

NAIT NUGGET

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NO E-SCOOTERS
AT NAIT

NAIT FIELD
UNSAFE?

**ROGUE
COFFEE**

MORE THAN YOUR AVERAGE CAFÉ

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New vaccination
covered in health plan

By ERYN PINKSEN
NAITSA’s student health plan now covers Gardasil 9. The executives made the adjustment to the health plan after an increased number of students were requesting coverage of this vaccine.
Gardasil 9 protects against the human papillomavirus (HPV).
Haley Pickard is the Benefit Plans and ESTL Coordinator at NAITSA and she explained that this was an adjustment to the plan to replace the previously covered Hepatitis B vaccine.
“We saw a lot of international students coming in requesting [Gardasil 9] and we didn’t have it up until this year,” said Pickard. “We noticed how frequently people were coming in requesting it.”
Many Canadian junior high schools offered the Gardasil vaccination to women under the age of 14, but it was not offered to men.
Anyone who has received vaccinations in Alberta can contact Alberta Health Services to receive a copy of their vaccination record.

After the age of 14 the vaccine must be administered in three separate injections rather than two. Gardasil 9’s vaccines are administered two months and five months apart and each are approximately \$150.
“We have coverage for students that begins September 1st and goes to August 31st and whatever is on the plan is what they get,” said Pickard. “We can ask the brokers with any questions throughout the year.”
NAIT Health Services has partnered with other post-secondaries in the city to allow nursing students to complete pop-up education and awareness activities for their program. On Thursday, MacEwan nursing students will be set up outside of Common Market to promote awareness of HPV and Gardasil 9. Throughout the year there will be pop-up awareness sessions set-up at NAIT from nursing students across Edmonton.



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

NAIT acquires Alberta's first ambulance simulator



Leigh Kovessy

By CELIA NICHOLLS

NAIT is the first institution in Alberta to acquire a complete high-tech ambulance for the Advanced Care Paramedic program.

The simulator was custom built for the school of Health and Life Sciences at NAIT by Canadian company, SimLeader. The company also creates other high-tech simulations, including flight and combat training.

The chair of the Advanced Care Paramedic program, Michael Christian, said it places students in the most realistic ambulance environment they'll experience outside of their practicum placements.

"It is a really awesome piece of equipment," said Christian. "This is exactly what an ambulance here in Alberta would look like. It's the same kind of configuration of the seats, dimensions are exactly the same, same equipment, everything."

The new technology changed the course delivery and has distinguished NAIT's equipment across Canada. The simulator unit, with the exception of a prominently placed NAIT decal, looks exactly like a genuine full-scale ambu-

lance parked in the EMS lab on the ground floor of the CAT Building.

"[The program has] changed in terms of the excitement level and the realism," said Christian. "The realism is what we can now capture. It's really ramped up the excitement level because it feels like you're really transporting somebody."

Yet this convincing exterior conceals a complex and immersive multimedia infrastructure, including a motion platform that replicates the sensation of road travel. It has windows with screens that project video of passing scenery and the flashing lights with siren sounds that everyone associates with emergency response vehicles. It can reproduce the experience of travelling from NAIT to the University of Alberta Hospital, down to a familiar series of bumps and jolts from the long run of potholes on 109th street.

"Some people feel very claustrophobic in here, some people are sensitive to smells and motion," said Christian.

A major benefit of the simulator is that it gives students the opportunity to experience what their day-to-day would look like and get the chance to see if this pro-

fession would be suitable for them.

In the end though, the simulator is only part of the equation. Christian said you don't need an ambulance simulator to be a good paramedic.

"You can learn those skills in other ways and there's different applications to them, because of course not everything we do is in the ambulance," said Christian. "That's our mode of transport, it's our work environment, but to be honest, we do most of our work in people's homes. We do most of our work on the street corner."

Christian highlights how the most essential part of the program are the people involved and the personality traits required to excel.

"They have to be compassionate people," said Christian. "They have to want to be there for people, to help people. So we're looking for really compassionate and caring kind of people naturally."

The staff is made up of paramedics and working professionals in the advanced care industry. With long learning hours, clinical work time and a unique simulator, Christian credits this program to NAIT's commitment to student success.

No e-scooter zones at NAIT

By ERYN PINKSEN

NAIT is no longer a zone for Lime scooters. Scooters are not permitted on private property as defined by the e-scooter bylaw with the City of Edmonton and NAIT has been removed from Lime's interactive map.

Protective Services Manager, Darrin Kirk, explains that Lime brought e-scooters to NAIT and included the area as a zone without NAIT's permission.

"NAIT's Main Campus and satellite campuses are considered private property," said Kirk. "NAIT has not granted permission to either of the two vendors (or their users) to operate on NAIT property."

After their launch on Aug. 17, Kirk attempted to contact Lime the following Monday. He made contact with the operations manager on September 3 and received confirmation that NAIT property would be removed as a 'hotspot'.

"We discussed NAIT's current position as a private property owner to prohibit e-scooter use on NAIT property," said Kirk. "[Lime] understands NAIT's current stance and has already taken efforts to inform [its] contracted Lime support staff, aka: 'juicers', that e-scooters are not to be parked on NAIT property by his staff."

NAIT is now a no park or ride zone and Kirk has seen less scooters on campus, but there is still the occasional e-scooter around.

Lime Technology Inc. and Bird Canada Inc. are the two approved e-scooter vendors that are regulated by the City of Edmonton. The scooters can only be operated on City property in bicycle lanes, shared-use paths and roads with a speed limit of 50 kilometres per hour or less.

E-scooters are not permitted on sidewalks, park trails or roads with speed limits greater than 50 km/h. They are also not permitted on private property without permission.

Outside of the zones scooters will drop from 20 km/h to eight km/h.

Any non-emergency issues regarding e-scooters operation, parking or abandonment on NAIT property can be reported to Protective Services at 780-471-7477.



Unsplash

International centre: for all

By MAHMUDA SHEIKH

The International Center provides a safe space, resource base and a networking platform for all new and continuing students at NAIT. This includes international and domestic students, as well as permanent residents.

Dishant Gera is a NAIT international student and a Peer Mentor at the centre. Gera explained that these programs are offered by the centre to help support, connect and integrate students.

The centre is starting an event called Conversation Circles. Career experts will lead workshops about writing resumes, cover letters and LinkedIn profiles. They will also provide workshops for study and work permits, and answer permanent residency questions.

"I feel like there is a need for the [students] to participate in the Conversation Circles," said Gera.

Gera is concerned about international students not learning enough about the

city and local culture due to a lack of participation in the services and programs. He hopes that students will take part in the lounge and study spaces to meet other people and be involved in the NAIT community.

"The International Centre is believed to be just for the international students," said Gera. "The name comes from 'inter' and 'national', meaning people from different nations, not just people from outside this nation or people of official international student status."

The International Student Centre is hosting student meet and greets throughout September and October where students will be introduced to international student advisors, peer mentors and the International Centre's services and programs.

Gera also highlights how the centre helps international students adjust to their new life as Edmontonians by coordinating site visits around the city and providing year-round volunteer opportunities.



Students socialize in the International Centre

Mahmuda Sheikh

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SUN | OCT 6 🍁
12 PM – 4 PM

MON – WED | OCT 7 – 9 🍁
10 AM – 10:30 PM



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BRING PHOTO ID OR CONSULT [ELECTIONS.CA](https://elections.ca)



Photo provided by Sarah Melenka

Former Ook wins bronze at ParaPanAm games

By JOSH HUI

Former NAIT Ooks volleyball player, Sarah Melenka, was in Lima, Peru for the ParaPanAm Games, helping the sitting volleyball Team Canada win a bronze medal this summer. The team finished one match short of their ultimate goal of qualifying for the 2020 Paralympic games in Tokyo, Japan, but they were proud of how they finished the tournament.

“Lima was absolutely amazing. You hear about the ParaPanAm Games and then the Paralympics coming the year after and you think that those people work for years for that competition and yeah, that’s literally what you do... It was my first game in a pressure situation that meant something like that,” said Melenka.

Melenka and the sitting volleyball team will shift their focus and begin training for the 2020 Paralympic Games Final Qualifier in March. Melenka is confident that Team Canada can make use of their last chance to secure a spot in Tokyo next year.

“I thought about it a few times while we were in Lima... I was thinking: ‘Holy man, I can almost say I’m a Paralympian. I can also say I’m a PanAm medalist.’ I’ve worked my butt off for it,” said Melenka.

Melenka played for the Ooks for two years, but started her career playing volleyball throughout junior high and high school along with some club volleyball close to her hometown of Vegreville.

“It kind of came out of the blue where I thought, ‘yeah, I could play this as a student athlete, go into post secondary and see what I can do with that,’” said Melenka.

Midway through high school, she feared she might not be able to play volleyball at all. Melenka shined on the court despite battling a constant pain in her legs, having to rest and ice them after every game. No doctor could figure out what she was dealing with.

Melenka spent a year going through tests and pain which left her unable to walk or even sit down at times. She was diagnosed with compartment syndrome in her legs, an uncommon condition where Melenka’s muscles and connective tissue work against each other, leading to poor blood flow, severe pain, feelings of tightness and weakness.

“There were days where I was crutching to school because I was in so much pain. My massage therapist would place two fingers on my leg and I would be white knuckled and in tears,” said Melenka.

What was supposed to be a routine surgery to help alleviate the pressure in her legs turned into an infection that could have cost her leg. After 10 surgeries and a skin graft, her leg was saved by doctors despite the fact that she lost 30% of her muscle.

After a month in the hospital, Melenka couldn’t wait to return to her active lifestyle, building back some of the muscle she lost. She returned to volleyball and it was almost like she never left. She got an opportunity to attend a spring camp hosted by NAIT and the chance to be coached by the Ooks’ women’s volleyball players.

“I got a good word in from them, and then when I emailed [head coach, Benj Heinrichs], it was kind of fast,” said Melenka. “He invited me out to a training session and I got signed that night. I think he saw something

in me that worked.”

Heinrichs said that Sarah showed a unique work ethic and gratefulness playing the game that separated her from other players. Melenka’s first year at NAIT didn’t go as she had planned. Melenka sat out her entire first year as an Ook, but she was still feeling motivated to stay active.

“Thank goodness for the NAIT athletic therapists. As much as I hated them at the time for not letting me play, I would go back and give them all hugs,” said Melenka. “I probably would have injured [my legs] more.”

She thought about trying sitting volleyball as a way to keep her skills sharp for when she could return to playing. Melenka found out that the team trains in Edmonton and went to a few practices.

“I thought: ‘Oh my gosh, I’m meeting team Canada people, this life is amazing,’” said Melenka.

Melenka later discovered that everything she went through qualified her to play for the team. After trying out, just like at NAIT, she made the team very quickly.

She then helped Team Canada finish sixth at the 2018 ParaVolley Sitting Volleyball World Championships. Melenka was not only adjusting to a new sport, but a new position too. She played outside hitter for the Ooks but is now been tasked with an increasing role as a setter for Team Canada.

“It’s been a huge change... just being on the court versus being a more active role on the court and someone who has to speak every single rally,” said Melenka. “There’s a special vibe around the team, every cheer, we’re cheering for Canada because we’re playing with the maple leaf on our shirt every single day.”

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2019/2020

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FOR MORE INFORMATION, VISIT [NAITSA.CA/ELECTIONS](https://naitsa.ca/elections)

NAIT field “not safe”

By ZACHARY FLYNN

NAIT’s first four home games have now been moved to Strathcona Athletic Park in Sherwood Park, east of Edmonton. The move is due to safety concerns surrounding the deteriorating NAIT field.

The summer weather and seeding issues were a couple of the factors that led to dips in the playing surface and sodding issues. Work was being done on the field to have it ready for the beginning of August, and then for the beginning of September, but leading up to the Oaks’ home opener, NAIT determined the field wasn’t safe to play on.

“It just wasn’t safe and we didn’t want to put any student-athletes at harm,” said Jordan Richey, Manager of Athletics at NAIT. “At this high level of competition with

these athletes running as fast as they are, we would hate to be the reason why someone got injured.”

The ACAC soccer season runs alongside high school and collegiate football seasons, so finding a field that was both available and met the requirements of the Oaks was challenging.

“To find a field that we could play at with stands, electricity and capable of webcasting our games, we were really limited in options there,” said Richey. “It’s not the perfect situation but our staff have done a great job of securing a field. It’s very difficult to secure a field on short notice in the middle of football season.”

This move affected 4 of NAIT’s 6 home games this season. The final two home games in October were sched-

uled to be played at Clareview Field and Emerald Hills respectively.

“We found in the last few years we were cancelling our last few games and moving to a different field anyway because we’d have snow or weather conditions deteriorating the field quickly so this year we were proactive and decided to move the final two games to turf fields where you can have snow removal and the last game will be played at Emerald Hills as a test game for our ACAC championships.”

Richey said that they looked at booking fields through the City of Edmonton, but the high demand that comes with high school football, the Edmonton Eskimos and FC Edmonton’s fall season made it tough to secure a regular field.



Photo by Railene Hooper

NAIT to host soccer champs in Sherwood Park field

By ZACHARY FLYNN

NAIT has decided to host both the men’s and women’s provincial soccer championships at The Emerald Hills Regional Park, running the two tournaments at the same time. The championship tournaments will run from October 25-27.

Traditionally, the men’s and women’s provincials had been held at different locations, but last year, SAIT decided to host both simultaneously as a pilot project.

“And us, being NAIT, said we have to do this as good or better, so we put a bid in,” said Jordan Richey, Manager of Athletics at NAIT.

Usually, a provincial tournament would consist of two games per day, running Friday-through-Sunday. With both tournaments being hosted on the same field at the same

time, four games will be played each day on the field. Richey said that although it makes for a busy schedule, feedback from last year’s tournament suggested it was worth it. He said it helps schools save money by sending all their athletes to one location rather than two, and that the athletes preferred having one larger event at a single location.

The games will be played on the FIFA II certified field. While the CCAA national championships must be played on turf, the ACAC doesn’t dictate whether or not their championships are to be played on natural grass or turf.

With the Oaks’ national qualifying record, Richey says it’s good practice for the Oaks to play on turf.

“The fact that we’re hosting this year’s championships and doing our final two games on a turf field are going to

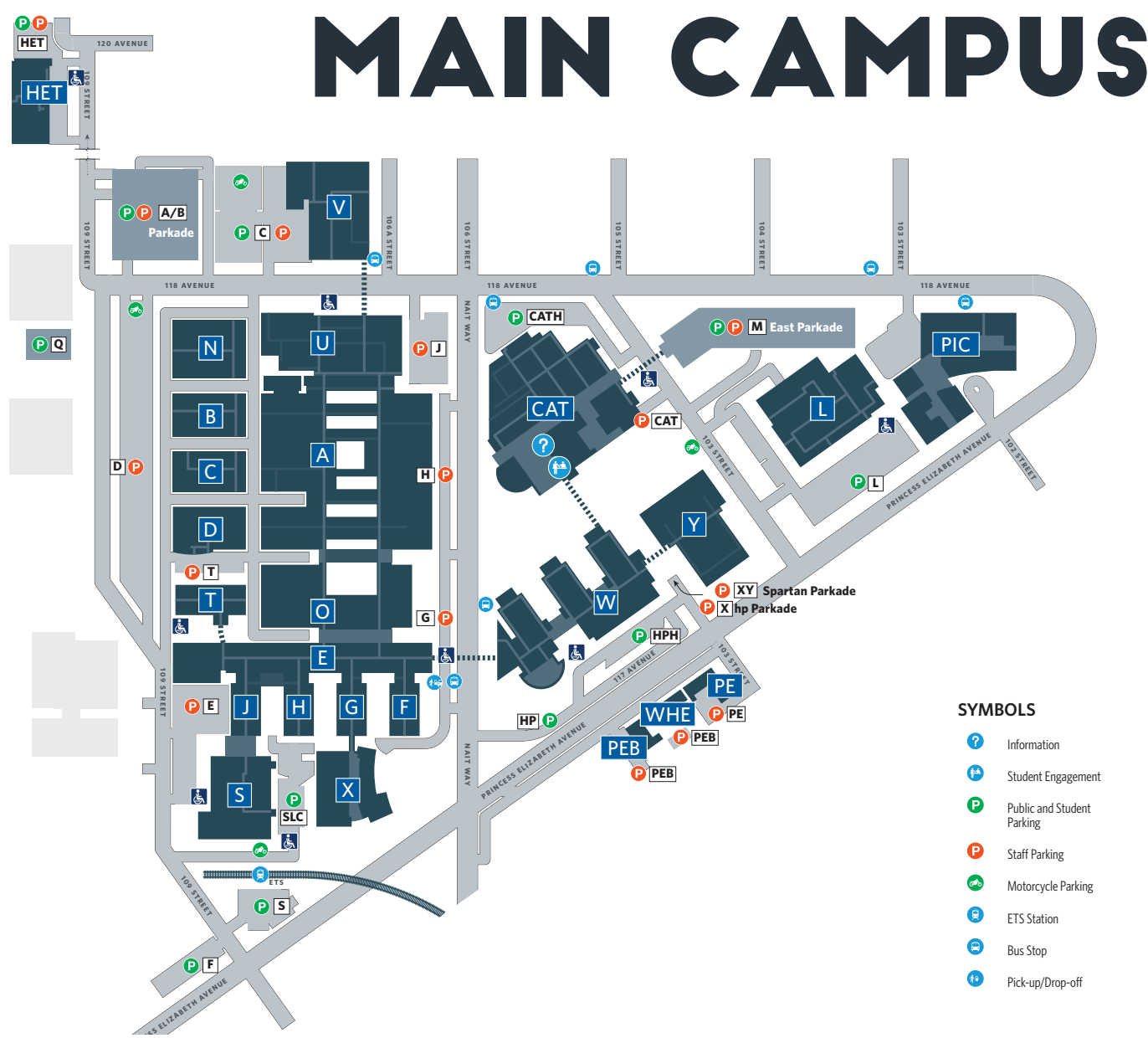
prepare them for nationals should they qualify.”

NAIT explored the option of hosting the provincial tournament here in the city, but they weren’t able to book out a field for three days straight.

“It’s strictly availability,” said Richey. “The city booking system wouldn’t allow us to book for what we needed for the championship because the priority for Clarke Stadium goes toward the Eskimos and FC Edmonton.

Emerald Hills, while it may be an extra 6-minute drive, has been host to the provincial championships in the past.

“Two years ago we hosted the men’s championship there and it was phenomenal... probably one of the best soccer championships we’ve ever seen just because their facilities are world-class,” said Richey.



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

LOCATIONS

EDMONTON
Main Campus
11762 - 106 Street nw
Patricia Campus
12204 - 149 Street
South Campus
7110 Gateway Boulevard
NAIT Distribution Centre
11311 - 120 Street

CALGARY
NAIT Calgary
816 - 55 Avenue ne

BUILDINGS

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

OFFICES AND SERVICES

- E-114 Accounting Cash Office
- S-105 Athletics
- O-117 Campus Recreation Services
- CAT-215 CAT Computer Commons
- W-111 Computer Training Centre
- W-111 Continuing Education
- W-111PB Counselling Centre
- E-121 Encana Aboriginal Student Centre
- O-119 Health Services (South Lobby)
- W-101 International Centre,
- U-310 Library Services
- E-134 NAIT International Administration
- W-203 NAITSA Computer Commons
- E-131 NAITSA (NAIT Students' Association)
- O-115 Office of the Registrar (South Lobby)
- CAT-180N Parking Office
- D-104 Protective Services
- W-111PB Learning Services
- X-114 Shop at NAIT
- O-101 Student Awards
- O-117 Student Engagement
- CAT-180 Student Service Centre
- Admissions and Enrolment Support
- Advising and Career Development Service Services
- Funding and Financial Aid Services
- Pre-Admission Immigration Advising
- Student Payments
- U-210 Student Study Lounge,
- O-117 Student Well-being and Community,
- U-210A Tutorial Services

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

SPORTS PROFILE

MEN'S SOCCER

By JONAH PETERSON



CHARLES O'TOOLE
Head Coach

Since taking over the head coaching job for the NAIT Oaks men's soccer team in 2012, Charles O'Toole has been tasked with not only improving the teams on field performance, but also ensuring his players remain focused on their academics.

"Soccer is just a byproduct," said O'Toole. "They should be here, first and foremost for their education. Their chance to play soccer is a byproduct that allows them benefits like scholarships to help pay for school a little bit and hopefully they can

build a career."

O'Toole has implemented some strategies to ensure this.

"What we're doing now is they must come back with a weekly report sheet, signed by their instructors, saying that they have attended class. This way I can stay on top of their marks and make sure that they are showing up to all their classes."

This year, nearly two-thirds of the men's soccer team are first-year NAIT students.

"We're a young team. We have a lot to learn, but I think if we remain together and these guys stay over the next two to three years, we can be a very strong team."

Matthew Zima is one of O'Toole's three third-year players and played an integral role in the Oaks' success last year.

"Last year he had a fantastic season - he was the top goal scorer in the country. He showed great leadership and once again from the start of training camp he's brought that."

O'Toole looks at his role as head coach as being more than just building a set of high-performing soccer players.

"The fact that I've been a NAIT player here before and played at a really high level, I'm hoping to instill that mindset into my players and hopefully make them better people holistically, not just as soccer players."

MATTHEW ZIMA
The Captain

For the first time in his ACAC career, NAIT forward Matthew Zima has been named one of the captains for the men's soccer team. Having been on the team for 3 years now, Zima is excited to lead a team that he thinks has a lot of promise.

"Were pretty good. We've been bonding well together," said Zima. "Last game was tough going two men down, but we stuck together, and I think it was an important bonding moment for the team. It's pretty promising right now."

Zima had a very strong season last year leading the league in scoring, and believes his ability to lead on the field is what made head coach Charles O'Toole select him as captain.

"I know what it takes to get to nationals, especially after last year. I know what Charles' demands are, and I feel we have a lot of young guys that need to be led the right way."

Matthew is no stranger to soccer.

"I've been playing since I was 4," he said. "I loved watching soccer as well, I was a big fan of Dortmund, a club in Germany, growing up, and I've always



watched the [English Premier League] on the weekends. I've just always loved soccer."

Of course, being a student, Zima also has to make sure he keeps up with his studies, but he still manages to juggle the demands that come with being a student athlete.

"Our practices are later, which gives us time after class to get stuff done before, and when we go on trips, we make sure to block off sections where we can do homework and study. If you manage your time well, it's nothing too difficult."



ABRAHAM JONES
The Rookie

For first-year player Abraham Jones, soccer has always been a family tradition.

"My dad played, so it's kind of like a family sport," he said. "I try to follow my father's footsteps."

Jones has found it easy to keep that love of soccer alive because of his teammates.

"It's a fun group of guys. Behind the scenes we really get along, and we all have a common goal to win nationals."

Jones may be a rookie at NAIT, but he brings plenty of experience, having played for FC Edmonton's under 20 team and finishing second in the Alberta Major League.

"It was another great group of guys. I think the experience I gained from my teammates especially is going to help me on this team."

Jones has high hopes for the team this year, and he believes head coach Charles O'Toole is a great coach to play for.

"He really pushes us and we're going to need that throughout the season and into nationals."



Jones is currently upgrading in biology and hoping to move onto kinesiology. Jones says being a student athlete means having to work a little harder than the average student.

"You have to find that extra time," he said. "Doing homework at home or taking time at school to get work done before games or practices... It's also important to use the resources the school has, like tutors, when I need it."

SPORTS PROFILE

WOMEN'S SOCCER

By JOE LIPOVSKI



CAROLE HOLT
Head Coach

The Oaks soccer team has continued their winning streak after winning provincials last year. In the third game of their regular season on September 15, the Oaks were more than dominant against the Lakeland Rustlers, finishing the game with a score of 10-0.

Head Coach, Carole Holt, has been leading the Oaks women's soccer team for eight years.

"It's a sport I really enjoy," said Holt.

Not only does Holt enjoy playing soccer, she enjoys the strategic side of the

game. Holt's favorite part of coaching is the victories, no matter how big or small they might be. It all makes coaching fun for Holt.

"When you get to see these student athletes, that are working so hard to do well in school and then they have success on the field. Sometimes it's overcoming an injury, sometimes it's scoring a big goal, sometimes it's playing for NAIT for the first time. I enjoy seeing the different ways student athletes experience their time," said Holt.



Photos by Joe Lipovski



MARISSA WEBB
The Captain

Marissa Webb has been appointed to team captain this season. Webb is returning to the Oaks women's soccer team for her fifth and final year. She has been playing soccer since she was four years old in St. Albert.

Webb is enjoying her new role as captain. She says that she will use her experience and knowledge of other teams as she mentors this year's rookies. She says that in order to be a good friend or teammate, it is important to give others the support they need.

"I like being the leader and mentoring the rookies," said Webb.

This year, she has her sights set on winning provincials and nationals with the Oaks.

Webb is in the business program for human resources. Webb says when she started at NAIT, she didn't know what she



wanted to do.

After four years at NAIT, playing for the Oaks' soccer team, she now hopes to work for the Strathcona County RCMP where she is currently an assistant administrator. Webb is passionate about the outdoors, spending many of her weekends and summers at the lake. She enjoys boating and spending time with family.

GRACIE HAUSCH
The Rookie

Gracie Hausch is certain of one thing she wants this year - to win provincials and nationals.

Soccer has been a large part in Hausch's life. Like her teammate, Webb, Hausch has been playing the sport since she was four years old.

"I love being with people and making an impact on the field," said Hausch. "Scoring goals is such a good adrenaline rush."

Hausch dreams of being a paralegal, but currently has her eyes on NAIT's business program. She is spending her first year at NAIT in academic upgrading and plans to continue playing for the Oaks during her time at NAIT.

Whenever Hausch has a free weekend, she enjoys travelling and spending time



with friends and family. She recently spent some time in Mexico with friends and took a trip to British Columbia with family.

NAIT vs. SAIT game-day takeover

By ZACHARY FLYNN

NAITSA is working with NAIT Athletics to get more students to Ooks games. This semester, they host their first NAITSA Game Day Takeover where they hope to pack the stands at the NAIT vs. SAIT men's hockey game on Saturday, October 12.

Students are encouraged to come to the game wearing NAIT colours so they can spin the 'free-swig' wheel to win prizes. NAITSA is also working with the SAIT Students' Association to bring up SAIT students and their mascot, Troy, for the game.

NAIT Athletics is also using their partnership with The Pint downtown to give students an afterparty option if they want to keep the night going following the game.

"If we have a big group of students and you want to have some fun, we have it set up so The Pint is available," said Sam Nahrgang, the Sports Information & Sponsorship Coordinator with NAIT Athletics.

Alexis Flinkert, VP Student Services at NAITSA, hopes the partnership between NAIT Athletics and NAITSA will help get more students interested and involved in varsity sports on campus.

"I know in our school our athletics aren't really treated the same as other colleges, especially in the states, but we still want to support them and just like any other event at NAIT it's a lot of fun and it helps you feel more connected on campus," said Flinkert.

First-year hockey player Jared Legien looks forward to the provincial rivalry and appreciates the efforts to get more students at the games.

"I think it's important to try and pack the stands. It's a lot easier to play in and a lot more fun to play in front of a lively crowd," said Legien.

Nahrgang is incredibly welcoming of NAITSA looking to get students out to support the Ooks.

"The biggest struggle has always been getting students out to games and showing them that it can be a fun time," said Nahrgang. "[NAITSA] probably has the biggest following of students, so for them to get on board really helped us."

If the event goes well this year, Flinkert said they would be looking to host a second game day takeover in the winter semester in the gym with one of NAIT's



The Ooks mascot poses with young fans.

Railene Hooper

women's teams.

"We want to build more awareness that the athletics games are free, they're fun. We want to help increase school spirit and have students be more involved on campus," said Flinkert.

"They absolutely have our support," said Nahrgang.

"Our game is happening regardless. For them, they have the opportunity to have all the students in one area, to access them and put on an event and at the same time we get their advertising and their promotion. We're both working towards the same cause and that's to provide a good experience for the students."

Future plans for NAIT field

By ZACHARY FLYNN

The city's plans for a Blatchford LRT expansion show that the LRT line could pass straight through the NAIT field. This would leave the Ooks without a field to play and practice on. NAIT is looking elsewhere in the near future.

"We have to look long term because we're not going to have our soccer field for much longer with the Blatchford lands moving forward," said Richey.

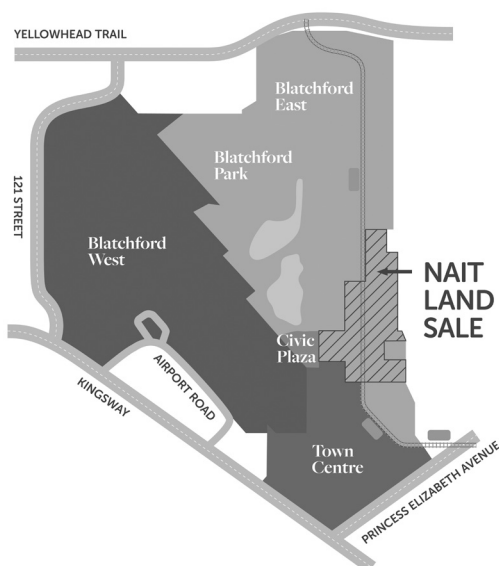
"We're also looking to partner up potentially with an external field until a new soccer field gets built at NAIT which will happen at Blatchford lands, but that could be some time and there's going to be a transition with all that building."

As Blatchford develops, NAIT

should see some updated facilities, including more than just a brand new field.

"We're looking at not just a soccer field but new recreation facilities. As you can see, our recreation facilities are very dated and part of the Blatchford plans are recreation facilities that campus life wants to put on the Blatchford lands and our soccer field and competition gymnasium will be a part of that," said Richey. "It's in its infancy stages so I don't have a lot of details on it but the plan is to have new recreation facilities on the Blatchford lands."

"As much as we complain about our facilities at times, there is a plan but it's going to take a while."





TABOO TALKS

The transformation of tattoos

By CHANTAL DUNN

Bear's Skin Art has been a premiere in the tattoo community and industry of Edmonton for 30 years.

"If we go back 30 years, basically it was a subculture of modern-day society that was interested in body modifications and specifically body tattoos," said Bear.

Bear explains that in the 90s, tattooing became more mainstream and more of the general public started to be interested in getting inked. He equates this to a couple of reasons. Technology and mechanics do evolve, so better tools and ink started showing up, although the type of machine that was patented in 1904, coil machines, are still very popular.

He claims the main change was that tattooists were looking to produce more in-depth artwork on skin, once consumers had more artistic demand.

"[Tattoo artists were] going from two-dimensional subject matter and artistic expressions to something much more realistic and three dimensional looking," said Bear.

This began drawing consumers to more in-depth concepts for their tattoos and more of those artistic demands were placed on tattooers.

In the early 60s until the 80s, shops still

provided books or boards with many sheets of flash for customers to choose from. It was very common to pick a tattoo from a piece of flash that was on a wall already in the shop. Bear describes this evolution from "cartoon colouring book style artwork to something that was much more realistic and dynamic."

Once this style of tattooing became more popular, the technical skills and requirements of artists improved. Along with that, the awareness of the clients improved.

In the 90s, the clientele became more mainstream and adults of all ages started to become more interested in a piece of art that was attached to a meaning. This began a culture of skin art that was more symbolic or a representation of who someone is.

Bears says the future of tattooing and the taboos behind them are being reduced by the influence of social media.

"We've gone backward in time," said Bear. "In the olden days you'd pick a tattoo off the wall that was a sheet of flash, now in the modern times you're picking a piece of flash on Pinterest or Google. It's still the same wall it's just a whole lot bigger and it's on a global scale."

The popularity of tattoos on this kind of scale could be helping break down the taboo

behind tattoos.

However, Bear expresses that the chances of two people having the same tattoo are highly probable. But he believes the evolution of tattoo art will shift as individuals seek more original artwork. In the future people

will stray away from copying images straight off of Pinterest to avoid common designs.

"[It will change to] more of a subcultural kind of group of people interested in genuinely, artistically rendered artwork on skin," said Bear.



Facebook

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INSPIRED TO:
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INSPIRED TO:
Help People

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 from 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:

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WOMEN WEEKLY

Female support in trades

By EMMA MORRISON

Standing at 5 feet tall, Robyn Schaapman is no stranger to being overlooked. Schaapman is one of the many women making a huge difference in her community with small steps.

Schaapman is involved with two major programs that are improving womens opportunities: Young Women in Trades and Technology (YWITT) and Women's Legal Education and Action Fund (LEAF). Both programs open opportunities for women and youth in Canada.

YWITT is a part of Careers Next Generation Canada. The CNGC aims to help youth find rewarding careers in the trades. They help them explore and become aware of opportunities in their communities. They also connect potential employers with youth through the Registered Apprenticeship Program (RAP).

YWITT also holds a summer camp every year for young girls to get involved with trades. Women from each trade, like Schaapman, showcase what it is like to be anything from an electrician to an engine-

er. Schaapman also participates in Skills Canada by setting up a booth showcasing a career as an electrician.

"I just loved teaching kids about the trades. To see their faces light up when they have made something with their hands and they get to keep it. It's like nothing else," said Schaapman.

LEAF has been around since 1985 and has intervened in dozens of equality cases in Canada. Their main purpose is to educate women, young girls and the public about substantive equality rights. LEAF intervenes in cases where women don't have a voice or are seen as unequal.

Schaapman helps fundraise money for lawyers to work for LEAF. She got involved with LEAF after the Bradley Barton Case verdict.

"People during the trial didn't see [the victim] as a human because she was selling her body for sex and that is what LEAF is for," Schaapman explained.

"Where Barton has been let free after murdering an Albertian woman. He was acquitted, and I just found that super upset-

ting. That something like this was happening in my neighborhood."

Schaapman continues to work hard

with the programs to help youth and women to better their future and make their voices heard.



Supplied by Robyn Schaapman

OFFICIAL SELECTION
Alberta International Women's Film Festival
2019

we all believe in you

OFFICIAL SELECTION
Best Shorts Competition
2019

WINNER
AWARD OF MERIT
BEST SHORTS COMPETITION

OFFICIAL SELECTION
NYC Mental Health Film Festival
2019

OFFICIAL SELECTION
Oregon Documentary Film Festival
2019

Free Screening
Friday, September 27 @ Noon
SHAW THEATRE @ NAIT

Q&A with Mental Health Advocate Blake Loates
and Filmmaker Andrea Beca following the screening

AIWFF
ALBERTA INTERNATIONAL
WOMEN'S FILM FESTIVAL

Film festival at NAIT offers free screening

By NICOLE MURPHY

The Alberta International Women's Film Festival is offering a free screening for students Friday September 27 at Noon in the Shaw theatre.

The three day event is presenting *We All Believe in You*, a documentary about an organization that holds weekly meetings for those with mental health issues.

Film creator and director Andrea Beca says she hopes the film will open up a discussion of mental health for viewers.

"My biggest goal with this piece has always been to help everyone who is struggling with mental health...to help them feel less alone," said Beca.

"My goal in bringing everyone together in the film, was so anyone could watch it and see themselves reflected back."

We All Believe in You is also the name of the organization featured in the short documentary. The film began as a photography project that Beca was asked to help with, and then grew into a Storyhive funded project that has been accepted to film festivals across North America.

"More than anything the personal feedback I have received, that their feelings have been affirmed. They feel

safer and more comfortable speaking out about their own issues. That to me is just the biggest gift that the film has created," said Beca

After the film is viewed, Beca and the main subject and mental health advocate Blake Loates will be holding a Question & Answer discussion to allow students to voice their questions or comments.

The entire festival runs from September 27 to 29 at NAIT in the Shaw theatre. Students pay \$25 for an entire weekend pass and will have access to diverse films. Visit wifta.ca for more information and tickets.



Supplied by Andrea Beca

ARTIST SPOTLIGHT

Embracing the thick skin

By EMILY DEVEREUX

When Tamires Para started her Master of Fine Arts in painting, she was interested in studying how female bodies are under-represented in media.

Her main passion is illustration and concept art, and before continuing her studies she was working in the video game industry, so it seemed like a relevant topic to delve into.

Throughout her research, Para's area of focus morphed, culminating in a thesis show called "Thick Skins - Our Journey Towards Communal Healing", a body of work that explores, well, bodies.

Para moved to Edmonton from Rio de Janeiro three years ago to attend the University of Alberta.

"Growing up in Brazil, society there is very patriarchal, very misogynistic, and there's very much what I call the 'culture of the body,'" said Para.

Between the climate and the culture, she found that showing a lot of skin is expected as well as sexualized. She also notes that Brazil has one of the highest rates of plastic surgery procedures with many people, especially women, seeking perfection in their bodies.

"When I moved [to Canada] I had this idea in my mind that, you know, things would be different with women here," she said. "I found out that no, actually, we suffer the same struggles."

At the core of her thesis research was painting from life and speaking with her models. Para invited regular people—not professional models—to her studio to pose either in the nude or clothed and to discuss her research with them.



"Duality of Self" by Tamires Para

Female, male, nonbinary, transgender and cisgender, Para found that everyone has the capacity to struggle with their body image.

Her hope is that her work can help people come together under the realization that we are all in the same boat, and create a space for discussion and healing around body image issues.

Para also painted herself in the nude, and in the process, found her own way to begin healing from the effects of a toxic culture.

"It encouraged a lot of growth to be able to paint myself several times in a row and find the shapes that I liked," Para said.

By painting both herself and others, it gave her a chance to see herself in the same light that she views her models in—a light where there is beauty and strength in everybody.

"Thick Skins" was shown from May to June 2019 at the FAB Gallery at the University of Alberta, and will be making a reappearance at the Harcourt House in February 2020.

For now, Para is working on private commissions and her portfolio, hoping to land a full-time art job so that she can work towards her permanent residency.

If her job search allows her to stay in Edmonton—which she'd like—she will be starting a year-long residency at the Harcourt House in October.

Find her portfolio and contact information online at www.tamiresparafineart.wordpress.com and her Instagram @tamirespara.art.

CONSPIRACY CORNER

"One-quarter Coca-Cola"

By [REDACTED]

Well, folks, another summer comes to an end. Over this summer I spent most of my time hiding in the backwoods of [REDACTED] after accidentally [CONTENT REMOVED] which inevitably caused the [DATA EXPUNGED]. Now that I'm back in the city, needless to say, I'm excited about some good old fast food. It's quick, it's cheap and it's something they don't have in [REDACTED]. For our very first Conspiracy Corner back to school, we're going to be talking about food.

The Warren Buffett Diet

Being back in Edmonton it looks like I should start putting on some extra pounds in preparation for winter. To help me get there, I figured I'll follow the everyday diet of billionaire philanthropist Warren Buffett. Claiming he eats no vegetables and drinks no alcohol, Buffett says he drinks at least 5 cans of Coca-Cola products a day, mostly cherry-coke. His diet also takes advantage of a lot of other food and beverage companies he has stock in, like McDonald's, Dairy Queen and Ben and

Jerry's. At this point you wonder, could Buffett be lying about his diet to try and appeal to the everyday person? Couldn't be, not someone who is "one-quarter Coca-Cola" (his words, not mine).

Coke, old new Coke and new Coke classic

Speaking of Cola, this isn't the first time the soft drink has been at the heart of some sort of scandal. Back in the year 1985, Coca-Cola hatched a plan to switch out the ingredients of its signature drink with cheaper, more cost-effective ingredients. To do this they had to be sneaky. In preparation for the secret switch, Coke launched a drink called New Coke which completely changed the original formula and caused consumers to become angry. So angry in fact that they demanded they turned coke back to the way it used to be. When they reintroduced the so-called "classic" formula which was actually the new, cheaper version. Coke was later quoted, saying "We're not that dumb, and we're not that smart."





BOLD BEAUTY: 2019 FALL MUST HAVES

BY PAIGE GORDON

September marks the beginning of the school year and the return of pumpkin spice lattes for some. For fashionistas, it marks the beginning of an exciting new shopping season. If you don't know where to start, don't worry. I have rounded up the top four fashion must-haves of the 2019 fall season to help get you on your fashionable way.

Denim is pretty much a staple in most wardrobes, and the most popular style this year is the Levis "Wedgie". Don't be scared-off by the funny name, these vintage-inspired

jeans are a modern take on the classic Levis silhouette. And, although the name makes them sound uncomfortable, they are anything but. The "Wedgie" shapes to your body as only Levis can. Pair these jeans with a cute fall sweater, be it cropped, oversized, or one of this Fall's cool animal prints.

The second trend on the fall fashion radar is corduroy. Before you flashback to memories of being forced to wear corduroys as a toddler, hear me out. These corduroys are not for toddlers. Designers have gotten super-creative with silhouettes and colours. If you still have a fear that people will



hear you coming from a mile away, you don't have to limit yourself to pants. You can choose from a variety of jackets, skirts, dresses, and jumpsuits. Try combining pieces to create a 70s inspired look, or something more modern.

The third trend is another classic, the blazer. While blazers may seem dull and boring, this fall's blazer is not meant for the office anymore. Coming in an array of funky colours, patterns, and styles, these versatile pieces can take you anywhere, from school, to brunch, to date night. To spice up

your blazer even more, wear it with a bold print or graphic t-shirt underneath, and pair this with jeans and high-tops. My favourite take on the blazer trend is the blazer dress. This bold approach to the blazer is inspired by celebs such as Taylor Swift and Blake Lively.

Last, but certainly not least, nothing ties an outfit together better than accessories. And while this past year has been all about the barrette, the hot accessory for the fall is the scrunchie. Yes, that's right, the 1980's scrunchie is back in a big way. Scrunchies come in an array of beautiful fall jewel tones, as well as floral and animal print, and are made of luxurious textures like velvet and satin. They are the best accessory to use for hairstyles such as high ponytails, half-up-half down styles, and high buns.

That concludes the Fall 2019 trend report. Hopefully this has inspired anyone still hanging onto the last remnants of summer to embrace the change of seasons. So, grab yourself a pumpkin spice latte, head to the mall and get ready for school with some of these fall trends.



Paige Gordon

LOCAL SOUNDWAVE

YEG music's Nu Engineers

By ELIJAH O'DONNELL

Nu Engineers, a nu-jazz style band that formed last April in Edmonton, has a unique sound that stands out among a crowd. Kaleb Belcourt is on guitar, along with Izaak Middleton and Eamon Vandenburg switching from drums to bass synth throughout the show.

"We figured it'd just be easier to learn a new instrument than find a new friend," says Belcourt, explaining why his bandmates switch instruments throughout songs. "We also just wanted bass synth. I think that would be sick instrumentation."

"We're gonna have this really cool synth part, and then there's gonna be a guitar solo," says Kaleb Belcourt when asked about the band's sound.

Nu Engineers explosive sound could be summed up as a punk, electronic and jazz meshed together and all high energy. Since the band doesn't have any recorded materials posted, they are still relatively underground. The group is thinking about putting some work together, but for now, the best way to hear their sound is live.

The three high school friends say the band started after hanging out and deciding to start

jamming, calling themselves 'The Engineers'.

"I think I was in the shower," Vandenburg said, when asked where the 'Nu' part of Nu Engineers came from. "And I just texted them."

They recalled how in the first few weeks their rehearsals really sucked. One night, sitting on a hill looking at the stars, they said to each other, "we kinda suck." At the next morning's rehearsal, something clicked. They were already working their way towards crazier solos, tighter drums and all-around better jam seshes.

"It was good, but we were kinda hard on ourselves because we had only really been a band for three or four weeks, but we were like 'our rehearsals f**king suck!'"

All of their work is instrumentals right now, but they have plans to collaborate with other artists to add in rap or different vocals to the mix, further evolving their already unpinnable style.

If you were lucky enough to catch Nu Engineers at they show they put on at The Aviary Saturday September 21, you would have also heard other local YEG artists like St.Arnaud, Dirty Dev, RAI, Sweatercuff and PLEASEBENICE.

To find out where to catch a show, head over to their Instagram page @nuengineers.

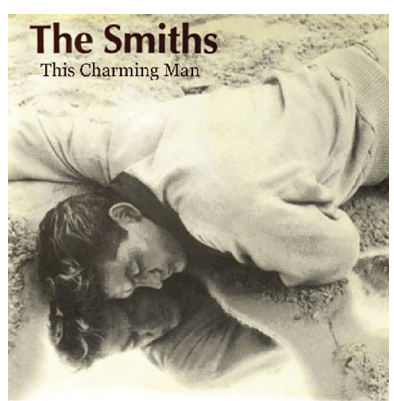




FOR YOUR LISTENING PLEASURE ...
The Shuffle
 The Fall Fever Playlist

By TATE LAYCRAFT

With the fall semester underway, it's essential that we discover the songs that will accompany our success (and failure) throughout the coming months. This one is for the highs and lows of your fall season. Sit back, relax and enjoy or wallow in the Nugget's Fall Fever Playlist.



“This Charming Man” - The Smiths
 This track will add a shot of adrenaline to your late-night study session. Melancholic, yet optimistic vocals will back up your decision to hole up on campus instead of going out. This jam has a jangly guitar riff that will send shivers down your spine.

“Feel Like A Fool” - Kali Uchis
 For the moments of foolishness that we can't escape, it's all part of the learning process, baby. It also screams shades of Amy Winehouse.

“Seattle Party” - Chastity Belt
 Stepping away from the embrace of student stress, this tune puts emphasis on finding time to unwind. It's all about having a good time.

“South Migration” - In Search of Sasquatch
 An exclusive statement from the Calgary band:
 “South Migration is emblematic of a certain point in our life as a band. While it's maintained the feeling of teetering on the edge of chaos like a car haphazardly balanced on two wheels, there's something that's remained comforting in the opportunity it offers to fully let loose every time we play it.”
 The song also provides an opportunity to let loose with every listen. Vocalist Shane Andrews adds a message specifically for the students of NAIT: “Follow your dreams.”

“I'm Your Dog” - Joy Again
 An indie-rock fusion that builds before climaxing with a beautifully messy jam session. This is a piece about finding independence and ditching what drags you down.



Youtube

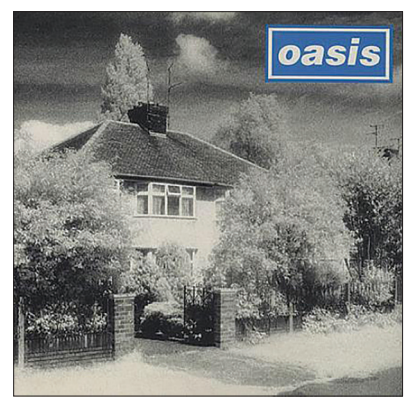
“Everybody Here Hates You” - Courtney Barnett
 Barnett speaks of an all too relatable thought; sharing her experience before ultimately talking the listener off the ledge of anxiety.

“Dark Red” - Steve Lacy
 Lacy tells of a paranoid anxiousness while idealizing his idea of happiness and love with a one and only. It's heavy stuff.



“Tossing Tears” - Twin Peaks
 A song that echoes the confusion of sadness before exploding into a cheerful Beatles-esque outro.

“Mushaboom” - Feist
 Dreams of the future are contrasted to the grind of the present. Perfectly fitting for anyone in pursuit of a long-term goal; like a degree, diploma or certificate.



“Live Forever” - Oasis
 An anthem that neglects negativity and all that is wrong with the world. This track encourages you to be yourself, regardless of what others think.

LOCAL SHOP

A rogue coffee experience

By ERICA CAWAGAS

Rogue Wave Coffee, just 5 minutes from NAIT, has a unique approach to introducing new people to specialty coffee.

Similar to a brewery, they proudly display their roastery so their customers can see exactly how the beans are roasted. They also hold regular events such as Home Brewing Basics, Introduction to Latte Art and Coffee Appreciation Tasting.

Co-owner Dave Walsh has been a hobby roaster for over a decade. Being as passionate about coffee as he is, his goal with Rogue Wave is to share his passion and knowledge with their customers. Rogue Wave also supports many local businesses by serving baked goods from local bakeries and supplying coffee beans to cafes and restaurants across the city.

Rogue Wave recently held an event on September 15, called "Aeropress Coffee Tasting with Ply."

Ply, a Barista at Rogue Wave, specializes in various brewing methods and will be heading to Toronto to compete in the 2019 Canada National Aeropress Championship on September 27. At the tasting, Ply displayed different Aeropress recipes that he will be showcasing at the championship.

"[Aeropress is] the most approachable brewing method," said Walsh. "It uses the least amount of extraneous equipment [and] brings out flavours in a coffee that normally wouldn't be there if you were using a different brew method."

However, Walsh reluctantly admitted he only makes coffee at home when asked by his girlfriend Sunday mornings. He usually uses the pour-over method with a basic Hario v60, a ceramic coffee dripper.

Rogue Wave's specialty coffee can be found at PAWS Cat Cafe, Sober Cat Cafe, DOSC restaurant and in store.



Erica Cawagas

EDITORIAL

The blooms of well-being

By ORRIN FARRIES

VegFest, the plant-based community festival put on by the Vegans and Vegetarians of Alberta (VVoA), was a blossoming affair for the spirit of compassionate living. Hosted at RE/MAX Field, radiant sunshine and soft breezes lent themselves to a beautiful day at the baseball diamond, where 51 plant-based vendors from across Alberta wrapped around the outfield.

This year was the second installment of the festival, upgrading from last year's venue of the Ritchie Community League to Edmonton's most notable baseball park.

Vendors were slinging sumptuous veg-forward dishes from vegan poutine to hemp-based ice cream and cashew cultured cheese. Many other vendors supplying plant-based lifestyle consumer products from groceries, skincare, and ethically sourced clothing were out in good spirits celebrating their community.

The event harvested thousands of visitors who took in the idyllic summer weather to the tune of POWER 107's DJ Johnny Infamous and with helpings of informative keynote speeches, like former NAIT psychologist Margaret Marean's speech on 'Food, Mood, and the Brain,' exploring how the food we eat affects our perceptive experience.

The pursuit to live more holistically, to make informed choices for the general betterment of the individual and their environment seemed to be the unifying force of the plant-based community.

Heather Rombo, one of the VVoA volunteers that powered the festival, said the ethical treatment of animals is her driving reason for leading a plant-based lifestyle. However, for others, the decision to eat plant-forward comes from a more personal space.

"It's not an ethical standpoint for me, it was more of a health standpoint for me," said festival-goer John, who said he switched to vegetarianism for his sense of physical balance and well-being.

This sentiment was echoed by Beetroot Kitchen, a Calgary based vegan nutrition company founded by Team Canada rugby players, Nick Blevins and Michelle Helmeczi.

"We went plant-based before his last World Cup and my World Cup and we haven't turned back since. We just saw so many benefits training-wise and with recovery, so we stuck with it. He's a chef, and I'm a nutritionist, so we already ate really well at home," said Helmeczi, who represented the Canada Ravens at the Rugby League World Cup in 2017.

When asked what they hope to achieve within the scope of the plant-based community, Helmeczi said, "We don't just want to be an option, we want to be the best option." She went on to add, "[We] aren't your typical vegans and vegan-entrepreneurs, and we're starting to tell our own story that [vegan living] can be accessible for everyone. You don't have to be this weak dwindling vegan, you can actually build muscle, have an active lifestyle, and recover faster."

The day's events were an exhibition of the embracing and compassionate culture of the plant-based community of Alberta and a good omen for the growth of the community moving forward. For more information on plant-based living initiatives hosted by the VVoA visit www.vvoa.ca or on their facebook page.



Veg Fest Edmonton

HOW TO DO MORE WITH LESS

By STEFANIE GUILLARD

It's September and you're in the thick of it already.

It's hard to think of taking care of yourself when you have deadlines and group projects to manage. **Fact:** you cannot expect to add to your plate if you haven't taken something away. Unfortunately, we tend to take our own self-care away first and this leads to burn out, mental health issues and feelings of resentment. Stress comes from being out of balance: using our sacred time to make others happy.

Being a student is learning to use your voice and your time wisely. Feeling bad about saying no is a typical mind trap that keeps you stressed and stuck. You are not a bad person if you can't attend your family dinner or your friend's birthday because you need to take care of yourself: you are a person who has goals and has a right to meet those goals. Achieving your academic goals means refueling your body.

How to say no:

"That sounds like fun. I hope you have a good time."

"No thanks, that's not my cup of tea."

"Sorry, I have to focus on some other things right now."

"Unfortunately, I don't have the capacity to do that."

Sometimes, we say, "no" to everything. This is where we end up isolating, not meeting new people, losing perspective, and being unbalanced.

Quote:

"If you say no and someone else gets angry, it doesn't mean that you should have said yes. People are responsible for their feelings. You are not responsible for other people's feelings." – Stef G.

How do you know what to say "yes" to?

Will this be something that relaxes me, energizes me or releases tension?

Is this one of my favourite things or my favourite people?

Have I done too many things already this week?

Have I already scheduled time for my body health (art, creativity, etc.)?

Resources:

Video: Ted Talk – How to succeed? Get more sleep by Arianna Huffington

Workshop: The Inquiring Mind. Visit <https://naita.ca/event/the-inquiring-mind-fall/2019-09-28/> for more information.

Books: *Mind Over Mood* by Dr. Greenberger

App – WOE Bot (effectively gets your mind out of mind traps)

Book an appointment with a counsellor to talk about boundaries, saying yes and no, and healthy communication. Typical wait-times are two weeks for regular appointments.



Hello!

I'm Stefanie Guillard, one of the student counsellors at NAIT. I practice mindfulness by cuddling with my hedgehog, Charlotte. I am energized by meeting up with friends a few times a month.

My favourite way to care for myself is an elaborate evening wind-down routine and a slow wake-up stretch. I am also currently publishing my second book, *Dear Kin*.

WHAT'S HAPPENING AT NAIT?

Did you know that between NAIT, NAITSA, The NEST and the Campus Activities Board, there are hundreds of events over the duration of the school year for students to enjoy? Whether you want to try a new workout class, belt out your favourite tune or learn a new skill, there is something for everyone on campus.

By EMMA MORRISON

SEPTEMBER



Marvel Trivia

September 26 @ 4 p.m. - 6 p.m.

If you love Marvel then this is the event for you. The Marvel Trivia night is being held at The Nest Taphouse and Grill. This event is completely free for you and your friends to explore and challenge each other about the Marvel Universe



Beer Yoga

September 27 @ 4:00 p.m. - 5 p.m.

What better way to spend your evening than relaxing yoga? Well, you could be drinking beer too! The event is only \$10 in room E-208 and yoga mats will be provided. Door prizes will be given at the end.



Inquiring Minds

September 28 @ 8:30 a.m. - 12 p.m.

Inquiring Minds is a recurring event to help promote and address mental health awareness. In this program, you will learn how to be supportive of others. Teachers will address topics on stigma reduction, resiliency skills, etc. If you cannot attend this time, a second event will be held October 19, 2019.



How to: Decorate Cake

September 30 @ 4:30 p.m. - 7:30 p.m.

Milk and Cookies Bakeshop will be holding an introductory cake decoration event in room E-225. The event costs \$10 and covers 3 hours of lesson time and the best part is you get to take home your cake!

OCTOBER



How to Phonotography

October 2 @ 4:30 p.m. - 6:30 p.m.

Reg Westly, Chair of NAIT's Photographic Technology program will teach you how to boost your selfie game with your cell phone. This event is completely free and will teach you about the various tools and techniques on your phone. Just register at naita.ca/events and meet in CAT102.



Ooktoberfest

October 3 @ 4:00 p.m. - 7:00 p.m.

Come and join in the games, music, food and drinks at The Nest for Ooktoberfest. There will be tons of freebies and giveaways or you can test your luck and win some prizes. The first 50 attendees get souvenir glasses. All students and non-students are welcome.



Ink Night

October 10 @ 4 p.m. - 5:30 p.m.

If you have a tattoo, you will want to attend NAITSA's Ink Night at The Nest. You can submit a picture showcasing your artwork at naita.ca/events. Students will vote on who has the best ink and worst ink. Winners will win ink time at a local shop.



Scaryoke

October 31 @ 4 p.m. - 7 p.m.

If you haven't yet made plans for Halloween The Nest is holding a karaoke event. There will be tons of opportunities to win prizes, including a contest for best costume!



TAROTSCOPES

with SCREAM QUEEN B

Be sure to follow me on instagram at @screamqueenb_tarot for more readings and revelations. Free tarot in insta stories on Wednesday, Friday and Sunday. For a personal reading visit www.screamqueenbtarot.com.



LIBRA (September 23 - October 22)

3 of Cups

You will receive important news around your passions and creative endeavours this month. There will be plenty to celebrate as you move through your birthday month. Inspiration, friends and excitement surrounds you. The New Moon in your sign on September 28th (and up to five days after) will bring positive omens, invitations and revelations.

SCORPIO (October 23 - November 21)

7 of Swords

Heed this warning of deception, within or without. Be watchful of any ruminating over the past or having one foot in, one out. You are not the only one with a secret desire. You may find yourself juggling two options or living a double life, which can create many enemies around you. Court honesty in all that you do.

SAGITTARIUS (November 22 - December 21)

Knight of Pentacles

It's time you developed a clear strategy around your finances, cut all spending and be clear on what you value. Resources may be tight this month - you may be looking for a job or a new place, as travel can be indicated. Watch your spending and live within your means.

CAPRICORN (December 22 - January 19)

7 of Cups

You don't have as many options as you think you do, but your heart and head tend to be caught in the "what if's" until you feel detached and withdrawn. Let that be old

behaviour. Cut through your own bullshit and focus more on how you can give, how you can serve, instead of what you can get. Be generous with your money, your time and your affection.

AQUARIUS (January 20 - February 18)

5 of Swords

Focusing on the spilled cups, not what remains. That's the lesson of this card. Heartbreak, sorrow or grief can be hard to go through. Your message is to seek out a path that can offer you more structure and substance. Get clear on your purpose and desires and you'll soon understand why it's a blessing you didn't get what you wanted. A mentor brings positive influence.

PISCES (February 19 - March 20)

Strength

A part of you has to die in order for a new version of you to come through. Negative beliefs or behaviour has undermined you in the past. Take a look at your patterns and you will start to see what needs to change. Be gentle with yourself while you take an honest look at your good and bad qualities - then feed the wolf (or lion) within you that wants to live.

ARIES (March 21 - April 19)

King of Cups

Your emotional nature comes through this month and you may find your fire tempered by sentiment, sweetness or more of your intuitive qualities. Allow yourself to dive deeper into the mysteries of love, internal wisdom and your

spiritual development at this time. Open yourself to the feminine, either within yourself or without. Seek a teacher, guide or guru.

TAURUS (April 20 - May 20)

Ace of Wands (Reversed)

Stubbornness and self-will keeps you held back. You don't know how this will all unfold yet and it's not likely to go as planned. A major part of your life has come to an end and you may find yourself stuck, restless and uncertain. Adopt the qualities of the Queen of Swords: create some goals, a 5-10 year plan, explore what is possible and that wand will righten itself out. Then - magic!

GEMINI (May 21 - June 20)

The Devil

Who or what in your life is tempting you? May this be a warning to pull your hand back from the flame as not all is as it appears. Whenever you start believing you don't have a choice, you have given your power away and strayed from your true path. Time to cut out this illusion, whether within or without. A fire sign is someone to watch out for.

CANCER (June 21 - July 22)

3 of Wands

The power to create the life you want is at hand - and romance is on the menu. You are ready to offer more of your heart to your loved ones and the world. Ask yourself how you can bring your soul's purpose into all you do. Keep creating, planning and exploring all potential avenues that light you up. Some of you are making an offer of long term commitment.

LEO (July 23 - August 22)

Justice

You are influenced tremendously by Libra season - I see this being a big month for you to get clear about balance and fairness and not settling for less than you deserve. Trust that you see things clearly, that you are truly victorious. Major opportunities for recognition and praise come forward this month. Soak it all up!

VIRGO (August 23 - September 22)

The Moon

Things are shifting quickly here Virgo and you're not likely to see a clear path forward. A stroke of luck or misfortune can have you confused about what to do next. Remember that nothing is truly bad or wrong - just your judgement of it makes it so. And remember the wisdom in times where the road blocked. It gives you the chance to get clear about what's right for you. More shall be revealed soon.

COLOUR ME



CREATIVE CORNER

DISTRESS SIGNAL

By ISAAC DYMOCK

CINDI flits through the cyberspace that is her network. She lazily listens to the encryption on coded military and pirate messages that are being tossed around in real-space between message and listening stations. Flying on updrafts of code and consuming her favourite kind of data she is in a state of zen when an unknown signal pierces its way into the network.

The coding is strange and alien, the computer language is encrypted in methods that the AI doesn't recognize. Its language is foreign, but the message is repetitive. Even before the analysis was finished an encryption program was already launched and a tracking script was sent to pin down the sources signal. Military and pirate information left to one of her trillion other-selves, CINDI is fully engrossed in this new information within nanoseconds.

One full second later the message is translated, "Anyone out there, please respond. This is Scouting Node Maven. Our system was attacked by a massive fleet, our world was destroyed and stripped of resources. We have ships stranded in the Void. Any out there...please respond."

UNTITLED

By SHAWNA BANNERMAN

The sky and lake merge to ash
Trees and cars blur past

No time to watch, wait, realize
By the time I look back, everything's gone to haze

Change is closer than it appears
But when I look back year by year

Everything's consistent, resistant
To changing systems

Show me who I am
Help me see myself again

See through third eyes
Instead of mine, tarnished and biased.

The mirror shows a distance
Between the girl I once was
afraid of existence

And the woman I am
Demanding recognition.

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

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



SUDOKU LEVEL: MEDIUM

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

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

SCAN ME



Open House Lafarge Berrymoor Pit

Lafarge is pleased to invite you to an Open House at the Berrymoor Aggregates Site near Drayton Valley.

Come and tour one of the **biggest** sand and gravel operations in the area and hopefully see one of the **smallest** owls in North America!

- We will hosting a free **barbecue** from 5:15 – 7 pm.
- There will be **family-friendly activities** based on owls and other wildlife around the site.
- Lafarge representatives will be on hand to answer any questions, and we will be offering **tours** of the mining and reclaimed areas and the wash plant.
- THEN:** after sunset, a biologist will be on site to catch and band Northern Saw-Whet owls, allowing for up-close and hands-on interaction with these amazing raptors.

Date and Time:
Saturday, October 5, 2019, from 5:00 pm – midnight

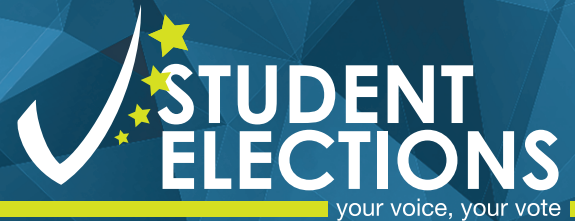
Directions:
From Edmonton: Follow HWY 16 west to the exit for Seba Beach/ HWY 31/759. Follow highway south through town of Tomahawk and across the river. Lafarge is first left south of the river (TWP 502).
From Drayton Valley: Head East on Hwy 22. Continue on to HWY 31. Turn left onto Hwy 759. Head north approx. 9 km and turn right on TWP 502.

Site entry point is marked with a scale house.
Please enter at this location only.

For more information and to RSVP please contact:
Bill Gowdy
Lafarge Environment & Public Affairs Manager
Phone: 780-423-6170
Email: bill.gowdy@lafargeholcim.com

Celia Nicholls

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



**ONLINE VOTING OPEN
OCTOBER 10 - 16**

NAITSA SENATE ELECTION 2019/2020

ONLINE VOTING USING YOUR NAIT STUDENT PORTAL
OCTOBER 10 - OCTOBER 16 AT 4PM

INFORMATION STATIONS
OCTOBER 15 FROM 4PM - 7PM

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

INFORMATION STATIONS
OCTOBER 16 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)
South Campus | Patricia Campus

FOR MORE INFORMATION, VISIT NAITSA.CA/ELECTIONS

