

## NAITSA keeping students full



The process is very simple and easy for those who wish to apply for a food hamper.

- 1. Head to naitsa.ca
- Click on Service Hub and in the drop down menu select the food centre
- Lastly, click on 'request a hamper here' and fill out the form

### By EMMA MORRISON

NAIT students struggling to afford food on their student budget have access to a discreet and easily accessible food centre

The NAITSA Food Centre is essentially a food bank for the students of NAIT. Students receive three to five days worth of food in each of the two hampers they receive. The hampers include basic foods like canned tuna, beans and soup. The food can also vary depending on what the center receives in donations.

Valentyna Burakovska is the U-Pass and Food Centre specialist at NAIT.

"I also include sprinkles if I know it's the student's birthday," said Burakovska.

During the holiday season, the food centre also accepted toys and presents for recipients of the hampers to wish them a Merry Christmas.

It takes 24 hours for the centre to process a request and get back to the client. The NAITSA Food Centre is also available to provide other resources to help students.

"They just basically grab the bag and leave, making it so easy for them. We make sure that students feel comfortable so they won't feel embarrassed," said Burakovska.

If a student doesn't need a food hamper, they can help their fellow students by donating. The food center takes non-perishable items like canned soup, beans and cereal. They also accept toiletries, toys and even sprinkles for baking. After a student or their program collect the donations, they can drop the items off at the NAITSA office or E131.

The NAITSA Food Center also has a trick or treat event in October. This year they received over 3,000 pounds worth of non-perishable food. They hope to beat that amount at next year's trick or treat event.

## ew executive counci

## **By JOE LIPOVSKI**

After a total of 2417 votes cast, Karen Velasco will return to the Executive Council next year as President. Velasco, the only returning executive, will be joined by Alexis Flinkert, Emi Oke and A.J. Jaruga as VPs Student Services, Academic and External respectively.

"It feels surreal... I love building relationships," said Velasco.

Velasco said starting with a new executive team feels like a roller coaster of emotions, and that communication is key for the executive team's success. Now with the election results in, many senators have questions regarding the transition to next years executive council.

"We set our goals, next year's executives may have completely different goals," said Brenda Needham, outgoing Vice President Academic.

Needham said that last year's goals were successfully completed like the Peer Support Centre, will be left to NAITSA staff.

Senator Rick Guillaume asked if NAITSA would consider adding a new

Outgoing VP academic Brenda Needham responded by saying that it would need to be discussed in the governance committee first. Needham said the executive team is holding off on changes like adding another executive, due to the announcement from the Ontario government's decision to make student fees optional, which would include student association fees.

"Schools need their student associations, because they're the ones that advocate for the students," said Needham.

Chris Chelmick, NAITSA Executive Director, said Alberta has the strongest legislation toward student associations, and some provinces have no legislation at all. Alberta regulates how student associations are run, how they collect fees and how they report expenses.

In Alberta, student associations are required to be audited every year. If the Alberta government finds that a student association mishandled funds, the government may force the student body to elect a new student executive council.

Senators asked if NAITSA had a contingency plan if the Peer Support pro-

gram doesn't reach the desired number of student interest. Willow Shelley, outgoing VP Student Services, said she expects to get low interest for the first year. Shelley said if numbers don't improve, NAITSA would make changes to their marketing strategies, before restructuring the program or repurposing the Peer Support office.

Shelley said NAITSA will not be paying for Peer Support for its first year. As the full amount of the program's operating budget will be paid by Alberta's post secondary mental health grant. Shelley has been negotiating funds from this grant NAIT received since she took office.

Going forward, Karen Velasco explained that the new Smart Fare will take the place of stickers for U-Pass. ETS has been working on the Smart Fare system, and plans to introduce it in 2020. The new system is suppose to replace bus passes and the U-Pass. Velasco said the NAIT One Card already has the same technology ETS plans on using. As a result students will soon be scanning their NAIT I.D. to board busses and the LRT.



Karen Velasco, NAITSA President



## Low cost vet services

## **By CALLEN LEHMEN**

NAIT students and staff who own a four-legged friend have access to NAIT's own animal clinic for dogs and cats.

The clinic's services include spays, neuters, dental checkups (cleanings) and vaccinations. The price is only a service fee, as it is animal health students performing the procedures for the hands-on experiences within their program.

The demand is high for their services, as spays and neuters are completely booked for this semester. Bookings for next semester have opened as of the beginning of February and are accepted on a first-come first-serve basis.

To book an appointment, students can go to the clinic located in the main building (X100), whereas staff can book online.

NAIT's animal clinic does not match their rates with other veterinary clinics because it's based on their students' hands-on abilities and experiences to gain a better understanding of what they are

NAIT also provides an animal blood bank for dogs. Bringing one dog in for a blood donation, can help two other dogs across Canada

Treatments that benefit from the animal blood bank include injuries from a car accident, cancer, parvovirus infection, bleeding disorders and anemia. While owners are not only helping other dogs, there are also benefits for their own pet. Including free blood type testing and a

collar tag with the blood type, free microchip identification for a national registry and one free unit of a blood component for each unit of blood donated, if the dog requires blood in its lifetime.

Sedation is not required for the process and it won't harm the dog in any way. There are specific requirements that need to be met for dogs to be accepted into blood donation and if accepted, they are asked to donate every three months.

If NAIT staff or students are interested in giving a blood donation from their dog, but don't meet the requirements, the Animal Health Clinic offers services needed to speed up the process. Blood donor clinics are held at NAIT once a week, and the days vary to meet dog owners' schedules.



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





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## NAIT's message to students:



#### Naomi Pela

NAIT Student's Association President 4th year BBA student in Accounting

Discussions about our experiences in class are a common occurrence here at NAIT. As a student, I've talked to many classmates about what has or hasn't worked in our classes. I remember times when we wanted a way to provide structured feedback on our instructional experience, knowing that this information would help our instructors further develop their teaching practice. With the launch of the NAIT Student Survey on Instruction (NSSI) being implemented, I am happy to report that we now have this opportunity!

I support NSSI because it provides value not just to the student completing the survey, but to the institution as a whole. Student feedback helps instructors stay in tune with their students' needs. As members of the NAIT community, we have a responsibility to work to maintain and improve the student experience at NAIT. Providing feedback on your experience with an instructor through NSSI helps them understand what they are doing well and where they could

The survey is structured in a way that makes the process of providing feedback easy, with questions that are clear, but also relevant to our experience. In addition to the multiple-choice questions, you can provide written feedback about various aspects of your experience with an instructor. It is not time consuming, taking only 5 to 10 minutes to fill out. Most of all, the survey is sent out to students after exams are done. This provides an assurance of anonymity since instructors and Program Chairs won't see the feedback until grades are submitted.

The most reassuring aspect of the survey for me is the fact that I know what happens to the results. Each instructor goes through the feedback with their Program Chair and formulates a plan that will help them better understand the student experience in their class.

I encourage my fellow students to take the time to complete these surveys. You will receive an email when a survey is open for you to fill out. I also encourage students to ask their instructors to give class time to fill out the survey – this helps increase both the quantity and quality of responses. By taking the time to provide feedback through NSSI, you are supporting a continuous improvement process that will benefit current and future NAIT students!

Sincerely, Naomi Pela

## **David McDine**

Project Lead NAIT Student Survey on Instruction

As the project lead on the NAIT Student Survey on Instruction (NSSI), I want to thank all of you who have taken the time to provide feedback on your instructional experience through NSSI. The purpose of NSSI is to give students an opportunity to provide anonymous feedback on their instructional experience, while promoting the growth and development of NAIT instructors. This feedback, shared with the instructor and Program Chair after class has ended, allows instructors to reflect on their teaching practice. It's a tool that allows us to celebrate great teaching as well as reflect on where some adjustments might be needed.

We're now fully launched and many of you likely already received an invitation to fill out a survey for at least one of your classes. To encourage all our students to take the time to provide feedback on the survey, I asked Jocelyn Crocker, Physics Chair and Instructor with Biological Sciences, and Naomi Pela, NAITSA President and 4th year business student, to write about why they support NSSI.

Thanks for all that you to do make NAIT great! David McDine





### **Jocelyn Crocker**

Physics Chair and Instructor with Biological Sciences

I have taught at NAIT since 2004 and have participated in several incarnations of instructional surveys. Regardless of the distribution method, whether it was the paperbased surveys that used to be hand-delivered to Information Technology Services in the 3rd floor of the Tower Con-Ed surveys the first attempt at the online survey several years ago or NSSI, the value of having a survey on instruction is clear: instructional excellence is supported by collecting feedback on instruction from students.

Last winter, I volunteered to participate in the initial NSSI pilot because I value gathering feedback for my own instructional practice, but also because I wanted to provide feedback on the NSSI tool and process to make sure we're getting the most out of this opportunity to engage students. As a "feedback nerd", I wanted the comments collected from my students to be valuable so I participated in the pilot to express some of my concerns including potential low response rates and the timing of the surveys.

One thing that helped address my concerns is the iterative and responsive way the NSSI process is being rolled out. For example, the dates the surveys were available to students were very restricted when we first piloted in the Winter 2018 semester, and this was modified for the Fall 2018 semester in order to increase response rates. This demonstrates an ongoing commitment to get this process right for the benefit of both students and instructors.

I am pleased that NAIT is moving ahead with NSSI because feedback gathered from students supports their – and our - success. As an experienced instructor, and more recently, as a Chair, what I am most looking forward to with the full implementation of NSSI is having multiple semesters of feedback data to explore, because while single data points are useful, NSSI offers the ability to measure trends over time, which allows instructors and programs to be responsive and accountable to the needs of our students.

Regards, Jocelyn Crocker

## INTERNATIONAL PERSPECTIVE

## Coming from sand to snow

By CHAIMAE JANAH

My name is Chaimae Janah and my story started in Morocco where I was born and raised. At the age of 19, I graduated from University with a Management Diploma.

After that, I kept asking myself, "what's next?"

My family and I came to Canada for a summer vacation. I remember thinking during my stay that I knew I wanted to start a new adventure as a student here.



I started applying to schools while I was still in Edmonton and I ended up choosing NAIT. I got accepted and went back to Morocco and worked as a customer service representative in a bank. While I was in Morocco awaiting to return back to Canada, I remember feeling excited and nervous at the same time. I was spending most of my time daydreaming, wondering how would life be far away from the beach and the beautiful Morocco weather, if I was going to make friends, and how moving to a different country would change who I am.

Fast forward to the first day in school - orientation day. The first conversation I had was with an International Peer Mentor, who later on became my co-worker. I remember thinking to myself, "there is no way I will be as confident as he is". By the end of that day, I made connections and made friends that were from all over the world.

Today, I am now on the Campus Activities Board (CAB) as one of two volunteer coordinators. I have so much fun planning amazing events, getting to talk to students about what I love the most (which is volunteering), and working with amazing people that I can call my friends. I also worked as an International Peer Mentor where I help students and newcomers adjust to their new life in Canada.

I'm grateful for the decision I made to come here. It has been an amazing experience and has definitely changed who I am to become more accepting and appreciative of diversity.

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# Student services prepare artifical intelligence robot

## By ERYN PINKSEN

The Student Services Centre is training artificial intelligence (AI) to give students another option to get their questions answered.

Given the name Lumi, short for IllumiNAIT, the AI chatbot finished collecting student questions at the beginning of February. It is now "learning" before its hopeful launch date in August or September.

Angela Briggs is the manager of both the student information services and advising as well as the career development departments at the Student Services Centre. Briggs explained that the the idea for AI was based on their high-demand of student questions.

"We are a very high-traffic service area," said Briggs. Our front lines experience about 220,000 interactions a year and that's continuing to increase."

Students going to the centre for help have a wide variety of questions, some that are as simple as yes or no and others that are complex and take time. Because of this they are unable to predict wait times and they hope the AI can help answer questions to decrease the waiting.

"There's a huge need to leverage technology to support our service area," said Briggs. "Because we service such a broad range of inquiries, we are really challenged with trying to deal with the frequent, repetitive basic things as well as the complex."

The plan is to have the employees at the centre, free to answer the more complex questions and the technology will be able to answer the simpler student questions.

"Not everybody wants to wait in a line and technology is critical to our services to make room for further growth for NAIT," said Briggs. "We are an institute of technology, we want to work towards sophisticated technology solutions."

The Student Services Centre is a portal to the rest of NAIT. Briggs explains that unlike some other institutions, everything is centralized at the centre in the CAT building.

Lumi was first announced in January and students were asked to submit questions to help the technology collect information. The centre received over 750 questions to Lumi from students, which is more than they had estimated.

"What we decided was, why not take the data collection activity to the students," said Briggs. "To the people who are going to be using it."

The centre wanted the language that Lumi learned to be what students use and say. Despite receiving some, as Briggs described, "cheeky" questions, it was able to speed the process of data collection.

When launched, Lumi will be a chat-bot at the Student Services Centre that will be able to answer student questions and minimize wait times. Briggs hopes that in the future it can also be available online and in classrooms for students and instructors.

"It goes back to wanting to maximize options for students, because having just a lineup, it's impossible to anticipate and to predict [how long] you're going to wait. We want to provide the services, but we don't want to provide a "one-size-fits-all" [service] for everybody," said Briggs.



# Valentines flash mob

### By SIMARJOT KAUUR

Jaya Borbon, a NAIT graduate, decided to kick the Valentine's Day game up a notch and surprise her boyfriend, Taylor Donovan, with an extravagant dance performance in the middle of the CAT building.

Borbon said this all started as a revenge plot

In October, Donovan forced Borbon to stand in a ticket line for Deadmonton for two hours. She said she hates haunted houses, but her boyfriend wanted her to overcome her fears. Borbon explained that her boyfriend is an introvert and doesn't like public attention, which is where she found her inspiration to make him 'overcome his fears'.

When she shared this idea with her friend Ryen, one of the vice presidents of the NAIT Hip-Hop Dance Club (HDC), they knew this was going to be a remarkable event.

There were about 25 people altogether, including members from HDC, Borbon's friends and herself. The CAT crossing was where the flash mob occured.

On the day after Valentine's Day once classes had ended, Donovan was invited for a supposed meeting on the 4th floor of the CAT building. When he reached the floor, Borbon's friends met him and demanded he complete 10 push ups if he wanted to go to the 3rd floor.

"I knew something was up when I saw so many cameras point at me while I was awkwardly doing the push ups", said Donovan.

When he finished doing the exercise, he was granted access to the 3rd floor where more of Borbon's friends were waiting for him and asked him to yell the name of the one person who makes him happy.

"I never knew that the CAT building echoed so much," he said.

Once he got to the 2nd floor, he was told to dance to the song 'Crazy in Love' by Beyoncé. After gaining access to the first floor, he walked into the atrium where he had to sing any one of his favourite Disney songs.

Then he reached the final stage of the whole setup, where he filled out a crossword of memorable things the couple did together. The condition of the crossword was that if he could score 80 per cent, he could see the dance performance. If he failed; the dance would have been cancelled.

He scored 17 out of 20 and that was when the dance performance started.  $\,$ 

"It looked like something straight out of a movie," said Donovan.

He had tears in his eyes by the end of the performance. Borbon said it was the least she could have done to convey her appreciation for having him in her life.



## NAIT student's celebrity candy



### **ERYN PINKSEN Senior Editor**

NAIT culinary student Mercedes McKinlay owns and operates a lollipop business with her mom and they are having overwhelming success after having their gold leaf, rose and champagne lollies in the 61st Grammy presenter gift bags.

The business did not start as a business, but began when McKinlay saw lollipops with flowers on Pinterest and noticed people's interest in them. Then the motherdaughter team started making their handcrafted gourmet 2.5" lollies as a way to

"When we started to get into flavourings... I thought this was a way I could play with flavours by combining different things and seeing what people like and what goes better together and that's what I took from culinary [program]," said McKinlay.

With over 100 flavours, the motherdaughter team loves to experiment. After a mistake adding salt instead of sugar, they created a happy accident and discovered their salted lime margarita lollie, which is one of their most popular flavours

Now they have multiple salted and savoury lollipop flavours. McKinlay's favourite flavours are the rose cardamom and the cocoa lavender.

They started selling their lollies in farmer's markets and The Makers Keep shops in Windermere and Kingsway Mall. After multiple sellouts, their popularity continued to grow their business.

After their treats were featured in the Grammy gift bags, they have felt an outpouring of support and have seen a major increase in business with weddings, bridal showers, parties and local events as they sell wholesale in boxes

"It was not until we made it public that we put the lollipops in the Grammys that the work started becoming a lot," said McKinlay. "Everyone was [saying] we want this, we want big orders for weddings.'

McKinlay explained that they are looking to make a full website to keep up with all the incoming orders.

Sumptuous Lollies are now for sale for five dollars at Shop at NAIT and were completely sold out on their first day in store.



## Mental health merch to support CMHA

## By ERYN PINKSEN

Two long distance friends, Zoë Andison and Eli O'Donnell, a NAIT student, used their creativity and their support for each other to find a way to help others.

Together they created the Midnight Crisis Club, with the slogan 'Progress is Possible'. With Andison's 'dark doodles'—as she calls them—printed on coloured shirts, they sell them and give 100%



of the profits to the Canadian Mental Health Association.

The two friends would call each other late at night because of their busy schedules to provide support and they coined the idea of having a "midnight crisis". They wanted to find a way to spread awareness about teen mental health in an approachable way.

"Some parents don't understand. I've known a lot of kids my age who are hurting themselves and doing awful things because their parents refused to take them to a therapist because they think it's not real, that they're just being overdramatic or going through a phase," said Andison.

Andison explained that their goal is to provide a place for a bigger community to let young people know they are a team and a community.

"We're a club," said O'Donnell.

Andison drew a few figures, then O'Donnell gave them names and associated them to the characteristics of different mental illnesses

"I wanted to make them relatable. People care more about characters than images. We have Alan who's an alien, he feels 'out there' and alone and alienated. We've got Harvey and she has anxiety really bad, so bad that it eats away at her and that's why her one arm is skeletal. There's also our mascot brand logo, Lune ... she's a moon that encompases us and mental health as a whole," said

Currently they only advertise their products on Instagram, but have plans to expand. They launched the page in Nov-

> "I wanted to make them relatable. People care more about characters than images."

ember and have already begun to raise money for the Association.

"A lot of people, especially when they're really going through the worst times, they believe there's nothing there. That's the end. That's where it stops. But it gets better, it's completely possible to get better," said Andison.

With ideas for more characters in the future, the goal is to create different series on mental illnesses or phobias and they hope to be able to pick new charities every month.









# Ooks women's basketball player sets new record

**By JOSH HUI** 

Week after week, Sydney Hurlburt consistently shoots three-pointers—and lots of them. Hurlburt has always been a sharpshooter in her time with the Ooks and now she's in their record books. She hit two three-pointers in a 69-50 Ooks victory over the GPRC Wolves Saturday afternoon setting a new record for most threes made by a female Ooks basketball player at 162 and continuing to grow that record with every game she plays.

Hurlburt says that three-pointers have been fairly natural for her rather than something she goes out of her way to work on. In terms of the record, it turns out she barely knew just how many times she's connected from deep.

"[The record] obviously means a lot. It's an accomplishment I'll take with me after I graduate. Knowing that makes me pretty proud of the skill I have but I don't focus on it at all. I honestly just found out about it a week ago. I just want to play my best basketball every time I step on the court," said Hurlburt.

Hurlburt's answer echoes NAIT Ooks head coach Todd Warnick in that while the team is excited for her, they tend to focus less on personal accomplishments and more on playing well as a team.

Since Sydney Hurlburt joined the team, her role has increased every year and with that, her production has also gone up. She leads this Ooks team in scoring for the year with just over 13 points per game. While she may be the team's leading scorer, Coach Warnick doesn't just lean on Hurlburt for her scoring.

"She was a devastating three-point shooter but in her first year, she didn't get a lot of playing time at the beginning of the year because she didn't defend anybody. We got on her and after her and she learned how to guard. She's at that point where she's one of the best defenders, I think, in the league," said Warnick.

Now in her fourth season, she is part of a talented and experienced backcourt with her co-captain Leah Vandenboogaard. Vandenboogaard explains their connection on the floor is built from their confidence in each other.

"When I have her on the floor with me, I always know that she'll be in the right spot in the right position and I always know she'll have my back because we've built a lot of trust playing together," said Vandenboogaard.

They've had plenty of time to build that trust on and off the court as they shared the exact same class schedule last semester.

Hurlburt grew up in St. Albert and started playing basketball at the age of five. She fell in love with the game early and shined as a member of the Paul Kane Blues under the watchful eye of her mom and coach Karen.

Hurlburt was so dominant that she earned the award of top female athlete two years in a row and she credits that development to her mother, who has been with her throughout her basketball journey.

"My mom has definitely developed me into the player that I am today. She was my coach all the way up until [NAIT] so I wouldn't be where I am without her," said Hurlburt.

Hurlburt caught the attention of Ooks head coach Todd Warnick who recruited her as early as grade 11.

"She represents what kind of person you want to recruit. We emphasize that the players we recruit, when I talk to them, that who they are as people is a thousand times more important than who they are as basketball players. I can teach you how to play basketball, I can't teach you how to be a better person," said Warnick.

For Hurlburt, NAIT provided a chance to play close to home and to be part of a family within the locker room. She described the culture of the women's basketball team as "electric."

After being a part of an experienced team her first couple years, she is one of the main leaders for this year's young team and according to Warnick, she's pretty easy to follow.

"She's somebody who keeps us settled. She's able to bring the girls in, they respect her and admire her, they try to emulate the things she does. It's easy to get her to do the right things because she's always trying to do the right things," said Warnick.

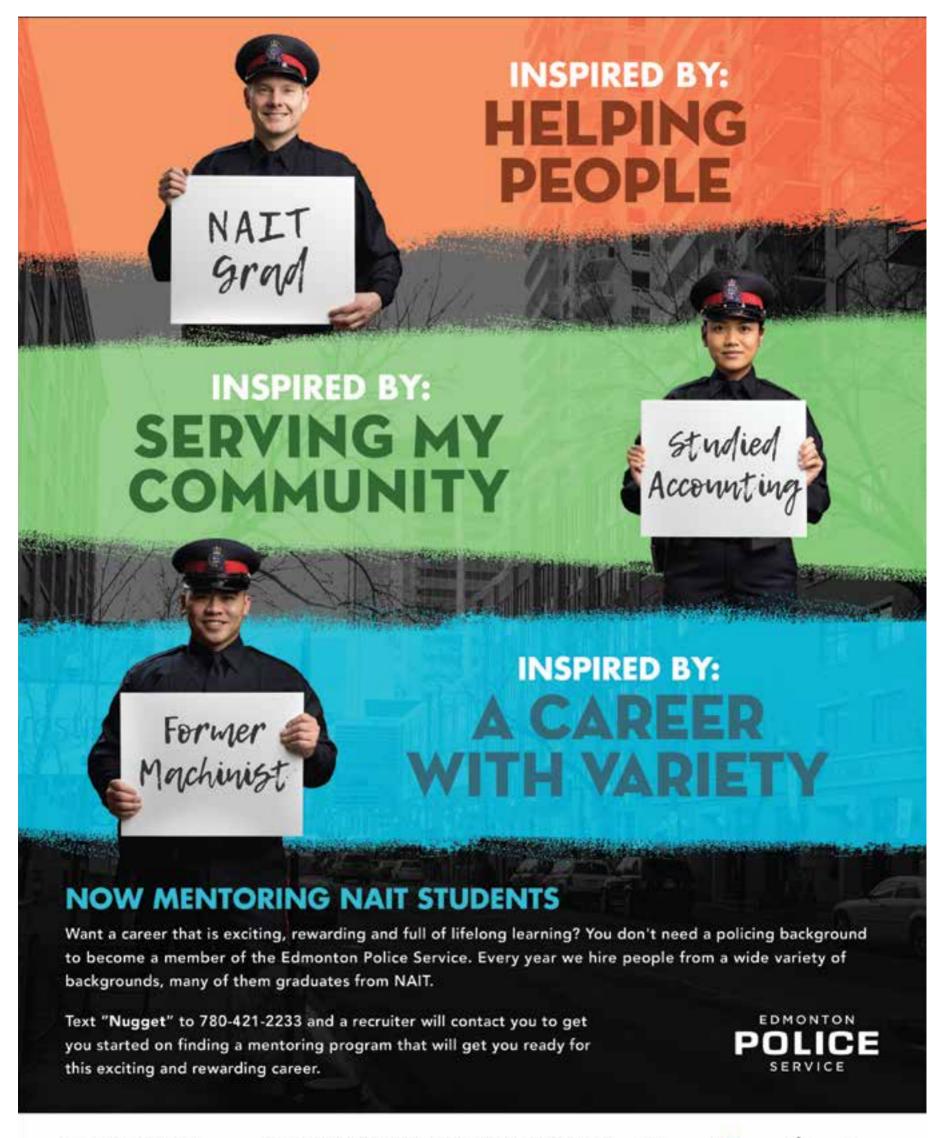
Sydney brings her leadership and hard work to the classroom as a fourth-year business student. She was hesitant about what she wanted to do at first but has found her passion in the world of business. In fact, Hurlburt says she has grown as a leader through the program and hopes to pursue an opportunity in marketing when she is done at NAIT.

Hurlburt has racked up many other accomplishments in her time as an Ook, starting with winning the Alberta Colleges Athletic Conference championship and a national bronze medal as a rookie, being highlighted as an all-conference player twice and last year's Ooks team MVP. She's hungry for more success with the team this year and has one more year of eligibility coming up.

When asked if she models her game after one player, she said that no one player comes to mind.

"Everyone calls me the Steph Curry of NAIT, but I just try to live my life," said Hurlburt.

She's not Steph Curry 2.0 - she's Sydney Hurlburt 1.0 and she wouldn't have it any other way.



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#### hoto by Railene Hooper

## **Curling wins championship**

### By ZACHARY FLYNN

After a full weekend of games, the NAIT Ooks mixed curling team is bringing home the ACAC Championship. The mens team took home silver, while the womens team won bronze

Securing the championship wasn't the only success the Ooks found this season. The ACAC Curling All-Conference men's team was made up exclusively of Ooks, with Trygg Jensen, Jonah Tobinski, Brett Winfield and John

Ritchie all being selected. Ryan Saville was also selected to be on the all-conference mixed team and Trygg Jensen was awarded the ACAC Men's Curler of the Year.

The weekend was ripe with competition all around. The men's team was undefeated going into the playoffs on day three. It wasn't until the gold medal game that the Ooks fell short to Concordia 5-3.

For the Women's team, the weekend started off with four straight losses. Their first win of the tournament

came in the bronze medal match, where they managed to fight for a win. The game was tied at 7 going into the last end. NAIT pulled ahead, winning the bronze medal game 8-7

The mixed team finished the round-robin competition in first place with two wins and one loss. In the semi-final, they managed to pull off a close 6-5 victory against the University of Alberta Augustana team before beating the Lakeland Rustlers 7-3 in the finals.

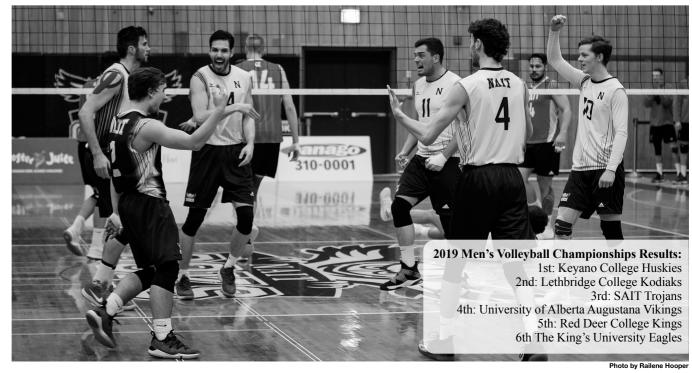
## Ooks fall short at provincials

### By ZACHARY FLYNN

NAIT hosted the 2019 ACAC Men's Volleyball Championships from February 21-23. While they did not find much success during the tournament, losing their two games to SAIT and The King's University, numerous players were given ACAC All-Conference awards.

Johnathan Shapka was awarded the 2018-19 ACAC Men's Volleyball North Rookie of the Year. Mitch Lewington and Devon Klein were also selected for the 2018-19 Men's Volleyball All-Conference North Division Team.

The Keyano College Huskies went undefeated in the tournament, taking the championship banner and trophy back to Fort McMurray. Red Deer College placed fifth in the tournament but are guaranteed a spot in the CCAA Nationals, hosted by Red Deer College. Keyano College and Red Deer College will both be competing in the national tournament from March 6-9.



## New player sets record

## **By JORDAN TOUGAS**

Most of the Ooks records that have been broken this year have been done so by fourth or fifth-year players, but a first-year women's hockey goalie has made her mark with the Ooks

Kaitlyn Slator broke the ACAC record on February 14 for the most consecutive wins in a row with 17 wins this season. The previous record was set in the 2008-2009 season at 16. Nine days later, Slator would go on to break another record. She set the new ACAC record for "Most Saves in a Single Season" with 570 saves after playing 24

"I just come out to play. I want to make my old coaches proud and as well as my family so they have been a huge inspiration for me to play to my fullest," said Slator.

Slator is a rookie goaltender who has been playing hockey all her life. She came from Brandon, Manitoba to study and play for the NAIT Ooks.

"When I was younger one of my best friend's was playing and I just loved it ever since," said Slator.

Despite the record-setting season, Slator still feels like she has areas to improve on.

"I want to improve on puck playing and to help with my defence as much as possible," said Slator.

With ups and downs over the course of the season, Slator has managed to keep a level head with the help of her teammates and coaches.

"These are the best coaches I have ever had in my life and are really good at managing everyone's energy levels and staying on top of that kind of thing," said Slator.



## **Badminton team off to nat'ls**

## By JOE LIPOVSKI

NAIT's entire badminton team is off to nationals following the ACAC Badminton Championships. The team brought home three gold and four silver medals in

the individual competitions and secured silver in the team competition. The CCAA Badminton Championships will take place at Dalhousie Agricultural Campus from March 6-9

Concordia seemed to be the team to beat, with the Thunder capturing the ACAC coach of the year, male player of the year and female player of the year. Regardless, the Ooks were still able to bring home a healthy set of medals.

In women's singles, Eyota Kwan won gold while her fellow Ook, Samantha Hsu took home the silver medal. Kwan played a strong game, holding her opponents from Concordia and The King's University to less than ten points.

The Ooks also took home gold and silver in men's and women's doubles. Ryo Kuramochi and Bea Bernardo who won a gold medal at provincials said they used to be very passive players, but with the nature of doubles, you need to be aggressive. Kuramochi said it's something they will continue to work on going into nationals.

Luc-Ly Nguyen won silver on the mixed doubles team and said that firstround nerves can be a challenge in any tournament, but that it gets easier once you're past the first round.

Fifth-year Ook, Jefferey Ko, said nerves can get to you when competing on a bigger stage like nationals. Ko said the way to get past it is to practice and the more you practice, the more naturally you will play.

Unlike provincials, each player can only compete in only one event. Head coach Sinead Cheah said with each athlete having a defined role for nationals, they are training hard to be able to compete well on the national stage.



## The conspiracy corner

## By ELI O'DONNELL

### Reptilians Among Us

The Reptilians are that perfect blend of science fiction and government mystery. This theory really picked up traction sometime in the mid-2000s. What is a reptilian? Frankly, we don't know for sure. That being said, we have got an idea. A reptilian is an alien lizard that can shape shift into human form. They do this to try and further their primary goal: world domination. The list of "known" lizard people includes powerful "people" such as Barack Obama, Madonna, Katy Perry, Bill Clinton, and Angelina Jolie

How do you know your neighbours aren't reptilians? You can't. But there are ways to check. Lizard people often share some of the following characteristics:

- · Green eves
- · Good eyesight or hearing
- · Having red hair
- · Sense a lack of belonging to the human
- · Unexplained scars on the body
- · Love of space
- Low blood pressure

So what should you do if someone you know is a reptilian? Honestly, nothing really. They're mostly harmless. Just be on the lookout for plans of world domination.

## Birds Aren't Real

What do you get when you mix the assassination of JFK, advanced government technology and area 51? Our second theory...birds aren't real.

The theory goes that the United States secret government had president John F. Kennedy shot and killed after he would not pass a bill that would call for the capturing and killing of billions of birds. Why the avian genocide you may ask? So the

government could implement bird-like drones created in Area 51 to spy on the people of the nation. Advanced birdlike robots that fly about, fake pooping on people's cars and charging themselves on power lines. Somehow that pigeon looks just a little bit shifter, doesn't he?

### Avril, are you ok?

It was 2003. Avril Lavigne was on top of everything, or so we were lead to believe. This is of course because she was getting tired of fame and would occasionally use a body double named Melissa to make appearances for her. If you were super rich, wouldn't vou pay someone to attend events for you too?

This all worked out fine, until Lavigne met an early demise. Now her recording company had a former megastar and couldn't afford to have her stay dead. Instead of making her death public, Melissa took up the mantle of Avril Lavigne once and for all. This is all supported by differences in facial features, the fact that Lavigne wore pants and Melissa seems to prefer skirts and that photos have surfaced showing her with the name "Melissa" written clearly on her hand. At least

we all know that "Sk8er Boi" was 100% original Avril, but "why'd she have to go and make things so complicated?".

If you've got a conspiracy you think we'd like, take off that tin foil hat, find a none traceable computer and hit us up with it at entertain@nait.ca.





### **LOCAL THEATER REVIEW**

## Matilda full of magic

### **By ELI O'DONNELL**

Matilda the Musical is an expertly crafted show, playing at the Citadel Theatre now until the 17th of March. With a record-breaking seven Oliver Awards and over 50 more international awards, Matilda is a must-see.

This is the story of an extraordinary young girl who finds herself starting school, telling stories and being just a little bit naughty. The cast, featuring Lilla Solymos and Anna Anderson-Epp as the titular Matilda, Alison Mac-Donald as the lovely as always Miss Honey and of course John Ullyatt as the ever imposing Miss Trunchbull. Yes, a man plays Trunchbull, and yes, it takes the performance to a whole new level of hilarity.

The sets, costumes, music and special effects have all come together to create a faithful reimagining of the classic Roald Dhal novel. All of the performances feel like they were handpicked from right off the page. Don't let the fact that it is a children's book deter you, this show is perfect for audience's young and old alike.

Matilda is no doubt a classic, and Matilda The Musical is no different, even with the distinct lack of Danny Devito.



## **Get your** sugar groove

## By ROSEMARY HOFSTEDE

Swing dancing is a time-honoured tradition of vigorously exercising with a group of friends to music. I was introduced to it by my sister and her boyfriend, who were going to Sugar Swing (the swing dancing club in Edmonton), along with a large group of college friends. One of the main reasons most people who find swing dancing keep coming back is the community.

The whole idea is to have fun. Once you master the basic jitterbug step (a fairly easy task if you have any sense of rhythm) the sky is the limit.

The atmosphere of the swing dance community is very open and friendly. If you want to dance, find a partner. If you want to watch other people pull off awesome moves, that's great! Then when they're done, ask them to teach you. One of the best things about swing dance groups is that it's very easy to match yourself to your partner's

Now, if you've never danced before, there's a few ways to get into it. The best one is to go to Sugar Swing on a Friday or Saturday night, take in a lesson, and get right into it. If you haven't quite enough time to squeeze that in, there are a few channels on YouTube that demonstrate beginner and intermediate moves. However, one of the swing instructors I recently spoke to reminded me, "it's very easy to get into bad habits if you don't have a live teacher". One of the best channels is Uptown Swingout, a group based in Minneapolis. But whether you learn from an instructor, through a video, or by googling 'swing dancing' and going with the first tutorial you see, it's the most fun you can have on a Friday night.

# Pets %NAIT

Name: Toby Age: 6 months

Breed: Coon hound/Dane Loves: Biting ears **Hates:** Going in the kennel

Favourite 'bad boy' thing to do: Drink out of the toilet

Favourite place to sleep: Next to my hooman

Favourite food: Bacon

Scale of 1-10 how much you love people: 4 Which is better, people or food? Food Summer or winter? Summer. Suns out guns out! Favourite toy: Christmas gingerbread man. Dream job: Stay at home dad or pillow tester.

**TALK NERDY TO ME** 

## Happiest in a dungeon

## **By Theron Hogg**

Dungeons & Dragons is a tabletop roleplaying game. A person called a Dungeon Master (DM) sets the scene, you decide what you want to do, and then you roll some dice to see how successful you are. There's a lot more to it but if you want to start playing the first thing you need to find is a DM, after that you'll probably want to get a set of chessex polyhedral dice, download a free character sheet off the Wizards of the Coast's website, and make sure you have a good group of friends to go adventuring with. Once you get started, your dungeon master will help you pick your race and class.

Whether you like pummeling foes with your brute strength as a goliath barbarian, baffling enemies and allies alike with astounding magic as an elven wizard, or even if you'd rather talk your way out of a sticky situation as a tiefling bard, there's really no end to how you can play the game.

Everyone has their own opinions about D&D, but I am in love with it

I was much younger when I first started playing D&D, but I didn't start seriously playing until I was around 14 when my friend decided to run a dedicated campaign spanning multiple sessions. The campaign was called Hoard of the Dragon Queen and I got to play as a dragonborn barbarian named Captain Hammer. Although we never finished the campaign, my friends and I shared a lot of great memories, and honestly it was a great way for a lonely kid to get out of the house. Ever since then I was hooked, and I've met so many people through D&D. Nowadays, I DM more than I play and my favorite part about it is running games for people who have ing their faces light up when they roll a natural 20. It brings dice in a poorly lit basement.

never tried D&D before. Showing them how to play, and see- me back to my first days of D&D: just my friends and I rolling



**APP OF THE WEEK** 

## Step up your social stories



## By SIMAR BAINS

This issue's app of the week is Unfold. This app is a photo-editing app that allows you to craft stories for your social feed. It is a toolkit for storytellers with a wide collection of minimal and elegant style layouts and templates. Find a collection, from its 25 free templates, that fits your style and shock your followers with professional looking stories. With Unfold, the stories you post to social media apps will look like they took untold tedious hours to crafteven if you pieced yours together in minutes.

This app uses stylized templates to transform your videos, photos, or text into a storyboard of sorts that you can post as one of those disappearing stories for your lovely followers to tap through. To start, tap the plus sign to create a new story, then choose a theme. The analog-inspired FF1, for example, has a polaroid and film-strip panel that lends your story a retro style. From there, choose a few layouts and add videos or photos from your Camera Roll. Stick with one theme across your images to give your story a cohesive look

Unfold gives you impressive control over any captions, titles and descriptions you add. Adjust the text's font, size, and even kerning (the space between the letters). Once you're done, you can save your series to your Camera Roll or upload it to your social feeds right from the app. The good thing about this app is there are no strings attached. You just download the app and start using it. Unfold is available on both the App Store and Google Play Store. It has many positive reviews from its users and has a rating of 4.8/5 on the AppStore and 4.5/5 on Google Play Store.

# Point counter Point The Grammy Awards

Just a popularity contest, or a valid reflection of quality music?



**CHRIS FIGLIUZZI Entertainment Editor** 

The Grammys are an important part of the music industry...I mean, not super important, but important enough for Tora to be wrong.

For some reason, it's become chic for people to shit on awards shows of all categories be it the Oscars, Golden Globes or Grammys. The major argument always seeming to be that awards shows have become nothing more than a popularity show...ummm ya, that's kinda the point. What did you think it was in the past?

The voters are inevitably in the record business and are obviously looking to help boost sales. Meaning the best candidate is one that mixes critical acclaim, commercial success, and of course popularity. Therefore, your niche indie or metal band isn't walking away with the award in their category let alone any major awards.

Other major arguments inevitably lead back to "but they don't share my taste in ', which I get. You follow an artist, you connect with them, identify with them, and they become part of you and your personality. It's natural to feel slighted when they're overlooked, but it's not right to say that the winner didn't deserve the win or that the Grammys got it wrong.

Looking at the winners of Album of the Year for the last five years we can clearly see that the Grammys definitely don't get it right 100% of the time, but most of the time they're bang on.

Looking at the past Album of the Year taste in music.

winners, we see a ton worthy musicians... and Beck. I'm a huge Beck fan, but how he beat out Oueen B. Ed Sheeran and Sam Smith is beyond me. Outside of Beck though it's hard to really argue against any of the winners. Sure some big names lost out but you can't really argue against winners like Taylor Swift, Adele, or Bruno

These artists and their albums defined their winning years. In 2016 I was working at a radio station being driven nuts by what seemed to be a never-ending shuffle of Swift's 1989 (although "Blank Space" is still my jam). Same thing with Adele in 2017 and Bruno Mars in 2018, these albums were hit after hit and to say that the Grammys got it wrong would be just plain ignorant.

So while the Grammys and other awards shows of their kind may not be the most important or groundbreaking T.V., they do have a place in our society. We have this need, this urge to know that what we like is right and the best in its category. Unfortu-



**Asst. Entertainment Editor** 

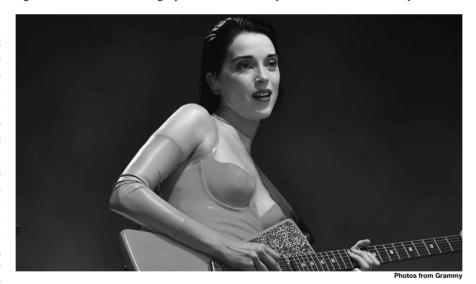
It's that time of year again: one awards ceremony after another. Don't get me wrong, awards are great. I fully believe that artists should be awarded for their hard work. But to put it lightly, the Grammy Awards are a circus...and not a good one.

Last year during the 59th Grammy Awards, thrash metal band Megadeth finally won their first Grammy. It was a

Even though The Grammy Awards have over 25 awards category, it seems they are pop/rap music orientated and everything else is an afterthought. This year (like many others) the only nominations for both album and record of the year were pop, rap and one country artist. While they do have a specific categories for best album in rock, R&B, contemporary, ect...pop and rap heavily populate the general album of the year. Credit is due however, to The Grammy's for having so many categories and covering genres like immersive albums, comedy and even gospel music. It can't be denied though that they still continue to turn a blind eye to many other genres of music. How, after all these years is there still no award for punk or blues albums? These two genres have arguably had more impact and influence on social change than any other.

I personally was shocked not to see Greta Van Fleet in the general categories, although they did take away Best Rock Album of the Year with From The Fires, they deserved more. A nomination in the general category is not only well deserved but needed. What shook me the most was the fact that St. Vincent's "Massseduction" won rock song of the year. If you've heard it you're probably just as confused as I am. If you haven't, do yourself a favour and keep it that way. It's the furthest thing from a rock song you'll ever hear.

How does this happen? Numberswise, "Massseduction" shouldn't have even been a nomination. But The Grammys don't care about numbers or actual fan base. It's a giant commercial to brainwash people into head bobbbing and toe tapping along to lackluster music. The panel is made up of music industry snobs who think they know what the people want. They decide out of thousands of entries who gets nominated and eventually win. The people should vote who they think should be nominated and win. We are the ones who listen to the albums over and over again and play the songs until we know all the words forewards and back.



nately, awards shows don't always agree with our taste but that doesn't take away from their validity. After all, at the end of the day, it's just a popularity contest. That doesn't say anything about you or your taste in music....but you probably have shitty

big moment for the whole band, and usually, when a band is accepting the award their song plays in the background... except when Megadeth gets an award. They played Metallica during Megadeth's acceptance, and for those who know...that is a heavy metal sin.

## **ALBUM OF THE** YEAR AWARDS:

## 2015

Winner: Beck - Morning Phase **Notable Losers:** 

Beyonce - Beyonce Ed Sheeran –X

Sam Smith – In The Lonely

## 2016

Winner: Taylor Swift – 1989 Notable losers:

The Weeknd – Beauty Behind the Madness

Kendrick Lamar – To Pimp a Butterfly.

## 2017

Winner: Adele – 25 Notable losers: Justin Beiber – Purpose Drake - Views

Beyonce – Lemonade

## 2018

**Winner:** Bruno Mars -24kМаріс

### Notable losers:

Childish Gambino - Awaken *My Love*, Jay-Z – 4:44 Lorde – Melodrama.

### 2019

Winner: Kasey Musgraves -Golden Hour

### Notable losers:

Cardi B - Invasion of Privacy Drake – *Scorpion* Post Malone – Beerbongs & **Bentlevs** 

## Knowledge is power



## By CHRIS FIGLIUZZI Entertainment Editor

My name is Chris Figliuzzi, I'm 34 years old and I don't know if a pony is a baby horse or a different species altogether. I'll admit that I am uneducated about this, and yet still completely unwilling to put in even the smallest effort to fix that. Now in this case, it's not really a huge deal. Worst case scenario, I lose the love of my life after I misidentify a pony and she realizes I'm an idiot but ignorance and willful ignorance in today's world are becoming more and more of a problem.

We now live in a world where people believe the world is flat, vaccines cause autism and that pizza places are secretly trafficking kids. Put simply, people believe stupid shit today.

Let's look at the Flat Earthers for a start. These are people that somehow have decided that literally every piece of evidence disputing the Flat Earth is faked or just wrong. The countless pictures, lives streams from satellites, mathematical proof and first hand accounts have all been either doctored or just outright lies. While their proof is held in the realm of Youtube videos, unrepeatable experi-

ments, and assumption creating a group of people following a belief that has been largely disproven since the 17th century.

With this in mind, it should come as no surprise that people are also starting to turn their back on another 17th-century technology: vaccines. Led by the confusingly influential Jenny McCarthy, best known for taking her clothes off and being able to read the name of bands and songs on TV, she somehow has led the charge against vaccinations claiming that these life-saving procedures can occasionally cause autism. The big problem with this claim is that the author of the single study that found a link between vac-

cines and Autism has since come out and said the results were wrong, and that no other study has been able to replicate the results.

We are blessed today with a plethora of information, proof, and knowledge that's available at our fingertips with a click of a button or two. Yet for some reason, we are continually drawn to the least credible sources with the most incorrect and just plain wrong data. Today more than ever, it's important to do your research. To check the information you're being fed against multiple sources and multiple ideas. Otherwise, at the end of the day, you may just end up calling that horse a pony.



Vice

## 7 tips to a better sex life

### By CHELSEA RICHARDSON

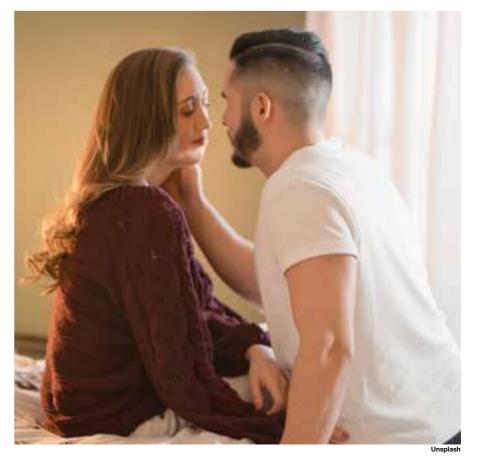
Remember these you'll thank me later...
Let's start off by saying sex is like a box of chocolates, it may take a few bites to find which one you like and having sex is different for everyone. There are always a few questions that come up whether it's your first time or you're a seasoned veteran, and knowledge is power. Here's just a few tips for you.

- 1. Sex is a two-way street, there should be time and effort put into both sides of the party. A woman's orgasm is just as important as a mans. It's okay to ask for what you want or ask them what they want.
- 2. Your first time you probably won't orgasm and that shouldn't be the goal. A recent study in the Journal of Sexual Medicine found that women only orgasm 62.9 per cent of the time with a familiar partner, while men orgasm 85.1 per cent of the time. It's even harder to achieve climax if you're stressing out about it. You probably won't have a mind-blowing orgasm until you're more comfortable and experienced.
- 3. The more sex you have, the more you want it. For most people the recent memories of sex make you want to reenact the fun.
  - 4. You will go through climaxing too

soon or too late. Too soon can result in leaving your partner unsatisfied and too late can leave them feeling exhausted. To avoid this spend more time on foreplay.

- 5. For the love of god, if you're going to climax, warn a person. Sometimes it can lead to a sticky situation. Just tell your partner beforehand, they deserve to know. Trust me on this one.
- 6. Don't be afraid to talk about what you want out of sex. It could be a one night stand or a night for making love. Everyone is looking for something different, it's good to ask before your clothes come off.
- 7. After sex, don't forget to just take in the moment. Don't reach for your phone and bask in the glow of your screen. Take in the afterglow of lovemaking. Have a chat. Research shows that people who engaged in pillow talk post-orgasm viewed the talk as more open and intimate.

Sex can be beautiful, scary or stressful and all around just weird but we all have our own ways of doing it. It's a learning process and you're not going to get it right the first time or even the next few times you do it, but just keep on givin'er and you'll find the sweet spot eventually.





## Starting up your home grow

## By Michael Colvin

In this article you're going to learn the simple steps it takes to set up a small-scale greenhouse in your home to grow vegetables...or maybe something more recently made legal.

The first thing you need is a room or a tent to grow inside. Ordering a small grow tent online is the easiest way to get this started. Nothing smaller than 4 ft wide, 4 ft tall and 2 ft in depth. Remember these plants can get quite large.

Next, you need a light. You can grow marijuana under any light you want. To get the best results though, you would need a light with at least 1000 watts. I personally chose to grow with LED lights because they draw less power. Many growers chose to use high-pressure sodium because they say it produces larger buds. The type of light you use is completely up to you. Just remember to keep 1000 watts or stronger.

Third, you need an air filter system. This will consist of

some dryer vent tubing or ducting, a 4 inch vent fan and a carbon filter. Again, this can all be ordered online and usually comes as a kit.

Next, you will need to decide whether to grow the plants in soil or hydroponically (grown in water with no soil). There are other ways to grow, but these are the most common ways. I have been growing in soil since I started and the results have been great. A friend of mine grows hydroponically, and his results have also been great, but he has to spend a lot of time tending to the plants.

The advantage of growing hydroponically is that it can be grown, flowered and cropped out faster than soil. The con to this system is you are constantly checking your water systems. You need to make sure the pH of the water is corrected all the time and constantly swap out your water while making sure your nutrient levels stay topped up.

For the soil system, the biggest disadvantage is your garden in more susceptible to pests. The pro for this system is you don't have to constantly make sure your plants are

being fed. You can water your plants every second day with a fair bit of water and nutrients and basically walk away until the next watering.

You also have to decide whether you would like to grow in plastic buckets or fabric pales. Try to stick with the fabric pales because they allow air to flow through the soil to the roots of your marijuana plant. If you decide to buy the plastic buckets because it's way cheaper just make sure you drill a bunch of holes in the bottom and around the sides. So those roots still get the air they need.

Finally, you need to acquire seeds or clones. They have started selling seeds at all local dispensaries and online dispensaries as well. When you buy seeds make sure they are feminized so you don't just end up growing more seeds. If you know someone who is already growing I suggest you talk to them about getting some clones. Remember the growing community is large and full of friendly individuals who just want you to get the best crop-out possible.

ALBUM FEATURES BY ISAAC DYMOCK

## Albums of the week

Whether you're catching some z's or crammings that essay, the key to sucess in whatever you're doing is always in the playlist. Keep your life's soundtrack exciting with album picks from band's like Glitch Mob and Juno Reactor. You'll never listen to music the same again.

### Chill



Glitch Mob
Love Death Immortality

Although Glitch Mob is electronic and high energy, at times they are a soothing and have a smooth flow to their songs. They're good for background music or setting the pace to a chill night with buddies.

## Party It Up



**Griz** Rebel Era

Upbeat, energetic and funky, Griz will turn any kitchen floor into a dance floor. They bring the beats for you to bob your head in the club, car or bedroom.

## Study



Tinawiren Elwan

A folk/blues group from Mali. Tinawiren brings their unique language to the album with chill beats and down low tempos. Perfect background music for a diligent study or a break between textbooks and cue cards.

## Sleep



Juno Reactor Luciana

Rather than your usual track-by-track album Luciana is an hour long single track of ambient electronic music. The album moves in and out like the waves of a dream. This single track album will surely weave its way through your dreams.

## Work Out



**Pendulum** *Hold Your Colour* 

Pendulum delivers a one-two punch of high energy beats and steady rhythms. This album is packed with eletric beats pumping you up for those though cardio days.





## FOR YOUR LISTENING PLEASURE ... The Shuffle

## The YEG Playlist

### By CHRIS FIGLIUZZI

Maybe it's the fact that we're trapped indoors for 8 months of the year by cold, or the inspiration provided by shirtless roller blading guitar guy, but there's something about Edmonton that continually produces amazing musicians and bands. Unfortunately, just as Edmonton will create another amazing act, they will often be ignored and end up playing to a ten person show. We always seem to take the music in our own backyard for granted, which has lead to the inevitable close of venues over the years leaving Starlite Room as one of the sole survivors. Take time to appreciate some of the talent that Edmonton has produced over the years, and maybe it'll inspire you to drop 10-15 bucks to check out a show and help keep the scene alive and thriving.

#### "Cocaine Trade" - Christian Hansen & The Autistics

A fun Electric rock song that makes it clear that not everything is worth checking out a second time around.

## "Heartbreaking Ways" - Owls By Nature

Owls By Nature is by far one of my favourite bands from Edmonton. Their rock/punk/folk style is one that really leaves you hooked and wanting to hear more. Another song worth checking out is "Hurricane."



## "Beautiful" - Social Code

If you're like me and grew up with early 2000s-2010s punk rock as one your listening staples you'll love this song. It's hyper-aggressive, catchy and the uplifting lyrics leave you feeling invincible.

### "Hurt No More" - The Unfortunates

This former Sonic Band of The Month is still killing it today, as you can read about them in last month's issue. For me though their best song is still Hurt No More. The lyrics are haunting yet still leave you feeling pumped up.

## "Shawna Don't Wanna" – Our Mercury

A little and a bit more punk rock, but Our Mercury still gets me going every time. I was lucky enough to see a reunion show of theirs a year or two ago and man, their music just makes you feel incredible.

### "Coming Back" - Scenic Route to Alaska

Do you remember that commercial about Edmonton that was on last summer....like all the time? Yeah, this is that song, and it's God damn fantastic. Be forewarned though, one listen and it's stuck in your head for life.

## "Count Yourself In" - Ten Second Epic

You like early 2000s pop punk? Hell ya you do! And if you don't you're a damn liar. Ten Second Epic was THE



Edmonton band with that unique early 2000's pop punk sound. They even had a song with Lights...but we don't talk about that.

### "Touch" - Whale and the Wolf

Whale and the Wolf is THE band in Edmonton right now. With catchy songs, amazing guitar rifts and a live show that leave you just wanting more and more. Lucky

for you, they have a show coming up in the city on April 20th at The Station.

### "Sucks to Grow up" – Old Wives

An old school pop punk band with a bit more of an edge. Maybe I chose this song because I'm now 34 and "grown-up" or maybe it's a just a great fucking song. The choice is yours, but I'm leaning towards option two.





## Hip hop show features local talent

On February 21 The Influence put on The Recess, a hip hop show featuring some of the rising stars in Edmontons hip hop scene. Some of the acts included NTWALI, OG Jonah, Tobias the homie, and Benny D ft. Good information.





**20** 





Rapper Ntwali

## **ENTERTAINMENT**



## Snoop Dog rocks the joint

### By CHANTAL DUNN

Snoop Dogg played at Rogers Place February 20th, 2019, and the whole venue was a cloud.

The legalization of weed was a hot topic at the show and the crowd engaged big time. At one point, Snoop gave a shoutout to a girl holding a big joint, but immediately took it back and told security not to "get her in trouble" as it's still against the rules to smoke inside Rogers Place. Still, he actively encouraged the crowd to "light it up" and "cross smoking with Snoop Dogg off the bucket list."

Even before the legalization of weed, this has always been a big part of Snoop Dogg's music. Though he definitely used the recent legalization to his advantage when engaging the crowd. The dog mascot known as Nasty Dogg was holding a giant fake blunt while running around on the stage. However, the concert wasn't solely centered on marijuana, but more so the feel good vibes Snoop wanted to bring to the audience. He thanked the audience multiple times and vocalized his appreciation for his Edmonton fan base.

"I will be back anytime you want," he said in an Oilers jersey he wore all show.

Even with the artists admitting to being stoned, the rapping was on beat and true to the original recordings.

Snoop showcased his entire careeer, from his new tracks to his rap, from Katy

Perry's "California Girls" to some of his classics like "Gin and Juice". Like most of his shows, he also did tribute songs to Biggie Smalls, Tupac and Eazy-E. The transitions and dynamics of the show were very consistent, leaving no silences or awkward pauses.

The lights and background pictures kept an ongoing upbeat vibe to the show, allowing the audience to visually recognize the music with the display of old album covers and art. To keep the audience's attention, there were not only backup dancers and stage props, but also four poles with an exotic dancer on each. The four ladies came out in different outfits for different songs, and Snoop had a

money gun that shot out cash at the dancers and the audience.

The cliché rap gimmicks were of course in use, but still in a respective way. Snoop Dogg uses these potentially controversial gimmicks, but simultaneously vocalizes his appreciation for his female fans. There are no apparent degrading undertones in his message. During the show he hyped up his female staff and audience members on multiple occasions. Behind that gangster rap exterior, Snoop Dogg still displayed respect for his fans, his crew, as well as the venue and their staff. As a result, even with the weed in the air, the show still didn't leave a bad taste in your mouth.

## Mother Mother plays sold out show

## By CHANTAL DUNN

22

On February 15th, 2019, Vancouver-based band, Mother Mother played a sold out show here in Edmonton along with their opening band Said The Whale.

The Jubilee Auditorium was an intimate change of setting in comparison to the band's usual shows. However, even though the venue was seated, the music had the crowd on their feet for most of the night. The location definitely fit the new album; Dance and Cry because it gave the audience a chance to get up and move or sit down and really listen.

This indie rock band is usually known for their quirky, upbeat and unique rocky sound. *Dance and Cry* still falls into Mother Mother's expected sound, but with an ominous, chill and meaningful vibe.

Ryan Guldemond, the lead singer of Mother Mother, wrote a lot of the album on a beach in Costa Rica to make it "more vulnerable." In an older interview, when the album first came out, he said "For *Dance and Cry*, I really wanted to encapsulate that in order to dance, you have to be able to cry too. They're symbiotic."

This message is passed through not just in the songs but at the show. The frontman spoke to the crowd at the Jubilee wanting "to be heartfelt". Guldemond touched on the fact that Mother Mother's fans "are family", and dedicated a couple songs to any individuals going through difficult times. He would twist on his toes during an upbeat guitar solo, while moving to the edge of the stage, acknowledging and connecting with fans which created an encapsulating stage presence.

The dynamic of the music and stage presence drew emotion, for the goal of the album and tour was to make the listeners want to dance and cry.

The show began with the first song off the new



album; "I Must Cry Out Loud". This kicked off the concert with slow, eerie but smooth guitar, building up with falsettos and harmonies from Molly Guldemond and Jasmin Parkin, both on keyboard and vocals. Accompanied with a dark stage and the singular spotlight on Guldemond, the beginning of the concert was suspenseful and mysterious.

This segued into the next song, the title track of the album "Dance and Cry", which then quickly switched the mood to an upbeat, uplifting atmosphere with drums and flashing lights. The rest of the show had dynamic

between chill vibes and high energy songs which again reflected the goal of making the audience want to dance then cry.

The delivery of the music was smooth with transitions between songs such as "Oh My Heart" to "Let's Fall In Love", both popular Mother Mother hits from previous albums. Molly Guldemond even performed a cover of Radiohead's "Creep" which shook the audience and filled the auditorium with whistling and screaming. The remainder of the show had balance between new songs and old favourites.



Photos by Chantal Dunr

## **MOUTHING OFF**

## "What was your ideal plan for reading week?"

By CHANTAL DUNN



"Not setting alarms, pay less attention to the minutes and more attention to spent time."

Rosie Colangelo Staff Student Engagement Office



"Going snowboarding or getting far away from school."

Tyler Mccreath Student Electrical Apprenticeship



"Sleepwalk." (Yes he wanted to use a single word quote).

James Brown Student Electrical Apprenticeship



"Going on a trip somewhere warm like Hawaii."

Markle Tong
Student
Combined
Laboratory and
X-Ray Technology



Photos by Vicky Cha

"Studying, seeing friends, and preparing for interviews."

Booja Rathod Student Water Waste Management















## LOCAL SOUNDWAVE

## YEG RAPidly growing scene

### By EMMA MORRISON

As one of Canada's fastest growing cities Edmonton is also experiencing a boom in the music scene, especially in the world of hip hop. King Kontoh and K-Blitz are among the growing number of hip hop innovators and visionaries we have in our city.

#### King Kontoh

King kontoh is only 22 years old and already boasts his own music label called "Inspired Minds." He recently realeased a new album "Set Me Free", a concept album about self discovery and setting yourself free from self constraints. "Set Me Free" showcases a softer more vulnerable side to King Kontoh then we are used to seeing.

"If I'm inspired doing something that I love and you witness me doing that. In turn I inspire you to do something you are passionate about and therefore inspired Minds inspires Minds," said Kontoh, explaining how he came up with the name for his label.

King Kontoh puts on hip-hop shows and events to help grow his and other Edmonton rappers exposure.

#### K-Blitz

K-Blitz is a veteran of the Edmonton hip hop scene, having been part of it for over 20 years. Starting his career at only 13 he has put on countless shows at a wide variety of venues around the city helping to grow the scene and the fan base. His latest EP will be dropping in a couple of months and taps into his emotion and some of the most vulnerable points of his life allowing us to see a part of him he hasn't displayed before.

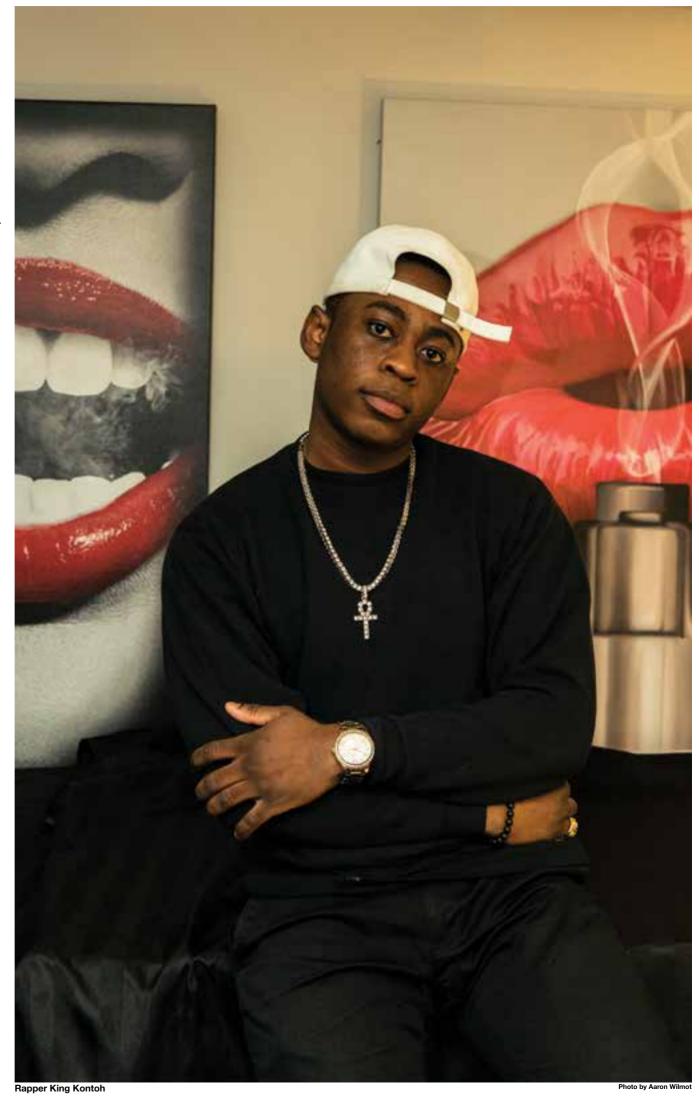
Today K-Blitz isn't just focused on his career, but is also looking to help grow the Edmonton scene and provide guidance that wasn't available to him for the artists that he has inspired. "I never had the opportunities back then when I started out so I wanted to give younger artists the opportunity that I never had."

When asked about Edmonton's sound both artists compared us to a melting pot. As the city grows the sound and styles within our city develop creating a unique sound for Edmonton. They both also explained that because of the internet we have a new artist coming up everyday producing content.

"Don't judge your success by someone else. Be yourself one hundred per-cent of the time whoever that may be," said K-Blitz as advice to upcoming artists.

While King Kontoh said "Work! Work! Work! Don't ever stop working. Write a song and then another one. If that one sucks write another one. Keep working believe in yourself and make all the right moves."

With these two talented artists leading the way both in their music and guidance it is no wonder that the Edmonton hip hop scene has grown, and will continue to grow at such a rapid rate.



## Simple student suppers

What is salad even? According to the dictionary it's "a mixture containing a specified ingredient served with a dressing." So that means a salad can be literally anything! That's why I love salads, it can be fruit, pasta, or even your basic green salad. However salads can be anything but basic. Go nuts with the toppings...literally.



### Life Changing Fruit Salad

Don't limit yourself to only eating vegetable based salads. This fruit salad will change your life and you'll find yourself putting the dressing on anything you can. Best part about fruit salad...the more fruit you use the better it gets.

## **Ingredients:**

Pineapple

Mango

Blueberries

Strawberries

**Kiwis** 

Oranges

Dressing:

1/4 cup Honey 1 Tbsp of Lime Zest

2 tsp Lime Juice

A pinch of Ground Ginger

#### **Directions:**

Cut all the fruit up into bite size pieces (except maybe the blueberries) and put them all together in a bowl.

In a separate bowl combine all the dressing ingredients and mix well. Toss with the fruit and enjoy.

#### Not So Basic Green Salad

Salads have so much room for creativity, flavour and nutrition. There's no real reason to have a ceasar salad every...

### **Ingredients:**

Spring Mix

Plain Goat Cheese

Roasted Pumpkin Seeds

Dehydrated Fruit Mix ( I used a blend of papaya, pineapple, mangos and cranberries)

Suggested Dressing:

Citrus Poppyseed

Raspberry Vinaigrette

JUST CHUCK IT ALL IN A DAMN BOWL AND EAT YOUR VEGGIES.

### Is This Even A Salad?

By definition yes...morally no. But who cares, it's technically a salad so it's healthy right?

#### Ingredients:

1 can of Mandarin Oranges (drained)

½ Pineapple (cored and cut up)

2 cups of Shredded Coconut

2 cups of Mini Marshmallows

1 cup of Maraschino Cherries

1 pkg of Lime Jell-o (prepared and cut into small cubes)

3-4 cups of Whip Cream (whipped) or Cool Whip

Grab the biggest bowl you own and chuck all the prepared ingredients in it. Mix well and chill for at least 1 hour, than grab your blanket, put on a new netflix series and eat it all. No one is judging.



## THROWBACK THURSDAY

## **Childhood traditions**

## By Joe Lipovski

The traditions from our childhood change over time. There are a growing set of responsibilities as we transition into being an adult, combined with the inevitable moving away of both friends and family. This results in the inevitable changing of the childhood traditions that we held so dear in our youth.

As a kid, my family would leave Edmonton to go camping on the last day of school. The car would be packed the night before, and the last day of school was usually a half-day. My parents would pick me up and my dad would point the car west toward Jasper.

Our favourite spot for camping was Whistler's campground near Jasper. Back in the 80s, Whistler's campground was the place to be with many amenities, including an outdoor theatre and free firewood. Unfortunately, the old adage "nothing in life is free" heard about this and firewood is now provided at an extra charge.

Another of my favourite traditions was a backpacking adventure my dad and I would do, usually along the

Berg Lake Trail on Mount Robinson. We would spend 3 days hiking, using the second day to relax at Berg Lake and take in all of its splendors and isolation from the real world. Hiking out would always take less time then hiking in, and would allow us time to stop in Jasper to have a nice supper and absorb what we had taken in over our

Thanksgiving was the next big tradition in line every year and it always saw our family and friends renting out a summer camp. This always included bunkhouses, a mess hall, and a boathouse. Unfortunately the lake was inevitably frozen by mid October meaning no boating, swimming or other water activities...save for one year when the Alberta freeze left the lake alone and liquid enough to enjoy a little canoeing.

My family celebrated my birthday on Thanksgiving, so I would invite a few friends to come out with us. Hide and seek was the game of choice, day or night didn't matter. The only rule we had was no hiding inside any building. I once hid under the car. Thinking back, I was lucky

someone didn't drive away in it.

For Christmas Eve, my family would have an appetizer supper, with the following day being our big family Christmas dinner at my grandparent's. As the extended family continued to grow, gift traditions became more for the kids. Many of my extended family members moved away for work or family reasons as can be expected. The traditions changed. As families grew and people got married, had kids and got divorced those traditions changed, and adapted for new families and members. We still get together, only not on Christmas and not every year.

I miss the traditions of my childhood. Most of my friends have moved away, with some starting families of their own with new traditions. People change and with that traditions change as well. I never used to enjoy Halloween. Now I have a Halloween and New Years parties every year. Each year that goes by new traditions are made, while old traditions are retired. Changing traditions is a sign of personal and family growth and is something that should be celebrated not dwelled on.

## 10 tips to get motivated

## MARGARET MAREAN NAIT Student Counselling

**26** 

Reading break is over, winter is still here and finals aren't looming yet. Often students find it difficult to stay motivated at this time of year. If you find your motivation is slipping, ask yourself these questions:

- 1. Why am I at NAIT? If the first answer that comes to mind is "everyone should get an education" or "my parents chose this for me," it will be difficult to get motivated. It is important to find reasons why YOU want to succeed and what you want to get out of your education otherwise, you will be easily distracted. Try giving yourself occasional pep talks to remind yourself of the long and short-term benefits getting your diploma or degree.
- 2. What causes my lack of motivation? Difficulty prioritizing tasks, perfectionism, high stress, not planning ahead, making excuses, fatigue, the wrong career/program choice /or not having balance in your life are a few things to watch out for.
- 3. Am I in a routine for studying and for other areas of my life? If you set aside a regular study time and stick with it, it will become a habit. Going to bed and getting up at the same time, as well as eating and exercising at regular times help to improve time management which in turn reduces stress and increases motivation.
- 4. Do I have realistic, challenging goals? Whether it is for short-term goals or longer term life plans, written goals are the most effective. Specify a clear-cut goal you want to achieve before you sit down to do home-

work or to study (i.e. "By the end of this hour I want to ..."). This puts your brain in a competitive mode and stimulates you to stay motivated and focused. Challenging yourself to do better than you did on your last exams can also be motivating.

- 5. What is my most effective time of day? Know when you are most alert and focused and do your most challenging tasks at that time. Research shows that early mornings (5 a.m. to 10 a.m.) and between 5 p.m. to 9 p.m. are the most effective learning times for most students.
- Do I have apositive attitude? Self-statements like "I'm too lazy", "I'm a procrastinator" or "I can't do this" can become self-fulfilling prophecies. So can statements such as "I am self-motivated" and "I love to learn". Don't waste energy being negative and blaming yourself or others for how much work you haven't done or for past failures. Negative energy works in your brain the same way as driving with the emergency brake on works in your car. Concentrate on your successes and build on them. Evaluate areas where you could have done better, learn from them and change them into future successes.
- 7. Do I work on my most important tasks first? Often we do easy tasks or things we like first, however we have the most energy and focus when we start to study. Doing more important, difficult assignments first is a better option. If you are feeling overwhelmed by a major project or assignment, break it into smaller part-sand focus on one part at a time.
- 2. Do I have an incentive? When you aren't feeling

- motivated, set rewards for accomplishing difficult tasks or getting through a study period. Most people work best with positive reinforcement but for some people it is also helpful to set penalties for failing to follow through with tasks.
- 9. Do I get started on assignments right away and set realistic deadlines? Tasks that are put on hold cause guilt and de-energize you; getting started right away arouses your interest and gets your creative juices flowing. Setting deadlines helps you put boundaries on how much time you spend on a particular project or assignment.
- Do I have balance in my life? Take care of yourself by getting enough sleep, eating properly, exercising and having some fun. Motivated, energetic people have balance in their lives.

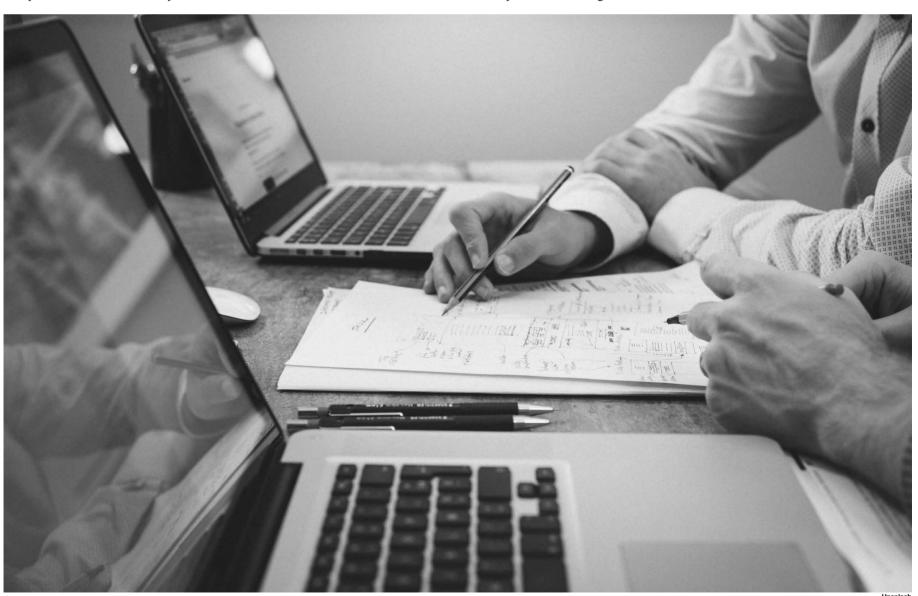
If motivation or other personal concerns are interfering with your success you can book an appointment with a counsellor.

Personal counselling is free, confidential and available to all currently registered NAIT students.

Main Campus, Room W111-PB in the HP Centre: Counsellors are available from 8 a.m. to 4:15 p.m. Monday and Friday with extended hours available Tuesday to Thursday.

Souch Campus: Counsellors are available Wednesdays and Thursdays from 10 a.m. to 4 p.m. Book by calling 780-378-6133 or in person in Room Z153.

Patricia Campus: Counsellor available Mondays and Tuesdays from 10 a.m. to 4 p.m. Book by calling 780-378-6133.



## HOROSCOPES

## Taurus (Apr. 20-May 20)

Your stubbornness has affected your relationships lately. You are not always right. Remember there are always many ways to look at a problem and solve it.

## Gemini (May 22-Jun. 21)

Lately, you have been feeling very unappreciated. Know that sometimes people get busy, and that you still have many admirers. Your hard work will pay off in the end.

## Cancer (Jun. 22-Jul. 22)

You have some major choices to make this week. Don't forget that your actions have consequences and it's always important to look at every aspect before making a decision.

## Leo (Jul. 23-Aug. 22)

Leo, it's important to remember to not be so proud. Even though you are good at some things, doesn't mean that you should rub it in other people's faces. Always remember to have humility.

## Virgo (Aug. 23-Sept. 22)

Virgo, in the last month of love you've felt a bit lonely, but remember it's always important to love yourself. This week, you may see a new friendship bloom and maybe somebody you used to know will get in touch.

## Libra (Sept. 23-Oct. 22)

This month is crazy for you and there is a lot of swirling energy. Try and take all of this energy in stride and sort the good from the bad. It will help bring some clarity into your life.



## Pisces (Feb. 19-Mar. 20)

Pisces, remember you are always loved. This month may bring you great stress in both your romantic and friendly relationships. Try to remember it's important for you to take some me time too.

## Scorpio (Oct. 23-Nov. 21)

Even though you feel that you are alone sometimes, don't worry. There are people that love and support you. Spend time with loved ones to help get your positive mood back up.

## Sagittarius (Nov. 22-Dec. 21)

You may have been feeling very confused lately, maybe even a little under the weather. Do something that you love and enjoy it. Help cleanse that negative energy from your life.

## Capricorn (Dec. 22-Jan. 19)

Sometimes you can be a little bit over the top. Remember, it's always good to know the limit. Sometimes people can take offense or you can seem a little bit annoying. A new friend will call.

## Aquarius (Jan. 20-Feb. 18)

Today is your lucky day, Aquarius. There's nothing luckier than a very positive attitude. Chat with others around you, make their day and help them out a little. You never know whose day you'll make.

## Aries (Mar. 21-Apr. 19)

Aries, stop being so lazy. Get out there and try something new, maybe bring a friend along. Sometimes it can be scary trying something new, but you know what they say: life begins on the other side of your comfort zone.









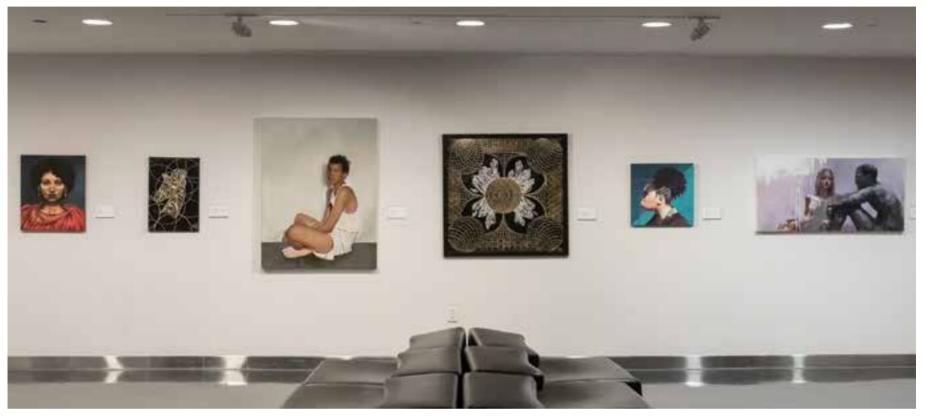






## 5 ARTISTS, 1 LOVE

5 Artists 1 Love has showcased artists from the UK, the US, Jamaica, Zimbabwe and across Canada. The program is in its 14th year, and includes both an art showcase and a musical performance. The exhibition features the unique artwork of five African-Canadian artists that highlights their local and global experiences in an effort to spread the beauty and diversity found in other cultures. For the month of February, explore this years showcase at the Art Gallery of Alberta, the Scott Gallery on 124 Street and the University of Alberta Augustana Campus Library.









Photos by Rhyver Sage

Artist: Aaron Wilmot Title: Untitled

"My intention with this photo was to create a scene of interest and curiosity. It's the fear of being pulled into the darkness and losing yourself, falling back into bad habits or destructive tendencies."





## WEEKLY SPECIALS

## FOOD

## MONDAY

\$8.25 | Wish it Were Fry-Day Bowls

(Mexi, Veggie Supreme or Chicken

Bacon Ranch Fries)

## **TUESDAY**

\$8.25 8" Signature Pizza

## WEDNESDAY

\$8.25 Nest of Wings Add dipping sauce \$1.50

## **THURSDAY**

\$7.25 Potato and Cheddar Perogie Poutine

## FRIDAY

\$8.25 Daily Soup and 1/2 Wrap

## DRINK

## MONDAY

\$5.00 OFF Bottle Wine

## TUESDAY

\$2.00 OFF Beer Cocktails

## WEDNESDAY

\$5.00 Lamb's Rum Highballs

## **THURSDAY**

\$6.00 Flavoured Absolut Vodka

## FRIDAY

\$1.00 OFF Domestic Bottles

## DAILY

\$5.00 BRO-tini

Ask your server for details

BEST BAR NONE

estbarnone.ab.ca

NEITSO HAIT STUDENTS: ASSOCIATION INGISSO.CO

All specials available while quantities last.

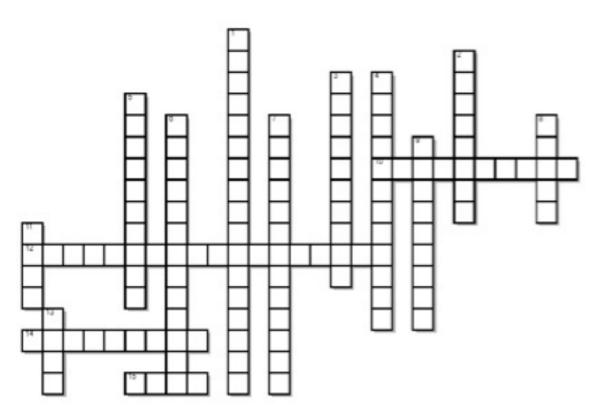
All liquor served is 1 oz. Must be of legal drinking age to
purchase alcohol. Valid ID required, please drink responsibly.

For more details about our menu, please visit us online. Specials are dine-in only.

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

REVIEW US ON GOOGLE ★★★★

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#### Across

- American punk band from Forest Hill, Queens and named after a last name.
- This band has a well known member named Neil
- An english band from London founded by Syd Barrett
- Known for their famous song "Thunderstruck."

- Two of their songs "White Rabbit" and "Somebody to Love" are amoung The Rolling Stones 500 Greatest Songs of All Time.
- Known for its rockabilly sound and their album "London Calling" earned them popularity in the U.S.
- 3 This band is named after an insect.
- Stevie Nicks is the lead singer.
- Known for their famous song "Stairway to Heaven."
- They are from Jacksonville, Florida and its original name was "My Backyard."
- There is a magazine named after them.
- The lead singer was Freddie Mercury.
- One of their famous songs is called "Enter Sandman."
- 11 Mama Mia used many of their songs in the movie.
- 13 The band wore intricate face paint! And one band member was known for having a very large tongue.

#### Find the Killer:

- 1. David Berkowitz.
- Boston Strangler. 2
- Ted Bundy.
- Jeffrey Dahmer. 4.
- John Wayne Gacy.
- Ed Gein.
- Herman Webster Mudgett.
- Aileen Wuornos.
- Zodiac Killer
- 10. Luis Garavito

## **POETRY CORNER**

## SEASON OF SMILES

You were my autumn,

You brought me a season of quiet,

The browns in my life.

Loneliness lingering in the long evenings,

Evenings that would turn into nights into days and days, Years would pass in this season.

The noise of falling leaves would not change.

The colors of love wont fade away.

but what scares me is that

life will fade away with these tears,

before you come to me with the season of smiles.

- Jot

