

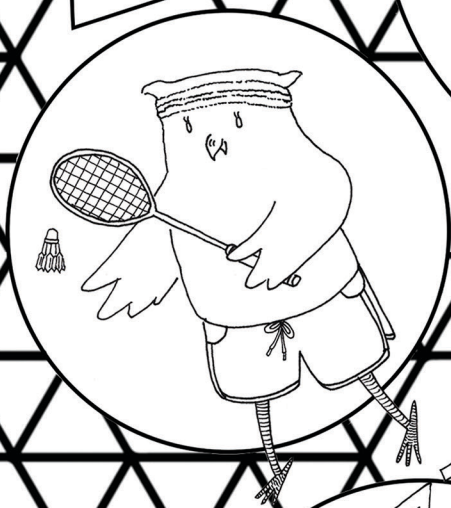
NAIT NUGGET

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Volume 57, Issue 7

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Cover design by Celia Nicolls

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CAT201 in the Centre for Applied Technology

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F: 6:30am - 4:30pm



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Students march to protest budget cuts



Noah Ference

By **ERYN PINKSEN**

Hundreds of students, instructors and supporters attended the Students Not Silent March on Monday November 18.

The march was hosted in alliance by the MacEwan University Students' Association (SAMU) and the University of Alberta's Students Union (UASU).

"I'm pissed about this budget and I hope you are too," said Adam Brown, UASU VP External, at the protest.

"Students Not Silent!" "Not on our backs!" and "Fix the budget!" were the chants ringing loud on the steps of the Legislature. The student voices fought over the sound of Christmas bells ringing from the building when the protest began.

Students and student representatives made speeches on the steps about the significant impact this budget is having on them.

"We need to demand that the Government of Alberta break down barriers to an accessible and affordable education instead of building bigger ones," said Akanksha Bhatnagar, UASU President, in her speech at the protest.

A few student testimonials explained that they were in fear of being unable to afford their education. They also expressed concerns about the difficulty to repay the loans, that they said will be necessary to fund their tuition, due to the interest hike for loan repayment.

Both SAMU and UASU requested that students send them letters of how the budget will influence individual students, which they delivered to the Minister of Advanced Education, Demetrios Nicolaides.

SAMU and UASU executives met with Minister Nicolaides earlier that morning to

express their concerns about the budget.

Representatives from the UASU, the Association of Academic Staff, the Graduate Students' Association and the Non-Academic Staff Association released a joint statement with their concern about the cuts coming to the University of Alberta.

"University of Alberta students, faculty and staff will not sit silently while this budget takes effect, particularly on those most vulnerable members of our community. At every opportunity we will stand up for our colleagues and peers in our advocacy both inside the University and to the government."

Speakers at the event stated that this march is only the beginning and there are plans for other demonstrations and advocacy work in opposition to the Advanced Education budget.



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Soundcloud

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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600 million raised for mens health

By PATRICK PUFF

The Canadian Cancer Society states that over 1,000 Canadian men will be diagnosed with testicular cancer in 2019. The Movember awareness campaign is encouraging young men to get checked as it is the most commonly diagnosed cancer in young men in Canada.

Movember is a fundraising and awareness campaign that began back in 2003. The campaign focuses on bringing awareness to men's health including prostate cancer, testicular cancer and mental health issues.

Whether you join a team or decide to grow solo, the idea is simple but effective.

Men shave their face on the first of the month and let their moustaches grow until December.

The simple nature of the campaign allows for easy community involvement. Even those who are not raising money on their own can easily show their support for the campaign by rocking a moustache for the month.

The moustaches provide a daily reminder for many to either donate or to bring awareness to the health of themselves or others around them.

The Movember website has extensive information on causes and symptoms around different mens health concerns.

There are also multiple tips to help men stay safe and healthy.

The website provides information on how to complete a self-examination for early signs of cancer, or where to go for mental health aid.

To date, the Movember campaign has raised over \$600 million dollars. The awareness and support the campaign provides has saved lives by encouraging men to get tested. Globally, over 9.9 million men are living with prostate cancer. Be sure to support those who are spreading awareness and talk to the men in your life about staying informed and healthy.



UCP budget cuts effect MacEwan staff and students

By **KARLIE MICKANUIK**

MacEwan University announced that it will be laying off staff members to meet the \$17 million cut to their operating budget for the current fiscal year from the provincial government's budget.

President of MacEwan, Jon McGrath released a statement.

"With these levels of reductions to our funding, we will have to reduce our staff levels," said Jon McGrath, president of MacEwan. "There is simply no way to meet these targets."

There has been no comment on how many staff members will be laid off or what departments will be affected, but the cuts are coming. The cuts to staff will make up for some of the lost money, but the fear of rising tuition is a significant concern for many students who attend the university.

The tuition freeze is lifted after five years. This will allow schools to be able to charge students up to seven per cent more per year over the next three years. Mac-

Ewan administration stated they do not want to raise tuition, but in order to meet the significant drop in their operating budget there is a strong possibility tuition increases will come.

Emily Taylor, a first year economics student, is concerned about the quality of her education with the impending loss of instructors.

"I think the budget cuts are horrible because professors will inevitably get fired and student tuition is going to raise by at least four or five percent for the next three years," said Taylor.

She is concerned about the upcoming costs to education and the sacrifices she is expecting to make. Taylor said she is hoping it won't be necessary, but may look into getting a part time job.

"Work during the school year will cut into study time and inevitably lower my grades," said Taylor.

Currently Taylor does not rely on student loans to pay for tuition but she fears her savings will not be enough anymore with the increase to tuition supposedly coming.

Liam Powers-Kelly, a first year music student, is also concerned about needing more income to pay for his education.

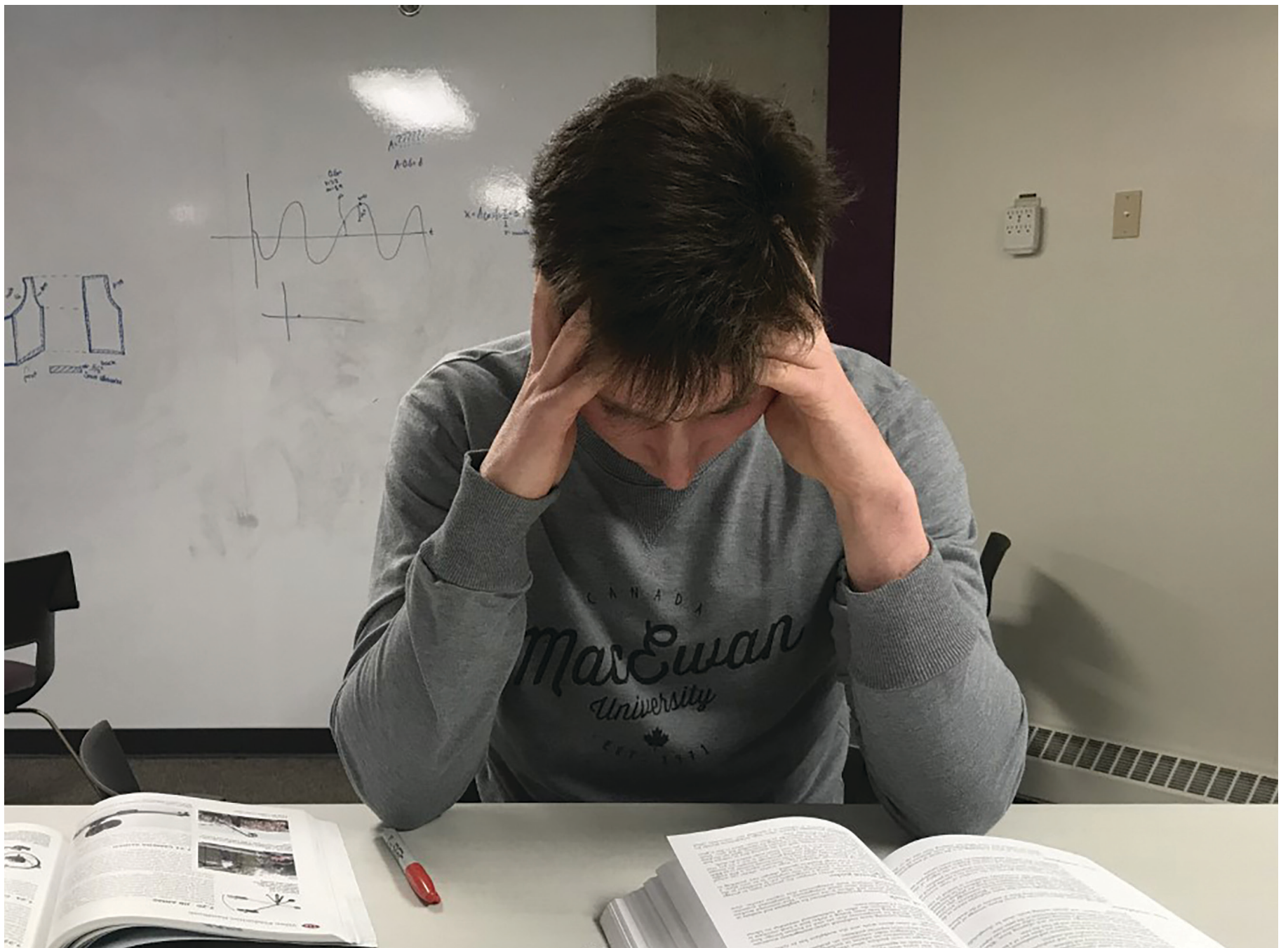
"The increase of tuition will likely force me to work part time during the school year," said Powers-Kelly.

"Inevitably leaving less time for my learning experience. Working while maintaining a decent grade average in full time school can make the educational experience feel rushed and insignificant."

Powers-Kelly already thinks education is too expensive and believes cutting teachers is not ideal.

"In all of history, when has cutting teachers ever been a smart move? Do we want to be a more educated population or less? Teachers should be taken seriously and paid better," said Powers-Kelly.

The MacEwan Students' Association partnered with the University of Alberta Students' Union and marched to the legislature on Monday Nov. 18 in protest of the budget cuts coming to post-secondary education.



NAITSA gets office upgrade

By NICOLE MURPHY

NAIT's Students Association's new office space is located in the O wing in between the South and North Lobby. The modernized space upgrade is 2.5 times bigger than the old space.

Leanne Mills, NAITSA Administration Director and Project Manager during the renovation explains that although the finished product is coming in a time of budget cuts, this process has been years in the making.

NAITSA has been planning an expansion and allocating a percentage of fees to a building fund since at least the 90s. In 2016 a referendum for NAIT students was held to see if NAITSA would make a donation to NAIT with a new expanded space as part of the agreement and 91 per cent voted in agreement.

"We made a commitment to a \$5 million donation over six years. We did get a commitment from NAIT for one million back to go into the new space, so in essence we were really giving them four, and of the four, \$3 million dollars of that is 100 per cent committed to student spaces on campus," said Mills.

Student fees did not go up with this donation because NAITSA already had the funds in reserve.

The new space was needed to better serve the student population with factors in mind such as:

- Expansion: The old space didn't have student work spaces which now there are many, with space for NAITSA's team to grow as well.
- Centralization: The new offices are more central on campus and visible to students.
- Sustainability: Quality design and materials were used to

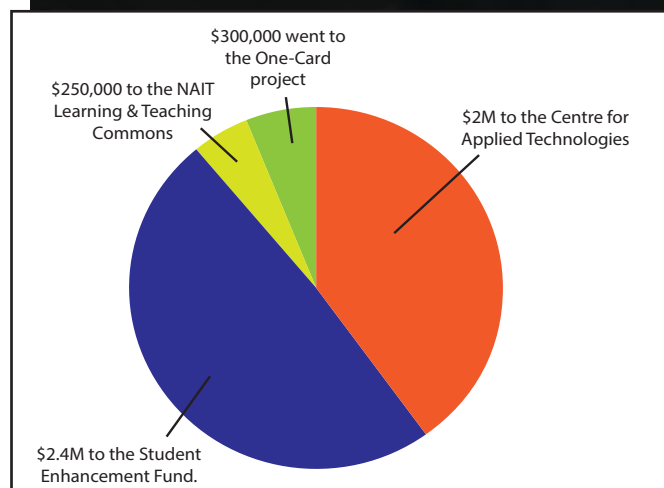
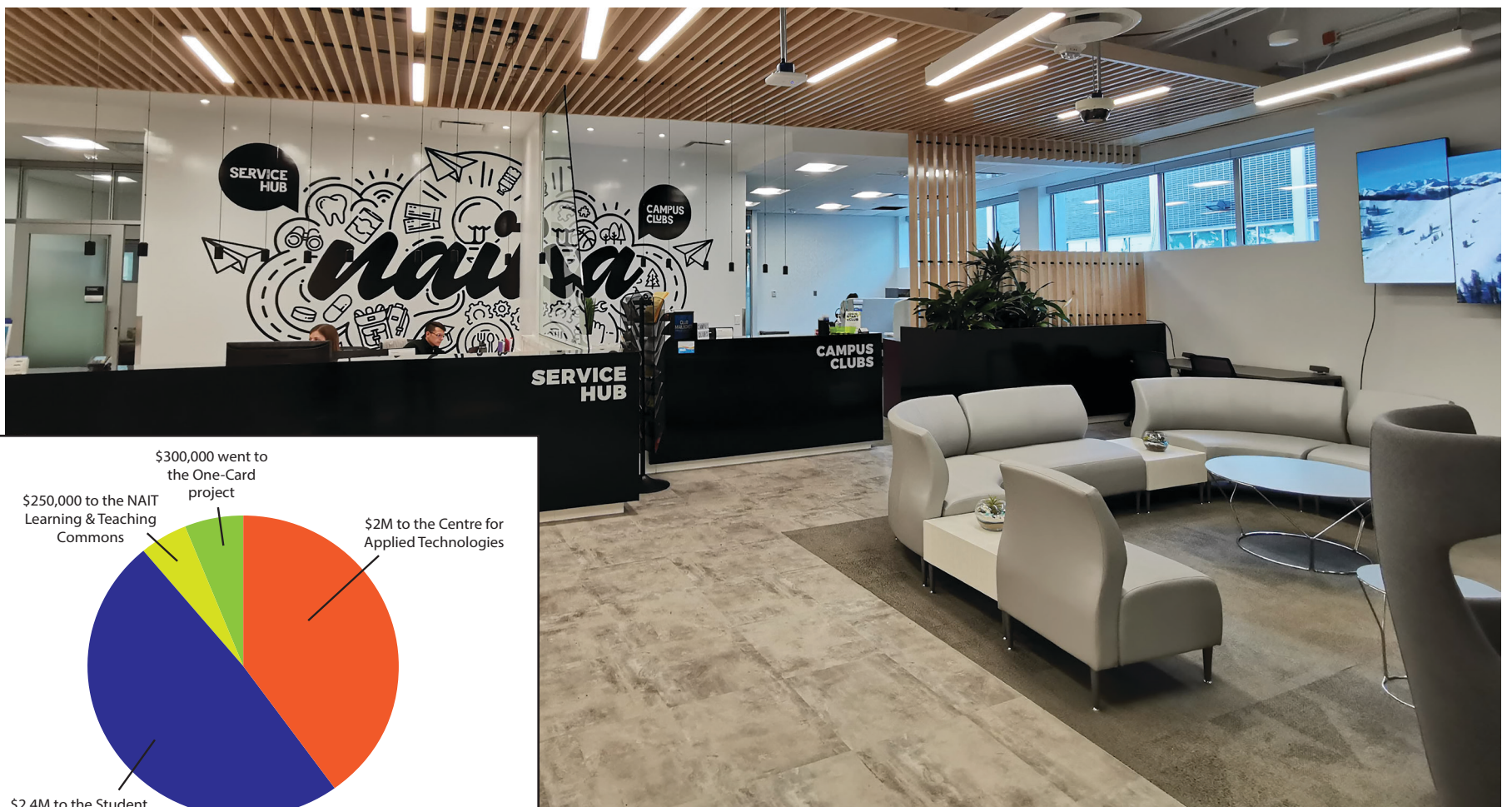
ensure the space remains in good condition for the next decade or so.

- Modernization: "It incorporates and mimics outdoor elements and nature, which is meant to enhance emotional well-being for the staff and students," said Mills.

Overall the new space has been well received.

"It feels outdoorsy, it feels warm, it is bright, it is welcoming, we have people that come in and say they just want to hangout in the lobby space, because they are just so comfortable coming in, and that was one of the goals," said Mills.

A Student Enhancement Fund was created using a large portion of the donated money, and a committee of four representative from NAIT and four from NAITSA will be responsible for making decisions as to how this fund will best improve student spaces on campus.



NAIT prepares for student housing

By MAHMUDA SHEIKH

In a survey released in early November, NAIT students have been asked to share their visions of an ideal NAIT student housing.

The student housing design project is considering multiple possible elements of designing a 'home away from home'. These include relaxing and socializing spaces, childcare, and family planning support for students wanting to plan or adopt a child. In addition to the family center, to accommodate students' families they are also planning family-oriented suites.

According to the Comprehensive Institutional Plan 2016/17-2018/19, NAIT has already set \$10 million aside to introduce student housing.



A mock up of the NAIT student housing, which is expected to be build on the Blatchford lands.



Raillene Hooper

HOCKEY

Captain brings WHL experience

By MADISON GUMMOW

Captain of the NAIT Ooks men's hockey team may have four years of ACAC experience under his belt, but he also has years of experience from his time in the WHL.

Colton Waltz spent three and a half years playing for the Brandon Wheat Kings and finished his last season in the WHL playing for the Saskatchewan Blades. After realizing he wanted to pursue a career in Landscape Architectural Technology, Waltz transferred to NAIT and began playing for the Ooks.

"I wanted to do my schooling because I received a scholarship from the Western Hockey League that allowed me to take advantage of five years of schooling paid for. I am looking to do some hockey after school but I thought it would be a good decision to have some schooling in my back pocket," said Waltz.

When it comes to comparing the WHL and the ACAC Waltz says one of the main differences is in team mentality.

"When you're in the WHL a lot of guys are looking for individual success, trying to move to that next level. Whereas in college hockey the stakes aren't as high so guys are working more for the team than their own futures," he said.

Another major difference can be found when trying to balance hockey with academics.

"Trying to complete all my school work but also stay focused on hockey is a big challenge. In the WHL I was just focused on hockey which was nice," said Waltz.

"I try to do both, but it is tough. I definitely love hockey more than I love school so I feel like my efforts probably go that way. But I do try and keep my grades up

the best I can."

In regards to health, diet and working out Waltz hasn't changed much from his days in the WHL.

"I'd say I train pretty much the same. I just try to eat as good as I can. It just comes down to a time thing, trying to fit in workouts in between class and hockey can be a challenge sometimes," he said.

Currently, Waltz is playing his third and final year with NAIT. In terms of his hockey future, he is open to any possibilities that will allow him to continue playing the game he loves.

"After this year I plan to see what my options are moving forward. I'd like to take a stab at playing some pro hockey if that's an opportunity that arises. If not then I'll move into my career and try to lace up the skates whenever I can."

BASKETBALL

Ball around the world

By ORRIN FARRIES



Headshots provided by NAIT Athletics

SEAN-MICHAEL CLANCEY St. Louis, Missouri

Sean-Michael Clancey leads the ACAC in scoring by a wide margin. Clancey has 265 points in his first 10 games - that's nearly 1.5 times more than the second-placed scorer who just happen to be Hugo Cluysen, his own teammate.

Clancey commands the offensive half court, finding his jumper in tiny pockets of space, knocking it down at an efficient 47.4 per cent from the field through 10 games. Clancey has an indomitable will to win, capable of taking over games with his offensive prowess, and sealing games with his lockdown defense, averaging three steals a game. Wearing the #23 jersey, Clancey has a game that is reminiscent of the many greats to have donned that number in the professional game like LeBron James and Michael Jordan.

"Basketball has always been my first love," said Clancey, whose upbringing in America had him caught in a geographic spider web of family ties.

Growing up in St. Louis, Missouri, Clancey moved with his mother to Las Vegas when he was young to help take care of his ailing grandmother. His father kept

his job in St. Louis, which meant that Clancey was going between school years in Las Vegas to spending his summers in Missouri before graduating at Carter Ritter College Prep High School.

Basketball was the constant throughout the tumult of his youth.

"Pops always had a ball in my hand, whether it was a football or basketball... All the back and forth across the country, [basketball] was my getaway from everything so I didn't have to think about my grandma being sick, and all that stuff," said Clancey.

From there he went to Moberly Area Community College playing before transferring to Highland Community College in Freeport, Illinois where he met Markus Taylor-Knighten, who's cousin Solon Ellis recruited the two of them to come play for NAIT.

From splitting time across the states of America, to the Junior College system, to ACAC basketball where he now stakes his game, Clancey has maintained a leveled head about the talents that he has fostered.

"I love what I've come into here in Edmonton, I wasn't aware of what I was coming into, but having the opportunity to play ball again means everything, and I'm extremely happy to be here."

HUGO CLUYSEN Reims, France

Hugo gets buckets. Hugo gets dimes. Hugo plays with flair and style that is becoming more characteristic of the modern big man. Averaging 17 points, five rebounds and three assists per game for the Oaks, Cluysen has been a steady force on the interior. He lights up defenders with spin moves in the post, surprising everyone in the gym but himself and his teammates when he leads the fast break and takes it the length of the court, finishing with a delicate euro-step to a finger roll layup.

Basketball was with Cluysen before Cluysen was with us in the world. Born to mother Agnes Cluysen, a professional basketball player for the French national team, and father who played professionally across several leagues in Europe.

Growing up in Reims, France, Cluysen entered the French Professional A league for CSP Limoges at age 14 before moving to play for JDA Dijon also in the Professional A league. Moving to Canada in 2017, Cluysen red-shirted for the University of Alberta Golden Bears basketball team. After receiving limited minutes in his second year, he'd had enough.

"Living so far away from my family, I



just want to play and have fun," said Cluysen.

A prior connection to the head coach Slav Kornik, who was working as an assistant coach at UofA at the time, made Cluysen's decision an easy one to make.

"Slav coached me for two years, and I trust him, so I said I'm going to go with Slav, play at NAIT, and see where I can go from here," said Cluysen.

Cluysen credits his mother for getting a basketball into his hands for the first time, but says that his father is his who he models his game sense after.

"My dad is a great coach, he has the best pedigree in basketball."

Outside of basketball, Cluysen aspires to become a french teacher as well as see how far his basketball acumen can take him.

MARKUS TAYLOR-KNIGHTEN Los Angeles, California

While Markus Taylor-Knighten hasn't suited up for the Oaks yet this year, he's already had an impact on the look of the team. Literally. Taylor-Knighten is an individual of eclectic personality and passion with a taste for barbery. Before the Oaks' home game against the King's University Eagles, fellow international teammate Hugo Cluysen ran out for warm-up sporting a stylish modern fade cut courtesy of Taylor-Knighten. Markus has also given haircuts to teammates Sean-Michael Clancey, Will Pittman and Solon Ellis, keeping them game-day fresh. Clancey in particular is very excited for Taylor-Knighten to join the team in 2020.

"That's my boy, he brings a lot to the table, a lot of energy, he's an exciting player," said Clancey.

"I've had a pretty great journey



with basketball, I've seen a lot," said Taylor-Knighten.

"I just hope to be able to use [basketball] to my advantage and give back to people in some way, give back to kids who come from where I came from and need guidance."

Taylor-Knighten is anxious to get on the court with the NAIT Oaks and beyond that, has a whole-hearted energy for basketball.

SPORTS PROFILE

Birdies flying high

By ORRIN FARRIES



Headshots provided by NAIT Athletics

SINEAD CHEAH The Coach

Cheah, a renowned player in her own regard, had a highly successful tenure as a NAIT Ook, capturing four consecutive ACAC provincial championships and two CCAA National championships.

Taking the coaching job shortly after her playing days were done, Cheah never doubted that she would be able to translate her game sense to highly effective coaching. Heir-apparent as she has received multiple ACAC Coach of the year honours and in 2018 received the honour of being named the CCAA National Coach of the year.

She began coaching right away after her playing was done. She addressed the concerns of the short age gap between her and her players.

"It was harder the first year [of coach-

ing]," said Cheah.

"I know a lot of [the players] in the competitive circuit outside of NAIT. It's not that hard to set boundaries of friendship and the coach-player dynamic."

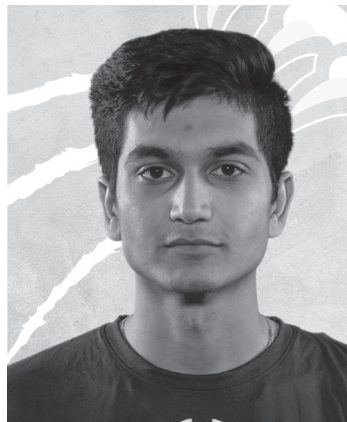
Cheah's demeanor is one of keeping the game fun for her players, but she knows to be successful the game of badminton requires an intense commitment.

"My only expectation for them really, is that 85 per cent of the season," she said with a laugh.

"Their focus and their intent in practice [should be] to get better and improve."

Given her successful track record, it could be that Cheah is all too aware of how important that 15 per cent of leeway is.

"On our team we have the mandate that it's family, school, then badminton. So there's not really anything much that should be in between that."



SMIT PATEL The Rookie

Patel, a first year studying data management information technologies, is very eager to prove himself amongst the collegiate competition. A graduate of McNally High School and winner of cities playing for Edmonton's

B-Active badminton club. Patel has a deeply ingrained love for the sport and is excited to prove himself on Cheah's team.

"The team is really committed and dedicated. Nobody misses a practice at all, no matter what," said Patel.

"Everyone on the team is great, supportive, and enthusiastic. It's motivating."

Patel has competed at provincials and nationals with club badminton, and looks to translate that to his collegiate career.

"I'm looking forward to nationals this year. Obviously I have to finish top two in provincials first but I'm looking forward to nationals," said Patel.

Outside of playing at NAIT, Patel coaches at the B-Active club, and is hoping to coach high profile badminton athletes when his collegiate playing days are done.



TYLER WALSH The Veteran

Walsh, a fourth year veteran of Cheah's tutelage is the epitome of a team player.

When he first came to NAIT he fancied himself a singles player, with a lateral quickness to keep him in the game no matter the competition. However, as he's progressed in his collegiate athletics career, Walsh has opened himself up to the needs of the team as a whole. Focusing on the doubles game and working to adapt his shot making from the tight shots of singles play into the more tactfully placed shots characteristic of hitting for space with two opponents across the net.

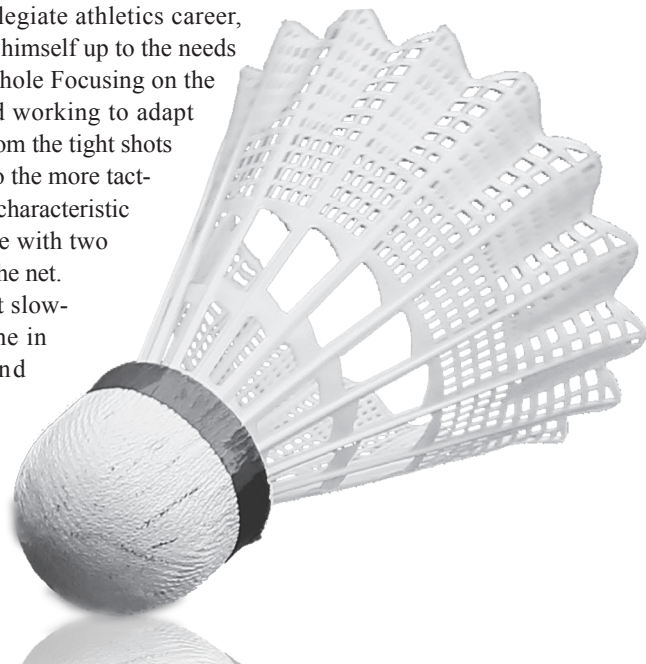
"It's just about slowing down my game in some aspects and

speeding up my game in certain aspects," said Walsh.

A graduate from St. Francis Xavier from the west end, and a fourth year in the bachelor of business administration program at NAIT, Walsh shines a whimsical smile talking about badminton and carries himself like a true competitor.

Part of the provincial winning team in 2015, Walsh has been through the thick and thin of ACAC badminton, but he never loses his passion in the pursuit of glory on the court.

"Hopefully by the end of this season I can get my mindset into making the right shots for the team."



Growing funds for mens health

By **PATRICK PUFF**

Whether they're on the ice, on the court or across the NAIT campus, moustaches are back and for a great cause. Like many professional athletes across the country, NAIT has a few athletes and staff across campus looking to make a difference.

November, also known as 'Movember' is a month long event where men across the country are growing their moustaches to raise awareness of men's health.

Sam Nahrgang is the Sports Information and Sponsorship Coordinator at NAIT. He started fundraising at NAIT in 2012 and has since encouraged other staff and student athletes to get involved in this campaign.

Nahrgang was personally affected when he lost a member of his family to prostate cancer.

"I think the cause is pretty important. When it first started, I thought it was such a unique way to raise money and it was very easy for people to get involved," he said.

The NAIT Athletics team is made up of both staff and students. Currently there are 19 athletic students involved in the campaign this year. The team was able to raise \$3,874 last year and are hoping they will be able to raise \$5,000 this year.

A simple search for 'NAIT Athletics' on the Movember website will take you to their donations page where they have already raised

over \$2,000 dollars in 2019.

Nahrgang is also happy to see the Movember movement carry on outside of the athletics department.

"When you walk around, it's nice to see

everyone with moustaches. It has become a symbol. If you come out to the games, you'll see some moustaches, but at the same time all the fun goes back to a good cause," he said.

Over 18 million dollars was raised just last

year by "Mo Bros and Mo Sistas." This number has seen a steady increase from year to year and is likely to keep 'growing' since the campaign began in 2003 and has grown from 30 moustache growers to over five million.



Patrick Puff



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Welcome to the
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Grizzlar: one of a kind brew

By SCOTT ZIELSDORF

Upon stepping into the Grizzlar, one is immediately met with a welcoming and intimate cafe space as well as the unmistakable scent of freshly roasted coffee. The cafe located just north of MacEwan campus on 109 St is both a craft coffee bar and a growing musical culture hub in the Edmonton downtown core, making it a unique destination in the area.

Owner and operator Drew McIntosh say it's not just a coffee business for him.

"It's a space where people are coming and using it to do other things that are community-facing, which I really love," said McIntosh.

McIntosh's motivation with his business has always been to keep his coffee intentionally focused, with a strong emphasis on fostering community.

"There's coffee, and then there's coffee that does something," he said.

The Grizzlar hosts multiple community-based music events, from all-ages rock shows to hip hop production open jam sessions, all celebrating innovative music, artists and culture in the Edmonton area. McIntosh says it's an excellent chance for people to get into seeing a show and experience that musical subculture.

"It's an opportunity for community engagement, and to build communities as we go. That's what we try to produce here," he said.

"This is a different way to enjoy music, it's something we're working on, and it's a lot of fun - and also that it's open to youth, it's a good mixer for the community."

The business also has a small side focus on a tightly curated collection of vinyl records, primarily rock music.

Of course, you can't have a successful cafe space without coffee, and it's in that regard that the Grizzlar thrives. The business prides itself on roasting their own coffee right in the back of the store. McIntosh says the shop started as an economical means to support their creative work but to do that they first had to focus solely on coffee.

"I feel good about everything we've done, and I feel good about [basically] every batch we've done. We've really done a good job of figuring out who we are in the coffee world," said McIntosh.

They begin the process with ethically and responsibly sourced green coffee beans from various countries in the developing world. The goal is to find a coffee that has been sourced with an element of "human autonomy" in the growing process. McIntosh says there's been a shift in the coffee world where now the communities that produce coffee beans can claim the resource for themselves, a contrast from the trades colonial days.

"There's this concept of autonomy, and if this is what is helping these people we want to buy into it," he said.

Being able to back up their product with knowledge is also very important to the Grizzlar team. Every label is packed full of information regarding the origin of the beans and other fine details on their coffee blends.

McIntosh and his partner Suzy are former punk rockers turned coffee experts, having both spent time receiving master training in Florence, Italy before beginning the entirely DIY coffee project.

The name "The Grizzlar" is a reference to a new breed of bears resulting from recently intersecting territories of grizzly and polar bears. McIntosh says it's the idea of combining two distinct things - coffee and music culture to make something entirely new and unique.

"There's all kinds of people who feel at home here, and that's something really special. We've met a lot of people in the last year who are now just completely apart of our experience, and it all starts with roasting this coffee."





Soundcloud

LOCAL SOUNDWAVE

Love drunk folk punks

By ORRIN FARRIES

Love and music are commonalities to life that are on a level of spiritual necessity. When Mickey Green and Brandon Kaiser first met in 2016, these commonalities came to blossom, and the soundwaves and heartbeats have been pulsing ever since.

Mickey Green (vocalist and lyricist), moved to Fort Saskatchewan from Calgary, where she met her right-hand man and jack-of-all-trades Brandon Kaiser (guitarist and keyboardist) in high school. They began playing café shows, rocking a punky sound on the backbone of Kaiser's acoustic looping talents and Green's honeyed silver voice. The music meets the lyrics with profound intimacy.

Their relationship is strengthened by the time they spend together in melody.

"We don't miss out on couple time, because our couple time is making music," said Green. Kaiser echoed that sentiment

"Mickey and I have already spent so much time together, [music] still feels like a thing of solidarity for

us, and we don't have to work around other people's schedules," said Kaiser.

Their dynamic makes for intimate performances, with Mickey delivering sweet lines of melancholic justice, while Kaiser ebbs and flows with loops and layers of rhythm.

Frontwoman Mickey Green attests that her musical character comes from her proclivity for story-telling.

"I am drawn to telling stories in a lyrical way to get people together," said Green

"When I first started getting feedback from people connecting my lyrics to their life experiences, talking about things we all go through but maybe don't talk about, that's what keeps me energized."

On the other side of the band, guitarist Brandon Kaiser keeps the same energy through an unfailing fascination with music. Regularly practicing for three hours or more a day, he still looks at his guitar with childlike wonder, a smile ear-to-ear whenever he gets to indulge in the music.

"There's something to be said about going on stage, performing, and then getting that pure satisfaction coming off stage. When I play guitar, time stands still, and that's what makes me come back to it every single time," said Kaiser.

Their sound has evolved greatly since their days playing cafés around Edmonton which is evident by their most recent single 'I Think He Wants Her in a White Dress' available on Spotify and Apple Music.

The music still holds the acoustic roots that came to define Mickey Green, but has added layers of production that give it an alternative synth pop wave.

"When we first started playing it was mostly acoustic covers and café shows, people really liked that, but as we gigged more, we wanted to explore what else we could do," said Green.

With two hearts that beat in unison, the evolving musical exploration by Mickey Green is one you will not want to miss. You can catch the good love energy of Mickey Green Jan. 4 at the Station on Jasper.

EDITORIAL

Rebellion then, rebellion now

By **EMILY DEVEREUX**

‘Rebellious: Alberta Women Artists in the 1980s’ is the newest exhibition open at the Art Gallery of Alberta. The exhibition’s title is a nice, simple overview of the show’s content, but the art within is more diverse than a single sentence can describe.

Inside “Rebellion”, you’ll find paintings, etchings, textiles, out of context advertising slogans lit up on the walls, an interactive kinetic metal sculpture—among other things—and a variety of conceptual topics to explore.

The exhibition and the women featured within take on rebellion from every angle. Some of the included artists are pushing forward into new artistic techniques. There

are works inspired by the exploration of the sexualized nude male figure and from pornographic images. Others are using their art as a way of protest, a tool for activism.

One of the first things you see when entering the exhibition are photos from a 1981 installation called ‘Defunct’. A replicated neighbourhood inside a gallery was demolished over the course of the exhibition, house by house. Recordings of people talking about the upcoming developments were silenced as each house fell.

In reality, these developments never happened—affordable housing was demolished in the name of projects that ultimately fell through when the Alberta oil boom ended.

The 1980s were a tumultuous era for Alberta. Now in 2019, it seems that our future is once again hitting a point of uncertainty and social and political rebellion is alive and well. You don’t have to look far to find a protest or a collection of people trying to change the world. Some, like Extinction Rebellion, even have it right in the name.

Perhaps that is the reason behind the timing of this exhibition—right now, it’s easy to relate. The world feels like a precarious place, and many people are being inspired to take a stand and say something about it.

“Rebellious” is on display until Feb. 17, and you can flash your one AT NAIT card for free admission to the entire Art Gallery of Alberta.



“This is the Land” by Joane Cardinal-Schubert Art Gallery of Alberta



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SPECIALS

MONDAY

SUPREME POUTINE | \$8.25
CRISPY SHOESTRING FRIES, CHEESE CURDS, RICH GRAVY,
SMOKY BACON AND CRISPY BUTTERMILK ONIONS

JP WISERS | \$5.00
DELUXE / APPLE / OLD FASHIONED

TUESDAY

8" SIGNATURE PIZZA | \$8.25
HYBRIDS | \$2.00 OFF
BELGIAN BOW / HUCK N' HOPS / RED, WHITE & EH

WEDNESDAY

NEST OF WINGS | \$8.25
ADD DIPPING SAUCE FOR 1.50
LAMB'S RUM HIGHBALLS | \$5.00

THURSDAY

SUPREME PEROGIE POUTINE | \$8.25
FLAVOURED ABSOLUT VODKAS | \$6.00

FRIDAY

DAILY SOUP & 1/2 WRAP | \$8.25
DOMESTIC BOTTLES | \$1.00 OFF

DAILY

BRO-TINI | \$5.00

NEW

HAPPY HOUR

\$5

HIGHBALLS

\$7

CHICKEN
OR FISH TACOS

5:00 PM - 7:00 PM

WEDNESDAY - THURSDAY - FRIDAY

GAME DAY

\$5.00 16OZ SLEEVE

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Youtube: Madeyewlook

BOLD BEAUTY:

TOP-TIER BEAUTY BLOGGERS

By PAIGE GORDON

If you're anything like me, you're obsessed with fashion and beauty spending hours with your nose pressed to the screen of your laptop, obsessively watching your favourite bloggers share their secrets. With so many to choose from, it's hard to know who to trust. To honour those who feed my addiction, I have rounded up my top three faves.

1. Jeffree Star (@jeffreestar) is easily the most controversial, infamous, and successful figure in the makeup world. Jeffree found himself at a young age taking fashion magazines and stealing his mom's eyeshadow to copy the looks he saw. He spent his early career working at makeup counters and did lots of freelance work until he decided to invest his own money in his first-ever lip gloss and from there, he expanded to highlighters, eye shadow palettes and everything in between. Accompanied by his uber-successful makeup line he also has a massive following on social media, particularly Instagram and YouTube. His videos range from makeovers, to reviewing products, to demonstrating how to use his products. His videos are guaranteed to teach you something new and make you laugh.

2. If you're familiar with the fashion blogging world you know that many of the most prominent fashion bloggers are from the U.K. One of the top ones has to be Sarah Ashcroft (@sarahashcroft). Ashcroft started her career



Instagram

fairly simply by posting photos on Instagram of her outfits. She started to gain a large Instagram following and popular clothing lines such as PrettyLittleThing, OH POLLY, and Misguided took notice and have signed her on as a social media ambassador. Ashcroft's posts show the urban fashion style that is very prominent in the UK fashion scene, sporting looks that go from glam, to sporty to casual chic. Ashcroft covers a different look for every kind of girl. Ashcroft also has a website and a YouTube channel. Her channel covers different outfit ideas for different seasons, vlogs from fashion and makeup events she has attended and makeup tutorials. She has her website called That Pommie Girl, where she not only posts more in-depth outfit details, she also has a weekly wishlist of clothing items from brands she promotes.

3. We've talked about the makeup guru and the fashion guru, how about the one who does it all? Katy aka

LusterLux is an Instagram and YouTube beauty blogger with a huge following. She started her career with posting a review on the NYX Turn the Other Cheek palette. Since then, she has continued to post makeup tutorials, tips and tricks to accomplish flawless makeup and hairstyles. Over the years she has stuck true to her first initial video and still even does product reviews. Hourglass cosmetics is an advocate for protecting animal rights and, an animal lover herself, Katy partnered up with them on their Eye to Eye campaign. The campaign is where you would post a photo with you and your pet with the hashtag #hg_eyeto-eye. Hourglass donates \$1 to the nonhuman rights project for every post that includes the hashtag.

Now that you know three more experts in the beauty world, next time you're looking for inspiration for your next night out on the town you'll know who to turn to for makeup and outfit inspiration.



Instagram

Home remedies by Dr. You

By MADISON GUMMOW

Catching a common cold can be a miserable experience. Luckily, there are a lot of affordable home remedies you can use to ease your symptoms. Of course, everyone knows the basics like the importance of getting a good night's rest and staying hydrated but there are also lesser-known tips that can be very effective.

Vitamins are hugely important to the recovery process. Instead of buying a bottle of pills and supplements, it is actually more effective to consume vitamins through food and drink. When taken within the first 24 hours after developing a cold, zinc has been proven to shorten the duration by up to two days. High amounts of zinc can be found in legumes such as chickpeas and lentils. Nuts, eggs and whole grains like quinoa are also great options.

Gingerols, as you may have guessed, is found in ginger root. Ginger has anti-inflammatory properties which will help relieve a sore throat. It also boosts the immune system. The most effective way to ingest ginger is by juicing the raw root and taking the juice as a shot. Other options include tea, lozenges or powdered ginger.

Oregano is antimicrobial and an antioxidant that naturally defends against infectious bacteria and boosts immune systems. Oregano oil can be added to pasta, pizza and soup as a delicious and healthy inclusion.

External remedies like humidifiers are beneficial and can be cost-efficient. They help moisturize the nasal passage, throat and lungs, making it easier to breathe when congested. Costing as little as \$15,

humidifiers are a great way to prevent dry skin, coughs and colds.

A hot bath is great for sore muscles but the benefits can be even greater with DIY bath salts. Mix one cup of Epsom salts, half a cup of baking soda and a quarter cup of sea salt and add it to your bath to help relieve cold symptoms. If baths aren't your thing, don't worry. Showers can be just as useful. Steam from a hot shower helps to clear up congestion and open up the nasal passage. Adding a few drops of essential oil, such as peppermint, eucalyptus or lavender to your bath salts or a washcloth will also help.

Unfortunately, there is no way to truly cure a cold. However, with these tips, your symptoms will be easier to manage.



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INSPIRED TO:
Improve my Community



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.

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FIVE MINUTE MOOD

Keeping your word to yourself is the number one thing you can do for your mental health, self-esteem and overall well-being. It is a simple concept that proves difficult at times. Meaning, if you plan to go for a walk, eat a healthy meal, or call a friend, you do it. Often we understand what we “should” do but then talk ourselves out of the action. What have you talked yourself out of doing that you know is good for you? Here are some suggestions you can take to help with your mental well being.

By NICOLE MURPHY

Three ways you can invest in your health:



Seasonal Affective Disorder Lights. There are a variety of styles & prices that can decrease the effects of S.A.D.



Books and audiobooks about well being. The age of information is upon us and there IS a book about someone who has gone through a similar situation as you. Seek new thoughts & ideas.



Take a class on something you love! Maybe it’s cooking, guitar or yoga. Whatever you love doing commit to it at least once a week.

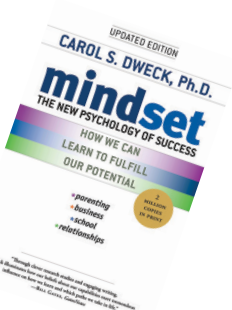
Three books to read:



The Happiness Advantage
by Shawn Achor



*Unfu*k Yourself*
by Gary John Bishop

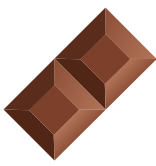


Mindset
by Carol S. Dweck

Foods to boost your mood:



Bananas



Dark Chocolate



Brazil Nuts



Fish



Water

Three exerices you can do right now:



Affirmations: Say statements that are positive about yourself in your head, outloud, and write them down.

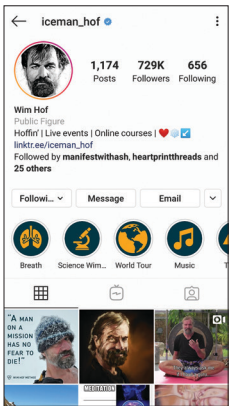


Walking: A 15 minute walk can help you feel better instantly, even when it’s cold. Bundle up and feel the stillness of winter.

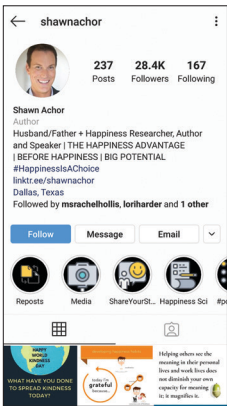


Deep breathing: Regulate your breathing by counting to four when you breath in and out. This will increase oxygen to the brain which promotes a state of calm.

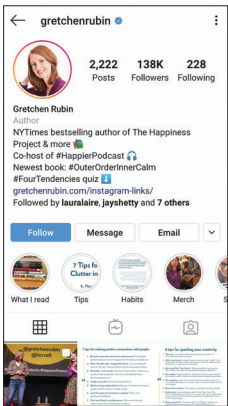
Three happiness experts to follow on Instagram:



Wim Hof
@iceman_hof

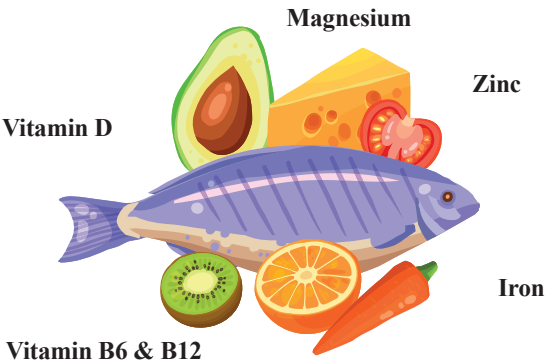


Shawn Achor
@shawnachor



Gretchen Rubin
@gretchenrubin

Vitamins to boost your mood:



BOOSTER EXCERCISE

1. List three things you are grateful for right now:

- _____
- _____
- _____

2. List three things you are good at:

- _____
- _____
- _____

3. List three emotions you want to feel:

- _____
- _____
- _____

4. List three times in your life you've felt these feelings:

- _____
- _____
- _____

6. List three people you feel these feelings with:

- _____
- _____
- _____

5. List three things you could do to feel these feelings:

- _____
- _____
- _____



Unsplash

FOR YOUR LISTENING PLEASURE ...

The Shuffle

The SAD Playlist

By CHANTAL DUNN

Tis' the season to dwell in sad music, or let sad music make you feel better, whatever works. Either way, the cold weather can definitely affect our moods with something commonly known as S.A.D or Seasonal Affective Disorder. Luckily, music helps the brain. Here's a collection of songs that aren't all necessarily sad, but some give comfort to those downer moods.

Milky Chance - "Loveland"

Loveland is a song off their album *Sadnecessary*. In an interview explaining the title of that album, the band said, "that's just what it pictures in the music: a sad melody with sad lyrics, but the whole song has a happy and danceable mood." Which that, and vice versa, is pretty much the whole basis for this Shuffle.



Lorde - "Buzzcut Season"

Something about Lorde's voice in this song is cathartic. Also, the very first lyric: "I remember when your head caught flame," is really fun to sing out loud aggressively when you're upset.

Cold War Kids - "Hang Me Up To Dry"

Sometimes when you're in a mood, it's good to yell lyrics in a petty way like you're yelling those lyrics to whoever/whatever is making you mad. Well, this song is perfect for that. The chorus "Now hang me up to dry, you wrung me out, too too too many times" has a strong and easy tune to learn as an outlet for that internalized frustration.

Cage The Elephant - "Trouble"

The melody of this song is super soothing to mellow out to. It's about adversity but also struggles with honesty. Big or small, we all have trouble every now and then, so this song is relatable and perfect for those times. Also, it's a fairly popular song as of recent, so it's good for singing along.

City and Colour - "Little Hell"

The guitar is really beautiful and calming, but the song doesn't get boring. It starts out pretty soft with some light picking, then the drums bring it up just enough. Plus, Dallas Green's voice is beautiful. This band, in general, is kind of a sappy go-to, but this specific song is good for those rough times.

The Glorious Sons - "Kill The Lights"

Songs with a compelling storyline are great for when you're sad, especially sad but rocky love songs. This song's storyline is about a young couple and their perception of love as something carefree, but the real world breaks their perceptions of what they thought love would be like. Then they realize how much hard work relationships entail.

Sir Sly - "Astronaut"

This song has very nice synth tones that are calming and peaceful. It does pick up a bit while keeping the synth, which is pretty effective for lifting any mood. It stays at a mellow tempo, though, so it's perfect if you just need to lay in bed and vibe out, but not feel so sad.

The Neighbourhood - "Cry Baby"

The Neighbourhood has a pretty laid-back gloomy vibe, but this song isn't too depressing, which is nice. It kind of falls into that same category of songs that have sad



lyrics but a danceable beat. So, it's good to sing along but also good to groove to.

Rise Against - "Everchanging" (Acoustic)

Uncertainty, whether it's about a specific situation or just, in general, can be something that can really get a person down in the dumps. Especially students still trying to figure their lives out. This song is all about uncertainty and those fears. Plus, if you're more of an alternative rock/punk fan, the acoustic version of this Rise Against song is a great listen.

Hobo Johnson - "I Want a Dog"

Hobo Johnson has a style of music that sounds a lot like it's slam poetry, which is also pretty cathartic. This specific song talks about the life he dreams of, even though people are telling him not to dream so big. It's good to dive into if you're going through a rough time with what you want out of life.

TABOO TALK

“I’m a Satanist, but I don’t worship the devil.”

By SCOTT ZIELSDORF

When prompted to consider a religion with such a bold name as “Satanism,” one might conceive all sorts of mental imagery regarding horrifying rituals and blatant devil worship. However, the fact of the matter is that most people who identify as Satanists do no such thing. Satanism is to many a strange and taboo religious movement veiled by dark symbology—but what is it really about?

Satanism, much like any other established religion, can be broken up into multiple variations or sects. The two most distinct being the differing views regarding the character of the devil. The most popular in mainstream society is atheistic Satanism; this form of belief functions on the notion that Satan does not actually exist and is merely a prominent symbol by which the organization bases its beliefs.

The other side being theistic or “Spiritual” Satanism, essentially a belief that the devil is an existing deity to be worshipped. It is essential to note the distinction between atheistic and theistic Satanism. Maddy is an openly practicing atheistic Satanist, who notes there are many misconceptions regarding her beliefs:

“I think the biggest misconception is that I worship the devil. Because I don’t. I worship myself. Satanism is more an anti-religion based on self-love and empowering one’s self.”

Atheistic Satanism can be further defined by two distinct organizations. The first being the Church of Satan, dating back to its founding on the principles of Anton LaVey’s *Satanic Bible* in 1966. The second is the recently established Satanic Temple, a group that considers itself to be a combined religious and political movement, as well as a “reformation” of the Satanist religion. Maddy personally identifies with this form of Satanism.

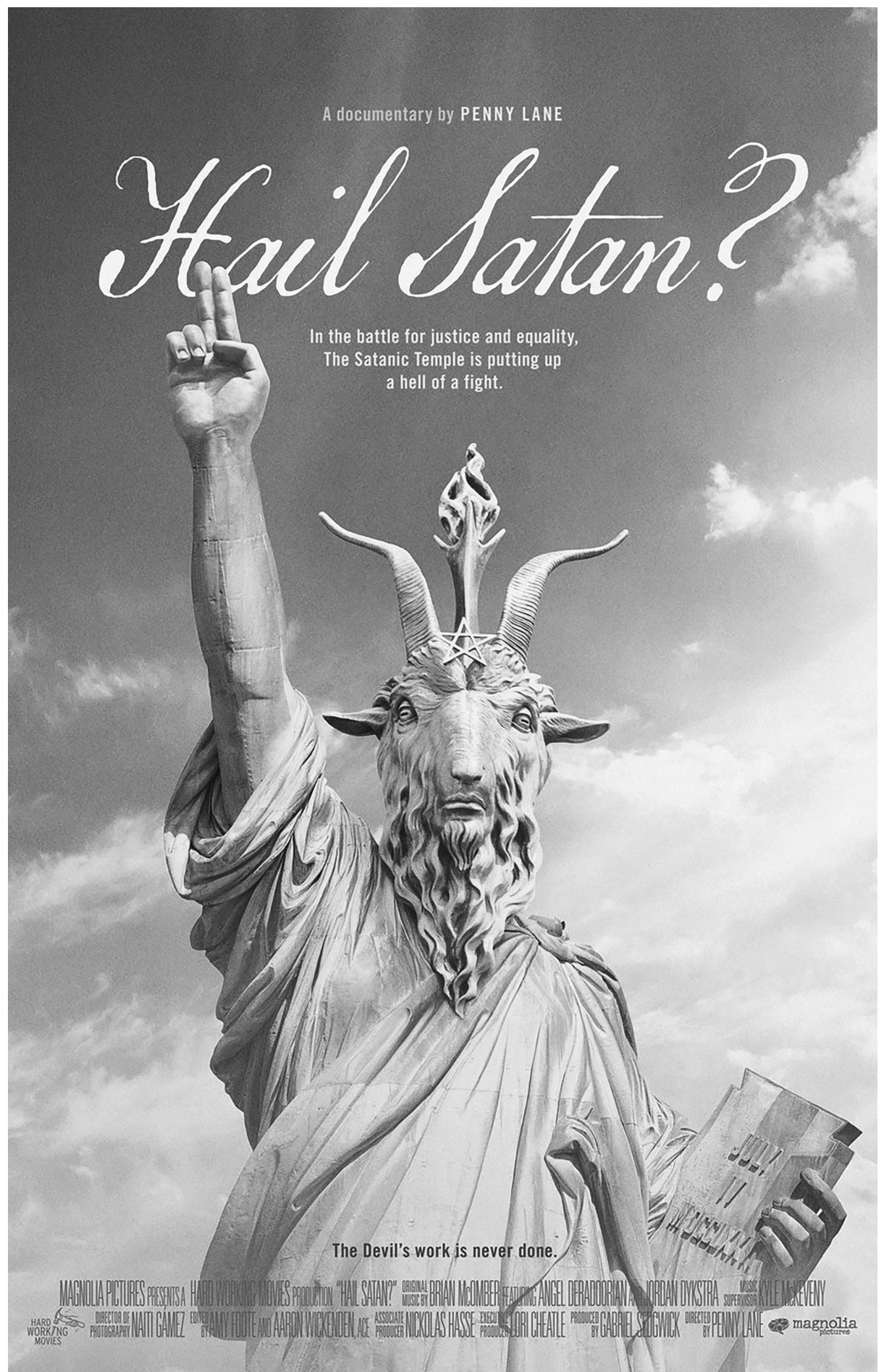
“I believe they are doing great things currently...they aren’t homophobic or misogynistic like the Church of Satan.”

Some might find it shocking that the tenets of the Satanic Temple actually promote a positive and empathetic lifestyle, made immediately evident as the first tenet on their website reads: “One should strive to act with compassion and empathy toward all creatures in accordance with reason.”

The Satanic Temple, as a political movement, gained notoriety in 2014 when it pushed to promote the secularism of the state. This was regarding a religious monument erected in a public government space and the resulting news coverage gained them increased national attention. Most recently, the organization has gained further publicity with the debut of a documentary titled “Hail Satan?” earlier this year, giving an in-depth look into the movement.

So far the group has established several chapters throughout America, along with one officially recognized chapter in Canada, located in Ottawa. Satanism as both a political movement and religion has been on the rise for the last few years.

Statistics from a 2011 Canadian Household Survey showed that 1,050 Canadians publicly identified as Satanists, a number that presumably has grown in the last eight years as the movement has gained increased exposure.





Edmonton is known as festival city, and the cold weather is no time for hibernating. These spectacular winter festivals will have you warmed from the inside out!

By CHANTAL DUNN



Zoominescence - A Festival Of Light
December 6 – 29

Zoominescence is a festival of light held at the Edmonton Valley Zoo. There's so much to do for activities like a maze, skating rink and light exhibits. There's also sweet local entertainment like artist installations and fire dancers.



The Enjoy Light Festival (ELF)
November 21 – January 5

This is probably the best option to winterize your Instagram feed. There are tons of lights in super fun and creative designs—some are even interactive. The venue—The Enjoy Centre—even has food courtesy of local vendors as well as other shops. Don't forget to check out performances from local musicians and artists on the E.L.F main stage.



The Festival of Trees
November 28 – December 1

Held at the Edmonton Convention Centre, this annual festival is the perfect opportunity for some Christmas tree inspiration. The trees are lit up beautifully, but there's also live entertainment and Christmas gift shops to get your shopping done early.



Candy Cane Lane
December 12 – January 1

This local neighbourhood on 148th Street from 100th to 92nd Avenue has been lighting the streets for 50 years. Grab some hot cocoa, take a walk and enjoy the sights of a whole neighbourhood full of lights. Remember to bring a donation for the food bank!



Ice On Whyte
January 23 – January 26

Have you ever wanted to go down a giant slide made of ice? Well, there is one in Edmonton! This annual festival has ice carving competitions, outdoor exhibits, kids areas and more. The lights inside the ice sculptures sure make it a sight to see. There's even a chance for you to make your own ice carving in a giant igloo.



Winter Shakespeare Festival
January 3 – February 2

This is Edmonton's first year hosting a Shakespeare festival in the winter. It'll be at Holy Trinity Anglican Church, which is a beautiful venue for a classic play. You can buy tickets in advance to A Midsummer Night's Dream and Julius Caesar.



Winterruption
January 23 – January 26

This festival, taking place in Edmonton's downtown core, has a many famous artists like Coleman Hell, Iron Tusk, Nuela Charles, Ezra Furman and more. There's also comedy, craft beer and a ton of outdoor events.



Flying Canoë Volant
January 31 – February 2

Mill Creek Ravine, La Cite Francophone and École Rutherford School are to host a celebration of French Canadian, First Nations and Metis culture. This nighttime event is packed with magical light displays, music, history, canoe races and more!

Three circles of emotional regulation

By **PATRICIA EDELSTEIN**

Do you know what systems drive your emotions? Let's look at them!

Drive System

Our drive system pushes us to get things done! We need this system to achieve our goals and be effective. When our drive system is in overdrive, it can interfere with our learning and how we process information. We start to shut down, procrastinate and let negative thoughts run through our heads on autopilot.

Threat System

Our threat system keeps us apprised of danger. We need this system to stay safe and manage the world around us. When our threat system gets too stimulated, it causes anxiety, and stress. Our body starts flight, fight, or freeze processes and though these processes are meant to help us in the short-term, experiencing them over a longer period is extremely distressing.

Soothing System

Our soothing system helps us stay well. We need to slow down and be able to take a break for our mind to digest information properly. This is where self-care is crucial in bringing us back into balance. Positive self-talk and breathing exercises are two soothing strategies that you can access anytime!

In order to get a sense of your balance, imagine each system as a balloon. Are they relatively the same size? By increasing our Soothing System, we breathe new life and energy into our body and reduce the other systems.

“Rather than wandering around in problem-solving mode all day, thinking mainly of what you want to fix about yourself or your life, you can pause for a few moments throughout the day to marvel at what’s not broken.”

— **Kristin Neff, *Self-Compassion: The Proven Power of Being Kind to Yourself***

Strategies

- **Grounding:** Grounding or anchoring brings us into the present moment and out of real or perceived threats. Ground by putting both feet on the floor. Feel the earth support you.
- **Breathing:** Breathing sends a message to your brain that everything is okay and allows you to feel calm. Try box breathing: Breathe in for 4 counts, hold it for 4 counts, breathe out for 4 counts, hold it for 4 counts.
- **Self-compassion and self-care:** Self-compassion recognizes your positive qualities and allows room for making mistakes. Recognize your successes. Plan and execute time to soothe yourself in the way that feels comforting.

Resources

APP: WOEBot – a positive mental health app from Stanford University

Book: *Self-Compassion: The Proven Power of Being Kind to Yourself* by Kristen Neff

Book: *Mind Over Mood* by Dennis Greenberger

mywellnessplan.ca: Access to stress toolkits, mental health assessment and certified counsellors

Counselling: Access 24/7 is available anytime. Drop in to speak to a social worker immediately or call 780-424-2424.



Hi! My name is Pat and I am so thankful to be a part of our amazing counselling community. Every student's story enriches my life (and I hope theirs) as we team up to find ways to support their journey.

My family and friends hold a special place in my heart. My curiosity takes me on lots of adventures such as exploring Egypt or finding out why we see double rainbows. It's so much fun to take the road less travelled and discover things yet unseen. I have lived in the United Arab Emirates, Hong Kong and Japan and toured through several countries in Europe, Tanzania, Zanzibar, Sri Lanka, Jordan, Turkey, Mexico and the Caribbean.

same clouds for less

we make flying plane & simple. we've stripped back every costly addition so you can fly more for less. don't just take our word for it, see for yourself at flyflair.com.

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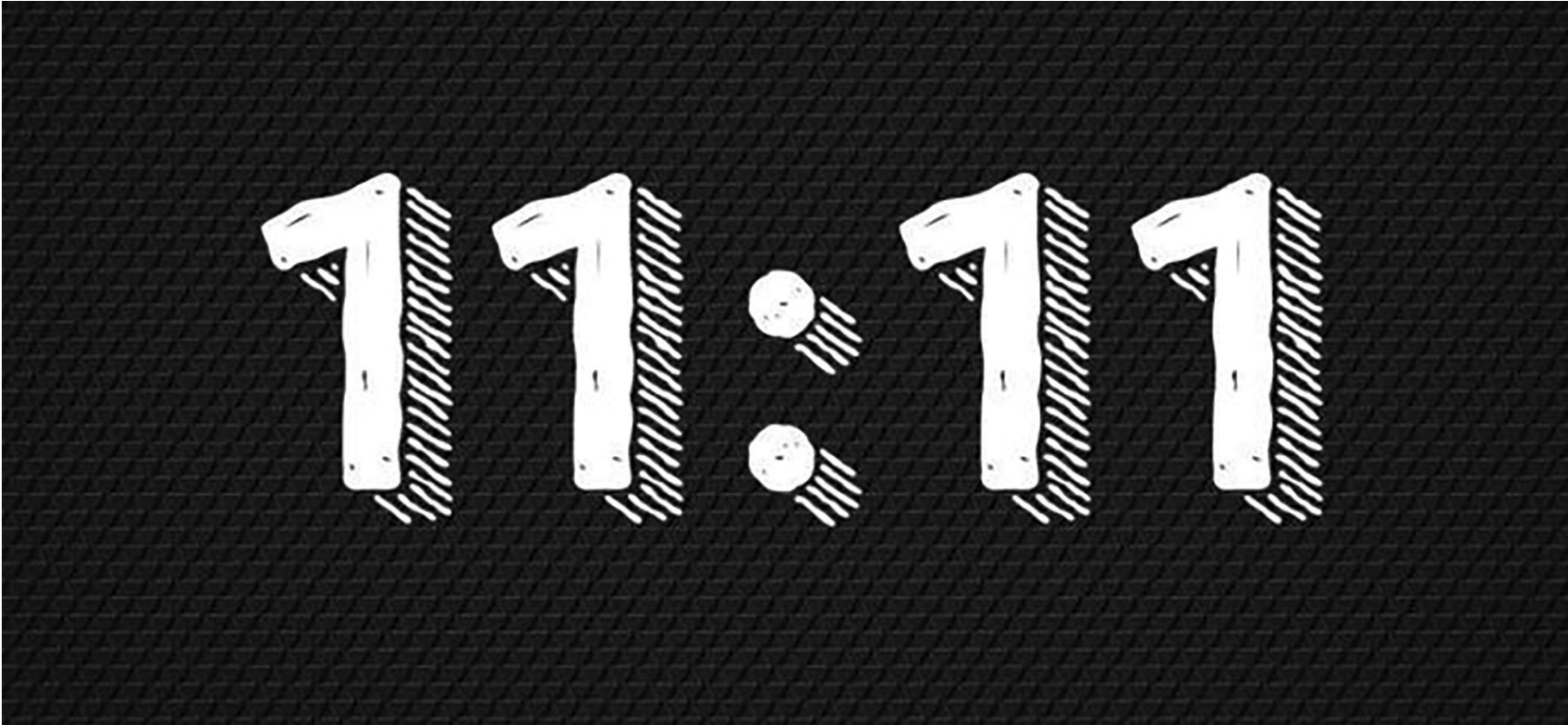
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TAROTSCOPES

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

Do you find yourself looking at your phone right on 11:11? Or perhaps you see the sequential numbers on buildings, licence plates or receipts? This is an example of synchronicity, what Carl Jung referred to as “meaningful coincidences.” (It’s also a killer album).

The presence of the numbers can be an affirmation, a wake-up call, a time to state your heart’s desire or a message from a deceased loved one. The fact that you’re reading this now could be one more of those signs! All the cards selected below have the message of 11:11 in mind... what do you need to know?

SAGITTARIUS (November 22 - December 21)

Keep charging ahead and don’t take no for an answer. Expect miraculous solutions to appear.

CAPRICORN (December 22 - January 19)

Spend time alone in nature, meditating about your desires and intentions. Ask spirit to help you gain a positive perspective.

AQUARIUS (January 20 - February 18)

You have a special bond with animals. Your pets on Earth and in Heaven are watched over and safe.

PISCES (February 19 - March 20)

Time out! You’ve been so busy taking care of everyone else’s needs, but now it’s time to stop and take care of yourself.

ARIES (March 21 - April 19)

Yes! The timing is right for this new venture. A happy outcome follows your positive expectations.

TAURUS (April 20 - May 20)

You are confused and indecisive because you do not have enough information. Do research or seek expert advice before making a decision.

GEMINI (May 21 - June 20)

It’s a good time to give birth to new ideas and situations in your life. You are being watched over, guided and protected during these changes.

CANCER (June 21 - July 22)

A message of new life and joy. A happy change or addition is coming to your family.

LEO (July 23 - August 22)

You are guided by spirit to find the courage to make life changes that will help you work on your divine life purpose.

VIRGO (August 23 - September 22)

You have an important life purpose involving communication and the arts. Please don’t allow insecurities to hold you back.

LIBRA (September 23 - October 22)

Caution is warranted. Look deeper into this situation before proceeding further.

SCORPIO (October 23 - November 21)

No, conditions aren’t favourable right now. Wait, or look into other options and ask spirit to help, guide and comfort you.

CREATIVE CORNER

JUST ONCE

By KARLIE MICKANUIK

Just once I’d like to,
Not feel like an object.

Just once...I’d like to feel safe,
When I’m walking home.

Just once... I would like to not,
Have to look over my shoulder.

Just once...on the train I’d like,
To be able to breathe and,
To shake off the hungry eyes,
That constantly stare me down.

Just once... I’d like to shout,
My own comments back,
At those who whistle,
And whisper those words.

Just once...I’d like to live,
Without a fear for my safety.
Without being called,
Dramatic for being scared.

Just once I’d like to,
Not feel like an object.

THIRST UNQUENCHED

By MAHMUDA SHEIKH

Left behind the race
was the slowest and shortest gal
too quiet and shy
was she for Student Union
outsmarted by the sporties and smarties
she set out to find some paper wings
Such wings with which
she would quench
that thirst to win
that thirst for credit, praise, recognition, glory
and maybe fellowship
that ruled and reigned and oppressed her subconsciously
so with such wings
she would fly fast to fame
through shortcuts never taken before
to days and nights too busy for friends
and a Wall of Fame too full of pride
and delicate dreams that don’t shatter like glass.
Two decades down the line
she finds herself
a teachers’ pet – an adult’s pet
far from fellows of her age
yet she did not
and may not ever
catch up to those
motherly elders with whom she lived her life.
Under the “Introvert” mask
suffocates her social life
entrapped within weekdays
and school times
and class and club and office hours
and schedules and formalities and customs
of labels like
student and colleague and profession
Behind the Wall of Fame
lives a voiceless heart
an alien soul

Health and Wellness

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

stress	copng	activities	responsibility
physical	reliable	occupational	intellectual
spiritual	balance	give back	mental
swimming	hydrate	biking	yoga
eating healthy	no smoking	emotional	debt free
financial	savings	laugh	volunteer
walking	exercise	hygiene	therapy
church	wellness	pray	goals
prescriptions	social		

Wordmint

Health Match Up

1. Vitamin C

A. A type of algae that can be harvested from oceans to be dried into a nutritional powder.
2. Vitamin B12

B. Getting enough of this may be the most important way to prevent osteoporosis.
3. Dark Chocolate

C. Most commonly found in green leafy vegetables like kale and spinach.
4. Spirulina

D. Up to 29 per cent of women with heavy menstrual cycles can become deficient in this and develop anemia.
5. Bee Pollen

E. Makes healthy blood cells and keeps the nerves working properly.
6. Iron

F. Schrute Farms primary crop.
7. Melatonin

G. Contains carotenoids to protect eye health and antioxidants, which may prevent cancer.
8. Vitamin D

H. Eating foods with high amounts of this can cause your skin to turn orange.
9. Vitamin E

I. Has way more antioxidants than most other foods, and can help reduce blood pressure.
10. Vitamin K

J. A lack of this can cause scurvy.
11. Beets

K. A hormone that can regulate your sleep cycle.
12. Carotene

L. Is said to increase strength of hair and reduce scarring.

Answer Key

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

Match Up Key

stress physical spiritual swimming eating healthy financial walking church prescriptions

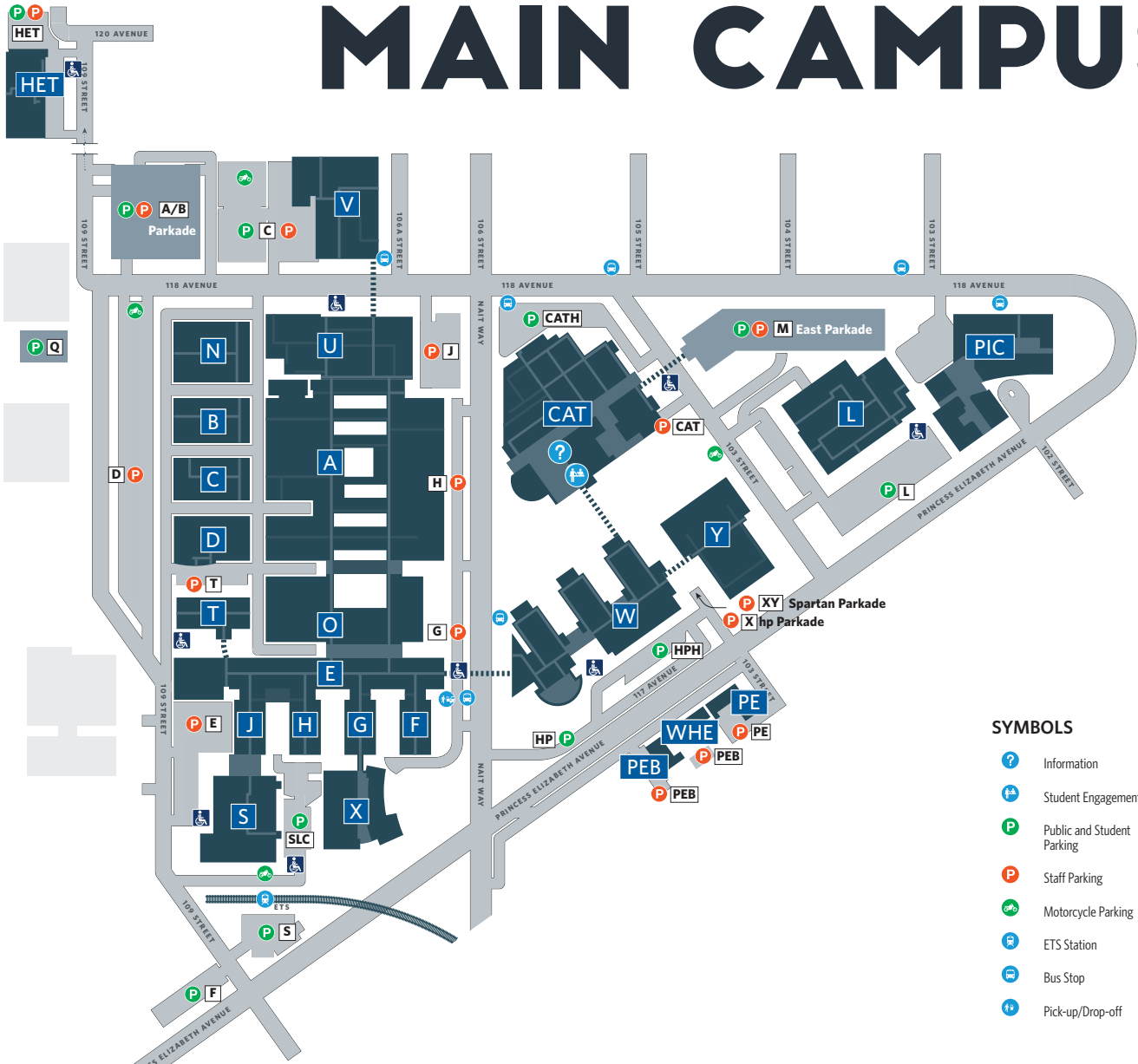
copng reliable balance hydrate no smoking savings exercise wellness social

activities occupational give back biking emdional laugh hygiene pray

responsibility intellectual mental yoga debt free volunteer therapy goals

1J, 2E, 3I, 4A, 5G, 6D, 7K, 8B, 9L, 10C, 11F, 12H

MAIN CAMPUS



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

Souch 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 nail.ca for most current information.