

NAIT NUGGET

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Volume 56, Issue 13

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2019 YEG SUMMER GUIDE

THE BEST EVENTS, BARS & BITES

13 QUIRKY CANADIAN FACTS

NAIT LRT CLOSURE

FRINGE FEST 2019

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NAIT STUDENTS' ASSOCIATION

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MAY 2019

*See full summer games schedule on pg. 25

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			RUBABOO & DREAMSPEAKERS FESTIVAL Celebrating Indigenous film, arts & culture.	<i>Northwestfest</i> Canada's longest running documentary film festival. RUBABOO & DREAMSPEAKERS FESTIVAL Celebrating Indigenous film, arts & culture.	<i>Northwestfest</i> RUBABOO & DREAMSPEAKERS FESTIVAL Celebrating Indigenous film, arts & culture.	<i>Northwestfest</i> RUBABOO & DREAMSPEAKERS FESTIVAL Celebrating Indigenous film, arts & culture.
5	6	7	8	9	10	11
<i>Northwestfest</i> RUBABOO & DREAMSPEAKERS FESTIVAL Celebrating Indigenous film, arts & culture.	<i>Northwestfest</i> RUBABOO & DREAMSPEAKERS FESTIVAL Celebrating Indigenous film, arts & culture.	<i>Northwestfest</i> RUBABOO & DREAMSPEAKERS FESTIVAL Celebrating Indigenous film, arts & culture.	<i>Northwestfest</i>	<i>Northwestfest</i> Dizzy 7:00 p.m. @ Starlite Room	<i>Northwestfest</i> Edmonton Stingers vs Niagara River Lions 7 p.m.* Thomas Rhett 7:30 p.m. @ Roger's Place	<i>Northwestfest</i>
12	13	14	15	16	17	18
<i>Northwestfest</i> FC Edmonton vs Pacific FC 1:30 p.m. Stars On Ice 4:00 p.m. @ Roger's Place			Twenty One Pilots 7:00 p.m. @ Roger's Place			
19	20	21	22	23	24	25
				SonReal 8:00 p.m. @ Starlite Room	Edmonton Stingers vs Guelph Night-hawks 7 p.m.	Edmonton Prospects vs Lethbridge 7:05 p.m. Cher 8:00 p.m. @ Roger's Place
26	27	28	29	30	31	
Edmonton Prospects vs Lethbridge 7:05 p.m.		Carrie Underwood 7:00 p.m. @ Roger's Place EDMONTON CAREER FAIR & TRAINING EXPO			Edmonton Craft Beer Festival Nextfest Watch hundreds of emerging performers take the stage.	

NAIT LRT station closed for summer months

By JACE MAKI

The city announced that the NAIT LRT station will close from April 28 to August 30 while maintenance takes place on the Capital Line.

Upgrade work is planned on the 66 street train tunnel between Coliseum and Belvedere stations. Trains will be running on a reduced schedule while the construction is completed. ETS will be running five-car trains systemwide to help offset the reduction and move more riders. Since NAIT's station was designed to accommodate only three-car trains, service will be suspended to the station for four months.

"We understand the Capital Line frequency reduction and suspension of LRT service to NAIT will cause a temporary inconvenience for people travelling to and from north Edmonton. This work is crucial to maintain the safety and functionality of the Capital Line," said Lloyd Meyer, Manager of LRT Operations.

ETS will not be running typical LRT replacement buses during the shutdown. People hoping to take the train to and from NAIT station will have to take the train to the Kingsway/ Royal Alex station then take the number 8 or 9 bus. NAITSA is disappointed with the decision to suspend service to NAIT.

"At least it's happening after exams and it's happening during the quieter time of the year but there are still students and staff here. So it's really unfair to them. And I don't know why it is that NAIT keeps getting the short end of the stick," said NAITSA Advocacy Director Jason Roth.

The LRT disruption will still be in effect during NAIT's New Student Orientation on

August 27 and 28.

"It will absolutely effect student orientation because it's during that week. So if it runs

until August 30, there's no doubt it will affect New Student Orientation," said NAITSA Advocacy Director Jason Roth.

The Central LRT station will also close from April 6 to 27 for station lighting and ceiling tiles upgrades.



Photo by Aaron Wilmot

NAITSA gets much needed space

By JOE LIPOVSKI

The senate was given a virtual tour of the new NAITSA offices. The new offices will also include the Service Hub, the clubs office and the NAIT Nugget offices.

The NAITSA renovation will see the team in a space twice as big as their current office. It will also include storage for Campus Clubs and the Campus Activities Board. This will make signing out and returning equipment easier for campus clubs, as they will also have access to the equipment late at night. The open floor plan for their lobby will make the Service Hub more accessible for students.

"It is important to us to have our services front facing and accessible to students," said Leanne Mills, Administration Director.

One of NAITSA's current issues is that CAB doesn't have their own space and would meet in the lobby before or after events. The renovation will give CAB their own

dedicated space and locker room. Mills explains that this is an issue for many of their staff who require meeting rooms.

Currently, NAITSA has only one meeting room. This one room needs to be shared with NAITSA executives, the Service Hub, the events team and the Nugget. When the new offices open, they will have several meeting rooms available.

Although NAITSA is moving, the Peer Support will remain in its current offices.

"We intentionally didn't put Peer Support into the NAITSA office," said Mills. "We wanted it to be in a location slightly remote because we didn't want people to presume a stigma by coming into the office asking for a service like that."

Peer Support has expanded to three rooms since its launch. NAITSA also signed a contract with NAIT to

continue operating in the J wing for an additional two years.

The Alberta election means new relationships with government officials may have to be fostered by NAITSA executives. Pela said the incoming executives will need to alter their strategies and goals.

With a new senate election in the Fall and only one executive returning to council, the majority of the meeting included many 'thank-yous' and 'goodbyes' all-around.

Senator Rick Guillaume gave everyone a final laugh. All year, Guillaume was known for seconding a motion, especially when it comes to adjourning the meeting. Guillaume chose not to second Senator Essex's motion to adjourn, which caught chairperson Kallal by surprise. After having a laugh, he seconded the motion and the senate adjourned the final meeting of the year.

What has the Executive

By NICOLE MURPHY

Your student Executive Council has been busy advocating on your behalf and working as a close knit team in the 2018-2019 school year. Here is a snap shot at some of the things they have accomplished and what they have learned by being apart of the students association.

Naomi Pela – President

What is the difference between being a VP and President?

In the role of a VP, I had the opportunity to focus my time and energy on projects and initiatives that were within the scope of External Relations. As a President, which is more of a team lead role, my focus has shifted to what the whole team is doing and supporting each individual VP. I was still able to work on my own projects, but a team lead role definitely required me to focus on providing guidance, helping organize and strategize what the whole team is doing. As one of my predecessors put it, each VP's goals become your goals. I think this has taught me a lot about what it means to be a leader and how to be more strategic, because you cannot waste any time.



NAITSA gets 40 spaces around the school to help promote events, resources, etc. to students.

Student Association TV's in CAT building to keep students informed.

NAITSA has strengthened their relationship with Nîsôhkamâtôtân Centre.

Refresh student areas on the Patricia campus approved.

Open Educational Resources (OER) campaign to get students access to cheaper resources. So far there are 995 signatures on the petition.

The Peer Support Centre Opened.

NEST won Best Campus Bar 4th year in a row.



Willow Shelley – VP Student Services



Collaborating with NAIT to increase study spaces on campus.

NAITSA hired 90+ students this year.



Council done for you?

NAITSA new space plan almost finished to create a more student-friendly space.

The 106 street waiting light changed. The wait time reduced by 70 seconds.

Advocacy Week (Legislature)

NEST Fest (NAITSA's welcome week event) 3000 attendees.

Executive Council members are involved in 30-40 committees around NAIT.

New tuition framework legislation Bill 19 to ensure that EC must approve any tuition increases.

NAIT gave NAITSA 6-8% of mental health grant from Government.

Ooks Life Mural!

Brenda Needham – VP Academic

What is the benefit of being part of the EC as a mature student?

Being an executive council member has shown me that regardless of age anyone can grow. As a mature student representing students, I've had the opportunity to help embrace changes that are important to all students. I have experienced different facets and dimensions of being a student at NAIT from part-time to full-time; daytime to night class; from online to classroom settings. The beauty is NAIT is a diverse and inclusive community.

Karen Velasco – VP External

What are you looking forward in becoming President next year?

Moving into the president's role is daunting for me but I am confident that my predecessor will equip me with the important things I need to know in order for me to succeed in this role.

My current team has started a lot of initiatives this year and I am looking forward to pursuing those projects and initiatives with my new team and gain traction to ensure that we are moving in the right direction. I am also looking forward to increasing more awareness and engagement between students and NAITSA and encourage more collaborative efforts between NAIT and NAITSA.

Lastly, I am looking forward to getting to know my new team and establishing our dynamic.



PITCHER PERFECT: THE BEST YEG SPORTS BARS

By JORDAN TOUGAS

Going to a game can be expensive - especially once you factor in food and drinks on top of your tickets. With the nice weather in the summer, it's the perfect opportunity to get out on the town and check out some of Edmonton's sports bars. Whether you prefer to sit out on the patio enjoying a cold one with the boys or you like to be inside right at the bar counter, Edmonton has the bars to suit your needs. Without further ado, these are some of the best sports bars in Edmonton.



Mercer Tavern 10363 104 St

Mercer Tavern thrives on affordable, gourmet, and local foods. The Happy Hour runs from 3:00 p.m.- 6:00 p.m. daily and offers a variety of drinks and snacks ranging from \$4 – \$8.

Mercer Tavern boasts an excellent atmosphere; you'll love being immersed in their classic architecture and trendy decor while you watch the big game!

The location is also great for grabbing a bite and drink before a summer concert as it's located in the Ice District and right next to Rogers Place.

Although Mercer has a quaint patio, they do not have TVs outside.



State and Main 10065 Jasper Ave

This trendy downtown bar is a little different for this list. State and Main is a more up-scale bar. Its focus is on gourmet food, but there is one big thing that gives the bar an advantage over others: State and Main is usually less busy during game days!

The serving is above average and they offer special drinks for major events.



Photos from Facebook & Unsplash

1ST RND 11248 104 Ave

3 Star Happy Hour is the best time to get cheap food and liquor. The bar serves \$3 sleeves, sliders and fish tacos.

1ST RND strives to have great events. To keep up to date follow their social media to see when the best events are happening. They hold parties for games throughout the summer that you won't want to miss.

The service is excellent, the food will not dissappoint, and they even have Skip The Dishes service if you want to stay in to watch the game. There is even patio at the downtown location to watch games under the heat of the summer!

The Pint 10125 109 St

Games are normally held in the late afternoon - and The Pint takes advantage of that. The bar holds Happy Hour from 3 p.m. to 7 p.m. daily.

The Pint has typical bar-style food but done the right way and easier on your wallet. It's comfort food at its finest: burgers, sandwiches, nachos and wings— they have 40 different flavours!.

Whether you're into football, soccer or hockey, The Pint will most likely have your game playing.

Did we miss one? Tell us about your favourite place to watch the game at sports@nait.ca.

From A POV: What it means to be an Asian-Canadian

By **ALTHEA ALABAT**

"I would describe it as being born of two worlds, yet I belong to neither of them," said Jaynen Prasad speaking of his biracial Asian heritage.

"We were never taught to be expressive with our feelings," said Alyssa Li speaking about Asians and mental health.

"I'm out of the conversation most of the time," said Bobby Valencia speaking about not being able to speak his family's native language.

All of the above were answers that arose from a conversation among 10 strangers of Asian heritage when asked about Asian culture, traits and identity.

From a POV was merely a concept in December of last year. It wasn't even titled 'From a POV' at that time. It quickly became a passion project of mine when I couldn't find anything like I envisioned online.

I remember seeing videos about Asian-Americans or of a group of specific Asians, but I never saw anything like a dialogue among the Asian-Canadian community. As a marketing student, I knew I always wanted to experiment with video content, but I never had the drive or resources to produce a video as important as this.

After two and a half months of planning the video details, recruiting the right candidates for the video, trying to book the right space, and getting everyone to come to the scheduled filming day, we finally filmed *From a POV*.

I had the cast discuss their experiences growing up Asian, how they've interacted with other people, stereotypes they've heard about Asians or their own ethnicities, Asian representation in the media, discrimination and racism, as well as mental health.

I wanted the tone of the video to be free-flowing and natural. I didn't care to be politically correct and I didn't ask the cast to hold back on sensitive topics. The one request I had was that for the next three hours, these 10 strangers (to each other) had to pretend to be best friends and from



The *From a POV* cast and crew.

that request, they produced a conversation full of raw emotion and genuine experiences about growing up Asian.

The purpose of the video wasn't to educate others on how an Asian-Canadian should be portrayed. The cast who

shared their stories in front of the camera do not act as 'model representatives' for their ethnicities. In fact, it doesn't paint much of a diverse picture even among Asians.

It was about inciting a conversation among Asians—regardless of where in the world you live—and

about understanding each other's cultures, similarities and differences, as well as learning from each other's experiences. Instead, these 10 strangers put faces to a dialogue from their 'POV' and I only hope that this conversation finds its place among the Asian-Canadian community.

From A POV will premiere on YouTube (under the same name) on April 27.



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						1 Edmonton Craft Beer Festival Nextfest Watch hundreds of emerging performers take the stage.
2 Edmonton Craft Beer Festival Nextfest	3 Operators 7:00 p.m. @ Starlite Room Nextfest	4 Edmonton Prospects vs Medicine Hat 7:05 p.m. Nextfest LORD DYING 8:00 p.m. @ Starlite Room	5 Edmonton Prospects vs Medicine Hat 7:05 p.m. Nextfest	6 Sustainival An entire carnival powered by green energy. Nextfest	7 Sustainival An entire carnival powered by green energy. Nextfest PRIDE FESTIVAL	8 Sustainival An entire carnival powered by green energy. Nextfest PRIDE FESTIVAL
9 Sustainival An entire carnival powered by green energy. Nextfest PRIDE FESTIVAL	10 Nextfest PRIDE FESTIVAL	11 PRIDE FESTIVAL	12 PRIDE FESTIVAL	13 PRIDE FESTIVAL	14 Edmonton Eskimos vs Montreal Alouettes 7 p.m. PRIDE FESTIVAL	15 Porkapalooza Edmonton's only BBQ festival. PRIDE FESTIVAL
16 Porkapalooza Edmonton's only BBQ festival. Shawn Mendes 7:30 p.m. @ Roger's Place PRIDE FESTIVAL	17 PRIDE FESTIVAL	18 Freewill Shakespeare Festival begins Festival runs from June 18 to July 14	19 PRIDE FESTIVAL	20 The Works Art & Design Festival The whole city transforms into a celebration of art.	21 The Works Art & Design Festival Corey Hart 7:00 p.m. @ Roger's Place Just a Little Night Market	22 The Works Art & Design Festival Soundtrack Music Festival Just a Little Night Market
23 The Works Art & Design Festival Leduc Saradee Summer Market	24 The Works Art & Design Festival Edmonton Prospects vs Lethbridge 1:05 p.m.	25 The Works Art & Design Festival	26 The Works Art & Design Festival	27 The Works Art & Design Festival	28 The Works Art & Design Festival Boardwalk Sand On Whyte Edmonton Stingers vs Niagara River Lions 7pm	29 The Works Art & Design Festival Boardwalk Sand On Whyte
30 The Works Art & Design Festival Boardwalk Sand On Whyte Pentatonix 6:30 p.m. @ Roger's Place						



Amanda Gaude

Red pandas get new home

By **JOE LIPOVSKI**

The Edmonton Valley Zoo is welcoming red pandas to the newly opened Urban Farm.

The red pandas will move into their new home in the Urban Farm, however their outdoor space is not ready for them to move in yet. Until then, the red pandas will remain in their temporary enclosure inside the Sato Centre. The Urban Farm is expected to be completed for early summer.

So far, only a handful of animals have been moved to the new Urban Farm. The zoo's two Juliana pigs, Ophelia and Hamlet, are the stars of the show and are among the Urban Farm's first tenants.

The new Urban Farm, made up of several indoor stalls for the petting zoo, allows the zoo to use the Urban Farm year-round. The Urban Farm will also include a new restaurant and concession. The farm is part of a \$45 mil-

lion construction project. The new facility is replacing the old barn yard, originally built in 1959. The old barn yard was one of the many attractions in the zoo that was open seasonally.

With more indoor spaces, the Urban Zoo and restaurant will be open throughout the winter. The area was originally a concession stand, restaurant, educational space and a merry-go-round. Before the construction began, the area was open seasonally. There was also enclosures for the prairie dogs, who are currently in Calgary, and red pandas.

Now that the Urban Farm is open, the Valley Zoo Development Society is planning to begin the second phase of this massive construction project, it's called Nature's Wild Backyard. However, the City of Edmonton didn't have enough money in the current budget for the zoo's upcoming projects. As a result, many have been cancelled.

The Edmonton Valley Zoo and the Development Society have put phase two of Nature's Wild backyard on hold until September 2019, until they find a way to pay the \$39 million needed for the second phase.

The second phase on Nature's Wild Backyard will be on the site of the old barn and the pond. This phase will change the layout of the zoo, occupying the space currently used by the last of the Storyland themed buildings. These remaining buildings were from the zoo's opening and make up the original part on the Zoo built in 1959.

Until the remaining construction cost is acquired, the buildings from the old storyland theme, will have to stay. The pond and surrounding enclosures will be torn down in order to make way for the next phase of the zoo's redevelopment.

FUEL UP ON FOOD TRUCKS

By NICOLE MURPHY

What The Truck?! has announced they have not planned any Food Truck festivals this year in Edmonton. However, that doesn't mean these glorious mobile food machines will not be seen around the city. Look out for some of these Edmonton favourites.



Bully Food Truck's Turkey Burger
givemeyourlunchmoney.ca

Bully Food Truck

givemeyourlunchmoney.ca

If you are hungry for something hardy that will satisfy your need for comfort food, Bully Food truck may be the place for you.

Their Bully Bomb is a homemade AAA beef and pork patty topped with their mac n' cheese with six different cheeses, then finished with bacon and bruschetta on a bun. It's a full meal in one burger and requires a fork and knife to eat.



Attila The HUNgry's famous Duck Tots
Twitter

Attila The HUNgry

[@attilathehungry](https://twitter.com/attilathehungry)
whynoteat.ca

The adventurous eater that is looking for something new will love to chow down at this food truck.

Their popular Duck Tots are a base of potato tater-tots with braised duck, hoisin aioli, lime sriracha with herbs and crushed peanuts on top.

The creative chef behind this food truck now owns WHY NOT Cafe & Bar on 109th street, just off Whyte Ave.



Drift's Corn Tortilla Chips & Aji Sauce
driftfoodtruck.ca

Drift

driftfoodtruck.ca

For eclectic food that delivers unique flavours that work seamlessly together, try Drift.

The Pork Belly Sandwich topped with pickled carrots, daikon, chili mayo and cilantro is just one of the sandwiches they offer that will have your mouth watering.

Catch them in the off season serving food at the Shamrock Curling Club.

LIFE HACK FOR FREE FITNESS

By Nicole Murphy

Go to eventbrite.ca, enter your city/location and there is a tab that says “free events only.” Refine the search to Sports & Fitness and voila! The current free events pop up.

Of course, this is always changing and perhaps sometimes there will not be any, but check out what is coming up soon:

Workshop for Power & Speed Drills for Baseball

April 28th 1 P.M. - 2:30 P.M. at United Sport & Cycle

This workshop is for baseball players that want to improve their throwing, hitting and base running. Taught by Jeff Krushell, former Blue Jays strength and conditioning coach, and TSN radio host who has over 25 years of work with high performing athletes, this is sure to be a world class event.

BollyX Demo Class

May 19th 1pm - 2pm at Generate Fitness

This one hour class is a Bollywood inspired fitness class that is open to all levels and abilities. If you love to dance, this could be a great way to try something new.

Krav Maga

April 15th & 16th 6pm- 7:30 P.M. locations vary.

This is a form of self-defense that increases your self confidence and fitness level. There are a couple of locations in the city to try this out for free and classes range in fitness levels and styles. Learn self-defense, try a women’s only



Facebook

class or get an intense workout with the extreme hit kickboxing class. To sign up for a free month trial or try out a class check out the website: www.kravmagasolution.com.

River Valley Stairs High-level Bridge & The Royal Glenora Club

There is also the obvious but sometimes underrated

River Valley. Edmonton has more urban park land than most cities in North America. Go for a simple walk, run or bike ride on the trails throughout the city. If you want a quick intense workout try the stairs in-between the High-level Bridge and The Royal Glenora Club.

Let us know if there are any other FREE ways to stay active this summer at sports@nait.ca.

INTERNATIONAL FEATURE

New perspectives at NAIT

By ALTHEA ALABAT

Dishant Gera is one of the International Student Club’s (ISC) newest members. Gera was admitted into 3rd year of the BTech program, specializing in tech management after finishing a mechanical engineering degree in India.

Gera started his new life in Canada in mid-December of 2018 and shortly began his academic career at NAIT in January of this year.

Although Gera has only celebrated his one week anniversary of being a member of the club, Gera was introduced to ISC events long before he became an official member through VP Finance Joning Yu.

Both Yu and current ISC president Kih-mary Somcio encouraged him to volunteer and get involved in events, with one of the events being Life After NAIT. Yu facilitated his introduction to the club by helping him register. Prior to volunteering for Life After NAIT, Gera had some reservations about joining the club.

“[Life After NAIT] was a confirmation for me,” said Gera when asked about his decision to join the club. “There wasn’t much convincing needed, I was already interested in

joining.”

Over the summer, Gera plans to reunite with his brother and a college friend in Ontario for an exciting new experience he’s looking forward to. He hopes to experience the EdgeWalk at the CN Tower and visit the Kensington Market during his stay in Toronto.

“When I first arrived in Canada, I wasn’t a very outgoing person,” said Gera. “While I was excited, I was still hesitant about how people would interact with me.”

Being a part of ISC has allowed Gera to expand his network, meet new people, and make meaningful connections—all of which helped Gera build his new life in Edmonton.

“It’s a golden opportunity for myself to learn about other people’s cultures and perspectives because I haven’t traveled to many countries. [At NAIT], you get to experience a bit of everything,” said Gera.

After connecting with other members, Gera found himself a safe space in the club when he was able to express his opinions without feeling judged. Before, he would hesitate on sharing his ideas, but now he learns about others’ views through conversation.

“People have different ways of think-

ing and different ways of approaching their problems,” said Gera. “When you hear from other’s experiences, it seems like your own

problems aren’t as big and you gain new knowledge. When you hear other perspectives, you start growing as a person.”



Dishant Gera (right) at the International Centre’s Mosaic Event.

Facebook

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Welcome to the
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Re-define what
Curling means.

Community - have fun,
socialize, learn, and
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WHAT'S NEW?

Open for the SUMMER!

Offering a wide-open, unique, transformable space for groups large or small. Also available is our Lobby or Lounge. We can also cater your event.

Examples: Sports, social or business events, trade shows

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Doubles League

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Avonair Curling Club

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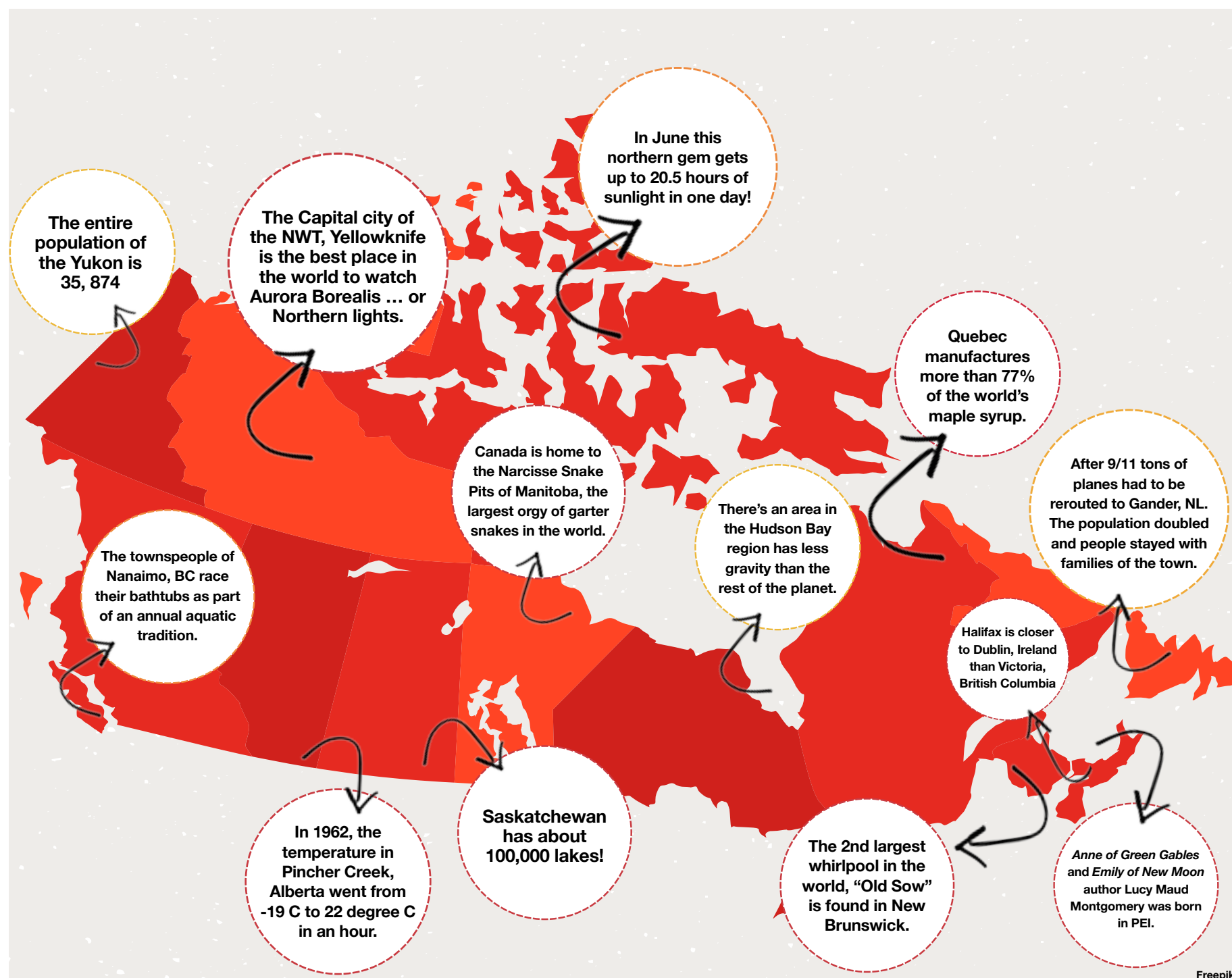
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JULY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>The Works Art & Design Festival</i> Edmonton Prospects vs Moose Jaw 7:05 p.m. Boardwalk Sand On Whyte	2 <i>The Works Art & Design Festival</i> Boardwalk Sand On Whyte	3 Edmonton Prospects vs Moose Jaw 7:05 p.m. Boardwalk Sand On Whyte	4 Edmonton Stingers vs Hamilton Honey Badgers 7:00 p.m. Khalid 7:30 p.m. @ Roger's Place Boardwalk Sand On Whyte	5 Whyte Avenue Art Walk <i>Edmonton International Street Performers Festival</i> Boardwalk Sand On Whyte	6 Whyte Avenue Art Walk <i>Edmonton International Street Performers Festival</i> Boardwalk Sand On Whyte
7 <i>Edmonton International Street Performers Festival</i> Lululemon Edmonton 10K Boardwalk Sand On Whyte	8 <i>Edmonton International Street Performers Festival</i>	9 <i>Edmonton International Street Performers Festival</i>	10 <i>Edmonton International Street Performers Festival</i>	11 <i>Edmonton International Street Performers Festival</i> Edmonton Stingers vs Guelph Night-hawks 7:00 p.m.	12 <i>Edmonton International Street Performers Festival</i> Edmonton Prospects vs Melville 7:05 p.m.	13 <i>Edmonton International Street Performers Festival</i>
14 <i>Edmonton International Street Performers Festival</i>	15	16	17 FC Edmonton vs Valour FC 7:00 p.m.	18 TASTE OF EDMONTON For more info, see pg. 23	19 TASTE OF EDMONTON ITU World Triathlon Triathletes of all ages participate in the World Triathlon Series Tour. K-Days	20 TASTE OF EDMONTON ITU World Triathlon K-Days
21 ITU World Triathlon TASTE OF EDMONTON K-Days	22 TASTE OF EDMONTON K-Days	23 Edmonton Prospects vs Medicine Hat 7:05 p.m. TASTE OF EDMONTON K-Days	24 TASTE OF EDMONTON K-Days	25 Edmonton Eskimos vs Toronto Argonauts 7:30 pm TASTE OF EDMONTON K-Days Backstreet Boys 8 p.m. @ Roger's Place	26 Interstellar Rodeo This funky music festival boasts music, food, and lots of dancing. TASTE OF EDMONTON K-Days	27 Interstellar Rodeo K-Days TASTE OF EDMONTON FC Edmonton vs Forge FC 4:00 pm
28 Edmonton Prospects vs Fort Mac 2:05 p.m. TASTE OF EDMONTON K-Days Interstellar Rodeo	29 Def Leppard 7 p.m. @ Roger's Place	30	31 FC Edmonton vs HFX Wanderers FC 7:00 p.m.			

13 QUIRKY CANADIAN FACTS



Freepik

Wondering where to celebrate Canada's 152nd Birthday?

Alberta Legislature Building

The largest Canada Day celebration in the city begins with a welcome ceremony in the morning and speeches from the province's leaders.

The Legislature Building opens the Chamber floor to the public which is only available to visitors on Canada Day. Regular tours do not have access to the Chamber floor.

There is also a fun area on the grounds with activities for families. The stage highlights diversity performances as well as featured Alberta artists

Fuel up with some of Edmonton's most popular food trucks and stands from around Edmonton.

Fireworks begin around 11 p.m. and don't forget that the High Level bridge will close for the duration of the fireworks.

Edmonton Canada Day Road Race

This annual timed run happens on Canada Day every year! Runners can choose between 5K and 15K distances, and the 15K can be ran as a three person relay. Tickets

range from \$20-\$85 per person. To register or learn more information, visit events.runningroom.com.

Edmonton Prospects Canada Day Game

The Prospects Canada Day Game provides an excellent fireworks viewing location to take your friends and family!

University of Alberta Botanic Garden

This beautiful oasis of fresh plants and flowers hosts live music, children's activities and serves Canada Day Cake in a peaceful, relaxing setting.

For more information about Canada Day celebrations, visit edmonton.ca or assembly.ab.ca

Usual Road Closures:

Several roads are closed including Victoria Park/River Valley Road, Walderdale Hill Road and Queen Elizabeth Park Road. 109 Street between Saskatchewan Drive and High Level Bridge will also be closed.



Edmontonians gather at the Alberta LEG Building for the annual Canada Day Celebration.

Flickr

34 years of tasty tradition

By **CHANTAL DUNN**

Taste of Edmonton claims to be putting picnics to shame for 33 years.

The festival, going into its 34th year, is a way to try different restaurants around the city and listen to free live music in one location.

This year the festival runs from Thursday July 18 until Sunday July 28. The 10 day festival will be held on Capital Plaza from 11 a.m. - 11 p.m. daily, except on July 28 the festival will close early at 8 p.m.

Food from the trucks cost tickets. These food tickets can be purchased in many packages. The prices including GST are \$9 for 5 tickets, \$17 for 10 tickets, \$34 for 20 tickets or \$67 for 40 tickets. Food items range anywhere from 2 tickets to 4 tickets.

Some food vendors include The Melting Pot, Italian Bakery Edmonton, Afghan Food, The Underground Tap and Grill, Kyoto Japanese Cuisine, Pampa Brazilian Steakhouse and many more. There are also beer and wine selections. With the wide variety of popular restaurant representation, there are also many options for dietary restrictions. Alternative celiac, vegetarian, vegan and nut free food options are present by many food vendors.

The concerts are all ages and free for anybody to attend. Popular headlining bands have hit the stage year after year. Some of the past bands to have played include Sloan, Said The Whale, The Royal Foundry, Whale and the Wolf, Scenic Route to Alaska, Shawn Desman, One Bad Son and many more.

The set list for this year's Taste of Edmonton has yet to



be announced.

Aside from the regularly scheduled entertainment, there are kids activities as well. "Taste 4 Kids" in the past have included magic shows, puppet shows, dancing, scavenger hunts and even a kids cooking workshop.

For out of town guests there are a variety of recom-

mended hotel options. On the Taste of Edmonton website there are also packages for out of town guests that include a stay at a nearby hotel, and some food tickets included in that price.

If you are interested in volunteering at the festival there is contact information online at tasteofedm.ca.

WEEKLY SPECIALS

FOOD		DRINK	
MONDAY \$8.25 I Wish it Were Fry-Day Bowls <i>(Mexi, Veggie Supreme or Chicken Bacon Ranch Fries)</i>	THURSDAY \$7.25 Potato and Cheddar Perogie Poutine	MONDAY \$5.00 OFF Bottle Wine	THURSDAY \$6.00 Flavoured Absolut Vodka
TUESDAY \$8.25 8" Signature Pizza	FRIDAY \$8.25 Daily Soup and 1/2 Wrap	TUESDAY \$2.00 OFF Beer Cocktails	FRIDAY \$1.00 OFF Domestic Bottles
WEDNESDAY \$8.25 Nest of Wings Add dipping sauce \$1.50		WEDNESDAY \$5.00 Lamb's Rum Highballs	DAILY \$5.00 BRO-tini <i>Ask your server for details</i>

All specials available while quantities last. All liquor served is 1oz. Must be of legal drinking age to purchase alcohol. Valid ID required, please drink responsibly. For more details about our menu, please visit us online. Specials are dine-in only.

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

Celebrity chef teaches at NAIT

By ERYN PINKSEN

Culinary students are working with a Vancouver celebrity chef. He is teaching students about fine dining and contemporary cuisine, featuring some of his signature dishes like his crispy duck salad.

Chef David Hawsworth has only been at NAIT briefly, but is very impressed with NAIT's tools, instructors and students.

"NAIT's doing great work here, they've got amazing equipment, some very solid instructors and it's a finely tuned operation," said Hawsworth.

NAIT's Chef in Residence program invites high profile chefs to work with students and prepare a dinner for the public with students at Ernest's.

The students have had a day-in-the life workshop with Hawsworth as they learned about his experience as a chef. He is the owner and chef of Hawsworth (which holds the title of Best Upscale Dining in Vancouver Magazine), Nightingale and Bel Café in Vancouver. He designs the business class food for Air Canada, runs a high-end restaurant lounge in the Toronto Pearson airport and has a cookbook coming out in November.

Hawsworth has never attended a chef-in-residence program like this one, but has enjoyed encouraging students to pursue their culinary dreams and ensuring they understand that their dreams really are possible.

"It was just nice to cook some food and tell some stories and hopefully inspire some young cooks and let them know that they can actually do what they want to do, they just have to put their mind to it," said Hawsworth.



NAIT

STUDENT SUMMER SIPPIN' RECIPIES

By LARISSA NOTHOF

Summer Beer

There is nothing like a nice cold beer on a hot day. Add some pink lemonade and vodka to turn your backyard barbeque into a great time!

Prep Time: 10 min | 8 servings

1 can Frozen pink lemonade concentrate, thawed
350 ml Water
350 ml Vodka
1 can/bottle Beer

Place lemonade concentrate in a pitcher. Measure water and vodka in the lemonade can and add to the pitcher. Pour in the beer, mix well and serve over ice.

Pineapple-Orange Sherbert Punch

This tropical concoction deserves a paper umbrella with every glass. Take your friends and family away on a tropical retreat at your next backyard party.

Prep Time: 10 min | 24 servings

1 carton (48 oz) orange sherbet, softened
1 can (46 oz) pineapple juice
7 cups Hawaiian punch, chilled
1 liter ginger ale

In a large punch bowl, stir orange sherbet and pineapple juice. Top with Hawaiian punch and ginger ale. Serve with a ladle.



Food Network





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DESCRIPTION	BENEFITS
Full time hours	Training is provided
Open to students	Positive team culture
Work in small, motivated, energetic teams	Tons of FUN!
REQUIREMENTS	Competitive wages (Earn \$6000+)
Vehicle is mandatory	No experience necessary
Physical ability to work outside	WCB Coverage
Attention to detail	



To apply: email resume to hannah@studentworks.ca



FOR YOUR LISTENING PLEASURE ...

The Shuffle

The Summer Soundtrack

By THERON HOGG

“I Want To Break Free” - Queen

It's a little obvious, but it's also a fantastic song. Summer is all about new adventures, new loves and forgetting about school, even if it's just for a little while. So take a minute and enjoy solid song by a legendary band. It's upbeat, it's classic, it's Queen. What more could you ask for?

“The Hit” - TWRP

This song has some rad as hell 80s synth vibes and it's always nice to see good stuff like this come from a Canadian band. Another amped up song about love, but with more guitar solos. The full album: 2nite, is actually a really fun listen, check it out if you get the chance.

“Disco Descent” - Danny Baranowsky

The first instrumental of the shuffle, and man does it slap. It's like if somebody put a soundtrack to choke slamming a werewolf on top of a cathedral. It's a friggin great song for getting your energy back after the long comedown from final tests.

“Honeybee” - Steam Powered Giraffe

Keeping it slow with another love song. Honeybee is a good song to forget yourself to with beautiful harmonies from all of the band members, and a weird but sweet steampunk aesthetic. Just let yourself go, and fall into a musical world of love and turpentine.

“Neon Night” - Michael Salvatori

Another instrumental! This one is a more somber tone to it though. It's got a lot of weird synths and even some smooth jazz. It kind of feels like walking down mainstreet in the dead of night, no cars, no people. Just you, the street lights, and a world of possibilities.

“Something About Us” - Daft Punk

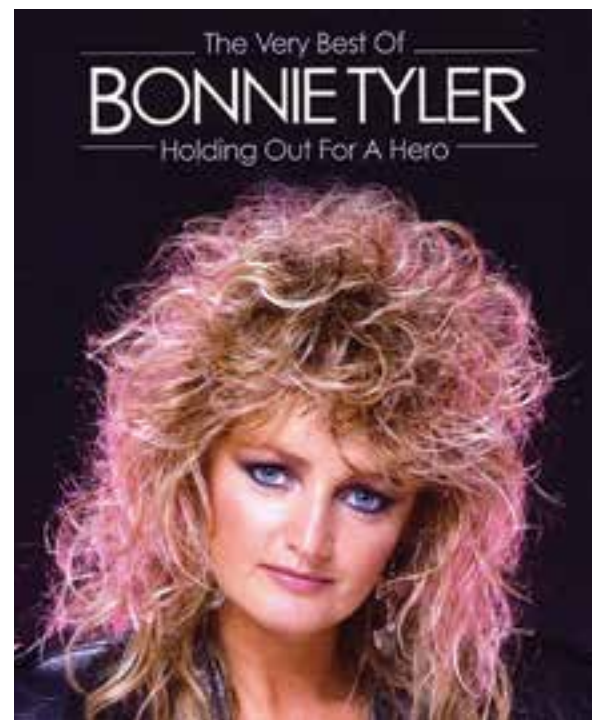
One more slow jam for summer. The song is smooth, jazzy, and beautifully tragic. It's like saying goodbye to a best friend, or letting a love go even if it hurts. There needed to be at least one sad song on the shuffle, and it balances it's tone with some bumping tunes.

“The Ecstasy of Gold” - Ennio Morricone

Now we come to the build up. The gradual rise, The lone gunman riding into town to face the bandits, the student getting ready for another semester of school. It's hard not to feel ready for anything after this song. Just give it a listen, you'll staring into the sunset like Clint Eastwood before you know it.

“Holding Out for a Hero” - Bonnie Tyler

An absolute classic song! It slaps harder and harder every time you listen to it. It's the perfect song for getting amped up to, singing and dancing like nobody's watching.



If you haven't heard this song yet than do yourself a favour and listen to it... ASAP.

“Hammer To Fall” - Queen

As the shuffle starts with Queen, so to must it end with Queen. We end it out with a song about living in an era or place where we feel like we have no control about the world around us. But there's comradery in that feeling, and there's strength in that comradery. So take this pop song and remember your voice is louder than you might think.



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New labs not for student use

By JOE LIPOVSKI

After three years of NAIT prioritizing applied research, they are now building new research kitchens for culinary development.

“It’s primarily part of industry solutions and so it isn’t a student-dedicated space,” said Dana Gibson, Director of Business Development for the Centre for Culinary Innovation.

The centre will be for chef-driven innovation in the culinary arts and will have a similar purpose as the PIC Building. The PIC Building is not open for students, but it is used for applied research—as well as testing and development of new products and hosting conferences and events.

“It’s a little bit like the PIC Building... We are the only centres for innovation that is colocated with the school, as opposed to being in the PIC Centre,” said Gibson. “It’s a hybrid and we are still figuring out how to get students involved.”

Gibson predicts that in three years, they will be able to bring on three new full time staff members. She also hopes that the centre will have positions for student researchers. Gibson says having student involvement will make the innovation centre different from the PIC Building.

There will be six new kitchens dedicated to product innovation. These new kitchens will be across from Ernest’s dining room. The space used to be occupied by several offices and the \$2.55 million innovation centre is set to open late this summer.

Chef Maynard Kolskog will be one of the first people to move into the innovation centre. He has been experimenting with oats. Transforming the grain into milk and ice cream. Kolskog has also been working with the Prairie Oat Growers Association. In order to take the cereal grain and adapt it to as many diets as possible, Kolskog has been experimenting with the grain to find new uses and to accommodate dietary needs.

Experiments like these will be moved into the new innovation centre’s applied research labs. Gibson predicts that in time students, may work alongside Chef Kolskog in the new innovation kitchens.

NAIT is looking for an additional \$3 million in order to build a demonstration theatre. The theatre will be for culinary students and is expected to bridge the gap between the food safety side of instruction in the existing culinary labs and the new research labs.

It is possible that programs like the

Chef in Residence Program will use the theatre. This will allow the culinary program to accept more applicants that are wanting to work with a high profile chef. Currently, the Chef in Residence Program only accepts 50 students out of 300 applicants each year.

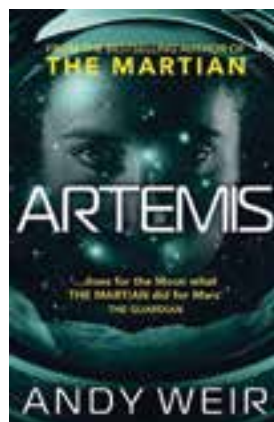
“We are hoping that once it’s built, the Chef in Residence can make use of [the theatre],” said Gibson.

The research labs will occasionally have opportunities for students as the centre will offer workshops and seminars. However, it will not be used for regular instruction.



Photo by Nick Saunders

YOUR SUMMER READING LIST



By THERON HOGG

Artemis

By Andy Weir

What’s more exciting than a heist? A heist on the moon, that’s what! The story follows Jazz Bashara, a down-on-her-luck smuggler just trying to get by on the lunar colony of Artemis. As with one of Andy Weir’s other books; *The Martian*, while the setting is truly unique, it’s the Main character that keeps people coming back. Jazz is clever, funny and good at what she does, but not to the point of being boring. It’s her flaws that make her unique and her decisions interesting. On top of being a really cool sci-fi, *Artemis* does a heist story right by having an interesting protagonist and side characters, high stakes, and a conspiracy that could go all the way to the top!

Favorite quote: “We also hate it when people call Artemis “the city in space.” We’re not in space; we’re on the moon. I’m mean, technically, we’re in space, but so is London.”

Norse Mythology

By Neil Gaiman

Norse myths are nuts. Sure Loki may be a suave trickster in the Marvel movies but did you know he once slept with a horse to make a cooler six-legged horse named Sleipnir? Or that when Thor was tired of dealing with Loki he’d just break his bones one by one until Loki stopped whatever he was doing? Neil Gaiman does a great job of bringing these legends to life with his quick pace and modern dialogue. All while maintaining the sense that these were stories told by people hundreds of years ago. It’s pretty interesting stuff to learn, and part of the fun of this book is retelling these stories to others. June and July have some beautiful nights to sit around the fire and trade myths to.

Favorite quote: “I’m not happy about any of this,” said Thor. “I’m going to kill somebody soon, just to relieve the tension. You’ll see.”

We Are Legion (We Are Bob)

By Dennis E. Taylor

It’s best to have some lighter reading in August. School is coming back around and you might not have time to really dig into a book. *We Are Legion (We Are Bob)* is a fun sci-fi novel that takes some interesting turns.

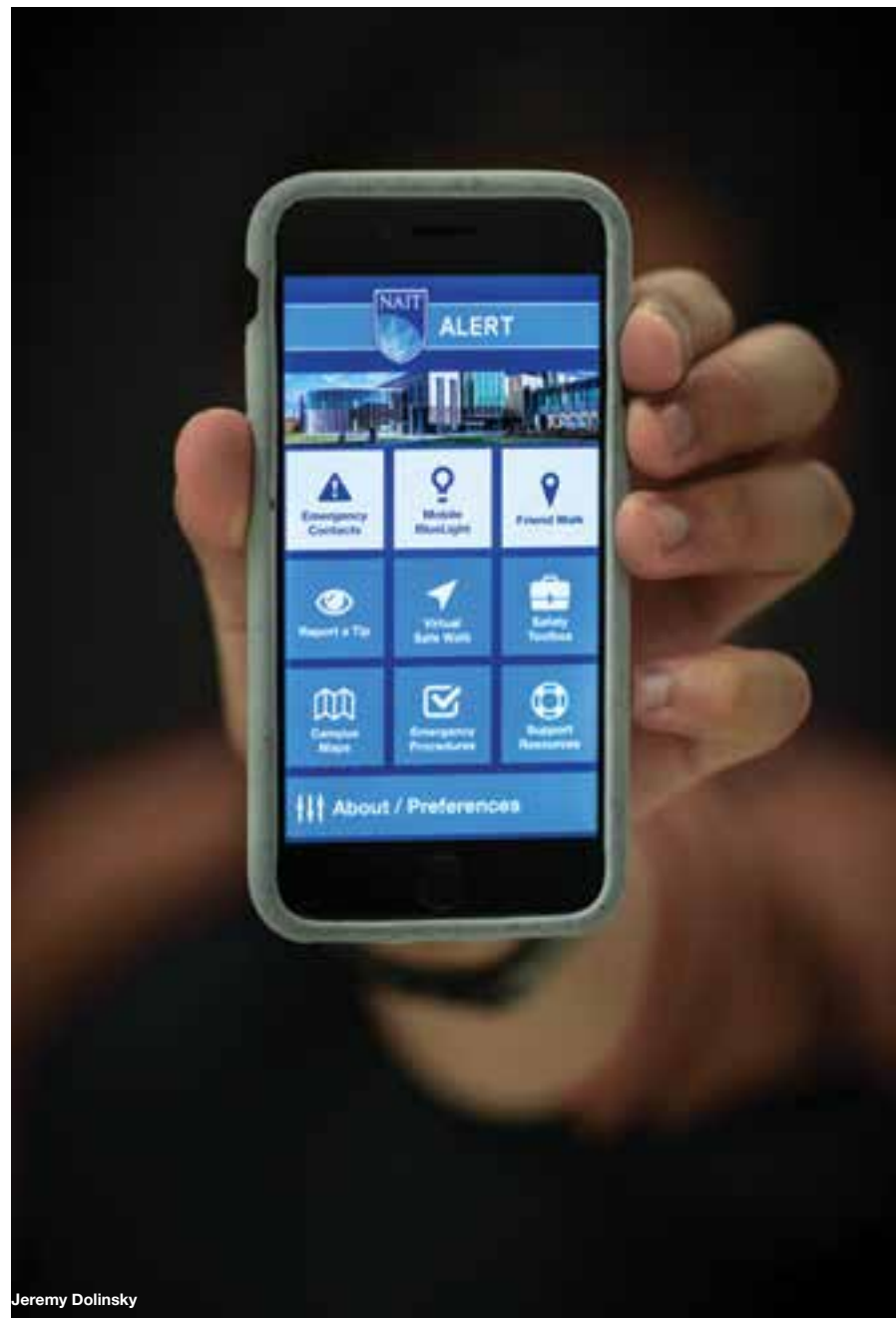
Each chapter is narrated by different versions of the previously mentioned Bob. The book does sound confusing, but the main character is a pretty funny narrator who humanizes the story in an easy to read manner. The book does touch on some higher themes, most stories worth their salt do, but it never drowns in them. All in all, it’s a fun read that shouldn’t take too much time away from your school prep.

Favorite Quote: “Belly laughs are one of the best things about being sentient, and you should never miss a chance for one.”

AUGUST 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Edmonton Sting- ers vs Fraser Valley Bandits 7:00 p.m.	2	3 EDMONTON HERITAGE FESTIVAL
4 EDMONTON HERITAGE FESTIVAL	5 EDMONTON HERITAGE FESTIVAL	6	7	8 Edmonton Folk Music Festival Edmonton Sting- ers vs Saskatch- ewan Rattlers 7:00 p.m.	9 Edmonton Folk Music Festival Animethon For more info, see pg. 26 Edmonton Eski- mos vs Ottawa Redblacks 8:00 p.m.	10 Edmonton Folk Music Festival Animethon
11 Edmonton Folk Music Festival Animethon	12	13 EDMONTON CAREER FAIR & TRAINING EXPO	14	15 Fringe Festival	16 Edmonton Rock and Roll Music Festival For more info, see pg. 29 Edmonton Dragon Boat Festival Fringe Festival	17 Edmonton Rock and Roll Music Festival Edmonton Airshow Edmonton Dragon Boat Festival Fringe Festival
18 Fringe Festival Edmonton Airshow Edmonton Dragon Boat Festival	19 Fringe Festival	20 Fringe Festival	21 Fringe Festival	22 Fringe Festival	23 Edmonton Blues Festival Fringe Festival Edmonton Eskimos vs Winnipeg Blue Bombers 7:00 p.m.	24 Edmonton Blues Festival Fringe Festival
25 Edmonton Blues Festival FC Edmonton vs York9 FC 4:00 p.m. Fringe Festival	26	27	28	29 NAIT ORIENTA- TION	30 Iron Maiden 7:00 p.m. © Roger's Place NAIT ORIENTA- TION	31

NAIT Alert not reaching students



Jeremy Dolinsky

By JOE LIPOVSKI

The NAIT Alert app is expanding to different screens on campus and Protective Services is trying to make the app more appealing with features such as campus maps, emergency procedures and the virtual safe walk program.

After polling several students in the halls, many say they have very busy schedules and don't want to take the time to learn a new app. They would prefer the app to be simple and easy.

After a fire in a chemistry lab in February 2017, NAIT introduced NAIT Alert in January of the following year. NAIT Alert was in development for over a year before the fire.

"The fire was not the reason for launching NAIT Alert, but it definitely reconfirmed that the project is the right thing to do," said April Diver, Manager of Emergency Management and Business Continuity.

NAIT Alert replaced a system that relied on protective services calling or emailing staff regarding an emergency. NAIT Alert can send an emergency message in seconds through the app and on desktop computers.

Due to many false alarms throughout the year, NAIT doesn't use NAIT Alert for all alarms. Last spring the fire alarm went off on several occasions, but many NAIT students said they didn't get an alert on the app. NAIT also doesn't issue an alert for most building alarms because they don't want it to distract students or staff from the primary alarm.

"We won't use [NAIT Alert] for building alarms... when the building alarm goes off, we want people to hear

that alarm, unless we have more information," said Diver.

NAIT's Emergency Management is now working on allowing staff and students to access NAIT Alert on desktops. Although alerts do come up on desktops already throughout campus, there are still some computers that do not display the alert properly.

They are also working on getting alerts on NAIT's digital monitors throughout campus. The problem they are running into is that not all the monitors on campus are owned by NAIT. Some monitors are owned by NAITSA or other groups on campus. NAIT's Emergency Management is also working on broadcasting alerts through NAIT's landlines in classroom and labs.

Currently, approximately 5600 people have the NAIT Alert app on their devices. Diver explains that to maintain that number, Protective Services holds an awareness campaign every term to expand their reach. She also hopes to have one in four people on campus using the app every year.

NAIT does two full-scale alert tests a year. They also do some smaller scale tests throughout each term and some tests occur at night.

Due to the fact that most students are only at NAIT for two years, protective Services hosts activity campaigning throughout the year to get students to download and use the app.

"Our biggest challenge is obviously getting students to sign up for the app and to be aware of it," said Diver.

A charity that really rocks

By CHANTAL DUNN

The Rock'n'Roll Society of Edmonton is a non-profit that gives vulnerable youth the chance to hit the stage alongside some rock'n'roll legends.

This year their big fundraiser, The Edmonton Rock Music Festival runs August 16-17. Selected junior high students that have been involved in a program called Center for Arts and Music (CAM) learning to play guitar, bass, key drums and vocals will get to perform.

"At the end of the day, what we are doing with these kids is taking them from perhaps no musical background into being able to play the instruments. And we believe pretty significantly and pretty hardly that this type of meaningful interaction and cultural interaction is going to help these kids produce better confidence, better self-esteem and better leadership skills. These types of skills that they take into their communities and take with them as adults" said Todd Crawshaw the Executive Director.

"The fruits of our labor today are still going to echo in 10-20 years' time".

Other bands announced playing this year's festival include local bands Radioactive and The Odds. Followed by the head-

liner, Sloan. A trio called One Nite Stan, Dextris, and the Runko Brothers, who are fairly young but have a feel of 1970s glam rock.

Darby Mills takes the stage, who was the lead singer of The Headpins. After that, Wide Mouth Mason is up, followed by The Pursuit of Happiness and then Haywire.

Headliner is "the best in show review super group" consisting of Rick Springfield (who is way more than just Jessie's Girl), Greg Kin and Tommy Two Tone (8-6-7-5-3-0-9). Together they make a three man rock power group.

This huge fundraiser not only gives youth a chance to perform but it helps fund the CAM program throughout the year.

The Rock'n'Roll Society of Edmonton tries "to concentrate on the vulnerable after school hours with these kids, times where negative influences tend to be paramount."

With this program it is important to avoid stigmatizing the youth, as they have not received as many opportunities for musical education then others. They also teach how to write songs. Then the kids form bands and write and record their own songs.

For more information to support the Rock'n'Roll society and to get tickets check out the festival website www.edrocks.ca



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Quidditch league in YEG

By MICHAEL COLVIN

Quidditch: a game made in the fantasy world of Harry Potter by J.K. Rowling has been brought to life here in Edmonton. The Edmonton Aurors Quidditch Club is represented by Pearse McKinney, a current NAIT student.

The quidditch season runs from September to April. McKinney and his hard-working team won the regional championships back in November, which featured all the western Canadian teams. Travelling to Hamilton for Nationals the last weekend of March, the team placed sixth in all of Canada.

“The team participates in two levels of play: competitive, which is against teams across Canada and the US,” McKinney explained. “We also play in a development league which has teams across Alberta.”

Remember watching Harry Potter chase the golden snitch, dodging and fending off the bludgers - all while his teammates battled to put the quaffle through the hoops of the opposing team, racing on their brooms around through the sky trying to claim victory?

Other than flying, the live-action version is much the same. There are seven players on each team: one seeker, one keeper, two beaters and three chasers. To get as close as they can to the real sport, players must mount on a broom and use one hand to carry their broom and the other to perform their tasks.

The chasers are there to chase the quaffle and try to score once they have it. The beaters are there to try to stop the chasers from getting the quaffle by throwing the bludgers at them. If a player is hit by a bludger, they must stop all actions, dismount their broom and go back to their own hoops and touch them to get back into the game. The keeper is there to defend the hoops at all cost.

Lastly, the seeker is there for one purpose: to catch the golden snitch. The snitch in this version is a tennis ball in a long golden sock attached to the snitch runner. The seekers will jump into action once the snitch runner comes onto the field, then chase and capture the golden snitch to claim victory for their team.

To find out more about The Edmonton Aurors Quidditch Club, you can check out their website at edmontonquidditch.com.



Facebook

YEG SUMMER GAMES SCHEDULE

Football: Edmonton Eskimos @ Commonwealth Stadium

- Sun May 26, 2:00 P.M. BC Lions @ Edmonton Eskimos
- Fri Jun 14, 7:00 P.M. Montreal Alouettes @ Edmonton Eskimos
- Fri Jun 21, 7:00 P.M. BC Lions @ Edmonton Eskimos
- Thu Jul 25, 7:30 P.M. Toronto Argonauts @ Edmonton Eskimos
- Fri Aug 9, 8:00 P.M. Ottawa Redblacks @ Edmonton Eskimos
- Fri Aug 23, 7:00 P.M. Winnipeg Blue Bombers @ Edmonton Eskimos
- Sat Sept 7, 5:00 P.M. Calgary Stampeders @ Edmonton Eskimos
- Fri Sept 20, 7:30 P.M. Hamilton Tiger-Cats @ Edmonton Eskimos

Soccer: FC Edmonton @ Clarke Stadium

- Sun, May 12, 1:30 P.M. - FC Edmonton v Pacific FC
- Sat, Jun 1, 4:00 P.M. - FC Edmonton v Valour FC
- Sat, Jun 15, 1:30 P.M. - FC Edmonton v Cavalry FC
- Wed, Jun 26, 7:00 P.M. - FC Edmonton v Forge FC
- Mon, Jul 1, 4:00 P.M. - FC Edmonton v HFX Wanderers FC
- Wed, Jul 17, 7:00 P.M. - FC Edmonton v Valour FC
- Sat, Jul 27, 4:00 P.M. - FC Edmonton v Forge FC
- Wed, Jul 31, 7:00 P.M. - FC Edmonton v HFX Wanderers FC
- Sat, Aug 10, 4:00 P.M. - FC Edmonton v Pacific FC
- Sun, Aug 25, 4:00 P.M. - FC Edmonton v York9 FC

Baseball: Edmonton Prospects @ RE/MAX Field

- Sat May 25, 7:05 P.M. Lethbridge @ Edmonton
- Sun May 26, 7:05 P.M. Lethbridge @ Edmonton
- Thurs 30, 7:05 P.M. Okotoks @ Edmonton
- Sat June 1, 7:05 P.M. Brooks @ Edmonton
- Sun June 2, 2:05 P.M. Brooks @ Edmonton
- Tues June 4, 7:05 P.M. Medicine Hat @ Edmonton
- Wed June 5, 7:05 P.M. Medicine Hat @ Edmonton
- Sat June 8, 7:05 P.M. Okotoks @ Edmonton
- Sun June 9, 2:05 P.M. Okotoks @ Edmonton
- Sat June 15, 7:05 P.M. Fort Mac @ Edmonton
- Sun June 16, 2:05 P.M. Fort Mac @ Edmonton
- Mon June 24, 1:05 P.M. Lethbridge @ Edmonton
- CANADA DAY - Mon July 1, 7:05 P.M. Moose Jaw @ Edmonton (Tickets to the game include seats to watch the fireworks from the field afterwards)
- Tues July 2, 7:05 P.M. Moose Jaw @ Edmonton
- Wed July 3, 7:00 P.M. Moose Jaw @ Edmonton
- Sat July 6, 7:05 P.M. Okotoks @ Edmonton
- Sun July 7, WCBL All-Star Game
- Fri July 12, 7:05 P.M. Melville @ Edmonton
- Sat July 13, 7:05 P.M. Melville @ Edmonton

- Sun July 14, 2:05 P.M. Melville @ Edmonton
- Wed July 17, 7:05 P.M. Brooks @ Edmonton
- Thurs July 18, 7:05 P.M. Brooks @ Edmonton
- Tues July 23, 7:05 P.M. Medicine Hat @ Edmonton
- Wed July 24, 7:05 P.M. Medicine Hat @ Edmonton
- Sat July 27, 7:05 P.M. Fort Mac @ Edmonton
- Sun July 28, 2:05 P.M. Fort Mac @ Edmonton
- Thurs Aug 1, 7:05 P.M. Yorkton @ Edmonton
- Fri Aug 2, 7:05 P.M. Yorkton @ Edmonton
- Sat Aug 3, 7:05 P.M. Yorkton @ Edmonton
- WCBL Playoffs run from Aug 8 to Aug 18

Basketball: Edmonton Stingers @ Northlands Expo Centre

- Fri May 10, 7:00 P.M. Niagara River Lions @ Edmonton Stingers
- Fri May 24, 7:00 P.M. Guelph Nighthawks @ Edmonton Stingers
- Fri May 31, 7:00 P.M. Saskatchewan Rattlers @ Edmonton Stingers
- Fri June 7, 7:00 P.M. Fraser Valley Bandits @ Edmonton Stingers
- Fri June 14, 7:00 P.M. Hamilton Honey Badgers @ Edmonton Stingers
- Fri June 28, 7:00 P.M. Niagara River Lions @ Edmonton Stingers
- Thurs July 4, 7:00 P.M. Hamilton Honey Badgers @ Edmonton Stingers
- Thurs July 11, 7:00 P.M. Guelph Nighthawks @ Edmonton Stingers
- Thurs Aug 1, 7:00 P.M. Fraser Valley Bandits @ Edmonton Stingers
- Thurs Aug 8, 7:00 P.M. Saskatchewan Rattlers @ Edmonton Stingers

26 years of Animethon

By **EMMA MORRISON**

Edmonton is celebrating its 26th year in hosting the annual Animethon. People who enjoy Anime, cosplaying, video games and music can go and mingle with peers who share similar interests.

This year, Edmonton 26 Animethon is happening at the Edmonton Convention Centre from August 9 – 11. Its jammed packed with amazing guests, vendors, events and panels for your enjoyment.

Events:

Anisong Edmonton Concert: Join your peers at the first Edmonton “Anisong” concert. Where three amazing artists will come together and perform your favourite anime songs.

AMV Contest: The Anime Music Video contest is a way for fans to show their creativity and skills in the form of music videos, anyone can enter. The deadline is Friday, June 21, 2019. For more details, go to animethon.org/amv-contest.

Artist Alley: Artist Alley is exactly what it sounds like. Artists from near and far to come and showcase their artistic abilities. Support your favourite artist by purchasing some of the prints they have created.

Vendors: There are vendors everywhere. You can get anything from fake swords to that item that will amp up your cosplay. They even have small trinkets and toys from your favourite anime.

There is more that is being announced for Animethon 26 and its events so keep an eye out for that new panel or the amazing merch you’re looking for. You can buy your tickets now at animethon.org.



Neko Pop

Guests:

Sayaka Sasaki: This singer and voice actor debuted in 2010 with The Book of Bantorra “Seisai no Pipi-eno”. Sasaki has released 5 albums and 15 singles and is known across the world for her angelic voice and music production.

Yoko Ishida’s: Yoko launched her Anime singing career in the 1990s after an Anime Singer contest. In 1993 she debuts with singing the sailor moon theme “Otome no Policy”. In 2008 she became globally known after she released her Best of Album. Yoko has worked on popular

animes like FairyTail and Shirobako.

ChouCho: ChouCho is known for her debuting song “Kawaru Mirai” from the TV anime Heaven’s Memo Pad. She has also performed may popular anime songs like Hyouka and Mashiro-iro Symphony.

Erika Harlacher: Erika is a voice actress based out of Los Angeles. She is most commonly known for here personas as Violet Evergarden (Violet Evergarden), Elizabeth Liones (Seven Deadly Sins), Siune and Sasha (Sword Art Online), Emi Igawa (Your Lie In April) and many more.

CONSPIRACY CORNER

Great Canadian cryptids

By **[REDACTED]**

As the snow thaws, people begin to leave their homes again. Summer is on the horizon and with it comes exploration. But one thing they don’t tell you is that there are others who have been here for far longer than we have. Others who have already explored all over this great nation. No matter where you go this summer, Conspiracy Corner has you covered with a cryptid to watch out for!

Matlox - Yukon Territories

Deep in the Yukon lives a cannibalistic beast called the Matlox. No one knows if he is a relation to Bigfoot, man, or both. The Matlox was first discovered by Spanish explorer José Mariano Mociño in 1792. Mociño had this to say about the creature:

“I do not know what to say about Matlox, an inhabitant of the mountainous district, of who all have an unbelievable terror. They imagine his body as very monstrous, all covered with stiff black bristles; a head similar to a human one, but with much greater, sharper, and stronger fangs than those of the bear; extremely long arms; and toes and fingers armed with long curved claws. His shouts alone (they say) force those who hear them to

the ground, and any unfortunate body he slaps is broken into a thousand pieces.”

Great Canadian Spiderbat - Alberta

What’s that? Is it a bird? Is it a spider? Is it a bat? No. It’s the Spiderbat! The spiderbat has only been spotted once so far, but it was a frightening sighting none the least.

As the story goes, after just putting his animals to bed, an Alberta farmer was passing by an old run down barn. As he moved, he saw something huge in the upper window of the structure. A pair of white eyes attached to a Mothman like body with spiderlike fangs. The farmer says he believed the monster had more eyes just like a spider, but it was too dark to tell. After he spotted the creature, it ducked back into the barn and was never seen again. That was back in 2017, and creature hunters believe that the Spiderbat still roams the Albertan countryside, lurking in dark, secluded structures.

Garson Invaders - Ontario

They came from beyond! That’s right, aliens totally count as cryptids. The Garson Invaders were a group of otherworldly beings spotted by an Italian minor named Ennio La

Sarza all the way back in 1954. Described as being 13 feet tall with six arms and six legs, each with a crab claw on end. The beings were said to be a blue colour with antennas on their heads and “completely apocalyptic.” After touching down in their 25-foot spherical ship, they approached Sarza. When he attempted to run he was stopped by what he

described as a physic blast.

The beings from another world then left had have been spotted a few more times since then. Theories state that they are from a near ocean planet, which would explain their aquatic figures. Whether it’s science fiction or space fact, we may never know. It makes you wonder whats out there...



Cryptid Wiki

THE MOTHER OF ALL FESTIVALS



Photos from Facebook

By **EMMA MORRISON**

Edmonton is known as the Festival City with more than 50 festivals per year. But the city is especially known for one festival in particular: The Edmonton International Fringe Festival. The Fringe runs from August 15–25 in Old Strathcona and this will be its 38th year.

The Fringe is an arts festival of all types. More accurately it has more than 1,600 performances, 38 venues, two outdoor stages, four patios and over 65 local vendors. So if you don't like watching theatre, don't worry, there is something for everyone to enjoy.

The Fringe celebrates some of the most esteemed performers and talents. Some of the most important

aspects come from the interaction between the performer and the audience. The performer asks for volunteers and when you volunteer, you open yourself up to a world of possibilities. That's what the festival is about: sharing your experiences with one another and the people around you.

Another part of the Fringe Festival is the huge theatre lover aspect. There are plays about anything and everything. The plays for this year's Fringe Festival have yet to be announced, however some of the directors currently have performance being shown in Edmonton.

13 Encounters at the Bottom of the Sea

This performance has been described as a love story for Edmonton. The performance integrates aerial circus,

beautiful poetry, sound and a world of heartbreak. The show runs from April 3–13 in the Westbury Theatre.

A Man Draws a Bird

This story centers on a man and his partner who become trapped in the "in-between" of life and death after an accident. The play has been described as uplifting and "probes the visceral connections between memory and identity." The story is based on true life events.

The show runs from April 30–May 12 in the Backstage Theatre.

These two plays are showing the talent, creativity and passion of these artists and performers who attended the Fringe Festival.

They even have Kid's Fringe, which is the fringe but more family friendly. The performers are more appropriate for kids and young families.

One of the most memorable nights at the fringe is the Skills 'N' Thrills show. The show is formerly known as the Friday Night Fire Show. This new show has a lot less flames but has even more daring and hot thrills that you don't want to miss.

Mastering self-esteem

By MARGARET MAREAN
NAIT Student Counselling

People with high self-esteem have positive yet realistic views of themselves and their situations. They trust their own abilities, have a general sense of control in their lives and believe that they will be able to meet most of their goals. High self-esteem means accepting yourself for who you are and not depending excessively on the approval of others in order to feel good about yourself.

People with high self-esteem take reasonable risks and do not feel they have to conform to the expectations of others. Typically people have areas where they feel confident (such as academics or social relationships) and areas where their self-esteem is not as high (for example, personal appearance or athletics).

Lack of self-esteem is not necessarily related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. We usually carry the messages we have learned as children into our adult lives. However you can improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Check off the strategies you already use and then choose one other strategy you can focus on this month to enhance your self-esteem:

- Identify your self-defeating thought patterns and work towards changing them.
- All or Nothing Thinking. For example “I am a total failure when my performance is not perfect”.
- Magnification of Negative/Minimization of Positive. When a single negative detail, piece of criticism or comment colors your reality, or when you don’t put nearly as much weight on positive happenings as you do on negative ones. For example “She didn’t say hi to me so nobody likes me” or “I got five A’s but the one C really shows my abilities”.
- Jumping to Conclusions. Concluding things are bad without any definite evidence.
- Emotional Reasoning. “I feel ugly/stupid/unpopular so it must be true”.
- Overemphasis of “Should” Statements. “Shoulds” distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. “Should” statements are often perfectionistic and reflective of others’ expectations rather than our own. (I “should be getting straight A’s”).
- Labeling. Instead of saying “I am a loser and it is all my fault,” try saying “I made a mistake and I can learn from that.”
- Difficulty Accepting Compliments. “You like this outfit? I think it makes me look fat.”
- Emphasize your strengths. Give yourself credit for everything you try. By focusing on what you attempt, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with those that can’t be changed as well as those that you don’t want to put the effort into changing.
- Develop your skills. Learn and practice the skills that you feel you are lacking and that would add value to your life.
- Set realistic goals. Establish goals on the basis of what you can realistically achieve. Break your goals down into small steps and then work towards completing each step. To always strive for perfectionistic absolute goals such as “Anything less than an A in school is unacceptable” invites stress and feelings of failure.



Unsplash

- Take risks. Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process; don’t be disappointed if you don’t do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of self-acceptance.
 - Experience success. Seek out and put yourself in situations in which the probability of success is high. Look for projects that stretch - but don’t overwhelm - your abilities. Allow yourself to acknowledge and feel good about your successes.
 - Use Positive Self-Talk. Stop listening to your negative inner “critic”. When you notice that you are doubting or judging yourself tell yourself “stop” and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.
 - Respect your own needs. Recognize and take care of your own needs and wants first. Identify what really fulfills you - not just what is immediately gratifying. Respecting your deeper needs will increase your sense of worth and well-being.
 - Solve problems. Don’t avoid problems and don’t stew over them. Face them and identify ways to solve them and act on your solutions. Procrastination lowers self-esteem.
 - Make decisions. Practice making and implementing decisions. Trust yourself to make good decisions and to deal with the consequences.
 - Be assertive. This means looking after your own needs while being respectful of the needs of others.
 - Rely on your own opinion of yourself. Evaluate feedback from others, but do not rely on or put too much weight on their opinions. Depend on your own values in making decisions and deciding how you feel about yourself and what is right for you to do.
 - Let go ...of the past , ... of unhealthy relationships, ... of anger you are holding onto.
 - Love yourself. Spend some time pampering yourself and treating yourself like your own best friend. Stop comparing yourself with others and accept yourself for who you are.
- And remember - there is only one person who can really improve your self-esteem - you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours. “Today is yours to make it whatever you want it to be” - H. Johnson. (Some of the above information was adapted from University of Texas and University of Illinois handouts).
- Personal counselling is free, confidential and available to all currently registered NAIT students.
- Main Campus, Room W111-PB in the HP Centre: Counsellors are available from 8 a.m. – 4:15 p.m. Monday and Friday with extended hours available Tuesday to Thursday.
- Souch Campus: Counsellor available Wednesdays and Thursdays from 10 a.m. – 4 p.m. Book by calling 780-378-6133 or in person in Room Z153.
- Patricia Campus: Counsellor available Mondays and Tuesdays from 10 a.m. – 4 p.m. Book by calling 780-378-6133.

HOROSCOPES

Gemini (May 22-Jun. 21)

Daily: You face a very chaotic week ahead of you. Try to focus on one task at a time. Remember you also need some “you” time as well.

Relationships: Pushing people away is never helpful. You can always lean on those who you trust the most to help you through a rough time.

Financial: That summer job is on its way. And it may be best to keep your options open to guarantee your success.

Summer Days: This summer brings you stress, hard work, and even more hard work. But it also brings you once in a lifetime opportunities, so don’t be afraid and jump in feet first.

Cancer (Jun. 22-Jul. 22)

Daily: Focus on your family and friends as one of them may be going through a hard time. Call up that old friend of yours and go for coffee.

Relationships: Your kind heart is always appreciated. Try to smile and help that special someone out with that hard task or last assignment to make their day.

Financial: You have a creative way of making money. Try to share it with others and help them out too.

Summer Days: The summer days are bringing you luck. This summer may be the one to try and take risks you never thought you could.

Leo (Jul. 23-Aug. 22)

Daily: Your intuition is at its strongest. Trust your gut with decisions on financial and job issues. An old friend may call you for some advice this week.

Relationships: Leo pride is something you have too much of. Try and tone it down because no one likes those who are too cocky, especially that person you are trying to impress.

Financial: Give yourself a treat you deserve. Like ice cream, a massage or even a new outfit, but remember to pick wisely—you can only have one.

Summer Days: This summer is bringing you rest and relaxation. You’ve worked very hard this past school year and deserve a chance to relax and unwind.

Virgo (Aug. 23-Sept. 22)

Daily: This week will bring you heartache and disappointment. But don’t let it get you down. Use it to fuel your way back up to the top.

Relationships: Sometimes relationships don’t work out. But remember to value the time and memories that person has left you with.

Financial: There is an opportunity on its way for you. But remember to be humble and work hard.

Summer Days: Summer is full of life and love for you. It brings you a special someone or something to help you make your summer even better.

Libra (Sept. 23-Oct. 22)

Daily: This week is all about clarity. You will be able to clear up any negative energy you have been feeling lately. You will also discover something new about yourself.

Relationships: Relationships can be tough sometimes but, the best way to get you through the rough times is to listen and understand what your partner needs.

Financial: Money is on its way. However, when it does come don’t go on a spending spree...you will need to use it for something special.

Summer Days: Summer is just around the corner and so is some amazing experiences with it. So take some risks and try something new.

Your relationship, and finance predictions for the summer months.



Aries (Mar. 21-Apr. 19)

Daily: Some exciting news will come your way this week. You also may experience some big changes. But don’t panic, they will be for the better.

Relationships: Keep your family and friends close. They can help you improve your morals and give you the support you need.

Financial: Sometimes it is better to work a job you enjoy for less money than work a job you hate for more money. It will help you to be more motivated to work and pay that tuition.

Summer Days: This summer brings you closer to your dreams by pushing you to your limit. Remember to rest easy and focus on what is most important to you.

Taurus (Apr. 20-May 20)

Daily: Communication skills are the key to success. Use your communication skills this week more than usual. It will benefit you this week.

Relationships: Listening is key for you and your future relationships. Holding a grudge will never help you out either.

Financial: Money is not something that grows on trees. You need to cut down on your spending and save.

Summer Days: Summer is bringing you some crazy events in your life. Keep an eye out for opportunities that can help you and your future.

Scorpio (Oct. 23-Nov. 21)

Daily: This week, love is on your mind. A new romance or friendship will blossom. Use this as a time to really put yourself out there.

Relationships: Your special someone has something to tell you this week. This summer also brings you a new friendship but not with a human.

Financial: Money is tight right now. That means you’ll have to think of some creative ways to make money.

Summer Days: This summer brings you self discovery and a new fresh look on life. Remember, it is fun to go crazy but be safe.

Sagittarius (Nov. 22-Dec. 21)

Daily: Take a moment to really focus on the little things. You don’t want to miss something important around you.

Relationships: Your love life isn’t great right now, but don’t focus on that. It’s best that you stay single for now and focus on what matters most for you and your aspirations.

Financial: Treat yourself to that new game you’ve wanted or even maybe a spa day—you deserve it.

Summer Days: This summer is packed full of concerts and some amazing days to go boarding. It may be the best summer yet.

Capricorn (Dec. 22-Jan. 19)

Daily: The creative side of you will be at its strongest this week. Use this to your advantage by putting your creative touch or spin on a project.

Relationships: It can be hard to connect with others and their feelings. Focus on being your authentic self, and the connections will come.

Financial: Money has never been an issue for you so instead of spending it on yourself, try to give it to those in need.

Summer Days: This summer brings you love and self-confidence. You will meet someone who will be very special to you and your future.

Aquarius (Jan. 20-Feb. 18)

Daily: You may face some negative energy this week. Don’t worry, you will be able to handle it. Surround yourself with friends and family to help get you through.

Relationships: This week brings you an exciting new friendship as well as some amazing connections with others.

Financial: That job you’ve been wanting is on its way. Keep your faith, don’t give up, and you’ll get that call soon.

Summer Days: This summer will bring you a way to prove you are the responsible one of your friend group. As well as some new career opportunities.

Pisces (Feb. 19-Mar. 20)

Daily: This week you have some big decisions to make. However, choose wisely as this may affect you in the weeks to come.

Relationships: The coming weeks will test you and your relationships. You need to be there and support the one you love most.

Financial: You’ve been looking for some extra income lately, so why not turn your hobby into a business. It may take some time but it will work out in the end.

Summer Days: This summer brings you an interesting new hobby and even a change in your life. But this change is good.

CREATIVE CORNER

Ad Lib : Camping

It was a cold, _____ (Adjective) night. _____ (Name) and _____ (Name) _____ (Past tense Verb) around the campfire, _____ (Verb ending in -ing) songs and eating _____ (Food).

Soon they got tired, climbed into their _____ (Noun), and eventually fell asleep. Suddenly, they were both wide awake. There was a loud _____ (Verb ending in -ing) sound outside the tent. Name grabbed _____ (Name's) _____ (Body Part) and held on for dear life. _____ (Name) started chanting, "Lions and _____ (Noun) and _____ (Noun), oh my!" over and over again.

Then into their tent fell their friend _____ (Name). _____ (Name) had been thirsty and had gone into the house for some _____ (Liquid). Now the _____ (Liquid) was on the floor of their tent. But they all had a good laugh and went back to sleep.

It turned out to be a very _____ (Adjective) camping trip. And maybe next time they'll even leave _____ (Name)'s backyard.



By Larissa Northof



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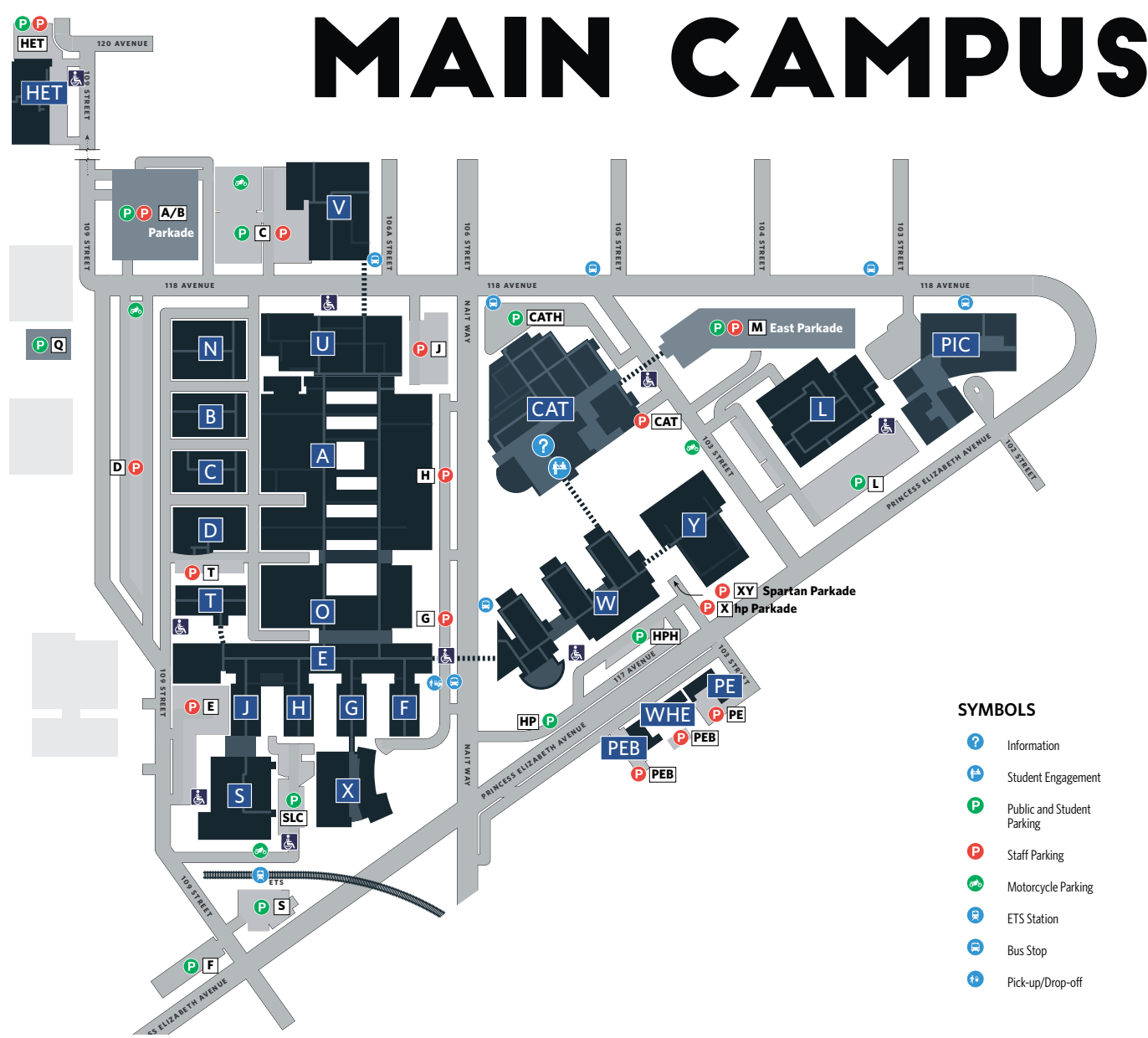
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- Information
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 - Public and Student Parking
 - Staff Parking
 - Motorcycle Parking
 - ETS Station
 - Bus Stop
 - Pick-up/Drop-off

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 nait.ca for most current information.

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Sandra B., PCP
Payroll and Benefit Specialist



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