the gym, the mountains and Edmonton's river valley where he enjoys

hiking and exploring the green space.

With the cold weather on its way, Gulash will be looking to add on some layers and transition over to winter activities.

"I also do some cross country skiing and snowshoeing. It's just bundling up and making sure you're all covered up," Gulash said.

"I think if you live in Edmonton you'd go stir crazy if you say inside for eight months a year, so finding some activities to do in the winter helps keep me balanced."

Gulash has also been a part of the Global Shapers Edmonton Hub where he's taken part in initiatives like Leftovers Edmonton where he helped transport excess food from vendors to agencies that distribute the food to people who face food insecurity.

"It's stuff I find meaningful and helps better the community. Edmonton's a pretty cool place and I like making it a little bit cooler."

MITCH LEWINGTON
The Captain

Mitch Lewington is one of many veterans on this experienced men's volleyball team. The fourth-year player moved over 13,000 kilometres from Australia to Canada to play collegiate volleyball and is looking at what could potentially be his last year with the team.

"I just like the friendships I've made here. I'd say that's the one thing I'll miss the most from this experience is the people you meet. There are always a whole bunch of people you meet every year," said Lewington.

In Lewington's first year, he needed to acclimatize to Canadian winters, as the winters back home in Australia are nowhere near as cold.

"It averages about 20 degrees in the winter back home and it's quite like fall here but it rains a lot," said Lewington. "I've definitely acclimatized to it, but I still do like the warmth better."

When he reflects on the lifestyle he has in



Canada compared to his life back home, he isn't too sure which he prefers.

"I honestly do like the snow, but I wish it snowed in -5. It's really nice and you get things that come with it like snowboarding. But it's hard to say that when I used to live five minutes from the beach. I like both Canada and Australia. It's hard to say which one I like more," Lewington said.

Lewington is taking life one step at a time and while he doesn't currently plan on returning for a fifth year with the ACAC as he is set to finish his program, he isn't making any definitive choices quite yet.

He plans on spending the summer of 2020 in Edmonton before making any final decisions of whether or not to return home.

GAI GAI
The Rookie

This year, the NAIT Oaks men's volleyball team only has one first-year player, Gai, hailing from Canberra, Australia.

Gai is one of two Aussies on the team this year and is following in the footsteps of Mitch Lewington. Both Lewington and Gai played for the Australian Junior National Development Team and when Gai began looking internationally for schooling, his coach pointed him to NAIT.

"I started to look into it and it turned out that NAIT needed a setter and everything just fell into place," said Gai.

The journey to Edmonton took Gai over 13,500 kilometres away from home and put an 18-hour time difference between him and his family. Despite this, he still actively keeps in touch with those back home.

"We always message daily and on Sun-



days (their Monday mornings), I facetime my family," he said.

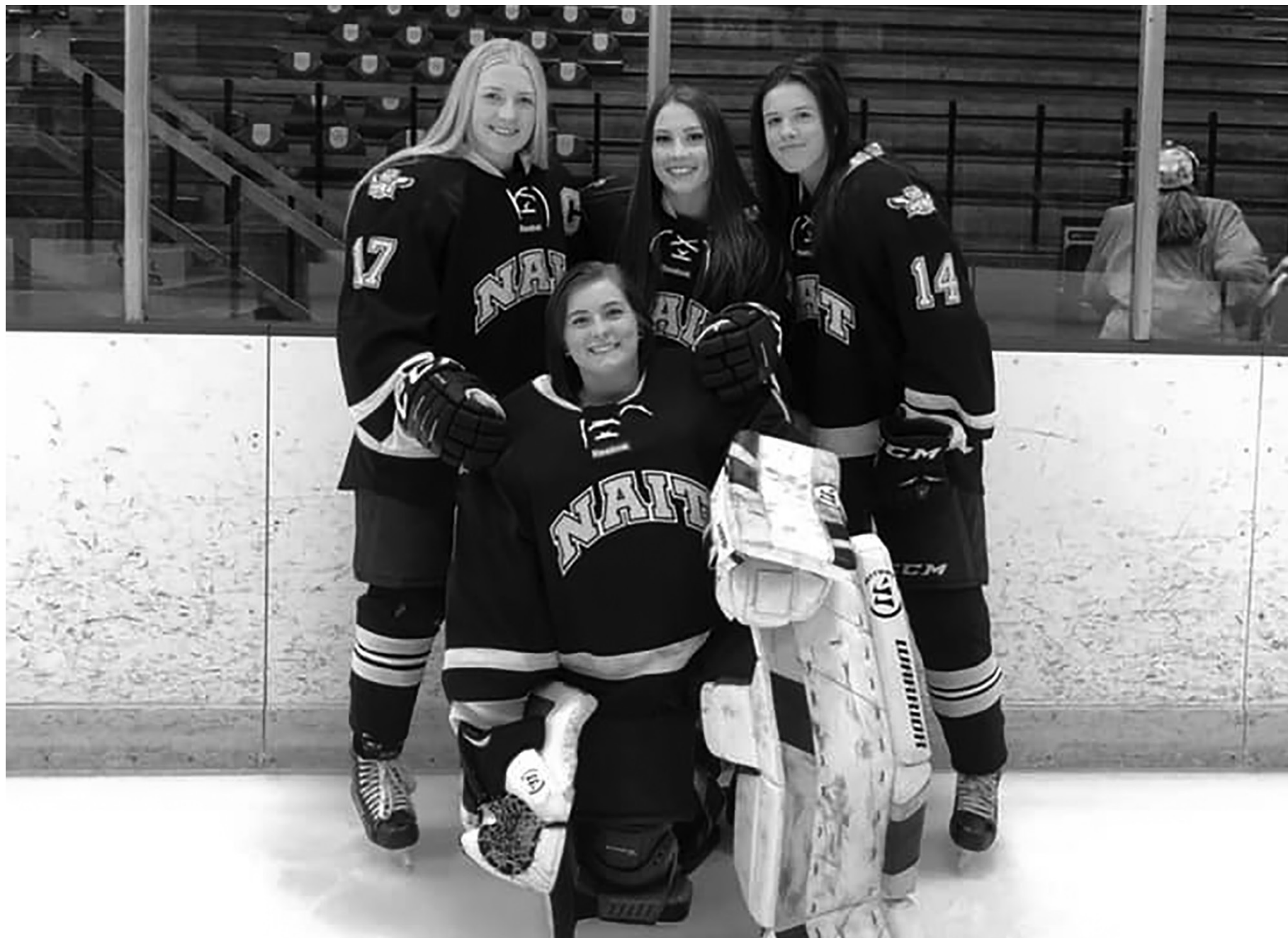
"For me, it's my first time away from home, so I'm still learning how to manage my time, cook, go to school, train and study."

Even though the move has been a challenge for Gai, he said his team has been a massive support for him.

"On the first day, the first time meeting everybody, everybody was incredibly nice to me," said Gai. "They taught me the best places in the city and helped me transition. Things like finding the best phone plan, finding the right winter jackets or looking for work... everybody's been super helpful."

HOCKEY

Live your dash: Olivia Davis



Facebook

By COLIN GAUMONT

The Ooks' backup goalie is used to making saves for others. But when life threw a shot at her in 2013, she had to make a save for herself.

At the age of 13, Davis was diagnosed with Acute Lymphoblastic Leukemia, a type of cancer in the blood. Davis went through intensive treatment for nine months and hockey had to be put on hold.

"It was scary, I didn't really understand it being so young," said Davis.

"I knew it was going to be a challenge in my life that I was going to have to overcome and I was ready to do that."

Regardless of the diagnosis, Davis knew that she wanted to work to get back to playing hockey.

"So the first thing I asked my doctor when I found out was when could I get back on the ice. That's all I cared about. Doctors told me I had to stop playing right away because my white blood cell count was so low that it was dangerous. I could get injured very easily," said Davis.

"For the first nine months, I couldn't do any physical activity aside from walking."

Looking back on her treatment process, Davis reflects on how difficult the whole process was.

"My treatment process was really complicated. I had to get nine months of really intense chemotherapy," said Davis.

"In the span of my entire treatment, I received 10 different kinds of chemo, which brought on different symptoms. The first nine months were really intense and then for about a year I would go for treatment every month."

Following her treatment process, Davis found that getting her strength back was challenging but getting back to where she was before was her main goal.

"For the first nine months I was completely wiped, not much muscle left and not a lot of stamina," said Davis.

"It took a lot of strength mentally to get back to where I was."

Davis has been in full remission since 2016, however there were times during her treatment that she struggled.

"The first few months I was really discouraged just because I saw how much I'd changed," said Davis.

"In July 2014 I lost all my hair and I was just coming off chemo that made me really weak and I was in a lot of pain. I was in a wheelchair and at that point in my treatment, I was extremely negative. I didn't want to get better and I wanted it all to stop. After a week of sulking, I realized that's not who I am and my positivity skyrocketed and that's when I started to get better."

Getting back on the ice was important for Davis after her treatment and she made sure not to waste any time.

"One month after being on the ice after my treatment I tried out for a Rep A team and made it," said Davis.

"I've always wanted to play Team Canada, which seems like a farfetched goal, but I made it my goal to make AAA and I did that. I took last year off but I always knew I wanted to play post-secondary so I emailed NAIT and they told me to come to try out and here I am."

Davis learned a lot of life lessons from her experience and others who were in a similar situation inspired her to be better.

"I learned to appreciate life more. It taught me to remove stress and drama from things I don't need," said Davis.

"I learned to appreciate every moment I'm given because it can all be taken away in less than a month. I have a tattoo that says 'live your dash', which means live life to the fullest. It is in honour of Brooke Malakoff, a big influencer in my treatment, who was diagnosed with terminal cancer and was given a year to live but she lived for four. She never complained about anything and appreciated everything she was given. I hold that very dear to my heart."

For those who may have similar challenges in their lives, Davis offers some advice.

"Don't ever tell yourself that you can't. My treatment has shown that anything is possible as I was playing hockey again nine months after my treatment. So with having the right mindset, anything is possible."



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Podcasting made accessible

By **EMILY DEVEREUX**

For a medium that has only been around a decade, podcasts have taken hold of many of our ears. According to The Infinite Dial® 2019 Canada report, 36% of Canadian adults have listened to a podcast in the past month.

Some big names are playing in the podcast pool, like NPR and the BBC, but just

about anyone can make a podcast.

“[Podcasts are] more accessible than ever before, to both creators and listeners,” said Karen Unland, creator of the Alberta Podcast Network.

Unland is a co-founder of Taproot Edmonton, a member-supported local journalism entity. Her obsession with local media also brought her to begin the Alberta

Podcast Network. The network is precisely what it sounds like: a collection of Alberta-made podcasts. They promote member podcasts and connects them with each other and sponsors.

The network launched in 2017 with ten podcasts backed by their founding sponsor ATB, and has grown to quadruple the size over the past two years.

The APN groups their member podcasts into nine categories, ranging from “business & marketing” to “stories & storytelling,” broad sampling of the kinds of podcasts that are produced in the province.

“We don’t represent every Albertan podcast, there’s lots of very good ones,” said Unland.

Podcasts can fill a lot of different roles from entertainment to education and playing a part in filling the gaps left by struggling traditional media.

“They’re not in any way set up to be a full replacement,” said Unland. “But there’s a couple of different ways in which podcasts can fill the void, or even improve upon what we used to have. We’re able to listen to more investigative journalism than ever before, because the medium lends itself to a deep dive.”

If you are looking to start your podcast,

instructions and advice for creating one can be found on the APN website. If you are not ready to invest in your recording equipment, there are some affordable options around the city. The Edmonton Public Library has sound booths at two locations that can be booked for free, and NAIT students can access two recording studios on campus in the McNally library.

For those looking for a bit more guidance, Unland occasionally runs workshops on how to start a podcast.

If you want to get involved in the local podcast community, Unland recommends signing up for the APN newsletter, which includes information about the network’s shows, quarterly podcast meetups as well as news about podcasting at large and what live shows are coming to town. Unland says that coming to events and shows is an excellent way to connect with other podcast enthusiasts.

“I hope that we can use the tiny bit of power that we have by being together as the network to encourage people to reserve a little bit of ear share for what is going on where they live,” said Unland.

You can learn about all of the podcasts on the network and sign up for the APN newsletter at albertapodcastnetwork.com.



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Reviving a historic landmark

By **SCOTT ZIELSDORF**

A local Edmonton developer is looking to breathe new life into a hotel situated in historical Whyte Avenue.

Initially built in 1891, along with the railroad, the Strathcona hotel is one of the oldest buildings in the Old Strathcona area. It's one of the last remaining full wood-frame hotels in Edmonton.

It was permanently closed down in 2018 following a fire caused by renovation work at the time. Local development company; Beljan Development purchased the hotel following the building's closure.

Nathan Raju, the originator for Beljan Development, says the company's goal is the "repositioning" or "adaptive reuse" of the building. This essentially means working with the existing structure to give it a new purpose. In this case, Beljan is planning to convert the historic hotel into a trendy new shopping destination and office space.

"Our vision for the building is to bring it back to life," said Raju.

Naturally, this is not without its challenges, given the building is designated as a "historic resource" by the City of Edmonton's Heritage Council. Meaning any would-be repurposing of the building needs to follow specific guidelines laid out by the city.

"[It's] a process of working with the city's heritage council to comply with their wishes for space," Raju said.

There are specific rules in place when it comes to dealing with heritage sites like the Strathcona Hotel (now dubbed "The Strathcona" by their project website). The Edmonton Heritage Council offers flexibility in regards to renovations but insists that "Character-Defining Elements" must be retained and included (according to the website).

This means specific elements, such as the original windows, need to be preserved when converting it to an updated space. Beljan is considering this as the renders for the project feature the original windows of the hotel.

The result will hopefully be an exciting location breathing new life into Whyte Avenue's unique culture and experience while respecting and staying true to the original spirit of the historic structure.



Noah Ference



Beljan Development

WOMEN WEEKLY

Breaking the boundaries of film

By **KARLIE MICKANUIK**

Tamarra Canu is an Edmonton based cinematographer, director and producer for film and TV. She's also a NAIT alumnus.

Canu began her journey in the Radio and Television program through the television stream. Although her initial goal was to become an on air personality, she quickly found her love for camera work and began her journey in the film industry.

Canu then became an Associate Producer at CBC Edmonton, but took some time off to pursue a freelance position as a videographer and found her entrepreneurial spirit.

"That's the beauty of freelance, you always have something on the go," said Canu.

Canu spoke of her experience working in the film industry as a woman and spoke of the lack of representation of women working behind the camera.

"I would say my experience being a women in film is

much like many of the other woman in film," said Canu. "It's very similar, I'll go on set and often I'll be the only woman on set. Which is really disappointing for me but, things are slowly changing."

She has a goal to change the gender ratio within the film industry by working with the organization, Girls in Film and TV (GIFT). GIFT aims to teach young girls how to write, shoot and edit their own films.

"I learned very quickly that GIFT was not just an opportunity for women to learn film but it was also an opportunity for women like myself to meet other women in the industry," said Canu.

Canu's latest project is called "Big things, Small towns", which is a six part series with CBC Arts. The five minute shorts highlight unique and record-setting sized objects as well as bizarre tourist stops in small towns all across Alberta.

The shorts are now available and can be found on CBC Arts YouTube channel.



Supplied photo.



Youtube: Madeyewlook

BOLD BEAUTY: CALLING ALL SNEAKER-HEADS

By PAIGE GORDON

Although it seems sneaker culture has blown up in the past few years, the sneaker culture community was established long before online shopping and Instagram.

In fact, the birth of sneaker culture can be attributed to two sources: basketball, specifically Michael Jordan, and rap music.

In the 80s there were two brands that dominated the sneaker scene: Nike and Adidas.

Nike managed to bring attention to basketball by building a whole brand around basketball superstar Michael Jordan. As the story goes Jordan was banned from wearing Air Jordan 1 sneakers during games because they featured non-regulation colours. Jordan continued to wear the shoe anyway despite facing a \$5000 per game fine.

Legend has it Nike paid the fine, using the attention surrounding the superstar a marketing opportunity. The first pair of Air Jordans were released that year to the public retailing at \$65.

Jordan set the standard for future players to wear custom made shoes, opening up a whole range of opportunities for creativity on the court and endorsement deals for players like Kawi Leonard, Kevin Durant, and Kobe Bryant. The Air Jordan influence is far-reaching,

eventually making the transition to music, particularly the rap scene.

The Beastie Boys are often heralded as Sneaker Head pioneers, influencing fans through their footwear choices for more than three decades. However, as opposed to Jordan, the BeastieBoys tended to favour Adidas over Nike.

The shoe that defined that band at multiple points in their career was the Adidas Campus. This suede model was also a favourite of the Boston Celtics.

The Beastie Boys have recently collaborated with Adidas to create a pair of vegan trainers. The shoes are made from off-white canvas, featuring grey stripes, and have the Beastie Boys logo on the tongue and heel of the shoes. The release of the shoes coincides with the 30th



Footwear News



Nike

anniversary of the Beasties' album 'Pauls Boutique'.

More recently, rap musicians are also embracing sneaker culture.

Kanye West has a huge hit that has nothing to do with music. In 2009, he launched his Yeezy shoe line with Nike, moving to Adidas in 2013. The Yeezy is creeping up on Jordan's empire in cultural and commercial performance. They have continued to be the most popular brand of luxury sneakers in the past five years.

Don't worry, even if you hate basketball and have never heard a Beastie Boys song, you can still be a part of sneaker culture. There are plenty of places in Edmonton to get those coveted Nike Airforce 1s. Foosh is one of Edmonton's most well-known sneaker boutiques carrying brands like Jordan, Addidas, Converse and more. If you are at West-Ed, be sure to check out House of Hoops by Footlocker, the Vans Store and Champs. With all these options, you are sure to satisfy your sneaker fix.

LOCAL SHOP

A cafe anomaly of its kind

By MIA HILDEBRANDT

Coffee shops are of no shortage in Edmonton, but one stands alone on 124th Street: the Barking Buffalo Cafe.

Not only are three women co-owning a coffee shop an anomaly, but they share the space with the local shop Salgado Fenwick.

“Everything came about pretty naturally” co-owner Kassie Burkholder said. “There was nowhere on 124th Street to get good coffee.”

Having two different kinds of retails in one place isn’t a foreign concept to the rest of the world, Burkholder explained.

“For Edmonton at the time it was so weird. People were like ‘what do you mean you’re going to have a retail space and a cafe?’” said Burkholder.

Nonetheless the city has embraced the concept.

“One business helps feed the other business.”

Burkholder expressed how lucky she feels to be able to work alongside other women.

“The coffee community is very accepting of all different types,” said Burkholder. She feels she hasn’t experienced the challenges to the same degree that other women have to face in other areas of the industry.

“However, we are always very conscious in everything we do to support other female businesses.”

Burkholder expressed that a unique thing about the Barking Buffalo is that they are genuinely friends with other cafe owners.

“We hope that they are successful and we want them to be successful,” said Burkholder.

She shared a story about helping someone from another cafe learning to use a new espresso machine.

“Some people would look at that and be like ‘she’s

your competition’ but I think it makes us stronger as women and as women business owners. We have to have each other’s backs.”

One thing that differentiates the Barking Buffalo from most other cafes around the city is that they don’t charge extra for alternative milk.

“We believe it’s a huge deterrent for people who can’t

or won’t drink dairy in their coffee,” said Burkholder.

In addition to giving the option of alternative milks for no extra cost, the community is what really sets this cafe apart.

“We’re very personal with the people who come in. We all know our regulars and what they drink; it’s really a community hub, especially for the neighbourhood.”



Facebook

Featuring Edmonton's gifted



Mahmuda Sheikh

By MAHMUDA SHEIKH

As a part of the Edmonton Made program, program manager Laura Masyk works with a selection panel to select around a hundred made in Edmonton products for each year’s Gifted catalogue.

“This catalogue is for trendy Edmontonians, who are interested in knowing what’s happening in the city and shopping local, tourists and corporate gifters,” says Masyk.

Released September 16th each year, this catalogue brings a brand-new collection of local products and news with each new edition. The 2019 edition features 107 products in nine different categories including apparel and accessories, food, bath and body, pets and toys. The catalogue also exhibits 10 featured stories, one per category as well as a cover story, and three featured retailers. For shoppers’ convenience each section of the catalogue features a directory of store websites, physical locations and other local retailers where their products are available.

To leverage local gifting for corporate gifters, in partnership with The YEGBox, Edmonton Made assembles two gift boxes each year that exclusively feature products from the current catalogue.

In addition to the businesses carrying featured products, most post secondaries (including NAIT’s Mawji Centre at CAT309A) and six newly partnered hotels distribute the catalogue for free.



FOR YOUR LISTENING PLEASURE ...

The Shuffle

The Pensive Playlist

Unsplash

By WILL DONEY

“Run Away” - Ben Platt

Rising star Ben Platt delivers a powerful song that is sure to tug on the heartstrings of any listener. The perfect song for any indie fan looking for a mellow song.

“Love Me Now” - John Legend

An upbeat song about loving someone before you lose them. Although Legend’s known for hits and collabs, “Love Me Now” will please any fan.



“Would You Be So Kind” - dodie

Dodie sings a fun and unique song about having the guy of her dreams fall for her. Whether it’s the incredible ukulele or the life in dodie’s voice, this song is a great listen for a Sunday morning breakfast.

“Firework” - Canyon City

One of the more untraditional songs on this playlist, Firework is mostly spoke sung. Canyon City delivers powerful, heartfelt lyrics that tell a story of love and a man’s journey to find it.

“Had It All” - Parachute

This song is a perfect example of rises and falls in your mood. The central theme fits a rainy Sunday afternoon. Still, the outstanding singing and instrumentals create an upbeat atmosphere fit for anyone jamming out.

“Dear Winter” - AJR

AJR is known for its high energy trap music fit for clubs and raves. But in their extremely underrated number “Dear Winter,” the lead singer Ryan Met sings about his future son, Winter.

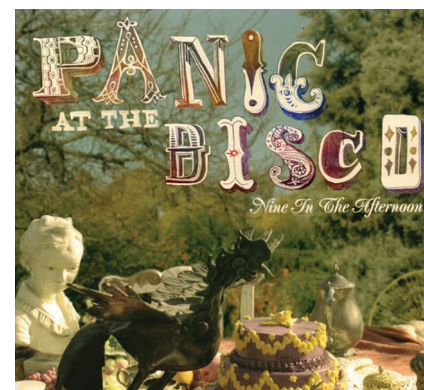


“Found Tonight” - Lin Manuel-Miranda/Ben Platt

This track dives into the world of musical theatre. The song is the lovechild of two legendary Broadway shows, Dear Evan Hansen and Hamilton. The song signifies togetherness and hope. It’s a happy and powerful song to lighten your mood any day of the week.

“New Americana” - Halsey

Who doesn’t love Halsey? In another smash hit, she stuns with her impressive vocals. Providing listeners with a message of rebellion and youth, while also delivering on another banger for the charts.



“Nine In The Afternoon” - Panic! At The Disco

A little bit of emo never hurt anyone and Panic! At The Disco fits the bill perfectly. While their new releases continue to be chart-toppers, it’s one of their older songs that makes the cut this time around. “Nine in the Afternoon” provides listeners with a robust energy-filled song sure to get you going.

“North Carolina” - Little Chief

Little Chief tells a heart-throbbing story that pulls the listener in and captivates them throughout the song. While the lyrics are heartfelt and meaningful, the song is elegant and soft, creating a sort of ambience that music lovers dream of.



LOCAL SOUNDWAVE

Grunge, grime and rhyme

By DAVID MADAWO

Hailing from the small town of Edison, Alberta, YUNG HOSS KOTU is breaking into the rap industry and is ready to make waves.

KOTU began writing at the age of 13 and hasn't stopped since. KOTU says a big aim for him is to make music with a different sound than other colleagues of his in the industry. With the help of his chief engineer Christian Art of NBF Studios, KOTU strays away from the traditional song structure of rap music today, opting to be more spontaneous and use a mix of grunge and grime towards his music.

"I like giving people what they do not know they need. I don't wanna be compared to other rappers," KOTU said.

His solitary individual and raw

energy comes from the rap artists he looks up to, such as Big L, Jay Z, XXXTentacion and Lil Uzi Vert, who all project this type of energy. KOTU brings a different wave to Edmonton rap, a wave that proves we as a city are evolving with our artists and our tastes and we want to break barriers across the board.

"I got tired of vibing low-fi beats, something like Dave Santan (featured in Netflix's *Top Boy*). When you hear his beats, they just slap!" said KOTU.

If you would like a taste of KOTU, check out "Playboi Buni" and "SAY SO", which are currently on Spotify. With a hostile, grunge, trappy, grimey sound, YUNG HOSS KOTU is an artist you have to dive into. Expect a new track, "Persian Bitches", with Moses The Prophet dropping soon.



Soundcloud

EDITORIAL

Climate activism in Edmonton

By ELIJAH O'DONNELL

Assistant Entertainment Editor

"Greta Thunberg visits Edmonton!"

"Sixteen-Year-old Climate Activist in Edmonton."

"Greta Leads Climate March."

These were the kinds of headlines I saw leading up to and after the climate protests that took place on Oct. 18. For anyone who somehow missed what happened, Greta Thunberg, a sixteen-year-old climate activist from Sweden, came to Edmonton and marched with Edmontonians from Beaver Hills House Park to the Alberta Legislature Building. They were protesting injustice done to the climate.

Thunberg being in Edmonton is of course exciting; she was the one who brought climate activism to so many people, young and old. She began a conversation, has gotten people involved and has seriously made a difference.

Nevertheless, she is a celebrity. She draws in people who would not have gone to the rally. The Alberta Legislature front fountain was packed with protesters listening to speakers on the steps, roughly 8000 of them—much more than the 4000 who attended the previous rally on Sept. 27.

The march started at Beaver Hills House Park at 11 a.m. and moved towards the Legislature, while chanting:

"Show me what community looks like.

This is what community looks like!"

"Get up, get down, keep the fossil fuels in the ground."

"Separate oil and state, stop the pipeline, stop the hate!"

"There is no planet B, the seas are rising, and so are we!"

All the while, honks and hollers from Canadian oil and gas group United We Roll could be heard from streets away.

After a few speakers, Thunberg finally took the podium. She gave a rallying speech, and everyone was loud with ideas of change in their heads.

The problem was that without Thunberg, a large part of the audience dissipated. Almost as soon as she finished speaking and the crowd stopped cheering, people turned on

their heels and left now that Thunberg, the star, was gone.

For someone who was not at the rally, this might be all that it looks like, but there was so much more.

Thunberg did not lead the march, aboriginal youth and elders did. Thunberg might have been the most prominent speaker there, bringing in people who might not have an awareness of the Indigenous issues taking place. However, every person speaking before Thunberg had something equally powerful to say.

Climate change is an indigenous issue, at least in Canada. The root cause of climate injustice can be traced back to colonialism and the settling of Europeans on Turtle Island (Canada). Ever since then, Indigenous people have been fighting for their land, and to live in a place

where food comes from the land, not factory farms, and clothing come from fields, not textile plants.

All of the speakers before Thunberg had something to say about Indigenous issues in Edmonton and Canada. Most of the speakers were Indigenous themselves, talking about the real issues they face, and that affects them. They spoke about how the education system has spoon-fed them "lies about oil booms and economic growth" and similar sentiments.

There was also a counter-protest from the aforementioned United We Roll oil and gas group. Counter-protesters crowded downtown Edmonton with roughly 50 trucks, some of which made their way from Red Deer to join the festivities.



Noah Ference



Unsplash

By EMILY DEVEREUX

Podcast recommendations are easy to come by with a quick search on the internet, but did you know there are tons of podcasts made right in our backyard? Whether you've never listened to a podcast, or are already an avid listener of the 'casts, here's a sampling of what the Alberta Podcast Network has to offer.

Speaking Municipally - Mack Male and Troy Pavlek

If you think a podcast about Edmonton's municipal politics sounds boring, I am here to tell you that you are wrong. With vegetable puns and the antics of City Council included in every episode, you can be informed and entertained all in one podcast-shaped package.



albertapodcastnetwork.com

Modern Manhood - German Villegas

German interviews people about their relationship to their masculinity, and what being a man means to them in this day and age. Essential discussions on healthy masculinity, mentorship and the complexity of navigating media can be found here. German is also the MC at Next Gen

Men's Wolf Pack YEG meetings and recordings of speakers from these events can be found on the feed as well.

Let's Find Out - Chris Chang-Yen Phillips

Have questions about the history of our city? Former Edmonton Historian Laureate Chris Chang-Yen Phillips digs into the answers alongside curious Edmontonians. The current season is focused on tackling questions about how humans and nature have shaped each other in Edmonton.

Press Start to Join - Josh Shenfield and Alan Techsmith

They sell a shirt that says, "Let's argue about Star Wars," if that gives you any indication of what nerdery you might find here. Josh and Alan talk all things gaming, media, tech and news in this long-running podcast.

This is Adulting - Jack Phavone, Danielle Newman, and Lindsay Oulton

The Adulting crew discusses issues that come up as we become full-fledged adults—things like, how to maintain friendships, attaining work/life balance and how the heck weddings and automobile tires work.

Let's Do Coffee - Presented by NAIT's Mawji Centre

I can't forget to mention this podcast, as it's produced right here at NAIT! This seasons Radio students are taking the lead in both post-production of the show and interviewing guests—either NAIT students or alumni—about entrepreneurship.

Back to School Again - Katrina Ingram

Katrina has returned to school as an adult and interviews other mid-life learners on their journeys back to the classroom. She discusses with them why they decided to return to school and how they balance their lives.

Don't Call Me a Guru - Linda Hoang

Linda is a NAIT alumni, digital strategist and blogger. (Also she founded the Edmonton International Cat Fes-

tival—how great is that?) On this podcast, she interviews other social media people about their strategies.

That's a Thing?! - Elizabeth Spencer and Karen Unland

Two generations collide as Elizabeth explains the teen culture to her mom, Karen. It's fun to listen to whether you're already meme-savvy, never heard of Fortnite or if you're halfway between knowing what's up and being clueless like I am.

Emily Missed Out - Emily Devereux and Breanne Byrne

Okay, gotta level with you—this is my shameless plug for my own podcast. I've been living in a cave and haven't seen tons of pop-culturally relevant movies. Still, my friend Breanne is guiding me through all the references, tropes, and notable people that I really should know. Don't miss out on me trying not to miss out.



Emily Devereux

You can find all of these podcasts and more at albertapodcastnetwork.com.



TAROTSCOPES

with SCREAM QUEEN B

Be sure to follow me on instagram at @screamqueenb_tarot for more readings and revelations.
For a personal reading visit www.screamqueenbtarot.com.



Scream Queen B

As we move into Scorpio Season, we're brought into questions of our personal power. Fire Signs are called to hold strong during an emotional storm that is coming to shift the ground beneath them. Earth signs will experience an influx of power and resources, whereas Air and Water Signs will be called to put their magic to the test.

SCORPIO (October 23 - November 21)

Awakening (Judgement)

This month's medicine is even more powerful for you Scorpio, calling you to reach higher, do more of what lights you up and be who you need to be. It's time to answer the call and honour the value to bring to others.

SAGITTARIUS (November 22 - December 21)

Nine of Swords (R)

As you gain a handle on your own demons, more seem to come out of the woodwork around you. Anxious thoughts or fears could be bringing the worst out in others. Tread lightly on where you aim your judgement or negativity, as it will be returned.

CAPRICORN (December 22 - January 19)

Five of Cups

When you focus on what you let pass you by or what you weren't ready for, you create a shroud that blocks your vision from the joy available to you in the here and now. Trust that anything that didn't manifest was not meant for you. Once you accept this, your positivity will usher in new life and possibilities.

AQUARIUS (January 20 - February 18)

The Queen of Swords

You have all of the information you need, now it's time to act. Trust your envisioned future and plan to move ahead. The magic of the universe is just waiting for your word - so say yes to opportunities and lead the way forward.

PISCES (February 19 - March 20)

Wheel of Fortune

A shift comes for you - up or down, depends on where you've been before. Know that both experiences are needed and valid. The importance of this time for you will be around what and who you value. Do you have a good relationship with yourself and trust in your inherent worthiness? Your life will now begin to reflect back to you what you think is possible.

ARIES (March 21 - April 19)

Page of Crystals

A messenger to watch your finances and the urge to be free with your money. You value your freedom, so honour your energy and resources as the means to ensure it. Any offers of a new job or project requires caution and contemplation.

TAURUS (April 20 - May 20)

Six of Swords & Knight of Wands

Two messengers in tandem for you this month, a signal of walking through difficult times to a wealth of creative inspiration, direction and personal vitality. Anxious thoughts, doubts and fears are left behind as you embrace the new energy - a positive shift you've been waiting for.

GEMINI (May 21 - June 20)

Four of Swords

The powers of creation may be at your finger tips, but you need time to allow the plan to percolate and unfold. Rest is a non-negotiable for you to have the energy required to put these big dreams into action. Allow this month to be soft and sure-footed.

CANCER (June 21 - July 22)

Six of Wands

This month will bring good tidings and long-expected news. You'll be feeling victorious and prosperous, likely entering into a new contract or connection with an Earth sign (or someone mindful of money) who will bring your projects or career to the next level. Accept the invitation to learn on how you can evolve.

LEO (July 23 - August 22)

Justice

The scales of balance and justice influence you now, but as you praise the ideals of integrity, truth and honesty, be warned that not everyone will appreciate your dedication to these principles. If you are the observer, keep your distance from emotional turmoil and drama. Whatever arises in yourself or others is here for healing. You may have to answer for past actions.

VIRGO (August 23 - September 22)

The Emperor

Personal power is something to embrace at this time, as you have unlimited access to energy, resources and favourable connections. A role model may direct you on how to obtain more influence. Keep an open mind on how abundance can come to you now.

LIBRA (September 23 - October 22)

The High Priestess

Your intuition is going to be your guide this month, so listen to what it has to say. You may find yourself having strange experiences of synchronicity, prophetic dreams, or be drawn to a spiritual healer. Record any inspirational thoughts as you are connected to the divine in profound ways.

BEST BAR NONE

BB

PEOPLES CHOICE AWARDS

VOTING IS LIVE

BESTBARNONE.DRINKSENSEAB.CA

We need your vote to make it five years in a row:
your Favourite Campus Bar, **The Nest Taphouse Grill**

BEST BAR NONE

BB

PEOPLE'S CHOICE AWARD

BEST CAMPUS BAR

— 2015 —

BEST BAR NONE

BB

— 2016 —

— 2017 —

BEST BAR NONE

BB

— 2018 —

AGLC DrinkSense

CREATIVE CORNER

Special
By Karlie Mickanuk

I grab the small leather bound book off the shelf and sit on my bed, the book isn't anything special but it's mine. This little journal that I swore to write in every day has lasted me way too long, years really. I almost smirk as I check the last entry, March 28, 2019. Jeez, it's been months since I've written in it. This little diary has seen all my darkest moments, all the break ups, all the hard times throughout the years but never really any of the good moments in my life. That might have sounded depressing but it's the only thing that I know will make me feel better.

After a quick flip through I decide against reliving all the teenage angst I've experienced and turn to a new page ready to continue the theme of my journal.

'Dear diary...' "no that's so stupid," I giggle as I write the childish phrase down.

A buzz from my phone stops my hand as I go to erase the pencil marks on my paper. The same pang of anxiety I've become used to washes over me, "It wasn't him" I think to myself, just a text from mom. I can't tell if its relief I'm feeling with the fact that he hasn't tried to talk to me since things fell apart, or is it the burning wish he'd reach out.

Against my better judgement my finger jumps to his contact and I begin drowning in our old texts, our old conversations, I miss him so much, all the times I cried over him, all the times he made me feel special. Months of my life I wasted chasing my high school sweetheart, so many dreams and hopes for the future

crushed by one single text. Thoughts of a wedding dress still dance in my dreams... so much for my special day.

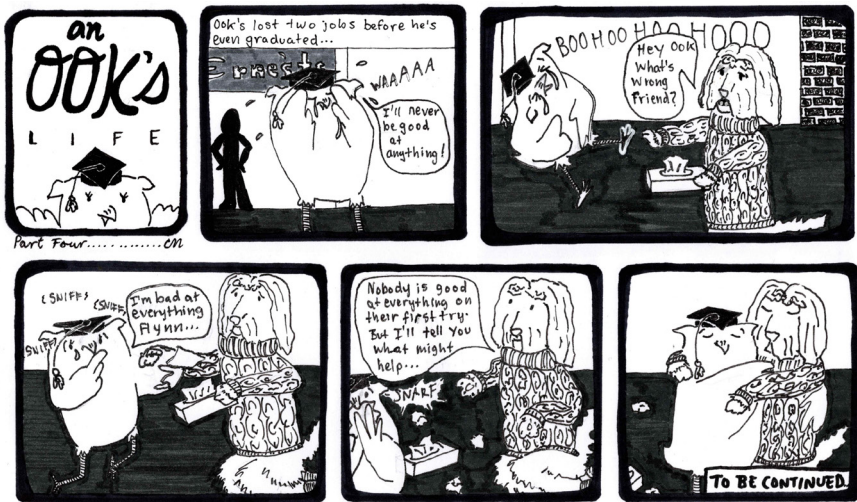
As the tears once again begin to fall I glance at my diary. The pages have little droplets on them and the 'Dear diary' is almost unreadable. "Now this is stupid!" I say aloud and wipe the tears from my eyes and begin to write.

For months I've cried about someone who really didn't care about me, he never actually wanted a future with me, he only stuck around me when it was convenient for him. He did make me feel so special but that was only because I always initiate conversations with him. If it wasn't for me we would never have talked, become friends, hung out, I wouldn't have fallen in love if it wasn't for my "need" to talk to him. But he made me feel so special...

I stop writing and feel the anger within me start rising. It was never him that made me special it was always me. I press my pencil hard into the pages.

I was special before wasn't I? He wasn't there my whole life, he wasn't there all the times I smiled. He never defined me before I met him so why did I think I couldn't live without him? It's stupid! In the months of chasing him around I lost my self worth, I forgot how special I really am. How special I will always be with or without him.

I sign off on my journal and walk it back to the bookshelf finally breaking the trend my usual entries followed. With a new found confidence I walk out of my room to make a cup of tea and hang out with my roommate.



Celia Nicholls



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

- ACORN
- APPLE
- ARMISTICE
- CIDER
- COLD
- COLOURS
- CORNUCOPIA
- CRANBERRIES
- CRISP
- CRUNCH
- DARK
- DECIDUOUS
- EQUINOX
- FALL
- FLYNN
- FOOTBALL
- FROST
- GOURD
- HALLOWEEN
- HARVESTMOON
- HAYRIDE
- HIBERNATE
- HOOT
- HOTCHOCOLATE
- JACKET
- JACKOLANTERN
- LEAVES
- MITTENS
- NOVEMBER
- NUTS
- OCTOBER
- OOK
- OWL
- POPPIES
- PUMPKINPIE
- RAKE
- SEPTEMBER
- SQUIRREL
- THANKSGIVING
- TOQUE
- TURKEY
- VETERANS

Celia Nicholls

The Mind
By Will Doney

This never-ending nightmare,
A labyrinth of death
Lost within these broken walls
Shall be my final breath

The words you last had spoken
Cast me into this descent
For now, I can do nothing
But grieve as I repent

And thus, these thoughts shall stay
In the shadows of my mind
Forced into submission
From a love I could not find,

So I shall stay my path
Within this labyrinth of stone
Broken and abandoned,
Forgotten and alone.

Solutions
Easy

6	2	4	6	1	3	8	7	5
9	1	3	8	7	5	9	2	4
1	3	8	7	5	9	2	4	6
5	9	2	4	6	1	3	8	7
2	1	7	5	9	2	4	6	1
4	6	1	3	8	7	5	9	2
8	7	5	9	2	4	6	1	3
3	8	7	5	9	2	4	6	1
5	9	2	4	6	1	3	8	7
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4	6	1	3	8	7	5	9	2
8	7	5	9	2	4	6	1	3
3	8	7	5	9	2	4	6	1
5	9	2	4	6	1	3	8	7
2	1	7	5	9	2	4	6	1
4	6	1	3	8	7	5	9	2
8	7	5	9	2	4	6	1	3

Medium

3	4	6	8	7	5	9	2	1
1	8	6	3	5	7	2	4	9
5	7	2	9	1	4	6	3	8
9	6	7	4	8	3	5	1	2
5	1	4	2	8	3	9	7	6
8	2	3	1	6	7	9	5	4
2	9	1	7	8	3	4	6	5
4	3	5	6	9	1	2	8	7
6	7	8	4	2	5	1	9	3

Hard

8	3	9	5	2	4	7	1	6
5	9	6	7	8	3	1	2	4
1	2	4	6	9	7	5	3	8
4	6	9	3	1	2	5	7	8
6	4	7	8	3	1	2	5	9
7	2	1	4	5	6	9	8	3
3	6	7	1	4	5	6	9	8
2	4	6	9	8	5	7	1	3
8	7	1	2	5	4	6	9	3
9	8	6	2	4	7	1	5	3

Easy

			3			8
	4	5	8			
	3		9	5		1
		7	6	2		
6	9			3	7	
		9	7		3	6
4	2					3
			4			7
			1	6		2

Medium

	6				8	
7				9	3	
5	4	3	7			2
		7			2	
9		6	2	4		5
	1	3				6
				6	2	7
			5	9		
	5					

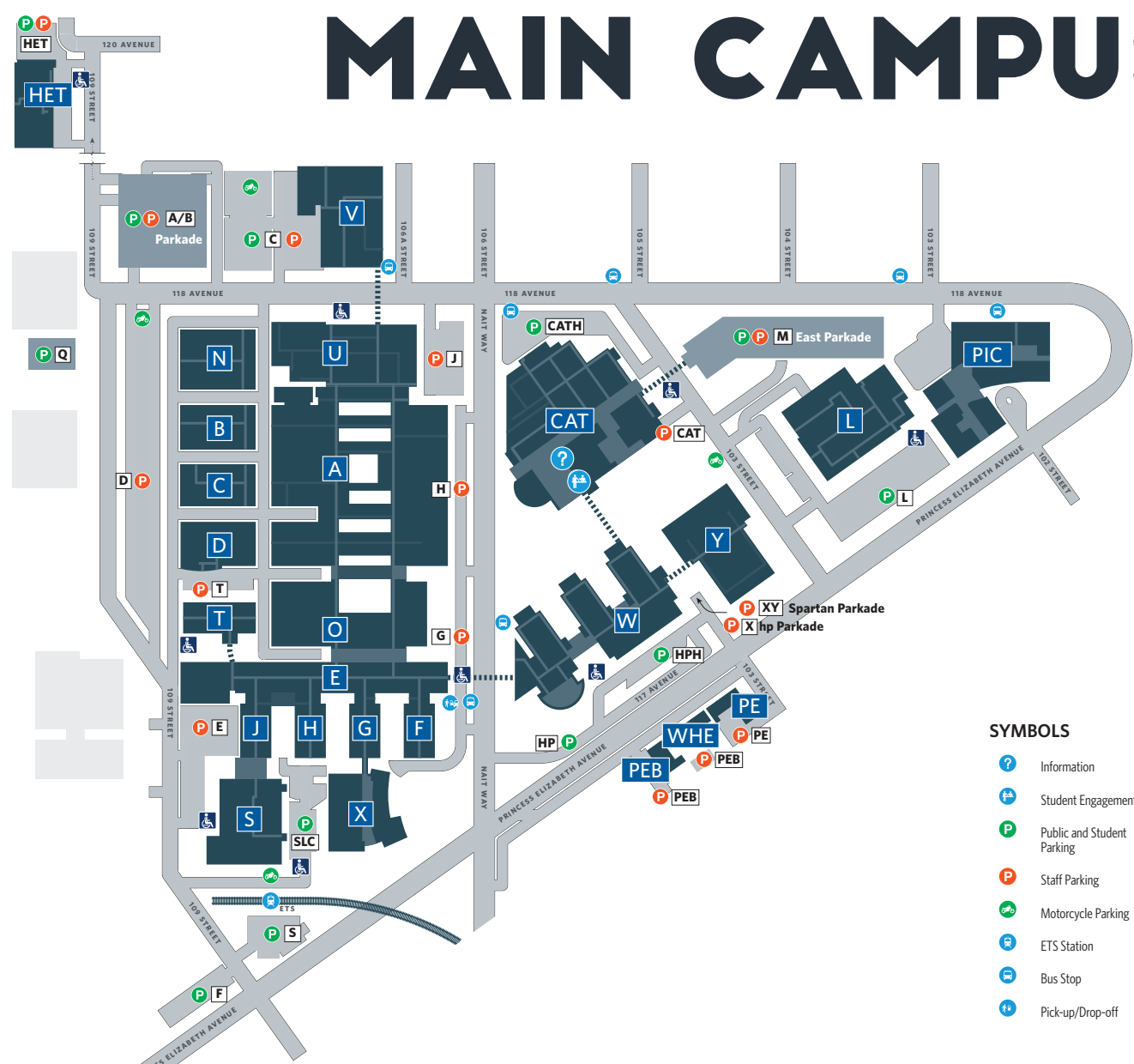
Hard

1	5		7	2		8	9
		9		1			
		6				7	
	2			1			3
	6	4		9	3		2
		2				4	
	5			6		1	2
	2		3				5
1			2		9		8



Celia Nicholls

Word Search Solution



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

OFFICES AND SERVICES

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

- | |
|--|
| 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 nait.ca for most current information.