

# THE NUGGET

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THE BEST

HIKES

TO FORGET ABOUT THE

**TUITION HIKE** Pg. 17





Photo by Erica Cawagas

## EDITORIAL

# Social isolation threatening the structure of society

By CHRIS AVERY

Stores are closed, countries are locked down and it is considered criminal in some areas to go outside. The rules governing how people interact are constantly changing. The long-term effects of such a grand social experiment are currently unknown.

Is this an Orwellian dream once thought impossible? Or is our society so gripped by a pandemic that we fear the very social things that once defined us?

There is no question: increasing self-isolation and social distancing measures threaten the fabric of our humanity. Even right here, in the golden prairies of Alberta, it is now criminal to leave your home when self-isolating.

Governments have revoked free will. They have taken away the free movement of people, albeit for a seemingly noble cause. Hope for the efficacy of this social experiment remains.

For instance, on April 29, 2009, nearly 11 years prior to our current pandemic, one specific article was published. Authored by Joel Kelso, et al. and published in a bio-medical journal, the article's subject is the novel influenza virus.

The authors ran a simulation on social distancing and viral spread.

"We simulated the effect of four social distancing interventions: school closure, increased isolation of symptomatic individuals in their household, workplace non-attendance, and reduction of contact in the wider community," said Kelso.

"We found that a combination of all four social distancing measures could reduce the final attack rate from 33% to 9% if introduced within 6 weeks," said Kelso. He further discovered that "the only single intervention measure capable of preventing an epidemic was the 90% case isolation measure, and only if applied within 3 weeks."

Essentially, the authors are telling us that early isolation is key to preventing spread. That a combination of all these measures can reduce "the total attack rate to 1.6%, with a correspondingly significant reduction in attendant mortality rates." This provides hope to reduce community spread and imminent death.

It is important to note that the same social distancing methods have been critical in slowing the spread of today's COVID-19 virus. The measures continue to be mimicked

by many countries during the current pandemic situation.

This goes without saying that governments around the globe are using isolation methods to contain viral spread. The science behind this process points overwhelmingly in favour of its premise: the desire of governments to create and legislate our free movement in response to the outbreak.

By limiting how people move, how people shop, how people interact, and even how people communicate, is the government now taking control of society? This takes away the will of a society.

Such policing and compliance also make me wonder how this will impact long-term social stability. With symptoms such as a cough, or a sneeze, or trouble breathing now ostracized, people are seeking comfort in self and social isolation.

Yet the protocol for trafficking our free movement still brings me back to Orwell: "If you can feel that staying human is worthwhile, even when it can't have any result whatsoever, you've beaten them."

In the end, during our current pandemic, the threat of extorted extinction and the ever-rising death toll loom over us. We are all left with an important question, how do we stay social in a socially distant space?



**The NAIT Nugget**

*Mission: "Our purpose is to give students the opportunity to take intelligent risks in order to educate & entertain their peers."*

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

# Grassroots lobby for free transit

By **STEPHANIE SWENSRUDE**

Free Transit Edmonton is a "group of misfits" centred around the idea that mobility is a human right.

"Transit is an essential service," said Danika McConnell, an organizer for the group.

The group formed in August 2019 when the City of Edmonton declared a climate emergency. McConnell commented on the tendency to think globally as opposed to locally when confronted with a problem like climate change.

"We looked at transit and thought, this is something we engage with daily," McConnell said. "Let's start here."

The collective is made up of local students and part-time and full-time workers from a variety of backgrounds. Their goal is free, expansive, connected and accessible transit.

Currently, they want to build a community of support behind the movement. The organization held a Transit Challenge Week in February where they challenged Edmontonians to use public transit and raise awareness for the cause.

Among supporters for their cause was Aaron Paquette, city councillor for Ward 4. He has been vocal since being elected in 2017 about what he calls a "tax on poverty". He questions the fact that fare evasion tickets are up to seven times the amount of parking tickets.

"If you get caught evading [the \$3.50 fare], your ticket is \$250," said McConnell. "The numbers don't make sense and they disproportionately affect those who are on the margins and at risk in our communities."



Photo by Erica Cawagas

On February 1, 2020, before fares were temporarily suspended due to COVID-19, ETS fares were changed. Though the single cash fare has only risen 30 cents since 2015, this year saw some fares nearly double.

Senior monthly passes changed from \$15 per month to \$34 per month, and senior annual passes changed from \$136.50 to \$374.

McConnell has concerns that the upcoming Bus Network Redesign will leave vulnerable Edmontonians disconnected.

"We have heard from seniors that this is going to keep them isolated in their homes," said McConnell.

McConnell is also concerned about the reduction in the number of bus routes.

"When you shrink a transit system, you inherently shrink the usage," she said.

McConnell aims to change the percep-

tion that fares are necessary for a transit system to work.

"I feel like folks get quite centric thinking that fare is what puts the fuel in and fare is what pays the bus driver," she said. "It's not that simple ... Fares are just a chunk of the pie."

"There are a lot of ways in the current budget ... we should be evaluating how other money is currently spent," McConnell said, "[transit is] an essential utility in this city."

Before cancellations due to COVID-19, Free Transit Edmonton had plans to hold a Town Hall to discuss next steps with Edmontonians.

If you are interested in attending the Free Transit Town Hall when it is rescheduled, you can check their twitter at @FreeTransitYEG.

**HIDDEN IN THIS  
ISSUE ARE:**

**FIVE EGGS:**



**LOOK:**



**BASKET:**



**See if you can spot them!**

Art by Celia Nicholls





Photo by Christina Liaño

# Did the UK act soon enough to flatten the curve?

By MIA HILDEBRANDT

Christina Liaño, an 18 year old student living in London explained that on March 24 the city finally went into lockdown.

"People aren't really taking it seriously. It's going to get worse," said Liaño.

The COVID-19 pandemic has affected everyone worldwide and countries have all taken action in their own way.

The first confirmed cases of COVID-19 in the UK were on January 29. By March 4, 87 cases were confirmed positive.

As of March 29, the total has increased to over 19,000 confirmed cases of COVID-19 in the UK with 1228 deaths.

Many countries in Europe took action to initiate lockdown, isolation, and social distancing regulations earlier than North America.

The UK is one country that did not initiate any regulations until just recently and is now seeing the drastic effects of the virus.

"We only got alerts from the government reminding us to wash our hands for the last few weeks," said Liaño.

The city did not experience any closures and was not given instructions to follow social distancing until March 24.

"I went to the mall on Saturday [March 21] because it was still open. The malls only closed yesterday and schools didn't close until this last Wednesday [March 18,]" said Liaño.

Libraries and gyms had remained open until the government took action the evening of March 24.

Many schools in North America had closed by March 16, even with significantly less confirmed cases of COVID-19 on the continent.

Liaño was scheduled to get her tonsils removed in two weeks but the doctor assigned to perform the operation is now in self-isolation.

"His mom had coronavirus so now I can't get it done because he's in isolation," Liaño said.

Liaño explained that London has one of the highest confirmed death rates of COVID-19.

"So many people have it, at our school there were two cases."

With little information available about the novel virus, it's very possible many could have been contagious and still

attending school infecting others. Liaño said in the UK there have been more deaths related to the coronavirus than people who have recovered as of yet.

London's decision to delay closures in the city has many believing that the virus is too far gone for the lockdown to make a difference.

Liaño moved to London from Spain and still has many close connections in Spain.

She explained that if an individual is found outdoors in Spain without a reason they are fined 600 euros. They haven't begun handing out fines to people in London, but they have closed down all stores except grocery stores, pharmacies and hospitals.

"The most exciting thing to do here is go for walks and now you can only walk with one other person and you have to be two meters apart," said Liaño.

The government emphasized that people could continue to walk, run and bike as long as it is with people from the same household.

Liaño hopes that citizens abide by government regulations to minimize the damage already done.



# NAIT students have access to chaplains of eight different faiths

**A message from Andy Renema, a Christian Chaplain at NAIT:**

When I wait at the crosswalk on 106 street, wearing my NAIT jacket that has “CHAP-LAIN” on the back, some people have asked me what a chaplain does. They might know that there are chaplains in hospitals and prisons, but why at a tech school?

NAIT has eight chaplains sponsored by different faith backgrounds and they love chatting with students and staff about faith journeys, changing beliefs, core values and how all those evolve.

We are all about wellness, a big theme at NAIT. Stress, anxiety, loss and relationships are recurring topics which are welcome and usually we can see you on short notice. We listen and when issues become too serious, we are ready to refer students to NAIT’s counsellors.

We don’t have offices, but can share the conference room at Student Counselling. We think of the crosswalks, long hallways and restaurants as offices for chats over a coffee or a snack.

I love greeting someone by making eye contact and connecting.

I have a sign coming that reads, “The chaplain is in. Ask me anything; tell me anything.” Chaplains do not preach or proselytize. We are not associated with the sidewalk preachers.

The NAIT chaplains that I know are focused on wellness and their spirituality is not the hands-on-your-hips-heels-dug-in variety. Some chaplains see the Bible or sacred texts as humans telling of big ideas that add value and meaning to life today.

Some may even suggest that anyone who proclaims ultimate truth based on isolated texts without putting them into a historical setting,

has the kind of certainty that degenerates into exclusivism or intolerance.

I have to remind myself that the Bible was written by many authors for varied audiences and that the final collection of 66 books was determined at meetings of people with similar issues that we experience today.

I’m not doubtful of its value and core message, but I shouldn’t get stuck in the inconsis-

tencies or the details.

I tell myself to sit still so that I can hear the nudges and overarching themes because that will lead to a more tolerant, gentle presence and a caring support in chaplaincy.

If you have a faith you want to explore please reach out to the NAIT chaplains.

Andy Renema, andyr@nait.ca or 780 454 7955 or cell: 780 554 8228

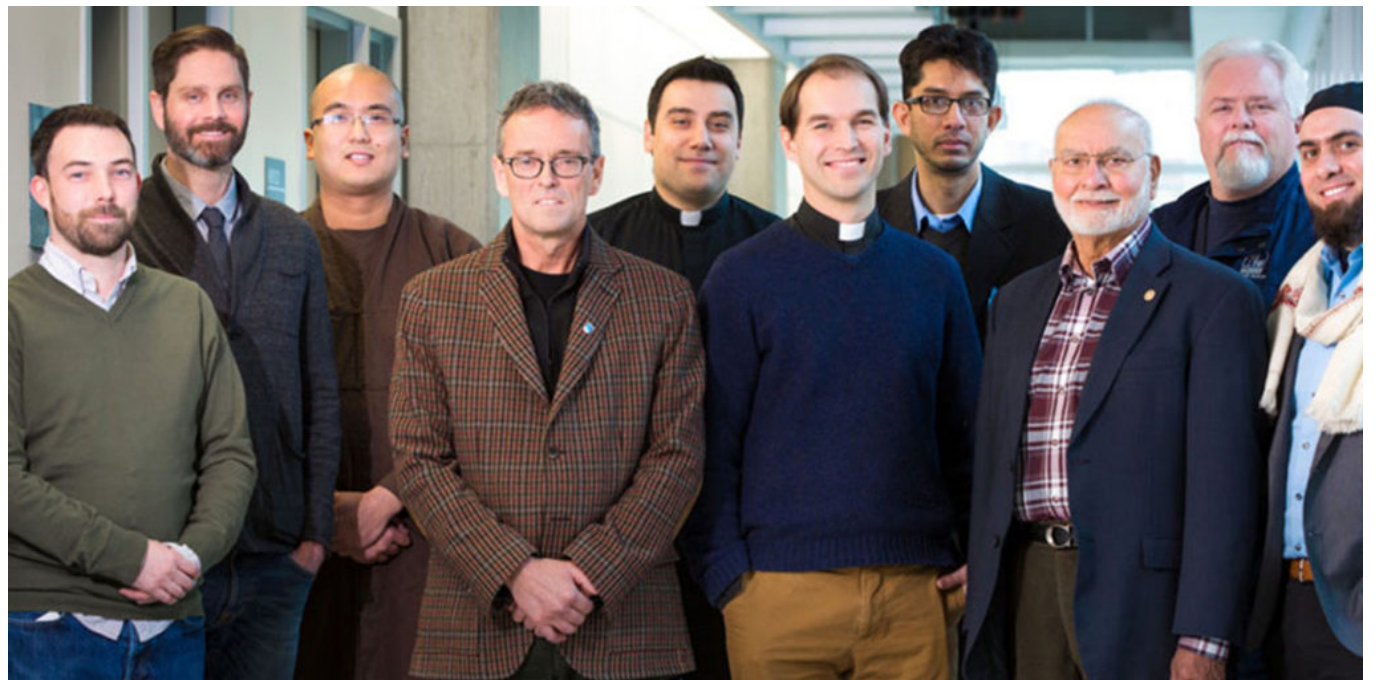


Photo via NAIT



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Photo via Facebook

## ALUMNI FEATURE

# Like father, like son: a legacy of the Ooks

By ORRIN FARRIES

The father-son sport legacy is a substantial oddity. Dell Curry and Stephen Curry, Bill Walton and Luke Walton, Archie Manning and Eli (and Peyton) Manning, to name a few.

These pro sports dads would of course bring their child up in the culture of the sport at its most vibrant. This would lend itself to having their sons follow in their footsteps, but the sporting world does not gladly suffer nepotism.

Case-in-point, Michael Jordan's sons, Jeffrey Michael Jordan and Marcus James Jordan. The father-son sports duo is an impressive upturned nose at the chaos of the universe. What are the chances that a father and son should live in the same city around the time of high school graduation, enroll in the same technical institute and play for its prestigious collegiate hockey program?

Ladies and gentlemen, NAIT Ooks alumni Kevin and Cameron Larson.

Kevin Larson attended NAIT from 1979-1981 enrolled in the chemical technology program, and played defence for head coach Perry Pearn's Ooks hockey team. Kevin took an interest in chemistry following high school and found his way amicably to NAIT through the suggestion of his cousin who was in the program.

His son Cameron's path came together a little differently.

"At the end of his Junior Hockey career [Cam] had a

couple of offers to go to some division III hockey programs down in the states, and the cost was quite high," said Kevin,

"It would have cost \$20,000 a year for Cam to go there[...] some of these guys go down to Div III in the U.S. and come back with nothing, a diploma that's not recognized (in Canada)," said Kevin.

"I'd say [my dad going to NAIT] definitely had a part of it. My dad really enjoyed going to NAIT and playing hockey there. It was more so the course at NAIT that I wanted to take, and I was looking for a place to play hockey after Juniors," said Cameron.

Cameron played 3 years of Junior hockey for both the Drayton Valley Thunder and the Melfort Mustangs. Always the rough and tough type, he picked up 258 penalty minutes in his junior hockey career.

NAIT's championship-pedigree program re-worked his on-ice aggression, finding the penalty box for just over an hour in his two-year career at NAIT.

Both men found great enjoyment in their time as NAIT Ooks, remembering most fondly the bonds they formed with their teammates.

"The friendships and all the stuff outside of hockey [is what I remember most fondly]," said Cameron.

"I remember having such a good time. The alumni association really talks about being a brotherhood, and I really found that with the NAIT Ooks program. Once you were an Ooks, you are always an Ooks. I believe that started with the Perry Pearn era," said Kevin of his years at NAIT.

The real meat of what brought both guys to NAIT was

always education, which allowed them both the opportunity to break into successful career fields.

"The biggest thing was the brotherhood, going through the program, meeting so many guys, and playing such a high level of hockey and still being able to get [an education]," said Kevin.

Cameron, a graduate from the construction engineering technology program, currently works as senior coordinator at Bird Construction after working for years as a project manager.

Kevin retired on February 13 of this year after a long and successful tenure in a variety of positions for the Department of National Defence. From helping defend the goalie to helping defend our country, Kevin has done his cooking by the (b)ook.

Owing in large part to the fastidious work of the Ooks Hockey Alumni Association (OHAA), Kevin and Cameron, 'Senior' and 'Junior' as they're known in the OHAA circles, currently play hockey every Saturday during the winter as part of the continued efforts of camaraderie of the OHAA.

This culminates every year at the Alumni Cup hosted at NAIT. Cameron has gotten the upperhand in the last two cups, but Kevin insists he's the better hockey player.

"Cam definitely is--because he's younger--faster and stronger, but I joke with him, I'll say, 'When I get home I'm gonna tell your mum I was the better hockey player today,'" said Kevin.

"It's so neat to play (hockey) every Saturday with your son, though I do get some serious talking back from him."



# NAIT National Champion: Alex Fung

By ALVIN THAMMAVONGSA

Alexander Fung had a year to cherish and remember this year on the badminton court. Competing in mixed doubles with his partner Eyota Kwan, they went undefeated throughout the season, and won gold at ACAC provincials en route to Nationals.

On the stage of CCAA Nationals in Mississauga, ON, Fung and Kwan once again turned in an undefeated run in the tournament and had a well-contested 3-set match in the gold medal round against a very strong team from Seneca College from Ontario.

Fung was humble and grateful in the wake of his success at nationals.

“[The] coaches had my back, and put me in a position to do well this season by giving me a scholarship to study business at NAIT, and by partnering me with Eyota Kwan, a very strong player,” said the national champion of his coach Sinead Cheah and the badminton program at NAIT.

Prior to coming to NAIT, Fung had already graduated from engineering at the University of Alberta, but his passion and fire for badminton put Fung onto a new trajectory.

“After graduating with an engineering degree, I decided that I wanted to experience college nationals as well,” said Fung.

Fung grew up with badminton as a part of his life, playing competitively as a junior at the Royal Glenora club under esteemed coach and program coordinator Wen Wang, and making it to the 2014 BWF World Junior Championships in Alor Setar, Malaysia.

Fung went on to attend the University of Alberta, but lost his focus on badminton as he ensconced himself in his engineering studies. To make matters worse, the UofA did not have a badminton team for Fung to let his birdies fly.

“While studying engineering, some of my badminton friends from juniors were off playing college nationals, (and it) looked fun,” said Fung.

Fung prepares himself for competition by working on his range of shots, refining his technique and establishing game strategy with his coaches. His mixed doubles partner, Eyota Kwan, keeps him sharp in their games in practice.

Some battles a man has to face on his own, and Fung puts a particular emphasis on the sports psychology that factors into the dazzlingly quick shuttlecock skirmish of badminton. Fung talks the mental game over with his coaches to keep the pressure from building up, but sometimes the butterflies cannot help but escape.

Fung offered an insight into the match day jitters at Nationals.

“[I was] very nervous, drank a Yop, almost threw up, took a dump, got into the car and tried to cry my eyes out,” Fung said.

Fung is currently a first-year open studies student. He is unsure what his next step is. He is working full time, and has accomplished what he set out to do at the beginning of this year: collecting wins at a Hawaii invitational, ACAC provincials, and CCAA Nationals in badminton.

Wherever he goes next for badminton, he expects the next echelon of improvement lies in mastering the mental game within the sport, still holding himself accountable for his performance under pressure at nationals despite the triumphant result.



Supplied photo.



# Ook grads spread their wings

By MIA HILDEBRANDT

As the athletic seasons are wrapping and graduating Ooks are starting to spread their wings out in the real world, they reflect on what being a part of the NAIT athletic family has meant to them over the years.

Donnelly, Hurlburt, Lewington and Norenberg have all had incredible experiences at NAIT on and off the court.



Photos by Railene Hooper

Julia Donnelly, a fourth year on the women's volleyball team said that looking back one of her favourite memories was going to San Diego for a tournament.

"On the last day there we got to go on a hike up a mountain and then down to a beach which was a super cool memory to have because it was so much fun and I got to do it with my team," Donnelly said.

Donnelly is thankful for the sport as she has been able to meet her best friends through the game.

"From the moment I decided to commit to NAIT, to the moment I played in my last game, I have had nothing but gratitude and respect for this school and my team."

Sydney Hurlburt, a fifth year on the women's basketball, ended her athletic career at NAIT by earning a first team all conference award and breaking the records for most games played and most three points made for the women's team.

Hurlburt said that her favourite memory at NAIT was winning an ACAC championship as a rookie.

"Being an Ook has been a second family to me. I have met so many people that will be in my life for a long time, but not only that, I got to play the sport that I love while having the ability to get an education while doing it."

Hurlburt is hoping to coach a basketball team to keep connected to the sport she has grown to love so much.



Mitch Lewington, a fourth year setter from Australia for the men's volleyball team, said that moving here and meeting so many new people and having so many new experiences has made his time as an Ook unforgettable.

"The friends I have met over here and the things I have been able to see, I will hold very closely to me for a long time."

Lewington said that he hopes to play as much beach volleyball as possible and join a men's league in the future.

Emma Norenberg, a fourth year from the women's volleyball team said that she will always remember beating the Lakeland Rustlers when they were the number one ranked team in her second year.

"It was pure elation running onto the court with my teammates to celebrate beating the undefeated team. It was one of those games where everything we did was perfect."

Norenberg has nothing but praise for her time spent playing at NAIT.

"Seeing my teammates every day was always the highlight of my day even if I was dreading practice. I was always in a better mood after practice than I was going into it. Being an Ook has given me some of the happiest memories of my life and it makes me sad to not return next year," Norenberg said.



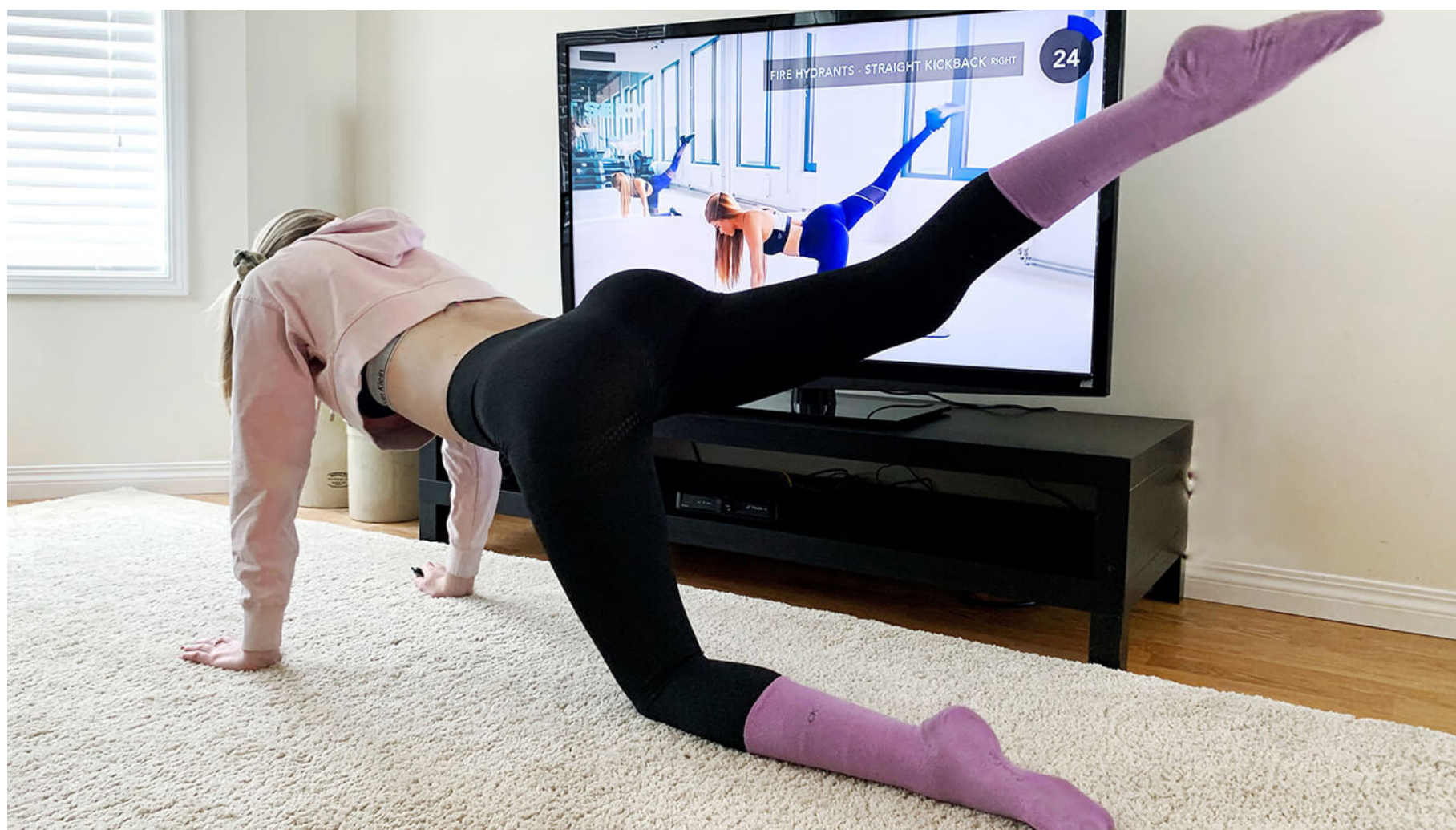


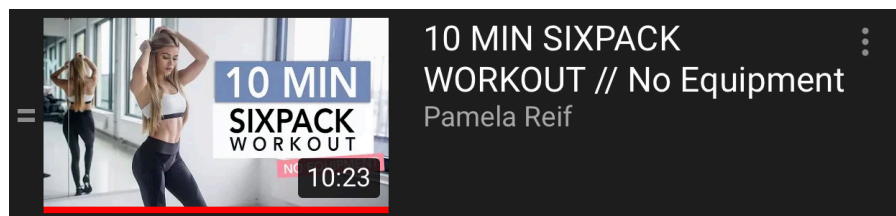
Photo by Madison Gummow

# Conditioning to crush quarantine

By **MADISON GUMMOW**

Working out from home can be a challenge. You likely don't have the equipment you would normally use, motivation can be hard to find, distractions are many or maybe you simply don't know what to do.

Luckily, YouTube has thousands of at home workout videos that require little time and no equipment. Here is a list of my favourite home workout videos on YouTube.



## ABS

### Pamela Reif's 10 MIN SIX PACK WORKOUT

This workout won't make you pour sweat but you will feel it the next day. I was skeptical of this video the first time I tried it because I felt like I hadn't worked out hard enough, but when I woke up the next morning and I could barely sit up I knew this workout was effective. After just two weeks of doing this workout every second day I had the six pack the title promised.

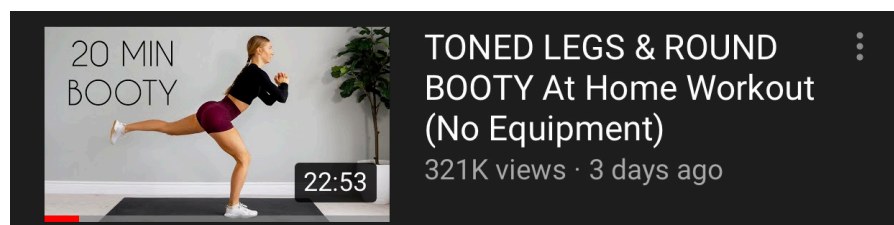
### 10 MIN Small Waist Workout- No Equipment // Curves & Flat Belly by Sanne Vloet

Another ten minute workout that really makes a difference is by Victoria's Secret Runway model, Sanne Vloet. This video focuses less on building defined abs and more on bringing in your waist and keeping your stomach flat. The exercises she shares are fun and leave you with a satisfying burn.

## GLUTES

### TONED LEGS & ROUND BOOTY At Home Workout - MadFit

This 20 minute video is great because Maddie Lymburner never repeats an exercise and thoroughly explains everything she does. Sometimes fast-paced workouts can be confusing and result in exercises being done incorrectly, this is not an issue with this video. If you are looking to build muscle in your legs and glutes, this is the video for you.



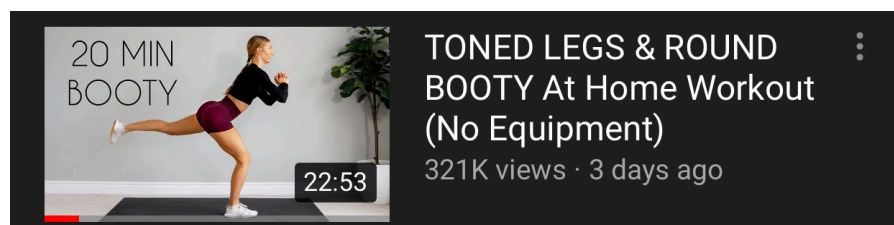
### Pamela Reif's 10 MIN BOOTY BURN

Another video by Pamela Reif. Her workouts are incredibly effective, simple and fast. I love this video because unlike most booty workouts I have tried, this one builds the glute without building bulky leg muscle. I noticed a significant difference from this video after just one week.

## FULL BODY

### QUICK FULL BODY AT HOME WORKOUT with Whitney Simmons

This video is not a typical 'workout with me' style. This is a sit-down video where Whitney explains exactly what she does during her full body workouts and the benefits of each exercise. She does include example clips of herself performing the exercises to avoid confusion. This workout will have you dripping in sweat by the end.



Photos via YouTube

### 20 MIN FULL BODY HOME WORKOUT by Natacha Oceane

You won't get bored doing this workout as Natacha fits 20 different exercises into 20 minutes. It's 45 seconds each exercise followed by a 15 second break which she uses to show you exactly how to do the upcoming exercise. This workout is intense and satisfying.

Alternating daily between these at home workout videos will help to fill that gym-void in your life and keep you in shape during isolation.



## EDITORIAL

# 'I wasn't there': WWE wrestles boredom with WrestleMania 36



By **ORRIN FARRIES**  
Sports Editor

WWE hosted its most recent 'showcase of the immortals', Wrestlemania 36, to a live audience of its production crew and former New England Patriot and Wrestlemania emcee, Rob Gronkowski. There is a lot to unpack with Vince McMahon's "Grand-daddy of them all".

Professional wrestling has always been absurdist sports-theater, and the absurdity was amplified by the circumstances of performing to no audience. What was originally supposed to be a single-day mega event of 7 hours at the Raymond James stadium in Tampa Bay, Florida, with an expected audience draw in excess of 60,000, became some-

thing much more bizarre over 2 days in the mostly empty WWE performance center in Orlando, Florida.

The WWE pivoted as best as they could to provide a scintilla of a live sports-entertainment experience, spreading the card out over two days, which was the first major boon of the weird weekend of wrestling.

In classic WWE style, the brand brought back many of its old as hell, overworked superstars of the past to carry the 'Super Bowl of sports entertainment'. The Undertaker did his best rendition of his former 'American Badass' persona in the very gimmicky 'boneyard match' where he battled AJ Styles around a farmhouse with a lovechild cinematic setting that looked very akin to if 'Sons of Anarchy' had a cross-over episode on 'Days of Our Lives'. While the match was expectedly campy, it was for many wrestling fans the highlight of the Saturday of this year's Wrestlemania. The dead-man wasn't the only vintage superstar that didn't stay dead this Wrestlemania weekend.

The most gimmicky match of the weekend was the 'Firefly Fun House Match' that pitted current bizarro character, Bray 'The Fiend' Wyatt, against everyone's favourite wrestler, big match John Felix Anthony Cena Jr. Words cannot do justice just how wildly entertaining and preposterous this match was. It should be required viewing for anyone needing a grin during these grim times.

The lowlight of the weekend was undoubtedly the return of Canadian wrestling icon Edge for a last man standing match with Randy Orton. This match showcased just how

old Edge has become, and while he did his best to sell his never-say-die attitude, the sheer amount of old-man noises that he produced in what was a brutally overdrawn match for a significantly past-his-prime performer.

The lack of an audience did make for some strange coronations. Three world championship belts changed hands over Wrestlemania weekend, two of them going to first-time champions, whose crowning achievement was met with Gronk giving all the exuberance he could after sitting through three hours of wrestling. These were good booking decisions by the creative team, but it just didn't feel the same.

Wrestlemania 36, as unattended spectacles go, was everything it needed to be. It was fun, light-hearted, and just serious enough to underscore how campy the whole thing came off. The joyful addition of Rob Gronkowski as Wrestlemania emcee and one-man audience was huge for giving the WWE's biggest event of the year something of a live atmosphere. While there were brutally short matches, indicative of changes having been made on the fly, and horrendously overdrawn matches, indicative of performers being tasked with eating up time, WWE put together an inspired and bizarre event that gave the audience an iota of the live sports experience that we have so desperately been missing. It may have been irresponsible of Vince McMahon to have Wrestlemania 36 go forward in light of the pandemic that we are living in, but given the circumstances, it was a light in a darkened sports-entertainment world.







Photo by Noah Ference

# Esports thrive despite COVID-19

By **SCOTT ZIELSDORF**

Despite many organized competitive sports facing cancellations brought about by the COVID-19 pandemic; the world of Esports is thriving.

Being an organized sport that relies on computers and online streams, many prominent Esports leagues have been able to make the transition and continue their seasons.

At first, Esports seemed it would follow the same path as many of its physical sports counterparts. The days of cancellations near the peak of COVID-19 hysteria brought about many quick changes; matches were held in empty arenas, stadiums or studios.

This lasted for a very short time however, as even a day after announcing the empty arena games; new announcements were made stating that seasons were being postponed until further notice. An all too familiar statement for many sports fans...

Would that be the end of the season for many Esports leagues? Doomed to join other sports in never being able to end their season and crown a champion?

It seems that is not the case as now Esports leagues like

the LCS (North American League of Legends) and OWL (Overwatch League) continue to broadcast. The LCS and LEC (European League of Legends) have both carried on to the playoffs portion of their seasons, and OWL is just under half way through their season.

What is most interesting however, is how little the events seem to have changed. Tuning into a stream of the LCS or OWL feels the exact same as it did before the onset of the pandemic. Naturally, being an online competitive game, the actual matches play out the exact same if they were in person or not.

The biggest difference is the on screen commentary, the “analysts desk” is a collection of webcams, and the casters desk is usually just two headshots of the commentators with name plates underneath. The show itself is being produced from the comforts of home on an impressive multi-monitor streaming rig. It is not entirely certain where the teams are playing from, but in the case of larger Esports organizations, they tend to share a large gaming house.

It will be interesting to see how the remainder of major Esports seasons turns out. With the League of Legends sea-

son going into finals, several teams stand out as strong contenders for the 2020 Champion titles in their respective leagues.

Here at home in the LCS, Esports giant Cloud9 Gaming looks to crush all competition and take the championship, with an impressive record this season of 17-1 leading up to playoffs. Cloud9 went into the playoffs vastly ahead of the runner up teams.

Across the pond in the LEC, the newer organization MAD Lions is aiming for a major upset by dethroning two-time European champions and fan favourites G2 Esports. If they accomplish this it could be one of the biggest upsets in LEC history. If you want to catch all League of Legends pro play in one place, go to [lolesports.com](https://lolesports.com).

Over in the OWL, the season is only in week 10. Already some clear contenders for the champion title are evident, such as the Canadian team, the Vancouver Titans, who are currently in second place for the Pacific division.

The online continuation of both these competitive leagues serves as a testament of Esports’ ability to persist through both good times and bad



## LOCAL SOUNDWAVE

# Local band uses music to connect with community

By KARLIE MICKANUIK

Ayla Brook & The Sound Men is an Edmonton based roots rock band that has been making music together for over a decade.

Ayla Brook is the frontman of the band playing guitar and is the lead vocalist. Brent Oliver is the bass guitarist and manager but prefers the term band dad. Sean Brewer is on guitar, Johnny Blerot plays the keys with Chris “Skippy” Sturwold laying down the drums.

“Everybody sings pretty much. Sometimes the drummer gets a microphone,” said Ayla.

“Not very often,” Oliver added.

Before the root rock band came together, Ayla Brook had already recorded a solo record and was in need of a band to do live shows with. So he set out to form The Sound Men.

“So I put out a solo record without The Sound Men name on it, it was just Ayla Brook. It was a pretty stripped down record but for a live situation, I wanted to have a bit

more of a full sound,” said Brook.

Brook went on to explain how natural it was to gather his musically talented friends to become Ayla Brook and The Sound Men.

“We had all played together and knew each other well, it was a pretty organic situation. It’s become a bit of a family really,” said Brook.

Ayla Brook and The Sound Men have been playing together for nearly 12 years and say that being a band for over a decade is the biggest reason they play so well together.

“We’re at a point now where we know each other’s playing well, we’re able to find spaces in the songs fairly quickly and it’s a bit of a symbiotic, almost psychic relationship in the band,” said Brooks.

“Translation: we can get away with doing shows without that many rehearsals,” said Oliver.

Ayla Brook explains that his love for music stems from him being an introvert and the stage becoming his safe

space where he can express himself.

“It’s about community, it’s an ability to have a thing where you’re able to express something personable but at the same time do it in a public place in a way that’s able to make everybody sort of a bridge to those public and personal places. So for me, it’s about connecting with people,” said Brook.

Oliver says he loves playing with his bandmates and the sense of camaraderie he and his bandmates have.

“I mean, I’m an older guy with three kids. I like getting on stage and kicking out the jams when my back is not all messed up. I love actually creating something,” said Oliver.

Since The Sound Men’s start, they produced an album together titled *(I Don’t Wanna Hear Your) Breakup Songs* which came out in 2016 and just recently dropped their latest album called *Desolation Sounds* which is available now. Brook describes the songs on the latest album as mature and says each song is very unique to themselves yet still fits into the album.



Photo via Facebook



## TALK NERDY TO ME

# My dream life: why Animal Crossing is so popular now

By STEPHANIE SWENSRUDE

It's New Year's Eve, 2003. I hop out of the family minivan and run inside, clutching my new GameCube game in my hands. I know little else about the game other than there are cute animals on the cover and that I can play it on the console I got for Christmas a week ago.

Animal Crossing. The game would come to be a favourite of mine and my sisters'. And 17 years later, it would be the way that we connect during a city-wide lockdown amidst a global pandemic.

A few months ago, I would have scoffed at the suggestion that soon I would only be able to see my loved ones through a screen. Now that it's turned into a reality, I am seeking more and more comfort from this little game.

In Animal Crossing: New Horizons, I can leave my house whenever I want. Making money is as simple as fishing or catching bugs. There is no employment. Tom Nook's loans are interest-free with no deadline. And, strangest of all, I can hang out with my

friends and family.

My sister lives across town, and usually once a day, we'll meet up in the game to exchange fruit and show off our islands. We actually talk more now than we did before the game came out. It's the way we connect, in an age where gathering together can result in fines.

My boyfriend and I can run around in adorable outfits and hit each other with nets. We send each other letters and plants and cherries.

There is no way Nintendo could have known this game would be released just as millions of people around the world were retreating into lockdown. But it worked out perfectly, didn't it? My social media feed in the past week has been nearly equally plastered with news regarding coronavirus and cute videos from Animal Crossing.

If I didn't have this game, I would probably get a lot more work done. But I would probably spend a lot more time with my eyes glued to my Facebook feed, going over the numbers, making graphs, and feeling wor-

ried about grocery store workers and health care staff.

Instead, I arrange flowers and trees on my

little island just right. I catch huge fish and curate a museum. And for a couple of hours a day, I forget about the real world.

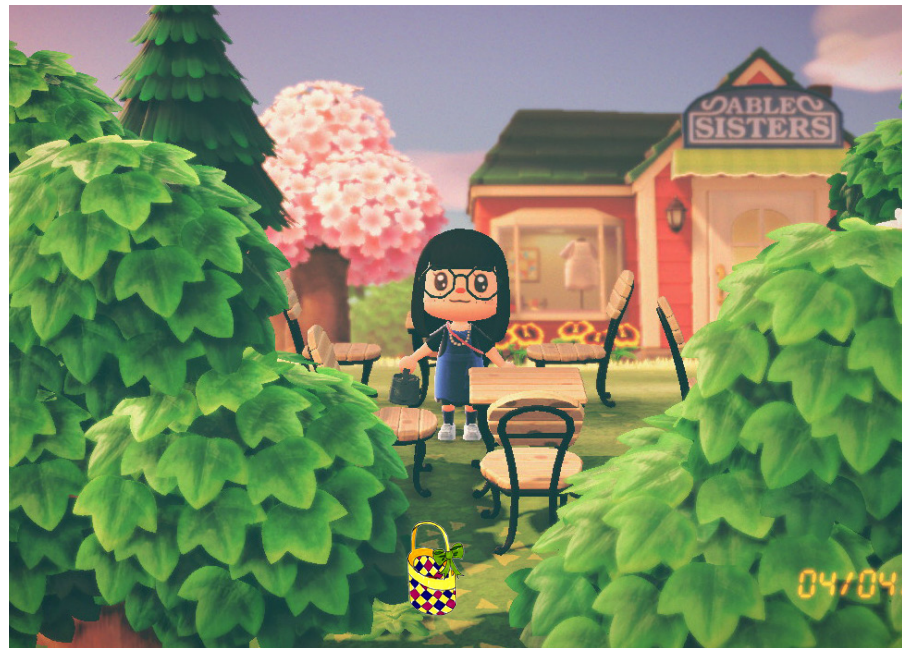


Photo by Stephanie Swensrude

## EDITORIAL

# Pandemic, not protest

By ELI O'DONNELL  
Entertainment Editor

Thanks to COVID-19, we are seeing the most pure unbridled social change in recent memory, at least since I can remember.

We have seen people locking their doors, supermarket shelves going empty minutes after opening and entire countries going into lockdown in an attempt to limit the spread of this virus.

The worst part is how easy it is to get stuck in the 'doom and gloom' cycle of one horror story to the next: India declaring a 21-day lockdown, the youngest death in the Canada, and seemingly everyone finding themselves without work at once.

But there is a light in this tunnel, and not just at the end. We have to look at all of the good in the world right now.

The best way I can visualize this for myself is seeing how this pandemic is kickstarting society in much the same way World War II kickstarted the economy.

It's funny how this virus is finally doing what protest has been trying to do for years. People have been protesting for climate action, universal income, basic rights for workers, better conditions or the elderly in care homes and countless other issues for years now. The whole point of a protest is to try and disrupt business-as-usual, otherwise, nothing gets done and people simply go on living life as is.

Well now that business-as-usual has not only been disrupted but almost totally destroyed, so many issues have finally been addressed.

We're seeing many governments implementing a rudimentary universal income in the form of Emergency Relief Benefits. Folks in elderly care homes are getting increased care and attention with smaller, more personal communities

as opposed to the usual large form care facilities. We're seeing that the most important parts of the workforce aren't the billionaires or CEOs, but the frontline workers. The doctors and nurses, delivery drivers, sanitation workers and anyone else that makes up the bulk of the workforce are the real gears of society.

Plus numerous other smaller issues like global emissions being way down, oil and gas seeing a decline in importance and more cleanly, hygienic habits being adopted worldwide.

All it took was pandemic, not protest.



Photo by Erica Cawagas



# All the floors in my house

And how good they are to lay on: a review with pictures.  
By ELIJAH O'DONNELL

**LIVING ROOM**

A good place to start, the living room offers many great advantages. Ample space, interesting decor and a flood of natural light from the double wide sliding glass windows. The only reason it loses points is the uncomfortability of the wood floors.

Rating: 4/5



**KITCHEN**

The kitchen floor is middling. Close to snacks, but with cold hard tile. Nice lighting, but cramped at three feet wide. Hits different at 3 a.m.

Rating: 3/5



**BATHROOM**

Yuck. Who would want to lay on the bathroom floor? Cramped with gross yellow lighting reflecting off of the shiny tiled floor. The only time you'd be laying in the bathroom is in the shower after a particularly bad day or if you slipped getting out of said shower.

Rating: 1/5



**HALLWAY**

The same wood laminate as the living room without any of the advantages. No natural light, cramped space for laying and no decor save for a single wavy mirror on the wall. A poor choice for any would-be layer.

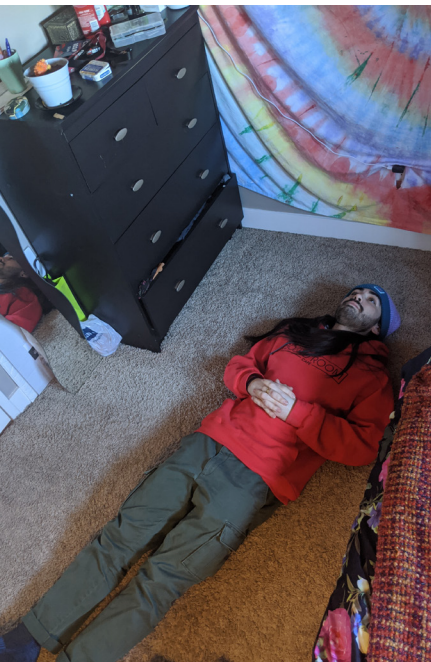
Rating: 2/5



**BEDROOM**

The bedroom has no downsides in my opinion. The biggest advantage is surely the carpeted floor; soft and forgiving. With that come vibey lighting, lots of curious items around the room to look at and, of course, a real bed to lay in if you somehow tire of the floor.

Rating: 5/5



**ENTRYWAY**

Like the kitchen, this offers a cold hard tile that is much less forgiving than the wood laminate of the living room. One must worry about pebbles and dirt tracked in on shoes, the smell of shoes themselves and a hit from the swinging door. +1 for the large mirror.

Rating: 2/5



**DECK**

Not much is worse than cold, hard concrete. Maybe it was just thanks to the time of year but even the mediocre view of north Edmonton couldn't make up for laying in snow on concrete. The eighth story winds didn't help either.

Rating: 1/5



**ROOMMATE'S BEDROOM**

Fortunately, this is the second and only other room with carpets. Unfortunately, due to the overwhelming amounts of laundry, schoolwork and other unassorted knick knacks I could not find a patch of floor large enough to to lay on.

Rating: 0/5

(PHOTO UNAVAILABLE)



# BOLD

## beauty

### ALTERNATIVE FASHION

By **KARLIE MICKANUIK**

The term “alternative fashion” covers a broad spectrum of styles, such as grunge, emo, gothic and scene. A few other lesser-known styles that fall into alt are Lolita, vintage and hip-hop.

There are no “rules” to this way of dressing and a person who practices this style often has a signature look. The point of dressing alternatively is to show off your pop culture tastes, personality and the kinds of people you hang out with.

Alt fashion is an umbrella term for many styles, and this style has evolved over the years. While punk fashion became popular in the 70s, outfits with an industrial vibe found its place in the 90s, and now with the app Tik Tok taking over the internet we see the rise of E-boys and E-girls. Of course each style of alt fashion is not limited to one decade, and these styles often intermingle.

#### Outfit Ideas

If you’re looking to try modern alternative looks or just want to add a few new pieces to your wardrobe, these are a few tips, tricks and pieces to try out.

#### Edgy Royalty

This is an obvious addition to this list as every edgy king or queen needs this staple piece. Putting pins or patches on your jacket is a good way to let your personality show. Play with colours when it comes to your leather jackets to really make your outfit more noticeable.

Pleated skirts are a fun trend that can easily be incorporated into an edgier look. Top the outfit off with a pair of combat boots and you’ll look like an edgy princess. If you vibe with being more of an edgy prince, then swap out the skirt for a set of black jeans.



#### So Many Layers

Layering your clothes is a recent trend in alternative fashion and can complete an outfit. Layering makes an outfit look thought out and put together.

Wearing a long sleeve turtleneck underneath your favourite band T-shirt is a great way to make the T-shirt pop. Wrap a flannel around your waist as an accessory to add some dimension to the outfit. Try neutral colours for long sleeves, such as black, grey and white, to add to the edginess of the look or play around with a colourful long-sleeve. There are no rules to fashion. This look also remains gender-neutral.



#### P.P.P (Plaid Punk Pants)

Plaid pants are versatile and can be paired with multiple outfits. These pants can be worn in an office setting with a blazer and can easily be adapted to a punk rock look. Add a pair of combat boots and ditch the blazer for a leather jacket and the outfit changes. Plaid pants also come in tons of colours, ranging from grey to red to yellow. There are so many possibilities when styling plaid pants to be creative and try some new colours and looks. Alternative fashion is all about expressing yourself.

#### The Impact

Alt fashion is often prone to stigmatization, and stereotypes of those in the alternative scene. For example, some people may see a person dressing gothic and assume they are a violent person. This is of course not the case for the large majority of people in this scene.

A large part of a person’s identity within the alternative community comes down to music taste. Dressing like a certain genre of music is a way to express that you are proud



Photos by Karlie MickanuiK

to listen to non-mainstream music. This can also create a silent recognition between others who dress similarly. Without even speaking to one another, individuals noticeably share something in common.



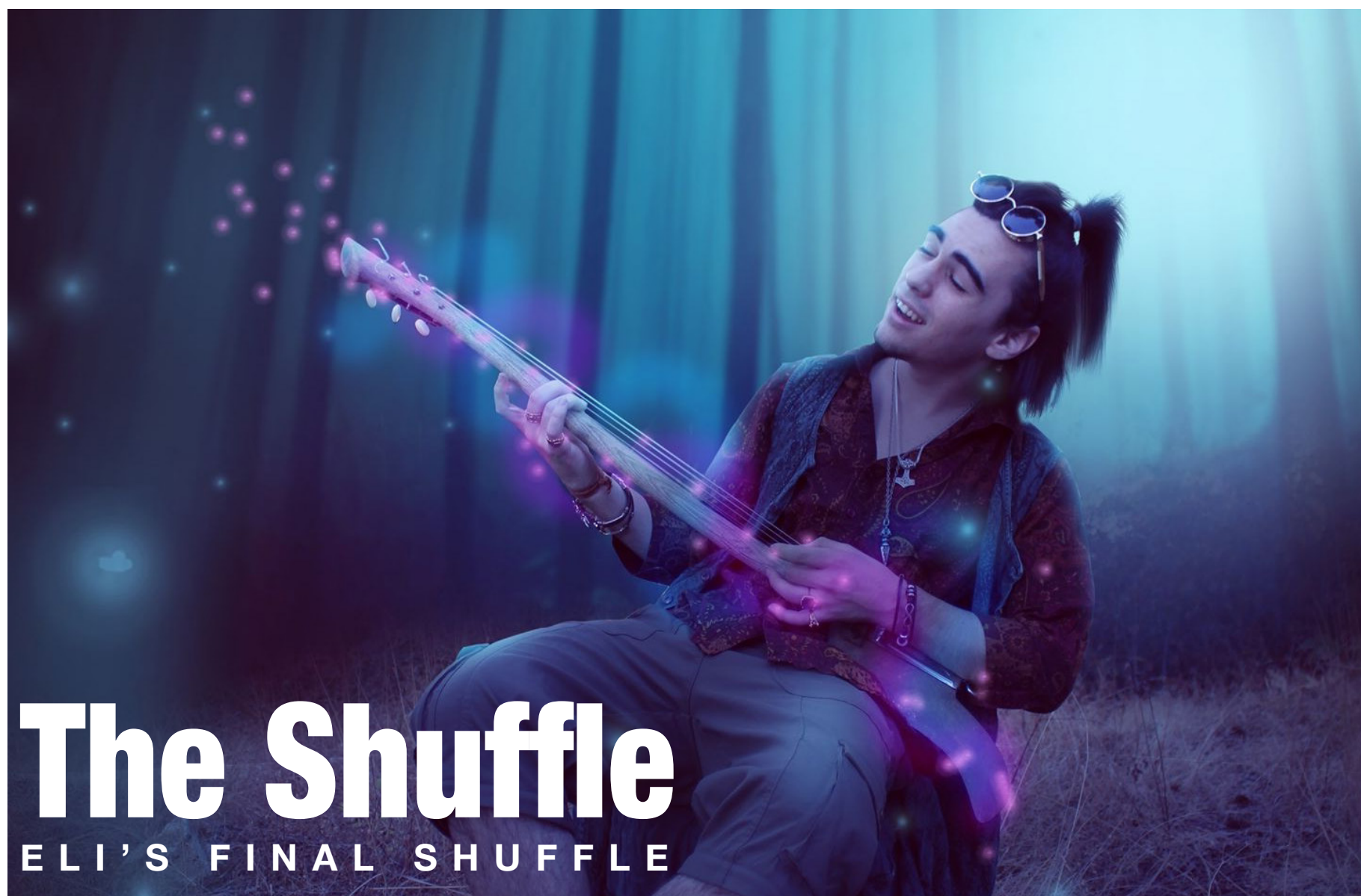


Photo via Unsplash

### By ELIJAH O'DONNELL

Being in the radio broadcasting program, I've had the opportunity to pursue so many weird side projects on NR92, NAIT's campus radio station. This is my final Shuffle as the Entertainment Editor for the NAIT Nugget, as I will have to head off for practicum next semester. This list is a pick from each of the six radio shows I've gotten to create and run over the last three semesters, with a few of my favourite picks to fill the gaps. I hope you enjoy this eclectic look into my eclectic life.

#### "Can I Call You Tonight" - Dayglow

Starting off with a newer addition to the evergrowing playlist that is my life, Can I Call You Tonight really embodies how I've been feeling recently. Just a huge urge to call everyone and anyone who will pick up the phone and ramble with me for hours.

#### "Smoko" - The Chats

Smoking isn't cool kids, but one thing all restaurant staff, construction workers and radio kids all have in common is when they're on smoke break they want to be LEFT ALONE. I played this one on my first ever time on the radio, thanks to Bundas Bangers.

#### "When I Was Done Dying" - Dan Deacon

Dan Deacon really helped me shape my own view of what happens when you die. This song is a hearty, driving, nonsensical tale of just what happens after you die. It weird and I find some new meaning in the lyrics every time I listen to it. I don't know exactly what happens when you're dead, but I know it's weird.

#### "Karn Evil 9: 1st Impression pt2" - Emerson, Lake & Palmer

Brain Salad Surgery: The first ever album I played on my first ever radio show, Vinylize. The story behind this track's title is as wild as it sounds. When they pressed the vinyl, the last song was too long at 28 minutes. They had to split it into three parts called "Impressions". The first impression was too long still and had to be split again into parts one and two. Part one is the last song on the a-side and part two is the first on the b-side.

#### "Electric Love" - BORNIS

This one is weird for me. We played it on CTRL+ALT+REPEAT and it instills this 'blissful melancholy,' to steal the term from my co-host, Caleb. Maybe not in everyone, maybe not in anyone but me, but this one just feels like the auditory equivalent of leaning your tired head on a bus window at sunset.

#### "Gamma Knife" - King Gizzard and the Lizard Wizard

Anyone who knows me should know how much I love King Gizzard. Like seriously, they're only the best seven-piece Australian alternative neo-psychedelic punk rock band of all time! And I will stand by that till I die. Gamma Knife was the first song I ever heard from them and it's been all Gizz ever since.

#### "Stary Safari" - Mad Conductor

Another thing people should know about me is my weird love of reggae and saxophone solos. This track, cut straight from Urban Zoo, NR92s best stop for rap and hip hop, has both - plus one of the best flows I've heard in a minute. Highly recommended.

#### "Peev Shalpatene" - Canadian Softball

Sitting squarely in the middle of the "& More" section of Covers, Remixes, Mashups & More we have one of the weirdest tracks I've had the pleasure of discovering. The lyrics are literally just ripped straight from the scene in Revenge of the Syth where Emperor Palpatine recounts the tale of Darth Plagues The Wise to Anakin, but with a good good spoken word twist. You really have to hear it to believe it.

#### "Brokedown Palace" - Grateful Dead

I get most of my music taste from my dad, like most of us. If my Papa wasn't blasting reggae records, it was Grateful Dead live show cassette tapes. In a time where everything I've known for the last year and a half of my life is coming to an end, I've grown attached to the final verse

"Fare you well, fare you well  
I love you more than words can tell  
Listen to the river sing sweet songs  
To rock my soul"

#### "A Farewell to Kings" - Rush

The last ode to my radio shows, Rush Hour was born out of a mutual love for the greatest Canadian rock trio of all time and a stupid pun. For the entirety of rush hour, we would give traffic updates and play exclusively Rush songs, with the occasional solo project from one of the three members thrown in for flavour. I played this song in dedication to my biggest inspiration in college: former editor, co-host and current best friend Tora when she had to leave the show for practicum in far off BC. Now it plays out this playlist. From Eli, now former Entertainment Editor, I bid you all farewell and adieu.



# The best hikes to get your mind off the tuition hike

With the tuition hike implemented for the 2020-21 school year it's definitely adding a burden to students. Some of the best ways to reduce stress is getting outdoors and what a better way to clear your mind from the tuition hike than going for an actual hike!

Here are some of the most beautiful hikes in Alberta you'll want to check out over the next few months.

By MIA HILDEBRANDT and ORRIN FARRIES



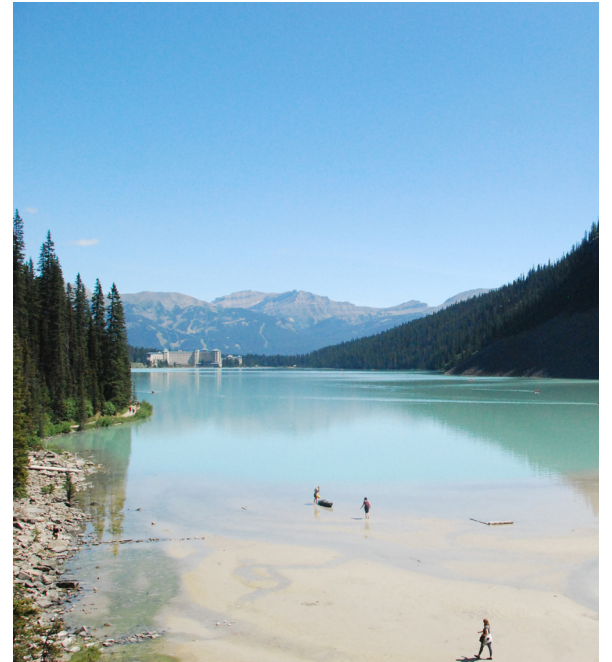
## Rawson Lake

The Rawson Lake trail is an easy trail for beginners at 8.9 kilometers and takes about two hours to reach the lake at the end of the trail. This Kananaskis trail is dog friendly and fairly high trafficked in the summer.



## Lake Agnes Tea House Trail

This is another popular trail with quite the elevation gain. The trail is 7.6 kilometers starting with a path around Lake Louise and then starts to incline making its way up to the Tea House. Be sure to bring a little cash so you can enjoy a treat at the top from the Tea House.



## Elbow Lake

A short 4.3 kilometer trail will lead you to the beautiful lake with another trail going around the lake with little paths to explore along the way. One of the trails even leads you to a beautiful hidden waterfall.



## Coliseum Mountain

Coliseum is a brilliant 6.5 kilometer hike that has something for everyone. A short jaunt outside of Nordegg, this mountain has a lovely cutback trail as well as a brilliant sprawl with outstanding sights. The peak of the mountain has an breathtaking view, and this hike has many spots that will leave you struck with awe at the beauty of nature present on the mountain.



## Johnston Canyon

This 11.6 kilometer round-trip canyon trail is one of the most popular in Banff. The trail will take you right down into the canyon, to walk alongside the crystal clear waters of Johnston Creek. End your hike at the beautiful upper falls, or continue the addition 3 kilometers to the Ink Pots—you won't regret it.



## Bertha Trail

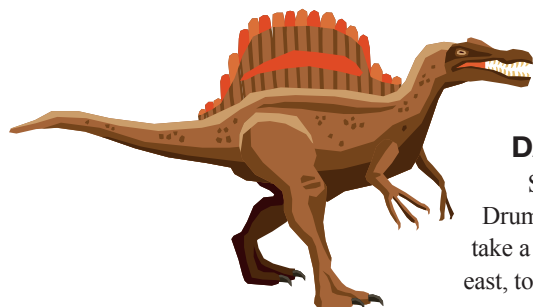
Bertha is one of Waterton National Park's well-known gems for a reason. Choose the 5.2 kilometer trail to the waterfalls, or head to Bertha lake for a total of a 10 kilometer round-trip. Both options provide magnificent views, a great workout, and end with a refreshing dose of H2O.



# THE ULTIMATE ALBERTA ROAD TRIP

By STEPHANIE SWENSRUDE

It's almost the time of year I start planning road trips for my summer. Alberta is home to dozens of fun summer activities. This summer, I hope to remember why I am so proud to call this province my home.

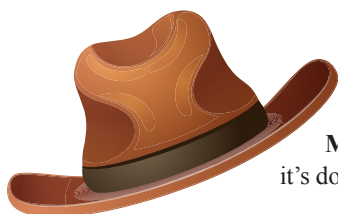


## DAY 1: DRUMHELLER

Start off your trip with the dinosaur capital of Canada. Just three hours southeast of Edmonton, you'll find Drumheller and its world-renowned **Royal Tyrell Museum**. In addition to its vast collection of fossils, you can also take a hike through the dusty badlands. Then, make your way to **Dinosaur Provincial Park**, about two hours south-east, to camp for the night.

## DAY 2: DINOSAUR PROVINCIAL PARK

This is one of Alberta's hidden gems. With a wide variety of hiking paths, you will be amazed at the geological formations called hoodoos. You can also enjoy a picnic on the bank of the **Red Deer River**.



## DAY 3: BROOKS & CALGARY

If you're a dork for small museums in the middle of nowhere like me, you can head to the **Brooks and District Museum** to get a look at the heritage of Southern Alberta; from the first Black cowboy to a one-room schoolhouse. Then, it's down to Calgary.

Alberta's largest city boasts tons of fun attractions for all ages. If you're tired from hikes and camping, spend an afternoon sunbathing in **St. Patrick's Island Park**. It is located across the river from the **Calgary Zoo** and it is just as fun. There's also an area for wading and some trails. Calgary has an incredible selection of restaurants to check out for dinner.

## DAY 4: CALGARY

In the heart of Cow-town's downtown sits **Glenbow Museum**. There's something for everyone here: pop culture fans, history buffs and art lovers. Spend the morning here, then meet up with your **Calgary Greeter** for a walking tour through downtown. Greeters are local volunteers with a passion for Calgary. You can meet with a Greeter who has expertise in local culture, architecture, art and more!



## DAY 5: CANMORE

Just over an hour west of Calgary, you'll find Canmore. Smaller than its big sister Banff, you may find that Canmore has a less crowded, more local vibe. Check out the **Carter-Ryan Gallery** for bright paintings and soapstone sculptures by Indigenous artist Jason Carter. The gallery also hosts live musical theatre performances all summer long.

While you stroll the streets of Canmore, you'll enjoy people watching, window-shopping, and taking in the gorgeous mountain scenery. There are also tons of hikes for all levels in the surrounding area.



## DAY 6: BANFF

No Alberta road trip is complete without hitting up these next few spots. Banff is known around the world as a beautiful mountain paradise, and for good reason. However, this can make it hard to go anywhere that isn't crawling with tourists. I recommend timing your trip so that you hit Banff and Jasper during a weekday, or during a time where children are in school.

Also, while in the National Parks, make sure you have a valid park pass!

An easy and quick hike starts just 15 minutes away from the Town of Banff. **Tunnel Mountain** is a great choice to see views of the town and of **Rundle Mountain**.

If you've chosen a quieter time to visit, take the **Johnston Canyon** route to the **Ink Pots**. One of the busiest hikes in Banff, you can walk between a canyon wall and a roaring river on safe catwalks. Once you reach the peculiar Ink Pots, you can sit for a picnic amidst the milky-green or vibrant blue mineral springs.







DAY 7: JASPER

Finish off with what is, in my humble opinion, the best of Alberta’s famous mountain towns - Jasper. If you want to relax after the scenic four-hour drive from Banff, duck into **The Whistle Stop Pub** for some awesome drinks and food.

Jasper is one of Canada’s only **Dark Sky Preserves**, which means there are actual laws in place to help cut down on light pollution. **Jasper Planetarium** offers many packages to help you explore the cosmos. If you’re on a budget, I recommend driving up to **Pyramid Lake** to stargaze.

DAY 8: JASPER

Rise and shine! Head to **Coco’s Cafe** for breakfast. They have espresso beverages and delicious bites for all diets - gluten-free, veggie, meat-eater, and more! Local art and posters adorn the walls. The bathroom actually features a giant mural of **Pyramid Mountain!** The mismatched chairs are covered with poofy cushions and throw pillows. It’s a great local cafe to start your day.

There are hundreds of hiking trails around **Jasper National Park** for all ability levels. However, if you have limited time in Jasper, you don’t want to spend two hours driving to a trail. Luckily, there are a handful of trails that start and end within the town of Jasper. Minimal driving required! Make sure you bring along a snack.



The Johnston Canyon Ink Pots.

Photo via Teddy Kwok, Flickr



Star gazing from Pyramid Lake.

Photo via Sei F, Flickr



The town of Banff during the summer months.

Photo via Dev2r, Flickr



## TECH TALK

# My horse prince: yay or neigh

By ELIJAH O'DONNELL

Dating simulator games are nothing new. Dōkyūsei was the first, all the way back in 1992, and since then we've had a sweep of sims of all kinds.

From games like Doki Doki Literature Club, a secretly twisted Japanese highschool sim, Dream Daddy, where you, as a single dad date other single dads, and Hatoful Boyfriend, a game where you can date a pigeon. Enough said.

But none are quite the same strange breed as My Horse Prince.

The premise is simple. You are tired of the boring dudes at your office so you figure you could head down to a countryside ranch in search of your next fling. What you don't expect to find, let alone find yourself owning or falling in love with is a horse with a human head.

To be fair, only you see Yuuma's human head. To everyone else, he is just another horse. This is quickly explained away by the fact that you're a girl born in the year of the horse and sometimes this kind of thing happens to girls born in the year of the horse. The quick and offhanded explanations are a frequent occurrence in a game as absurd as this.

As far as the story goes, My Horse Prince is simple but effective. Before you really have a chance to say no, you are Yuuma's owner and thus it's your job to make sure he's ready for his big races.

Guided by the ever-lovable and comedic Ojisan and his cast of relatives you find yourself and Yuuma working, training and bonding in a different situation through each of the ten main chapters and three bonus chapters. These things include training on treadmills, catching some waves at the beach (yes, Yuuma can surf) and, of course, racing.

Gameplay consists of talking to Yuuma. He will present a dialogue option and whichever of the three responses you pick determines how much energy he gains or loses. This energy totals to a maximum of 100 per cent and the higher percentage you have dictates how effective the activity he's doing in that chapter will be, with a unique animation for each effectiveness level.

Activities done at 80 per cent will have a more active and engaged animation than those done at lower percentages. The end goal is to fill up the heart meter at the top of the screen to grow your bond stronger and move to the next chapter. It's that simple.

The real draw is in the story that unfolds between the events. You're provided with a short cutscene in between each chapter to help move things along. These include attacks from street gangs, stampedes of Yuumas adoring fans, run-ins from past rivals and Yuuma cooking you breakfast.

The game will also send you notifications to let you know that you can talk to Yuuma again and he will ask you personally if want to chat with him again. Cute.



Photo via The Outline

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Photo via Scream Queen B

# TAROTSCOPES

with SCREAM QUEEN B

Follow me on instagram at @screamqueenb\_tarot for more readings and revelations. For a personal reading visit [www.screamqueenbtarot.com](http://www.screamqueenbtarot.com).



In times of suspension and stillness, we slow down long enough to hear the calling of our soul. When feelings of discomfort, irritability, anger or sadness arise, just remind yourself that these are signs of transformation. A beautiful change is taking place.

Read for your astrological sign below to see what message spirit has for you now.

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

Your memories are like the diamonds in the treasure chest of your spirit. More and more memories are arising within you. Remember the happier moments with your loved ones (including those in the spirit world) for neither time nor distance can stop the energy of love that you have for one another.

## TAURUS (Apr. 20 - May 20)

Now is the time to love, nurture and heal yourself! Self-love is not simply a state of mind about feeling good - it's a state of appreciation for yourself that grows and matures from actions you take to support your body, mind and soul.

## GEMINI (May 21 - Jun. 20)

Intuition is the language of the soul. We are all born aware with a profound sense of inner-knowing. Intuition is one of the greatest gifts we possess, which keeps us connected to our higher selves, the universe, and to our divine spirit. Pay attention to your gut feelings.

## CANCER (Jun. 21 - Jul. 22)

Imagine yourself as a being composed of energy and light - because in reality, that's precisely what you are. You are a powerful being, and people are attracted to your brilliance. This is a time to remember how vibrant you truly are!

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

This is a time to absorb the healing properties nature has to offer. Your mind, body and soul need nourishment, energy, revitalization and strength. Nature has much to offer, so take this time to connect and spend some quality time outdoors.

## VIRGO (Aug. 23 - Sep. 22)

Your loved ones in the spirit world know when to reach out if they see you're at a low point. Whether you're caught up in this difficult situation or struggling with someone specific in your life, there is always hope.

## LIBRA (Sep. 23 - Oct. 22)

Spirit has its own way of recognizing the care and love you provide others. Caregivers often focus all their attention on their loved ones and often neglect their own concerns and well-being in the process. Take time to honour and nourish yourself.

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

It's time to cast aside normal routines and make your main purpose to serve. It's about giving back without any thoughts or expectation of getting anything in return. Reach out and touch other people's spirits, as it's highly likely that someone really needs it today.

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

Everything in life is constantly vibrating and moving, and therefore, continuously changing and evolving. Be aware that a new beginning is on the horizon. Have courage and faith, because right now, life is trying to nudge you forward and move you in a new direction.

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

Strength comes from many sources. Staying strong brings confidence, conviction and a balanced body, mind and soul. Spirit has its own unique and beautiful way of replenishing your soul with strength on a continual basis. You're never really alone.

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

When was the last time you had fun? When was the last time you took a chance and did something silly - something totally unlike you, just for the joy of it? It's long overdue for you to let go of your analytical mind and give yourself and your soul permission to have fun!

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

Spirit has its own special way of letting you know that it's time to study again... whether that's learning old things in a new way or learning something totally new. This is an opportunity to expand your mind.

*Scream Queen B is artist and writer Lindsey McNeill. Find her at @screamqueenb\_tarot on instagram. Oracle messages for this week are pulled from the Spirit Messages deck by John Holland.*



## CREATIVE CORNER

**Strawberry Rhubarb: Origins**

By Orrin Farries

On a hot and humid July day on the outskirts of Offenburg, Germany, Richard Fromdabloque wandered into the deep bush and bramble of the Black Forest, not with full wit, but rather with a stomach full of a well-aged Merlot gifted to him by his cousin Maurice Fromdabloque. By the virtue of his drunkenness, Richard had lost his way, a fact that he found most disturbing after waking from a long-winded slumber. As he had slept right through the break of day, he had lost the sun to the top of the sky. Unaware of east from west, north from south, and home from hell, Richard realized he would be in a spot of terminal hunger, and as any sound man of stout proportions, he began filling his rucksack with rations from the ground, giving all the most suspect of foods a cursory taste-test to check if they were edible. Richard was not the smartest man. Richard had collected an entire rucksack's worth of shrooms, berries, nuts, and greens by the time the sun had made its way to set, giving Richard a frame of reference to head home, so he made his departure, taking rest once the forest was as black as its name. Before making his resting spot for the night, Richard grabbed from his bag this lovely stalk of red celery that he had found earlier in the day, and scarfed it down, noting its intense bitter flavour. So happy was Richard with his discovery, he grabbed a strawberry out of his rucksack, and wrapping it in the leaf of the red celery, he had himself a delightful little dessert.

Waking the next morning, Richard's throat was sweltering hot, as was his mouth, as if he had been eating an exotic Indian curry throughout the night in his slumber. Rushing behind the nearest bush, Richard tried to relieve himself, his body stinging with hot, prickly pain, his eyes puffing up, distorting the landscape into a blurry, tear-filled abyss. Richard passed out from the pain, this time sleeping for a whole week before coming to again. Finally awake, weaker than a newborn lamb, Richard stumbled in the direction of the setting sun until he was intercepted by his brother Jacques Fromdabloque, who took him to his home and nursed him back to good health.

Jacques allowed Richard to take one of his horses to ride home on, Richard bade him good tidings and thanks for saving his life and departed for home. Just down the road from his house, Richard heard his wife screaming as if she were being attacked, and Richard dismounted his horse, grabbed the pitchfork from outside his home, and barged through the door, only to find his wife, the buxom Jenavive Fromdabloque, intimately engaged with the Milchmann. Richard was furious. However, as the Milchmann was the strongest man in the village, Richard knew it was suicide to physically confront the beast. So he pondered, and plotted, and planned a way to spoil the Milchmann.

Going back into the Black Forest, Richard gathered all of the red celery that he could, knowing that if a few small bites of it brought him to the brink of death, it would likely take a stronger dose to put down the Milchmann. Recalling the powerful bitter flavour of the stalk, Richard also gathered all of the strawberries he could find, knowing that he could coat the strong taste with the sweetness of the berries. With his wits about him this time, Richard went home, dismissive to his wife's apologies, and began baking the poison pie that would sour his nemesis, the Milchmann. Richard spared no expenses, using his finest flour, the purest cane sugar, and of course, the ripest strawberries to veil the poisonous red celery. When the pie came out of his stone oven, Richard was pleased with it, for it was the most



Photo via The Lemon Apron

fantastic pie he had ever laid his eyes on. The floury lattice settled perfectly atop the mounds of strawberries and red celery chunks, and the smell was an infatuating perfume.

Richard invited the Milchmann in for a piece of pie after he had finished his morning deliveries, to which the Milchmann happily agreed. Sat across the table from Richard, and beside Jenavive, the Milchmann noshed down half the pie, before being offered to finish the rest. The Milchmann complied with great vigour. The Milchmann had declared it the single greatest pie he had ever eaten, and suggested to Richard that he enter it into the Autumnal festival, believing it to be a champion pie. A wry smile etched from ear to ear across Richard's face, and he bid the Milchmann adieu, happy that the Milchmann had at least enjoyed his final meal.

Alas, the next day when Richard woke, he was very displeased to find that the Milchmann was still delivering his milk, perhaps with even greater vigor in his step. Later

that evening Richard set off for the Black Forest, never to return. His wife who had watched him create the pie decided to name its key ingredient, the red celery, after the Milchmann's true name, Rufus Barbara.

Jenavive Fromdabloque entered the pie into the Autumnal festival, and won a handful of ribbons and the reverence of her village community for her groundbreaking baked delight. Richard had watched from the edge of the nearby woods, and having seen his sweet Jenavive get carried off in the arms of the Milchmann, he wrote his last letter and jumped headfirst into the nearby quarry.

That, my friends, is how strawberry rhubarb pie came to be. So just know that the next time you are taking a bite of the succulent bittersweet pie, that underneath its baked soft exterior, is a dark and terrible history steeped in immeasurable sadness for one Richard Fromdabloque.

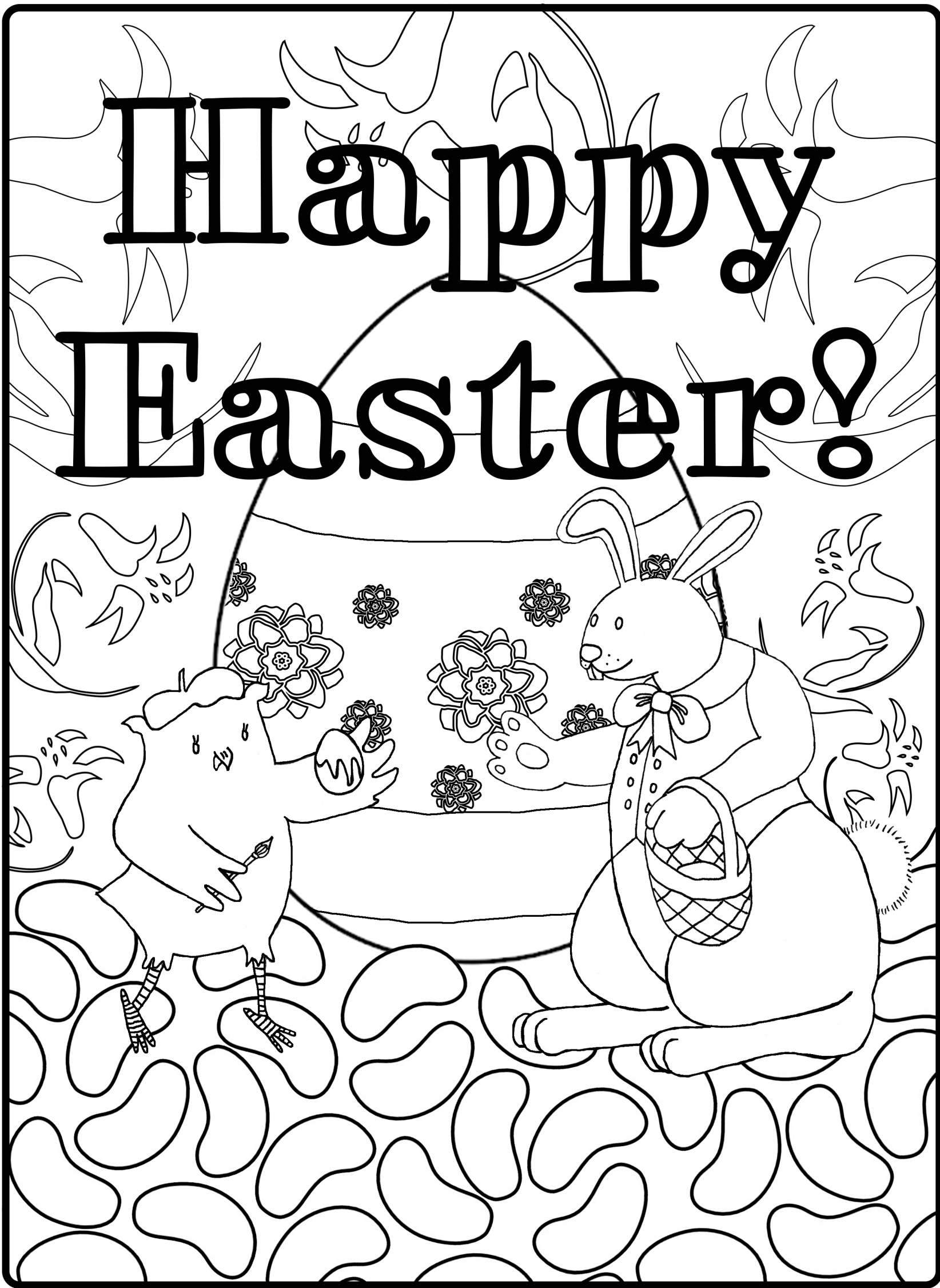
O.F.







# Happy Easter!









CREATIVE CORNER

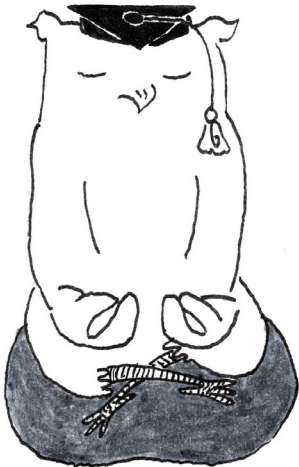
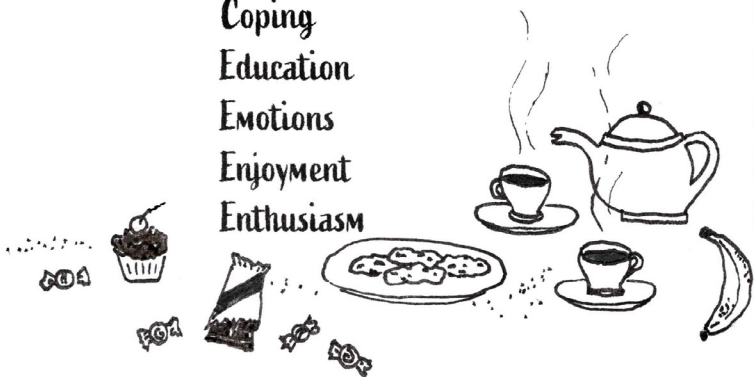
Positive Thinking Word Search

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

Attitude  
Awareness  
Calm  
Cheerfulness  
Circumstances  
Coping  
Education  
Emotions  
Enjoyment  
Enthusiasm

Feelings  
Help  
Hope  
Hugs  
Laughter  
Meditation  
Optimism  
Philosophy  
Positivity  
Proactive

Quality  
Relaxation  
Rosy  
Self Care  
Silver Lining  
Support  
Talking  
Therapy  
Treatment  
Wellness





CREATIVE CORNER

SudOoku

Easy

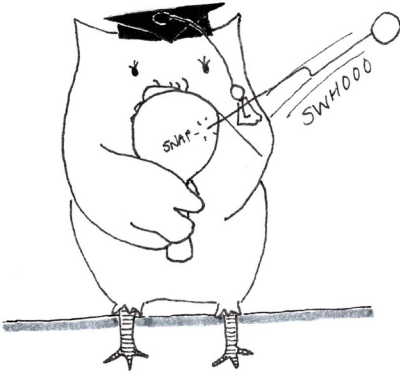
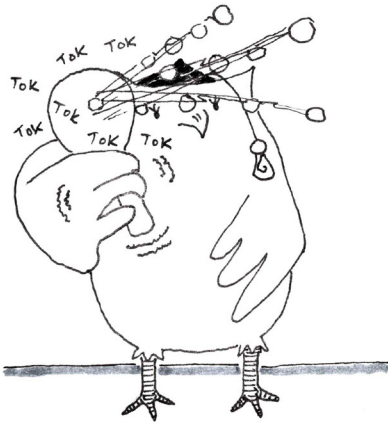
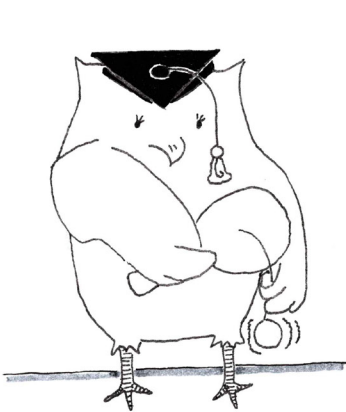
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Medium

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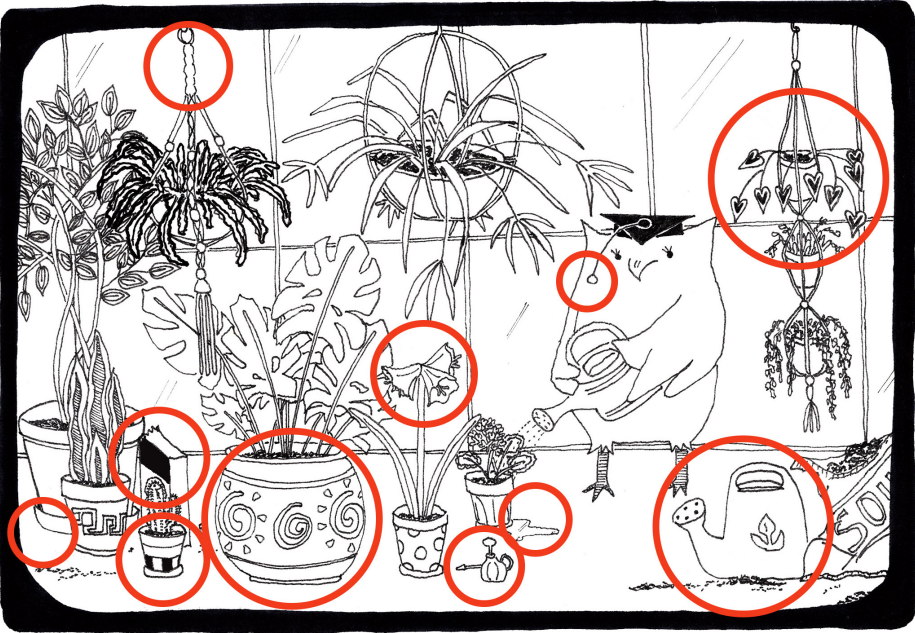
Hard

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



Art by Celia Nicholls

Spot the Difference Solution



Art by Celia Nicholls

HIDDEN IN THIS ISSUE ARE:

FIVE EGGS:



Pg. 17, 18, 20, 21

OOK:



Pg. 5

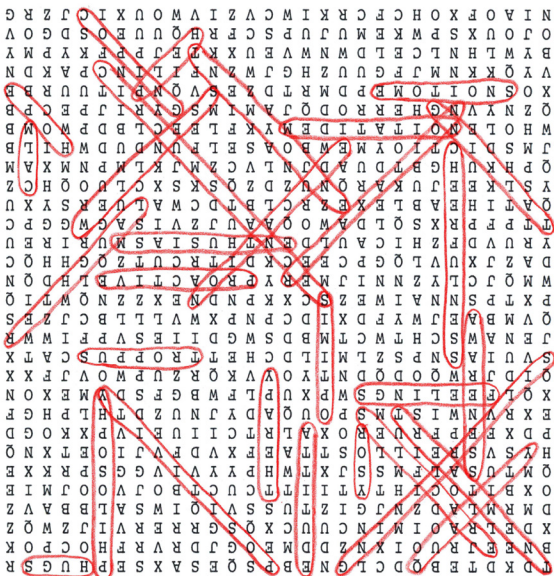
BASKET:



Pg. 13

Art by Celia Nicholls

Wordsearch Solution



Easy

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Medium

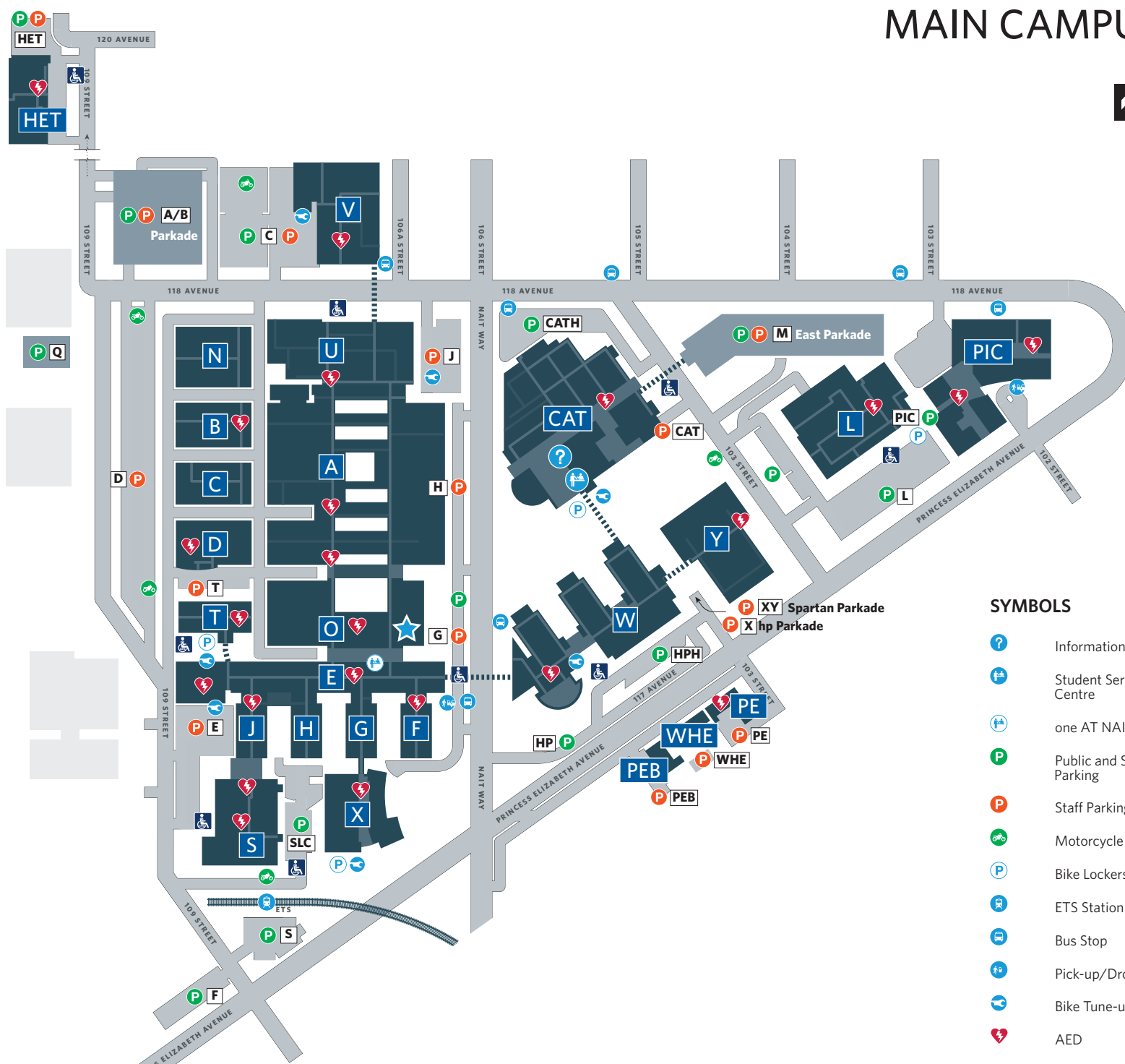
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2	6	5	4	1	8	7	3	9	
1	9	4	7	5	3	2	6	8	
8	7	3	6	2	9	1	5	4	

Hard

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



## MAIN CAMPUS



## LOCATIONS

## EDMONTON

Main Campus  
11762 - 106 Street NW

Patricia Campus  
12204 - 149 Street NW


**Souch Campus**  
7110 Gateway Boulevard NW

NAIT Distribution Centre  
11311 - 120 Street NW

## BUILDINGS

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

## OFFICES AND SERVICES

- |                |                                      |   |                                     |                |  |
|----------------|--------------------------------------|---|-------------------------------------|----------------|--|
| <b>S-105</b>   | Athletics                            | <b>E-134</b>  | NAIT International Administration   | <b>CAT-180</b> | Student Service Centre                           |
| <b>O-117</b>   | Campus Recreation Services           | <b>W-203</b>  | NAITSA Computer Commons             |                | Admissions and Enrolment Support                 |
| <b>CAT-215</b> | CAT Computer Commons                 | <b>O-108</b>  | NAITSA (NAIT Students' Association) |                | Advising and Career Development Service Services |
| <b>W-111</b>   | Computer Training Centre             |  |                                     |                | Funding and Financial Aid Services               |
| <b>L-217</b>   | Corporate and International Training | <b>E-121</b>  | Nisohkamätotan Centre               |                |  |
|                |                                      | <b>T-409</b>  | Office of the Registrar             |                | Pre-Admission Immigration Advising               |
| <b>W-111PB</b> | Counselling Centre                   | <b>O-112</b>  | one AT NAIT                         |                | Student Payments                                 |
| <b>O-119</b>   | Health Services (South Lobby)        | <b>CAT-180N</b>   | Parking Office                      |                |  |
|                |                                      | <b>D-104</b>  | Protective Services                 | <b>U-210</b>   | Student Study Lounge                             |
| <b>W-101</b>   | International Centre                 | <b>W-111PB</b>  | Learning Services                   | <b>O-117</b>   | Student Well-being and Community                 |
| <b>U-310</b>   | Library Services                     | <b>X-114</b>  | Shop at NAIT                        | <b>L-159</b>   | The Welcome Centre                               |
| <b>L-142</b>   | NAIT Assessment Centre               | <b>CAT-180</b>  | Student Awards                      | <b>U-210A</b>  | Tutorial Services                                |
|                |                                      | <b>O-117</b>  | Student Engagement                  |                |  |