

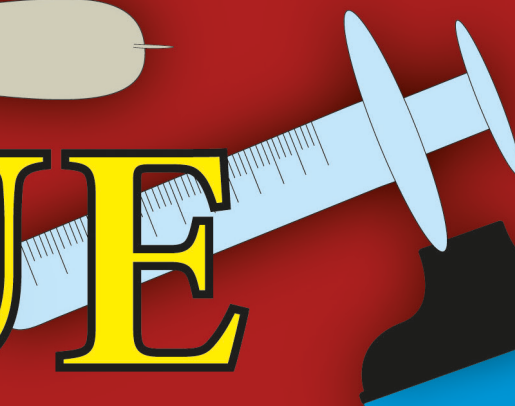
NAIT NUGGET

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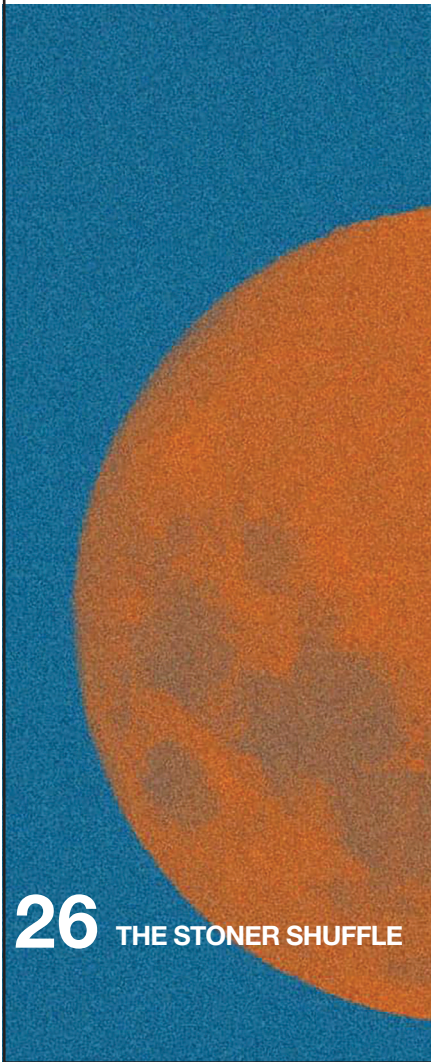


THE DRUG ISSUE



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Funds cut for smoking reduction program

By NICOLE MURPHY

A free nicotine reduction program on campus is coming to an end. Staff and students can access the patches until supplies run out..

Cut the Craving Tobacco Reduction Program consists of a few different elements that are designed to help students and staff who are addicted to nicotine products reduce their intake. However, funding was cut after over a decade of service.

The program started in 2007/2008 with a grant that ran the program until 2012, when Health and Safety Services took over financial support. Due to recent budget cuts at NAIT there is no longer money allocated to continue the program.

After 45 years of smoking, NAIT Construction Technician Dario Tomada had no plans to quit until he saw a Cut the Crave presentation and decided to give it a try.

Tomada explained he was given his own personalized smoking plan that included nicotine gum and patches, check-ins once a week with a nurse for counseling and, although it was challenging, he has been smoke free for nearly two years.

"I have more wind, my dog likes to be closer now, little things like that," said Tomada. "Walking into a grocery store I used to be self conscious because people would cough and I think it was because I reeked like cigarettes. It just sucks a lot of your thinking and devotes it to such a stupid little habit."

"I've got a lot of freedom now."

Tomada believes his success was due to a combination of the gum and patches, stating the importance of having something to replace the habit of using your mouth. He says that without the outreach event at NAIT he never would have tried to quit in the first place.

The program has helped between 200 and 250 students and staff per year. Some of these have been repeat students that come and go from apprenticeship programs.

"Nicotine is very addictive. Quitting cold turkey can actually cause tremors; it can cause cold sweats, anxiety, so when you decrease it helps your body adjust," said Christine Bannerman, Health Services Supervisor.

At one time the program offered individual support for two months, but now it is for two to three weeks, without nico-

tine gum. Although staff provides patches for over the weekends.

"The future ideal would be to partner with a company or agency, or potentially get another grant to build the program up to where it was, so it's more robust and we're able to continue to help the staff and students to reduce the amount of nicotine in their system," said Bannerman

Shaun Ferri, a Forestry Technology student, has been smoking for about 10 years. He has seen the Cut the Crave program advertised on posters around NAIT and has thought about accessing the service.

"I mean it is really cool, especially if it is free help because those patches are really expensive," said Ferri. "I don't think it's [Health Services'] responsibility, but I think it is really cool if they are trying to help out the students."



Noah Ference

CORRECTION:

In the September 26 issue of The Nugget, the article 'New vaccination covered in health plan' wrote "this was an adjustment to the plan to replace the previously covered Hepatitis B vaccine." This is incorrect. The students health plan will cover both the Hepatitis B and Gardasil 9 vaccine.

DISCLAIMER: THIS ISSUE CONTAINS CONTENT RELATED TO DRUG USE THAT SOME READERS MAY FIND OFFENSIVE.

The opinions expressed in The Drug Issue 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.”

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Media Operations
780-952-3570
www.thenuggetonline.com

Senior Editor
Eryn Pinksen
studenteditor@nait.ca

Assistant Editor
Isabelle Martel

Sports Editor
Zachary Flynn
sports@nait.ca

Online Sports Editor
Orrin Farries

Entertainment Editor
Tora Matys
entertain@nait.ca

Assist. Entertainment Editor
Elijah O'Donnell

Video Editor
Spencer Shortt

Photo Editor
Noah Ference
rednoxproductions@gmail.com

Social Media Editors
Jaylene Hollohan
Jace Maki

Media Operations Mgr.
Nicole Murphy
nmurphy@nait.ca

Sales Manager
nuggetads@nait.ca

Production Manager
Shawna Bannerman
sbannerman@nait.ca

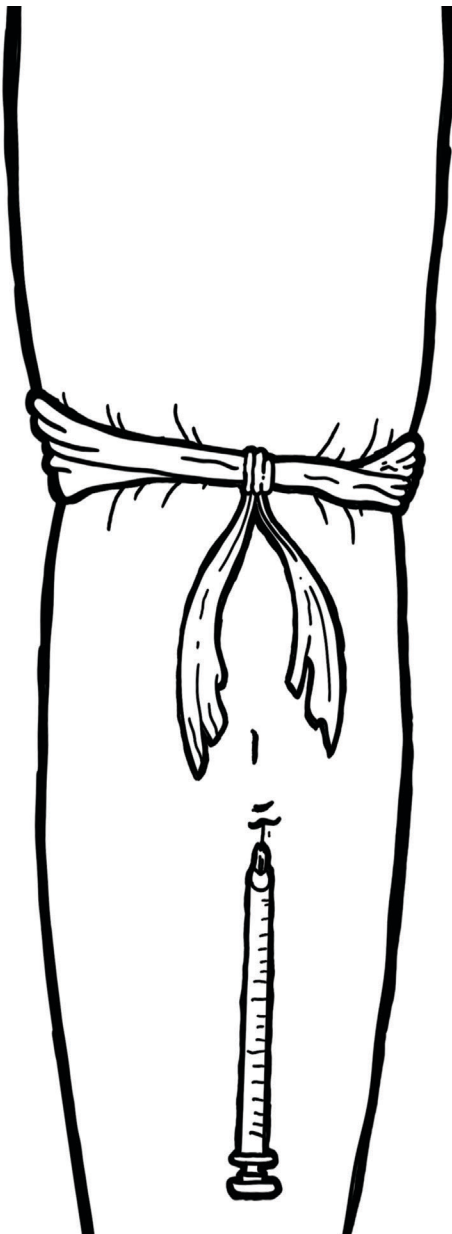
Alberta safe-injection sites under review

By ERYN PINKSEN

Alberta Health Services is conducting a review of the province’s supervised consumption services. Edmonton currently has four safe-injection sites, after the Royal Alexandra Hospital recently opened a site in April. The review began in September and a public survey closed on Sept. 30 that inquired about a list of topics the review committee has heard regarding the sites, including:

- Crime rates, needle debris, complaints of social disorder.
- Data collection, residential property values, business impacts (bottom lines, trends, closures).
- Overdose reversals, emergency medical service calls, referrals to treatment providers.
- Proposed solutions to address impacts of the sites.

Via Government of Alberta



Artwork by Dustin Gonzales

“As we committed in our platform, we are moving ahead with a review of supervised consumption sites. We’ve heard Albertans’ concerns about impacts on their homes, businesses and communities. We’ve chosen a panel of experts to listen to Albertans, review the evidence, and report back on their findings,” said Jason Luan, Associate Minister of Mental Health and Addictions

The committee is made up of eight experts, including a previous EPS chief, professors and psychiatrists, a mother who lost her son to an apparent Fentanyl overdose and others.

The four supervised consumption sites in Edmonton are found at Boyle Street Community Services, Boyle McCauley Health Centre, George Spady Centre and the Royal Alexandra Hospital. The Sites are concentrated in various locations in the downtown core.

Since the first provincial site opening in November 2017, the staff in SCS have maintained a 100% success rate in saving users from overdoses, and over four thousand drug overdoses have been reversed in the province as a result of the SCS services.

The review mandate from the Government of Alberta says it will focus on ways to:

- Address social and economic impacts of existing sites on local neighbourhoods.
- Inform decisions around the establishment of future sites and ways to reduce the potential for negative social and economic impacts.
- Inform a provincial policy that outlines required criteria for provincial funding.

Via Government of Alberta

Supervised consumption sites were implemented as a space to provide hygienic and safe use of pre-obtained drugs and have trained staff on-site.

The staff supplies sterile equipment and have naloxone kits to use if there is an opioid overdose. They also connect people to treatment providers.

Currently there are supervised consumption sites in many major Alberta cities, including: Edmonton, Calgary, Grande Prairie, Lethbridge and Red Deer with a few more proposed locations. All the sites are under review by the appointed committee.

Table 12: Number of visits per quarter and site. January 1, 2018 to March 31, 2019.

	2018				2019	
	Jan-Mar	Apr-Jun	Jul-Sep	Oct-Dec	Jan-Mar	Site total
Edmonton sites	390	8,974	7,975	11,959	17,433	46,731
Calgary site	7,469	12,854	13,548	17,921	16,623	68,415
Lethbridge site	2,375	26,464	42,450	56,562	60,260	188,111
Grande Prairie site (March 2019 only)					298	298
Quarter Total	10,234	48,292	63,973	86,442	94,614	303,555

Graph: A Community Based Report on Alberta's Supervised Consumption Service Effectiveness August 2019 prepared by the Alberta Community Council on HIV

Edibles to be legalized Oct 21



Unsplash

By ELIJAH O'DONNELL

Edible cannabis products will soon hit the Canadian market. Full legalization is planned for Oct 21 and sales are set to start mid-December.

The edibles are launching alongside cannabis extracts, commonly known as “shatter” or “dabs”. Cannabis topicals, like infused balms, salves, creams and makeup will also be legalized and sold.

“It is going to normalize cannabis,” said Karl, the owner of Strainbows Cannabis in Edmonton*. “Just eating it or drinking it is going to make it more normal.”

Karl expects there's a stigma behind cannabis that he

hopes will fall with these new products.

Strict regulation around the packaging of edibles is set with legalization. Any edible cannabis products, like baked goods or gummies, will need to come in plain, childproof packaging. Extracts and topicals will take the same packaging regulations and have limitations to portion sizes.

Edibles have previously been packaged in colourful and eye-catching labels that Karl explains resembled candy found in stores. The regulations state that products cannot contain sugar, sweeteners, or come in shapes, forms, colours or flavours that appeal to children.

Regulations also state they must not contain nicotine,

alcohol or caffeine. And in the case of edibles, no added vitamins or minerals. Edible products have been given an exception for things like chocolate, which already has a small amount of caffeine in it.

There are also strict regulations set on THC levels in each item, though no restrictions have been set for the amount of cannabidiol (CBD) in products.

While edibles, extracts and topicals are legalized, it will take at least two months for consumers to see them in stores, as Health Canada requires a 60-day notice from retailers before selling any new products.

*who requested the omission of his full name.



Tora Matys

Migraines cured by mushrooms

By **EMILY DEVEREUX**

A patient who struggled with migraines found solace in an unusual remedy. Prescription drugs brought no relief to her debilitating pain and she felt like doctors weren't taking her seriously. Eventually, she found a thread on Reddit that suggested hallucinogenic mushrooms as potential relief.

After additional research, she surrounded herself with friends, blankets and food, and began her mushroom journey.

The "magic" in magic mushrooms made itself apparent, and the migraines ceased. She ate about a gram of mushrooms once every week or two for a couple of years and though she's stopped for four years now, her migraines have not returned.

You may have noticed that this patient remains anonymous. While she may be open to sharing her drug explorations in some situations, she doesn't want it public. Cannabis is legal now but not everything is, and speaking about drugs is still mostly taboo.

But there's lots to talk about—like how to weigh the

risks and benefits of drugs.

"Sure it's not the 'demon weed' or 'demon shroom', but it's also not harmless," said Dr. Tanya Spencer, a psychologist at the NAIT Student Counselling Centre.

"There is an appeal to prescribing your own medication, or looking for a natural alternative ... I'd say in the very general sense, just because it's natural doesn't mean it's safe."

While things worked out for the now-ex-migraine patient, she's quick to caution others from following her path, noting the dangers of induced psychosis, bad trips, and negative interactions with prescribed medications such as antidepressants. Spencer takes a balanced approach to the idea of self-administering drugs.

"There's lots of things that are prescribed or not prescribed that are more and less dangerous, it just seems there's such a social construction of these ideas that play such a big role in it," said Spencer. "I mean, I guess part of me is like, if it works, do it."

She has her concerns about people jumping in without knowing the dangers. Spencer recommends look-

ing into your family's medical history, as a history of schizophrenia or other mental health conditions increases your risks.

Studies show that cannabis is harmful if used before the age of 25 when your brain is still developing. Spencer says it could be a good idea to wait until around that age to try psychedelics too, since any predispositions to mental health conditions are likely to have expressed themselves by then.

There are precautions to take to avoid a bad trip, like creating a low-stress environment and having friends around—Spencer says about six is the right number.

The ex-migraine patient imagines a future where professionals guide people through the tripping process and provide a safe place to medicinally dose.

"I don't want to be an advocate for it, and I don't want to encourage it but, it is an option," said the patient. "It does fascinate me that something as small as [taking mushrooms] was able to cure something as big the headaches in my life."



Facebook

HOCKEY

Ook starts campaign for TBI

By ZACHARY FLYNN

The NAIT Ooks starting goaltender is returning for a fifth and final year and doing it all for charity.

Brendan Jensen begins a campaign called Jenner's Saves where he will be donating \$2 for every save he makes in the regular season. All donations will go to the Brain Trauma Foundation. This comes after his best friend's father passed away earlier this year after experiencing a traumatic brain injury.

"I felt like this was something I could do in my last year that not only involved the memory of him but anybody that has had to deal with a traumatic brain injury or concussion," said Jensen. "Considering I did come back for a fifth year, I thought I'd at least do it for a good cause."

Jensen has set up a Facebook page called "Jenner's Saves" where he will be updating the donation total every week as the regular season plays out. He said that even if people choose not to donate, liking or sharing the page helps just as much.

Jensen estimates he will make roughly 500 saves this year, meaning he alone will be donating around \$1000. He has also been working to get sponsors partnered with him this year with the hopes of raising as much money as possible.

Some of Jensen's sponsors choose to donate flat amounts, others choose to donate the toonie per save, whether it's over the course of the entire season or just for select games.

Some of Jensen's sponsors include his team's goalie coach and the U of A Augustana's goalie, who will match Jensen's donations for every game the two face off against each other.

Although his donations ride on him saving goals, Jensen hopes his defenders don't let extra pucks through.

"I think they'll even try to block more shots for me so I don't have to spend too much money this year," said Jensen. "Some of them throw playful jokes in practice when I give up a goal and go 'Oh, that's not going to count for your total on the year.'"

Jensen's cause hits home for him, too. The goalie has had three diagnosed concussions in his playing career, one of them coming last year when he was hit from behind in a game.

"[Concussions] really have no place in sports anymore for people's health and longevity. It's definitely something that resonates with me," he said. "It's a scary thing. My three have all been mild or not very severe but I can only imagine someone going through a severe concussion and you hear about guys having to go to facilities down in the states and have to recuperate after they retire."

Jensen appreciates the trainers and other staff he has around him at NAIT and has noticed a shift in mindset when it comes to looking after player's heads. But he also understands that it doesn't mean people won't be getting concussions this year.

"Knock on wood, hopefully not too many people have concussions this year, but it's bound to happen when you play competitive sports."



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BASKETBALL

Women ready to tip-off

By ORRIN FARRIES

Following back to back seasons finishing with a record of 15-9, and last year's quarterfinal loss in the ACAC championships, the Oaks women's basketball team will be looking to take the program further than just ACAC championships and over to British Columbia for the national championships.

Carly McHarg is a 3rd year forward from Calgary and one of the captains on head coach Todd Warnick's team.

"I have good expectations for the year. It's kind of exciting to start playing. You never know what's going to happen until you step in to your first game, but we have a really good group of girls coming in, I think we're all excited to start," said McHarg.

Warnick will be on the end of the bench for his 10th season of coaching at NAIT and his 19th year of collegiate basketball coaching. Familiar with the lay of the land, Warnick is not in the business of tempering his expectations for the year.

"The [team] goals will develop organically over the course of the season," said Warnick. "We return 10 athletes who have a good deal of playoff experience. With the quarterfinal loss last year to the ultimate national champions, Olds [College], and it basically being a two-possession game the entire game, there's the realization that we are in that conversation."

Both Warnick and his captain seemed to share the attitude that complacency had no place on the team and that the greatest challenge is in bringing the focus to the table from the get-go.

"It was a tough loss, but hopefully we can bring that into this season and know that we don't want to get knocked out in the first round again. [The goal is to] make provincials, and obviously win. I think that's really attainable," said McHarg. "And then going to nationals... I've never had to compete at nationals, so I think that would be really cool."

McHarg is looking forward to starting her season off

strong, right from the start.

"The road to playoffs starts now. You can't expect to walk into the first game and then start competing - the competition starts right now."

The sentiment is echoed by coach Warnick, who expects his Oaks ratchet up their defensive efforts this year to get to the final four of the ACAC championships, or in his words,

"out of the toilet bowl and into the positive side of the draw."

The NAIT Oaks basketball teams kick off their season the weekend of Oct 18 - 19 with a double-header at home versus the Grande Prairie Wolves. The women play at 6 p.m. on Friday, and 1 p.m. on Saturday in the NAIT gymnasium. For more info, visit naitooks.com.



Raiene Hooper

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Noah Ference

THC and the ACAC: not buds

By ORRIN FARRIES

Student-athletes, like non-athletic regular people, have lives outside of their sport that involve many of the trivialities of life. Laundry, car maintenance and bills, among other things, can build up stress that needs to be let off.

However, unlike regular students, student-athletes have to be mindful of how they let loose because the Alberta Colleges Athletic Conference (ACAC) that governs collegiate sport in Alberta is firm on their rules regarding recreational cannabis.

Tetrahydrocannabinol (THC), the psychoactive compound found in certain strains of cannabis that is capable of locking one to their couch, has been legal since October 2018.

In the ACAC however, in-season athletes cannot use

the substance. The Canadian Centre for Ethics in sport and the Canadian Collegiate Athletic Association (CCAA), due to the THC's place on the World Anti-doping Agency (WADA) prohibited list, are holding fast to the international standards. This does not, however, apply to Cannabidiol (CBD), a non-psychoactive cannabinoid compound that has been found to have many benefits as it pertains to reducing pain and swelling, something that could be useful for an athlete.

It's an ethical issue that is rooted in the duality in how alcohol and marijuana are viewed as recreational substances. Admittedly, it stands to reason for a collegiate athletic conference to lean on the side of strong ethics and high standards.

"Canada's got to be the cleanest country in the world,"

said Mark Kosak, CEO of the ACAC.

Student-athletes from across the CCAA have to take a drug education online course at the beginning of every season of collegiate sport and are subject to testing, which can be random or targeted. WADA only considers alcohol 'prohibited in competition' for archery, automobile, billiards, darts, golf, shooting sports, skiing and underwater sports.

A 2018 article by researchers at McGill University in the Clinical Journal of Sport Medicine reads, "There is no evidence for cannabis use as a performance-enhancing drug."

Regardless, THC still remains a banned substance and student-athletes in the ACAC need to steer clear of the dispensaries and manage the urge to smoke in their spare time or when they're out at parties.

SPORTS PROFILE

MEN'S BASKETBALL

By ZACHARY FLYNN



Raileene Hooper

KEILAN DOBISH
The Captain

Keilan Dobish eats, sleeps and breathes basketball, even going so far as to get a basketball tattooed on his wrist.

"Basketball is in my blood," he said. "It's what drives me to get up every single day and struggle through eight hours of school every day just to go to the gym for two hours every night and play ball."

One of the big drivers for Dobish is his ability to achieve success in a game and share that success with the people around him.

"I love being a part of big groups of people and especially having tight-knit locker rooms of guys that you're around every day and having guys that you enjoy spending time with both on and off the court," he said. "It's a really great feeling knowing you're coming to the gym every day you get to hang out with the guys you love being around. You all get to do what you love more than anything in the world. And then just knowing that you've got guys that you can hang out and socialize with off the court, you know you've got those guys you can depend on."

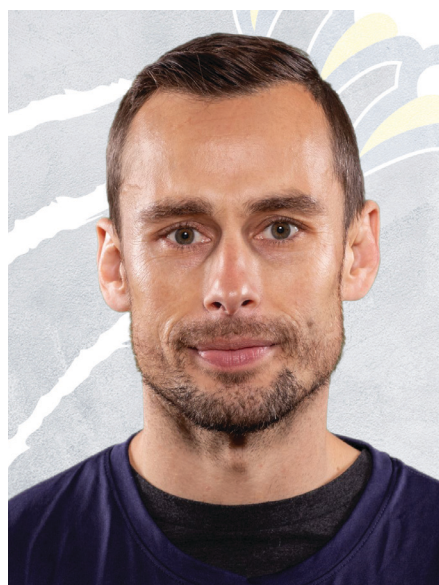


Basketball runs in the Dobish family with his father playing collegiately in Grande Prairie and his younger brother following Mike Connolly to MacEwan University after playing one year at NAIT. Dobish said he found his love for the sport at a young age.

"I started playing basketball when I was eight years old and basketball's all I've ever wanted to do," he said. "It just suited who I am as a person and it's something that defines me."

Dobish said the players on the team this year are incredibly competitive, and he describes the roster as the most talented one he's seen in his four years.

"I don't think I've ever been more excited for a season before."



Headshots provided by NAIT Athletics

SLAV KORNIK
Head Coach

What used to be a side job for Slav Kornik is now his full-time gig as he returns to NAIT as the head coach of the men's basketball team. Kornik, a graduate of the radio & television program, spent over a decade in the news industry before making the decision to make coaching his full-time job.

"You work in a certain industry for 14 years and you get really comfortable with the way things operate there," said Kornik.

"And then going to be a coach full time is different from doing it on the side or as a volunteer which I was doing for the last seven years or so."

Coaching used to be Kornik's hobby while he was working at Global Edmonton, but now that basketball is on his mind more than it used to be, he is looking for something new to get his mind off the sport.

"I try to turn that switch off when I go home because I feel like I'm going to wear down and burn myself out if I think about it 24/7," said Kornik.

Kornik's got a two-year-old son at home and says that keeps him busy. While basketball has played a large role in Kornik's life, winning a CCAA national championship with the NAIT Ooks in 2003 and being named the tournament's MVP, he says it may surprise others to know that he doesn't already have basketball ambitions for his young boy.

"Anybody who knows me thinks that I would probably be like that but I'm actually not. I want him to be active and I want him to play sports but I don't really care what he does," said Kornik. "We got him involved in gymnastics right now and he's taking some swimming lessons and he's done the sports ball thing so we're just going to get him playing different things but right now I don't care if he plays basketball or not, I just want him doing something."

EMMANUEL DEGAL
The Rookie

While this may be his first year at NAIT, Emmanuel Degal brings championship-winning experience to the team. Degal played for the Vancouver Island Mariners last year where he and his team won the CCAA Men's Basketball Championships.

"It was kind of crazy - it was hard to believe," said Degal. "I feel like I was still in disbelief for three months after [winning]."

While Degal may have spent his first year of post-secondary out in British Columbia, he is originally from Calgary and even spent a few years of his childhood in Edmonton. He said making the move to NAIT put him more at home being in a bigger city.

"[Nanaimo, British Columbia] was beautiful. You're close to the water with a lot of mountains, but it was kind of hard for me just being there, away from everybody in a small city."

Degal has found passion in poetry for



the last few years, initially being drawn to it in high school. He writes and performs spoken word and slam poetry in his spare time. While athletics and slam poetry may seem very different, Degal finds similarities through an artistic and creative lens.

"I like creating. Basketball is really quick, so you have to create off movement, and writing and creating poetry - that's what I like."

Degal posts some of his work on his Instagram, @emmanueldegald, and said there is one thing he is missing here in Edmonton. In Calgary, Degal would regularly attend open mic sessions but hasn't found a place in Edmonton yet.

SPORTS PROFILE

WOMEN'S VOLLEYBALL

By ZACHARY FLYNN



Raillene Hooper

VICTORIA RINGUETTE
The Captain

Fourth-year player, Victoria Ringuette describes herself as a hard worker and managed to find a way to add one more bit of craziness to her life this year. The business student is not only managing to balance her course load with her athletics commitment, but has also started working for PCL Construction this year.

"It's really busy, but I find that everything comes back to volleyball," said Ringuette. "It's hard but it's so worth it. It's making me a better person, it's helping me develop as an individual as much as it's helping me be a better team player. It's tough but it is so worth it in the end."

When it comes to volleyball, Ringuette appreciates the commitment and dedication it takes to build skill in the sport.

"I like the idea that it's hard," said Ringuette. "It's a very technical sport and you can't just be good at it overnight. It takes practice and I love that about it. Every day you can get better. You can always learn more."



The outside hitter spent two years at Olds College before transferring to NAIT. Ringuette has spent her entire collegiate career playing in the outside position and says she enjoys the variety in the role.

"I like the idea that I get to do a little bit of everything," said Ringuette. "I have to pass, I have to play defence, I get to rip on some balls, you get to block still. You don't get to set as much but that's probably for the best in my case. It's a good balance of everything."

Ringuette is currently working towards getting her Chartered Professional in Human Resources designation and hopes to come back for a fifth year with the Oaks.



Headshots provided by NAIT Athletics

BENJ HEINRICHS
Head Coach

"They're just all in. This has been the most fun I've had so far since I've been at NAIT and it's just a group that's willing to go as hard as they can and want to learn," said women's volleyball head coach Benj Heinrichs.

Continual development and the drive to learn and grow is something that resonates with Heinrichs, who is a certified primal health coach.

"I spend my whole life looking at how to create optimal learning environments, looking at how the brain's wired to learn," he said. "I've always enjoyed working out

and learning how the body functions and it just evolved into what our DNA is saying about how we can optimally live. We're still hunter-gatherers by DNA but we're not in that kind of world now. It's not about going back to that, but it's about what our DNA is saying about how we eat, how we sleep, how we rest, how we move and all those things."

Heinrichs likes to keep his standards "uncomfortably high" as he likes to say. These standards, he says, are meant to push his athletes to be the best they can be.

"We're conditioned to play it safe and our brain doesn't like fear," said Heinrichs. "Magic is on the other side of fear so let's push through that and let's walk through the door. We're going to feel it, it's not like fear doesn't disappear. I've always had coaches say: 'Oh don't be scared, don't worry about it.' But that's not how emotions work. When they come, recognize it. If you're uncomfortable, go: 'Oh yeah. This is where I need to be, this is where learning happens.'"

Heinrichs sees himself as more than just a volleyball coach. He hopes to pass on better lifestyle choices to his athletes, holds them to academic standards and puts wellness first.

"To me, priority number one is how you're doing as a human," said Heinrichs. "What's your wellness like? How do you feel? And then second, if they're doing that well, then they've got a better chance at doing well on the court playing volleyball and having fun doing it."

MIA HILDEBRANDT
The Rookie

After spending time in Manitoba filming other athletes, helping them put together demo tapes for their own college applications, Mia Hildebrandt is excited for her first season with the Oaks and making some of her own highlights.

"I am pumped to play our first league game. Things are intense now but I feel like once it counts for real, that's when I get going," said Hildebrandt.

The Manitoba native is in the Radio and Television program with a passion for sports broadcasting. She has plenty of experience behind the lens—shooting sports for other athletes back home—but isn't sure whether or not she wants to be in front of the camera.

"I've always struggled with that because I really like using my camera, but I haven't had a lot of opportunities to be in front of the camera yet. So I guess we'll see," said Hildebrandt. "I love taking pictures and video. A lot of it happens to be sports, but I love using my camera and creating things with that."

Hildebrandt was a multi-sport athlete



growing up, opting to pick volleyball over soccer and basketball, which she also played in Manitoba.

"I didn't like basketball because I didn't like sweaty people I didn't know touching me and all my friends at home played volleyball so it made sense to play the sport with the friends that I loved."

One of her favourite parts of volleyball is the energy and opportunities to celebrate with her team.

"I love volleyball because you have the chance to celebrate so much within a match," said Hildebrandt. "With basketball and soccer, there's the odd time to do that but with volleyball, it's every point that you get to come together and I love celebrating other people's victories on the court."







BUILDING CONSTRUCTION AND DESIGN
Reg Downing

Hello, my name is Reg Downing.

I am new to NAIT and have been working for the past decade in industry as a carpenter, scaffolder, and oil rigger. I have recently decided to come back to school to better myself and thought NAIT was the best option. Being at NAIT is an exciting step in my life and the start of my long-term goals. While attending school I have decided to open myself up to all NAIT has to offer and the experiences that come along with it. This includes running for Senate. I enjoy the idea of being able to influence decisions that affect students in order to provide the best NAIT experience. I believe it is important to know what our money is going towards to better our time here. The ability to make our school experience fun and exciting is what I am hoping to offer from being a member of the Senate. After my time here, I hope to gain valuable skills and knowledge that will help me excel in my field as a Civil Engineering Technologist. Thank you for your support and hope to see you around school.



BUILDING CONSTRUCTION AND DESIGN
Norman Li

Hi, I'm Norman Li, 2nd year in the Architectural Technology program.

Elect me for the Senate representative:

- I will look after student interests.
- I care about how budgets are being spent.
- I believe in accountability and transparency.
- I will ensure that Executive Council represent students.

Vote for the Candidate that will make a difference!



ENGINEERING TECHNOLOGIES, ACADEMIC UPGRADING & OPEN STUDIES
Oreoluwa Dipe

"Value of education"

I Oreoluwa Dipe is pleased to be part of the Senate elections and to campaign for the senate position that would be officially launched on Oct. 10 till the 16th. The campaign is a schoolwide effort to share the positive news about NAIT education and Services through advertising, web, social media, traditional media and word-of-mouth with the goal of raising understanding of the value of education in NAIT. The campaign basically puts out more information about the value which we students get while going to NAIT no matter your program, some get lifetime experience. A few of us after graduation go out to be the best in their field. Being an international student in NAIT has given me the opportunity to learn and network with people from different background and experiences.

The campaign relies on the support of NAITSA to fully leverage the financial resources available for the campaign.

"This is not a campaign about what 'was' in education at NAIT. It's a campaign about 'Today!'" "Great things are happening here at NAIT.

Spread the word!!



ENGINEERING TECHNOLOGIES, ACADEMIC UPGRADING & OPEN STUDIES
Jaryd Taylor

My name is Jaryd, and I'm running for seat on the Engineering Tech., Academic Upgrading & Open Studies program group, possibly as the only candidate.

This is understandable, following a campaign last year by NAITSA to suppress this program's voice in the Senate through bureaucratic posturing.

As the second largest program group on campus, it's important that students utilize as many fronts as possible to influence the student-body politic - NAITSA. This year, if you vote yes, I plan on upgrading the student experience at NAIT.

My goals follow:

I. Tuition Fee Elimination: This last cycle, the provincial government raised your tuition by ~\$200 without a peep from NAITSA. International Student Tuition has gone up excessively. NAITSA has allowed this unacceptable attack to occur without a word. However, it's feasible to prevent tuition raises, and provably so with Germany eliminating post-secondary tuition costs not only for domestic students, but also for international students. Look it up.

II. Campus life Improvement: Arguably, the current study spaces at NAIT are inadequate. I would push for funding comfier couches and more student study spaces. It's hard enough to find a quiet spot on campus as it is.

Find me at Spartan (Y) 24/7.

**MEDIA AND DESIGN****Laura Ellison**

Hey fellow students,

This is my third year at NAIT as a student of the Media & Design programs. I graduated from Photographic Technology this past May and am now in Graphic Communications. I run on straight caffeine and when I'm not working on assignments I'm usually spending time with my dog or cat. I promise to take any concerns you may have seriously and be a person through which your voice can be heard.

**MEDIA AND DESIGN****Joe Lipovski**

Hi I'm Joe, your candidate for Media and Design.

I will be working towards getting Common Market to stay open later. Common Market closes at 4 p.m., it leaves no food options west of 106 street, for students working in the evening.

NAITSA has already been working towards getting students a fall break. I do believe this is necessary to continue pushing for this, because it will help with stress and NAIT is the only major post-secondary institute, in Edmonton, to not have a fall break.

With the purchase of the old airport land, a student residence is being considered by NAIT. I do want to make sure it's a priority for NAIT, because we have many students from outside Edmonton. NAIT has never had a student residence. I want to make sure it's just as big of a priority, as a new athletics building.

**INFORMATION TECHNOLOGY AND ELECTRONICS****Vivi Nguyen**

HELLO! My name is Vivi Nguyen and I had the honour to represent YOU, the diverse students of Information Technology & Electronics as your Senator last year. I persevered and I am back, better than ever in my second-year of Computer Engineering Technology to ask you for your vote again. With my Senate experience and your support, I will continue to represent you with integrity, accountability, and professionalism. My top priority is to ensure that all of OUR VOICES are heard and that OUR MONEY is well spent and in OUR BEST INTEREST.

Currently, I am an IT intern at Environment and Climate Change Canada, President of Badminton Club, Merchandise

Manager for Animethon, and Technical Mentor for Canada Learning Code. In my past "career life", I was an X-Ray/CT Technologist for five years until I found my true calling with computers. From these various experiences, I developed my prioritization and problem-solving skills, along with my ability to work effectively in team settings. I am not afraid of change and I welcome all challenges, especially the challenges of being YOUR REPRESENTATIVE.

I am always open to chatting and hearing from you, so come say hi! VOTE YES for VIVI!

Thank you!

**INFORMATION TECHNOLOGY AND ELECTRONICS****Jobien Panggat**

Hello! I am **Jobien Panggat**, a 2nd-year student from the DMIT program. I am humbly asking for your support as I wish to be a part of the NAITSA Senate. As a teacher by profession, I am equipped with the skills needed to be the voice of our program with TLC. T for TRANSPARENCY. I will represent DMIT community with transparency. I will listen to all your concerns, issues and suggestions; and ensure that these will be heard by our student government. L for LEADERSHIP. My leadership skills have been more enhanced

these days as one of the International Peer Mentors and as an Events Coordinator of Hip Hop Dance Club. These opportunities gained me more connections and knowledge about how to improve your NAIT experience. C for COMMITMENT. I will give my hundred percent commitment in performing all the responsibilities of being your Senator. Consistency is the key! If I can do it in the NAIT International Students and HDC; then, I can also make a difference as a Senator for the DMIT community.



SENATE ELECTION 2019/2020



BUSINESS AND ADMINISTRATION

Levi Flaman

Hello! Bonjour! 你好! こんにちは! 안녕하세요!

My name is Levi Flaman and I am running to be one of your two NAITSA senators representing Business & Administration students here at NAIT.

I'm a second year Business Administration - Accounting student also considering the Advanced Accounting certificate then pursuing a CPA designation or working overseas after getting the diploma.

After seeing posters for the Senate elections, I chose to run for two main reasons. First, to use my perspective as a student at two other post-secondary institutions combined with my experience as an elected student representative

for several years with another student association for the benefit of students here at NAIT. And second, to further use my expertise to act as a guide or mentor to my fellow senators, not just from Business & Admin but the other program groups as well.

If you'd like to know more about me and why I'm running or about NAITSA and the Senate, please visit my Facebook page at <http://fb.me/lf4ba>, email me at lflaman2@nait.ca or flag me down if you happen to see me around campus and don't forget to vote online October 10-16.

Thank you! Merci beaucoup! 谢谢! よろしくお願ひします! 감사합니다!



BUSINESS AND ADMINISTRATION

Elise Holden

I am Elise Holden and I want to be the voice for the Business and Administration programs.

I have recently returned to NAIT 7 years after getting my Business Administration Diploma to finish my BBA. Having past student club and external business experience gives me a unique perspective if I am elected to Senate. I am also friendly, passionate, and determined to keep NAITSA accountable.

I believe that the few million dollars we give in NAITSA fees each year should be spent in a way that reflects the priorities of its students. I want to be your approachable

Senate Representative, so please come tell me all your questions, thoughts, concerns, feedback, etc. As I will be your connection to the NAITSA Executive Council. Even if you just need a friendly face to talk to, I am here!

I am also a huge believer in mental health services. Please let me know how NAITSA can better be there for you and I will ensure the executive council hears your feedback.

My email is Holden135@hotmail.com if you have any questions/comments. Make sure your voice is heard and vote for me, Elise Holden, for one of the Business and Administration senate positions!



BUSINESS AND ADMINISTRATION

Matt Rigby

In case we haven't met yet, I am Matt Rigby and I am sure we will be the best of friends. I am extremely excited to be running for a Senate position for the Business and Administration Program! I am already quite involved in both New Student Orientation and Campus Ambassador Programs, but I want to get more involved for all of YOU the amazing current student body! Last year I observed quite a few Senate meetings so I already have a great understanding on how they work, but I want to get more involved for all of you. My goal here is to keep the ruling Executive Council in check and to make sure that they are doing the great job that you expect them to do. Have ideas? I'm interested in hearing them too! I want to make

a difference while I am here at NAIT and I want you to be there with me too. Let's make this year and many more the best while we are all here together.



BUSINESS AND ADMINISTRATION

Paarth Sharma

No article submitted.



BUSINESS AND ADMINISTRATION

Willow Shelley

I am WILLOW, and I am here for YOU.

WHY SHOULD YOU CARE? You pay \$252/year to NAITSA. I am here to make sure that money is used with your best interest in mind.

WHAT WILL I DO FOR YOU? Student Senate represents you. I will make sure your concerns are heard and addressed.

In 2017/2018 you voted me in to be your Senate Representative. I listened to students and initiated change. Students told me that they couldn't buy feminine products on campus in the evenings. I brought this up at senate and now they are available in vending machines.

In 2018/2019 you voted me to be your VP Student Services.

I listened again. Students told me they wanted more and cheaper events on campus. Nest Fest is now FREE, there are 10 more events than in 2017 and NAITSA is under budget. You also asked for more supports. I developed a Peer Support Program. You can now talk to a peer over a cup of free tea in room J209B.

In 2019/2020 I want to listen again, lead, & inspire you to be part of our campus.

HOW YOU CAN MAKE A DIFFERENCE? Vote.

I WILL LISTEN: willowmshelley@gmail.com



ENVIRONMENTAL AND NATURAL RESOURCES MANAGEMENT

Chahd Alkahwaji

Hi it's me again!

Alternative energy student and second time running for senate. I gained a lot of experience from serving at the senate last year and I feel confident that this year will be even better knowing that I have your support in the process.

Feel free to chat with me and say hi whenever you see me running to classes and meetings ●



ENVIRONMENTAL AND NATURAL RESOURCES MANAGEMENT

Jon Jull

Hello!

My name is Jon Jull, I am in the Alternative Energy Program, and I would like your support for the student senate.

I have been thoroughly impressed by the services that our Student Association provides and I want to help improve the NAIT student experience by listening to you and being the

trustworthy voice for the Environmental & Natural Resource Management group of programs and all NAIT students alike. I will bring co-operation and vision with transparency and accountability to the table every time. You can trust me to have all NAIT students interests at heart, and I hope I can count on your support this election. Thank You!

Jon Jull



ENVIRONMENTAL AND NATURAL RESOURCES MANAGEMENT

Ao Ma

Hello! Are you looking for someone who can hear your voice and care about your interests at NAIT? Then I am the right person. My name is Ao Ma, an Occupational Health & Safety student with strong passion for social engagement. I feel proud studying at NAIT, and I want to help with building a better NAIT community through being a senator. Currently, I am working on a part-time job as a Peer Mentor at NAIT International Centre. Meanwhile, I am the co-founder of iMeiti Media Studio, a non-for-profit organization that focusing on event photography and filming. In the past year,

I was responsible for the media work of approximately 20 events for various of clubs at Edmonton, NAIT and UofA. Moreover, I am interested in history and politics; I enjoy getting to know different countries' political regime through reading their history.

I will hear your suggestions and concerns about NAITSA through various of contact methods. I will represent your interests on each senate meetings. I will support your study and life at NAIT through being an accountable senator.

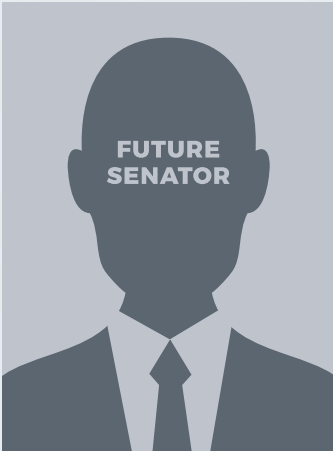


CULINARY AND HOSPITALITY
Blessing Emelideme

I'm Blessing, currently in my second year in the hospitality program. I wish to be the Senate representative for the culinary and hospitality program group at the NAITSA level for the 2019/2020 session.

I have been a leader and follower so I understand what both entails.

I hereby wish to solicit for your votes. I am here to be your voice. You can bank on Blessing!



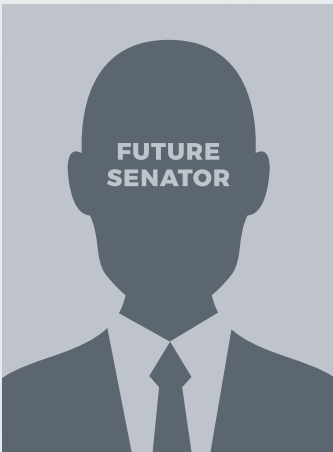
CULINARY AND HOSPITALITY
There is only one student candidate in your program group and we need two student Senators to be elected.

If you have an interest in putting your name forward to be a Senator, please contact the Deputy Returning Officer Emi Oke, NAITSA Vice President Academic (savpacademic@nait.ca) or see him in the NAITSA office in room E-131.



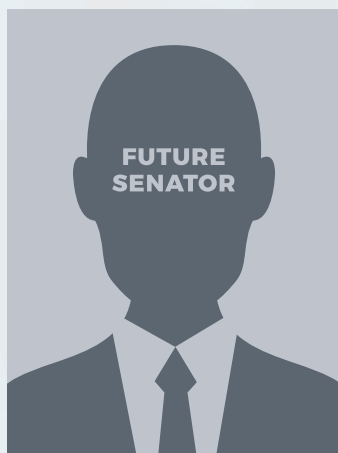
SKILLED TRADES AND APPRENTICESHIPS
Benjamin Annor

No article submitted.



SKILLED TRADES AND APPRENTICESHIPS
There is only one student candidate in your program group and we need two student Senators to be elected.

If you have an interest in putting your name forward to be a Senator, please contact the Deputy Returning Officer Emi Oke, NAITSA Vice President Academic (savpacademic@nait.ca) or see him in the NAITSA office in room E-131.

**HEALTH SCIENCES**

There are no student candidates in your program group.

If you have an interest in putting your name forward to be a Senator, please contact the Deputy Returning Officer Emi Oke, NAITSA Vice President Academic (savpacademic@nait.ca) or see him in the NAITSA office in room E-131.

VOTE FOR YOUR STUDENT SENATE REPRESENTATIVE

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

INFORMATION STATIONS
OCTOBER 15 FROM 4PM - 7PM

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

INFORMATION STATIONS
OCTOBER 16 FROM 10AM - 2PM

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

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

A close-up photograph of Tommy Chong. He is an older man with long, wavy grey hair and a full grey beard. He is smiling and looking slightly to the left of the camera. He is holding a silver microphone in his right hand. He is wearing a black leather jacket over a black t-shirt that has a large green marijuana leaf graphic on it. A rolled-up cigarette is tucked into his jacket. The background is dark with two bright, out-of-focus green circular lights.

“MARIJUANA WILL SAVE THE WORLD”

Tommy Chong shares his 60-year relationship with ‘the devil’s lettuce’, and how North America has adapted to legalization. By TORA MATYS

Tommy Chong is a comedian, actor and cannabis activist. Born in Edmonton and raised in Calgary, now living in California, Chong is a name recognized in most households across North America. You may have a hazy memory of sitting in your parent's basement watching *Up In Smoke*, one of his many movies with his comedy partner Cheech Marin.

The iconic Cheech and Chong duo have been the fore-runners of stoner comedy since the '70s, a time when smoking weed was still generally frowned upon, but with the recent legalization of marijuana, people are changing their views on 'the devil's lettuce.'

I got to talk to Chong about his history with cannabis and his thoughts on the legalization of marijuana.

Q: What was it like growing up in a generation where weed wasn't legal?

A: I grew up in Calgary and that's where I started smoking weed, I was 17 years old and still in high school. Weed really changed my life you know, even though it was highly illegal at that time and not that available, I still found enough of it to get me through to where I am today.

The whole thing about marijuana is it changed my life in so many ways. I was always kind of on a health kick, but when I discovered marijuana it really kept me from doing any other drug. You know how they used to say it's a gateway drug? Well, in my case I got scared of all the other drugs. I tried a little cocaine, but I didn't like the smell to tell you the truth. And heroin scared the hell out of me because I could see first hand what heroin did to you. And alcohol made me sick and eventually I quit drinking totally.

Marijuana actually helped me quit smoking cigarettes because I started smoking when I was about I'll guess 15 years old. When I was 21 I quit smoking cigarettes and I used marijuana to get off tobacco because every time I felt like a cigarette I would light up a joint. It took a year to get it out of my system, but you know I'm tobacco-free and I'm 81 years old now and I credit my longevity to marijuana.

Q: I was actually wondering if weed contributed to your longevity...

A: Well the thing is about marijuana, it does affect your memory in a sense that it keeps you focused on one task at a time, where alcohol tends to make you silly and stupid.



Chong as Leo on *That 70's Show*

Like I said about my health, especially after I got cancer, I got prostate cancer in '05. And that turned into rectal cancer and then I had an operation, but it was CBD (cannabidiol) and the marijuana or THC (tetrahydrocannabinol) that kept me off opioids and aided in my recovery.

Now I'm cancer-free and going strong, working and doing tours, and getting ready to do a television show. I'm working harder now than I ever did 20 years ago. So you

know, marijuana is my go-to medicine...I don't even call it a drug anymore it's just my medicine.

Q: So what's your opinion on legal cannabis and how it's changed society?

A: The thing is with a lot of dispensaries when they legalized it, I went down to Col-



Cheech and Chong in the 1978 hit *Up In Smoke*

IMDb

orado and one of the things I noticed at all of the dispensaries was the line up to get in and to get their medicine was mostly sick people. People on crutches, people with MS, people with epilepsy and people with problems...all sorts of problems, and they are there to get their medicine. Because all the pills and the crap the pharmacies were selling didn't work and the one thing that worked is cannabis.

Now when you go to all the dispensaries you got people there that are more knowledgeable than 90% of the doctors and pharmacists around the world on this [medical marijuana] because they know from their patients that they service because they are the ones that tell them about their epilepsy, or their paranoia or whatever ailments, and they'll tell them what they need and then one someone else comes in with the same kind of symptoms then the budtender knows what to say to them. I've always said this years ago, marijuana will save the world, and I've been proven right now.

Q: Is the packaging at dispensaries in the States the same as up here with the excessive plastics?

A: Oh, yeah, the states have gone just as nutty. You know they got these child-proof containers that only a child can open. Us old folk you know, I mean we can't open them. I've had so much problem opening these packages and so you know I need a little kid to help me because they have the strength in their hands.

But you know I haven't paid for it [weed] in a while, I mean I paid \$14 two years ago for a marijuana cigarette because it was my brand...which is another thing I was going to talk about it.

I'm not allowed to promote my name in Canada because I'm a celebrity. We were in Montreal and the hall owner and the police made us stop selling t-shirts because they had a marijuana leaf on it. Now how stupid is that? But you know, that's the way the laws are now, but it'll smooth out over the years.

And what they've done, the way the bureaucrats are doing it they've kept the black market industry alive bigger than ever. Now that it's legal, rather than going through the trouble of the dispensaries and that you know, you can grow your own and a lot of people do, or you know people that have grown it and you co-op like we did years ago and now there's no problems.

Of course, I had to ask him...

Q: What's your favourite weed strain?

A: I haven't found it yet...and when I do, I'm going to call it 'Haven't Found It Yet'.

Local pot shop busiest in AB

By ELIJAH O'DONNELL

Alternative Greens is “Edmonton’s Original Ma & Pa Cannabis Store.” You may have seen them set up right on the corner of 97th and the Yellowhead, a location that Owner and CEO Trevor Miller, NAIT alumni and former NAIT instructor, says has gotten them a lot of traction since opening.

“I would say probably 80% of our people who come in the door at the start were because of our location. They were driving by and seeing it,” said Miller.

Though their slogan says they are a “Ma & Pa” shop, they’re doing quite well for not only themselves but the rest of the province as well.

“I won’t give my actual numbers, but I will say that [the] AGLC had told me that I am still the busiest store in all of Alberta,” Miller said.

These numbers have carried from last October when cannabis was first legalized across Canada. Alternative Greens boasts that they have the biggest and best selection of cannabis in Edmonton. Miller says part of this success also comes from a unique deal he came up with himself.

Alternative Greens is the home of the five dollar pre-rolled joint. Miller started selling them at a reduced price compared to his competitors. He explained how selling them so cheap didn’t bring much in returns, but what it did do was get people in the door. Sooner than later, other shops in Edmonton started to adopt the same practice, though it was too late. Alternative Greens had already cemented themselves with their customer base. Miller believes most of the people in the store now are those returning customers.

After instructing at NAIT, Miller worked in the union for nine years.

“I could not get a job because I failed a [urine] test, due to cannabis, and then it happened the second time. So then I started hauling RVs out of the states. You’ve got a 6000km drive, you’ve got a lot of time to think,” said Miller.

With the first early, serious talk of cannabis legalization, Miller set his sights on opening a shop. Alternative Greens did not start as a cannabis dispensary but originally sold hemp products.

Miller signed the lease in January of 2018 in hopes of

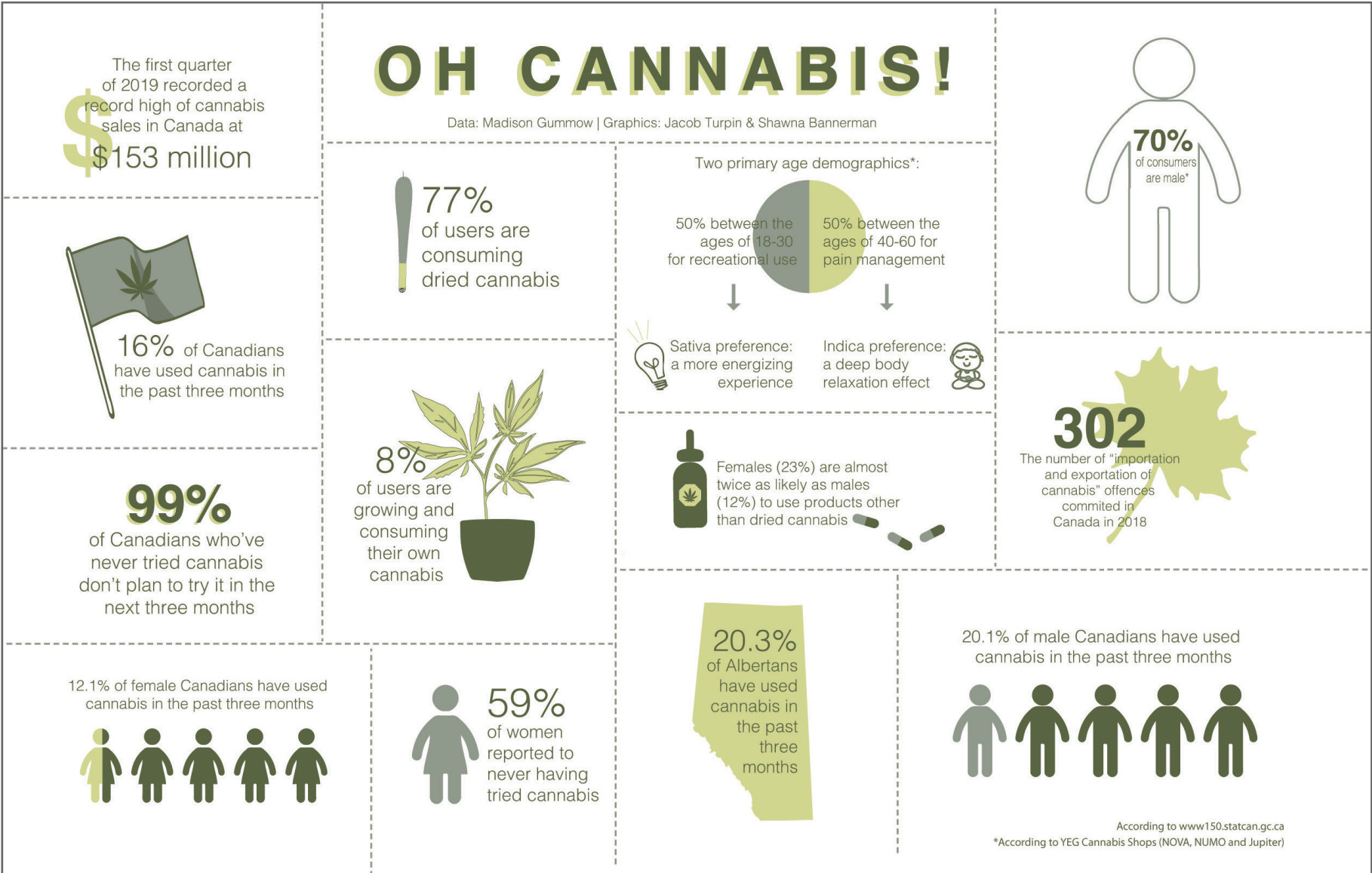
July 1st legalization. When the original date fell through, Alternative Greens began selling hemp products to help pay the bills on the location. They sold items like hemp lotions, creams, shampoos and foods like hemp hearts and hot sauces. They moved to selling cannabis on October 17 of 2018.

“Now, I get paid to do what I got fired for before,” said Miller.

Alternative Greens is planning on opening more locations in Edmonton sometime in 2019, though details are quiet for now.



The Star



10 THINGS AS ADDICTIVE AS DRUGS

By SPENCER SHORTT

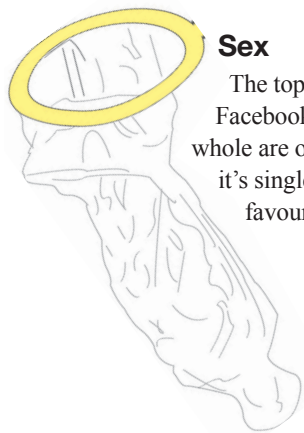
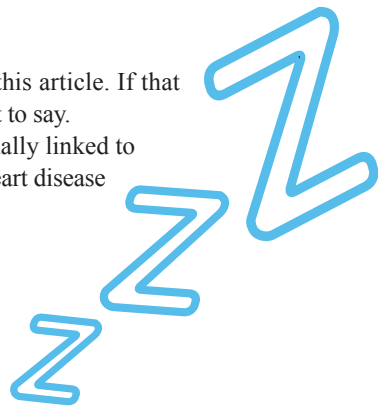


Caffeine

What's the most commonly available beverage in the world besides water? Hint: it's not wine, sorry ladies. Coffee has long been accepted as an ordinary part of most people's days and with over 31,000 coffee shops in Canada alone, it's pretty safe to say that it has become an addiction for most Canadians. Seriously, set down this paper and count how many people around you have cups from Starbucks or Timmies.

Sleep

I literally took 4 naps while trying to write this article. If that isn't proof enough for you, I don't know what to say. Studies have shown that oversleeping is actually linked to a range of medical problems, like diabetes, heart disease and increased risk of death.

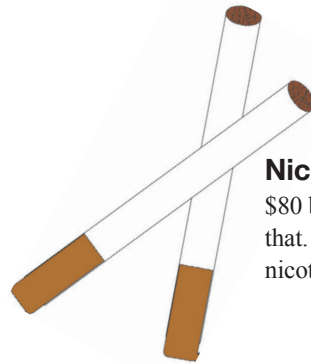
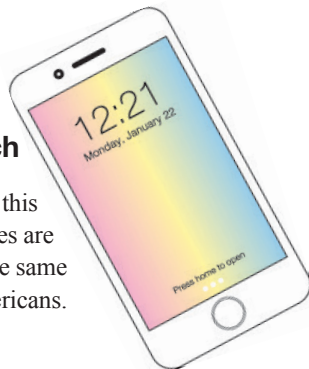


Sex

The top searched websites on Google in 2018 were YouTube, Facebook and Pornhub. Pornography and the sex industry as a whole are one of the wealthiest industries on the planet. Whether it's singleplayer or multiplayer, 'boinking' is one of the world's favourite pastimes.

Internet/Tech

Dude, how did I spend over 48 hours on my phone this week? That's literally more than I work. New studies are revealing that an addiction to technology exhibits the same behaviour as drug addiction and effects up to 8% of Americans.



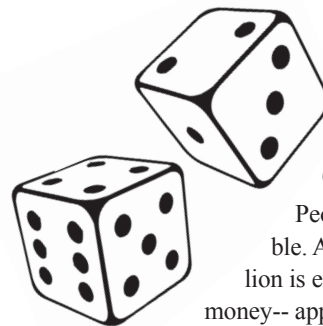
Nicotine

\$80 billion. You could literally buy anything in the world with that. That's how much the world spent on cigarettes and other nicotine distribution devices last year. Need I say more?



Sugar

Everyone has cravings. My personal favourites are pepperoni pizza, extra crispy fries with hot sauce and an entire bag of peanut butter M&Ms dumped directly into my face. Sugar is particularly popular since over 325 million North Americans answered that they consume sweets at least once a week. That's more than half the population of the entire continent, so it's pretty safe to say that sugar is an addictive substance.



Gambling

People sure love to make money, spend money and gamble. A study in 2017 determined that, on average, \$9.7 billion is exchanged in Las Vegas each year. That's a f**k ton of money-- approximately 2.4 billion BigMacs.



Shopping

You know how I said that people love spending money? I wasn't kidding. Over \$110 billion was spent on Amazon in the last year alone, according to a study done at the University of Pennsylvania. You could stretch that stack of money to the Sun and back eight times. I counted.



Money

We've already covered two of the things that rappers never shut up about: sex and drugs. The third thing that's always on these dude's minds is money. Our entire society is built around the exchange of little bits of paper. Needless to say, money is quite comparable to both sex and drugs: the more you have, the happier you think you'll be.



Food

People sure like to munch. The average Canadian household spends almost \$600 a month just on groceries. That's more than gas, cell phone bills, insurance and Spotify combined.



Photos: Unsplash, Milk Makeup, Lush

BOLD BEAUTY: CANNA-BEAUTY

BY PAIGE GORDON



Since its legalization in 2018, the increased popularity of cannabis has led to an explosion of cannabis-based products. But, not all cannabis products are geared towards those looking to have a good time. The beauty industry has embraced cannabis, and its products are geared towards



women looking for cruelty-free and vegan products.

Cannabis-based makeup contains cannabidiol (CBD) oil, a marijuana extract that does not cause mind-altering effects, or the munchies. CBD oil is known to have anti-inflammatory and anti-aging benefits. It also helps to fight acne, reduce itching and alleviates pain, making it ideal for a variety of skin conditions. Since CBD oil is derived from hemp and simply extracted, it is a vegan compound.

Several popular beauty brands have harnessed the power of CBD. Milk Makeup was the first company to use CBD in its Kush Mascara. Instead of using beeswax to adhere to the fibers of lashes, Kush uses CBD oil, making it a solid vegan formula. This long-wearing mascara adds fullness and length that will rival fake lashes. Coming from an individual who wears fake lashes this mascara helps blend your actual lashes with the fake ones. This product is a top seller and is often sold out.

The one drawback of the Kush Mascara is its price, retailing at about \$32. But don't worry, there are other options to choose from. For example, the beloved makeup brand Nyx, known for carrying good quality makeup at

affordable prices, launched its Bare With Me Cannabis Sativa Seed Oil Collection. Prices range from \$9-\$20 and the line-up includes four products: a face primer that is an essential step to prep the skin before applying foundation and helps the foundation go on smoother, a lip conditioner that helps hydrate the lips (very important in Edmonton's climate), a brow setter that makes grooming and styling easier and promotes growth and blotting papers that absorb oil and help mattify the skin.

Cannabis-based products are not just for the skin. Lush cosmetics is a beauty retailer that sells handmade products for bath, body and hair. Their products are 100% vegetar-



ian and are made with ingredients from around the world, including fresh produce, honey, seaweed and of course hemp. Lush Jasmine and Henna Fluff-Eaze Hair treatment is a product targeted for ladies with frizzy, dry and out of control hair. The hemp oil is used as a moisturizer and the henna is included to make the hair shine. This product retails at about \$26. Because it is meant to be used about once a week, it lasts a long time.

Gone are the days of buying dimebags off a sketchy dude in a back alley. Today, women need only to go as far as their local makeup counter to get their fix. Grab your Sephora card and indulge in some cannabis-based beauty.

ARTIST SPOTLIGHT

Under the tattoo gun

By MORGAN NOSEWORTHY

Growing up, Myke Peters didn't have dreams of being a tattoo artist. He just wanted to be an artist—specifically a cartoonist. But as he grew up, he realized that with the advent of the internet and print media dying, that comic strips just weren't going to be a viable option to make a living anymore. Aside from the aesthetic appeal of tattoos and tattoo art, he saw tattooing as a way to be able to create art for a living.

His brother owned Hightides Tattoo shop in St. John, New Brunswick, where the Peters grew up. The shop provided an easy and convenient opportunity for him to practice his passion. He began apprenticing under his brother, but before he could finish his apprenticeship, Alberta called to him and he moved to Edmonton in 2008. He took up his apprenticeship again at Ragnarök tattoo not long after moving. For the last five years, Peters has been working at Lucky Strike Tattoo here in Edmonton.

Peters emphasizes the importance of completing an apprenticeship for aspiring artists.

"Keep drawing. Improve your skills before picking up a tattoo gun. Don't buy your own gear and try to learn on your own," said Peters. "Get out there, talk to people. Get an apprenticeship at a shop and do it right."

Aside from tattooing, Peters has done album art and merchandise for local Edmonton bands like The Real Sickies, Abuse of Substance, Devil's Sons and Bad Action Hero.

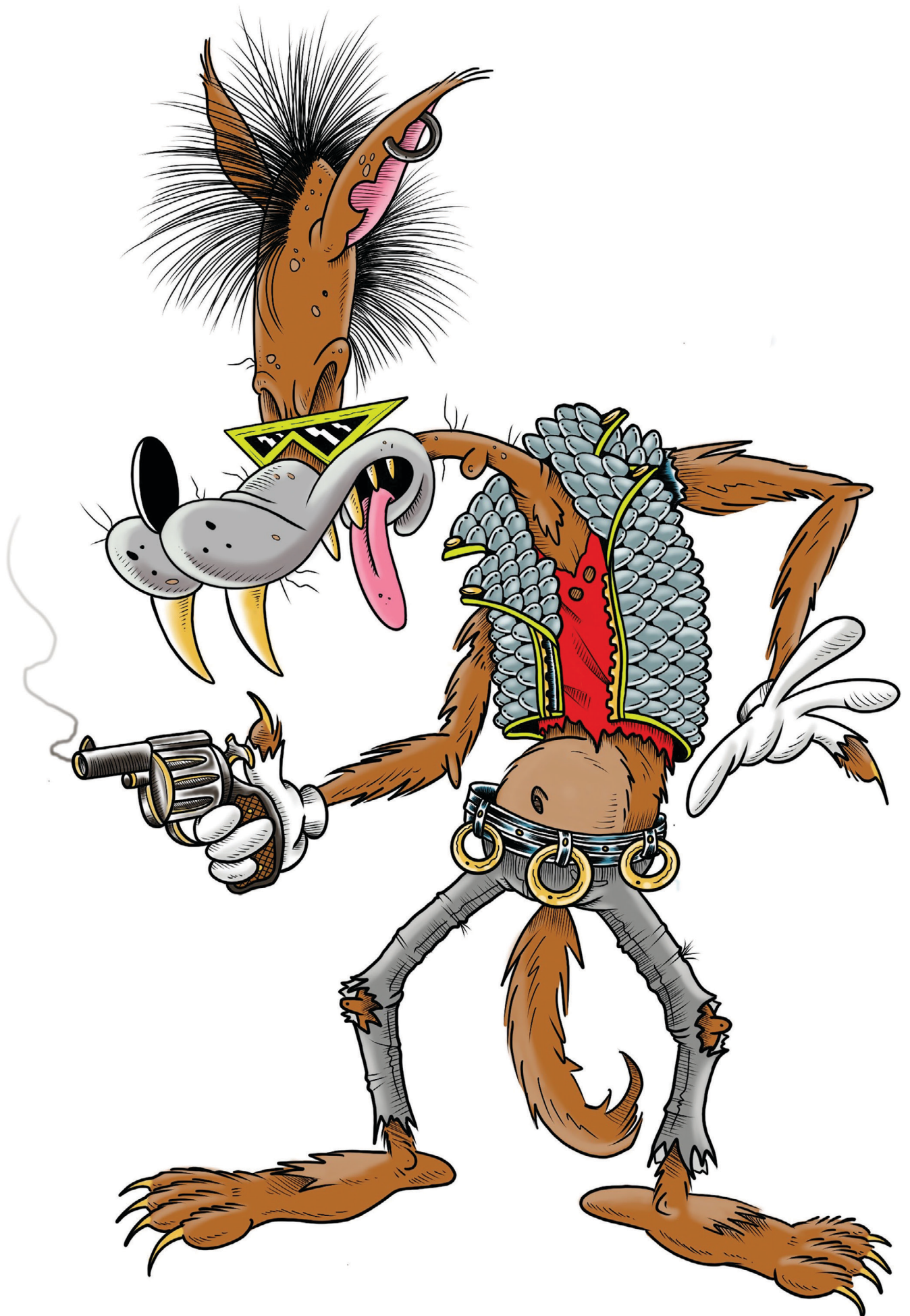
He has also created art for some east coast bands like Leather Jackal, The Adhesives, Vaginal Discharge and Ataxia from Ottawa. His work has even branched out to the United States where he's created artwork for the Nashville punk band Wrekt and Bad Engrish from Denver.

Peters didn't originally set out to create album artwork.

"I just started doing art for my own bands and people liked it, so they started asking me if I could do their bands too," he said.

Peters was recently commissioned to create the poster for DEDfest's showing of *Evil Dead* at Metro Cinema on October 27. He recently entered a submission for inclusion in the annual flash book titled *Tattoo Punks* as well. He's also working on new art for his own band's album due for release in the new year, and a mascot, Mickey Weasel, for the CJSR radio show 'This Is Pop'.

Find more of Peters' artwork through Instagram @mykepeterstattoer and @goonsquadart.





By CHANTAL DUNN

Whether you’re looking for pre or post-sesh tunes, we have a playlist that keeps the good vibes rolling throughout.

The Pixies - “Hey”

This is a classic off their album, *Doolittle*. The instrumentation of the song is really easy to fall into. The verses



have a repeating guitar riff that would pull any classic alternative lover in. The chorus rings out strong with longer chords and guitar bends, while the bass stays cohesive to the previous guitar riff which is really nice. There are big emphasized beats with the kick drum and the lyrics to grab at your attention.

Dan Deacon - “When I Was Done Dying”

This song has tons of comments under it like “First time I saw this was on LSD and it moved me” or “One of my most favourite tripping vids of all time.” Enough said.

Tame Impala - “Feels Like We Only Go Backwards”

The whole band describes themselves as “Australian psychedelic rock.” With the floaty vocals and light synth

it’s easy but immersive to listen to. There is an overall positive major tones which helps lighten any mood.

Sofi Tukker - “Purple Hat”

This song is really interesting in that it begins with very bassy vocals and a techno feel. But it then moves into a rocky guitar riff that continues a lot throughout, and the bassy vocals come back over it making the song very trance-like.

Glass Animals - “Hazy”

The instrumentation to this song had a weird turn when one of the band member’s pet rabbit apparently “contributed synth notes to it.” There are also interesting additions of bird calls and a monkey hooting along with Glass Animals’ regular indie vibes. There are lots for the ears to catch.



USS - “2 15/16”

This is one of the older songs by USS. It almost has a reggae beat to it while still being alternative rock. Also, it has the lyrics “you’re like ladybugs turning into jelly beans,” which is fun enough just to imagine.

Borns - “Past Lives”

This song has a lot of dynamics to it. The beginning is very chill and almost comforting, but then the bass kicks in turning it into a very feel-good song. It is definitely one to spread some good vibes.

The Static Shift - “O Captain! My Captain!”

If rockier music is what you need after a couple tokes then this one is for you. It’s low key enough to keep a chill vibe going, but there’s just enough drums to keep it rocky. The main guitar riff is very catchy and easy to jam to.

Jimi Hendrix - “Little Wing”

This one is a classic. The very old-timey groove that the song has is very smooth. There is a lot going on with instrumentation so it’s interesting to see what your ear picks up or pays more attention to.

Mild Orange - “Some Feeling”

“Psychedelic rock” was a term used by this band to describe their music. At the very beginning of the song, there are bird noises and light airy guitar.





TAROTSCOPES

with SCREAM QUEEN B

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



The Vices + Virtues

This week I've pulled six of the brightest messages within Tarot and six of the most difficult to digest. Remember all elements have positive and negative aspects. Each card listed below also has its counterpart. Can you find the mirrored pairs?

LIBRA (September 23 - October 22)

7 of Swords

The thief tip-toes from the crowd, looking back on what was left behind. DECEPTION is your vice, either within yourself or with others. Swords represent communications so what are you holding back? Who needs to be left in the past where they belong?

SCORPIO (October 23 - November 21)

6 of Swords

The road has been rough, but it's smoother sailing ahead. You have at your disposal all of the wisdom acquired from the pain, which brings you the virtue of EMPATHY. You can help steer others through the storm as a result of what you've been through.

SAGITTARIUS (November 22 - December 21)

The Tower

You can gather all the trappings of success, but build your dreams on a faulty foundation and lightning strikes. FALSE APPEARANCES are your vice and the Tower is the tough-love to correct your course. Call it divine intervention, karma or a blessing in disguise... it's time to prepare for your wake-up call.

CAPRICORN (December 22 - January 19)

5 of Cups

The feeling of this card is unmistakable. Life brings sorrow into our world, but we can get so lost in what didn't work out that we fail to see what remains (the two of cups). This is a warning of SELF PITY, a vice that comes from bitterness over what you think you should have. Focus on what you do have and things will turn around.

AQUARIUS (January 20 - February 18)

The Devil

Hell-bent does not mean heaven-sent, yet we often hold onto things that don't suit us out of fear, a need for control, or to avoid the truth. Your vice is ILLUSION. What are you tied to or involved with that is not aligned with who you are?

PISCES (February 19 - March 20)

5 of Pentacles

Two beggars are locked out in the cold, broken and cast out from the world. This is a warning of SCARCITY, a vice that comes from a victim mentality that you are not worthy or deserving - or that there won't be enough for you. Don't convince yourself you're an outsider. Ask for help when you need it.

ARIES (March 21 - April 19)

Strength

The Maiden knows that what is meant for her will not be hard-won. Her virtue is PATIENCE. She urges you to stay true to yourself while keeping your heart positive and

open. Trust that all you desire is on the way to you now.

TAURUS (April 20 - May 20)

The Lovers

Follow your heart and the path opens before you. Whether you are struck by cupid's arrow or hell-bent on pursuing what lights you up, your virtue is COMMITMENT. Make a choice, follow through and don't look back.

GEMINI (May 21 - June 20)

The Fool

A new beginning, a relocation or a brave new start. COURAGE is your virtue as you step boldly into the unknown. Keep your head up and keep walking forward. You will be shown the way.

CANCER (June 21 - July 22)

Death

Change is inevitable and final. Suffering only comes when we refuse to let go, or fear the transition. DOUBT is your vice, as you cannot see the light at the end of the tunnel. See the horizon in this card? That is your ray of hope. A new journey awaits.

LEO (July 23 - August 22)

2 of Cups

Two souls recognize each other and come together in harmony. GRATITUDE is your virtue as you have mastered the method of giving and receiving in equal measure. Be sure to appreciate all who meet and match you. Your good fortune will be doubled.

VIRGO (August 23 - September 22)

6 of Wands

Time to celebrate your victory! AUTHENTICITY is your virtue as you stand strong in the power that only comes from honouring who you are. When you share your true self, you give others permission to do the same. Shine bright!

Mirrored Pairs:

The Lovers + The Devil
2 of Cups + 5 of Cups
The Fool + Death
Strength + The Tower
6 of Wands + 5 of Pentacles
6 of Swords + 7 of Swords

LOCAL SOUNDWAVE

NTWALI ROARS

By DAVID MADAWO

If you've ever had a chance to listen or see Ntwali perform, you'd know that not only is he a skilled collaborator but a master at freestyling as well. In fact, Ntwali has freestyled on a number of features and singles, including live performances and busking at the Fringe Festival this summer.

However, after a year of just performing and not releasing a project, he has finally announced that he'll be releasing his new album, "Vintage Simba" this upcoming November.

"It's a very different style, it's something new. This is my best work and I'm only 23," said Ntwali.

"Vintage Simba" was inspired by the likes of 70s musicians such as Curtis Mayfield, Sly and the Family Stone, Marvin Gaye and James Brown. The album is expected to feature a few local artists. Ntwali said while recording and writing this project, he spent a lot of time listening to 70s music, hence the name Vintage Simba.

He wants his fans to know that he is finding his own niche and that a lot of things will be changing with his music.

Ntwali also has three film projects attached to the album. A documentary and two music videos that were shot in the mountains of Banff this summer. All three are being produced by local film company Gateway BLVD.

If you want to meet Ntwali in person and see him perform his new album, he will be having an album release party on Nov 2 at off of Jasper Avenue. Other performers that night will be Rico, Kuzi Cee and Drew Siko.



Supplied by Ntwali



Supplied photo

"Avoid tempting fate"

DR. TANYA SPENCER

Clinical Psychologist and Lead, Student Counselling and Chaplaincy

We in Counselling sometimes have experiences from our personal lives that inform our practice.

The legalization of cannabis has raised mixed feelings for one of our counsellors, Tanya.

She writes, "Cannabis is not the 'demon weed' that its opponents claim but I would like to point out that it is also

not the 'harmless herb' that its promoters claim.

I have a brother-in-law and nephew who live with schizophrenia, in both cases either hastened by or brought on by smoking weed. Please, if you have a personal or family history of psychotic symptoms (loss of touch with reality, paranoia, seeing things, hearing things, not being able to start anything, among others), I ask you to avoid tempting fate.

The disease burden of schizophrenia is equivalent to quadriplegia (paralysis from the waist down). It is a life-long illness, for which treatment is available, but if you can avoid it by avoiding cannabis, please try. For a select few of us, this is a choice that we can't take back."

DEALING WITH NEGATIVE THOUGHTS

By KOMAL KUMAR

One of the most common issues I see students struggle with is dealing with anxiety and negative thought patterns. These two often go hand in hand. Ever have thoughts that you might fail your exam, even when you have studied really hard? Everyone will laugh or think poorly of you while you do your presentation? That you aren't good enough? You aren't alone.

As human beings we are wired to focus on the negative aspects of our life. Long ago focusing on the negative might have helped us to survive. However, in a world where our main priorities are no longer hunting and gathering, this might cause us more harm than good. It takes a little guidance and practice, but if you work on it, you do have the ability to rewire your brain to help you defeat your negative thinking.

Changing Negative Thought Patterns

Step 1: Identify if the thought has true merit or if it has been conjured by your brain.

For example, if you are worried about failing your test, have you failed majority or all tests you've written? If the answer is no, which I bet is the answer for most, move to the next step.

Step 2: Find evidence against your thought.

For example: Have you passed more tests in your life time versus failing more tests? Have you ever even failed a test? If you haven't even failed or passed 98% of all tests in your life, there is your proof right there that statistically you will most likely pass again.

Step 3: Replace negative thought with a positive, alternative, and realistic perspective

For example: Instead of saying "I'm going to fail" tell yourself "I studied hard and I will pass. Just like the majority of tests I have taken in my life"

Ta da! Negative thought is defeated!

Resources to Defeat Negative Thinking

- **Ted Talk:** "The Secret to Changing Negative Self-Talk" by Renewing your Mindset by Bruce Pulver
- **Ted Talk:** "Getting Stuck in the Negatives (and how to get unstuck)" by Alison Ledgerwood
- **App:** WOE BOT (talks to you to help you challenge your negative thoughts)
- **Book an appointment** with a counsellor to help you overcome negative thinking. Book in person at W111PB, email counselling@nait.ca or call at 780.378.6133

Tips to Help Deal with Anxiety

- Avoid caffeinated items (coffee, chocolate, pop, etc.) as it is a stimulant and can increase your anxiety
- Schedule a "worry session" where you dedicate 30 minutes in a day to worry about all your concerns, so it doesn't distract from your daily life tasks
- Learn what your triggers are, so you can be prepared to handle the situation
- Learn mindfulness techniques (it really works) such as breathing, muscle relaxation, mediation, etc.



Supplied photo

Hello there! My name is Komal Kumar and I am one of the student counsellors at NAIT that specializes in working with International students. I love working with my colleagues and students, as they inspire me every day and remind me that there is always something to be grateful for in a world full of chaos. I love working out at Orange Theory Fitness, DIY crafting, and spending time with my family and friends.

Correction: In the last issue Stefanie Guillard was listed as a counsellor when, in fact, she is our front office client care specialist. Our apologies for any confusion.

CONSPIRACY CORNER

Drugs in the water

By [REDACTED]

Could it be a communist plot? Or perhaps mass mind control? Maybe just an excuse for big business. Whatever it is, it's in your water. We're talking, of course, about fluoride in the tap water.

In the late '30s, an aluminum company called ALCOA had a massive amount of aluminum waste, a.k.a. Fluoride, to get rid of. Instead of dumping the waste, they did what any self-respecting bunch of industry scientists would do. They started experimenting on rats. Claiming that it reduces tooth cavities in the rats, the first public proposal to add the drug to the water supply was made by a corporation. Not a doctor or scientist, but a company. Most governments began to add fluoride during the Second World War, right as aluminum production for the war effort was at its peak. Coincidence?

So we know how it got there, but what does that mean? What does it do?

One theory states that it was the Russians who put it there. This is similar to the theory that Chinese governments are artificially creating an anti-vaccination stance in North America to weaken our immune systems. The same themes stand: fluoride is used to keep us weak

and helpless.

Another theory states that our own government is adding fluoride to keep us sedated. From the eyes of The Man, it's a lot easier to control a docile populous. It wouldn't be the only time the government has put drugs in the water to try and control people. Project MK Ultra also saw the addition of a mysterious substance added to tap water to control people and that drug was LSD.

"No, there's nothing wrong with my tap water," says a friend who wishes to remain anonymous. Who they are isn't significant, but the realization they came to just after. "Wait, I just automatically said that, I didn't even stop to think about it. Is that mind control?"

Why is it that city populations, those with the most fluoride in the water, seem to be living just behind the eyes, like zombies? Why is it that public funding goes to putting something in our water that hasn't been fully proven to work? Why do we pump something the FDA categorizes as "hazardous waste" into what we drink? Is it the aliens? The Lizard government? The bureaucrats? All I know is I'm buying a Brita.



Unsplash



Artwork by Conor Wheat



Artwork by Jasmin Bunko

DRUG MATCH UP

Match the drug to its effect.

- | | |
|--------------------|---|
| 1. Betel Nut/ Buai | A. Increased alertness and loss of appetite, may cause major cardiovascular issues. |
| 2. Cocaine | B. Causes hallucinations that can cause good or bad experiences. Not generally considered physically addictive. |
| 3. Caffeine | C. Street name “Ice.” It can make you feel a sense of wellness and euphoria that is short lived, as your entire life falls apart. |
| 4. Kava | D. Used to feel more alert and active, it can also cause you to go to the bathroom more and stay awake all night. |
| 5. Alcohol | E. Out of 10 deaths a day in Canada related to substance abuse this accounts for 75% of those. |
| 6. Meth | F. A normalized part of our culture. There is a lot of controversy around the safety of all the products that have this in them. |
| 7. Ketamine “K” | G. Developed for the use of an anaesthetic, long term use causes major bladder problems. |
| 8. Magic Mushrooms | H. Can come in a brownish coloured drink form which helps with short term anxiety. Over use has been linked to liver problems. |
| 9. Sugar | I. 200 years ago, the average person had two pounds of this in a year, now they have about three pounds a week. |
| 10. Nicotine | J. Feeling of high energy, slight dizziness or head rush. Causing high rates of oral cancer in Southern Asian countries. |

Answers: 1I, 2A, 3D, 4H, 5E, 6C, 7G, 8B, 9I, 10F

POETRY CORNER

Heartbreak is a Love Song
By WILLIAM DONEY

This is a beginning
A song to be wrote
The love we would share
Being played in each note

Our friendship bloomed
Like a flower doth grow
How much I would love you
I'd never have known

This is a bridge
A middle you'd say
The part that makes memories
The chorus you play

As time pushed on
My feelings grew deep,
The laughter we shared
The memories I keep

This is an end
Of a song, bittersweet
It's a means to an end
An artists retreat

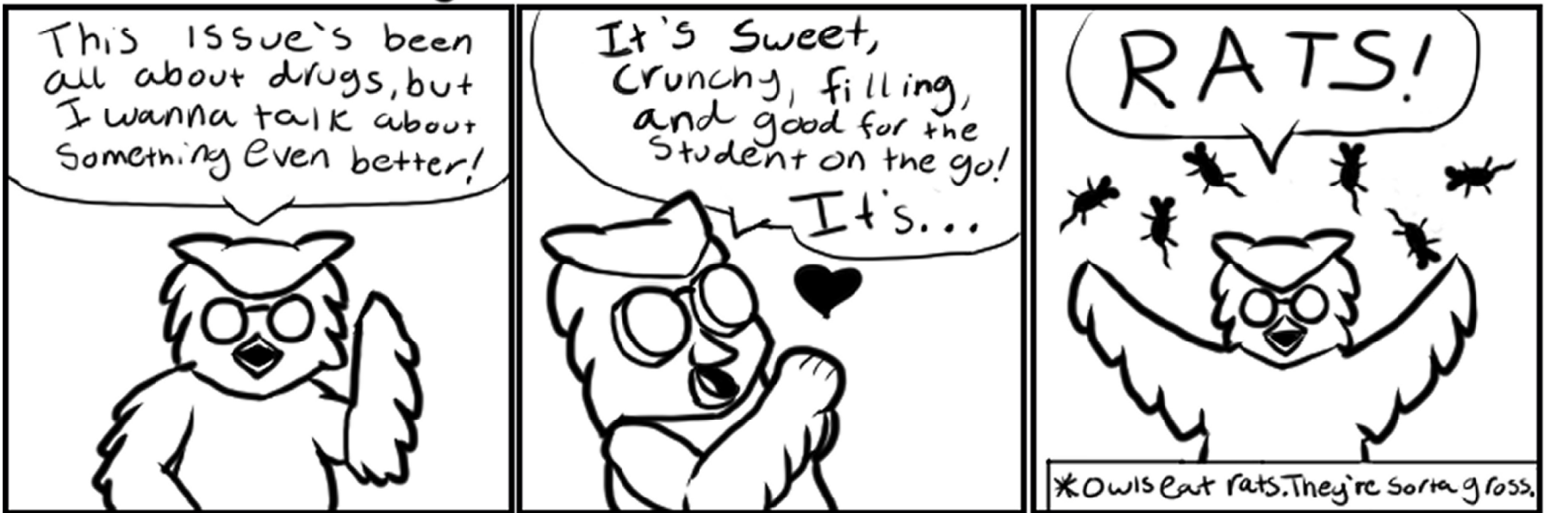
Here's to the artist
To my sweetheart, my friend
To the girl that I loved
And our song worthy end.

void
By SHAWNA BANNERMAN

i've boiled water for orange pekoe
before its done im craving something new
though
what i'm looking for isn't in the kitchen
just something, a weird itchin
so i force myself to sit with this void
not sure i like feeling something like a
humanoid
i need a little time says barnett but im
only craving you and that cigarette
buzzed on stout beer
effectively slowin down the fear
of what comes next
what'll be the effects
of breaking my own rules
ones id been trying to fool
but i've been avoiding the anvil
relishing in the thrill
waiting for the release while
perfecting a masterpiece

CREATIVE CORNER

OOK's Indulgence

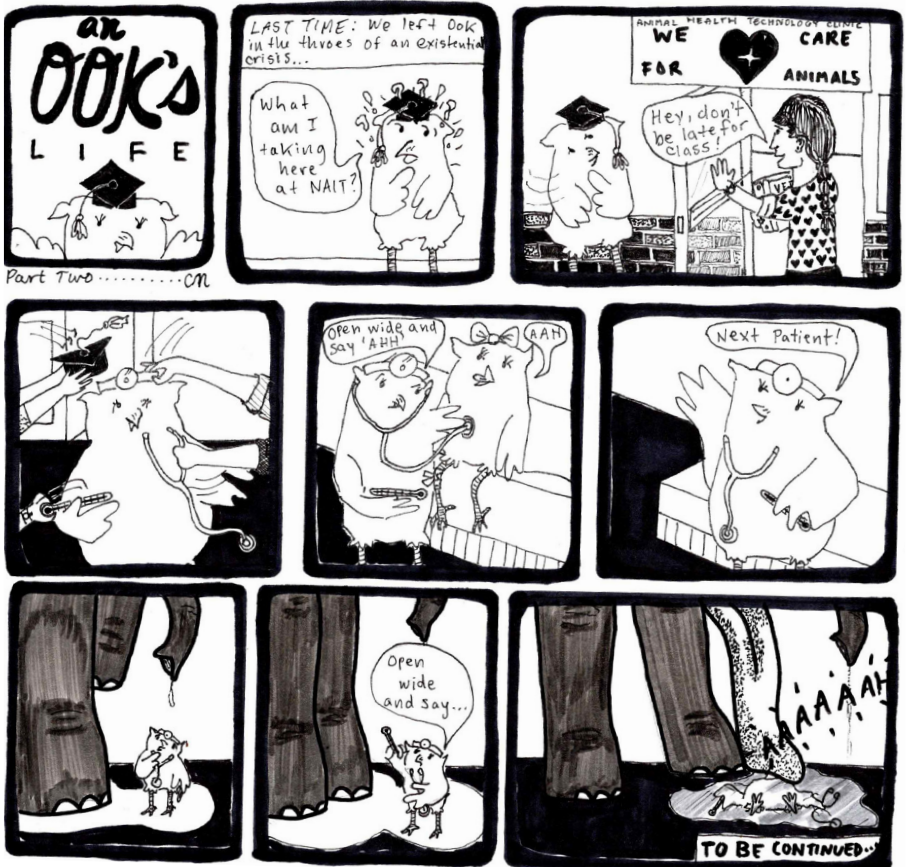


Celia Nicholls

WORDSEARCH

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

Motivation	Medicine	Marijuana	Legal
Inhibitions	Inhale	Illegal	Hallucinogens
Gateway drug	Flashback	Experimentation	Euphoria
Effective	Drugs	Drug misuse	Drug abuse
Designer drugs	Depressant	Dependence	Cocaine
Antibiotics	Analgesics	Allergic reaction	Alcohol
Addictive			



Corbin Adams

Dependency

By ISAAC DYMOCK

I had him in my grasp. Tied to a rack in my dungeons, knives in his skin and a blade at his throat. I had that blasted 'hero' alone and death knocking on his doorstep. I pressed the blade so close to his arteries that I could feel the blood pulsing past the blade. No tears on his face, this man who defies all my powers and my armies spits in my face. I cut

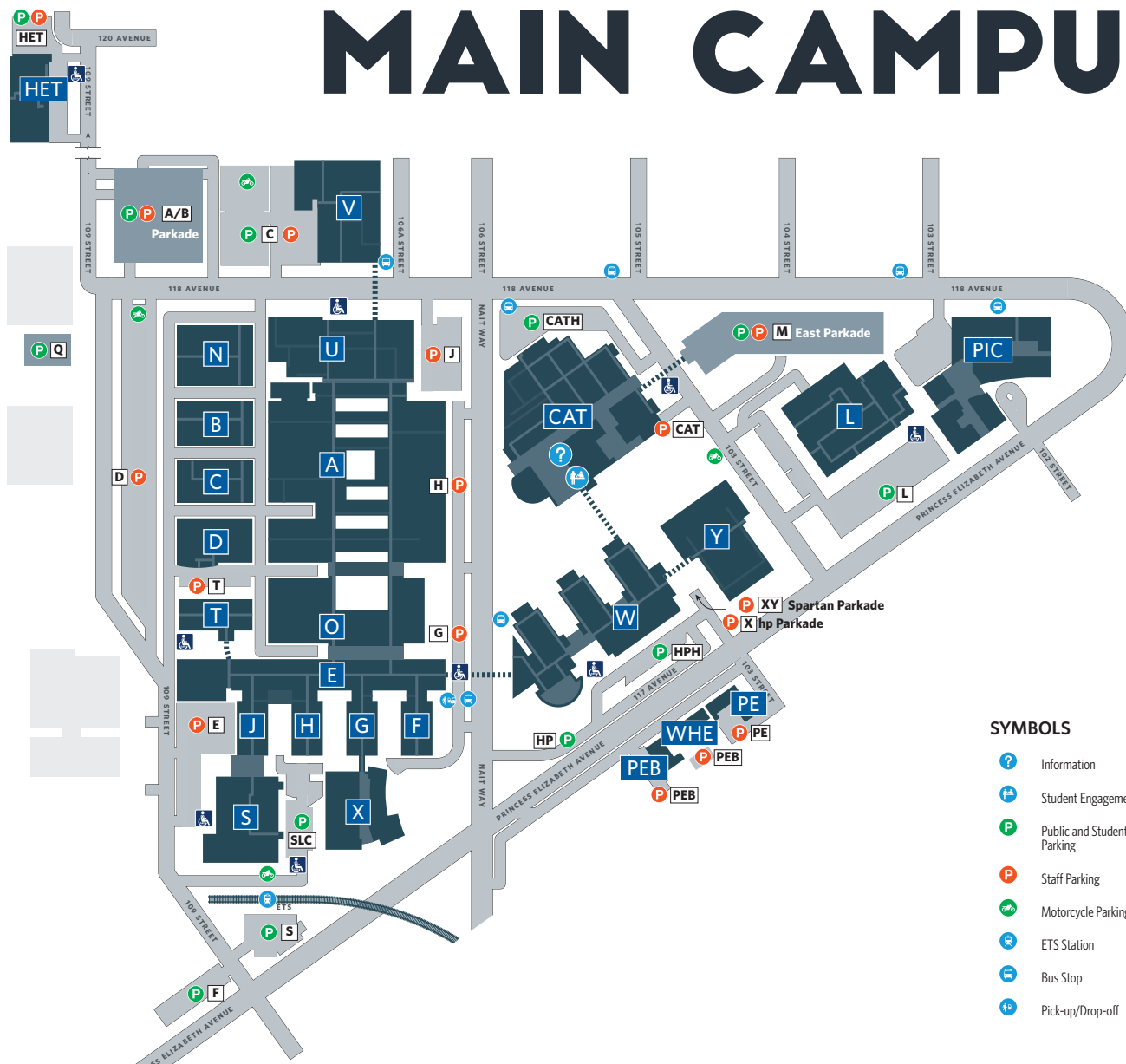
him, by the gods I did, but something was holding me back. I couldn't do it, god I couldn't kill him.
I now understood what the scholars of my civilization were saying before I painted the walls of my city with their blood. 'Bound by blood and body, soul and mind. Evil and Good, their fight will never die.' I knew now that my fate was tied to this hero and that I would never get true satisfaction from his death by my hands. No, it will end with both of us dead at the ruins of the world. We will

clash with the fury of gods and destroy all we seek to rule or protect.
With this realization, I let him live. No words were spoken between us. I let his petty friends breach my defenses and kill some of my lesser guards. It felt... freeing to watch him run like the dog he is. Soon we shall fight again, one on one over the bodies of our minions and fellows. When we die we will take the world with us, it will be my greatest triumph killing myself, this 'hero', and the world.









WORDSEARCH ANSWER KEY

EXPERIMENTATION
T D R M I S S E N
V I A O
C I D E M G
E I O O L
L I N C
I G L I V
S G U R D V I O V D N I E
O T S C A U D I N R
H E I V I I T V I H C
M N G T T B I D I
V A H V N O V I R R O
T A E V T E M H V O I R
C D T R E N I L L E
R O E E V I I V I
U H T S R U C O R T
G O E I N I S N A V
L C C G I S S
V S S R
T V K B C K H S V T E
M T N S E R P E D

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 | | |

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| 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.