

THE NUGGET

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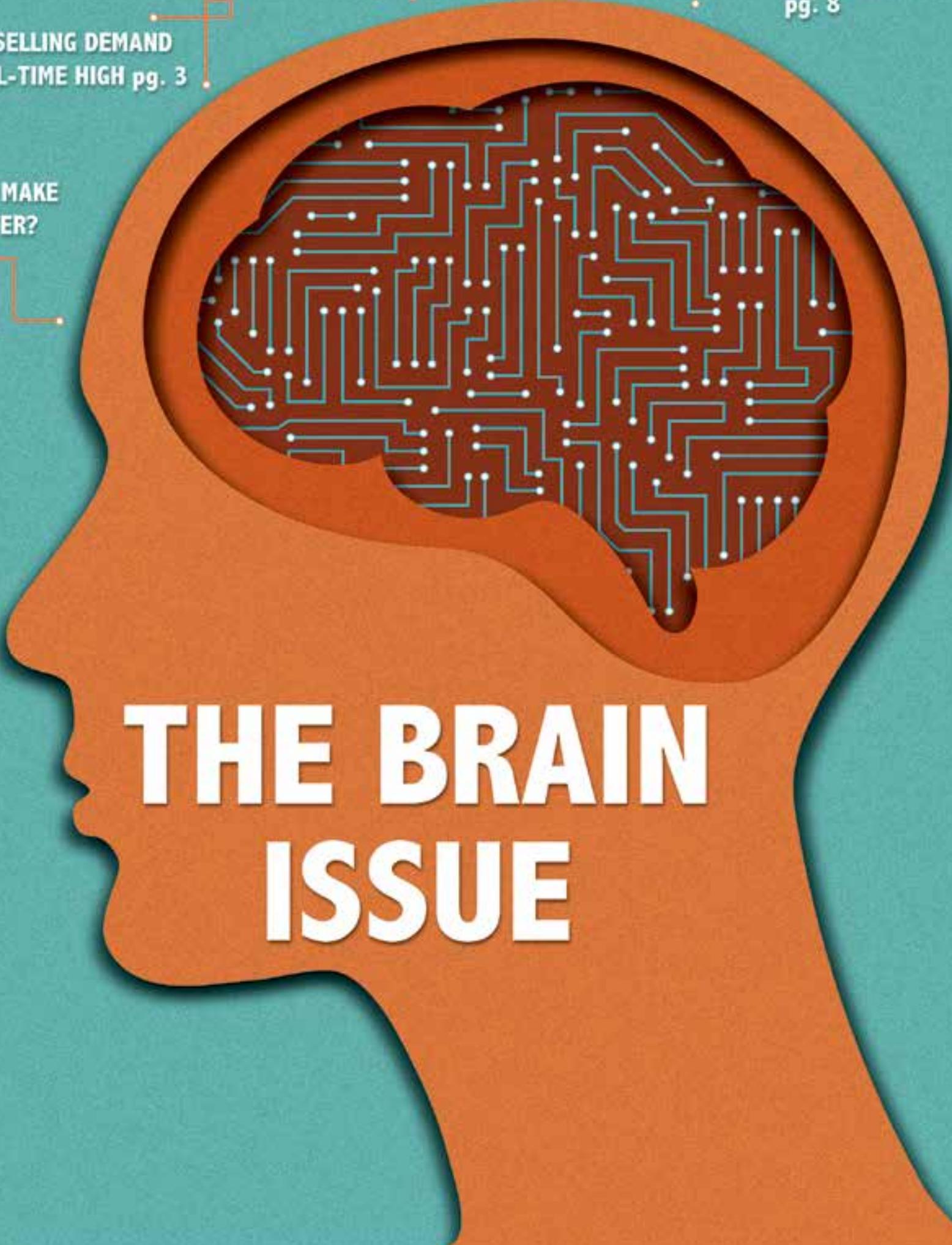
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THE BRAIN ISSUE

Celebrating student culture

By **LARISSA NOTHOF**

The Mosaic Festival, formerly known as Global Village, is an event partnership between NAIT International, NAITSA and the Nisôhkamâtôtân Centre at NAIT with the goal to promote inclusion and diversity.

“It is important to endorse diversity and multiculturalism,” said organizer of the Mosaic Festival, Freya Fu. “Creating that space on campus is a good learning opportunity.”

Freya has been organizing this event for the past two years. She enjoys bringing people together by sharing their differences. This event is open to staff and students to share in the diversity and celebration of their own home culture.

Booths will be set up for different cultures that will have information on the country of origin and highlight its traditions. Booths will also have different foods and activities for the attendees.

In previous years, students brought in traditional headwraps and demonstrated how to tie them in their culture’s fashion.

Booths will have the opportunity to win the Best Cultural Booth Award. There will be secret judges attending the event marking on display, instructiveness and how interactive the booth is. Last year, the Mexican booth won the award.

This event will take place from 12 p.m. to 6 p.m. on March 21 in the CAT building with activities and performances throughout the day.

eat AT NAIT will be providing a full menu of different

cultural food. Food passes are available for \$5. The food pass will give an attendee 10 samples of different foods to taste at the festival.

Staff and students will perform different cultural dances, traditional music or art-based performances and short films will also be played throughout the event.



The 2018 Mosaic Festival

NAIT International Centre

NAIT welcomes Vancouver chef

By **JOE LIPOVSKI**

In April, NAIT will welcome Vancouver restaurateur, David Hawsworth, as this year’s Chef in Residence.

In 2009, NAIT launched a program called the Hokanson Chef in Residence program. The program was named after John and Susan Hokanson, whose generosity made the program possible. It was created to bring in a new top

chef for a week each year to provide culinary students valuable experience with one of North America’s top chefs.

“We are ecstatic to have David join as our 2019 Hokanson Chef in Residence. He is such a great teacher, ambassador and promoter of culinary education and entrepreneurship in Canada,” said Perry Michetti from

NAIT School of Skilled Trades.

“If I can share some ideas or talk about my experiences and that invigorates and inspires them to do great things, I’m all for that. I’m looking forward to cooking some food and having some fun,” said Hawsworth.

Past Chef’s in Residents include Lynn Crawford and Susur Lee.

Originally from Vancouver, Hawsworth spent 10 years perfecting his craft in Europe. Hawsworth has since returned to Vancouver where he opened several restaurants.

In 2013, Hawsworth created the Hawsworth Young Chef Scholarship Program. This scholarship program gives young chefs across Canada the chance to win \$10,000 and the opportunity to compete for an apprenticeship in a restaurant of their choosing.

Third term culinary student, Noble Bains, is a fan of Hawsworth. Originally, Bains was interested in learning more about pub style cooking. When Bains started in the culinary program, he got a taste of fine dining and hasn’t looked back.

“[[It’s] humbling to know that chefs do care about up and coming cooks [and help them] to become head chefs one day,” said Bains.

Over reading break, Bains had the opportunity to go to Vancouver and visit Hawsworth’s restaurant. Bains also had the opportunity to meet the chef that inspired him to try fine dining. Since meeting the chef who inspired him, Bains hopes to learn how to properly make gnocchi, an Italian dish.

Hawsworth is known for using local ingredients and Bains plans to begin his career with this in mind.

“The plate is a canvas and [Hawsworth] just creates art,” said Bains.



Photo by Justyna Marino



Photo by Aaron Wilmot

Student counselling in high demand

By ZACHARY FLYNN

NAIT Counselling Services has seen an increase of anxious and stressed students following the spring reading break that has them pushed to capacity.

Demand for counselling services has grown over the years, increasing by approximately 85% each year with spikes in November and March.

Tanya Spencer, Lead of Counselling and Chaplaincy at the centre said they are expecting wait times of about three weeks. Normally, students have to wait less than two weeks to see a counsellor.

“In March we’re very much at our capacity,” said Spencer.

Last year, the centre was pushed to their limits as the staff gave up their lunch breaks and worked extended hours to accommodate the increase in students.

Spencer said that there are a few factors to this including reading week and exams.

“I don’t know anybody who comes back from reading break and says, ‘Oh I feel so relaxed and refreshed. I’m ready to take on the world’,” said Spencer.

“They say, ‘Oh yeah, I checked out for a while and now I’m realizing I’m just up to my eyeballs in the stuff I was procrastinating before.’”

Spencer said students often set unrealistic expectations for their reading break. She explained that students often tell themselves they will catch up on assignments or feel more refreshed after the break, but come out disappointed and frustrated when they come back to a stressful semester.

“It’s an interesting phenomenon because people very much crave it heading into [reading week] like ‘I’m exhausted I need a break’,” said Spencer.

She also said that another factor to students’ stress following reading break is the lack of an exam week in many programs at NAIT.

“The most common reaction we get from students is that ‘Oh, now I have a semester of hell instead of just a week of hell,’” said Spencer.

Spencer said when students have a week or two set aside for exams, they

can identify and manage their stress more effectively because they know the stress is caused by that one event. She said that now, with projects and exams spread across the semester, students tend to blame themselves for not being able to keep up with schooling rather than attributing their stress to an exam week.

With demand for services continuing to rise each year, NAIT’s Counselling Centre is looking at different routes they might have to take.

“There may come a time — and who knows, it may be this very month — where we have to start saying we’re going to get rid of some of the booked [appointments] and go more peer/walk-in as a way of managing that,” said Spencer. “We’ve never had a time where we’ve had to say, ‘We can only give you 45 minutes’ or ‘We can only give you a half an hour’, but those are some of the options that we might have to consider.”

Spencer said there are many different factors impacting the increase in demand and she doesn’t see this increase slowing down any time soon.

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Biz contest preps students

By **GEORGE M HONG**

The JR Shaw School of Business hosted an Internal Case Competition for third and fourth year Bachelor of Business Administration students. This competition tests the business skills required to succeed in the competitive business workforce.

The five teams that entered the competition were given a case study and had five days to work on it until they presented their solution to a panel of four judges on Saturday, March 9. Each team had 20 minutes to present their analysis and solutions, followed by a 10 minute question and answer period.

The teams consisted of three to four business students. The upper year competition offers a more difficult case study with detailed financial data that students are expected to consider in their solution.

Willow Shelley, Alex Kagel, Stuart Shelley and Pearse McKinney of team WASP came in first overall.

Second place was awarded to Monday Sibanda, Liudmyla Lozovytska and Albert Changamire from team eight.

Albert Rotea, Valier Lamy and Ryan Mah from team seven rounded out the top three.

The first and second year competition will be held on Saturday, March 30th. Currently there are eight teams registered and more are expected to join before the competition date.

The day's schedule includes presentations between breakfast and lunch followed by the top four teams presenting again after lunch. The winners are announced in a ceremony at Ernests at 4 p.m.

NAIT students, friends and family are welcome to watch the presentations and cheer on their favorite teams.

This competition is sponsored by Liberty Security which means there is a total prize pool of \$3000 awarded to the top 4 teams.

A Case Competition Club was launched this semester to create a community of students who want to learn, compete and succeed in the business environment. The club meets regularly on Wednesday's at 4 p.m. in the CAT building.

NAIT is hosting the annual Alberta Dean's Case Competition this year. Fourteen business schools from across Alberta

will be competing on Saturday, March 16 at the Dow Theatre and anyone is welcome to attend.



The winning team: Willow Shelley, Alex Kagel, Stuart Shelley and Pearse McKinney

Photo by George M. Hong

EDITORIAL

Tech addiction is costing us

By **NICOLE MURPHY**

If you have a drive and hunger for success there is one thing that you can do that will give you a major advantage.

Deal with your technology addiction.

The devices in your pocket and the social media apps on them were consciously designed to keep you distracted and addicted to clicking. They have been called the cigarettes of the future.

The science behind it is easy: create a system that gives awards (likes, favourites, etc.) so we get a dopamine hit and are addicted to waiting for the next notification. It's like having a slot machine in your pocket.

Of course there is the opposing argument. Technology has made information quickly accessible and now more than ever everyone has the ability to educate themselves.

But ask yourself: has this device created more spare time to relax and enjoy the company of those you love? Or do you feel in a constant state of overwhelm wondering when that next school or work email will come your way?

According to the research by Workplace Options, distracted workers cost U.S. businesses \$650 billion dollars a year.

So how do you become an invaluable

employee or an entrepreneur with an edge? Despite the old idea that multitasking was the answer, new research shows focus is the way to go.

The ability to stay focused for 2 to 3 hours at a time without interruption or distraction has the potential to make you a super star.

If you suspect that you are a little too connected to your device, here are some tips for helping your brain disconnect from tech and utilize it to its full potential.

1. **DO NOT SLEEP WITH YOUR PHONE ON.** Get an old fashioned alarm clock and leave your phone out of the bedroom, or at the least put it on airplane mode at night.
2. Have focused work sessions of 2 to 3 hours without checking your phone, or going on social media.
3. Wait at least 2 hours after waking up before you check your cell phone. Starting with a tech-free morning routine is a game changer.

It is simple but not easy. If your phone is the last thing you see before bed, and the first thing you see in the morning, you may have a problem. If this editorial made you feel anxious or even angry at the idea of having to put boundaries surrounding your technology, you might want re-examine your priorities.



NAIT named top employer

By **JOE LIPOVSKI**

For the eighth year in a row, NAIT ranks among the top 75 Alberta employers.

The judges took many factors into consideration when selecting NAIT for the top 75, with one of them being the free use of athletic facilities.

“I am so proud that NAIT has again been named top employer in our province. Our staff truly are essential to the success of our polytechnic. They play an integral role in ensuring the success of our students and industry,” said Dr. Glenn Feltham, NAIT president and CEO.

“NAIT is really good at doing campus-wide activities and celebrating our students and staff,” said Jennifer Hunszinger, Sessional Mathematics Instructor.

For Hunszinger, the students make working at NAIT great. Hunszinger enjoys the determination and positivity of students and seeing students move on with their academics and careers.

Hunszinger is also passionate about working with the mathematics department at NAIT. She believes that instructors must be able to enjoy their work and be their best self in order to give students top-quality education.

Luc Lefbvre, from the gymnasium sports equipment centre, started working at NAIT while he was a student, 13 years ago. Lefbvre likes the hands-on approach NAIT has for learning. Lefbvre also said he likes the family-like feel to NAIT and encourages that mentality among the staff of the athletics facilities.

Full-time staff are allowed continued access to NAIT’s athletic facilities, even after the employee retires. Lefbvre

says that NAIT has an atmosphere of learning and growth. Not only are students at NAIT there to learn, staff members are also encouraged to learn and grow.

“Mental health is a very huge thing for everybody. For NAIT as an institution, by creating a good workplace for everybody who’s working here, we can create a good at-

phere for students as well,” said Lefbvre.

As a staff member, Lefbvre likes the fact that NAIT is not like other schools or other employers, where your job description is set in stone. He explains that NAIT is flexible and encourages personal growth in its staff and also offers plenty of opportunities to advance.



Use of athletic facilities is one of the factors considered when selecting the top 75 Alberta Employers.

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Rise of sexual assault reports



ERYN PINKSEN
Issues Editor

The NAIT Counselling Centre is seeing an increase in people coming forward to report sexual assault. The centre provides multiple options and support for any staff or students who decide to report.

“One third of women, a quarter of men, half of LGBTQ and half of indigenous people have been sexually harassed.”

– Tanya Spencer, lead of NAIT Student Counselling

“It certainly takes some soul searching to decide if that’s what you want to do, and I don’t want to downplay

the magnitude of the decision. But we’re living in a time where its never been easier to report and people have never been treated with more respect,” said Tanya Spencer, lead of NAIT student counselling.

Out of 2600 appointments last year made with NAIT counselling, there were 400 who spoke about sexual violence, whether it had happened recently or in the past.

Spencer said that updated statistics state one third of women, a quarter of men, half of LGBTQ and half of indigenous people have been sexually harassed and that it is important survivors and supporters understand their options.

New this year, NAIT offers a sexual violence first response course that is free for NAIT staff and students. The course aims to help people understand the benefits of reporting and how to help someone who is ready to report or share their story.

“For some people [sharing] is almost like a chapter in a book and by having formal reporting, either to a police agency or a support agency, those are bookends...it can bolster your power and make you feel like you’re not so powerless anymore,” said Spencer.

The counselling centre has been able to work with the police to help and support students. Spencer said that police are now aware that historically this processes has not been positive and this has been highlighted with the #MeToo movement.

A counsellor at NAIT who has helped survivors, Alycia Chung, explains that the encouragements she can share is

that when a police report is filed, not only is it an opportunity for survivors to have their story shared, they become eligible for financial support.

“Ultimately, justice isn’t necessarily the optimum goal

“Ultimately, justice isn’t necessarily the optimum goal for reporting... but it can be a place where people get some power in being able to share their story,”

– Alycia Chung, NAIT Counsellor

for reporting... but it can be a place where people get some power in being able to share their story,” said Chung.

What people may not know is that when dealing with the police, health care or other organizations, they can request to have a professional that specializes in sexual assault reporting. NAIT counselling can help curate this process as well, guiding people through the most respectful channels.

One of the primary tips the counselling centre recommends is to write everything down. Spencer explains that this is easier said than done and a counsellor is able to help someone write the event down, or even a trusted friend. The priority is for the individual to decide for themselves if they are ready and if they want to write it down alone or with help.

The sexual violence first responder class outlines that survivors will regularly not want to talk about the nature of the incident. But if someone has shared their story, it is important to let them lead the conversation. Spencer said that the simple, but reassuring responses are the best way to show support.

1. I believe you
2. That wasn’t right
3. Thank you for telling me
4. Can I connect you to help?

“That sort of reassurance and support never gets old and resonates with everybody,” said Spencer.

Support at NAIT

- Health Services & Nurses South Lobby, Room O119 780.471.8733
- Counselling office W111PB - HP Centre 780.378.6133
- Student Resolution Office O117 780.491.5468
- Protective Services D104 780.471.7477
- Trusted instructor
- Students can come to any office with a friend.

In Edmonton

- Edmonton Victim Services
- Sexual Assault Centre
- The University of Alberta Sexual Assault Centre - Allows Anonymous Reporting
- Distress Line - To Refer Help
- Non-Emergency Police Number - For Questions and Inquiries

Virtual reality treatment for PTSD

By **LARISSA NOTHOF**

Heroes in Mind, Advocacy and Research Consortium is a newly created organization that supports military and public safety personnel. The company’s latest innovation utilizes virtual reality environment located at the Glenrose Rehabilitation Hospital.

HiMARC was created by the U of A and is dedicated to advancing innovative health and wellness research.

The research study called Motion-Assisted, Multi-Modal Memory Desensitization and Reconsolidation will have patients with PTSD try using this virtual reality environment as a form of therapy. The 3MDR is the largest study of its kind in Canada.

This virtual reality system works by

having the patients walk on a treadmill towards sounds and images that remind the patient of their traumatic event. A therapist is there to guide the patient and ask them questions as they confront these memories. This system combines walking, talking and eye movement.

The Canadian Armed Forces have 40 participants for this study and they will receive therapy once a week for a total of six weeks.

The 3MDR had significant results in the Netherlands after the rise of PTSD cases. Head of research for the Military Mental Health unit in the Netherlands, Col. Eric Vermetten developed the 3MDR. Col. Vermetten came to Edmonton to train the HiMARC researchers how to use the system here in Canada.



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VOLLEYBALL

The mental toll of injuries

By JOE LIPOVSKI

Only four days before the 2019 ACAC Volleyball Championships, NAIT Ooks starting setter, Mitch Lewington fractured his ankle. Lewington's injury left the Ooks volleyball team with the task of replacing him right before the tournament.

"It's definitely flattening. It kinda sucks to practice all year and not be able to play in finals," said Lewington.

Karter Godin stepped into Lewington's place for the tournament where the team lost their two games.

"The other person that replaced me was really good, just didn't really have the experience with the same group of guys. I've practiced with the same group for eight months and [my replacement] had two days," said Lewington.

When Lewington injured his ankle, he was blocking a spike from Lakeland Rustlers' Matt Peck when Peck's feet came under the net. Lewington landed on Peck's feet, rolling his ankle and collapsing to the floor. Even though Lewington takes preventative measures for injuries like taping up his ankles and working with athletic trainers and therapists, he still found himself with an avulsion fracture.

Avulsion fractures happen when bone fragments break away from the bone. Usually a break of this type happens near at the ligament or tendon. In more extreme cases, surgery may be required. Lewington said this is the worst injury he's had.

Lewington doesn't need surgery, but the recovery process is expected to take months. After being on crutches

for two weeks Lewington expects to be in a boot for an additional four weeks. From there he will work with the team's doctor and training staff for rehabilitation.

In order to keep his mind in the right place, Lewington looks for small victories. He is spending time with friends and teammates while he recovers. He says he must

occupy his mind to keep him from dwelling on his current situation.

Lewington is looking forward to training with the team over the summer and he will be playing another year with the Ooks in the 2019-2020 season.



Photo by Railene Hooper

Ooks getting concussions

By JORDAN TOUGAS

NAIT Athletics is taking steps to try to keep their players' brains healthy while

they play. One of these steps is an extensive concussion protocol that athletes must go through.

Each NAIT Oook goes through a concussion test before the start of the season when they are healthy. The test measures normal brain function and sets a benchmark for the player.

If a player suffers a head injury, they are immediately taken out of the game and go through the same evaluation, comparing their pre-season score with their current score. They're also asked to rate things like their levels of dizziness, pain and sensitivity to light. This helps trainers determine whether or not the player has a concussion.

It isn't just hockey or football players that deal with concussions. In February, Allie Hunder and Leah Vandenboogaard, two players on the women's basketball team, were assessed for concussions during a game. While Vandenboogaard was cleared by athletic trainers, Hunder was out for a full week while she went through the concussion protocol before she was cleared to play again.

"Our staff needs to make sure that nobody is getting hurt out there and that we act appropriately when such an occurrence happens," said Mat Bonneau, an athletic therapist with the Ooks.

Following the diagnosis, the players work with athletic therapists and trainers to work on recovery. When major symptoms start to go away, they are put on a training

plan in the gym.

The plan starts with low-intensity exercises like stretching and walking. As the athlete continues to recover, the trainers increase speed and intensity until the athlete can be play without symptoms.

Brendan Jensen, the starting goaltender for the Ooks men's hockey team has seen four concussions over the course of his career.

"Each time is different. Sometimes it's minor and sometimes it's major. It really depends on the kind of hit, whether it was a stick up high or a check to the head. There are so many variables," said Jensen.

In January during a home game against the Red Deer College Kings, Jensen was hit by Chance Longjohn halfway through the game causing Jensen to fall backwards and hit his head on the ice.

Jensen was diagnosed with a concussion and went three weeks without game time.

"I don't remember what happened exactly, I just remember waking up in the morning and the sun shining through the window was painful," Jensen said.

While the protocol may seem extensive, it is there for the safety of the players.

"We really just want all are players to be safe while playing," said Bonneau.

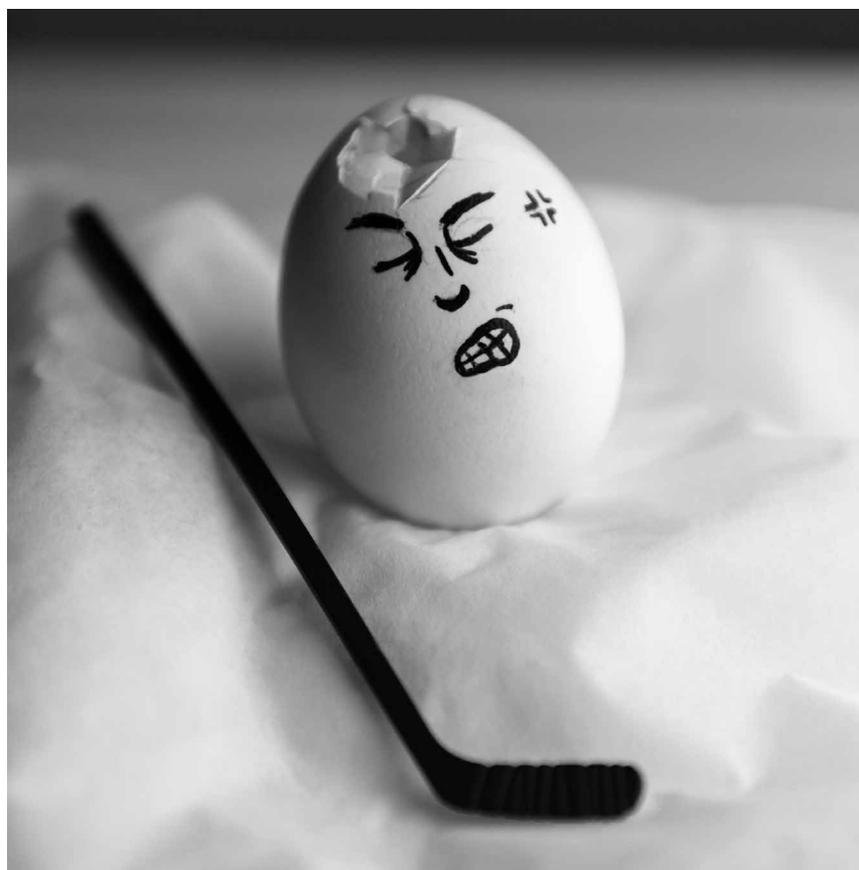


Photo by Gabrielle Skjersven

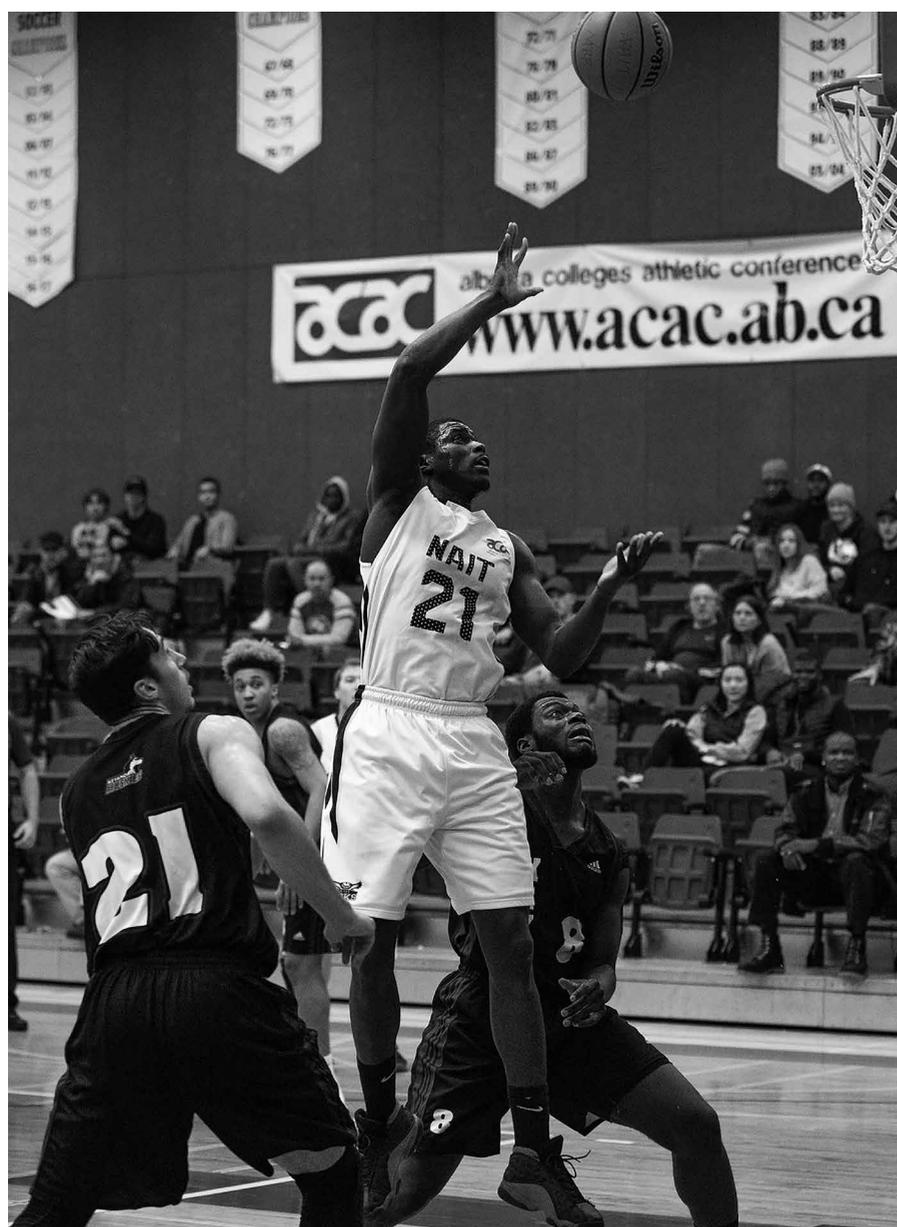


Photo by Railene Hooper

Record-breaking final year

By ZACHARY FLYNN

In his fifth and final year with the Ooks, Samson Cleare made sure to leave his mark on the team and on the ACAC Men's Basketball league before he leaves.

The NAIT Ooks' starting center led the ACAC in total rebounds for the 2018-19 season with 223 rebounds. Cleare's efforts also secured his name in Ook history as NAIT's all-time leading rebounder. He passed Sebastian Cava's previous record of 514 on February 8, 2019.

Samson said his spatial awareness and positioning on the court have been the key factors that helped him surpass the record.

While the Ooks didn't make provincials this year, Cleare has still found success with the team. In the 2015/16 season, he was a part of the NAIT Ooks team that brought home the CCAA Men's Basketball national championship.

Cleare said he's been lucky to have the support of everyone around him, from the players to the coaches - and his wife, too.

Midway through the 2017-18 season, his wife gave birth to his first child.

"It ain't easy to have a child during the middle of the season and going to school and going to work and coming to practice," said Cleare.

Cleare describes his team as more of a family than anything. He says that when he had his first child, the team was incredibly supportive.

He also said that his teammates and being able to play the sport that he loves have helped him get through tough times that come up.

"Every day in practice, off and on the court, [they're] keeping me focused, keeping me grounded," said Cleare. "Whenever I have off-days, they always keep telling me 'Just keep rebounding.' Do what you do best."

Being a fifth-year player on the team, he's seen players come and go. This season, Cleare is the only fifth-year player on the team and has taken on more of a leadership role this year. Cleare says that he takes pride in the work he does with the team.

"It always feels good to come and put on that jersey - the practice jersey, home jersey, away jersey - and give it all you got as an Ook. I took pride in it," he said. "It's something I take pride in every single day."

Cleare says that while he doesn't exactly know where his basketball career is headed, he's keeping his options open and is optimistic. And who knows - he might be back as an assistant coach sometime soon.

Esports come to NAIT

By TY FERGUSON

NAIT Athletics and NAITSA are bringing eSports to campus as the industry continues to grow.

More than 200 million people tuned into the League of Legends World Championship in 2018. Along with that, the industry was reported to bring in over 900 million dollars in revenue in 2018.

NAIT's eSports tournament will take place on March 23rd and have participants compete in either League of Legends or Counter-Strike: Global Offensive.

While there have been several eSports clubs around NAIT, the support of NAIT Athletics and NAITSA open up the possibility of a larger-scale eSports league in the province.

"[We] are hoping beyond NAIT students, there will be other post-secondary students involved - potentially submitting a team on behalf of their institution," said Curtis Dell, the Student Recreation Coordinator at NAIT.

In Ontario, schools like St. Clair College offer eSports programs at the school. Other colleges in the province have also created eSports teams, allowing different schools to compete against each other.

Dell explained the event is heavily organized and supported by NAIT's own eSports clubs; Zenith eSports and the CS:GO club. While still in the early stages, Dell said that they hope to find a space on campus that can host some of these events in a dedicated area.

The eSports announcement was first made at the 2019 ACAC Men's Volleyball Championship at NAIT.

"NAIT Athletics has been one of the groups that have been interested in trying to support the longterm vision of an [eSports] varsity team or sports club - hopefully, representative of the Ook," said Dell.

Similar to other NAIT Athletics sports, there will be an online live stream of the games. There are no initial plans however for play-by-play staff to commentate the games

for the tournament.

Steam and Riot Games gift cards are currently being offered to first-place teams. Prizes for runner-up teams and general participation is under consideration.

"We're gonna look into the fall to deliver more tournaments and evolve our eSports footprint here at NAIT," said Dell.

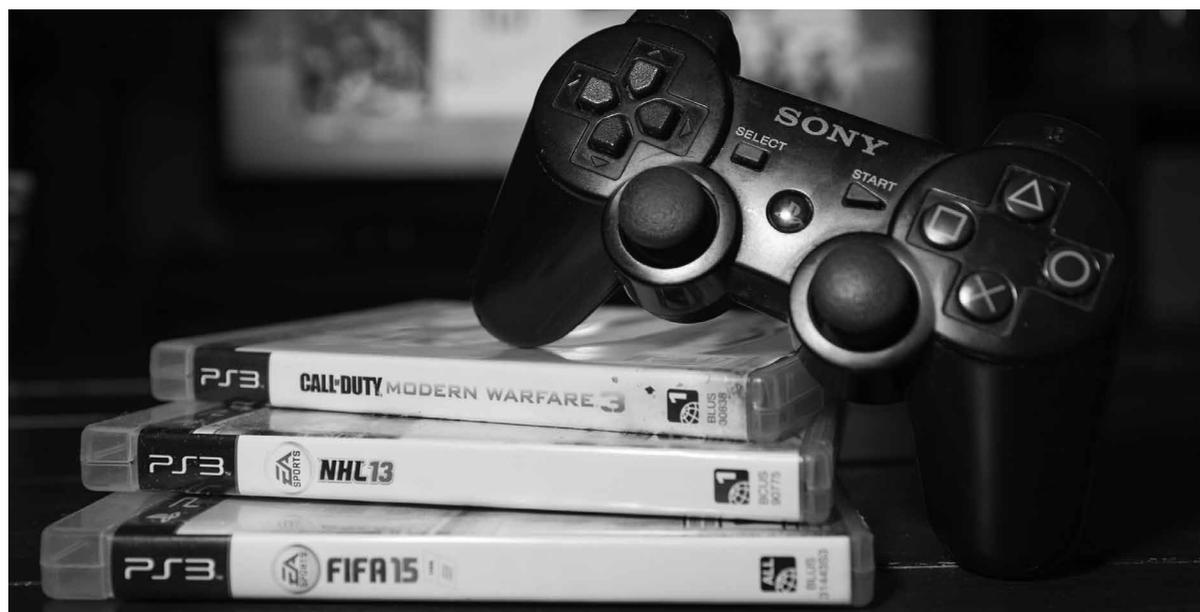


Photo by Gabrielle Skjersven



Photo by Railene Hooper

BASKETBALL

Women knocked out at Provs.

By ZACHARY FLYNN

The NAIT Oaks women's basketball season comes to a close after the ACAC provincials. The young team lost their first game to the Olds Broncos who would go on to win the championships.

The team found some success at awards night with Sydney Hurlburt being selected to the North All-Conference First Team and Leah Vandenboogaard being selected to the

North All-Conference Second Team.

While the Oaks may have been knocked out of the tournament after their second game, head coach Todd Warnick is pulling some positive notes out of the tournament.

"We showed we can defend against the top offence in the country. We held them down and really battled them to the bitter end," said Warnick.

Warnick says that both a lack of experience and injury were factors in the team's provincial outcome. Sydney Hurlburt, the Oaks' leading scorer was dealing with a ruptured eardrum for the duration of the tournament, leading to dizziness and making it difficult for her to put up points.

Leah Vandenboogaard, after finishing her fifth year with the Oaks will be the only player not returning to the team next sea-

son, with nearly one half of the women's team made up of first-year players, Warnick said that he is looking to veteran players like Allie Hunder and Sydney Hurlburt to act as key players for the team.

"I think with the pieces we've added in our recruiting class plus the kids that we have coming back, we're positioned to have a very competitive and successful season next year," said Warnick.

BADMINTON

Gold, silver and bronze for Oaks

By ZACHARY FLYNN

The NAIT Oaks badminton team brought home a full set of medals from the CCAA national championships in Nova Scotia.

Eyota Kwan brought home a championship banner as she won her second straight gold medal at nationals. Last year, Kwan and Jeffrey Ko brought home the mixed doubles championship.

Jeffrey Ko and Ronuelle Medina brought home gold in men's doubles, pulling ahead of Ottawa's George Brown College 2 sets to 1.

Ko is no stranger to national competition. He has medaled at the CCAA

National Championships every year since 2016. In his first year with the Oaks, he and his doubles partner brought home a bronze medal. This year brings his medal tally to four; two bronze and two gold.

The Oaks medaled in women's doubles, too. Bea Bernardo and Ryo Kuramochi secured second place and a silver medal in the tournament.

Samantha Hsu, a first-year badminton player for the Oaks brought home her own medal at the competition. After winning silver at the ACAC provincials, Hsu went on to win bronze at the tournament.



Photo by Railene Hooper



ESPORTS

INVITATIONAL

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LEAGUE OF LEGENDS TOURNAMENT
8 TEAM DOUBLE ELIMINATION

CS:GO WINGMAN TOURNAMENT
16 TEAM DOUBLE ELIMINATION

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EVENT PARTNERS:



Music and the brain

By **EMMA MORRISON**

Does Mozart really make your baby smart? People like Albert Einstein began playing musical instruments at a very young age. Could music really stimulate intelligence or create a genius?

According to a 2015 study by Joyanta Sarkar and Utpal Biswas at Rabindra Bharati University, young children who have been involved with music in any form have a boost in their cognitive abilities. Learning rhythm, pitch, movement, and memorizing sheet music contributes to a child's developing brain.

The brain has over 100 billion neurons. Music helps fortify and improve the neurotransmitters, axons and dendrites in the brain. Music helps us create and make new connections in the brain helping us understand new data at a faster rate.

Rhythm can help a child develop math skills before they learn long division or simple addition and subtraction. When counting bars of music children learn to add quarter notes or half notes. If they learn to count with a metronome it helps them add and subtract subconsciously. When you teach a child to read sheet music their ability to understand words and letters increases. Singing can also help increase a child's linguistic skills.

Another very important part of music is pitch. Complex music like Mozart always has a very complex and constantly changing pitch dynamic. When a child learns the structure of these songs they are able to understand the natural structures in sound and pick out patterns in everyday life. They also learn to naturally listen and problem solve.

Music takes three learning styles (visual, auditory and kinesthetic) and connects them together. In music you listen to the patterns and understand the motor skills that go along with it. In doing this, a child develops their hand and eye coordination as well as balance.

Children develop much needed social and emotional skills when involved with music groups. It creates a sense of community and belonging for a child. It can also help with associating emotion with something positive and productive.



Unsplash

Conspiracies: MK Ultra

By **[REDACTED]**

In honour of the brain issue, we're writing about one of the craziest mind-altering experiment conspiracies ever: Project MK Ultra.

The project was a series of experiments (many of which were illegal) on human subjects conducted by the CIA. The goal was to develop drugs and procedures for

mind control to use in interrogations to force suspects to confess.

Hypnosis

When MK Ultra was uncovered in 1977, one of the most shocking experiments was the hypnosis.

Running from 1953 to 1973, MK Ultra held eight dif-

ferent hypnosis studies. Two of these studies used drugs to attempt to seize control of someone's mind. The studies set out to try and induce anxiety in people, study the relationship between personality and the subconscious self, and to help with learning and recalling complex information.

The Canadian Experiments

Believe it or not, some of the nastiest experiments took place right here on Canadian soil. From 1957 to 1964, Donald Cameron was a Scottish psychiatrist who conducted tests at McGill University. These tests included "psychic driving" where one was paralyzed with drugs and made to listen to hours and hours of repetitive phrases.

He also attempted to blank our conscious personality through electroshock, sensory deprivation and LSD. He did this to try and create a human who could be rewritten with a new character. People who were coming in for headaches and anxiety left with personality disorders and amnesia.

Operation Midnight Climax

Operation Midnight Climax, though not as exciting as it sounds, was probably the most insane experiment to come from MK Ultra. It all started with the CIA getting female escorts to administer drugs to their clients while the CIA watched from afar.

This eventually went from sex workers to busboys, as the CIA expanded its reaches from bedrooms to beaches, bars and local food joints. The program was shut down after Frank Olson, a U.S. biological warfare specialist mysteriously "fell" from his 10th-floor hotel room.



Nutmeg News

CLUB FEATURE

Benefits of doing improv

By **NICHOLAS HOTTE**

As a new student at NAIT, I was looking forward to finding a fun club to join. Being the theatre geek I was, I searched tags like acting, plays and improv. However, I couldn't find any clubs solely based on acting. I decided to create my own club: "The Improv Club."

The Improv Club is a new club, where we meet up once a week to... You guessed it, do improv! You may be wondering, "Why should I do improv?" As fun as improv is, it also comes with a lot of mental benefits.

Performing improv once a week is shown to help with building confidence and reducing social anxiety. This is a big one that most people don't associate with improv. The reason it helps with these issues is because of one main rule about improv: the yes rule.

The rule is that each person in a scene has to accept the idea from others. In improv, no idea is a bad idea. To say no to someone's idea in improv is to break its most important rule. This helps people improve confidence in themselves and their ideas.

Improv also helps your creative mind blossom and shine as everything done on stage is, well... improvised!

You and your teammates are working together to create something great. Thinking on the spot really helps your mind open up to new ideas that you would have never thought you would be able to think. These ideas can manifest into other things you may be working on.

Improv also helps your communication skills. Communication in improv is everything, in order to create a good improv scene you have to listen to your partner and relate something to what they said or act off of it. Sound famil-

iar? This is also how all conversations work. There is no script or specific lines, you just have to pull something from that creative mind and make something amazing.

Visual cues are also very important

in improv in order to understand where your partner wants to take the scene. These communication skills will help you in any occupation in the future.

We meet Wednesdays at 4:15 p.m. in the Shaw Theatre.



Unsplash

Healing trauma through art



Hancock's painting *Saying Goodbye to The Sea*

Research Gate

By **LARISSA NORTHOF**

Visual art is a calming activity and research shows that it can help process difficult emotion. Recently it has been used as a form of recreational therapy.

Susan Carr and Susan Hancock co-wrote a study entitled *Healing the Inner Child Through Portrait Therapy: Illness, Identity and Childhood Trauma*. This study is dedicated to helping adults process trauma from their childhood through art.

Hancock was also a participant in the research project and made art as a form of therapy. She was able to make a metaphor in the form of a painting relating to her childhood

trauma. Her painting was of a family day at the beach. It symbolised saying goodbye to the sea and letting go of the bitterness she felt that day.

Another portrait called Pandora's Box, showed her emotion through her choice of colours. The colour she chose, represented her anger and sadness. The box she was holding represented keeping hope inside. Painting as a form of therapy creates a narrative of the story. Claiming the story as her own helped to process the emotion.

Yessenia Delgado, a student studying this form of therapy, has participated in the activity as well. With the help of a therapist she went through the journey and described it as, "a very emotional process."

Typically, this form of art therapy is done in the form of painting. Colours have different meanings to the person

and patients typically enjoy painting the most. It can also have positive effects when used in sculpting, Lego blocks or photography. The goal is to help get to the point of their story. "Art is a form of coping," says Yessenia. She says this form of therapy is very effective and is only growing in popularity.

The whole process happens in three phases. The first phase is laying out all the colours and picking from the selection. It also includes coming up with a general idea to represent the feeling to put on the canvas.

Phase two is working with a therapist and painting your planned project. The final phase is analyzing the painting and working through the message. This can be a slower process and can take about a week to get a clear message out of the artwork clearly.

Albums of the week

THE SOUND OF STUDYING BY EMMA MORRISON



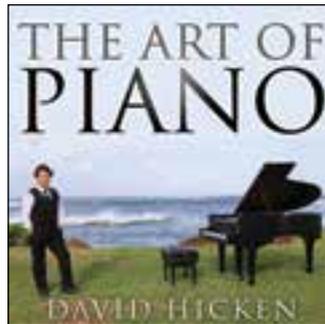
Various Artists
The 50 greatest Pieces for Violin

This album shows off innovators of music like Ludwig van Beethoven, Niccolo Paganini, Mozart and Jean Sibelius. With songs like “Hungarian Dance No.5,” and “24 Caprices for Solo Violin,” the album lives up to its reputation and features some amazing compositions. It comes with an incredible flow starting at a fast pace, then slowing and ending on another fast piece. All in all, it helps create some beautiful music to think about.



Bill Evans & Jim Hall
Undercurrent

Sit back and study while listening to some amazing jazz piano and guitar from 1962. The mellow but upbeat album will let our mind roam around in an old New York jazz club. Bill Evans and Jim Hall take a whole new level to jazz with their songs “Skating in Central Park,” and “My Funny Valentine.” With Bill Evans piano skills and Jim Hall’s guitar skills the duo invokes a feeling of wonder and amazement for the mind.



David Hicken
The Art of Piano

The Art of Piano: David Hicken is famously known for playing a cover of Carol of the Bells on YouTube. The Art of Piano features some of his most intricate pieces “The Letter,” and “The Messenger.” The pieces are fast paced to help motivate you. Hicken also includes some slower pieces to help you ponder your theories. This album allows you to breathe deep and feel every note that is played by David Hicken himself.



2Cellos
Let There Be Cello

This album showcases some of 2Cellos best work yet. With covers of modern songs like “Despacito” and “Imagine,” they have also recorded unique and unbelievable covers of “Eye of the Tiger,” and many more classics. This album will inspire you to pick up a cello of your own. But more importantly, have you thinking “how the heck did they do that?”



Yo-Yo-Ma
Six Evolutions–Bach Cello Suites

The Six Evolutions album showcases the ability of the well-known Yo-Yo Ma. The album starts off with Bach in his early periods of composing, moving forward into his more famous works like “Cello Suite No.1”, “Gigue” and “Suite No.1 Allemande in C minor”. Yo-Yo Ma plays each piece to perfection. It may be calming at first to listen to his cello pieces but this album inspires your inner genius to come out.

student life CAN BE TOUGH. we get it. WE'RE HERE TO listen.

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THIS PROJECT WAS MADE POSSIBLE BY PARTIAL FUNDING FROM THE GOVERNMENT OF ALBERTA

FOR YOUR LISTENING PLEASURE ...
The Shuffle
 The Study Soundtrack

By BREANNE REICH

Finding that perfect music to study to is harder than you might think. You don't want something that will just draw your attention away from your work and you don't want something that will make you want to go to sleep. Well lucky for you, here's the perfect study playlist that will keep you focused and interested in your work.

"I Will Wait" - 2CELLOS

This is a fully instrumental version of the well-known song, "I Will Wait" by Mumford and Sons. It will get you into the right mood for cracking the books, while also relaxing you while you study for those exams that are getting you down.

"Jack in AA (Deja Vu)" - Siddhartha Khosla

This song will always calm you down and give off a focusing vibe. The gentle strumming of the guitar throughout the song will keep you in a tranquil state of mind.

"Nemo Egg (Main Title)" - Thomas Newman

This song will bring back those carefree feelings from when you were a kid watching *Finding Nemo*. Remember the easy life of a kid? This song will help you tap back into that instead of the ever present impending doom you may be feeling at this point in the semester.

"Suite No. 1 in G Major" - Bach

This true classic will have you so focused on your school work, you won't even realize you're almost finished that essay. Nearly 10 minute long, this track will keep you focused on the task at hand and help you be the most creative you can be.

"My Dear Frodo" - Howard Shore

Don't you just love sitting down for second breakfast in The Shire with Frodo and Bilbo Baggins? Wait a minute, you're at NAIT? Prepare to be whisked away with this soothing melody as you sit down to finish that assignment that was due 30 minutes ago.

"Skinny Love" - Bon Iver

While this song has many different versions sung by various artists, Bon Iver's version is the best. The gentle strumming of the guitar will help to keep you relaxed while you're doing your homework.

"Mt. Washington" - Local Natives

If you are having a terrible day and just need something to calm you down before you have to start on that assignment you left until the last minute. You have to listen to this song, the instruments in this song alone are enough to make your stresses melt away.

"Featherstone" - The Paper Kites

From their EP, *Woodlands*, "Featherstone" is yet another great song to help calm down your body and mind while studying, or to listen to before going in for that big exam.



"Robbers" - The 1975

The 1975 create great music to help you destress after a long day, but there's just something about "Robbers" that really give off a calming vibe. In no time, you'll have this song on your studying playlist.

"Final" - Wilsen

This is the final song for this weeks shuffle (pun intended). This song keeps you calm, focused and singing along when even though all you want to do is scream about how much homework you have.



WEEKLY SPECIALS

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




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

REVIEW US ON GOOGLE ★★★★★

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

Young the Giant returns

By **CHANTAL DUNN**

On March 1, 2019, Young the Giant came to town on their Mirror Master tour. This was the first time in five years that the American rock band has played a show in Edmonton. Since then they have come out with two new albums: *Mind Over Matter* and *Home of the Strange*.

The concert took place at the Jubilee Auditorium and the band used the stage very wisely. In the beginning, lights overlooked the stage and were set up along the bottom of risers. The drummer and bassist were set up on the risers on stage. Behind the band was a plain black backdrop. The concert began steady with some newer hits. The audience was taken by surprise in the third song when the black backdrop was pulled away revealing tons of lights. In the middle of all the lights there was a huge mirror. It was a square shape that reflected light and seemed to move throughout the songs. There were lots of examples of musical and visual artistry put into the show throughout the night. There were sets of strobe lights set up around the stage that would only turn on at certain points, synched to the beat of the music.

Percussion was used in unique ways, compared to what you'd expect from a rock band. There were lots of egg shakers and a tambourine. A mallet typically used on a xylophone was used to hit the guitar, making a really cool resonating sound. The mallet was especially used during something the band calls "Out in the Open". Out in the Open is a web series done by Young the Giant, where they go outside and do an acoustic version of their songs. At the Jubilee they demonstrated this with an acoustic rendition of Titus is Born, a song off of their Home of the Strange album. It was a "set within a set," said the lead singer Sameer Gadhia.

Shortly after this intimate set, Gadhia introduced the next song by asking fans to raise their phones or lighters when the drums hit. He explained that there are sometimes thoughts or quirks people have that they are told to hold back, "but those thoughts are what makes us human". Holding up a light when the drums hit would represent sharing "a part of yourself you should share more often." Young the Giant used their music to encourage the crowd to let go of thoughts holding us back in order to express yourself.

The rest of the concert seemed to wrap up pretty quick despite trying to catch the Edmonton fan base up on five years of music, since Young the Giant's last show in town. The band also played their older, most popular songs,

like "Cough Syrup". An hour into the show they walked off stage and the crowd called for an encore. They then returned to the stage with a four song encore. The show ended with their old hit single, "My Body."



Photo by Kyle Ladda

APP OF THE WEEK

Technology to train your mind

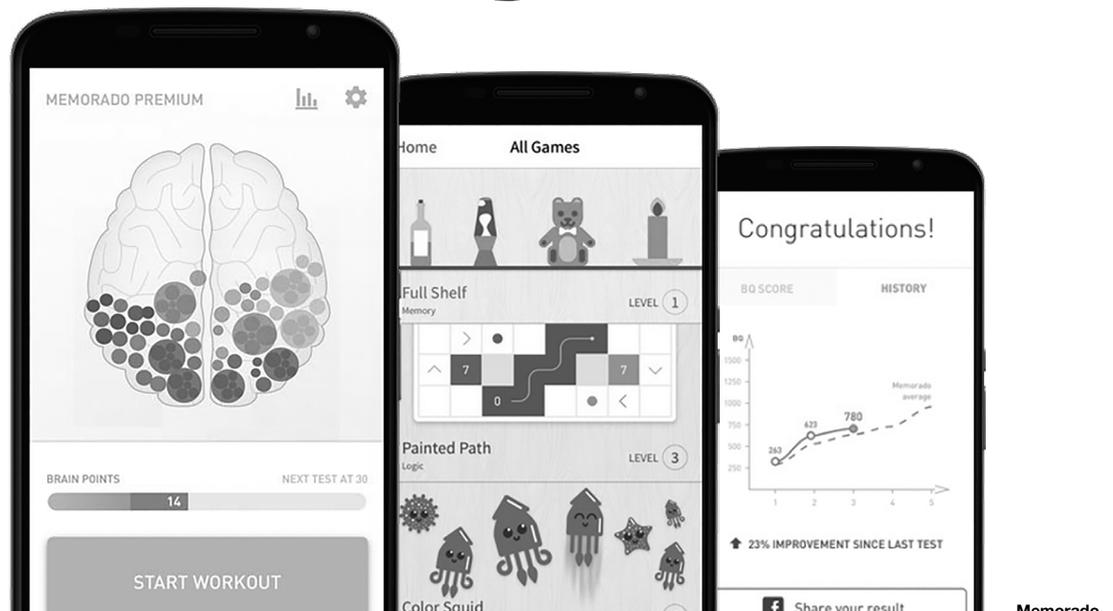
By **BREANNE REICH**

Do you find yourself constantly forgetting information like names, phone numbers or addresses? That's why you have to download the app, Memorado. The app helps to train your brain and body.

Finding a good brain training app that doesn't cost an arm and a leg can be very difficult. Luckily Memorado offers both a free and a paid for version of their app, with next to no differences in the app functions.

You can train your brain with this app by doing the various mini-games that help you become a better reader and help you better understand the material you are reading. It helps you recognize key information earlier and so much more. The thing that really set this app apart from its competitors is that it offers a mindfulness function where you can train in meditation each day.

If you are looking for the perfect tool to better your mind and body you have to try Memorado. Become the best you you can be with the help of Memorado.



Memorado

Sweat the small stuff



By **TORA MATYS**
Assistant Entertainment Editor

Mental health goes hand in hand with physical health. When I look back on my life, I can draw a correlation from depressive episodes to going full potato. Even now, when I fall into a rut and stop working out I can feel it within days in both my mind and body. I know everybody says that fitness cures depression...and as wrong as they are...they are kind of right. While it may not be a cure, it definitely alleviates some of the symptoms. When you work out, endorphins are released reducing stress levels and leaving you feeling a little happier.

I understand how hard it is to get to that gym when you just want to drown in a bucket of ice cream, but the beauty of fitness is, like emotions, it isn't black and white. There's no right or wrong way to get the blood flowing and the endorphins pumping (except not doing it at all). Fitness is anything from making yourself a religious weightlifting schedule to taking up geocaching and getting a few more steps in. Find a way to make your hobby your exercise and it's suddenly not a chore. But before you decide on how to tackle your new fitness plan, you have to pinpoint why you are feeling like you do. Not every exer-

cise helps everything.

When you're feeling stressed out, angry, and just ready to punch everyone in the face. I suggest hitting those weights. Remember to start with a 5-10 minute warm-up, I usually go for a short run to start. Pumping the iron will release all that tension in you and exhaust your body, leaving you too pooped to even be angry.

You can weight train one of two ways (or I guess technically both if you really want). If you don't want to gain too much muscle, then keep the weight low and the reps and sets high, but if you want a short and powerful tiring lift sesh, boost the weight and drop the reps to less than 15 per cent.

For those anxious and depressed times, yoga is my go to. Not only is it a slower paced work out, really focusing on control and balance, but it teaches you breathing techniques and as well mindfulness. Yoga is all about focusing your breath and clearing your mind, which sometimes can be a challenge for me with everything on my plate. It's not as physically straining as weight lifting, but still shows results. Yoga is good for toning your body and learning to meditate for short periods of time.

You don't have to hit the gym to exercise, even something as simple as a walk counts. Walking still releases endorphins and gets you moving. It also teaches you how to be mindful and find smaller pleasures, like the smell of fresh rain or the yellow of a dandelion against the green grass. You can also trick yourself into exercising by going for hikes on the many walking paths around Edmonton. Bring your camera and turn it into a photo session or try geocaching and look for life's little pleasures.

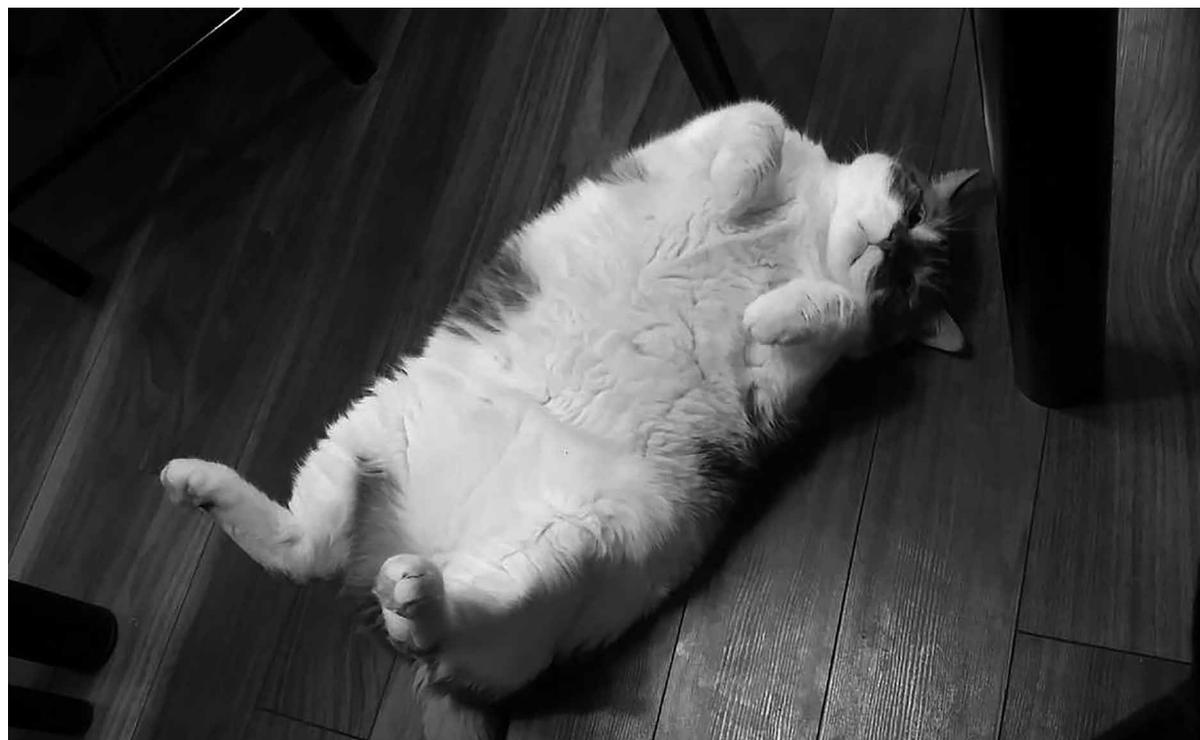
Whatever you chose to do, just do it. Make yourself small attainable goals to

give yourself a tangible measurable success, the smallest success makes you feel better. Give yourself the "me" time we all deserve and need. You can't perform men-

tally if your body isn't with it and vice versa. Even if it's for only 30 minutes every other day, stick to it and before no time you will feel like a new person.



Unsplash



Supplied photo

Pets of NAIT

By MOIRA BRYAN

Name: Ishtar

Nicknames: Ish or Fat Cat.

Likes: Naps in the sun, snuggles, bacon, and almost any other kind of food.

Dislikes: Jumping, running or being picked up.

Weaknesses: Very very fat. He has hip dysplasia so he limps when he walks.

Fun facts: Drools lots when he's pet.

Origin story: He was rescued. Originally he lived by a dumpster outside of a Boston Pizza in Vermillion, and was extremely skinny and suffering. The RCMP in Vermillion found a family to adopt him and he hasn't stopped eating since, hence the nickname fat cat.

Feeling the winter blues?

By **THERON HOGG**

As the weeks of ruthless frigid temperatures come to an end, so too does our tolerance for winter. This winter has been rough and long, but perhaps it's almost over? In the mean time we need ways to fight off this seasonal depression, ways that aren't as pricey as moving to Australia.

Cook the hottest of meals

Filling up on delicious hot pasta is a good way to fight the cold. But have you tried adding cayenne pepper to that pasta? What about adding a boat-load of siracha to your butter chicken? If you can't handle spicy food that's ok, enjoy your warm meal! But if you can take the pain, fill your chili with all the hot sauce. When you're food has you sweating, you may feel the need to cool off outside.

Bask in the sun

The sun is pretty darn hot, though going outside to tan isn't really the hottest idea right now—that's why windows exist! Lie in front of the biggest window in your house, listen to some good tunes and relax. Even if you don't have a big window in your house, NAIT is filled with the giant windows, so grab a mat and some headphones and think beachy thoughts.

Find a cuddle buddy

What you need is something or someone that you can huddle under a blanket with, and watch a movie. People are a good choice, they're warm. But they aren't your only option, Dogs are excellent snugglers. Cats are great, but they can be quick to leave. Be careful with lizards and birds... probably stay away from fish. You can even get a big thermos or mug filled with hot chocolate and just keep it close.

Stay Social

It's easy to become isolated in this weather, but that is the fastest way to land yourself in a depressing slump. You need to keep up with people. You don't have to go out, why not invite your friends over for a game night? Board games, video games, movies or even Youtube videos. Misery loves company, but that company might just be what you to forget about your misery. Anything you can do to distract yourself from the cruel winds that surround us all.

Sleep

If there is one thing that can utterly save (or ruin) a day,

it's sleep. It's not always an easy thing to get sleep, with projects, studying or just trying to relax. Being cold is bad enough, but being cold and tired is so much worse. The recommended amount of sleep is 7 to 9 hours and there's no better feeling than waking up feeling fully rested. Energy drinks can give you the kick you need but they're no substitute for the real deal. This final step in beating the winter blues is the most important, even if you can't manage the other four steps.



To Do Canada

Comic Catchup: Brainiac

By **HUNTER MURRAY**

Brainiac is a villain from DC Comics who has an obsession with knowledge.

He has many origin stories, but the most notable is that he is a scientist from outer space. The story goes that he originated from a distant planet called Colu. Brainiac had no care for most of his planet after learning everything about it. He set off in a skull shaped ship to learn more about the universe. His plan was to find planets, shrink them down to put in a jar to store in his own library of planets to study. If the planets fought back, Brainiac would sometimes destroy them. In some stories, Brainiac is the person who destroyed Superman's home planet, Krypton. Brainiac was known around the universe as The Collector of Worlds.

Eventually Brainiac would come across Earth, which is far more interesting than most planets due to it's life and adaptations that humans have made. Unfortunately, (or fortunately for us) he could never capture earth thanks to its defender, Superman, stopping his every attempt.

Brainiac's main power is his "twelfth-level intellect", allowing calculation abilities, enhanced memory and advanced understanding of just about everything. He also has the ability to talk to people telepathically and even control others minds. His strength and durability is around the same as Supermans, though he isn't much of a physical fighter. He'd rather send his army of android robots to do the job for him.

If you want to read about Brainiac I recommend the story: *Superman Brainiac* by Geoff Johns. For Brainiac's most recent appearance read *No Justice* and the 2018 *Justice League* run by Scott Snyder.



DC Comics

COLOUR YOUR STRESS AWAY



How to achieve happiness

By MARGARET MAREAN
NAIT Student Counselling

When I ask students what they want, many will say “I just want to be happy”. But when I ask “What does happiness mean to you?” most don’t have a clear definition. It takes some work but there are many things that you can do to improve your happiness immediately and throughout your life.

- **Define what happiness means to you.** If you have a goal it is important to be clear on what it is that you want. What factors constitute happiness for you and how will you know when you get there (keeping in mind the old saying ‘happiness is a journey not a destination’). Does your definition depend on someone else (I will be happy when I meet the right partner) or something out of your control (I will be happy when I win the lottery) or something unlikely (I will be happy when my parents admit they were wrong)? Does it depend on the media’s image of happiness, on what makes your best friend happy or on what you think “should” make you happy? Everyone will have a different definition and knowing yourself is the first step.
- **Choose to be happy.** Recognizing that happiness is, at least partly, a choice and realizing that you can choose to react to things positively or negatively, takes you a big step closer to being content. Give yourself permission to feel good and enjoy your life. Find things you are grateful for. Monitor negative self talk and change your language to be kind and forgiving to yourself. Practice looking for silver linings in negative situations.
- **Take care of yourself** both physically and mentally by exercising, eating regular, nutritional meals and snacks, getting adequate sleep, taking time for relaxation, doing things you enjoy, and having things to look forward to.

By prioritizing self-care you are automatically fostering happiness.

- **Nurture relationships.** Research shows that social relationships have the highest correlation with happiness so take the time to schedule in coffee dates or activities with people you enjoy being with.
- **Acts of Kindness** also correlate highly with happiness. Not only will doing nice things for others make you feel better about yourself – you’ll probably get kindness in return.
- **Take control of your environment.** Surround yourself with happy, nurturing people, things you love, and organized work and living spaces. Whenever possible avoid people or situations that cause you to feel stressed and negative. (Of course this does not mean avoiding stressors like attending classes or doing group projects which will most likely decrease your chance of success and future happiness). Evaluate whether your routine and lifestyle is working for you and whether there is anything you could alter.
- **Laugh.** Don’t take yourself too seriously. “Laughter is a marvelous medicine with no side effects. It is the great tranquilizer of life. In all stages of laughter, the brain releases endorphins, those feel-good compounds that increase your sense of peace and serenity. Laughter even stops hyperventilation, regulates digestion, decreases blood pressure, and boosts immunity function.” (From “Be Happy: Tips to Banish Bad Moods” by T. Satiroglu).
- **Achieve.** Find things you are passionate about and engage in them. Working hard and reaching goals creates satisfaction. While procrastination might feel good momentarily, overall it sabotages contentment. Having long-term goals as well as realistic daily goals enhances

satisfaction with life. However make sure your whole life is not about achieving goals; balance is important.

- **Take risks.** Trying new things, even if it is doing something you already do in a different way, makes life seem fresher. Challenge yourself to learn something new every day or to take a risk every month.
- **Don’t worry.** Worry and guilt use a lot of mental energy and foster negativity. Try to stay focused in the present and to direct your mental energies towards making the best use of your time and energy right now. Deal with concerns that are within your control and accept those that you cannot change.
- **You are okay just the way you are.** Perfectionists are usually disappointed in themselves and this leads to self-criticism which fosters more negativity. Strive to do the best you can under the circumstances and forgive yourself when it isn’t flawless.

Many factors can contribute to happiness. If feeling good is a constant struggle for you, or if you have other personal concerns, it may be helpful to seek help from a professional.

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 8:00 a.m. – 4:15 p.m. Monday and Friday with extended hours available Tuesday to Thursday.

Souch Campus: Counsellor available Wednesdays and Thursdays from 10:0 a.m. – 4:00 p.m. Book by calling 780-378-6133 or in person in Room Z153.

Patricia Campus: Counsellor available Mondays and Tuesdays from 10:00 a.m. – 4:00 p.m.. Book by calling 780-378-6133.

JUST THE TIP

Sex could make you smarter

By EMMA MORRISON

Often in movies, people who are celibate tend to have more cognitive capability. Those who have sex on a consistent basis are portrayed as dumb or stupid. However, a new study done by Oxford University and Coventry University in the UK has proven otherwise.

In a recent study by Oxford University, researchers have shown that having sex can improve cognitive ability especially in an older age group. The 73 (28 men and 45 women) participants were between the ages of 50 and 83 years-old. Over half of the participants had sex daily and the others reported they either had sex once a month or not at all.

Over the course of 12 months researchers studied the groups sexual habits closely. After they conducted many tests to assess every part of the brain, they concluded that those who were having sex regularly scored an average of two points higher than those who had sex once a month, and four points higher than those who abstained from sex entirely.

The researchers found throughout all the tests, that those who have a healthy and

consistent sex life scored well on a verbal fluency test. These participants are able to name more nouns, pronouns, adjectives, etc. in a set time span than those who are abstaining from sex.

Along with scoring high in the verbal category, the sexually active participants also scored high in the visual tests. One of the tests they underwent was drawing things from memory and many did extremely well.

The study concluded that having an active sex life can increase your intelligence by a small amount. But how does it actually make you smarter? Researchers attributed the increase in intelligence to the hormones and neurons firing back and forth, constantly creating new connections in participants brains.

When participants experienced orgasm, hormones like oxytocin are released, which help to reduce stress. In addition to reducing stress levels, oxytocin creates new pathways for your neurons to fire.

Although research is ongoing, it’s been shown that being sexually active is actually beneficial to ones happiness and intelligence.



Brain food for success

By **LARISSA NORTHOF**

Studying is always the top priority, but NAIT’s Registered Dietitian, Nick Creelman says, “Make food a priority.”

When cramming for tests and making that last-minute decision on what to eat, convenience outweighs nutrition. That doesn’t have to be true, foods that can help you maintain a focused brain for all that studying are: high fiber foods, protein, walnuts, avocado, black seeds, cinnamon and tuna. Creelman suggests for an easy and convient snack idea, trail mix with nuts and seeds, or fresh fruit particularly berries and cherries.

Breakfast doesn’t always fit into your busy morning routine.

“Wake up 10 minutes earlier to make sure you have time to [make breakfast],” said Creelman. Breakfast doesn’t have to be complicated. Try making a smoothie or yogurt with berries. If you’re really feeling fancy eggs and avocado toast can easily be made in the morning in no time.

Nick suggests staying away from trans fats, carbs and alcohol while studying. It can hinder your ability to learn and memorize information. Over eating can also have negative effects because it can lead to napping and feeling sluggish by the early afternoon. Keep your breakfast light and packed full of fruits and vegetables to give yourself energy to learn for the day.

BERRY BREAKFAST SMOOTHIE

A healthy breakfast smoothie recipe to kickstart your day. Variations can be easily applied to this recipe as well. Feel free to go bananas with your combinations!

Ingredients

1 banana, cut into chunks

- ½ cup nonfat milk
- ¼ cup frozen unsweetened blueberries
- ¼ cup frozen unsweetened strawberries
- 1 tsp peanut butter
- ½ tsp honey

Combine all ingredients in a blender and blend for about one minute or until it has the consistency of a thick milkshake.

AVACADO EGG TOAST

Eggs are a cheap and easy way to start your day. You only need one piece to fuel your day and feel light and energized. Try experimenting by adding other vegetables like tomatoes or mushrooms to add that extra little push for those eary mornings.

Ingredients

- 1 slice of preferred bread
 - ¼ to ½ ripe avocado in thin slices
 - ¼ tsp butter
 - 1 fried egg
 - Salt and pepper to taste
- Start with frying an egg with butter in a frying pan to your preferred consistency (hard, medium,soft ect.).

While that’s cooking, toast your bread slice and thinly slice your avocado.

Once your toast and egg are ready, spread the avocado on the toast and add the egg on top. Sprinkle with salt and pepper.



Food Network

“How do you rest your brain when you feel tired?”

By **VICKY CHANG**



“I listen to music and watch TV. Sometimes I will hang out with my friends.”

Thi Nhu Quynh
NGO
Baking and Pastry
Arts



“I usually exercise. I take a run everyday at lunch for 40 or 45 minutes.”

Anderson Lee
Electrician



“Uhh...just coffee.”

Fathima Sheriff
Business
Administration
- Accounting



“The best way is by taking a nap, but sometimes a change of scenery, like going for a walk, maybe taking a bath or shower. Eating something I haven’t in a while. Change the kind of music or putting TV on the background.”

Kate Crowell
Diagnostic Medical
Sonography



“Ha, I drink coffee, a lot of coffee. And sometimes I will do exercise. Yeah.”

John Diaz
Business Administration
- General

Photos by Vicky Chang

HOROSCOPES

Taurus (Apr. 20-May 20)

The negative headspace you're in will lift in the coming days. Try going for a walk to help you clear your head and it may lift sooner.

Gemini (May 22-Jun. 21)

Remember it is okay to take a break once in a while! Your mind can only take so much and overworking your brain will not help you achieve what you want.

Cancer (Jun. 22-Jul. 22)

You haven't been very sharp this week. Use this as a learning curve to up your GPA or sharpen your skills. Use a cool app like Memorado to help you.

Leo (Jul. 23-Aug. 22)

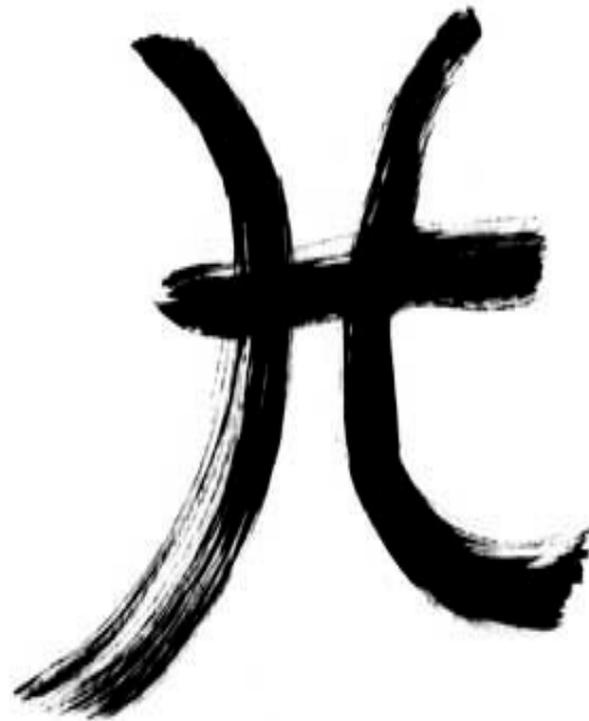
Leo, partying is fun... But studying is more important for you. Try and sit down with a nice cup of tea and turn on The Study Shuffle, crack open those books and get studying.

Virgo (Aug. 23-Sept. 22)

You need to breathe and slow down. If your mind is working a mile a minute it's hard to fully understand what's going on. Try and meditate or exercise to help your mind.

Libra (Sept. 23-Oct. 22)

Your brain is not always right, so listen to others. There are many ways you can solve the problem. Challenge yourself by solving a problem creatively.



Pisces (Feb. 19-Mar. 20)

Your mind may feel a bit uneasy. It's important to meditate to help you relieve any unwanted stress or negative energy.

Scorpio (Oct. 23-Nov. 21)

Being hot-headed can ruin a lot of relationships. It's important to remain calm and try to use your brain instead of emotion when solving problems.

Sagittarius (Nov. 22-Dec. 21)

Your positive headspace is contagious. But that is a good thing, try and spread your positivity around the campus.

Capricorn (Dec. 22-Jan. 19)

Great job fueling your brain with the vitamins it needs. Try and encourage others to do so as well, because when you are fueling your mind, you're fueling your body as well.

Aquarius (Jan. 20-Feb. 18)

Brain and cognitive exercise are just as important as physical exercise. Remember to train your mind to keep healthy and sharp for your classes.

Aries (Mar. 21-Apr. 19)

Stop eating junk food! Its bad for your brain. Have some food that improves your brain health and cognitive abilities.

GAMES

Match each part of the brain to it's function:

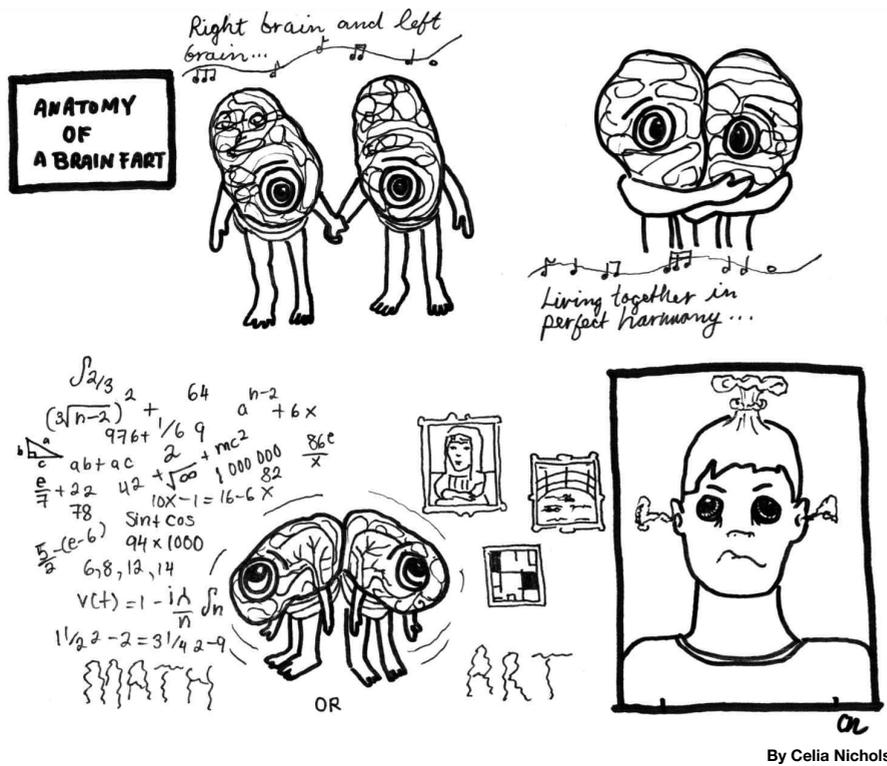
- | | |
|--|--|
| <ul style="list-style-type: none"> a. Broca's area b. Hypothalamus c. Parietal lobe d. Temporal lobe e. Thalamus f. Brain Stem g. Occipital lobe h. Grey Matter i. Cerebrum j. Cortex k. Cerebellum l. Frontal lobe m. White Matter | <ul style="list-style-type: none"> 1. The scientific name for the brain. 2. Known as the pleasure centre of the brain 3. This part of the brain interprets the sense of touch, pain and temperature. 4. This part of the brain interprets vision(color, light, and movement). 5. This part of the brain allows you to understand language and hear. 6. This helps you maintain posture and balance. 7. Lies in the frontal lobe helps you read and form words. 8. Acts as a relay center connecting to the brain. 9. Contains axons and make up the surface of the brain. 10. The surface of the brain 11. Contains neurons and make up the surface of the brain. 12. This part of your brain helps you make decisions and is associated with your personality. 13. Plays a role in alertness and memory. |
|--|--|

Sudoku Puzzle

Difficulty Level: Medium

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

CREATIVE CORNER



By Celia Nichols



By Larissa Northof



By Celia Nichols

POETRY

Fell in Love

She was fascinated by the stars,
She adored the moon.
She owed her brightness to the sun,
Her breath was the gentle breeze.
She fell in love,

In love with no one else but her own self.
The self she hadn't known had existed before,
Before she realized that she was a universe inside.

-Jot

Game answers:

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

- 1. i
- 2. b
- 3. c
- 4. g
- 5. d
- 6. k
- 7. a
- 8. f
- 9. m
- 10. j
- 11. h
- 12. l
- 13. e

WHAT'S GOING ON AROUND CAMPUS

WHAT WHO WHEN WHERE

UPCOMING CLUB EVENTS

Anime Screening

Repeats every week on Friday
(January 25 – April 26, 2019)

Super NAITSA
Anime Club (SNAC)

Friday, February 22, 2019
4:30pm – 9:00pm

NAIT:
CAT 272

Graffiti Night Party

Tickets are \$10/person and include a pre-paid highball and (skip the line) priority entrance. Recommended that guests wear a white shirt as markers will be provided to write on each other's shirts.

Combined Lab and
X-Ray Technology 2018-
2020 (CLXT Grad 2020)

Friday, March 8, 2019
8:00pm – 2:00am

Beercade,
Edmonton

Learn Spanish

Latino Club

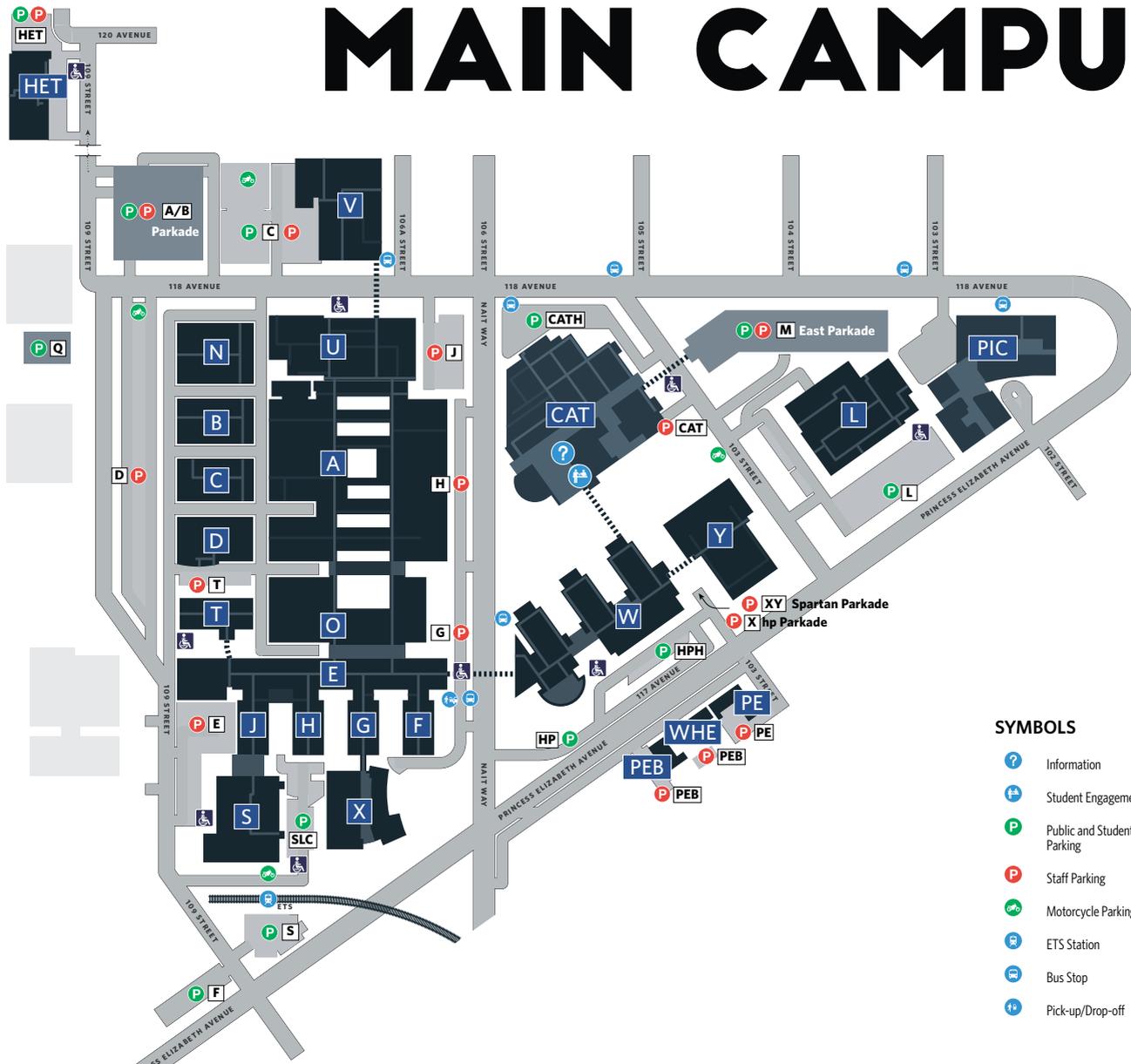
Tuesday, March 5, 2019
1:00pm – 2:00pm

International
Centre (HP W101)

To advertise your event in the Nugget, please see the Activities and Events section of your Clubs Handbook, or see the Campus Clubs staff at E125.



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
 South Campus
 7110 Gateway Boulevard
 NAIT Distribution Centre
 11311 - 120 Street
- CALGARY**
 NAIT Calgary
 816 - 55 Avenue ne

BUILDINGS

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

OFFICES AND SERVICES

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

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