

# NAIT NUGGET

Thursday, March 19, 2020  
Volume 57, Issue 13

thenuggetonline.com  
@thenaitnugget

**SCHOOLS SHUT DOWN AS THE  
THREAT OF COVID-19 INCREASES**



# Do students feel safe amid COVID-19 concerns?

By ELIJAH O'DONNELL

On the morning of Friday, March 13, an instructor in one of NAIT's Culinary programs told their class that two students in the culinary program had been quarantined as they may be infected with COVID-19.

"I was very scared, and I still kind of am. It was kind of like my heart sank just to know I had been in semi-contact with two people who possibly contracted it," said Burke Komarniski, a student in the NAIT Culinary Program. He was in class Friday and was among the students told that two others in their program had been quarantined.

A tweet from a NAIT student started the rumour that the two culinary students had the virus. NAIT replied directly to the tweet, assuring that the two students had tested negative. This keeps the number of confirmed cases at NAIT to zero.

Before this, NAIT had released three other COVID-

19 updates that directed students to an FAQ page on the NAIT website.

"I tried replying to the email instantly, just to tell them I don't feel safe, this doesn't seem like the right precautions you should be taking, and it was a do not reply email," said Komarniski, referring to the second COVID-19 update email that was sent from Dr. Ray Block, President and CEO of NAIT.

"They're just not keeping us informed, so we don't feel safe," said Komarniski.

"It was obvious [my instructor] was hesitant to get into the actual details," added Komarniski in reference to how his instructor handled further questioning from concerned students. Komarniski also said that after the announcement classes were expected to continue.

New information from the Centers for Disease Control states that young adults and 20-somethings are more likely to have mild or even no symptoms. Because they

may not know they are sick, they are also more likely to transfer the virus.

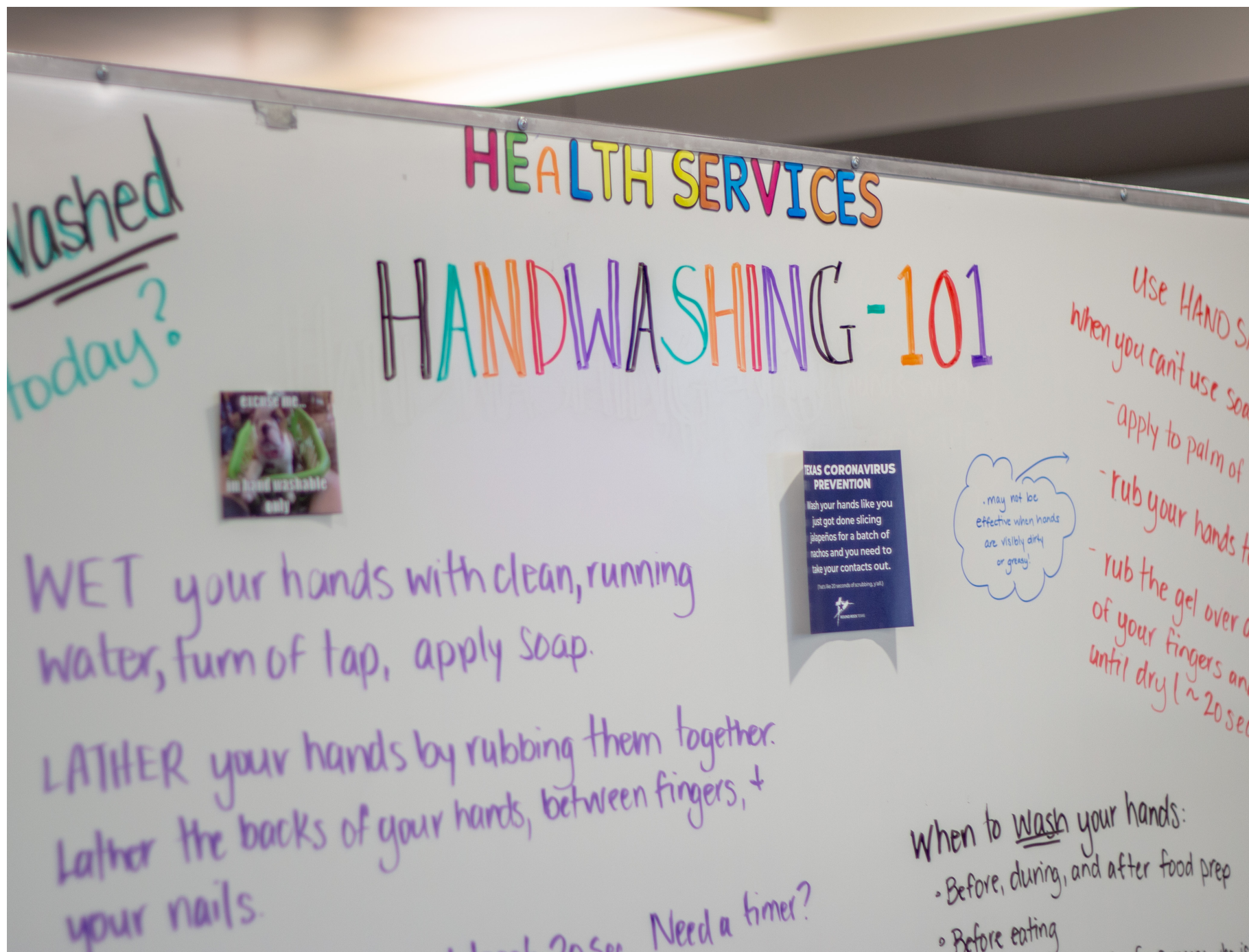
Komarniski said he and his classmates are not concerned about their own health but those around them.

"I know one person in my class that lives with grandparents. It's a lot scarier for them thinking there is a possibility they could bring it home," said Komarniski.

The Nugget reached out to NAIT Media Relations through email and over the phone for a statement on their efforts to communicate with staff and students but received no response as of the time of publishing.

Christine Bannerman, Supervisor at NAIT Health Services, said instructors are preparing to move classes online.

"I know NAIT is working diligently to have information prepared so that it can be transferred to moodle [...]. If [students] want to talk to instructors they can do that through their emails," said Bannerman.





**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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# Edmonton woman on lockdown in China

By **STEPHANIE SWENSRUDE**

Kellee Kryba, an English teacher from Edmonton, has been indoors for the greater part of two months in her apartment in Shanghai. This is after recommendations from the Chinese government to remain indoors to slow the spread of COVID-19. She lives with her boyfriend Ashley Brosnan and her corgi Frankie.

"This virus is serious. We need to act just as serious," Kryba said.

Kryba has been living in China since 2017. She teaches English to Chinese children. Recently, it has been a challenge to teach children via online classes. The students are aged 6 to 10 years old.

"How can you expect [them] to search for the materials, complete them, then upload them to a server?"

Kryba doesn't believe Edmontonians would stay indoors if advised by the government. She explained that though Canadians have a lot of freedom, with that freedom comes a sense of entitlement. She emphasized that cancellations of concerts and sporting events are for everyone's benefit.

Kryba explained that staying inside was difficult at first.

"I had a mini-breakdown about three weeks ago. I just felt trapped," Kryba said.

She worked through this by staying in contact with her English-speaking friends via FaceTime, as well as venturing outside to walk her dog through the empty streets.

"It's annoying. But it's working. The cases in China are lowering every day and hopefully soon we will be cleared to return to work."

When asked what her day-to-day life looked like, Kryba explained that she isn't actually on a strict lockdown. It has been suggested to remain indoors by the Chinese government to limit the spread of the virus and most people have listened to this recommendation.

Kryba says if citizens choose to go out, their temperature is checked upon entering a public space. If they have a fever, they won't be allowed in.

"I went out last weekend and the police closed down the bar because there were 'too many people'. There isn't a certain magic

number, but they are limiting the number of people in each establishment."

She explained that at coffee shops, customers are not allowed to sit at the same table as anyone else.

"You still have to wear your mask... have you ever tried drinking coffee with a mask on?"

Kryba has spent her time cooking things like bread, pizza dough and cookies from scratch, as well as catching up on cleaning jobs around the house.

Kryba acknowledged that many people are bound to be upset by events being cancelled.

"It's a tough time for everyone, not just those who have had events cancelled or classes postponed... if we all agree to keep each other in our efforts, it is possible for this to pass and to keep each other safe."

Kryba expressed frustration at the jokes she sees about the virus. She stressed the importance of not treating this like the common cold or flu.

"The virus has reminded us all that things can be taken away in an instant."



Photo via The Economic Times



# The voice for the students

By **KARLIE MICKANUIK**

The first time I met Jason Roth he looked me in the eye, called Jason Roth a jerk and then introduced himself as that.

Roth is a man who has pictures of cats up in his office, thinks steak and lobster is a dessert and is the lobbying voice for NAIT students.

The job of the NAIT’s Students’ Association Advocacy Director has many roles attached to it. Roth works with the government ensuring that student’s needs are heard and students best interest is put first when decisions impacting students are made.

This includes changes to things like tuition rates, budget cuts and even transit. Roth also works in media relations and is an advisor to the student executives at NAITSA.

Roth has been in this position for the last twelve years and says he has no plans to leave NAIT until he retires.

He explains this job is important as not only does he mentor the student executives at NAIT but is also the voice for all NAIT students.

“Students deserve to have their voices heard and to be represented to governments, to their schools, to their administration. They’re worth it too, they deserve an advo-

cate,” said Roth.  
Roth is extremely personable and has a great sense of humour. I decided to ask him a few personal questions to get to know him a little better.

**K: I hear you have cats, tell me a bit about them?**

J: I. Love. Cats! I have a 3 year old black Halloween kitty girl named Luna and a 1 year old tabby boy named Sunshine. Both from the Humane Society. They are the nicest people I know.

**K: What would be your last meal?**

J: Nachos with guac to start. Steak and lobster for dinner and steak and lobster for dessert.

**K: If you could have dinner with anyone, dead or alive, who would it be?**

J: My mom. Sure do miss her.

**K: Would you rather have four arms and no legs, or four legs and no arms?**

J: Yikes! 4 arms, I guess. Do I at least get fire breath?

**K: What’s something you say a lot?**

J: When you’re me, every day is like Christmas morning! (True story).

**K: When was the last time you stopped to smell a flower?**

J: I really don’t remember. I prefer the smell of barbecue anyway. Really, who doesn’t?

**K: Do you find pets friendlier than people?**

J: Yes. They don’t fake friendliness like people do.

**K: What’s your least favourite mode of transportation?**

J: Those T-bars they used to have on ski hills. What cruel, evil person invented those?

**K: What is a song on the soundtrack of your life?**

J: Wasted Years - Iron Maiden... Um, maybe don’t read too much into that.

**K: Do you think cereal is a soup?**

J: Cereal is definitely NOT soup. End of discussion. And yes, pineapple belongs on a pizza. Just not every pizza. See, I can solve all the world’s problems.



Jason Roth has been Advocacy Director of NAITSA since 2008.

Supplied photo.



# Executives concerned student fees could rise

By SCOTT ZIELSDORF

The students' association at NAIT (NAITSA) will remain largely unchanged despite recent school budget cuts. As the school and students association are two separate organizations NAITSA has its own budget and will operate as normal.

NAITSA President, Karen Velasco, says their main concern with budget cuts is the increased cost to students.

"We're not really directly affected by the NAIT budget cuts, but our constituents are - like our student body. So they might be affected by potential services that might be cut," said Velasco.

During the period of uncertainty revolving around budget cuts; NAITSA is focusing more on the role of advocating for students during various budget-related discussions. Their primary concern is to avoid the removal of necessary student services.

Velasco explained that student executives are involved in many of the discussions revolving around NAIT's budget cuts.

"We are actually advocating on behalf of all students in Alberta...In regards to NAIT they are proposing two new mandatory non-instructional fees, so we are being consulted on that as well. I think that's our role, and we also want to ensure that any services they are potentially going to cut will not be the core services," said Velasco.

Mandatory non-instructional fees (MNIF) are separate fees added on top of tuition fees. As the name suggests, they cover things not related to instruction at school.

Earlier in February the topic of a new MNIF came up in NAITSA's student senate. It has now been released that there are not one, but two new fees being proposed by NAIT.

The two new fees being proposed are a Technology Fee and Student Support Fee. Both fees represent services that may require additional funding after budget cuts.

The government of Alberta has given student associations of post-secondary schools the power to approve or deny any new MNIFs being proposed to them. The Executive Council of NAITSA is the deciding party when it comes to approving any new fees for students, but it would likely go to the senate of elected student representatives as a whole for further discussion.

NAITSA executives like President Velasco are also involved with discussions beyond the scope of NAIT's budget. Velasco explains that NAITSA is part of a student lobby group known as the Alberta Student's Executive Council (ASEC) which currently represents the interests of 15 post-secondary schools across Alberta. The goal is to be involved in talks with the provincial government to have a voice in school budget decisions.

"We have been working really hard with the minister [of education] to have a seat at the table, as a matter of fact his principal advisor...actually set up meetings with the student associations to ask for student feedback," said Velasco.

Velasco believes it is important for students to be informed of what their student association is doing. She encourages NAIT students to reach out to their student representatives, both on the executive council and student senate, if they want more information regarding NAITSA's activities and decisions.



NAITSA President Karen Velasco addresses senate in the bi-weekly meeting.

Photo by Erica Cawagas



# Staying in shape at home

By MIA HILDEBRANDT

Tabata training is a type of HIIT (High Intensity Interval Training) workout.

A tabata workout format can vary but a basic one is two exercises, alternating between them four times for 20 seconds each. Once you have completed both exercises four times, you have completed the cycle and choose two different exercises to alternate between. In a full workout there are 8 tabatas.

With COVID-19 keeping most people indoors and gyms shut down for the time being, it may be hard to keep up your physical activity. Here is a full tabata workout which requires very little space and zero equipment.

Playlists called ‘Tabata Training’ can be found on Apple music, Spotify or YouTube. They count the seconds for you and let you know when your cycle is done.

**Tabata 1**

- Set 1: Jumping jacks for 20 seconds  
Rest for 10 seconds
  - Set 2: Bicycle abs for 20 seconds  
Rest for 10 seconds
- Repeat each set four times (eight cycles).

**Tabata 2**

- Set 1: Burpees for 20 seconds  
Rest for 10 seconds
  - Set 2: Wall sit for 20 seconds  
Rest for 10 seconds
- Repeat four times.

**Tabata 3**

- Set 1: Toe touches for 20 seconds  
Rest for 10 seconds

- Set 2: Squats for 20 seconds  
Rest for 10 seconds
- Repeat four times.

**Tabata 4**

- Set 1: Skaters for 20 seconds  
Rest for 10 seconds
  - Set 2: Lunges for 20 seconds  
Rest for 10 seconds
- Repeat four times.

**Tabata 5**

- Set 1: Mountain climbers for 20 seconds  
Rest for 10 seconds
  - Set 2: Hip bridges for 20 seconds  
Rest for 10 seconds
- Repeat four times.

**Tabata 6**

- Set 1: High knees for 20 seconds  
Rest for 10 seconds
  - Set 2: Plank for 20 seconds  
Rest for 10 seconds
- Repeat four times.

**Tabata 7**

- Set 1: Foot fire for 20 seconds  
Rest for 10 seconds
  - Set 2: Dead bug for 20 seconds  
Rest for 10 seconds
- Repeat four times.

**Tabata 8**

- Set 1: Romanian split squats for 20 seconds (use a chair)  
Rest for 10 seconds

- Set 2: Crossover jacks for 20 seconds  
Rest for 10 seconds
- Repeat four times.

If you’re unsure about any exercises a quick google search can solve your problems. Happy working out from home!



Photo via Unsplash

EDITORIAL

# The uncertain future of sports



By ORRIN FARRIES  
Sports Editor

As of Thursday March 12, 2020, all organized sporting activities have been suspended.

The cascade of sports cancellations came to the Alberta Collegiate Athletics Conference by way of the social leadership shown by the National Basketball Association, who suspended all play following the positive COVID-19 test result of a player. Following in the NBA’s footsteps were all of the other major sporting associations, even

those not currently in season followed suit by suspending clubhouse activities to express their solidarity. These acts of community stewardship by the sporting world’s big players put pressure on smaller sporting bodies to suspend activity as well. These developments come as a shock to many athletes and sporting fans alike, who are now left with a temporary hole in their souls and many questions for the governing bodies of their sports.

Why should sports have been suspended? This question requires an empathetic approach in answering, but in essence sports are a trivial thing of distraction for us from the discomfoting realities of life.

The reality of life right now necessitates our compliant attention to the discomfort that is being globally felt, and a big part of that is not going out of our way to congregate en masse. Mass congregation is one of the tenets of the sporting world that is grossly incongruent with community pandemic response, so unfortunately sports have to make like Kapernick and take a knee.

What happens to the seasons of sport that have been suspended? This could go a number of ways. At the collegiate level, where many young athletes are being told their season is over and there will be no postponement of competition, that the reality may be just that bleak. There is hope that the pandemic we are currently experiencing will

get better as a result of the prudent global response to halt large gatherings. Will it happen in time for college sports? I would not put any money on it.

After calling for the suspension of all games, NBA commissioner Adam Silver’s first address assured the public that the suspension would be for a minimum of 30 days. Soon after that first address that number jumped to 60 days. If that is any sort of indicator for the levels of competition beneath it, then it is inconceivable that we get to see March Madness in May or June. As much as I would like to see them rebrand March Madness as ‘May Mayday’ or ‘June Lunacy’ as a one-off, it feels like this season has been laid to rest.

Life has been pretty complicated since sports have been cancelled. Sportspersons across the globe have had to find out what makes up their identities outside of the games they play and sports fans have had to find something else to do with their time. These are troubling times, but we can take solace that even in the midst of uncertainty and tedium, that the sports world did the right thing by hanging it up for now.

*“It’s not whether you get knocked down; it’s whether you get up.”*  
-Vince Lombardi





Photo via Football Outsiders

# Sporting moments you'll want to watch again

By: MIA HILDEBRANDT & ORRIN FARRIES

As the sports world has come to a pause due to COVID-19, it's been a confusing time for sports fans. The NHL, NFL, MLB, NBA and even March Madness has been either postponed or cancelled. To help you navigate through these tough times, we've compiled the top 10 games to re-watch from the past couple years. Don't worry — we haven't spoiled the endings.

## 1. LSU vs Texas A&M - College Football

*November 24, 2018*

Game of the year is an understatement for this game. If you've watched any college football this year, you would know that Joe Burrow and the 'Tigas' were used to winning by large margins however this game had a different story. With 7 OTs, yes, you read that right, and both teams' final score ending in the 70s. This game was nothing short of a thriller. Both teams went back and forth for the entire four hour game. If you are missing the sports craze while isolating, this game is sure to bring all the emotions for an all afternoon event. The full game can be found on YouTube.

## 2. Miami Heat vs Golden State Warriors

*February 27, 2019*

As Dwayne Wade's career was coming to an end he made sure to go out in dramatic fashion. As the Warriors were still an NBA power house, keeping up with them was not as easy task. This game goes right down the wire and will be sure to get that adrenaline pumping. A 10 minute game recap can be found on the NBA YouTube channel.

## 3. Duke vs North Carolina- College Basketball

*February 8, 2020*

Duke vs North Carolina is truly a rivalry like no other. Just 21 miles down the road from each other, the stakes get

higher than ever. This year's rivalry game had Duke trailing for the first half and most of the second when all of a sudden things started to turn around. With two buzzer beaters and a trip to overtime, this game will keep you on the edge of your seat.

## 4. New England Patriots vs Miami Dolphins AKA 'Miracle in Miami'

*December 9, 2018*

With the Patriots as top dog in the NFL for years, this game didn't seem like much at first. With the Dolphins record of 6-6 they played a tight game with the Pats for all four quarters. With only seconds left in the fourth quarter it seemed like we had a clear winner, or did we? I know this game had jaws on the floor and you can watch the 40 minute condensed game on YouTube.

## 5. Oregon Ducks vs Auburn Tiger - College Football

*August 31 2019*

College football is a funny sport because half the players are future pro bowlers and the other half are going to be accountants some day. Regardless, college football has some of the most entertaining games of all time. One that sticks out this past season was on day 1, the Ducks vs the Tigers. Senior quarterback Justin Herbert for Oregon was taking on Freshman Bo Nix in his first college game ever. With some hiccups in the beginning for freshman Nix, he sure picked up his game and kept his team in the game. I don't think anyone saw the hail mary at the end of this game coming. The full game can be found on YouTube.

## 6. Kansas City Chiefs vs Los Angeles Rams

*November 19, 2018*

This is the single greatest regular season game of

American football that I have ever seen. For fans of scoring, this is the pièce de résistance. The full game can be found on YouTube.

## 7. San Antonio Spurs vs Oklahoma City Thunder

*2012 Western Conference Finals*

As much as it pains me as a Spurs fan to admit it, this series was a capitulation of the trio of future MVPs in OKC, and should have been the jumping off point for them as championship contenders. This is a display of pure basketball ecstasy.

## 8. Jon Jones vs Alexander Gustaffson

*Light Heavyweight Title Fight | UFC 165*

A great display of tactful violence from two of the greatest light heavyweight's of all-time. Gustaffson was the first challenger that felt like a legitimate threat to Jon Jones' dominant reign as champion. The full fight can be found on YouTube.

## 9. Philadelphia Eagles vs New England Patriots

*February 4, 2018 | Super Bowl LII*

The apex of Super Bowls. Trickery, the rise of a folk hero in Nick Foles, the hopes and dreams of the city of brotherly love. What a game.

## 10. Cleveland Cavaliers vs Golden State Warriors

*2016 NBA Finals | Game 7*

The final three minutes and 39 seconds of this game involved a single bucket, but this game was incredibly special. A record-breaking 73-win team. A city with a 52-year championship curse. Full game highlights can be found on NBA's YouTube page.





Photo via Unsplash

# The Shuffle

## W A S H Y O U R H A N D S

By **ERICA CAWAGAS**

Disclaimer: We know and understand COVID-19 is a very serious pandemic that should not be taken lightly, but with all of the seriousness in the world we thought it would be fun to make a playlist about COVID-19.

We hope this makes you smile and gives you some inspiration for what song to sing in your head, or out loud, while washing your hands.

**“Don’t Stand So Close to Me” - The Police (1980)**

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. - WHO (World Health Organization)

**“Can’t Feel My Face” - The Weekend (2015)**

An everyday action you can do to help prevent the spread of COVID-19 is avoid touching your face, nose, and eyes. - CDC (Centre of Disease Control and Prevention)

**“All By Myself” - Celine Dione (1996)**

If you need to self-isolate stay home. Do not attend work, school, social events or any other public gatherings. Avoid close contact with other people - especially seniors and people with chronic conditions or compromised immune systems. - Alberta.ca

**“Emergency Room” - StephyCube (2019)**

If you have symptoms such as fever, cough and difficulty breathing or have been exposed to someone who has COVID-19, do not go to a physician’s office or the emergency room. Stay home and call Health Link 811. - AHS (Alberta Health Services)

**“Between Two Lungs” - Florence + the Machine (2009)**

Some common symptoms of COVID-19 are fever, cough and shortness of breath. - AHS

**“Stayin’ Alive” - The Beegees (1977)**

The mortality rate of COVID-19 is 3.4 per cent world-wide estimated as of March 3, 2020. - WHO

**“Underneath the Mask” - Royal & the Serpent (2019)**

Masks should only be worn by those infected. If a healthy person is wearing a mask for the purpose of preventing catching COVID-19, it needs to be changed every 15 minutes to be effective. - Rhonalee Schultz RN (Registered Nurse)

**“So Sick” - Nelly (2005)**

Some more extreme symptoms of COVID-19 are difficulty breathing and pneumonia. - CDC

**“I Will Survive” - Gloria Gaynor (1978)**

Most people (about 80%) recover from this disease without needing special treatment. However, it can cause serious illness. Those who are older, and those with other medical problems are more likely to develop serious illness. - AHS

**“Leaving On a Jet Plane” - John Denver 1966**

Travel outside Canada is not recommended at this time. If travelling is unavoidable, you must Self-isolate for 14 days after your return from travel outside of Canada.- Canada.ca







# DONATION BIN LOOKS

Fashion on a college budget can be tough. Curating the right look for you is ultimately difficult when you can barely afford clothes to begin with. Here are some looks straight out of your donation bin on campus. Just make sure to wear with caution, and to the guy who donated an Air Jordan shirt that smelt like 600 mens collective sweat, why?

**Outfit 1: The Show Hound**  
Total price: \$115.00  
Price paid: \$0.00

**Rasta Hat**  
\$15.00  
Comfortable and stylish, this timeless piece keeps your head warm without sacrificing your personality.

**21Men Leopard Print Joggers**  
\$35.00  
These pants are a statement. It takes a certain level of confidence to pull off wearing a pair like these. Perfect for pulling the eye of whoever you're trying to catch. Me-ow.



**Maroon Pink Pullover**  
\$65.00  
A now-classic piece, this Pink branded pullover was at it's height in the early 2010s. With it's bold, sharp lettering across the back and it's 'vintage' status, this is sure to tell anyone else in the club "I don't care what I'm wearing because I look good wearing it."

**Outfit 2: The Horse Girl**  
Total Price: \$170.00  
Price paid: \$0.00

**Knee Deep and Lovin' It Farm Girl Tee**  
\$15.00  
What better way to show your love of both horses AND dogs??

**Old Navy Orange Daisy Print Shirt**  
\$30.00  
Light and airy, this top has just the right amount of colour to pop your outfit without overheating you "out on the trail."

**American Eagle Super Stretch Jeggings**  
\$65.00  
These pants are COMFORTABLE! With craftsmanship and design that is backed by a lifetime warranty, you wont have to worry about these ripping after getting bucked off of your favourite bronco.

**TAXI Knee High Boot**  
\$60.00  
Though made exclusively for walking, these boots could still double as a pair of your favourite riding boots, only with a taller heel. Look good and feel great both on and off the track.

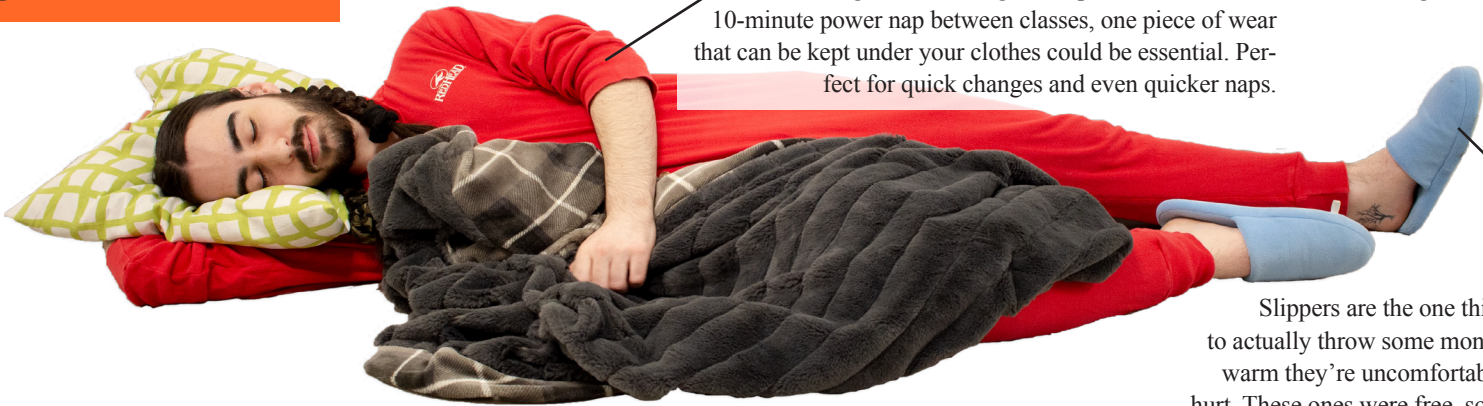
**Redhead Onepiece Pajama**  
\$35.00

When looking for something to whip on and off for that 10-minute power nap between classes, one piece of wear that can be kept under your clothes could be essential. Perfect for quick changes and even quicker naps.

**George Slipper**  
\$9.00

Slippers are the one thing you might want to actually throw some money at; if they're too warm they're uncomfortable, to stiff and they hurt. These ones were free, so what could I complain about anyways?

**Outfit 3: The Midterm Nap**  
Total Price: \$44.00  
Price paid: \$0.00





# COVID-19 and fashion

By **KARLIE MICKANUIK**

Edmonton's fashion scene primarily uses exports to get raw materials for clothing items.

With the new pandemic the world is facing, exports of any kind have become increasingly difficult to obtain. In an attempt to stop the spread of COVID-19 China froze its economy completely, stopping or slowing down all exports out of the country. While bigger corporations have been openly feeling the effects of the slowed exports from China, local Edmonton designers are feeling the same effects.

Alisha Schick is a fashion instructor for illustration and design at MC College in Edmonton and explains how the situation in China has become a challenge for her students to create and sew their designs.

"Well, as far as manufacturing goes, everything has been moved more so to China. Sourcing out for manufacturing has become a little more difficult because of that. Obviously, things are about to change because of what's happening right now with the coronavirus," said Schick.

Schick says she remembers a time in the fashion industry of Edmonton where designers were getting their materials from local suppliers within the city and is challenging her students to do the same.

She says she is looking on the bright side of the situation and says this is the fashion industry's chance to support local distributors.

Christine Gsaprd is the manager of a local boutique in Edmonton called The Bamboo Ballroom. Gsaprd says designers who can no longer export from China due to the circumstances can push themselves to source locally.

"Make sure that it's not coming from China and that it's coming from different places which is gonna give a lot of local designers an opportunity for them to even push a little further too cause they also sometimes source their fabrics, buttons zip-pers from there. So we're all going to have to come together to find somewhere new," said Gsaprd.

Gsaprd goes on to say she does not think the fashion industry will slow down any time soon.

"I think especially with the times that we're in right now with China being shut down, we're going to see a huge increase in local fashion and local production, from beginning to end," said Gsaprd.

The fashion industry of Edmonton is turning the rise of COVID-19 into an opportunity to support local business and continue to grow the industry.



Bamboo Ballroom has been open just off Whyte Ave. since 2005.

Photo via Facebook

We provide confidential student-to-student supportive listening. No appointments necessary. For more info, visit [naitsa.ca/peer-support](https://naitsa.ca/peer-support)

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



# Five apps to keep you busy in self isolation

By **KARLIE MICKANUIK**

Due to the recent surge in confirmed COVID-19 cases, the government is suggesting people go into self-isolation to stop the spread of the virus. Here are five apps to help pass the time while you hang out by yourself.

## **Freeletics - Personal Trainer**

Now is a better time than ever to work on some self

improvement. Use this time to get a little work out in. This app helps you train at home and reach your personalized fitness goals whether it's losing weight, gaining muscle or simply wanting to be more active in your everyday life. You do not need any gym equipment to use this app and it has free workout videos to follow.

One of the best options this app offers is to engage in a community of other users. You can support others to con-

tinue to reach their goals and ask for support for yourself. Happy sweating!

## **BitLife**

What better way to spend your time in self-isolation than to live vicariously through a fictional character. Bitlife is like Sims where your character starts as a child, grows up, and can do whatever they want but offers the story in text rather than graphics. Your character can commit crimes with no real consequences, sleep with as many people as you would like, or you can try to make as much money as you can before you pass away. This life simulation app is also super replayable as you can easily start a new life whenever you want.

## **Viridi**

If you did not manage to stop by a plant nursery before going into self-isolation, or if your thumb is not the greenest, try Viridi. This app lets you nurture a pot of baby succulents that grow in real time. You can name your plants, as any plant parent should, water and even sing to them. There's also a little snail, that is super cute, that watches over your plants for you when you are gone. You do not have to check this app super often as this simulation is not completely realistic and is more forgiving than many live plants. Your plants can still die from over or under watering so make sure you check in on them every once in a while.

## **TuneIn Radio**

Listening to the same playlist every day can get old. This free app lets you find radio stations that are popular in your area or easily explore stations you have never heard. This is a great app to find some new music to add to your personal playlist. Sports talk stations are also available on this app, so when the world of sports is eventually reborn remember this app and listen to your favourite game on the go. You can also listen to podcasts on this app. While in self-isolation, it's easy to feel lonely so throw on a new podcast to engage your mind for a while.

## **Duolingo**

Being stuck in your home for a while is a great chance to learn a new skill. Why not learn a new language? This app is super easy to use, and starts at a manageable difficulty depending on your skill level with the language you chose. This app is free and lessons are not blocked off by a pay wall either. There are over 30 languages to learn including Latin, Gaelic and, for any Game of Thrones fans, you can even learn High Valyrian on Duolingo. The app keeps track of how many days in a row you practiced a language and rewards you for hitting certain milestones if you are in need of a motivation boost. Check in every day for a quick lesson to get a sense of self-gratification.

## **Honourable mention: Netflix Party**

This Google Chrome extension deserves a spot on this list even though it is not an app. This extension allows you to sync up your video playback for Netflix with your friends and adds a group chat function. You can still have Netflix gatherings while protecting yourself and others from COVID-19.



Photo via Unsplash





Photo via Unsplash

# BOLD beauty

TOO FASHIONABLE TO  
BE INFECTED

By KARLIE MICKANUIK

*Disclaimer: We understand COVID-19 is a very serious pandemic that should not be taken lightly, but with all of the seriousness in the world we thought it would be fun to make a fashion article on how to wear a mask stylishly.*

Surgical masks have been popping into style since around 2015 originating in Japan and making its way into western fashion. With the rise of COVID-19 people are wearing masks more as a need than a luxury.

The best times to wear a mask during the pandemic of COVID-19 is if you are caring for a person that has contracted the disease, or if you are showing symptoms yourself. Of course you must put the mask on with sanitized hands and should not touch the front of the mask.

There is a lot of information about why you should wear a mask during this time which is all extremely important information. Here are some of the best surgical masks out there.

## Masks with a skull on the front

These kinds of masks are so cool! You look edgy and badass, definitely telling COVID-19 that you are too cool to be infected.

## Louis Vuitton/ Gucci masks

These masks make you look expensive. These are a flex on your peers. You give off the vibe that COVID-19 can not afford to infect you.



Photo via Etsy

## Floral print masks

If you wear this style of mask you have hippie energy and call yourself a flower child. You just want everyone to love each other, from a safe distance of course, during these hard times.

## Masks with a ventilator on them

You are so extra all the time. This feature is probably for show but you want people to think you are extra protected from COVID-19. If it is not for show then keep



Photo via Vog Mask

doing your job in stopping the spread of the virus, you are doing great!

## Black surgical masks

Someone say street wear? You definitely had an emo phase in highschool. You wear this mask for practical reasons but still want to make a fashion statement even if it is a little more subtle.



Photo via K Mart

## Black leather masks

You definitely had an emo phase in highschool and you are still in your emo phase even though you graduated four years ago. You graduated eight years ago if your mask has studded spikes on it. You want people to notice you and be afraid of you. You take social distancing probably a little too far.

## Plain surgical masks

You are probably a doctor, nurse or other medical job. You just want people to practice social distancing and wash their hands properly. You are working hard to save lives and we are proud of you.

## Plague Doctor mask

Disregard every mask on this list, this is the only acceptable one. This tells COVID-19 that you are completely immune to the virus and if anything the virus should be afraid of you.



# Fostering campus culture



Photo by Erica Cawagas

By **STEPHANIE SWENSRUDE**

Monica Herrera is a member of the NAITSA-run Campus Activities Board (CAB), which oversees events at NAIT that are meant to foster campus life.

The board is made up of five subcommittees: events, volunteering, marketing, clubs, and clubs marketing.

"We are all in charge of doing different types of events just so that we can provide a wholesome campus life for students," said Herrera.

The board aims to provide events that will interest a wide range of students.

"We run gaming tournaments, but we also do pop up gaming. We do health and fitness, we do beer yoga, puppy yoga, we're doing a ball hockey tournament," said Herrera.

The board aims to help students understand the importance of volunteering and giving back to the community.

"[The volunteer coordinator] brings nonprofit companies from outside. They do a pop-up booth and it lets people figure out where they can volunteer," said Herrera.

Clubs at NAIT are also run through the CAB. The club subcommittee assists clubs with the logistics of planning workshops and networking events.

The club marketing subcommittee, closely related to the clubs committee, provides marketing assistance to clubs.

The marketing subcommittee is in charge of promoting NAITSA events around campus.

Herrera said she is proud to have a direct impact on campus life.

"We try to get people to not just come to school to study," said Herrera. "It allows people who have the same interests to come together."

"It's a very fun job," said Herrera. "It makes you feel like you're making a change in the school."

Herrera also owes some of her learning at NAIT to her time being part of the CAB.

"Organization skills are very important," said Herrera. "Now I can multi-task much better, and also people skills, I get to talk to a lot of people during events, which makes it comfortable speaking to new people."

## 8 tips to squash perfectionism

By **STEPHANIE SWENSRUDE**

I'm a perfectionist.

My work is my BABY. I put love and time and sweat into every paragraph. How could I ever submit my work?! There are people out there! And they are going to judge my baby!

There are a lot of methods I have used to fight my battle with perfectionism.

### 1. Don't listen to fake rules.

I have this idea that if I am not working with my latte in a cafe while listening to classical music, all the work I produce is going to be garbage. But sometimes, my best work is typed into my phone while riding the train or scrawled on the back of a coaster at a bar.

Accept that creativity can strike at any time and that any idea can have value.

### 2. Take breaks.

If you can feel yourself hitting a brick wall, take a break. If you try to force things, you'll just get frustrated.

Come back after a walk and a snack with fresh eyes. However...

### 3. Don't go back to something that is done.

I pride myself on submitting assignments early. But if I had a dollar for every time I've gone back in and edited a totally fine submission until it was just a little more perfect, I would have lots of dollars.

Once it's done, try to let it go.

### 4. Done is better than perfect.

Sometimes I notice myself stressing and rewriting and pulling my hair out and wondering, Why can't this just be done?!

Then I remember that it IS done. I'm just causing unnecessary panic by refusing to let it go.

I'm sure your instructor would rather have a finished, on-time paper than a late but "perfect" paper.

### 5. Start early and leave lots of time.

I know myself. I know that I need to fine-tune my work

a couple of times before I hand it in. I schedule that time to avoid last-minute stress.

### 6. Have gratitude for your perfectionism.

Not many people hold themselves to high standards. Lots of people accept mediocrity. Be thankful that you have the drive and pride to produce high-quality work.

### 7. Don't take yourself too seriously.

In almost direct contradiction to my last point, learn to laugh at yourself a little. News flash: not everything you create is going to win a prize!

Sometimes, mediocrity is just fine.

### 8. When all else fails, lie to yourself.

If you just can't let your baby take it's first steps into the world, lie to yourself. Tell yourself you're submitting a draft, and repeat it until you can convince yourself to submit it.

Maybe don't do that while rocking back and forth in the corner of the library though...





# GRAB A BITE AT THE NEST

NESTTAPHOUSEGRILL.COM

## SPECIALS

### MONDAY

SUPREME POUTINE | \$8.25  
CRISPY SHOESTRING FRIES, CHEESE CURDS, RICH GRAVY,  
SMOKY BACON AND CRISPY BUTTERMILK ONIONS

JP WISERS | \$5.00  
DELUXE / APPLE / OLD FASHIONED

### TUESDAY

8" SIGNATURE PIZZA | \$8.25  
HYBRIDS | \$2.00 OFF  
BELGIAN BOW / HUCK N' HOPS / RED, WHITE & EH

### WEDNESDAY

NEST OF WINGS | \$8.25  
ADD DIPPING SAUCE FOR 1.50  
LAMB'S RUM HIGHBALLS | \$5.00

### THURSDAY

SUPREME PEROGIE POUTINE | \$8.25  
FLAVOURED ABSOLUT VODKAS | \$6.00

### FRIDAY

DAILY SOUP & 1/2 WRAP | \$8.25  
DOMESTIC BOTTLES | \$1.00 OFF

### DAILY

BRO-TINI | \$5.00

## NEW

# HAPPY HOUR

\$5

HIGHBALLS

\$7

CHICKEN  
OR FISH TACOS

5:00 PM - 7:00 PM

WEDNESDAY - THURSDAY - FRIDAY

## GAME DAY

\$5.00 16OZ SLEEVE

MOLSON CANADIAN OR COORS LIGHT

& ENTER TO WIN A WEEKLY PRIZE!



ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. ASK YOUR SERVER  
FOR MORE DETAILS. ALL LIQUOR SERVED IS 1 OZ. VALID ID REQUIRED.  
PLEASE ENJOY RESPONSIBLY.



CREATIVE CORNER

SudOoku

Easy

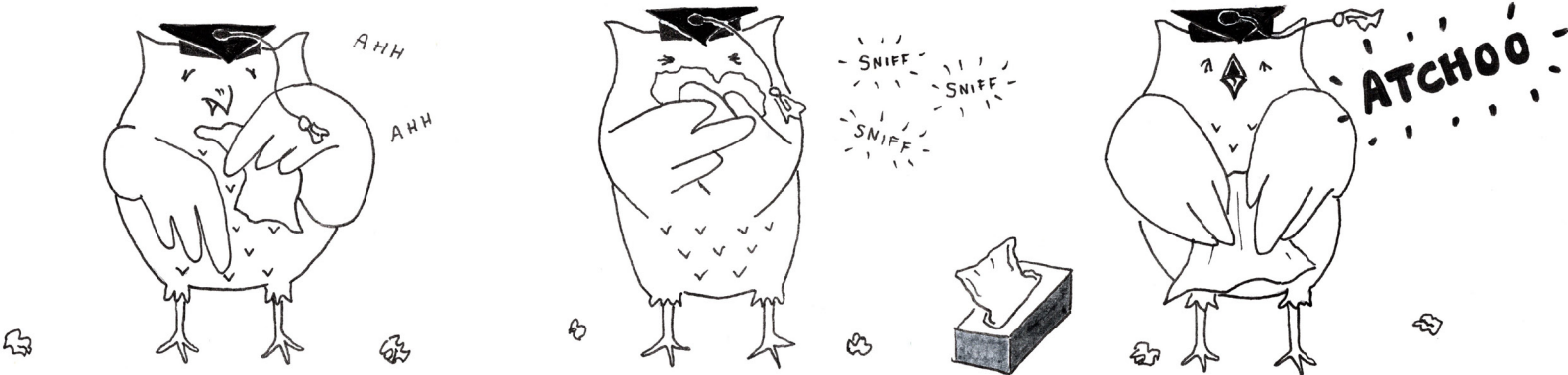
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Art by Celia Nicholls

BAR TAROTSCOPES

Choose a Whyte Avenue bar, get a personality reading. Pfft. Who needs tarot cards or palm readings when your Old Strathcona bar of choice will tell me everything I need to know about you.



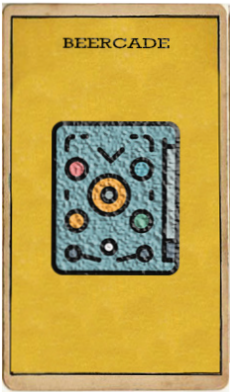
The Buckingham

You love a good pair of Doc Martens. Your septum is definitely pierced. You smoke clove cigarettes and you were born in the wrong generation.



The Black Dog

You have a mild case of split personalities. You'll never pass up a little weed. You are probably a Sound-Cloud rapper. You have DMed someone after a show saying "Hey, saw you at the show tonight, I was too shy to come over and say hi."



Beercade

FERDA! You're definitely a hockey boy. You pretend to like nerdy things to fit in. Cherry is your favourite vape flavour, and yes, you definitely vape.



Funky Buddha

You're basic, but cool. You're the type of person who has a heart-to-heart with strangers in the bathroom after seven vodka crans. You sweat a lot.



Billiards

You're basic, but a bitch. You for sure make out with regrettable people at the bar and you call yourself "barsexual". You were a little too excited for Whiteclaw to come to Canada.



## CREATIVE CORNER



# Healthy Word Search



R	K	Q	J	P	J	B	U	Z	X	I	S	F	H	V	F	S	R	Z	O	B	X	I	Q	V	M	S	S	G	V	K	A	Q	Z	K	V	X	
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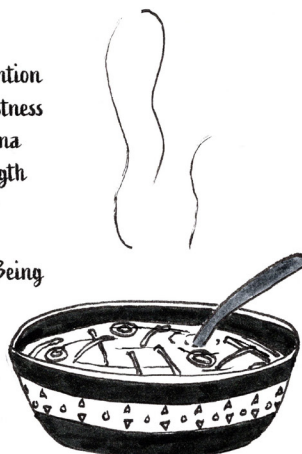
Antidote  
Appetite  
Bacteria  
Body  
Cure  
Diet  
Doctor  
Exercise  
Fitness



Hardiness  
Healthfulness  
Hygiene  
Immunity  
Medicine  
Mental Health  
Metabolism  
Nurse  
Pharmacy



Prevention  
Robustness  
Stamina  
Strength  
Vigor  
Virus  
Well Being



Art by Celia Nicholls

## SOLUTIONS

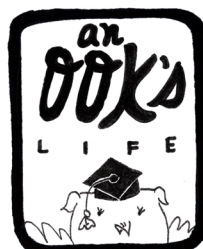
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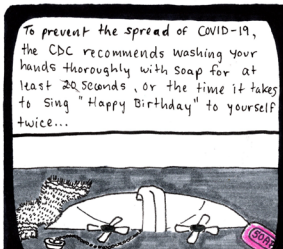
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## Hard

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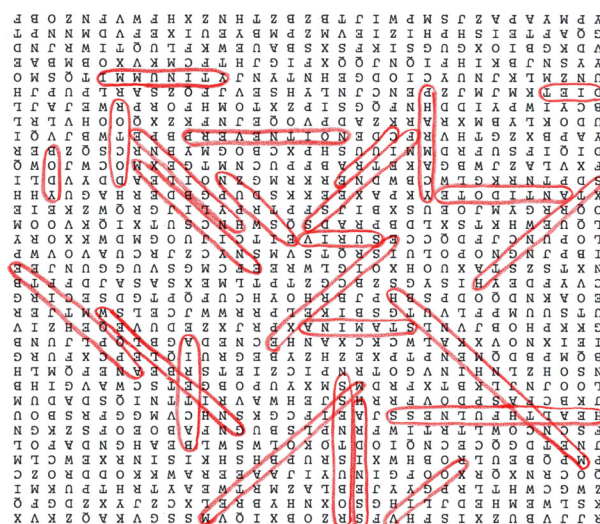
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**Art by Celia Nicholls**

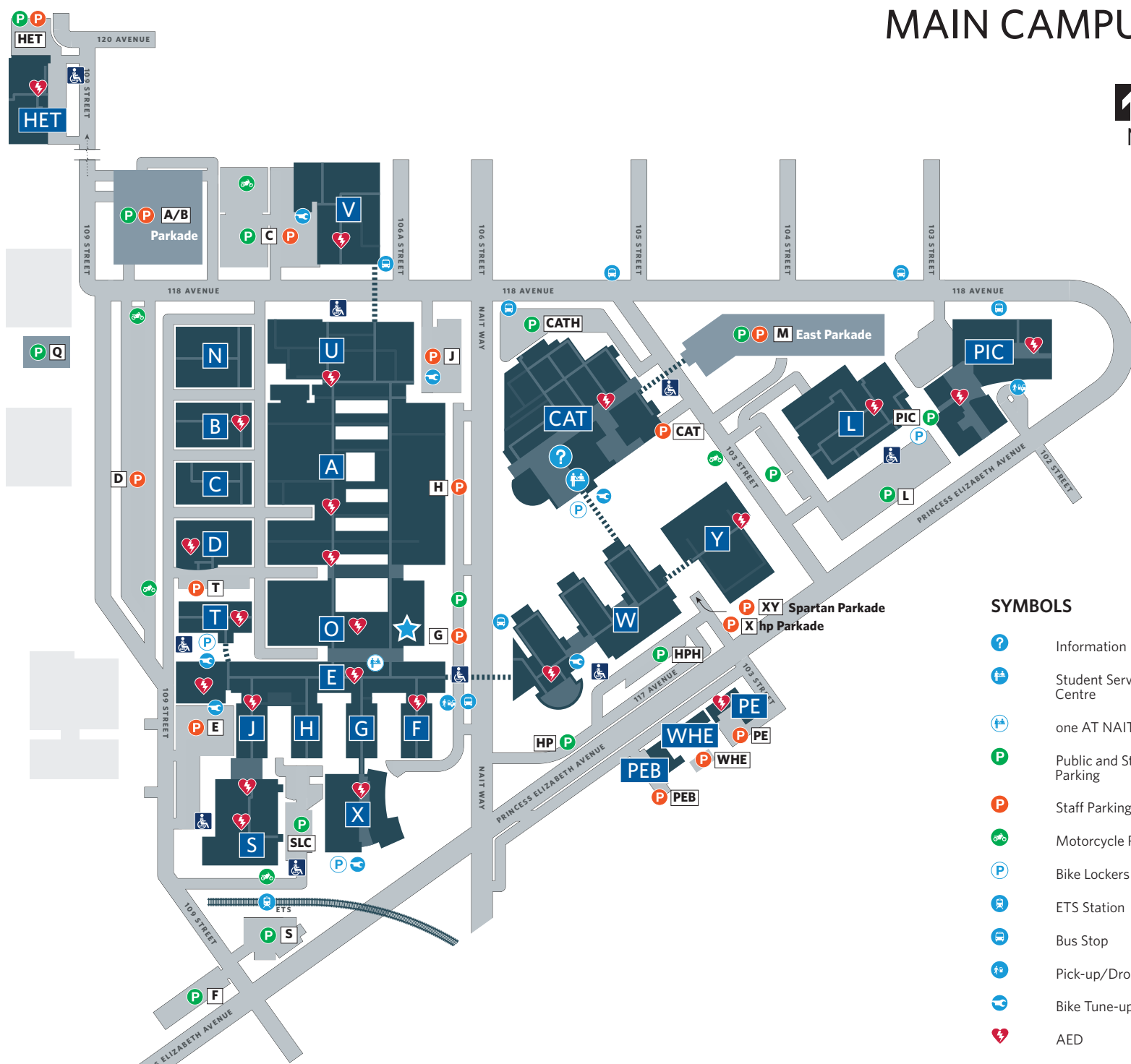


STAY SAFE OUT THERE!

















# MAIN CAMPUS



## SYMBOLS

-  Information
-  Student Service Centre
-  one AT NAIT
-  Public and Student Parking
-  Staff Parking
-  Motorcycle Parking
-  Bike Lockers
-  ETS Station
-  Bus Stop
-  Pick-up/Drop-off
-  Bike Tune-up Station
-  AED

## 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>  | Nisohkamātōtan Centre               |                |  |
| <b>W-111PB</b> | Counselling Centre                   | <b>T-409</b>  | Office of the Registrar             |                | Pre-Admission Immigration Advising               |
| <b>O-119</b>   | Health Services (South Lobby)        | <b>O-112</b>  | one AT NAIT                         |                | Student Payments                                 |
| <b>W-101</b>   | International Centre                 | <b>CAT-180N</b>   | Parking Office                      | <b>U-210</b>   | Student Study Lounge                             |
| <b>U-310</b>   | Library Services                     | <b>D-104</b>  | Protective Services                 | <b>O-117</b>   | Student Well-being and Community                 |
| <b>L-142</b>   | NAIT Assessment Centre               | <b>W-111PB</b>  | Learning Services                   | <b>L-159</b>   | The Welcome Centre                               |
|                |                                      | <b>X-114</b>  | Shop at NAIT                        | <b>U-210A</b>  | Tutorial Services                                |
|                |                                      | <b>CAT-180</b>  | Student Awards                      |                |  |
|                |                                      | <b>O-117</b>  | Student Engagement                  |                |  |